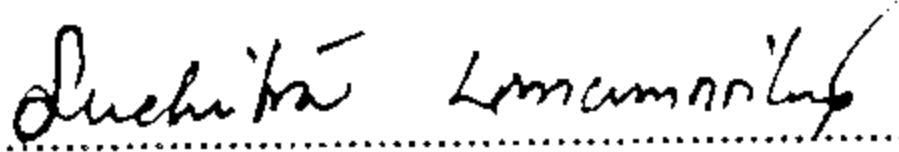
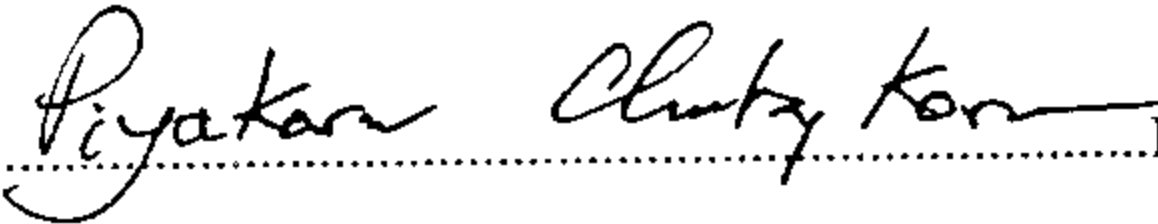



THESIS TITLE : EFFECT OF RELAXATION ON SELF ESTEEM IN CHRONIC
HEMODIALYSIS PATIENTS

AUTHOR : Mrs SRIWAN EMRATCH

THESIS ADVISORY COMMITTEE :

.....Chairman
(Associate Professor Suchitra Limumnoilap)

.....Member
(Associate Professor Piyakorn Chutangkorn)

.....Member
(Assistant Professor Supawattanakorn Wongthanasu)

ABSTRACT

This study was a quasi-experimental research study. The purpose of this study was to determine the effect of relaxation on self esteem in chronic hemodialysis patients. The conceptual framework for this study was based on the Roy's adaptation model and Benson's relaxation concept.

The sample were 22 adult chronic hemodialysis patients. They were drawn by selected criteria from a population of patients at the hemodialysis unit of Maharaja Nakhon Ratchasima Hospital , Suranaree Hospital , Po-Phaet Hospital , Ratchasima - Thonburi Hospital . From February to May 1997 , the sample were collected and divided into two groups : the control one and the experimental one . Each group had approximately the same numbers of males and females and the means of age. The experimental group received the relaxation training whereas the control group did not .

The relaxation technique was followed those of Benson's Respiratory One Method modified by Guzzetta. The experimental group was taught one relaxation training then self practice twice a day for six weeks

The research instruments included a demographic data and self esteem scale which constructed from the Roy's adaptation model. This instruments were validated by 7 experts .The construct validity tested pearson's correlative tested with Rosenberg self esteem scale gave a value of 0.74. The reliability was tested by Cronbach's alpha coefficient giving a value of 0.94

Data collection of both groups was done two times ; frist , for the self esteem pretest and at week 7 th for posttest .

Independent t-test was used in this study with 0.05 level of significant .

The result of this study revealed that the experimental group had significantly higher self esteem than the control group .