

THESIS TITLE : The Effects of Assertive Training on Assertive Behavior
and Anxiety of First Year Nursing Students,
Khon Kaen University

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ABSTRACT

This research is experimental research. The purposes were (1) to construct the assertive training program (2) to investigate the effects of assertive training on assertive behavior and anxiety of nursing students. The sample consisted of 36 first year nursing students in Khon Kaen University. The nursing students were selected on a voluntary basis. They were divided into control group and experimental group by random assignment. Each group consisted of 18 persons. The Pretest-Posttest Control Group Design was used in this

research. The control group received no training. The experimental group received assertive training. The training program included four sessions of one and a half hours duration, held over a two week period. Techniques utilized in the training included instructional coaching, behavior rehearsal, modeling, role playing, reinforcement, assigning homework, feedback and assertive script.

The instruments used in this research were : (1) the assertive behavior test which was developed from The College Self-Expression Scale of Gallassi, et al. (Gallassi, et al., 1974) by the researcher (2) the anxiety test which was developed from The Self-Rating Anxiety Scale of Zung (Zung, 1971) by the researcher (3) the assertive training program which was constructed by the researcher and adapted from Sansbury's (Sansbury, 1974) (4) the video tape showed about knowledge of expressive behavior which was constructed by the researcher (5) the test for nonassertive behavior, aggressive behavior and assertive behavior constructed by Sompoach Aieamsupasit.

The t-test was used for data analysis. Results of the study led to the following conclusions :

1. Nursing students who received assertive training increased their assertive behavior more than those who received no training at the .01 level of significance.

2. Nursing students who received assertive training reduced their levels of anxiety much more than those who received no training at the .01 level of significance.