

C242946 : MAJOR COUNSELING PSYCHOLOGY

KEY WORD: FAMILY COUNSELING/STRESS"HIV INFECTED PARENTS

SOMCHIT THAERAMANOPHAB : EFFECTS OF FAMILY COUNSELING ON STRESS
REDUCTION OF THE PARENTS OF CHILDREN BORN TO HIV INFECTED MOTHERS

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The purpose of this research was to study the effects of family counseling on stress reduction of children born to HIV infected mothers. The hypothesis was that stress of the parents of children bom to HIV infected mothers after having participated in family counseling would decrease. The research design was the one group pretest-posttest design. The sample was 8 families who were diagnosed by the physician as having children born to HIV infected mothers at children's hospital and volunteered to participate in the experiment. The sample participated in family counseling session led by the researcher for 5 consecutive weeks for two hours once a week, altogether for 10 hours for each family. The instruments used were The Stress Inventory constructed by the researcher and Family Environmental Scale : Relationship and System Maintainance Dimensions developed by Rudolf H. Moos and Berrice S. Moos. The t-test was used for data analysis.

Results showed that stress of the parents of children born to HIV infected mothers who participated in family counseling decreased significantly at the .01 level.