

## C242837 : MAJOR COUNSELING PSYCHOLOGY

KEY WORD: GROUP REALITY THERAPY/STRESS IN THE NURSING EXPERIENCE

CHANPEN INCHAIYA : EFFECTS OF GROUP REALITY THERAPY ON REDUCING STRESS IN THE NURSING EXPERIENCE OF THE SECOND YEAR NURSE STUDENTS AT KHON KAEN UNIVERSITY THESIS ADVISOR: ASST. PROF. KASEMSAK POOMSRI-KEO, M.A. 102 pp. ISBN 974-584-623-6

The purpose of this research was to study the effects of group reality therapy on reducing stress in the nursing experience of the second year nurse students at Khon Kaen University. The hypotheses were : (1) The experimental group would have their stress score in the threat dimension reduced after having participated in group reality therapy. (2) the experimental group would have stress score in the challenge dimension higher than before having participated in the therapy. (3) The experimental group would have their stress score in the threat dimension lower than the control group. (4) The experimental group would have their stress score in the challenge dimension higher than the control group. The sample was 16 second year nurse students. They were selected from 75 second year nurse students with the criteria set by the researcher and the staff member of Faculty of Nursing. The subject must also willing to participate in the experiment. The sample was equally divided randomly into an experimental group and a control group. The Pagana Clinical Stress Questionnaire was used after it was tried out with 90 third year nurse students. The t-test was used for comparison. The experimental group participated in group reality therapy for five consecutive weeks, two hours a week.

Results showed that (1) after having participated in group reality therapy stress score in the threat dimension of the experimental group decreased, significant at the .01 level. (2) stress score in the challenge dimension of the experimental group higher than before having participated in the therapy, significant at the .01 level. (3) stress score in the threat dimension of the experimental group lower than the control group significant at the .01 level. (4) no significant difference existed between stress score in the challenge dimension of the experimental group and the control group.