

C386067 : MAJOR NURSING ADMINISTRATION
KEY WORD: PARTICIPATION OF RELATIVES/RELAXATION TECHNIQUE TRAINING/
RELAXATION BEHAVIORS/PAIN
NAOVARAT SRIPONGPUNKUL : THE EFFECTS OF PARTICIPATION OF RELATIVES
IN RELAXATION TECHNIQUE TRAINING OF THE PATIENTS WITH INTERNAL
SKELETON FIXATION ON RELAXATION BEHAVIORS AND PAIN LEVEL.
THESIS ADVISOR : ASSO. PROF. JINTANA YUNIBHAND, Ph.D. 123 pp.
ISBN 974-584-176-5

The purpose of this quasi experimental research was to identify the effects of participation of relatives in relaxation technique training of the patients with internal skeleton fixation on relaxation behaviors and pain level. The research samples consisted of 22 internal skeleton fixation patients selected by purposive sampling and assigned by matched pair technique to one experimental group participating with relatives in relaxation training and another experimental group participating in relaxation training by themselves. Research instruments, developed by the researcher, were the lesson plans of relaxation training with two handbooks and a record sheet, an interview questionnaire for the patient's feeling relating to training program, and tools to measure relaxation behaviors and pain level. Mean, standard deviation and t-test were used in analyzing the gathered data.

Major findings were as followed :

1. The mean scores of relaxation behaviors of the experimental group participating with relatives in relaxation training in the first, second and third day after surgery were at the high level. While, the mean scores of postoperative pain in the first and second day were at the middle level, whereas that of the third day was at the low level.
2. There was no significant difference between the mean scores of relaxation behaviors after surgery of the two experimental groups.
3. There was no significant difference between the mean scores of the postoperative pain level of the two experimental groups.