

C242853 : MAJOR COUNSELING PSYCHOLOGY

KEY WORD: GROUP COUNSELING/ BURNOUT/ NURSES.

KALAYA DEJNUNTARAT : EFFECTS OF GROUP COUNSELING ON DECREASING
BURNOUT OF NURSES. THESIS ADVISOR : ASST. PROF. SOREE POKAEO,
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The objective of this research was to study the effects of group counseling on decreasing burnout of nurses.

The sample was nurses in Hua-Chiew Hospital who participated in group counseling. They were selected through purposive sampling into two groups, 8 persons for each. The experimental group participated in group counseling session for 5 weeks, 2 times per week and 2 hours each time for the total of 20 hours. The instruments used in this research were Maslach Burnout Inventory, Nursing Stress Scales and Job Description Index. The pretest-posttest control group design was used. The t-test was utilized for data analysis.

Results showed that

1. nurses participated in group counseling showed significantly burnout scores in after treatment phase lower than before treatment phase. ($p < .05$)
2. after treatment phase, nurses participated in group counseling showed significantly lower burnout scores than that of nurses who did not participate in group counseling. ($p < .05$)
3. after treatment phase, there was no significant difference in job stress scores between nurses participated in group counseling and nurses who did not participate in group counseling.
4. after treatment phase, nurses participated in group counseling showed significantly higher job satisfaction scores than that of nurses who did not participate in group counseling. ($p < .05$)