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KEYWORD : QIGONG RELAXATION TRAINING/ PROGRESSIVE MUSCLE/ STRESS
/ TENSION-TYPE HEADACHE

ANYARACH NITUTHORN: A COMPARISON BETWEEN THE EFFECT OF
QIGONG RELAXATION TRAINING AND PROGRESSIVE MUSCLE RELAXATION
TRAINING FOR REDUCING STRESS IN TENSION – TYPE HEADACHE PATIENTS.
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The purpose of this research was to study Experimental Research in patients having tension-type headaches as a result of stress. The study aimed to compare the relieving of Qigong Relaxation Training and Muscle Relaxation Training in effectiveness stress and tension headaches. The purposive sample consisted of eighteen patients with tension headaches as diagnosed by physicians. The stress level of patients was between 9 -16.7 micro-volts. These patients were divided into three groups of an equal number : the Qigong Relaxation Training group, the Muscle Relaxation Training group, and the Control Group accordingly. Each group had six patients. The research design was a pattern of pretest, post-test and the control group. The Qigong Relaxation Training Group and the Muscle Relaxation Training Group were set up to have the experiment session three times a week for four weeks. (The Muscle Relaxation Training Group was set up to have the experiment three times a week for four weeks.) Both experimental groups spent half an hour in each session.

It was found that the stress of the two experimental groups was lower than the control group. The difference was statistically significant at .05 level. The stress of the experimental group decreased at the end of receiving Qigong and muscle relaxation training and also during the follow-up time. It was also found that these two methods were not significantly different in headaches caused by stress.