

Tharisara Sakulthaew 2012: Factors Causing Stress from Work and Influencing Its' Management in Employees of Mahidol-Oxford Tropical Medicine Research Unit. Master of Science (Health Education), Major Field: Health Education, Department of Physical Education. Thesis Advisor: Associate Professor Supat Teravecharoenchai, M.Sc. 127 pages.

The objectives of this descriptive research study was to determine a factors affecting Mahidol-Oxford Tropical Medicine Research Unit (MORU) employees' stress and their stress management.

Study was descriptive research by using survey method by the population of this study is that all employees in the Mahidol – Oxford Tropical Medicine Research Unit N= 132. A sample of 121 respondents, representing 91.67%. The questionnaire was measure a stress levels, Stress management behavior and Stress solving strategies of employees in Mahidol–Oxford Tropical Medicine Research Unit and using the SPSS statistical software for analysis. The descriptive statistics (Descriptive Statistics) percentage (Percentage) Average (Mean) and SD (Standard Deviation) statistics, Chi-square ( $\chi^2$  - test) and Correlation are statistically significant at the 0.05.

The results showed that the factors that affect stress Employees in Mahidol–Oxford Tropical Medicine Research Unit are job title, policy and administration while family was the factors affecting the stress management behaviors which including accept the situation as it was, analyze the causes of problem before solve it, use past experience to help determine which past experiences to solving the current problem and search for more information to help for problem solving. For stress solving strategies including shopping see movies listen to music, vacation to other cities or countries and go out to socialize with friends or family.

As well as obtaining information regarding to factors causing from work with Behaviors of community in Mahidol Oxford Tropical Medicine Research Unit will be used for prevention stress in the future.

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Student's signature

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Thesis Advisor's signature