

## C043303 : MAJOR COUNSELING PSYCHOLOGY

KEY WORD : ROGERIAN GROUP COUNSELING/ANXIETY/HEART DISEASE PATIENTS

RATCHANEE VEERASUKSAVAT : EFFECTS OF ROGERIAN GROUP COUNSELING ON ANXIETY REDUCTION IN HOSPITALIZED HEART DISEASE PATIENTS. THESIS

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The purpose of this research was to study the effects of Rogerian group counseling on the reduction of anxiety in hospitalized heart disease patients. The tested hypothesis was that anxiety in hospitalized heart disease patients participating in Rogerian group counseling would decrease significantly. The sample included 8 hospitalized heart disease patients in Central Chest Hospital who volunteered to participate in Rogerian group counseling session for 8 consecutive days 2½ hours, each day for a total of 20 hours. There were 3 men and 5 women, aged between 30-55 years. The group leader was the researcher. The research design was the one group pretest-posttest design. The instrument used to measure anxiety was the Spielberger. State-Trait Anxiety Inventory, form X-1 which was administered to the patients twice i.e., before and after the group counseling sessions. Differences between the set of scores were tested for significance through the t-test.

Results showed that anxiety in hospitalized heart disease patients who participated in the Rogerian group counseling treatment decreased by 11.5 points, significant at the 0.05 level.