

C345366 : MAJOR MENTAL HEALTH

KEY WORD : RELAXATION TRAINING/ANXIETY/CANCER OF CERVIX

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PATIENT WITH CANCER OF CERVIX RECEIVING RADIOTHERAPY. THESIS ADVISOR
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The purpose of this research was to study the effects of relaxation training on anxiety in patient with cancer of cervix receiving radiotherapy. An experimental design was used for this study. There were two groups of patients -- an experimental group and a control group -- with 52 patients in each group. The researcher administered relaxation-training technique to the experimental group. This training was for 15-minute sessions, three times weekly for four weeks. Relaxation training was not administered to the control group, who received only routine nursing care from personel in the unit. The researcher used William W.K. Zung's Anxiety Rating Scale (ARS) as the instrument to measure any change in anxiety. The ARS was administered to both groups prior to the start of the four-week period and at the end of that period. The statistical methods for data analysis were derived from t-test, F-test and Scheffe's test.

The results indicated that :

1. After relaxation training the anxiety score of the experimental group was significantly lower than that of the experimental group prior to relaxation training at the .001 level.
2. After relaxation training the anxiety score of the experimental group was significantly lower than that of the control group at the .001 level.