

Thesis Title	The Effect of Progressive Muscular Relaxation and Biofeedback Training Programs on Stress Levels among Alcohol-dependent Patients during Medication
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#### ABSTRACT

This research study was of a quasi-experimental design. The objective of the research was to study the effects of progressive muscular relaxation and biofeedback training programs on stress levels among Alcohol-dependent patients during medication.

The sample group consisted of 60 male and female Alcohol-dependent patients during medication at Thanyarak Institution; their ages ranged from 20 to 60 years. Data were collected using the simple random sampling. The sample group was divided into 2 groups: an experimental and a control group. The experimental group participated in a progressive muscular relaxation and biofeedback training program for two days a week during 8 consecutive weeks, whereas the control group received normal treatment. The Symptoms of Stress Inventory (SOSI) Scale questionnaires, Skin-conductance, and Skin-temperature biofeedback instruments were used for pre-test and post-test between the experimental and control groups. A t-test for the independent sample was used.

Major findings were following: 1) at the  $p < .01$  levels, there was a statistically significant difference between the mean scores of the experimental group and the

control group according to stress levels assessed by the Symptoms of Stress Inventory (SOSI) scale questionnaires, and 2) the mean scores of stress levels were different between the pre-test and post-test at a statistically significant levels of .01 assessed by Skin-conductance, and Skin-temperature biofeedback instruments.

The result of this study indicates that progressive muscular relaxation and biofeedback training programs are able to reduce levels of stress among Alcohol-dependent patients during medication. This program should be used as an alternative treatment for stress reduction with Alcohol-dependent patients. More research should be done with other groups of patients were alternative treatment for stress management among clients.