The purposes of this research were to study the level of stress, psychological self care, hardiness, and coping behavior of professional nurses in Governmental Hospitals located in Bangkok Metropolis, and to search for the variables that would be correlated and could predict the stress level. These variables included psychological self care which devided into 6 aspects : development of self awareness, effective communication, time management, coping with problem, establishment of social support system, and universal self care, hardiness which composed of commitment, control and challenge, and coping behavior. The subjects consisted of 371 professional nurses selected by multi-stage random sampling. The instruments developed by the investigator was the questionnaire which was validated and tested for internal consistency and the standardized HOS.

The findings were as the followings :

1. The level of stress, psychological self care, hardiness of professional nurses were at the medium level, whereas coping behavior of professional nurses was at the low level.

2. Psychological self care, and hardiness of professional nurses were significantly and negatively related to stress level at the .001 level, while coping behavior of professional nurses was significantly and positively related to stress level, at the .05 level. Therefore, nurses who possessed high level of self care and hardiness score tended to have low-level of stress and those who possessed high level of coping behavior tended to have high level of stress.

3. The 19.74 percents of variance of stress level was explained by all variables in which only universal self care and control were significantly able to predict the stress level at the .001 and .05 level.

ภาควิชา ....คณะกรรมการบริหารหลักสูตรครุศาสตรมหาบัณฑิต.... ลายมือชื่อนิสิต ....ศิริรัตน์......ศรพิทยากุล....
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สาขาวิชา ....การบริหารการพยาบาล.................... ลายมือชื่ออาจารย์ที่ปรึกษา ....