

3937492 NSPS/ M: MAJOR: MENTAL HEALTH AND PSYCHIATRIC NURSING;  
M.N.S. (MENTAL HEALTH AND PSYCHIATRIC NURSING)

KEYWORDS: STRESS/ COPING WITH STRESS/ CAREGIVERS TO CHRONIC  
ALCOHOLICS

SAIPIN LIKHITLERTLUMP: STRESS AND COPING STRATEGIES OF  
CAREGIVERS OF ALCOHOLIC PATIENTS. THESIS ADVISORS: TASSANA  
BOONTHONG, Ed.D. (Nursing and Higher Education), WASSANA CHALAEMKHET, M.Ed.  
(Guidance), ATIRAT WATTANAPAILIN, Ed.D. (Curriculum Research and Development)  
92 p. ISBN 974-663-456-9

Caregivers who have to live with chronic alcoholics are likely to suffer from stress as they endeavour to remain physically and mentally sound. Therefore the researcher has studied the stress symptoms in caregivers to chronic alcoholics and the ways in which such caregivers endeavour to cope with stress. The study identifies situations that cause stress, the nature and degrees of stress symptoms, and the ways in which these caregivers try to cope with stress. The sample population consisted of 100 caregivers to chronic alcoholics who received treatment at Sri Thanya Hospital, Siriraj Hospital, and Somdej Chaophraya Hospital between 26 March and 30 November 1998.

The results of the study show that the most stressful situations are experienced in situations where caregivers have to cope with a patient who does harm to others, does harm to himself/ herself or exhibits sexually deviant behaviour. Many caregivers experience stress on a moderate level. Stress symptoms may be physical, emotional or spiritual; they may relate to cognitive and social behavior. Coping aims at solving problems or situations and at reducing suffering. In conclusion the study proposes that the nursing staff should be advised to work out plans for the patient's conduct after he/ she has been discharged from hospital and to give advice to caregivers as to how to cope with and immediately control stress-provoking situations. Arrangements should be made to give advice to caregivers to chronic alcoholics so that they may be better prepared to reduce stress and cope with stressful situations.