

Research Title	Factors Influencing Mental Health of Nursing Students at Huachiew Chalermprakiet University
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Abstract

The purpose of this present study was to investigate mental health in nursing students. The influence factors included in this study were gender, emotional quotient (EQ), achievement, income and mental health. The subjects of this study were selected of 427 nursing students who studied in years 1-4 at Huachiew Chalermprakiet University by a multi-stage random sampling technique. The instruments of this study were the demographic data, the Thai emotional quotient (EQ) for aged 12-60 years and the Thai Happiness Indicators -15 (THI-15). The Thai EQ and the THI-15 had been developed by the Department of Mental Health, the Ministry of Public Health that has previously been tested for validity and reliability. All questionnaires were collected and analyzed by the statistical analysis: frequency, percentage, mean, standard deviation, one way ANOVA and Stepwise Multiple Regression Analysis. The finding of this study found as following;

1. The mean of mental health score was $28.58(\pm 4.21)$. There were not different in the mental health scores among four years. The second year students showed the highest mean happiness score (28.89 ± 4.34), followed by first year (28.76 ± 4.82), four (28.47 ± 3.85) and third year (28.17 ± 3.97), respectively.
2. The major variables to predict the mental health of nursing students were statistically significant in EQ, gender, students' income. All these variables could predict the nursing students' mental health at 23.5% ($R^2 = .235$, $p < .001$ and $p < .05$).
3. The equation of mental health prediction in standard score were:
$$\text{Mental Health} = 0.473(\text{EQ}) + 0.105 (\text{gender}) + 0.097 (\text{students' income}).$$

In order to improve mental health of nursing students should monitor their life skill EQ and the individual factors and ensure they feel more positive themselves and nursing professional. The effective life skill education should be strengthening for the nursing curriculums.