

Thesis Title Relationship Between Selected Sleep Disturbing
Factors and Sleep Satisfaction of Patient in
Surgical Intensive Care Unit.

Author Miss. Boonchoo Anusaassananun

M.N.S. Medical and Surgical Nursing

Examining Committee :

Assoc. Prof. Nunta Leksawasdi	Chairman
Assoc. Prof. Captain Pairat Pruksachatkunakorn (M.D.)	Member
Assist. Prof. Aunnop Koonphandh	Member
Assist. Prof. Wilawan Senaratana	Member
Assist. Prof. Tatsana Mahanupap	Member

Abstract

The main purpose of this research was to investigate the sleep satisfaction, relationship between sleep disturbing factors and sleep satisfaction and sleep satisfaction's predictors of the patient in surgical intensive care unit. Samples consisted of 70 patients, both male and female who admitted in surgical intensive care unit at Maharaj Nakorn Chiang Mai hospital. Samples were obtained by criteria for selection. The research instrument was an interview form, composed

of three parts : patient's record form, sleep satisfaction record form which assessed by sleep satisfaction visual analogue scale which adapted from Aitken's sleep quality visual analogue scale by the researcher, and sleep disturbing factors interview form. Content validity was assessed by experts. The reliability was obtained by means of Cronbach's coefficient alpha. The reliability of sleep satisfaction visual analogue scale and sleep disturbing factors interview form were 0.97 and 0.75 respectively. Data were analyzed by using frequency, percentage, mean, standard deviation, Pearson's product moment correlation coefficient, and stepwise multiple regression.

The result of the study revealed that :

1. Sleep satisfaction of the patient in surgical intensive care unit was moderate satisfaction.

2. There were statistically significant negative relationship between sleep satisfaction of the patient in surgical intensive care unit and selected internal sleep disturbing factors namely discomfort, fear and anxiety at the level of .001 but there was no statistically significant relationship between pain and sleep satisfaction. There was statistically significant negative relationship between sleep satisfaction and selected external sleep disturbing factors namely unfamiliar environment : intensive care setting and noise at the level of .001 and .01 respectively, but there was no statistically significant relationship between sleep satisfaction and light and therapeutic and nursing management.

3. Selected sleep disturbing factors which could predict sleep

satisfaction of the patient in surgical intensive care unit were discomfort with fear and anxiety at the statistically significant level of .001. The multiple correlation was .61605, and the percentage accounted for the prediction was 37.95.