

3837037 PHPH/M : MAJOR : PUBLIC HEALTH NURSING ; M.Sc.(PUBLIC HEALTH)

KEY WORDS : FACILITATION, BUDDHIST MEDITATION, ANXIETY

APATCHA PONGYART : FACILITATION OF BUDDHIST MEDITATION TRAINING TO RELIEVE ANXIETY AMONG COLORECTAL CANCER PATIENTS. THESIS ADVISORS : SOMPORN TRIAMCHAI SRI, Ph.D.(Neuroscience)., PAYOM EUSWAS, Ph.D.(Nursing)., CHINOSOD HUSSABUMRER, M.D.. 293 p. ISBN 974-663-569-7

This action research aimed to develop a model for facilitation of Buddhist meditation to relieve anxiety among colorectal cancer patients. Samples consisted of fourteen colorectal patients with chemotherapy who were receiving inpatient treatment at Chulalongkorn hospital. This study was divided into four steps : 1) Preparation for research, 2) Development of a temporary model, 3) Operation for action research processes, and 4) Evaluation. The data was collected by in-depth interviewing, observation and field notes, and validated by triangulation techniques. Then data was analyzed by using coding, developing categories and comparing techniques.

The results of this study showed that :

1. After training, the State-Trait anxiety score was less than the score before training ($p < 0.001$). The patients revealed their anxiety on treatment outcome and survival, relative, treatment, side effects of chemotherapy, hospital environment, career and financial problems, body images, health condition and self-care, burden on family and friends, and sexual problems.

2. The model for facilitation of Buddhist meditation that can reduce anxiety was transpersonal caring. Six continuous processes were performed : nurse's preparation, establishing care relationship, health problem reflection, providing information and developing knowledge, demonstrating and adjustment, continuing follow-up and counseling by using sixteen strategies in all stages such as three nurse's strategies, eleven patient strategies, one patient family strategy, and one environment strategy.

3. The significant outcome of meditation technique was Anapanasati. Meditation was learning processes via six periods such as body-mind awareness, reflecting and considering until faithfulness, comprehension and decision making, practicing and modifying, attempting to practise, self-actualization on outcome and usage. The facilitating factors included faithfulness, intention and attempting, pre-training meditation or meditation knowledge, family initiating and supporting, helping other cancer patients, affording location, imitative behaviors of others with successful meditation and meditation manuals. Inhibiting factors are work load, laziness, previous health problems, incorrect use of or lack of a tape player, nonproficient reading, visual problems, annoyance with meditation measuring instruments and no faith in religion.