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ANXIETY / SIDE EFFECT OF CHEMOTHERAPY / LEUKEMIC CHILD

CHATSIRI MEKWIWATANAWONG : EFFECTS OF RELAXATION TECHNIQUE,
AUTOGENIC TRAINING ,AND BIOFEEDBACK ON ANXIETY AND SIDE EFFECTS OF
CHEMOTHERAPY OF LEUKEMIC CHILD. THESIS ADVISORS: SOMPORN TRAIAM CHAISRI,
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The purpose of this research is to assess the effects of relaxation technique , Autogenic training ,and Biofeedback- for relieving the suffering from side effects of chemotherapy and general anxiety. The quasi experimental pretest- posttest design was used in the study. Twenty leukemic patients were recruited for this study. Ten subjects were trained in Biofeedback and Autogenic training for 9 days (3 times/day). Ten other subjects underwent the routine care procedure. Research instructions used in the study included Autogenic and relaxation manual, vital signs monitors, watch and finger thermometer. Data collection was done by using the interview technique and recording physical data. Descriptive statistics was used to analyze the general data. The difference between two groups was calculated by using "The Mann-Whitney U Test" and the change within each group between pretest and posttest was calculated by using "The Wilcoxon Matched Pairs Signed Rank Test".

Results of the study showed that the experimental group had significantly decreased anxiety, pulse, respiration, blood pressure and increased skin temperature after treatment ($p < .05$). The control group experienced significantly increased side effects of chemotherapy between the pretest and the posttest ($p < .05$), but anxiety, pulse, respiration, blood pressure and finger temperature did not change. The comparison between the two groups showed that the experimental group felt significantly more relaxed, experienced less nausea/vomiting ,worry and anxiety, and better sleep and appetite than the control group ($p < .05$). Anxiety, side effects of chemotherapy, pulse, respiration, and blood pressure were lower than those of the control group too. But the quantity of antiemetic intake, were not significantly different between the groups ($p > .05$).

It can be concluded that leukemic children experienced decreased anxiety and side effects of chemotherapy when they accepted the Relaxation technique. This program should be applied as a part of alternative treatment to other types of patients.