

4037092 NSPS/M : MAJOR : MENTAL HEALTH AND PSYCHIATRIC NURSING

M.N.S. (PSYCHIATRIC MENTAL HEALTH NURSING)

KEY WORDS : MENTAL HEALTH / CARING BEHAVIORS / CAREGIVERS /
AMPHETAMINE USERS

PARICHAT WANWASART : MENTAL HEALTH AND CARING BEHAVIORS
OF CAREGIVERS OF AMPHETAMINE USERS. THESIS ADVISORS : JARUWAN T.
SKUL, M.S.W., WANNA KONGSURIYANAVIN, Ed.D., YAJAI SITTHIMONGKOL.
Ph.D. 103 P. ISBN 974-664-682-6

Mental health constitutes as a vital part of an individual's well-being. People who have good mental health are those who can adapt effectively in their daily living. Caregivers of amphetamine users face severe stress and are at risk of developing a mental disorder from caring for their ill member. The objectives of this study were to study the mental health and caring behaviors of caregivers of amphetamines users and the relationship between mental health and caring behaviors. The sample consisted of 180 caregivers, who brought their ill member to Thanyarak Hospital during March to May 1999. The General Health Questionnaire – 28 (Thai – version) and the Caring Behaviors, were used for data collection. The reliability of the questionnaires tested by Cronbach's alpha coefficient were 0.90 and 0.86 respectively. The data were analyzed by mean and percentage and the relationship between mental health and caring behaviors were analyzed by the Chi – square test.

The results showed that 66.7 percent of the subjects had potential psychiatric disorder. The subjects had a higher score in sub-scale of anxiety and insomnia, comparing to other sub-scales, including somatic symptom, social dysfunction and severe depression. The subjects had caring behaviors at a moderate level with a percentage mean score of 75.21. There was no significant relationship between mental health and caring behaviors of amphetamine users. ($\chi^2 = 0.65$, $P > .05$)

This study suggests that nurses should realize the importance of developing a program for promoting mental health of caregivers of amphetamine users since they are at risk of psychiatric disorders. The caregivers should receive great support in order to preventing mental health problems and maintain their appropriate caring behaviors.