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SOMPORN CHOTTIVITAYATARAKORN: EFFECTS OF A SELF-EFFICACY PROGRAM ON MOTHERS CARING FOR CHILDREN WITH CONGENITAL HEART DISEASE: THESIS ADVISORS: SOMCHAI TOONKOL, B.Sc. (P.H.N.), M.S.N. (COMM. HEALTH NURSING); WILAI LEESUWAN, B.Sc., M.Ed. 113 p. ISBN 974-664-953-1.

Children with Congenital Heart Disease (CHD) need a long term effective care, especially from parents, to improve their quality of life. Mothers of children with CHD, usually have low self-efficacy in caring for their children. To improve maternal caring behavior, this research was performed by developing a program utilizing self-efficacy theory for developing perceived self-efficacy and caring behavior of mothers caring for children with CHD.

The purpose of this quasi-experimental research (one group pretest-posttest design) was to determine the effects of a self-efficacy program on mothers caring for children with CHD. The purposive sampling consisted of 30 mothers of children with CHD. They had attended the outpatient pediatric cardiology clinic at Ramathibodi Hospital and Chulalongkorn Hospital during April to September, 2000. The self-efficacy program developed was composed of suggestion, demonstration, practice, group discussion, self-monitoring and a prompt, reminder letter. The data were collected at the first and twelfth weeks of this study.

After accomplishing the program, the results revealed that the mean scores of maternal perceived self-efficacy and maternal caring behavior were increased statistically and significantly ( $p$ -value  $< 0.001$ ). The findings of this study supported that this self-efficacy program was an effective tool for promoting effective maternal care of children with CHD. It could be recommended that a self-efficacy program should be performed and considered as a useful intervention in nursing practice, especially for increasing effective care of patients with other chronic illnesses.