

ABSTRACT

Skeletal traction is applied to the patient with leg fracture for relieving pain, muscle spasm as well as correcting deformity at the fracture site. However the patient on skeleton traction is immobilized thus cause stress both physiological and psychological, and becomes problems to therapy. There are many methods of reducing these problems such as giving information, explanation and reduction of the stimulus or distraction. Humor, a stimulant tool, can be used to distract the patient from the stimuli and anti-dote to stress. The researcher is interested in studying the effect of humor media on stress level of patient with skeletal traction of the leg. A quasi-experimental research design was implemented. The sample consisted of 60 male patients who have fracture of the leg and were admitted for skeletal traction on 1st floor of Mahidol Bumpen Building at Siriraj Hospital, and 1st, 2nd, 3rd floor of Piboon Songkram Building in General Police Hospital. Subject were selected by purposive sampling technic for this study, and devided equally into two groups an experimental group and control group. The experimental group was given a humor media, but control group received routine nursing care. The tool used in this study

included the humor media, demographic data, stress measurement. Data were analyzed by using t-test. The results revealed as follow.

The stress level in the experimental group was statistically significant lower than those in the control group. ($p < 0.0005$)

From the result of this study, the researcher recommends that nurses should implement humor media as a nursing tool for release patient's stress while admitted in the hospital. In the further studies humor should be experimented with other group of chronic patient.