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Date of Graduation 31 March B.E. 2535 (1992)

ABSTRACT

Master of Science (Nursing)

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The Effect of Anapanasati Smadhi on Anxiety

and Depression of Hemodialysis Patients

Thesis Title

Thesis Supervisory Committee

Name

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Patients on maintenance hemodialysis due to chronic renal failure have to face physical and psychological stress both from their chronic illness and treatment modalities. They become anxious, hopeless, and depressed. Anapanasati Smadhi, concentrating on breathing in and out, is one of the fourty Buddhist meditation teachniques which can be learned easily and is inexpensive. This method may reduce their anxiety and depression. The purpose of this study was to investigate the effect of Anapanasati Smadhi on anxiety and depression in chronic hemodialysis patients. The samples were patients with chronic hemodialysis supported by Renal Foundation of Thailand Priest Hospital, they were Buddhist and had never regularly practiced meditation.

A quasi-experiment research design was used. The sample was devided into two groups, the control group consisted of 24 patients and 21 in the experimental group which practicing Anapanasati Smadhi.

The researcher collected data by using Zung's self-rating anxiety scale (Zung 1971: 371 - 379) and Zung's self-rating depression scale (Zung 1965: 63 - 66). The study was first conducted in the control group for 6 weeks and then 6 weeks later in the experimental group.

The difference between pre-testing and post-testing of anxiety and depression score were analysed by using t-test and ANCOVA to test the difference of anxiety and depression score between the two groups.

The results were as follow:

- 1. The anxiety and depression score after practicing Anapanasati Smadhi was significantly lower than the pre-practicing score. (P(.01)
- 2. The anxiety and depression score after practicing Anapanasati Smadhi was significantly lower than the control group. (P(.01)

The study showed that practicing "Anapanasati Smadhi" could decreased anxiety and depression in hemodialysis patients. The researcher recommends that nurses should implement practicing Anapanasati Smadhi in patients with chronic illness such as hypertension, myocardial infarction and cancer, in order to reduce anxiety and depression.