Thesis Title   The Stress of Head Nurses in Regional and
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ABSTRACT

The objective of this research was to study about the relationship and to compare the stress scores between personal characterisitics, satisfaction, social support and stress among head nurses in Regional and Central Hospitals in Southern Thailand. The sample was composed of 260 head nurses from Regional and Central Hospitals in Southern Thailand. The questionnaires were used to collect the data and the data were analyzed by using the SPSS^{x} program. The statistics included : frequencies, percentage, arithmatic mean, standard deviation, One Way Analysis of Varience, Chi-Square, Pearson's Product Moment Correlation, and Stepwise Multiple Regression Analysis.

The results were found that most of the head nurses (70.8 %) had moderately stressed scores, about 15.4 % had highly stressed scores and 13.8 % had mildly stressed scores. About 71.5 % had moderately satisfaction scores and 69.1 % had moderately social

support scores. The factors that caused statistically significant differences in stress scores were family responsibility, economics and satisfaction. There were statistically significant correlations between family responsibility, economics, type of ward, satisfaction and the stress of the head nurses. The result of Stepwise Multiple Regression Analysis showed that 10.2 % of the varience was explained by economics and family responsibility factors.

The result from this study suggested that nurse administrators and executive officers should beware of the importance and problems that created stress by researching into and trying to solve working problems.