

Thisis Title                    The Effectiveness of the Group Process Applied  
the Self-Help Group Towards the Anxiety Level  
of the CA. Cervix Radiation Therapy Patients.

Name                            Saipanya Kongphantu

Degree                         Master of Science (Public Health) major in  
Health Education

Thesis Supervisory Committee

                                  Chanuautong Tanasugarn, B.Ed., M.P.H., Dr.P.H.  
                                  Roongrote Poomriew, M.A., M.P.H., Ph.D.  
                                  Darunee Junhavat, B. Sc., M.Ed.

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### Abstract

Cervical cancer is the most found cancer in female and the number is increased every year. Eventhough, at present, the diagnosis method is accurate, the treatment and prognosis is uncertain. The radiation therapy seems to be the best treatment. However when the patients know that they have to be treated by radiation therapy, majority of them are afraid of it and anxious through out the course of treatment. In addition, some patients experienced radiation side effect and complications during the treatment which will increase their fear and anxiety levels drastically.

The main objective of this quasi-experimental research was to examine the effectiveness of the self-help group towards the

anxiety level of the cervical cancer radiation therapy patients. The samples are eighty carcinoma of cervix radiation therapy patients who stayed during July 1991-February 1992, at Thai cancer society under the patronage of his majesty the King located at 1909/86 Soi Ruampatana, Bangplad, Charunsanitwong Road, Bangkok. Samples were divided into 2 groups, one was experimental group which consisted of 40 patients, and the comparison group, with 40 patients. The experimental group participated in the self-help group while the comparison received the education about the disease from an official of the radiation therapy department at cancer institute and Siriraj Hospital.

The data was collected by interviewing each group for two times before and after the experiment. Statistics used in the data analysis were percentage, mean score, Student's t-test and Paired samples t-test.

Results were as follows:

1. After the experiment, the mean score of anxiety level of the CA. Cervix radiation therapy patients in the experimental group was statistically lower than before the experiment and statistically lower than that of the comparison group. ( $P < 0.001$ )

2. After the experiment, the mean score regarding the knowledge of the CA. Cervix radiation therapy patients in the experimental group was statistically higher than before the experiment and statistically higher than that of the comparison group. ( $P < 0.001$ )

3. After the experiment, the mean score regarding the practice of the CA. Cervix radiation therapy patients in the experimental group was statistically higher than before the experiment and statistically higher than that of the comparison group. ( $P < 0.001$ )

The results of this study indicated that the self-help group can reduce the anxiety level and increase knowledge and the practice of the CA. Cervix radiation therapy patients.