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KEY WORD : QIGONG RELAXATION TRAINING / STRESS / HYPERTENSION

AMORN RAT PIRASORN: EFFECT OF QIGONG RELAXATION TRAINING ON STRESS AND BLOOD PRESSURE IN ESSENTIAL HYPERTENSIVE PATIENTS. THESIS ADVISOR: SOMPORN TRIAMCHAI SRI, B.Sc., M.S., Ph.D. TERDSUK DETKONG, M.D., Dip. of Thai Board of Psychology. 162 p. ISBN 974-589-782-5

This quasi experimental study is to assess the effect of Qigong Relaxation Training on stress and blood pressure in essential hypertensive patients. Forty out patients from Wiangpapao Hospital were recruited for this study, 20 subjects were trained Qigong Relaxation 3 days/wk for 3 months, 20 other subjects served as nonexercising controls. Research instruments included of Terumo Digital Blood Pressure Monitor, the Qigong Relaxation Training Manual and Questionnaires. Data collection were done by using the technique of interviewing, blood pressure recording and signs and symptoms recording. Descriptive statistics were used to assess the general data. The difference between the two groups was calculated by "t- test" and the difference in related one group was calculated by "Paired t- test"

The result shows that stress in the experimental group was reduced after 3 months (p-value <0.01) and systolic and diastolic blood pressure (SBP/DBP) were reduced after 3 months of treatment (18.15/10.4 mmHg, p-value <0.001). After 4 weeks of treatment systolic and diastolic blood pressure (SBP/DBP) were reduced significantly (p-value <0.05). In the control group blood pressure remained unchanged after 3 months (p-value >0.05). The difference between systolic and diastolic blood pressure (SBP/DBP) of each group was reduced after 3 months of treatment (p-value < 0.001). On the contrary, there showed inconclusive reduction of signs and symptoms of hypertension.

It could be concluded that patients with essential hypertension had decreased stresses and systolic and diastolic blood pressure after 3 months of Qigong Relaxation Training. They were calmed and refreshed in emotion and also appreciated the Qigong Relaxation Training. Thus, this program should be used as a health promotion technique in noncommunicable disease patients and normal people.