

Thesis Title Effectiveness of Anapanassti Relaxation on Reduction of Stresses and Blood Pressure Among Essential Hypertensive Patients

Name Sunanta Krachangdan

Degree Master of Science (Public Health)
Major in Public Health Nursing

Thesis Supervisory Committee
Somporn Triamchaisri, B.Sc., M.S. (Biostatistics),
Ph.D.(Neuroscience)
Pilin Nukulkiij, B.Ed. , M.Ed. , Ph.D. (Nursing Sciences)
Chai Na Pol Akarasupaset, M.A. , Ph.D.(Busines Administration)
Chinosoh Husbumrer, M.D.

Date of Graduation
28 May B.E. 2540 (1997)

ABSTRACT

This quasi-experimental study was to assess the effectiveness of the Anapanassti Relaxation on Reduction of Stresses and Blood Pressure Among Essential Hypertensive Patients. Twenty out patients from Rajvithi Hospital and Pranakonsriayuthya Hospital were recruited for this study.

Research instruments included of sphygomonometer, stethoscope, finger thermometer, the Anapanassti Relaxation Manual, quantitative data collection were done by using the technique of interviewing, temperature recording, blood pressure recording and health care recording.

Descriptive statistics were used to test the difference. The results showed that stresses, systolic blood pressure and diastolic blood pressure were reduced after treatment significantly. On the contrary, there showed inconclusive reduction of signs and symptoms of hypertension.

It could be concluded that the patients with essential hypertension had decreased stresses and diastolic blood pressure. After 8 weeks of the Anapanassti Relaxation, they were calmed in emotion, they appreciated the Anapanassti Relaxation. Thus, this

program should be applicable for partial treatment and for other kinds of non-communicable diseases patients.