

Thesis Title                    A Study of Self-help Group on the Post-mastectomy  
                                 Patients With Chemotherapy  
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Date of Graduation:    26 August    B.E. 2537 (1994)

### ABSTRACT

The study of a self-help group on the post-mastectomy patients with chemotherapy proposed to study the quality of life, the interaction process in the group, the supports that subjects received from group as focused in Norbeck's social support concept, the issues or current problems which the group members often focused on and any responses from the group, the nurses' role which the samples requested for the group, the problems and barriers to the group's participation in 20 post-mastectomy patients who received chemotherapy during December 1993 to June 1994. The subjects were tested the quality of life before and after 3 participating sessions of the self-help group with the quality of life index which was developed from the quality of life index of Padilla and Grant's concept (1985). The interaction data were collected by 2 observers, a researcher and co-researcher, and time sampling observations were 2 minutes observed and 3 minutes refrained from observation. The investigator collected the data of supports from the group, the nurse's role which the samples requested for the group and the problems or barriers to the group's meeting by using an open-ended questionnaire developed by the investigator. The issues or current problems which group members often talked about and any responses from the group members were observed in the group's meeting and tape recorded. The results were :-

After participating in the 3 sessions of the self-help group,

the samples got significantly higher quality of life scores ( $p > .05$ ) than before participating in the group, especially in the physical well-being component ( $p < .01$ ). The most interaction process in the group were the problem solving behaviors (42.1%) followed by the emotionally positive response behaviors (41.8%), question behaviors (13.51%) and the emotionally negative response behaviors (3.44%). The most important support from the group was emotional support. The issues and current problems which the group members often focused on, were the illness and the group members' attitudes toward the treatment, the side effects after the mastectomy experience and coping with chemotherapy effects, perception of body image and treatment, the details of breast reconstruction and their attitudes toward any situations which happened in that time. The problems or barriers to participating in the group were the samples' health status, job responsibility, and attitudes toward group, the problems from the environment were traffic jams, travel expenses and some problems with the group's meeting time and the meeting place. The samples needed the nurses to be an advisor who gave information and suggestions and showed the appropriate method to carry out a group meeting and some samples requested a nurse to be a group leader.

From the details above, indicated that the self-help group under the supervision of a nurse was useful for patients who were in the process of coping with difficult situation for better quality of life. However, the researcher presented the limitations and implications for clinical practice and education, further study was recommended.