

TITLE Effect of Counseling on Hope, Anxiety, Depression, and
Self Care Practice in the Human Immunodeficiency Virus
Infected Mukdahan Hospital

AUTHOR Nattanant Jaitrong

ADVISORS Assoc. Prof. Dr. Prasart Isarapreeda and Assoc. Prof.
Dr. Veera Boonyakanchana

DEGREE M.Ed. MAJOR Educational Psychology

UNIVERSITY Mahasarakham University DATE 1997

ABSTRACT

The purposes of this research were to study the effect of counseling on hope, anxiety, depression, and self care practice in the human Immunodeficiency virus infected patients in Mukdahan hospital. The sample selected through purposive sampling technique were 60 cases of HIV infection. The patients were divided into two groups; controlled group and experimental group. The controlled group consisted of 30 cases under the ordinary treatment of the hospital and the experimental group consisted of 30 cases under the ordinary treatment along with the counseling process two times. Each time lasted not over 60 minutes in 2 weeks for each patient. The data were collected two times before and after the experiment. The data analysis was done through percentile, mean, standard deviation, as well as t-test.

The results were as follows:

1. After the counseling process, it revealed that hope, and self care practice of the HIV infection in the experimental group were higher than those of the controlled group with statistically significant difference ($P < .05$). By the way depression and anxiety of the controlled group were higher than those of the experimental group with statistically significant difference ($P < .05$).

2. When hope, anxiety, depression and self care practice of the HIV infection in the experimental group were compared between before and after the counseling process, it revealed that hope and self care practice of the HIV infection were higher with statistically significant difference ($P < .05$) but anxiety was lower with statistically significant difference ($P < .05$). By the way depression was not different.

The research provided the information that the patients of HIV infection who had the counseling process which was as both physical and mental treatment apart from ordinary treatment of the hospital had better mental health. They might be useful to the society more than before; hence, every patient should be under the counseling process.