

Thesis Title Effect of Progressive Relaxed Awareness on Anxiety
Level of Head and Neck Cancer Patient Befor Radiotherapy
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Abstract

The impact of head and neck cancer on patients' stress and anxiety are serious. The important concerns which generate these problems are related to the loss of body image and body function, the threatened loss of life, and the treatment modalities especially radiotherapy. Progressive relaxed awareness is one of the helping techniques used to decrease the level of anxiety. The researcher is interested in studying the effect of progressive relaxed awareness on anxiety level of the head and neck cancer patients before radiotherapy. A quasi-experimental research design was implemented. The sample consisted of 30 head and neck cancer patients before radiotherapy at the department of radiotherapy Siriraj Hospital. The sample was selected according to the predetermined criteria, the first 15 patients were assigned to be an experimental group who had received the

progressive relaxed awareness and the next 15 patients were assigned to be a control group who had received routine instruction by hospital personnels. The anxiety level was assessed before and after the experiment. Data were analysed by using ANCOVA in order to compare the difference of anxiety level between the two groups.

The result showed that the score of anxiety level in experimental group was significantly lower than that of the control group ($p < .01$).

According to the result, the researcher recommends that the replicated study should be done in other chronic illness group.