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SODSAI KETNAI: EFFECTS OF PERCEPTION WITHOUT  
AWARENESS, SELF-CARE INFORMATION AND POSITIVE THINKING ON  
HOPE IN MASTECTOMY PATIENTS. THESIS ADVISORS: PENSRI RABIEB,  
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Mastectomy patients are usually faced with two main problems: the threat to their femininity and body image with all the inherent implications and the fear of a life-threatening breast cancer. Under circumstances, hope is the main strength for the women with mastectomy to live on. Enhancing patient's hope is, therefore, a major goal of nursing.

The objective of this study was to compare the level of hope of mastectomy patients after listening to subliminal audiotape or musical audiotape, and self-care information plus positive thinking audiotape. The design of the study was a randomized double-blind control trial on 40 mastectomy patients. Twenty randomized intervention patients received 1) two audiotapes of the subliminal and self-care information plus positive thinking and 2) two manuals of post-mastectomy exercise and breast-self examination to be used at the time of listening to the self-care information tape. Twenty randomized control patients received 1) two audiotapes of regular music and self-care information plus positive thinking and 2) the similar manuals as given to the intervention patients. The patients were assigned to listen to the tapes for one month beginning on the first day of admission. The method of data collection was that the researcher interviewed the study subjects with a Herth Hope Index questionnaire before mastectomy, on the fifth day and one month after mastectomy. The data collected was analyzed by statistical methods of frequency distributions, percentages, standard deviations, ANOVA, and t-tests.

The results of this study revealed that:

1. The mean scores of hope had a statistically significant difference between the fifth day and one month after mastectomy in the intervention group at the P-level of .05.
2. The mean scores of hope had a statistically significant difference between the fifth day and one month after mastectomy in the control group at the P-level of .05.
3. The differences in the mean scores of hope between the intervention group and the control group on the fifth day and one month after mastectomy were not statistically significant.

These findings can be concluded that the method of hope enhancing given to breast cancer patients can possibly increase hope after receiving mastectomy.