

Thesis Title Effect of Muscle Relaxation Training on Stress Among Women
with Gynecologic Cancer

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ABSTRACT

Stress is a common symptom found among women with gynecologic cancers. It has a great impact on physical, psychological, social and spiritual aspects of the patients. The purpose of this quasi-experimental research was to examine the effect of muscle relaxation training on stress among women with gynecologic cancer. The subjects were women with gynecologic cancers admitted for treatment at the Inpatient Department, The Lamphang Regional Cancer Center, during July to December 2004. Thirty subjects were purposively selected and assigned equally to the control and experimental groups. The first 15 subjects were assigned to the control group who received conventional nursing care and the other 15 subjects were assigned to the experimental group who participated in progressive muscle relaxation training program. The instruments used in this study were a Demographic Data Form, and Part 3 of the Suanprung Stress Test-104 (SPST). Data were analyzed using descriptive statistics and the t-test.

The results showed that after experimentation the mean score of stress of the experimental group had significantly lower than before experimentation. The mean score of stress of the experimental group had statistically significant lower than that of the control group.

The results indicate that progressive muscle relaxation could reduce stress in women with gynecologic cancer, therefore, this program should be intervened in nursing practice.



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