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Title The effects of stress management program on Stress Level to sleep quality of
Nursing Students.

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Abstract

The purpose of this experimental research was to study the effects of applying stress management method on stress management for the undergraduate students at Kasem Budit University. The subjects were 50 freshies from Faculty of Nursing at Kasem Budit University whose personality on stress management test. The subjects were then divided into two groups by simple random sampling technique. The first group participated an experimental group of 25 students and the other 25 students served as the control group. Research instruments were practicing activities on stress management personality test and stress management test. The research design was a randomized control group pretest-posttest design. Analyzing data by applying statistics the t-test for dependent sample, the t test for independent sample.

The research finding were as follows:

1. The students who participated in the experimental group got their stress Level lower than those students in the control group with statical significance at 05 level.
2. The students who participated in the experimental group got their sleep Quality equal to students in the control group with statical significance at 05 level.