

Independent Study Title Using Group Counseling to Reduce Tension of
Novice Nurses Working in a Private Hospital
in Chiang Mai Province

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ABSTRACT

This research was a survey research aiming at investigating the effect of using group counseling to reduce the tension of the newly recruited nurses working in a private hospital in Chiang Mai. The sample used consisted of 8 new nurses. The instruments used included the tension measuring scale developed by Suanprung Psychiatric Hospital and 8 sessions of group counseling. Data were analyzed in terms of means, standard deviation and t-test. The findings reveal that the sampled nurses' tension decreased after taking part in the group counseling.