

Research Abstract

Research Synthesis Concerning the Stress and Coping of Thai People

Assist. Dr. Ungsinun Intarakamhang

The main objectives of this research were to summarize the progress and development of research studies related to stress and stress coping of Thai people and search for variables affecting stress and stress coping by synthesizing from researches. The sample consisted of 490 research studies of 15 higher education institutions which concerning the stress and stress coping during 1982–2007. Qualitative data was synthesized by content analysis presented in percentages. Quantitative data was synthesized by estimating effect size through Meta analysis technique of Glass and others. Research synthesis results showed that the majority of research objectives were correlation and prediction findings at 80%. The reliability range of stress questionnaire were 0.7000-0.9800 and 0.6033-0.9500 of coping questionnaire. The appropriate stress and stress coping level of most samples were at moderate, 55.41% and 49.5% respectively. The majority of studied samples were government officials : nurses, teachers, and policemen . Furthermore, factors which effected on stress and stress coping consisted of four groups ; 1) Bio-social and personal factors had influenced on stress by average effect size 0.1609-0.0559 which the highest predictor was the physical disability. 2) Psychological factors had influenced on stress by average effect size 0.2637-1.6450 which the highest predictor was the anxiety. 3) Social factors had influenced on stress by average effect size 0.2118-0.9725 which the highest predictor was the education reforming. 4) Intervention program which the highest effect stress was self - control practice. Finally, it was found that factors which affected stress coping were as follows : 1) Bio-social and personal factors had influenced on stress coping by average effect size 0.1214-0.3551 which the highest predictor was the resident environment, 2) Psychological factors had influenced on stress coping by average effect size 0.1201-1.0208 which the highest predictor was the expectation, 3) Social factors had influenced on coping by average effect size 0.1635-0.7144 which the highest predictor was the workplace support, and 4) Intervention program which the highest effect stress coping was the information program of cartoon picture.