

Research Title The Education and Development of Mental Health Management Program on Mental Health of Nursing Students Faculty of Nursing, Suan Dusit University

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This research was aimed to study mental health of nursing students, their attitude and adaptation to the nursing program and the effects of mental health management program of nursing students, Faculty of Nursing, Suan Dusit University. The respondents were categorized into 3 groups as (1) the first group consisted of 365 nursing students studying between 1-4 class levels and this was interviewed with the structural questionnaire about mental health and its four components (2) the second group was 15 nursing students purposely selected to in-depth interview about their attitude and adaptation to the nursing program and (3) the third group gained from the 32 nurse students who had the mental health scores lower than normal scores ranged were equally divided into the experimental group and the control group normally received the health education respectively.

The research instruments used here were (1) the Thai Mental Health Questionnaire which had 54 questions (2) the guideline of in-depth interviewing on the attitude and adaptations and (3) the mental health management program. The collected data was then analyzed and presented into frequency, percentage, mean, standard deviation, outcomes of paired t-test, independent t-test and its content analysis.

From the study the results could be demonstrated as follow:

1. 70.7% of the nursing students had the scores of mental health in the normal range and the few accounted to 32 persons or 8.8% of them had the scores lower than this.
2. By largely the nursing students had their good attitude and adaptation to the nursing program.

3. After the program was terminated the experimental group had all of the post-tested average scores of mental health and its components significant higher than the pre-tested average scores $P < 0.05$.

4. After the program was terminated the experimental group had the post-tested averages scores of mental health and its components as mental state, mental capacity and supporting factors significant higher than the post-tested average scores of control group. This was except to the mental quality which did not different significantly between them $P \geq 0.05$.

For the recommendations it should have the follow-up study and evaluation of stabilities of mental health management in the experimented group. Before applying the program the users should consider on its purposes and details. And the users should understand that the program is suitable to utilize under the low risk events.

Keywords: Development of Mental Health Management Program, Nursing Students, Faculty of Nursing, Suan Dusit University