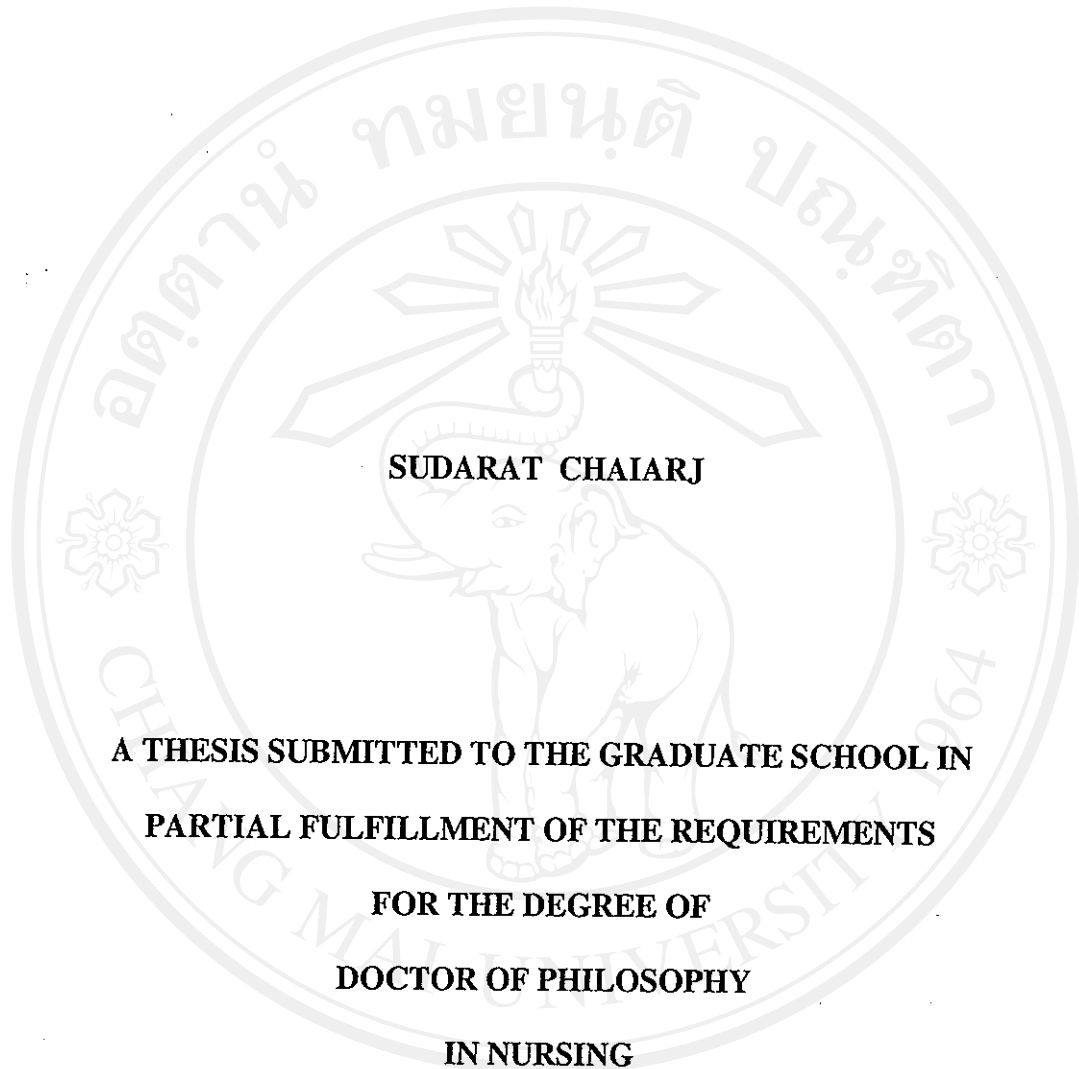


INSOMNIA AMONG THAI PEOPLE IN THE NORTHERN REGION



SUDARAT CHAIARJ

**A THESIS SUBMITTED TO THE GRADUATE SCHOOL IN
PARTIAL FULFILLMENT OF THE REQUIREMENTS**

**FOR THE DEGREE OF
DOCTOR OF PHILOSOPHY**

IN NURSING

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่

Copyright© by Chiang Mai University

All rights reserved

GRADUATE SCHOOL

CHIANG MAI UNIVERSITY

JUNE 2004

ISBN 974-658-379-4

INSOMNIA AMONG THAI PEOPLE IN THE NORTHERN REGION

SUDARAT CHAIARJ

THIS THESIS HAS BEEN APPROVED
TO BE A PARTIAL FULFILLMENT OF THE REQUIREMENTS
FOR THE DEGREE OF DOCTOR OF PHILOSOPHY
IN NURSING

EXAMINING COMMITTEE

Paungpayom PanyaCHAIRPERSON
Assistant Professor Dr. Paungpayom Panya

Sirirat PanuthaiMEMBER
Lecturer Dr. Sirirat Panuthai

Surachai KuasirikulMEMBER
Assistant Professor Surachai Kuasirikul

Linchong PothibanMEMBER
Associate Professor Dr. Linchong Pothiban

Jayanton PatumanondMEMBER
Associate Professor Dr. Capt. Jayanton Patumanond

Somporn TriamchaisriMEMBER
Associate Professor Dr. Somporn Triamchaisri

11 June 2004

© Copyright by Chiang Mai University

ACKNOWLEDGEMENT

The completion of this dissertation would have been impossible without a great help from many individuals. I would like to take this opportunity to express my gratitude to these persons.

First of all, I would like to express my deepest gratitude for my thesis committee, Assistant Professor Dr. Paungpayom Panya, my major advisor, Dr. Sirirat Panuthai and Assistant Professor Surachai Kuasirikul, my co-advisors for their intellectual advice and encouragement throughout this study. I also greatly value the support from my mentor, Professor Dr. Judith A. Floyd, College of Nursing, Wayne State University who provided a great contribution on the beginning of my proposal development. My sincere thank goes to Associate Professor Dr. Capt. Jayanton Patumanond for his intellectual advice on sampling method and statistics used in my study. My appreciation is also extended to Associate Professor Dr. Linchong Pothiban who gave me very useful suggestions and comments on my work at the time of the proposal defense.

One of my wonderful memories conducting this dissertation came from the process of data collection. I had an opportunity to travel 58 villages and I found such generous and kind people. I would like to express my sincere thank for all my study participants, nurses from the health promotion section of the hospitals, health personnel from health centers, heads of the villages, and village health volunteers. I also would like to express my deepest thank to all my nicely friends who provided me

such a great help for collecting data, gave me an accommodation and took me to the villages. My appreciation goes to these friends, Suthira Fookhum, Nongnuch Boonyoo, Amornlerd Thailamthong, Kusumarn Ramsiri, Penjit Thanacharoepipat, Chantana Tongchuen, Panitnun Chotikacharaensuk, Boonmee Pharungskul, Saichol Boonvisutanon, and Pajitra Loskultong.

A special gratitude is expressed to my friend, Dr. Azadeh T. Stark, for her effort and time editing major parts of my dissertation. My sincere thank also goes to Sharon K. Favazza, a nursing consultant, Faculty of Nursing, for her kindness and a great help on editing.

I am deeply grateful to Faculty of Nursing, Chiang Mai University for allowing me the time to complete my study. I would like to thank the Ministry of University Affairs for supporting the scholarship throughout my study both in Thailand and the United States. My thank also goes for the Graduate School, Chiang Mai University for their supporting partial budget for my dissertation.

My heart felt thank and appreciation to my beloved family, my father and my mother who always understand and encourage me throughout my study. My sincere thank gives to my colleagues from the department of medical nursing who take my workload while I have left for a long time of my study.

Finally, I thank for all classmates and friends in a doctoral program for their support and concern. Most of all, we had a good time together and shared experienced to each other.

Sudarat Chaiarj