

Title : The Effects of Therapy Dog Interaction on Cortisol Hormone Levels of Chiang Mai University Students

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ABSTRACT

This study investigated the relationship between Cortisol hormone levels after interacting with therapy dogs among Chiang Mai University students. The sample consisted of students enrolled in the first semester of the 2023 academic year, using purposive sampling, with a total of 122 volunteers. Data were analyzed using descriptive statistics and inferential statistics. The preliminary findings revealed that the mean Cortisol hormone levels before and after interacting with therapy dogs were 6.264 and 5.308 $\mu\text{g/dL}$, The mean blood pressure before and after the interaction was 112/74 and 110/73 mmHg, and the mean heart rate before and after playing with therapy dogs was 83 and 80 beats per minute, respectively. The statistical analysis at a significance level of 0.05 indicated that gender, academic year, and field of study did not influence to reduce Cortisol hormone levels after interacting with therapy dogs. However, systolic blood pressure, diastolic blood pressure, and heart rate were correlated with post-interaction Cortisol hormone levels. Furthermore, when we compared Cortisol hormone levels before and after therapy dog interaction showed a significant difference.

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