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KEY WORD : ATTITUDES/ SELE-DEVELOPMENT / NEO-HUMANIST PSYCHOLOGY



YAOVALUX POTHISOUTH : ATTITUDES TOWARDS SELE-DEVELOPMENT
ACTIVITIES OF PARTICIPANTS COMPLETED THE TRAINING COURSE OF THE
DEVELOPMENT OF POWER AND SUCCESS OF LIFE THROUGH NEO-
HUMANIST PSYCHOLOGY OF THE CENTER FOR CONTINUING EDUCATION
AND SOCIAL SERVICES, THAMMASAT UNIVERSITY : ASSOCIATE PROF.
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The purpose of this research was to study attitudes self-development
activities and Practice knowledge of self-development in daily life of participants
completed the training course of the development of power and success of life
through Neo-Humanist Psychology. Research population were 249 participant
completed the training course from class 33-42. The instrument utilized for data
collection was a questionnaire, 83.93 percent were completed and returned. Data
were analyzed by using statistical Package for the social science (SPSS/PC⁺) for
percentage, arithmetic mean and standard deviation.

Research findings were as follows :

1. Participant Completed the training course of the development of
power and success of life through Neo-Humanist Psychology had positive attitude
towards five self-development activities; - Meditation, Yoga-Asana, Subconscious
Mind motivation, Koashiki exercise and nutritious consumption habits, and high
positive attitude towards being good mind to oneself and others.
2. Most participants completed the training course, occasionally follows
up in 4 self-development activities : Yoga-Asana, subconscious mind motivation,
koashiki exercise and nutritious consumption habits. Most participants did not do
the meditation but always being good mind to oneself and others.

ภาควิชา การศึกษานอกโรงเรียน
สาขาวิชา การศึกษานอกระบบโรงเรียน
ปีการศึกษา 2540

ลายมือชื่อนิสิต 
ลายมือชื่ออาจารย์ที่ปรึกษา 
ลายมือชื่ออาจารย์ที่ปรึกษาร่วม 