





Pawinee Khaikrathok 2008: The Effects of Buddhist Group Counseling to Decrease Anger and Aggressive Behaviors of the Mathayomsuksa Three Students at Ratwinit Bangkaeo School in Samut Prakan Province. Master of Arts (Educational Psychology and Guidance), Major Field: Educational Psychology and Guidance, Department of Educational Psychology and Guidance. Thesis Advisor: Associate Professor Apa Chantharasakul, Ed.D. 235 pages.

The purposes of this research were: 1) to study the effects of the Buddhist group counseling to decrease anger and aggressive behaviors of Mathayomsuksa three students at Ratwinit Bangkaeo School in Samut Prakan Province 2) to compare the anger and aggressiveness level of experimental group students who participated in the Buddhist group counseling and control group students 3) to study students' opinions who participated in a Buddhist group counseling program. This research was the experimental design. The sample were 20 students who had aggressive behaviors in Mathayomsuksa three at Ratwinit Bangkaeo School in Samut Prakan Province. The sample were divided into an experimental group and a control group, 10 students per a group. The experimental group participated in the Buddhist group counseling program to decrease anger and aggressive behaviors for 12 sessions, one and a half hour per each session, totally 18 hours. The instruments used in this research were the Buddhist Group Counseling Program to Decrease Anger and Aggressive Behaviors, the State-Trait Anger Expression Inventory, an Aggressive Behaviors Test, a student's self-report and student's opinion towards the Buddhist Group Counseling Program in each section, a student's opinion towards the Group Counseling Program and the group leader Questionnaire. The Wilcoxon Matched Pairs Signed - Rank Test and The Mann - Whitney U Test were used for data analysis.

The research results indicated that:1) the posttest score on anger and aggressive behaviors of the experimental group were lower than their pretest scores at .05 level of significance. 2) the pretest and posttest score on anger and aggressive behaviors of the control group were not significant difference at .05 level. 3) the posttest score on anger and aggressive behaviors of the experimental group are lower than posttest score of the control group at .05 level of significance. 4) the experimental group reported that participated in the Buddhist group counseling program helped them to increase their understand about anger and aggressive behaviors. In the group, they have a chance to explore their thought, feeling and behaviors. They also have a chance to exchange their experience about anger, shared their opinions and expressed their feelings among the group members, which helped them to understand more about themselves as well as learned more about methods and techniques to deal with their anger and adjust their aggressive behaviors effectively.



Student's signature



Thesis Advisor's signature

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