

Thesis Title : Developing a Participatory Action Research Model for
Using in the Quality of Life Promotion Project

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Abstract

The objectives of this study was to develop a participatory action research model for use in the Quality of Life Promotion Project, to utilize people's participation and to access information for program planning and development. The research methodology is as follows :

Step 1 : Construction of the participatory action research model by studying contemporary theoretical constructs and by reviewing the literature.

Step 2 : Testing and evaluation of an efficient research model by using it in a real-life situation with three different target groups. Research was conducted according to participatory action research guidelines and agenda.

Step 3 : Improving upon a research model.

The result of this research study was a model of structural research study which included three phases. These were : Phase 1- Problem Identification, Phase 2-Surveying Problems and Problem-Solving

and Phase 3 - Selecting and Setting Up Problem-Solving Plans. There were a total of seven activities conducted in these three phases :

Phase 1 - Problem Identification : This phase combined activities 1, 2 and 3 as follows. 1. Studying the problems and needs of the operational unit. 2. Surveying and studying the region for problems checking which were integral to the Quality of Life Promotion Project. 3. Summarizing problems affecting the target groups and clarifying problems in order to gain participant cooperation.

Phase 2 - Surveying Problems and Problem-Solving : this phase combined activities 4 and 5 as follows. 4. Working with the people in the problem-solving survey. /5. Studying the details of the operation plan and rules of the executive groups which were advantageous to target groups.

Phase 3 - Selecting and Setting Up Problem-Solving Plans : This phase combined activities 6 and 7 as follows : 6. Operational planning by an executive group and the community based on the principle of coordinated need. 7. Setting up the activities and the operational plan.

The major result of using this model in a real-life situation was the implementation of an efficient research model that fit the purposes of the research. People's participation was utilized and information was accessed to plan and to develop the Quality of Life Promotion Project.

The result of improving this research model were improved the technique of operational unit selection and enlarged the target groups. The structure of research model was improved by changing from doing the first and the second activities simultaneously to be finished the

first one before the second one could begin. To operate any of the activities, there had no any change in there detail. Furthermore, the field technique and people familiarization were suggested to make the research model more appropriation.