


Chanadda Promme 2007: Effects of the Self-regulation Program on Discipline in Sports Training of Team Sports Athletes Age 12-15 Years Old at Suphan Buri Sports School. Master of Arts (Educational Psychology and Guidance), Major Field: Educational Psychology and Guidance, Department of Educational Psychology and Guidance. Thesis Advisor: Assistant Professor Rungsang Arunpairojana , Ph.D. 166 pages.

The purpose of this research was to study the Effects of the Self-regulation Program on Discipline in Sports Training of Team Sports Athletes Age 12-15 Years Old at Suphan Buri Sports School. The sample were Team Sports Athletes Age 12-15 years old Suphan Buri Sports School who had low disciplined in sports training. The purposive sampling sample consisted 30 athletes. The sample were randomly assigned to the experimental group and control group, each group comprising of 15 athletes. The experimental group participated in the self-regulation program approximately 13 times. Conducted by the researcher for sixty minutes, twice a week. The instrument used in this study were self-regulation program, Discipline in sports training of athletes type team Test, Self-regulation Test, Self-report about knowledge and opinion of experimental group on activity participation and the experimental group's opinion on Self-regulation program Questionnaires. The matched Pairs t - test and t - test for Independent Samples were used to analyze the data at the .05 statistical level of significance.

The results indicated that: 1) The posttest scores on discipline in sports training of the experimental group was higher than its pretest scores at .05 level of significance. 2) The posttest scores on discipline in sports training of the experimental group was higher than the posttest scores of the control group at .05 level of significance. 3) The posttest scores on self-regulation of the experimental group were higher than its pretest scores at .05 level of significance. 4) the posttest scores on self-regulation of the experimental group not higher than the posttest scores of the control group at .05 level of significance. 5) the experimental group participating in the Self-regulation Program gained experience by following objectives of the research practicing self-regulation to develop discipline in sports training.



Student's signature



Thesis Advisor's signature