

Areeya Supichayangure 2007: Effects of the Training Program on Britton and Glynn Time Management Theory toward Time Attitudes and Time Planning Behaviors of the First Year Students at Rangsit University. Master of Arts (Educational Psychology and Guidance), Major Field: Educational Psychology and Guidance, Department of Educational Psychology and Guidance. Thesis Advisor: Assistant Professor Jittinun Boonsathirakul, Ed.D. 205 pages.

The purposes of this research were 1) to study the effects of the Training Program on Britton and Glynn Time Management Theory of the first year students at Rangsit University, 2) to compare time attitudes and time planning behaviors both before and after interventions of the experimental and the control groups, 3) to compare time attitudes and time planning behaviors after interventions of the experimental and the control groups, and 4) to study students' opinions toward the Training Program and the trainer. The research design was quasi experimental research having 2 groups of samples that were the experimental group and the control group. The samples consisted of 40 the first year students at Rangsit University during the second semester of 2006 academic university year, who volunteered to participate in the Training Program. They were randomly assigned to form the experimental and the control groups and each group comprised of 20 students. The experimental group participated in the Training Program for ninety to one hundred and twenty minutes once a week over a period of 12 weeks, approximately 20 hours altogether. Instruments used in this study were 1) The Training Program on Britton and Glynn Time Management Theory, 2) The Time Attitude and Time Planning Behavior Inventory, and 3) The training program questionnaire. The data were analyzed by using t-test, Mean, Median, Standard Deviation, Quartile Deviation, and Content Analysis.

After intervention, the results found that 1) The experimental group's time attitude and time planning behavior scores were higher than those before participating in the program at the .05 level of statistical significance. 2) The experimental group's time attitude and time planning behavior scores were higher than the control group's scores at the .05 level of statistical significance. 3) The experimental group reported that participated in the Training Program on Britton and Glynn Time Management Theory was useful in terms of helping them to realize value and importance of time. Also, they could learn to aim goals, plan and prioritize tasks, thereby enabling to schedule daily and to behave self-control under the schedule practice. Consequently, their time management behaviors became more systematic, so they can take advantageous knowledge from the training program to improve themselves in the aspects of time attitudes and time planning behaviors. The results showed that the program can be used to improve time attitude and time planning behaviors of the first year students at Rangsit University.

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Thesis Advisor's signature