

Aksaraphat Damden 2009: The Effect of Recreation Program on Self-esteem of Adolescents. Master of Science (Recreation), Major Field: Recreation, Department of Physical Education. Thesis Advisor: Assistant Professor Suvimol Tangsujjapoj, Ph.D. 168 pages.

The purposes of this quasi - experimental research was to assess effects of recreation program on self-esteem. Subjects were 60 adolescences (15-17 years old) who studied in Samutprakarn Institute of Commerce and Technology School. They were selected by Match-paired sampling.

Research instruments were:- 1) a self-designed recreation program for developing self-esteem which the face validity was approved by 5 leisure experts, and 2) a self-administered questionnaire to assess self-esteem. The index of congruence of questionnaire was in the range of 0.8 – 1.0, as well as the Alpha efficient reliability by cronbach method was 0.81. Data were analyzed by using computer program package to compute frequencies, percentage, mean, standard deviation and t-test for testing the differences before and after experiment in 8 weeks.

Findings were found that:- 1) after experiment, the overall self-esteem of the experiment group had better than before experiment at .05; and 2) the experiment group had better self-esteem than the control group at the statistical level of .05.

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Thesis Advisor's signature

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