

ABSTRACT

Thesis Title : The Effect of Self-Help Group on Loneliness Feeling in
Young Elderly Health Center 24 Bangkhen Bangkok.

Metropolitan Administration

Student's Name : Miss Sudarat Fongsuwan

Degree Sought : Master of Science

Major : Counseling Psychology

Academic year : 1999

Advisory Committee :

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The purpose of this experimental research was to study effect of self-help group on the young elderly loneliness feeling. The 88 subjects were 60-74 years old who visited health center 24 Bangkhen between March-May 1999 and had no problem of psychosis, physical appearance, hearing, sight, speaking, movement. The data were collected using UCLA Loneliness scale and the 24 subjects were sampling random in 2 groups, namely experimental and control group. The experiment was carried out for 8 weeks in 8 session and each session last 60-90 minutes. The data were analyzed by SPSS program using frequency, percentile and t-test

The research results were as follows:

1. The young elderly loneliness feeling was significantly less than before the experiment at .01 level of confidence.
2. The loneliness feeling of the experimental group was significantly less than the control group at.01 level of confidence.