

## C 742507 : MAJOR COUNSELING PSYCHOLOGY

KEY WORD:

GROUP REALITY THERAPY / TIME MANAGEMENT

CHUTIMA PHONGVARIN : EFFECTS OF GROUP REALITY THERAPY ON TIME MANAGEMENT OF MATHAYOM SUKSA FOUR STUDENTS. THESIS ADVISOR :

ASSOC. PROF. WACHAREE SUPMEE , M.S. THESIS CO- ADVISOR : ASSOC. PROF.

CHEERAPAN BHULPAT, Ph.D. 132 pp. ISBN 974-637-242-4.

The purpose of this research was to study the effects of group reality therapy on time management of Mathayom Suksa Four students. The hypotheses were that (1) the posttest scores on the Time Management Scale of the experimental group would be higher than its pretest scores. (2) the posttest scores on the Time Management Scale of the experimental group would be higher than the posttest scores on the Time Management Scale of the control group. The sample was 14 Mathayom Suksa Four students who scored below 25 percentile on the Time Management Scale , they were randomly assigned to be the experimental group and the control group , each group comprised of 7 students. The experimental group participated in a group reality therapy program conducted by the researcher , for 2 hours twice a week over a period of 5 consecutive weeks which made approximately 20 hours. The instrument used for data collection in this study was the Time Management Scale constructed by the researcher. The t- test was utilized for data analysis. The results indicated that :

(1) The posttest scores on the Time Management Scale of the experimental group was higher than its pretest scores at 0.05 level of significance.

(2) The posttest scores on the Time Management Scale of the experimental group was higher than the posttest scores on the Time Management Scale of the control group at 0.05 level of significance.

ภาควิชา จิตวิทยา.....

สาขาวิชา จิตวิทยาการปรึกษา.....

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ลายมือชื่อนิติ..... *พิมพ์ ชุตติมา*

ลายมือชื่ออาจารย์ที่ปรึกษา..... *พิมพ์ นงนิตย์*

ลายมือชื่ออาจารย์ที่ปรึกษาร่วม..... *พิมพ์ นงนิตย์*