

KETKANOK URWONGSE : EFFECTS OF DHAMMA PRACTICE UNDER THE SUPERVISION OF SIRI KARINCHAI ON SELF-ACTUALIZATION. THESIS ADVISOR : ASST. PROF. SOREE POKAEO, Ed.D. 112 PP.

The purpose of this research was to study the effects of a dhamma practice programme under the supervision of Siri Karinchai. The hypothesis tested was that participants in a dhamma practice programme under the supervision of Siri Karinchai would show a significant increase in their level of self-actualization.

The sample included 51 participants in a seven day dhamma practice programme under the direction of Siri Karinchai at Banwangnamping in Chiang Mai. The instrument used to measure self-actualization was "The Self-Actualization Inventory" constructed by Supranee Watsantachat.

The one group pretest-posttest design was used. The statistical method for data analysis was the t-test.

Results show that the participants in a dhamma practice programme under the supervision of Siri Karinchai increased their level of self-actualization, significant at the 0.05 level.