

Karaked Hutthakitvilai 2013: Effects of Recreational Activities on Depression of the Elderly. Master of Science (Recreation), Major Field: Recreation, Department of Physical Education. Thesis Advisor: Associate Professor Suvimol Tangsujjapoj, Ph.D. 118 pages.

The purpose of this quasi – experimental research was to study effects of recreational activities on depression of the elderly. Subjects were 35 (both males and females) were selected by purposive sampling from members of Kaisheng – Gumnurdmee Hygiene Station Elderly Club who were older than 60 years old.

The research instruments were:- 1) the evaluation mental health questionnaire for measuring depressed which was developed by the committees of medical physicians and specialists from neuro – psychiatry, psychiatrist, gerontologist, and psychologist, the reliability was 0.94; and 2) the 8 – week recreational activity program for developing mental health of the elderly which was designed by the researcher – the face validity was approved by 7 leisure experts; as well as the pilot study was tried out by 10 elderlys. Data were analyzed by mean and standard deviation, and Wilcoxon Signed Ranks Test for comparisons between pre-attend and post-attend the recreation program.

Findings were found that the depression of the elderly after experiment were developed better than before experiment at the significant level of .05

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Student's signature

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Thesis Advisor's signature