

Abstract

The purpose of this research was to study the effect of Buddhist Sanghahavattu 4 Group Counseling Program in increasing Interpersonal-Promotion Behavior among Students in Mental Health Class at Thammasat University, Semester 2008. The study was a quasi-experimental research project, using pretest-posttest control group design.

The study's participants were students in Mental Health Class at Thammasat University, Semester 2008 at Rangsit Campus. Students were divided into two groups, eleven in the treatment group and twelve in the control group, all participants were volunteers. The treatment group participated in four-week Buddhist group counseling, consisting of eight 90-120 minute sessions, while the researcher acted as the group leader. The control group did not participate in the program. Instruments used in this study were:

The Buddhist group counseling, constructed by the researcher based on Buddhist Sanghahavattu 4. The Interpersonal-promotion behavior test was constructed by the researcher based on Buddhist Sanghahavattu 4. A behavior record of students was assessed by students. This record showed how well students practice, change in knowledge, attitude and behavior.

Improvement of better with whom friends whom they want to relate with was also recorded. It was analyzed by t-test dependent and independent. The results of this study were as follow:

1. The students in the treatment group who participated in the Buddhist Group Counseling had statistically significant higher mean scores in interpersonal-promotion behavior after the posttest ($t = 5.41$, $p < .01$). However it was quite good level.

2. The treatment group did not have statistically significant higher mean scores than the control group. The control group did not have statistically significant higher mean scores than the control group between pretest and posttest.

In conclusion, students who participated in Buddhist Sanghahavattu 4 Group Counseling program showed not much higher level of changes in the interpersonal-promotion behavior. It was probably that these students had quite good level before they attended the program and were interested in self development. Nevertheless, individual changes in behavior record of students were clearer than the questionnaire. It was recommended the process and use should be more effectiveness for better results.