

Sasithon Jamnongrak 2015: Effects of Participation in Leisure Motivation Program on Positive Leisure Lifestyle of Senior High School Students. Masters of Science (Recreation), Major Field: Recreation, Department of Physical Education. Thesis Advisor: Assoicated Professor Suvimal Tangsujjapoj , Ph.D. 170 pages.

The purpose of this quasi – experimental research was to examine the effects of participation in leisure motivation program on leisure lifestyle of senior high school students. Samples were the 11th grade students who took courses at Rachada Vitaya Bangkhen Academic Center. They were selected by match – paired sampling from the leisure motivation score into experimental and control groups (30 for each).

The research instruments were : - 1) leisure motivation scale, 2) leisure lifestyle, and 3) leisure motivation program. Their validity were approved by 5 leisure experts. The content validity (IOC) of both leisure motivation scale and leisure lifestyle questionnaire were .06 - 1.0. Meanwhile the Alpha correlation coefficient (reliability) of those were .82 and .89 respectively. Data were analyzed by mean , percentage , standard deviation , and t - test

Findings were found that : - 1) after attended the program, the experimental group got better in leisure lifestyle; considering in each item, the experimental group had significant differences in quality of life – well being, and life satisfaction / happiness scores than before attended at .05 level ; and 2) after attended the program, the experimental group had better leisure lifestyle than the control group, as well as had significant differences in each area at the statistic level of 0.05.

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Thesis Adviser's signature

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