

Kanokwan Jitngamkam 2015: The Effects of Power 5 to Develop Adversity Quotient of First Year Student Electrical Technology King Mongkut's University of Technology North Bangkok. Master of Arts (Education Psychology and Guidance), Major Field: Education Psychology and Guidance, Department of Education Psychology and Guidance. Thesis Advisor: Assistant Professor Manasanan Hatthasak, Ph.D. 169 pages.

The purpose of the research was 1) to develop a Power 5 Program 2) to compare Adversity Quotient between the experimental and control groups after the experiment 3) to compare Adversity Quotient of the experimental group before and after the experiment 4) to compare Adversity Quotient of the control group before and after the experiment. This research was the quasi-experimental design. The population consists of 58 first-year students in the second semester of the academic year 2015. The sample is obtained by sampling from 30 students, who have a low score in pre-Adversity Quotient questionnaire. These students were randomly separated into two groups (15 students in each group) to form the experimental and control groups. The experimental group participated in Power 5 Program for 12 sessions, 50 minutes per sessions. The instruments used in this study were: 1) Power 5 to Develop Adversity Quotient Program 2) Adversity Quotient questionnaire. Data were analyzed by Mean, Standard Deviation, The Mann Whitney U Test and The Wilcoxon Matched-Pairs Test.

After the experiment, the results revealed that: 1) Adversity Quotient of the experimental group was significantly higher than before the experiment at the .05 level. 2) There were significantly differences of Adversity Quotient between the control and experimental groups. 3) There was no significant difference of Adversity Quotient of the control group

---

Student's signature

---

Thesis Advisor's signature