

Thunchanok Sattayasevana 2015: The Effects of Life Skill Program to Enhance Resilient Quotient of Freshman Dhurakit Pundit University. Master of Arts (Educational Psychology and Guidance), Major Field: Educational Psychology and Guidance, Department of Educational Psychology and Guidance. Thesis Advisor: Assistant Professor Manasanan Hatthasak, Ph.D. 209 pages.

The purposes of this research were: 1) to study the Effects of Life Skill Program to enhance Resilient Quotient of Freshman Dhurakit Pundit University 2) to compare score results of developing Resilient Quotient of students who participated in Life Skill Program with control group students. This research was the quasi experimental research which selected by purposive sampling. The populations were 283 freshmen of Dhurakit Pundit University who studied in Holistic Development for Quality of Life subject in the second semester, year of 2014. The researcher asked them to do the Resilient Quotient Test and then qualified 60 students who get Pre-Resilient Quotient score low and divided 30 students into an experimental group and the last of 30 students into a control group. The experimental group participated in the program for 12 sessions, 50 minutes per each session. The instruments used in this research were: 1) the Life Skill Program 2) the Resilient Quotient Test Mean, standard deviation, summary content, (Non Parametric Statistics) The Wilcoxon Matches Pairs Signed Rank Test and The Mann- Whitney U Test were utilized for analyzing data.

The research results indicated that: 1) the posttest scores from the Resilient Quotient Test of the experimental group were higher than theirs pretest scores at .05 level of significance. 2) the posttest scores from the Resilient Quotient Test of the experimental group were higher than posttest scores of the control group at .05 level of significance.

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