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RELATIONSHIP / SELF-ESTEEM

PREECHA SUWANGBUTRA : DEPRESSIVE SYMPTOMS AND
HELP-SEEKING OF UPPER SECONDARY SCHOOL STUDENTS IN BANGKOK.
THESIS ADVISOR : SUREE KANJANAWANG, M.A., Ph.D., THAWATCHAI
CHAIJIRACHAYAKUL, M.Ed., Ph.D., SIRIWAN GRISURAPONG, M.A., Ph.D.
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The objectives of this study were to investigate depressive symptoms among upper secondary school students and where they seek help. Research site was the upper secondary school in Bangkok, Department of General Education, Ministry of Education. Samples were 252 upper secondary students who were studying in grade 10 to 12 in the 2nd semester of academic year 1999.

The tool of this study was a questionnaire including demographic variables, help sought, personal relationship and self-esteem variables as well as Beck depression self rating(Thai edition). Data were analyzed by using frequency distribution, percentage, Pearson Product Moment Correlation Coefficient and Stepwise Multiple Regression Analysis.

The results revealed that 18.3 percent of samples had depressive symptoms and needed counselling. The most important informal source of help sought were friends, parents and sibling respectively. Personal relationship and self-esteem were inversely related to depressive symptoms ($p < 0.01$). Personal relationship and self-esteem could account for 47.1 percent of the variance of depressive symptoms.

In conclusion, friends, parents and siblings should be recommended as important sources of help. Moreover, self-esteem and personal relationship should be promoted for reducing depression among the upper secondary students.