

Thesis Title

Psychosocial Variables as Related
to Life Satisfaction of Middle
Age Person in Bangkok Metropo-
litan Area.

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ABSTRACT

The purpose of this study was to examine psychosocial variables as related to life satisfaction in a middle-adult age group sample from the metropolitan Bangkok area. The subjects consisted of 100 males and 100 females from a middle age sample group. This sample group was comprised of subjects ranging from 40 - 60 years in age. Subjects were randomly selected from five metropolitan Bangkok areas : Phayathai, Dusit, Klongsan, Talingchan and Phasichareon. The selected psychosocial variables were as follows: (1) sex, (2) education level, (3) financial satisfaction, (4) health perception, (5) reminiscence and (6) peer group relationships.

The hypothesis was developed based on factors delineated by two instruments used in this study : (1) life satisfaction index A, and (2) the life experience test (reminiscence and peer group relationships). The hypothesis was that psychosocial vari-

ables, as related to life satisfaction, would be different within this middle age sample group selected from the metropolitan Bangkok area. Stepwise multiple regression analysis (SPSS computer program) was used in order to analyze the data.

The results of this study indicated that five variables related significantly to life satisfaction (At $P < .01$.) and one variable did not (sex of subject). These variables ranked in the following stepwise order : (1) health perception, (2) reminiscence, (3) peer group relationships, (4) financial satisfaction, and (5) education level.

The variable of health perception appeared to be the dominant variable related to subjects' life satisfaction. Other variables accounted for 40 % of the variance concerning life satisfaction. It was found that the level of life satisfaction overall was moderate ($\bar{X} = 58.28$; $SD = 7.94$).

As a result, it was suggested that health care service and activities be arranged for the middle age adult group in order to help promote their mental and physical health. Also, that the construct of reminiscence should be utilized as a viable therapeutic process for individuals comprising this age group. It was further recommended that study concerning the relationship of careers of middle age adults with overall life satisfaction be explored in depth.