

Thesis Title	The Effects of Assertive Training on Behavior and Personality Changes of Undergraduate Students
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#### ABSTRACT

The purpose of this study was to investigate the effects of assertive training on behavior and personality changes of undergraduate students.

The sample consisted of 30 freshmen attending Kasetsart University during the 1986 academic year. They were divided into experimental group and control group, 15 students each. The experimental group was further divided into two subgroups, with 7 students in the first and 8 students in the second. The experimental group attended assertive training while the control group did not. The training program was adapted from the David L. Sansbury's Format which included 4 sessions. The subjects participated in the training once a week for 3 hours per session. A videotape feedback was utilized during the training. The instruments used in this study included : the College Self-Expression Scale (Galassi, et al.), the California Psychological Inventory, modified from Harrison G. Gough and the

evaluation form to assess activities gained from the training. T-test was computed to test the following hypotheses :-

1. Undergraduate students who participated in assertive training would increase more and higher assertive behavior than those who did not participate in the training.
2. Undergraduate students who participated in assertive training would increase their personality characteristics, with respect to social living and social interaction more than those who did not participate in the training.

Results of the study led to the following conclusions :-

1. Undergraduate students who participated in assertive training increased more and higher assertive behavior than those who did not participate in the training at the .01 level of significance.
2. Undergraduate students who participated in assertive training increased their personality characteristics, with respect to social living and social interaction more than those who did not participate in the training at the .05 level of significance, in the scales of Capacity for Status, Sociability, Social Presence, Self-Acceptance, Sense of Well-Being and Good Impression.