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**THIDARAT SRISUKHO: THE EFFECTS OF GROUP PROCESS ON
SELF-ESTEEM IN THE ELDERLY AT THAMMAPAKORN HOME FOR
THE AGED, AMPHOE MUANG, CHIANGMAI PROVINCE. THESIS
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This study employed a quasi-experimental design focused on the effects of group process on self - esteem in the elderly at Thammapakorn Home for the Aged, Amphoe Muang, Chiangmai province. The subjects of the study were elderly who lived at Thammapakorn Home for the Aged. Twenty-four subjects were chosen by purposive selection according to inclusive criteria. They were divided into an experimental group and control group, each consisting of 12 subjects. The experimental group participated in a group process following the program one to one and a half hours, two session per week for 4 weeks. The control group received the usual daily activities similar to other elderly at Thammapakorn Home for the Aged. The research instrument was the group process program. Data collection instruments consisted of 1) demographic data, 2) the Rosenberg's Self- Esteem Scale. The subjects of both groups were interviewed to complete all questionnaires for a pre-test and post-test. Data were analyzed including frequency, percentage, mean, standard deviation and t-test were used to test hypothesis.

The findings of this study revealed that after participating in the group process program; 1) the mean self-esteem scores of the experimental group before and after participating in the group process were significantly different ($p < .000$). 2) the mean self-esteem scores of the control group before and after the experiment were not significantly different ($p < .632$). 3) the mean self-esteem scores of the experimental group were significantly different from those of the control group ($p < .000$).

These results of this study indicated that the group process program for promoting self-esteem in the elderly should be used as a guideline for other elderly care programs. A comparison of the effect of group process and other kinds of group programs should be conducted in order to establish levels of self-esteem in the elderly.