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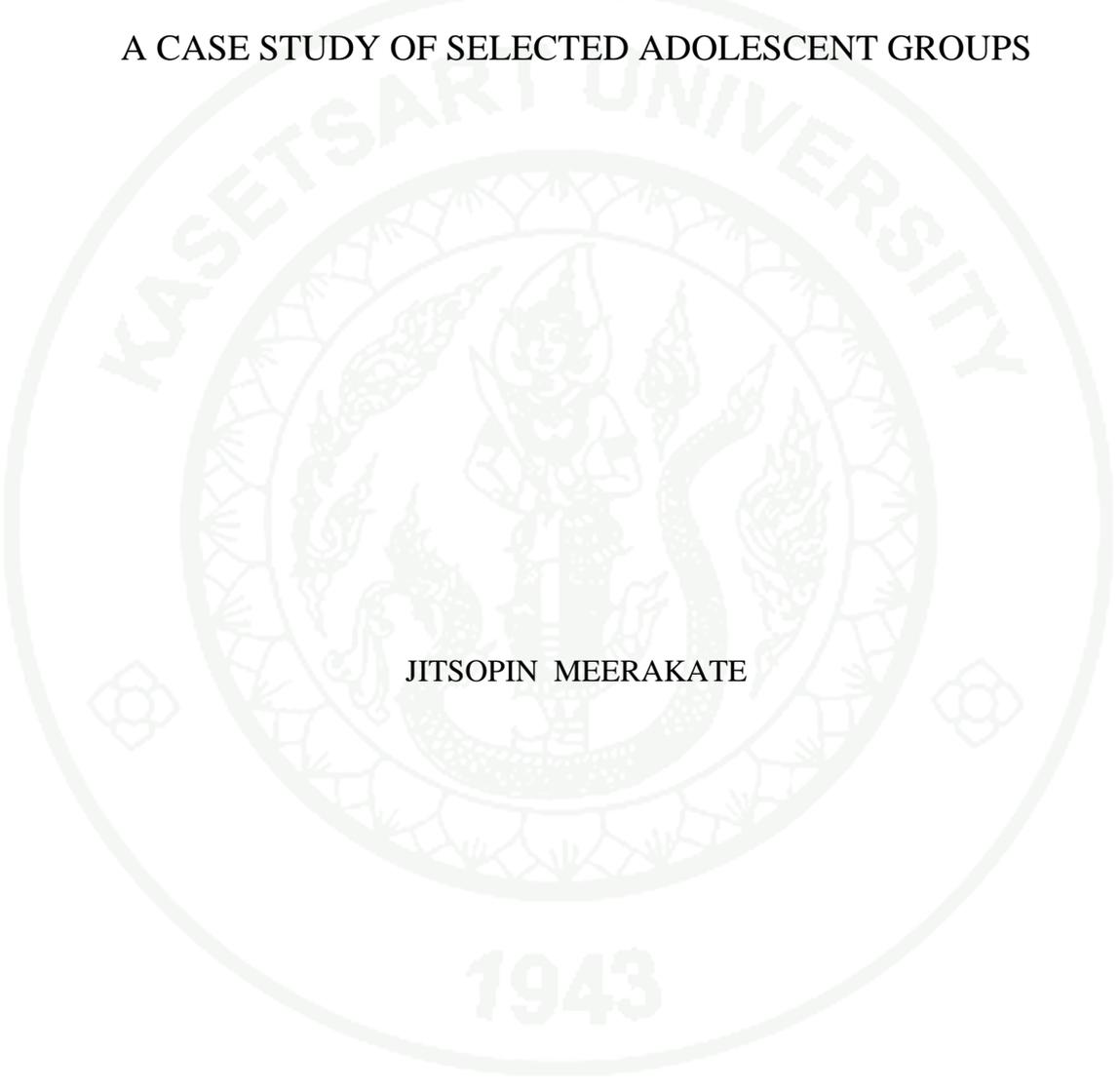
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DEAN

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THESIS

RELATIONSHIP BETWEEN LEISURE TIME ALLOCATION UNDER
THE SUFFIENCY ECONOMY PHILOSOPHY
AND FAMILY FUNCTIONS:
A CASE STUDY OF SELECTED ADOLESCENT GROUPS

The logo of Kasetsart University is a large, light-colored watermark in the background. It features a central figure, likely a deity or a personification of knowledge, surrounded by a circular border with the text "KASETSART UNIVERSITY" and the year "1943".

JITSOPIN MEERAKATE

A Thesis Submitted in Partial Fulfillment of
the Requirement for the Degree of
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Jitsopin Merakate 2010: Relationship between Leisure Time Allocation under the Sufficiency Economy Philosophy and Family Functions: A Case Study of Selected Adolescent Groups. Doctor of Philosophy (Tropical Agriculture), Major Field: Tropical Agriculture, Interdisciplinary Graduate Program. Thesis Advisor: Assistant Professor Thanwa Jitsanguan, Ph.D. 128 pages.

This research aimed generally to study the relationship between leisure time allocation under the Sufficiency Economy Philosophy and family functions of the Thai adolescent group. The targeted samples were 500 secondary school students (Mathayom 3) from 7 selected schools in Bangkok. Data was then collected by means of questionnaires and analyzed by applying both quantitative and descriptive methods.

Research findings indicated that the majority of samples (84%) showed fairly high level of leisure time allocation under the Sufficiency Economy Philosophy ($\bar{X}=3.13$) while the remaining (16%) showed a fairly low level. With regard to analyses of three core aspects of the philosophy namely moderation, reasonableness, and self immunity, it was found that with reasonableness aspect, the majority of respondents (94.6%) allocated leisure time as fairly high; with self immunity aspect, more than half of the respondents (80.8%) allocated leisure time as fairly high to high; and with moderation aspect, less than half of the respondents (32%) allocated leisure time as fairly low to low. Analysis of awareness in family functions revealed the satisfactory degree of recognition with a mean of 2.69, 2.74, 2.80, 2.88, 3.08 and 3.25 from total of 4 among various family aspects including affective involvement, behavior control, communication, affective responsiveness, problem-solving and the role respectively. Implication was that adolescents understand their family functions at a good level. The correlation (r) between family functions and leisure time was between 0.135 to 0.478 showing the positive relation of all variables involved at the 0.05 significance level.

The study finally suggested that improvement of leisure time allocation as well as family functions could be both at micro and macro levels. Individual and family behaviors should be reconsidered while supporting public policies and subsidies could play significant roles in ensuring the more sustainable solution to such studied issues.

Student's signature

Thesis Advisor's signature

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I expected this thesis would potentially be another pioneer piece of limited work on the application of the Sufficiency Economy Philosophy on leisure time use in Thailand. During my Ph.D. study and specially in the process of writing this thesis, a lot of people have helped me along the way. I would therefore like to express my sincere gratitude to all who have contributed to the success of this thesis.

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Jitsopin Meerakate

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RELATIONSHIP BETWEEN LEISURE TIME ALLOCATION UNDER THE SUFFICIENCY ECONOMY PHILOSOPHY AND FAMILY FUNCTIONS: A CASE STUDY OF SELECTED ADOLESCENT GROUPS

INTRODUCTION

The implication of the National Economic and Social Development Plan 1961 has influenced the rapid change of economics, society, politics, culture and technology in Thailand. Furthermore, the progress of economic development leads to the prosperous natural resources, the advantage of labors and the expansion of the productivity for supporting country's development. The development of country, which is focused on the economic development instead of the human development, has created a serious impact on the life quality and on the people's sentiments in the society not only positively but also negatively. Although country' development, focused on the economics plan, has led to rise of national income, it has created more tremendous impact on the quality of life and on the people's sentiments. The economic development gives rise to a higher income of the population. On the contrary, it leads to the reduction of a great many of natural resources. The obvious problem, the big discrepancy in income of the rich and the poor, results in the change of the present materialistic society. Due to the changes of value and culture, the standard of virtue, and the morality of people in a society has been changed thus influencing all parts of the society. The changes have created moral and social problems particularly the family institution, is the smallest structure of the society.

In fact, the family institution plays an important role in the society. The strength, the weakness and the deterioration of every society are mainly the results of the strength, the weakness and the deterioration of the family institution. According to the definition of the family, the committee of support and corporation of national women state (Jintapatanakit, 2002), the family is a group of people who have emotional and spiritual relationships, make a living together and depend on each other

in society and economics. In addition, they have legal relationship or kinship. However, some families may have the exceptions apart from the definition mentioned above. The family is established in order to achieve four main aims: to maintain human's ethnic, to survive, to develop individuality and to serve the economic purpose. In the family, each individual is responsible for his duty so as to achieve the aims depending on status, race, religion and era.

It is indicated that the family institution is the fundamental unit of the society which has established the humanity for individuals by supporting, educating, delegating status and duties for the family members. In addition, the family institution is the first institution that transfers the concept, belief, knowledge, other experiences and the characteristics of an individual. These factors have considerable influence over the individual quality and the society at the present time and in the future. When looking back to the past, there were a number of members in one big family. Not only father, mother and their children but also grandparents lived together in one family. The grandparents looked after their grandchildren, sons, and daughters. Conversely, nowadays the environment and condition of the family institution has been changed. One enormous family has become a nucleus family in the materialistic society. Fathers and mothers are the heads of the families who attempt to earn living by spending more time in working outside of their homes.

Consequently, the members of the family tend to overlook the relationship and the response of emotion. They may neglect the relationship of the members in the family. Also, in Thai society, individuality is emphasized but family's devotion is not taken into account (Trangkasombat, 2001). Children have been raised in the family where parents are too busy to take care of them. Furthermore, they have to face the social environment which stimulates and pushes them to be involved in dangerous situations. In fact, adolescents are regarded as the most important group under two conditions. According to the committee of adolescents' education 1999, the first condition involves the large group of adults (about 10 millions) who have important roles in developing the country in the future. They will become the descendants of old generation's culture and wisdom. Moreover, they are going to have important roles in

economics, society and politics. The second condition deals with the adolescents who are in the period of life crisis. This period is vital for their physical, spiritual, intellectual, emotional and social changes. Adolescents are attempting to develop their own characteristics and traits that best describe who they are. (Erikson, 1968) Adolescents who struggle to gain a positive self-image may experience confusion and immobilization for themselves as well as their families (Carter and McGoldrick, 1999). While most adolescents learn to adapt to the challenges of this period, many struggle as they experience the simultaneous psychological, cognitive, physical and social changes that take place. During this period, adolescents may face difficulties such as substance use, mental disorders and in some cases, suicide attempts. The adolescents are at greater risk of suffering from long-term impairments and dropping out of school (Burns *et al.*, 1995).

In the real situation of the adolescents' period, their main responsibility is to search for education in order to provide the foundation for future life. However, the previous study of (Csikszentmihalyi and Larson, 1984) indicated that 50 percent of the adolescents' time was used in spending leisure time with their favorite activities. The well being of adolescents is associated with choices made during discretionary time. The studies of spending leisure time of adolescents in Thailand and abroad showed that the adolescents' leisure time has been an important factor for developing health, achieving self-identity and getting along with other people in the society. (Silbereisen *et al.*, 1986); (Evans and Poole, 1991), supported that the adolescents' ability is another quality of the desirable adolescents toward the society. To "hang out" may be an indicator of a lifestyle attitude that hinders one's leisure awareness and the ability to assert responsibility for making positive time and in promoting healthful decision attitude. Leisure planning and time management are important concerns related to the overall well-being and quality of life among adolescents. However, some leisure activities are offered based on tradition (or perceived needs) rather than actual youth needs or interests. In the attempt to meet the leisure needs of adolescents, it might be useful to turn the attention more closely to the basic developmental needs of adolescents and good activities that are of the actual youth's

interests and needs especially, concerning leisure activities that involve parents' interaction with their adolescents.

Nevertheless, parents in the current society have spent most of their time by earning money to support the family. They have less time to look after the adolescents or to spend time with them. So the adolescents spend their leisure time doing activities with friends both in and out of schools. The values of the activities gained from the adolescents' friends focus on joyfulness, entertainment, pleasure and relaxation from the stress of daily life. These activities that are not beneficial for the adolescents include playing internet games, becoming members of their favorite artist's fan club, chatting through social network, going to a club, watching television, listening to radio, reading books and traveling. There are a lot of differences of doing the activities in the present more than in the past. The adolescents, in the past, spent leisure time alone or with their families like collecting stamps, playing sports, planting trees and reading books while at present, spending leisure time of the adolescents has been changed. The activities of adolescents' leisure time depending on their friends' value influences the imitation of each individual concerning norm, behavior pattern and attitudes. These activities may result to conflict with social norm because they are not fully matured and they may still lack the adolescents' life experiences among friends of the same age. Concerning relationships, adolescents attempt to look for friends who are of their age and have similar preferences so they are able to socialize with them. The adolescents' group influences their peer's behavior, manner and imitation thus leading to produce the symbol of the group. Although the parents may not be satisfied with the adolescents' showing off behavior, the relationship among adolescents are close and friendly so that the adolescents regard the group norm as their standard.

A number of researches concerning Thai children and youth (2004-2005) of the Ministry of Social Development and Human Security, (Bureau of Welfare Promotion and Protection of Children, Youth, the Disadvantaged, Persons with Disabilities and Older Persons, 2005) provided the information concerning the problems of children and adolescents with their leisure time. For instance, the

adolescents of both male and female, 15-17 years of age had voluntary sexual relationship. Also, adolescents of 13-19 years of age smoke cigarettes and regard materialistic value as being important. They are also extravagant and spent more money. In addition, in the study concerning the protection of children prostitutes by the Research Institute of Population and Society, Mahidol University presented the factors that encourage made the female adolescent students who were students from well to do families to become prostitutes. They tend to become such so they could afford to buy brand name products according to their preferences. Moreover, the information of the Research Center for the inferior children, Faculty of Education, Chulalongkorn University revealed that the ages of the voluntary prostitutes has decreased to 13-15 years old. Furthermore, the research of (Assumption University, 2006), indicated that a lot of adolescents spent money more than they could afford and are materialistic. The students in Bangkok and in other big cities such as Chiangmai, Khon Kaen and Songkha accepted that their receipts exceed the expenses due to extra tuition, socialization with friends, costly belongings, not having extra money and having insufficient money. About 13.1% attempted to work part time to get money, whereas 8.9% spent money from educational loan extravagantly. The most worried case was 0.8% of the adolescents who attempted to get money from benefactors, lent money from outside loan system and gambled.

Nevertheless, these are the factors of external society which are out of control. The family institution is regarded as the initial unit to provide fundamental education for the adolescents (Lindsey, 1994). The family institution has started from the infants who are educated by parents concerning language, skill and social interaction in order to prepare the children to be able to get along with other people in society. The relationship between parents and children is the component of strength. (Dinkmeyer *et al.*, 1997) stated that this relationship is extremely important since it is the basis of equality and respect which are adopted by children as the guideline and practice in their lives. Since it is impossible to change parents or children in the family, the interaction system between parents and children are the most vital factor. Consequently, parents who are close to adolescents take an important role to guide the

adolescents' behavior. This is inconsistent to the fact that the people who are close to the adolescents take part in the adolescents' behavior.

Concerning the question of adolescents on spending leisure to benefit themselves, it might be that "Some adolescents spend leisure time working part time in order to get money because they may not want to depend on their parents". If the answer is considered superficial, the adolescents' activity may extremely benefit the adolescents. However, if many factors are taken into account, the survey research of adolescents' behavior and needs especially during their leisure time might be insufficient. To understand the concept of spending leisure time of adolescents, characteristics of leisure time should be more important to be investigated. If activities of leisure time are similar and the length of time spent is equal, spending leisure time according to the concept might not be evaluated as being a good and appropriate way that is deserved to be supported.

The influence of adolescents' spending leisure time at present may create problems which affect the social and national development in the long term. Thus, an inquiry in finding out the suitability and benefits of adolescents' spending leisure time is to be resolved. Spending leisure time is known as doing activities which makes someone happy, satisfied and that which serves one's need. On the contrary, spending leisure time due to one's happiness, satisfaction and need which causes other people's trouble, property loss, natural resource destruction, immorality and health injury, may be defined as the meaning of spending leisure time. Yet, it is not expected that the adolescents will have desirable qualification to be the hope of Thai society.

In addition, His Majesty the King's idea and his royal words concerning the Sufficiency Economy Philosophy (1974), is regarded as the King's most valuable philosophy offered to all Thai people. The definition of the Sufficiency Economy Philosophy in general can be applied as the principle for conducting one's life. Moreover, the Sufficiency Economy Philosophy is used as the policy of the country's

administration. In 1999, the Sufficiency Economy Philosophy is defined clearly as follows:

“The Sufficiency Economy is the Philosophy which indicates the guideline for people to lead and practice their lives in every level ranging from family level, community level, and government level. The development and the administration of the country especially the economic development should be proceeding in the middle way in order to catch up with the globalization era. Sufficiency means Moderation, Reasonableness and the necessity of having good Self-immunity in order to prevent the impact affected by not only the external but also internal changes. Being well-informed, prudent and careful should be taken into account in planning every step of the academic application. Meanwhile, people’s good spirits particularly government officials, scholars and entrepreneurs in every level are supported in order to be conscious in having virtue, honesty and good knowledge; proceeding a life with patience and perseverance; being intelligent and prudent so as to cope well with the rapid change from the materialistic aspect, society, environment and culture of the world”.

According to the National Economic and Social Development Plan 9 (2002-2006), there has been an attempt to apply the Sufficiency Economy Philosophy as the main principle of the policy. However, the underlying reason of the Sufficiency Economy Philosophy has not understood and put into practice. Later, the National Economic and Social Development Plan 10 (2007-2011) have been enforced and the Sufficiency Economy Philosophy is applied as the main principle of the plan with the emphasis on people’s happiness rather than income or economics.

Most of the people may focus the principle of the Sufficiency Economy Philosophy as the guideline to create stability and sustainability for farmers who have their own land as well as factors for production. Nevertheless, according to His Majesty the King’s speech, the Sufficiency Economy Philosophy is the philosophy for leading one’s life which can be adapted to be applied to everyone, no matter how old they are and in every activity or every place they will take part in. Concerning the

index of measurement and the Sufficiency Economy measuring tool, the Sufficiency Economy Philosophy is not limited only in economics for earning one's life but it is the philosophy which can be put into practice to conduct one's life on the basis of sufficiency thus leading to stability. In fact, acting in the course of duty with Moderation and Reasonableness is related to Buddhism. The Buddha's teaching has emphasized the middle way in acting in the course of duty which is just right, in other words, it is not too loose or not too tight. The committee of national economic and social development 2005 states the principle of developing the Sufficiency Economy Philosophy as the development which is based on of the careful action which is in the middle way; considering Sufficiency and Reasonableness, constructing Self-immunity; using knowledge, prudence, virtue in planning, making a decision, and conducting one's life under the Sufficiency Economy Philosophy in order to be useful in leading everyone's life.

As a result, the researcher wishes to apply His Majesty the King's Sufficiency Economy Philosophy as the main concept, integrate the concept, and develop the instrument for measuring the adolescents' behaviors in spending leisure time under the Sufficiency Economy Philosophy. It is expected that the measuring instrument developed will be the guideline to understand the Sufficiency Economy Philosophy which is clearly based on fact. The target group is focused on adolescents who are regarded as the most important group of the family institution. In addition, they will play an important role in developing the country. Moreover, the researcher wishes to revere His Majesty the King for graciously offering (in 1974) the Sufficiency Economy Philosophy to Thai people.

OBJECTIVES

The research concerning the adolescents' leisure time allocation under the Sufficiency Economy Philosophy is consisting of the following aims:

1. To study the adolescents under the Sufficiency Economy Philosophy
2. To study the perception of adolescents in family functions
3. To study the relationship between the adolescents' leisure time allocation under the Sufficiency Economy Philosophy and family functions

Benefits of the Study

The result of the research concerning the adolescents' leisure time allocation under the Sufficiency Economy Philosophy may be both theoretical aspect as well as practical aspect as follows:

1. Theoretical Results

The findings will explain Thai adolescents' leisure time allocation under the Sufficiency Economy Philosophy by integrating the main variables of the Sufficiency Economy Philosophy with the factors of spending leisure time. This is the integration between the concept and the principle of the Sufficiency Economy Philosophy which His Majesty the King has offered, concept of Leisure time and Home Economics. This study is expected to be one of the pioneer works that related to application of the Sufficiency Economy Philosophy on the aspect of adolescents in Thailand. It aims to illustrate that the philosophy can be potentially adopted and adapted in every life's aspect including the adolescents' group.

2. Practical Results

2.1 To understand the allocation of adolescents' leisure time under the Sufficiency Economy Philosophy and the results will be important data for planning or developing in the future

2.2 To understand the relationship of adolescents' leisure time under the Sufficiency Economy Philosophy and the results will be useful to family institution and related public and private organizations

2.3 To provide suggestions concerning the family responsibility and the leisure time in developing more qualified human resources in Thailand

Scope of the Research

The research concerning the adolescents' leisure time allocation under the Sufficiency Economy Philosophy is focused on a target group of adolescents whose ages range from 13 to 15. They are students in secondary school (Mathayomsuksa 3) of schools in Educational Area Office 1, Bangkok. There are 40 high schools. Data was collected during the first semester of May to July 2009. The variables of leisure time under the Sufficiency Economy Philosophy are composed of spending leisure time with Moderation, spending leisure time with Reasonableness, spending leisure time with Self-immunity, and adolescents' perception on their families' functions which are concerned especially with problem solving, roles, affective responsiveness, affective involvement, communication and behavior control.

Definitions of Term

Leisure time is defined as a free time allotted to do recreational activities and that excludes the following activities in daily life such as: doing necessary duties (Necessary time), working and studying (Contracted time) and performing delegated tasks (Committed time).

Family functions are known as the family behavior which is considered by the relationship between the person and the whole family system. The family functions can be categorized into 6 subscales: problem solving, roles, affective responsiveness, affective involvement, communication and behavior control.

Operation Definition

The Sufficiency Economy Philosophy has been implied to cover a variety of dimensions broadly and deeply. The philosophy is not limited to any particular dimension but it is provided for people to lead and practice their lives in every level ranging from family level, community level and social level of the country. Having Moderation, Reasonableness and Self-immunity needs two important aspects including virtue and knowledge. As a result, this research has integrated the principle of the Sufficiency Economy Philosophy with leisure time of secondary school students (Mathayomsuksa 3) particularly concerning the behavior control in “Moderation” or “Sufficiency”; being aware of trouble and damage of one’s self and the overall society; devoting to make a contribution to other people; possessing physical, spirit, emotional and intelligent immunity thus producing the happily balanced internal and external factors in every dimension.

Consequently, the definitions of term and the index factors in different dimensions are compatible with the Sufficiency Economy Philosophy as follows:

1. The Sufficiency Economy Philosophy with adolescents' leisure time allocation refers to the use of leisure time in doing an activity with Moderation, Reasonableness and Self-immunity without being forced to do so.

1.1 Spending leisure time with Moderation is defined as the use of resources intelligently and moderately. In other words, the resources are not used too much or too little when compared with the main activity of their daily life. In addition, leisure time is exploited without interrupting time for personal daily routine, study and family daily routine.

The study of adolescents' leisure time with Moderation is considered according to the following behaviors:

Spending leisure time without interrupting the time for personal daily routine

- (1) Not interrupting time for having meals
- (2) Not interrupting time for sleeping

Spending leisure time without interrupting time of task delegated

- (3) Not interrupting the time for study
- (4) Not interrupting time of doing family tasks delegated by parents

Spending leisure time with wise use of resource skills

- (5) Not asking money from parents in doing activities during free time
- (6) Not threatening to get money or asset from other people doing activities during free time
- (7) Not stealing money or other valuable objects from parents and other people doing activities during free time
- (8) Not spending money more than what one earns

1.2 Spending leisure time with Reasonableness is known as the use of resources sensibly and spending leisure time usefully not only for oneself but also for the compatibility of the social condition.

The study of adolescents' leisure time with Reasonableness is considered as the behaviors during free time as follows:

- (1) To develop one's own potential or to practice the special skill (with one's own intention) such as music and sports
- (2) To develop one's spiritual health
- (3) To spend leisure time consciously and always control the five senses

In the consideration of the safety and expected results, one has to:

- (4) To take no risk of one's life and property
- (5) To take no risk of other's life and property

In spending leisure time under the social condition, one must:

- (6) Not to go against the culture of the public
- (7) Not to go against the morality
- (8) Not to go against the law
- (9) Not to go against religion and the belief of making merit and committing a sin

In spending leisure time under the family condition, one has to:

- (10) To produce relationship in the family
- (11) Not to go against the need of the family

1.3 Spending leisure time with Self-immunity is referred to the use of resources with the consideration of present and future effects by choosing to lead a good and careful life as well as to avoid having risky behavior or putting oneself in a risky situation.

The study of adolescents' leisure time with Self-immunity is considered in the following behaviors during free time as follows:

Spending leisure time by selecting healthy lifestyle skills

- (1) To construct Self-immunity in physically by doing exercise every week
- (2) To construct Self-immunity in spiritua by praying and meditating every week
- (3) To control one's self in consuming media

Spending leisure time by avoiding risky behavior or putting oneself in a risky situation

- (4) No drinking alcohol
- (5) No smoking
- (6) No sitting at the back seat of the motorcycle without wearing a helmet
- (7) No visiting nightlife entertainment
- (8) No gambling
- (9) No taking illegal drugs/ not submitting to drug addicted

The behavior measurement of leisure time allocation under the Sufficiency Economy Philosophy has been measured from 3 aspects of the adolescents' behavior in spending free time: spending leisure time with Moderation, spending leisure time with Reasonableness and spending leisure time with Self-immunity. The measuring tool has been constructed by the researcher. The samples that have more scores show their behaviors which are higher under the

Sufficiency Economy Philosophy. In contrast, the others who get fewer scores show their behaviors are lower under the Sufficiency Economy Philosophy.

2. Family functions are known as the responsibility that the family takes for the members to develop and conduct lives appropriately not only physically but also mentally. The family functions can be categorized into 6 subscales: problem solving, communication, roles, affective responsiveness, affective involvement and behavior control.

2.1 Problem solving means the ability of the family in solving problems in order to maintain the family's stability and to be able to work in different types of duties.

2.2 Communication is known as the means in which members of the family exchange information.

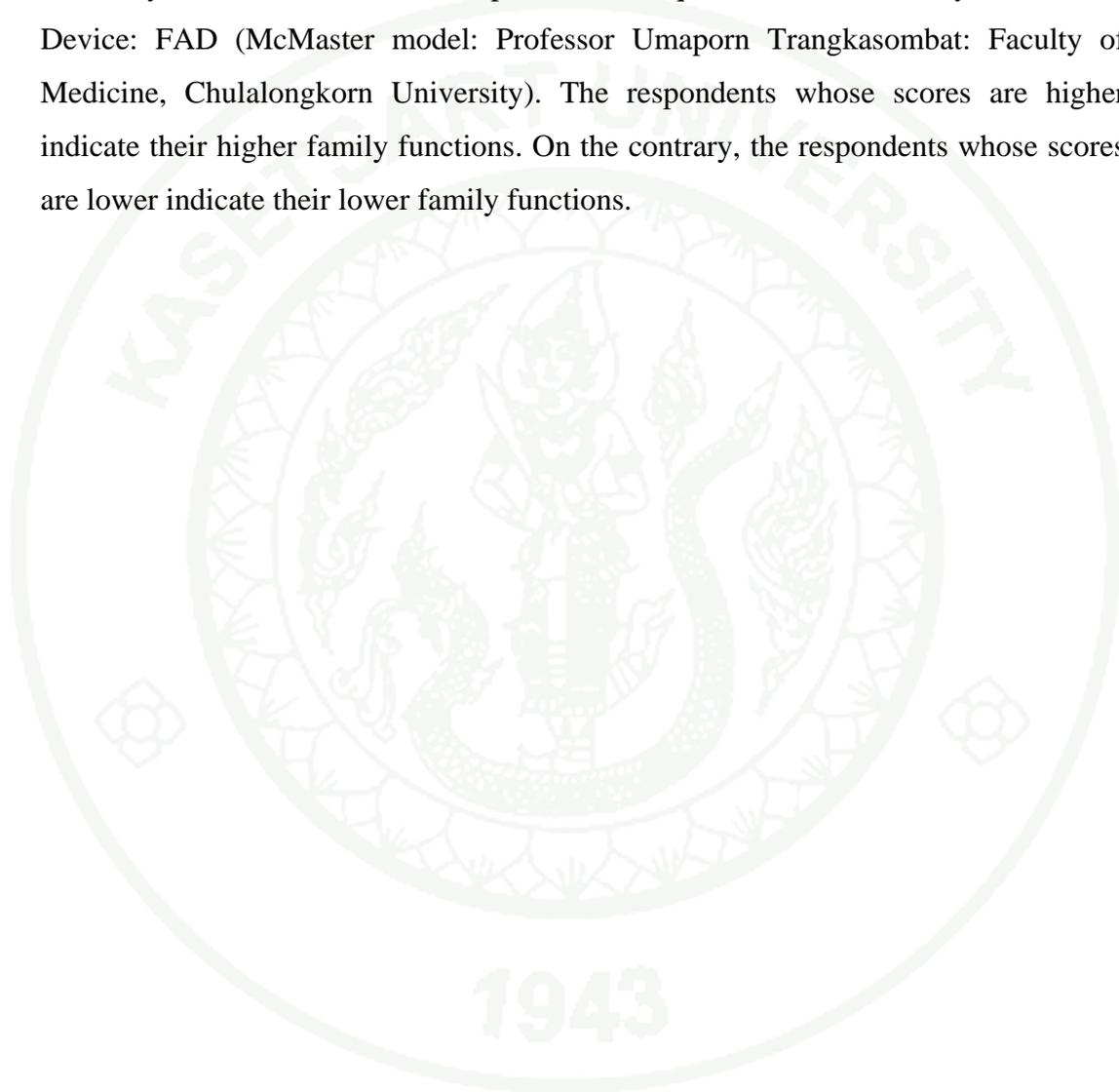
2.3 Roles are defined as the pattern of behavior of each the member of the family. These behaviors are regularly continuous and repeated in order for a family to function perfectly.

2.4 Affective responsiveness is concerned with the ability to appropriately respond to both quality and quantity emotion.

2.5 Affective involvement deals with the level of emotional involvement of each member of the family including the expression of interest and the awareness of accepting each other's value.

2.6 Behavior control means the way that the family controls and manages the members' behaviors in order to help them behave appropriately and to avoid giving trouble to other people.

The adolescents' family functions are evaluated by measuring the perception of the adolescents towards the levels of the family functions into 6 subscales: problem solving, communication, roles, affective responsiveness, affective involvement and behavior control. The measuring tool is the recording form of Chulalongkorn Family Inventory: CFI, which has been adapted from the questionnaire of Family Assessment Device: FAD (McMaster model: Professor Umaporn Trangkasombat: Faculty of Medicine, Chulalongkorn University). The respondents whose scores are higher indicate their higher family functions. On the contrary, the respondents whose scores are lower indicate their lower family functions.



LITERATURE REVIEW

This chapter is consists of the reviews of literature in the related fields as follows:

1. The Sufficiency Economy Philosophy
2. Leisure Time
3. Leisure Time Allocation under the Sufficiency Economy Philosophy
4. Family Functions
5. Conceptual Framework

The review of the literature began with the Sufficiency Economy Philosophy and theoretical context of family functions as it relates to adolescent development. This included studies looking at the functioning of families with adolescent's experience. This is followed by a review of the literature on leisure in relation to adolescent's emotional health. Finally, this literature review is summarized by a discussion on why leisure activities may act as a moderating variable in low functioning families on adolescent's health.

The Sufficiency Economy Philosophy

The definition of the term “Sufficiency Economy” cannot yet be found in any economics textbook. That is no surprise since it is a new theory – so new and innovative it has not been included in textbooks. Economic experts and those who are interested however can use it, modify it or apply its principles in an effort to improve the country's economy as well as that of the world. H.M. the King's Address delivered on the Occasion of His Birthday Anniversary on 23rd December 1999 Office of the National Economic and Social Development Board (NESDB) on

Sufficiency Economy movement, the sub-committee has initiated the process of the movement for disseminating its concepts and applications in various aspects and also created momentum of enhancing knowledge and understanding. These movements would lead to insight, acceptance and applications of all social sectors. NESDB has published “Sufficiency Economy Implications and Applications” with cooperation of the Secretariat of the Prime Minister for drafting the guidance of implications and applications by levels and occupation groups. It consists of two parts: The first part is the principle of the Philosophy of Sufficiency Economy which His Majesty’s Principal Private Secretary has bestowed to NESDB to disseminate to people at all levels in all sectors. The second part is the guidance of Sufficiency Economy applications for people in each level and various occupation groups. NESDB hopes that this publication would be useful, jointly enhance knowledge and understanding of the Philosophy of Sufficiency Economy and be the guidance of applications for all social sectors. The office of the National Economic and Social Development Board (September 2007) notes that the strength of Thai Nation has been nurtured and developed by His Majesty King Bhumibol Adulyadej, who is considered to be the soul of the nation. Through his caring leadership, His Majesty has earned the abiding love and profound respect of his people. Since the beginning of his reign, His Majesty has been trying to enhance the livelihood of disadvantaged Thais throughout the country. Royally initiated activities include economic development and protection of critical natural resources. At numerous points during his reign, His Majesty has propounded his philosophy of “Sufficiency Economy” and urged all Thais to practice it to the greatest extent possible. Sufficiency Economy advocates taking the middle path in life and the optimal route for conduct at all levels such as individuals, families and communities.

The Philosophy of Sufficiency Economy

Sufficiency Economy is a philosophy bestowed by His Majesty King Bhumibol Adulyadej to the people of Thailand. Through royal remarks on many occasions over the past three decades, His Majesty has provided guidance on appropriate conduct covering numerous aspects of life. After the economic crisis, His

Majesty reiterated and expanded on his “Philosophy of Sufficiency Economy” in remarks made in December 1997 and 1998. The philosophy points the way for a recovery that will lead to a more resilient and sustainable economy that is better able to meet emerging challenges such as globalization. Sufficiency Economy stresses the middle path as an overriding principle for appropriate conduct by Thai people at all levels, from family to community to country. It calls for national development and administration to modernize in line with the forces of globalization.

“Sufficiency” means Moderation, Reasonableness, and the need of Self-immunity for sufficient protection from impact arising from internal and external changes. To achieve this, the application of knowledge with due consideration and prudence is essential. In particular, great care is needed at every step in the utilization of theories and methodologies for planning and implementation. At the same time, it is necessary to strengthen the moral fiber of the nation, so that everyone, particularly public officials, academics and businessmen, adhere first and foremost to the principle of honesty and integrity. In addition, a way of life based on patience, perseverance, diligence, wisdom and prudence is indispensable to create balance and be able to cope appropriately with critical challenges, arising from extensive and rapid socioeconomic, environmental and cultural changes in the world.

The Sufficiency Economy Philosophy concerning 3 qualifications and 2 conditions summarizes the relationship of the “Three Loops and Two Conditions”. Figure as follows:

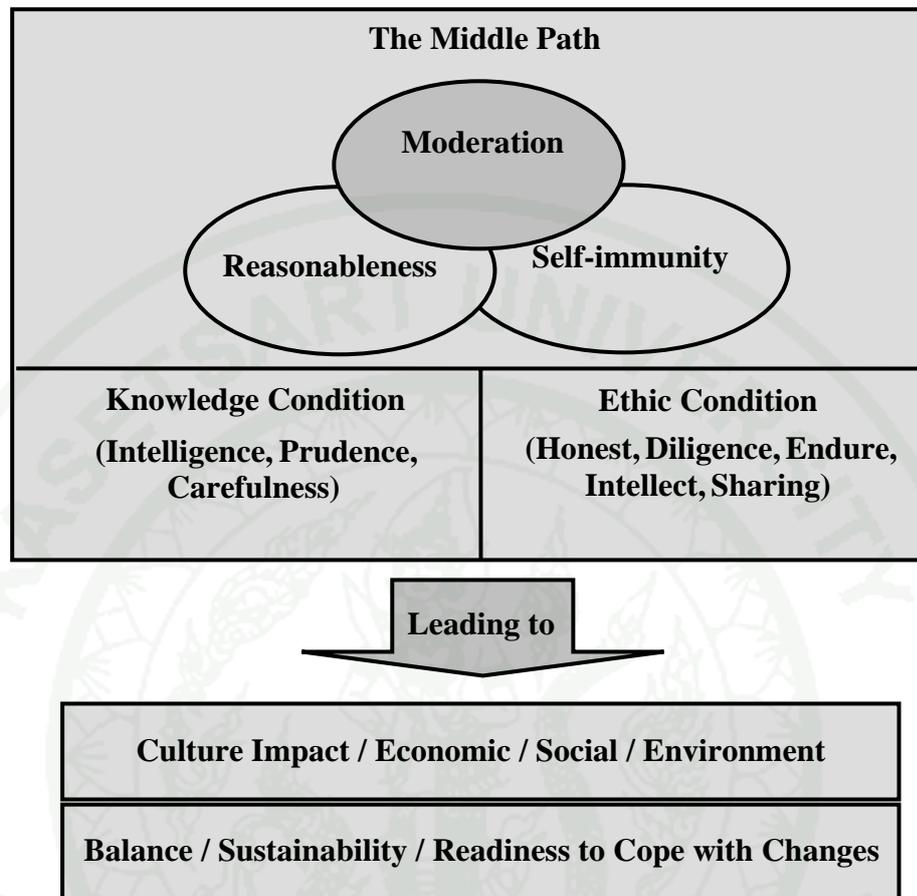


Figure 1 Summary of the Sufficiency Economy Philosophy

Application of Sufficiency Economy Philosophy on Various Aspects

As mentioned above that the Philosophy of Sufficiency Economy approach can be used in the people's lives at all levels and in all sectors of society. This is not limited only in agricultural sector or the poor but also people at all levels, communities, organizations and society, are depending on their own circumstance and environment. Hence, the application of the Sufficiency Economy Philosophy would be categorized into two main levels:

1. The Sufficiency Economy in fundamental level is the sufficiency in micro level, people, families, farms or small enterprises taking the sufficiency's principle both idea and practice to continue their lifestyle's earn an honest living without greed. They hold their lifestyles' principle based on self esteem and self development before stepping into the basis level such as income increase, expense reduction, saving, learning, conservation and favors. The sufficient economy in basic level is the life of living without any troubles. The people have moderate lifestyle, freedom for work, their own middle pace to do the activities that suits them and they could rely on themselves.

2. The Sufficient Economy in advanced level is the sufficiency in macro level which is has a much higher impact. It has occurred from exchange, cooperation and help which has brought the public gained benefits and the development for the community and society. This would start from group of people developing to an organization which was a big network or community public society. From the above statement, the approach of proceeding with the sufficient economy activities in the communities might be considered that there could have been various levels to cover the sufficiency economy approach both in basic level from individual dimension and in progress level from public dimension, which may occur from government or private contribution.

Application of Sufficiency Economy at Individual and Family Levels

Application of Sufficiency Economy by individuals and families starts when one acquired the essential knowledge and necessary skills to appropriately cope with critical challenges arising from extensive and rapid socioeconomic, environmental and cultural changes in the world. At the same time, it is essential for every human being to realize how important it is to live harmoniously in society and to coexist with nature. This means that one should adhere to morality, maintain honesty and integrity share with others, be self-disciplined, patient and prudent in making decisions and in taking actions and persevere in improving oneself. All of these virtues will lead to Self-immunity or sufficient protection for individuals and families from the impact

arising from internal and external changes. This will enable one to be moderate and reasonable in life, according to one's roles and responsibilities, so that one can efficiently rely upon oneself and be capable of helping others and contribute to society.

Application of Sufficiency Economy at the Community Level

A "Sufficient Community" consists of individuals and families who have a degree of self-reliance that is based on their own knowledge and moral strength but strive for sustainable progress. These members of a sufficient community cooperate by sharing their efforts and exchanging their ideas, knowledge, skills and experiences. They use community resources and develop community activities in ways that are appropriate to their geo-social circumstances in order to realize the utmost benefits and happiness of community members. Community activities are carried out and improved continuously, based on morality, honesty, patience, perseverance, generosity and sympathy which lead to social harmony and create a community that has immunity from the impacts arising from change. Eventually sufficient communities of sufficient individuals create a network with other communities.

Application of Sufficiency Economy at the National Level

Sufficiency Economy at the national level starts with a national administrative and development plan that encourages and enables people to live their own lives and to cooperate with others in development based on the Philosophy of Sufficiency Economy, while prudently implementing the plan step by step. Application of Sufficiency Economy at the national level should begin by laying foundations that enable the majority of people to have the basic necessities to live sufficiently and to support themselves adequately through the use of knowledge and morality in their lives. People should also be encouraged to expand their vision through the creation of learning networks among various socioeconomic backgrounds and professions, which eventually will lead to harmony and solidarity in society.

Application of Sufficiency Economy for Government Officers

Government officers and staffs should first apply Sufficiency Economy in their own lives; starting with realizing their roles and responsibilities as social-service providers enhancing a social environment so that people can live in harmony within society and in balance with ecology. Each officer should be morally conscious and honest, leading lives with perseverance and prudence, knowing the causes and effects of their actions, being moderate in his or her life, and having prepared oneself for impact from internal and external change. An officer should prepare and implement policies, plans and projects pertinent to Sufficiency Economy with emphasis on the balanced development of economy, society, environment and culture, so that eventually people and the community as a whole can depend on themselves and appropriately cope with challenges in the world. Government officers should be careful not to impose much on their own ideas but to encourage people to think by themselves. Also, they should remember the principle of “helping people to help themselves”.

Application of Sufficiency Economy for Educators

A teacher or lecturer should be a role model for students by living a life based on Sufficiency Economy, so that they can teach by example and be able to guide students to a better understanding of Sufficiency Economy through classroom curriculum and student activities. To live one’s life, based on Sufficiency Economy, is essential for human beings to live harmoniously in society and also to coexist with nature. One should reflect on and practice sufficiency economy until one believes that the principles will lead to progress in one’s own life and to peace and harmony in society. In practice, one should adhere to morality, honesty and integrity, generosity, self-discipline, patience and prudence in making decisions and in taking action and perseverance in continuously improving oneself. These will lead to Self-immunity from changes and enable one to be moderate and reasonable in life, so that one can efficiently rely upon oneself and be capable enough to help others and contribute to society. As knowledge and Reasonableness are very significant, educators have the

vital role on these matters. Such knowledge must be prudent, careful and appropriate for each socio-geographic condition.

“...The development of the country must be fostered in stages. It must start with the construction of infrastructure, that is, the provision of food and basic necessities for the people by methods, which are economic, cautious and conforming with principles. Once the foundation is firmly established, progress can be continually, carefully and economically promoted. This approach will prevent incurring mistakes and failures, and lead to the certain and complete achievement of the objectives...”

H. M. The King’s Address delivered during Kasetsart University Commencement Ceremony on 19th July 1974.

Previous Academic Studies Related to the Sufficiency Economy Philosophy and Leisure Time

Jitsanguan (2008) mentioned the application of Sufficiency Economy principle in Thai society as the significant concrete connection between the Sufficiency Economy Philosophy and Thai society. This is known as the construction of “Strong Community” procedure. The “strong community” refers to the community including members who have public awareness, virtue, generosity and kindheartedness. All members participate in the community development plan which is based on their own potential as well as autonomous community in order to achieve the goal for the balance, stability and sustainability. If the community is strong, the increase of the quantity and the quality of the individual in micro level will lead to the growth of the macro level. In contrast, it will be difficult to develop the community without the strength in itself.

Leisure Time

Definition of Leisure Time

Leisure time has been conceptualized and defined from a number of researchers. These different researchers reflect historical differences in the organization of societies as well as differences in concepts and impingements upon both freedom and pleasure (Godbey, 1999). Murphy, (1974) conceptualized leisure in six dimensions:

1. Discretionary time: leisure is considered as the portion of time remaining when the basic requirements of work for existence have been satisfied
2. Social instrument: leisure is viewed as a means to social ends such as fulfillment of social function
3. Social class, race, and occupation: leisure is determined by social and inherited factors
4. Classical: leisure is deemed as a state of freedom or a condition of the soul
5. Anti-utilitarian: leisure is viewed a worthy end itself - “doing your own thing” is encouraged
6. Holistic: leisure is viewed as a total construct of life in which any activity can be found (Yen, 1997).

Karnjanakij (1999) explains that the root of “leisure” word is from Latin, which means “right to have freedom from work and duty”.

Prathampidok (1993) mentions that in the Baddish approach to problem solving, a man who is free, with no friend and social influence sustains self development.

Kaplan (1975) proposed that there were six definitions of leisure, each based on a different premise. They are as follows:

1. The humanistic or classic approach is based on a concept of being human that requires freedom of action
2. The therapeutic perspective assumes that people are less than healthy and require some remediation
3. The quantitative model presumes that leisure as time can be identified by the form of time usage
4. The institutional concept views leisure as one element of a social system made up of institutions with complementary functions
5. The epistemological idea is based on the values embodied within a particular culture
6. The sociological approach is based on the view that leisure and everything else is defined in a social context by social actors who are creating their own interpreted universe of meaning (Edginton *et al.*, 1992; Kelly and Godbey, 1992).

Karnjanakij (1990) concludes the importance of leisure as follows:

1. Eliminates body stress
2. Promotes a better healthy body

3. Creates an enlightened mind
4. Enables family members to jointly search for happiness
5. Creates an enjoyable environment
6. Source of knowledge
7. Forms friendship and good relations
8. Generates another source of income, along with income from normal work or duty

Leisure time is one of four segment of leisure time allocation. The types of leisure time allocation have four main categories of activities on which people spend their time. An activity refers to whatever an individual spends time on is considered an activity in the leisure time allocation context irrespective of the motivation, the intended beneficiary or the outcome of the event including rest or doing nothing. The four main categories of activities on which people spend their time are as follows:

Leisure time or free time: referred to activities with the amount of time left when the previous three types of time have been taken out of a person's day. Include activities which serve for personal recreation or leisure such as viewing television, reading, sport, using computer, socializing, etc.

Necessary time: referred to activities which serve basic physiological needs such as sleeping, eating, personal care, health, hygiene, etc.

Contracted time: referred to activities related to work and education. Activities within this category have explicit contracts which control the periods of time in which they are performed. These activities, therefore, constrain the distribution of other

activities over the rest of the day, such as employment services for income, attend the class, do homework, etc.

Committed time: referred to activities in which a person has committed him/herself because of previous acts or behaviors, or community participation such as doing housework, volunteer work, care for children in own household, etc.

Generally, leisure has been conceptualized in the following basic contexts: time, activity and state of mind or experience (Godbey, 1999; Kelly and Freysinger, 2000; Kelly and Godbey, 1992). In this study, leisure time refers to time out of the school.

Participation of Leisure Activity in Adolescents

Particular leisure activities may have certain inherent qualities which make them especially conducive to identity development. Structured leisure activities may be one of these types of activities. Over 69 percent of adolescents participate in at least one form of structured leisure (Eccles and Barber, 1999). Participation in team sports is most common (Eccles and Barber, 1999). This level declines as adolescents age (Eccles and Gootman, 2002). Despite this decline in participation, structured activities may be the most intrinsically rewarding type of leisure activity for adolescents as they enable individuals to use their skills within an organized environment (Csikszentmihalyi and Larson, 1984). Structured leisure activities may also promote development due to their features such as physical and psychological safety, supportive relationships and opportunities for belonging and skill development (Eccles and Gootman, 2002).

Social and individual leisure activities may have differing relationships with identity. Previous research has identified that moderate leisure participation in social activities is related to higher identity scores than either low or high participation in social activities (McIntosh *et al.*, 2005). Individual leisure activities provide opportunities for personal reflection that social activities do not allow (Mannell and

Kleiber, 1997). In addition, during individual leisure activities, adolescents have complete freedom and independence and are not influenced by the feedback they receive from peers (Kleiber, 1985). A study by Marsh and Kleitman (2003) suggests that competitive extramural athletic participation has more positive benefits than less competitive intramural athletic participation. However, other research indicates that leisure activities with low competition are most successful at suppressing delinquency (Larson, 1994).

Benefits of Leisure in Activity Participation

The leisure activities are an incredibly important part of an adolescents's daily life. Every day, adolescents spend 40 to 50 percent of their time awake engaging in some sort of leisure pursuit (Kleiber, Larson and Csikszentmihalyi, 1986; Shaw, Kleiber and Caldwell, 1995). According to the Australian Bureau of Statistics (Lobo and Niepoth, 2005) adolescents between the ages of 15 and 24 spend approximately six hours each day in free time activities. While time spent on homework averaged only slightly more than an hour per day. There is an enormous amount of time adolescents devote to these activities. Participation in leisure activities during adolescent has consistently been associated with a variety of benefits including psychological, physiological and social benefits. Leisure participation improves mental health of participants (Larson and Kleiber, 1993) by increasing self-esteem (Marsh and Kleitman, 2003) and decreasing levels of depression (Field *et al.*, 2001). Physiological benefits of leisure include decreasing levels of body fat reducing illnesses (Klentrou *et al.*, 2003) decreasing body dissatisfaction and increasing feelings of physical attractiveness (Bowker *et al.*, 2003). In addition, participation in physical activity decreases drug use among adolescents (Field *et al.*, 2001). Adolescent leisure participation also has numerous social benefits including improved relationships with parents (Field *et al.*, 2001). Moreover, leisure participation promotes having peer groups of friends who engage in the same activities (Eccles *et al.*, 2003). Adolescent leisure participation also is related to numerous positive academic outcomes. Strong positive relationships have been found between extracurricular activities and grades (Darling *et al.*, 2005; Eccles and Barber, 1999;

Eccles *et al.*, 2003; Field *et al.*, 2001; Marsh and Kleitman, 2003; Spreitzer, 1994) and time spent on homework (Marsh and Kleitman, 2003). In addition, leisure participation is associated with high academic aspirations (Darling *et al.*, 2005; Marsh and Kleitman, 2003).

However, associations have been identified between adolescent leisure participation and risky behaviors. Extracurricular and hobbies participation are associated with increased rate of alcohol consumption and getting drunk (Darling *et al.*, 2005; Eccles *et al.*, 1999; Eccles *et al.*, 2003). Sports involvement was associated with less cigarette smoking and less illicit drug use. This association is particularly strong for sport participants, especially adolescents who participate in team sports (Eccles *et al.*, 2003). These adolescents are also more likely than their peers to have friends who consume alcohol (Eccles *et al.*, 2003). Involvement in extracurricular activities and hobbies had a modest protective influence on sexual activity.

Leisure Lifestyles

Common leisure activities during adolescent typically involve solely adolescent participants and are often performed in groups (Hendry, 1983). Some gender differences do exist in regard to adolescent leisure behaviors. Female adolescents are more likely than males to have a large repertoire of leisure interests (Eccles *et al.*, 2003). In addition, females tend to have greater participation in performing arts, prosodies and school activities, whereas males are more likely to spend time watching television and engaging in sports and other physical activities (Eccles and Barber, 1999; Eccles *et al.*, 2003; Shaw *et al.*, 1995).

In Thailand the adolescents have also been investigated. Such as drinking, going to pubs, partying, dancing was far more common. The adolescents who were continuing their education were less likely to “hang around” as a form of leisure than their peers who were no longer in school (Hendry *et al.*, 1993).

Leisure Time Allocation under the Sufficiency Economy Philosophy

The application of the Sufficiency Economy Philosophy with the allocation of leisure time is described in Table 1 in order to collect and analyze data as follows:

Table 1 Components of the philosophy and application on leisure time

Aspect of application	Description	Definition of leisure time
<u>Moderation</u>		
- Avoid making trouble for oneself	- Take care of one's health	- Use of leisure time with self esteem, avoid doing harm to oneself by taking care of one's health i.e. taking a rest and having a healthy diet
- Be responsible for one's duty	- Avoid interrupting study; be responsible for both oneself and assigned task	- Use of leisure time with responsibility including study and family housework such as baby sitting and doing household chores
- Use resources intelligently	- Be moderate in resource use optimal distribution of time and money among various purposes	- Use of leisure time through moderate time and money appropriate to life style
<u>Reasonableness</u>		
- Be useful to oneself	- Consider the cause and the effect of spending leisure time in a useful way	- Making a decision or intelligently avoiding doing things

Table 1 (Continued)

Aspect of application	Description	Definition of leisure time
- Consider safety	- Consider the cause and the effect of spending leisure time which may not harm oneself in every way	- Making a decision or avoid doing things carefully
- Be compatible with social condition	- Believe that oneself and community have ethics which are related and consistent to the use of one's leisure time	- Having ethics to make a decision when having leisure time
- Be compatible with the needs of the family	- Believe that oneself and family have ethics which are related and consistent to the use of one's leisure time	- Having ethics to make a decision when having leisure time and being aware of the family's virtue
<u>Self-immunity</u>		
- Leading a good life	- Have knowledge and choose to do the thing which is appropriate to one's age and control oneself in a moderate consumption	- Having knowledge about spending leisure time for a healthy lifestyle suitable for one's age by exercising, practicing spiritual development, being wise in consuming technology, and in controlling oneself
- Avoid having a risk behavior or being in a risky situation	- Risk behavior and risky situation may happen when the adolescents have free time	- Be able to control oneself and avoid doing risky and harmful things to oneself when having leisure time

Family Functions

Context of Family

Home Economic Society of Thailand (1981) defined the meaning of family duty as the activities of family members to help them smoothly sustaining their status in the society. The importance of duty could vary to fit each era. Family duty can be handled by other functions or institutes, but some duties have to be handled by family.

Nawachinda and Lussanan (2003) defined the meaning of family as a place for responding both individual mental and physical needs and it is called “Home”. The social unit of which a group of people join the activities and relations in home is called “Family”.

One factor which may be significant in the exploration of parent-adolescent relationships is the time which is invested. It is a common belief within the society that children need, but do not receive, enough time and attention from their family. Parents spend more time at the office, come home tired and find themselves being inconsistent with their children, which results to other problems (Shapiro, 1997). Teachers report an increase in discipline problems and classroom disruptions, and it has been said that the overall well-being of children has declined. It has been outlined that the developmental needs of children and identified attachment, a bond of caring which endures even during times of separation, as the first basic need. Additionally, parents must also be adequate in perceiving the needs of their ever-developing children and continually adapting to those needs. A third need which children have of their primary care-givers is a transfer of values, morals and impulse control. In order to serve as a model of these values, parents must be physically and emotionally available to their children on a regular basis. There can be no companionship and communication if there is no contact between family members (Guldner and Swensen, 1995).

The Functions of the Family

The adolescents have specific needs at this phase of development and identify them as functions and responsibilities of the family. One of those duties is to protect the child. As children enter the phase of adolescent their need for protection changes, and family today have clear concerns about the broad availability and accessibility of harmful substances, activities and relationships within our society. Protecting adolescents from some of these situations requires that parents monitor the activities of their adolescents and instill in them the values and rules of self-conduct. Only the family monitoring of adolescent activities has been found to be unimportant part of preventing problem behaviors. Family Functions has been more important.

Nawachinda and Lussanan (2003) mentioned that the family duty under individual needs influence health and quality of life of family members as follows:

1. **Biological duty:** Spouses creates family and born family members. Good genetic and psychic fundamentals of parents are crucial fundamentals, which cause children's mental and physical stability. These are most important roles of family and none could substitute these family roles.
2. **Protection:** Parents have direct roles to arrange the fundamental needs for sustaining their children's lives. These create safety and stability in their lives and recognize love from their parents and their loves for parents. These are key factors resulting to good mental and physical being.
3. **Love:** Parents transmit love to their children since the beginning of life. Love will grow no matter what their children's characteristics are. Although their children grow-up to be adolescents, parents' love does no change. With this kind of love, parents have full willingness to provide the key 4-fundamental needs, protection, love and instruct their children to create respect and achieve their goals in life.

4. Education: Parents are the first teachers who provide fundamental cares and create skills and experiences for successful mental and physical growth. Since the birth of a child, parents are the core persons who provide knowledge and experiences. Moreover, arranging problem-solving approach and supporting education are key parent responsibilities as well.

5. Status: Individuals who were born in a certain family status will have the same status as their parents. This status is called “Ascribed Status”. However, individual could change their ascribed status by creating things which serve their desired status. This status is called “Achieved Status”. Individual in each status will have different roles and duties. Therefore, needs and responses of their needs show the difference of individual statuses.

6. Economics: Parents have critical roles to earn income for subsidizing family expenditures including need for four fundamental needs and additional needs such as safety, admiration, enjoyment and successful life.

7. Entertainment: Family has the roles to create recreation, relaxation and enjoyment. Family members have critical roles to participate in the entertainment activities and create unities among family members.

8. Religion: Family shall have trust in their religion, follow religion’s paths, and participate in religious activities. This could dilute the negative behavior. Family members recognize their trustworthiness; express their kindness and good mentality. Family Functions is the key factor creating various situations such as genetic situation, economics situation, education level, social status, communication and relation within family. Trust in the religion defines activities and govern Family Functions which is useful and which satisfactorily meets both mental and physical aspects of family members. Parents have full responsibility to look after and develop the next generation. Parents also deserve the results of their role and responsibility at the last stage of their lives. With this reason, parents have to be proud of their clear objectives of creating valued adolescent.

Nawachinda and Lussanan (2003) mentioned that family relation means inter-relationship that braces love, passion and forgiveness as well as relationship among parents, relatives and family members. A family that sustains good relations and unity could create a great shield to protect all family members. The key factors of good a family relation are as follows:

1. Love and passion for each other
2. Trustworthiness
3. Forgiveness
4. Family democracy

The primary function of a family unit is to provide a setting for the development and maintenance of family members on the social, psychological and biological levels. In the McMaster Model of Family Functions, a family must fulfill six basic functioning dimensions: problem solving, communication, affective responsiveness, affective involvement, roles and behavior control.

The McMaster Model of Family Functions (MMFF) focuses on the dimensions of Family Functions that are believed to have the greatest impact on the physical and emotional health of family members. The authors define each dimension as ranging from “most effective” to “most ineffective,” with “most ineffective” leading to emotional and physical distress for family members and “most effective” contributing to optimal emotional and physical health.

The MMFF is based on a family systems approach. The five crucial assumptions of systems theory that underlie this model are: 1) the parts of the family are interrelated, 2) one part of the family cannot be understood in isolation from the rest of the system, 3) family functions cannot be fully understood by simply understanding each of the parts, 4) a family’s structure and organization are important

factors determining the behavior of family members, and 5) transactional patterns in the family system shape the behavior of family members (Epstein *et al.*, 1982).

According to the MMFF model, a healthy family provides a setting for family members to deal with a variety of problems or issues, which this model identifies as the Three Task Areas: the basic task area, the developmental task area, and the hazardous task area (Epstein *et al.*, 1982). The first basic task area involves instrumental issues such as problems of providing food, shelter, transportation, and money. The second, developmental task area consists of issues that arise over time as family members develop emotionally and physically such as crises that take place during adolescent. The third, hazardous task area, involves dealing with issues that result from crises such as loss of job, accident, illness, traumatic events and so on. MMFF posits that families that are unable to effectively negotiate through these three areas are more likely to become dysfunctional families.

The MMFF has identified key characteristics or dimensions of Family Functions. Families that do well in each of these areas tend to have fewer problems and are able to manage problems more effectively when they arise (Epstein *et al.*, 1981). The first dimension is problem-solving.

Problem-Solving

Problem-solving is defined as a family's ability to resolve issues at a level that maintains effective Family Functions. The seven stages of problem-solving are as follows: identification of the problem, communication of the problem to the appropriate person(s), development of action alternatives, decision on one alternative, action; monitoring the action, and evaluation of success. Epstein *et al.*, (1981) postulate that the least effective family is one that cannot identify the problem, while the most effective family is one that carries out all seven stages. An adolescent with a family that struggles with problem-solving may experience a confusing and frustrating environment where little resolution takes place anxiety, anger and frustration reign. The adolescents may internalize the frustration and confusion by

becoming depressed or anxious, or he or she may externalize the emotions through anger.

Communication

Communication, defined as the way verbal and nonverbal information is exchanged within a family (Epstein *et al.*, 1981). Effective family communication is clear and direct, while ineffective communication in families tends to be masked and indirect. Families where members can share their thoughts and feelings with one another freely are better equipped to solve problems as they arise. Families where adolescents are unable to be open with other family members or to be spoken to in a direct and clear manner may facilitate an environment of poor mental health.

Roles

These roles are recurrent patterns of behavior by which members of the family fulfill certain Family Functions (Epstein *et al.*, 1981). The establishment of specific roles within a family is directly connected to the family's ability to deal with both unexpected and normal changes. The authors identify five necessary Family Functions that a successful family has to repeatedly deal with: 1) provision of resources-tasks associated with providing money, clothing, shelter and food, 2) nurturance and support-providing warmth, reassurance, comfort and support for family members, 3) adult sexual gratification-husbands and wives must find satisfaction with their sexual relationship, 4) personal development-tasks involving educational, physical, social and emotional development of the children, and 5) maintenance and management of the family system-leadership and final decision making by the parents, boundary setting, behavior control functions, household finance function and health related functions. An adolescent's emotional health may depend on how clear each of these roles is. If the child is unsure which role he or she is supposed to play, or is forced into parental roles, or lacks a parent who performs well in the parent role, the child may become depressed or oppositional because of the confusion and misplaced responsibility that the adolescent experiences.

Affective Responsiveness

Another dimension of this model is affective responsiveness. Affective responsiveness is defined as the family's ability to respond to a given situation with the appropriate quantity and quality of feelings (Epstein *et al.*, 1981). Families need to be able to experience and share emotions such as joy, support, tenderness, love, fear, anger, sadness and disappointment. Families that are unable to respond to these emotions create an emotionally distorted or sterile environment where children are unable to feel safe and to be themselves by free expression of feelings. An adolescent experiencing extreme sadness and fear surrounding the divorce of parents and unable to express these emotions due to the restricted affective response, may present with oppositional defiant behavior or possibly an anxiety or depression, as a way to deal with the underlying unexpressed affect. In contrast, an adolescent facing a similar experience of divorce and who has a family that effectively responds to a child's affect, will likely feel safe enough to open up to the parents about their feelings of sadness and fears.

Affective Involvement

The fifth dimension of the MMFF is affective involvement, which is defined as how well the family is able to value and show interest in the activities and interests of individual family members (Epstein *et al.*, 1981). The authors describe six types of involvement: 1) lack of involvement-no interest in one another, 2) involvement devoid of feeling-some interest in one another, but mostly on intellectual level, 3) narcissistic involvement-interests in others only to the extent that their behavior reflects on the self, 4) empathic involvement-interest in one another for the sake of the others, 5) over involvement-excessive interest in one another, and 6) symbiotic involvement-an extreme and pathological interest in others. Empathic involvement leads to healthy family functions, while the other styles of involvement may lead to poor mental health. For example, the adolescence may experience depression, due to lack of support or involvement in his or her leisure activities, school work and/or social life.

Behavior Control

The final dimension of this model is behavior control - the pattern of behavior a family adopts for handling family discipline (Epstein *et al.*, 1981). The authors describe four styles of behavior control: 1) rigid behavior control-standards are specific with minimal variation and negotiation, 2) flexible behavior control-standards are reasonable with room for negotiation and change, 3) laissez-faire behavior control-total latitude is given with no standards and 4) chaotic behavior control-the control is unpredictable with random shifting between the other styles. Families with flexible behavior control are better at adjusting and coping with the changing family circumstances. Adolescents who are rigidly controlled may suffer from low self esteem because of the belief that they are not trusted enough to contribute to some decisions. On the other hand, adolescents who experience no boundaries or control may believe that their parents do not love them enough to hold them to any standards. These ineffective behavior control patterns can lead to an adolescent developing either internal depression or external oppositional defiance behavior problems.

Family Functions in Thailand

Most of the research studies on family functions were done in the Western countries. No systematic investigation has been conducted to determine whether family functions play different roles within specific cultures because of the difference cultures. The culturally divergent attitudes toward family life might give different influences in the functions with different ethnic backgrounds.

This study was conducted with the aim to understand family functions in Thai context. The Chulalongkorn Family Inventory (CFI) was a self-report questionnaire in the Thai language which was developed from the Family Assessment Device (FAD), the McMaster model of family functions by Prof. Umaporn Trangkasombat Department of Psychiatry, Faculty of Medicine Chulalongkorn University. The Chulalongkorn Family Inventory (CFI) is consists of 7 aspects: problem-solving,

communication, family roles, affective responsiveness, affective involvement, behavior control and general functioning:

1. Problem Solving: the way of the family resolves problems and conflicts
2. Communication: the clarity and directness of information exchange in the family
3. Affective Responsiveness: the appropriateness of emotional response between members
4. Affective Involvement: the appropriateness of emotional attachment and interest's family member has for one another
5. Roles: the clarity and appropriateness of the distribution of family roles and responsibilities and behavior
6. Behavior Control: the clarity and execution of family rules
7. General Functions: refer to provisional basic family task such as food, clothing shelter and money, provision of nurturance and support for the children, life skill development for the adult as well as the children

The CFI is consists of 36 items which were divided into 7 aspects by adding the general function aspect. Each item's score ranged from 1 to 4. The higher scores reflect healthy functions.

This study was adapted to use 6 aspects in order to increase the specificity of measurement for each item. CFI has previously been tested with the secondary school and the college students.

Family functions assessment as shown in table 2 is categorized as follows:

Domain	Item number
General function	8 items; item# 7, 14, 15, 19, 20, 22, 32, 36
Problem Solving	6 items; item# 1, 2, 3, 8, 25, 26
Communication	5 items; item# 9, 16,23,28,31
Affective responsiveness	5 items; item# 4, 11, 18, 34, 35
Affective involvement	5 items; item# 5, 12, 21, 24, 33
Roles	3 items; item# 10, 17, 29
Behavior control	4 items; item# 6, 13, 27, 30

Table 2 Categories of family functions assessment

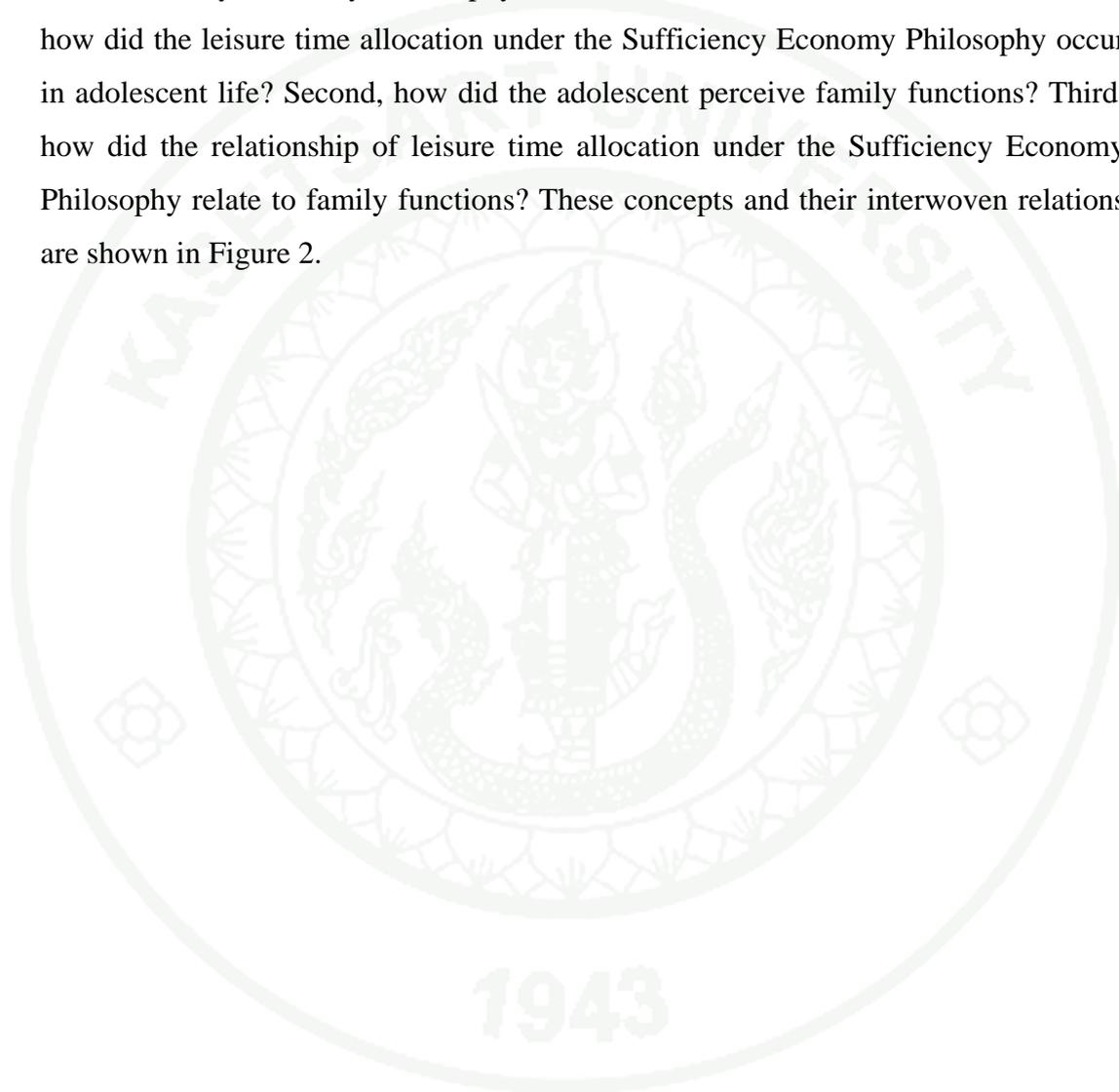
No.	Message	Aspect
7	Family members get along together very well.	General function
14	Family members could rely on each other.	General function
15	It is difficult to get a consensus since family members do not understand each other.	General function
19	All members accept difference of each member.	General function
20	Your family members take care of each other very well.	General function
22	You have a happy family now.	General function
32	The family members can be dependable in crisis.	General function
36	In your family, there are lots of bad feelings.	General function
1	Family members help each other to solve problem.	Problem Solving
2	There is always a discussion whether the problem solving works or not.	Problem Solving
3	When you ask family member to do something, you are not sure whether he/she will do it.	Problem Solving
8	When problem occurred, we always have a discussion to solve them.	Problem Solving
25	Family members can face with problem well.	Problem Solving
26	Your family can give the solutions to the conflict occurred.	Problem Solving
9	You are frequently unable to express your thought or feeling.	Communication
16	All family members can talk to each other frankly.	Communication
23	You realized family members' feeling after listening to them.	Communication
28	All family members can talk directly to each other.	Communication
31	You are brave to tell your family member if he/she has done something you do not like.	Communication

Table 2 (Continued)

No.	Message	Aspect
4	Your family expresses their love to each other.	Affective responsiveness
11	Each of family members openly express their feelings both positive and negative.	Affective responsiveness
18	Some family members rarely express their feeling and emotion openly.	Affective responsiveness
34	You can tell your trouble to your family members.	Affective responsiveness
35	Your family cares for the family members' feeling.	Affective responsiveness
5	You feel free and confident enough.	Affective involvement
12	Your family members will pay attention to you if he/she thinks it is importance for him/her.	Affective involvement
21	Some of your family members get involved with other members too much and this makes the situation uncomfortable.	Affective involvement
24	Your family members are totally separated.	Affective involvement
33	Parents command and control children too much.	Affective involvement
10	All family members have their own responsibilities.	Roles
17	Your family has never lacked of fundamental needs such as foods, clothes, medicine and etc.	Roles
29	Each family member has done their chores completely.	Roles
6	Family members could make the mistakes without punishment.	Behavior Control
13	There is no harm to fight each other in your family.	Behavior Control
27	There are no disciplines or rules in your family.	Behavior Control
30	In your family, everybody can do whatever they like.	Behavior Control

Conceptual Framework

Given our current state of knowledge and the review of the literature, appear to have the greatest potential to contribute to theoretical and empirical knowledge of the Sufficiency Economy Philosophy and leisure activities of adolescents' life. First, how did the leisure time allocation under the Sufficiency Economy Philosophy occur in adolescent life? Second, how did the adolescent perceive family functions? Third, how did the relationship of leisure time allocation under the Sufficiency Economy Philosophy relate to family functions? These concepts and their interwoven relations are shown in Figure 2.



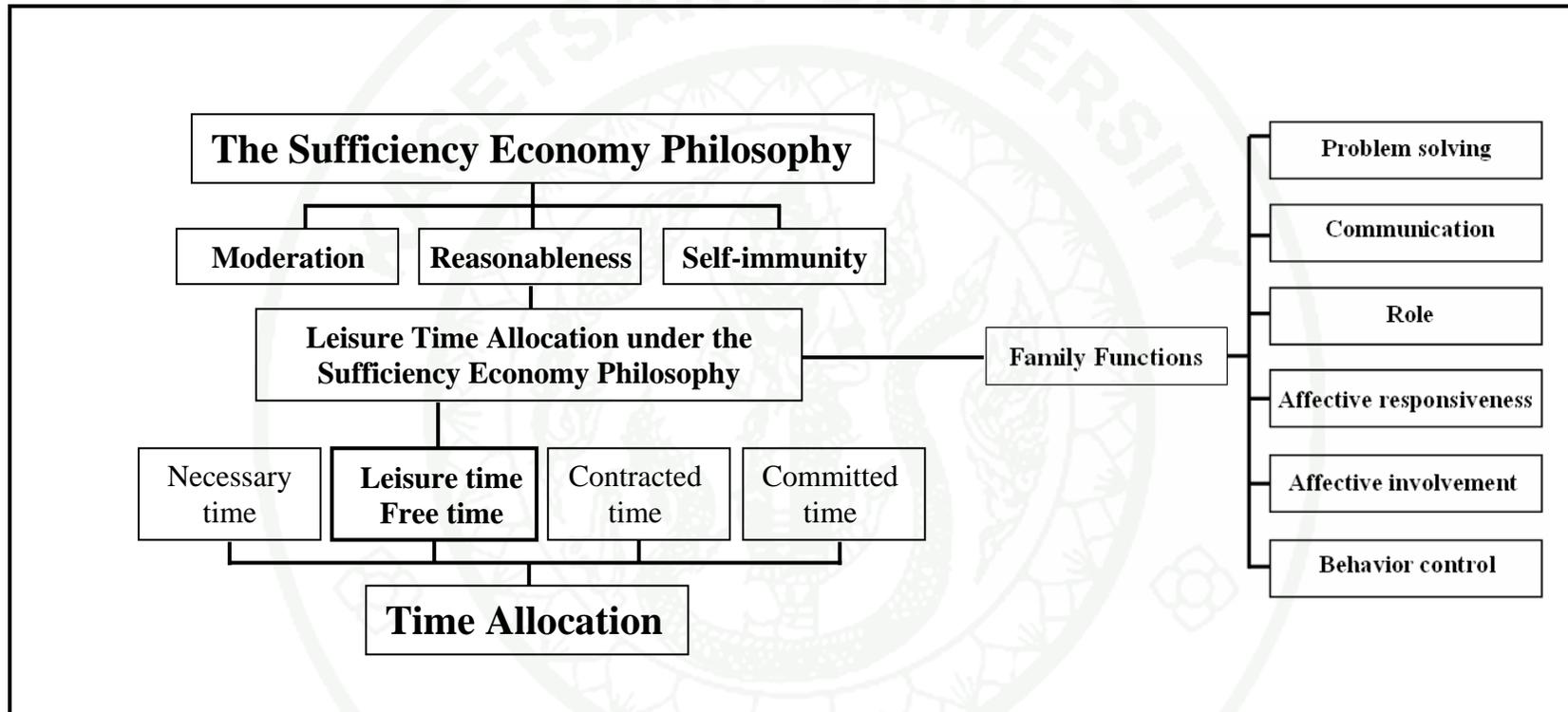


Figure 2 Relationships between leisure time allocation under the Sufficiency Economy Philosophy and family functions

MATERIALS AND METHODS

This research aims to study the relationship between the leisure time allocation under the Sufficiency Economy Philosophy and family functions of the adolescents. Due to the nature of the research questions, a quantitative research design was used in this study. Questionnaires were used in the survey for correspondents. The development of the research instrument integrated the Sufficiency Economy Philosophy and leisure time concepts. The steps in the process are as follows:

1. Population and Samples
2. Research Instruments
3. Data Collection
4. Process and Data Analysis

Population and Samples

1. Target Group

The population of this study is composed of students studying in Mathayomsuksa 3 from schools under the Basic of Education Commission and Demonstration school under the government university which is located in Bangkok Education Service Area Office 1. There were 40 schools and 15,240 students, as shown in Table 3. The reason of choosing demonstration school under the government university was the variation of demographic database such as education and income levels of the adolescents' parents. Thus, they represented a sample of adolescents according to a variety of their background.

Table 3 Number of students (Mathayomsuksa3) and list of schools located in Bangkok Education Service Area Office 1

School Name	Mathayomsuksa3 students		
	Male	Female	Total
Kunnatee Rutharam Wittayakom School	170	158	328
Nontri Wittaya School	298	235	533
Patumkongka School	464	0	464
Pratumnak Suankularb School	21	31	52
Prakanong Pittayalai School	278	229	507
Piboonprachasan School	91	109	200
Buddhajak Wittaya School	97	120	217
Makkasan Pittaya School	110	129	239
Matthayom Wat Thatthong School	119	216	335
Mattayom Wat Makutkasat School	174	168	342
Mathayom Wat Benjamabopit School	179	0	179
Yannawate Wittayakom School	244	195	439
Rajavinit Mathayom School	228	215	443
Wachirathamsatit School	258	204	462
Wat Noi Noppakhun School	94	115	209
Wat Bowonniwet School	196	0	196
Wat Ratchabophit School	440	0	440
Wat Rachathiwas School	168	226	394
Wat Saket School	28	0	28
Wat Suthiwararam School	586	0	586
Sri Ayudhya School	252	330	582
Silachaphiphat School	174	165	339
Satri Wat Mahapruttaram School	0	328	328
Satri Witthaya School	0	619	619
Santirat Wittayalai School	313	252	565

Table 3 (Continued)

School Name	Mathayomsuksa 3 students		
	Male	Female	Total
Ratchananthjarn Samsenwittayalai 2 School	263	223	486
Samsenwittayalai School	316	278	594
Sai Nam Peung School	0	508	508
Saipanya School	0	324	324
Sirirattatarn School	198	211	409
Suankularb wittayalai School	628	0	628
Surasakmontree School	388	362	750
Suwan Suttharam Withaya School	158	108	266
Chaoprayawittayakom School	139	122	261
Debsirin School	527	0	527
Yothinburana School	334	266	600
Trimitwittayalai School	256	0	256
Patumwan Demonstration School	165	155	320
Srinakharinwirot University			
Prasarnmit Demonstration School	134	151	285
Srinakharinwirot University			
Total	8,488	6,752	15,240

Source: Bangkok Education Service Area Office 1(2007)

2. The Sample Size

In the calculation of the sample size with a proportion at a confidence level of 95%, the formula was used:

$$n = \frac{N}{1 + N(E)^2}$$

n = Sample size

N = Population

E = Error

In this study, in determining the errors term +, - 5%, the formula was used:

$$\begin{aligned} n &= \frac{15,240}{1 + 15,240(0.05)^2} \\ &= 390 \end{aligned}$$

The result of calculation was 390 samples. The fact is the sample size of this study was 500. This is to prevent errors that occurred from answering the questionnaires.

3. Sampling Method

In this study, samples were selected for the probability sampling by multistage sampling method. The sample students from 7 schools were randomly selected from 40 schools under the Basic Education Commission and Demonstration school under the government university which is located in Bangkok Education Service Area Office 1. Proportional stratified sampling from each school is shown in Table 4.

Table 4 List of schools and numbers of students

(n = 500)

	Target School	Total numbers of students	Sample of students
1	Kunnatee Rutharam Wittayakom School	328	60
2	Suwan Suttharam Withaya School	256	50
3	Surasakmontree School	750	140
4	Satri Wat Mahapruttaram School	328	60
5	Trimitwittayalai School	266	50
6	Benjamarachalai School	426	80
7	Patumwan Demonstration School	320	60
	Srinakharinwirot University		
	Total	2,687	500

Research Instruments

1. Component of Instruments

According to the data collected in this study, there were 3 parts of the questionnaire: personal information, family functions and leisure time allocation under the Sufficiency Economy Philosophy.

2. Process of Creating Research Instruments

Firstly, the purpose of measurement on leisure time allocation under the Sufficiency Economy Philosophy was defined in the aspects of the adolescent's leisure time allocation with Moderation, Reasonableness and Self-immunity. In besides, the studied of relationship between the family functions and leisure time allocation under the Sufficiency Economy Philosophy.

Secondly, the concepts, theories and literature reviews on leisure time allocation under the Sufficiency Economy Philosophy were studied.

Lastly, the experts, the student commissions and the researcher had a meeting 7 times within 8 months to define the meaning of leisure time allocation under the Sufficiency Economy Philosophy to designate its definition. The result of those actions found that leisure time allocation under the Sufficiency Economy Philosophy was defined as leisure time allocation in smart way with moderation, leisure time allocation without interruption in daily routine activity, leisure time allocation with consciousness to choose the activities which are useful under social conditions, good ways of life and not displaying risky behavior. Summary is shown in Figure 3.

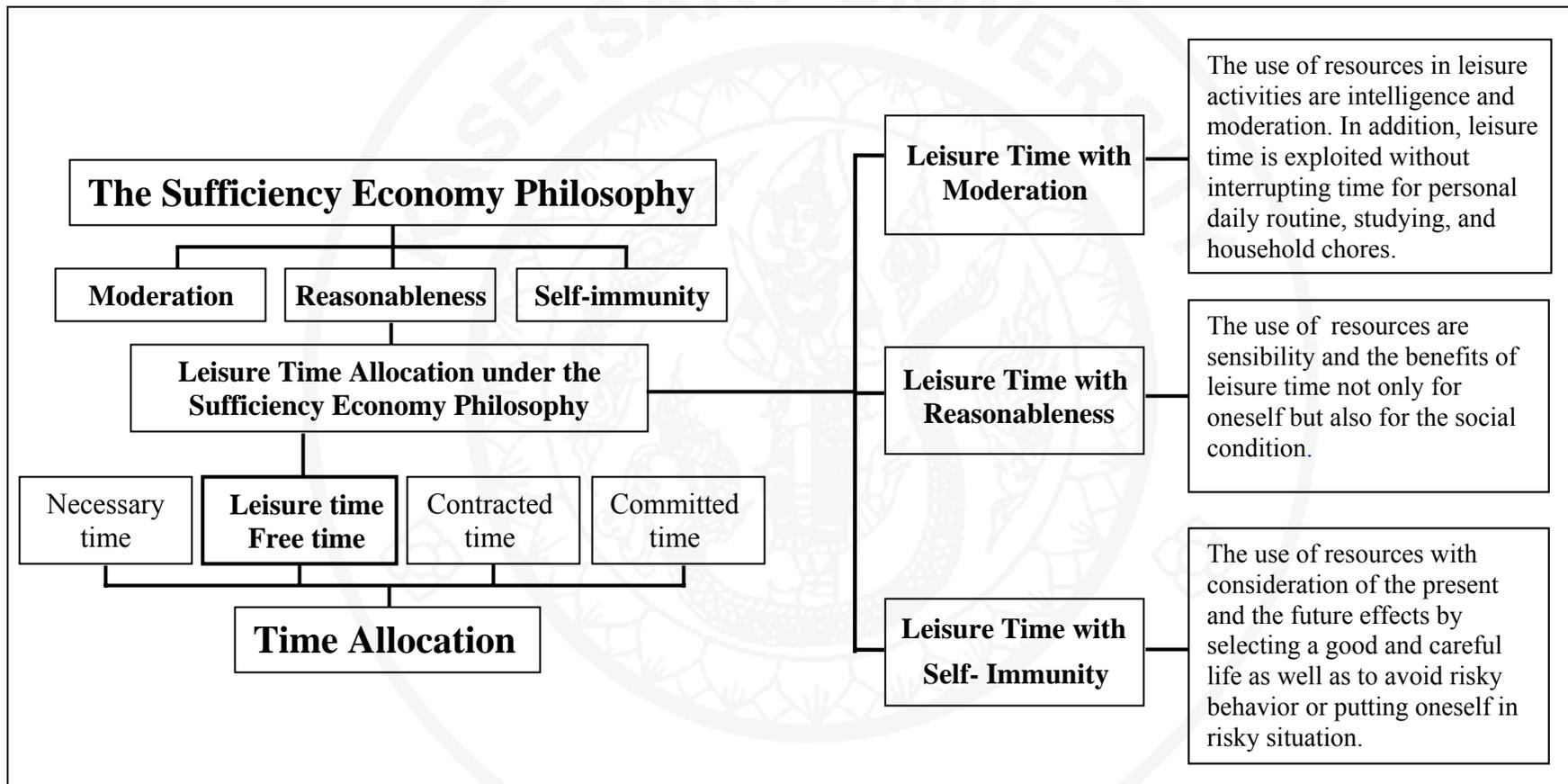


Figure 3 Application of Sufficiency Economy Philosophy on leisure time

The definition of operating variables used in this study and the creation of table of specification were classified in the three aspects namely: Moderation, Reasonableness and Self-immunity.

The rating scale of 6 levels questionnaire was customized by the definition of leisure time allocation under the Sufficiency Economy Philosophy. Hence, the questionnaire items were needed at least 30 items and then the total 120 items were created in addition as the following details:

Table 5 Preliminary leisure time allocation under the Sufficiency Economy Philosophy questions

Details of leisure time allocation under the Sufficiency Economy Philosophy	Items
Moderation	
Avoid making trouble for oneself	12
Be responsible for one's duty	12
Use resources intelligently	16
	40
Reasonableness	
Be useful to oneself	10
Consider safety	10
Be compatible with social condition	10
Be compatible with the needs of the family	10
	40
Self-immunity	
Leading a good life	18
Avoid having a risk behavior or being in a risky situation	22
	40
Total	120

The drafted questions of 120 were once again submitted to the committee for further evaluation. The committee then revised each item as to their meaning and made sure that each item is valid in its sense and is in congruent with the definition assigned to each.

The revised measuring instrument was presented to the experts, Master's or Ph.D. degree holders and who have work experience for at least five years. They reviewed the validity with an Index of Consistency (IOC) of more than or equal to 0.50 (Loun and Angkana, 2000).

First, each item was analyzed by 3 experts in Educational measurement, Sufficiency Economy and Linguistics from 120 questions by Face validity. They passed 100 questions with an index range of 0.60-1.00 and then revised the 100 questions by opinion of the experts in committee panel.

Consistency analysis was performed on each of the questions. In the re-evaluation of the questions, verification by face validity II was performed by the panel of committee, five experts in Home science, Psychology and Linguistics and representatives from the schools. The discussions resulted to a vote by the use of Index of Consistency (IOC). 76 items passed by using the index range of 0.60-1.00. The result was sent back to be reviewed by the experts once again. Adjustments were done in terms of the wordings in the sentences. Finally, as the advice of the experts, a questionnaire of 74 items was approved.

Reliability analysis was performed on each of questionnaires by trying out 100 students of Mathayomsuksa 3 from a school that is not included in the sampling. The data from trying out was selected to be only 60 items by the significance of the t-test which had a discriminatory power from 1.86 to 11.143 and the reliability value was 0.9387

Finally, the three aspects of the Sufficiency Economy Philosophy were used to adjust 60 items of questions and the chairman suggested that the number of questions in 3 aspects should be adjusted equally. So each part had 12 items and the total was 36 items. The questionnaire used in this study was then completed.

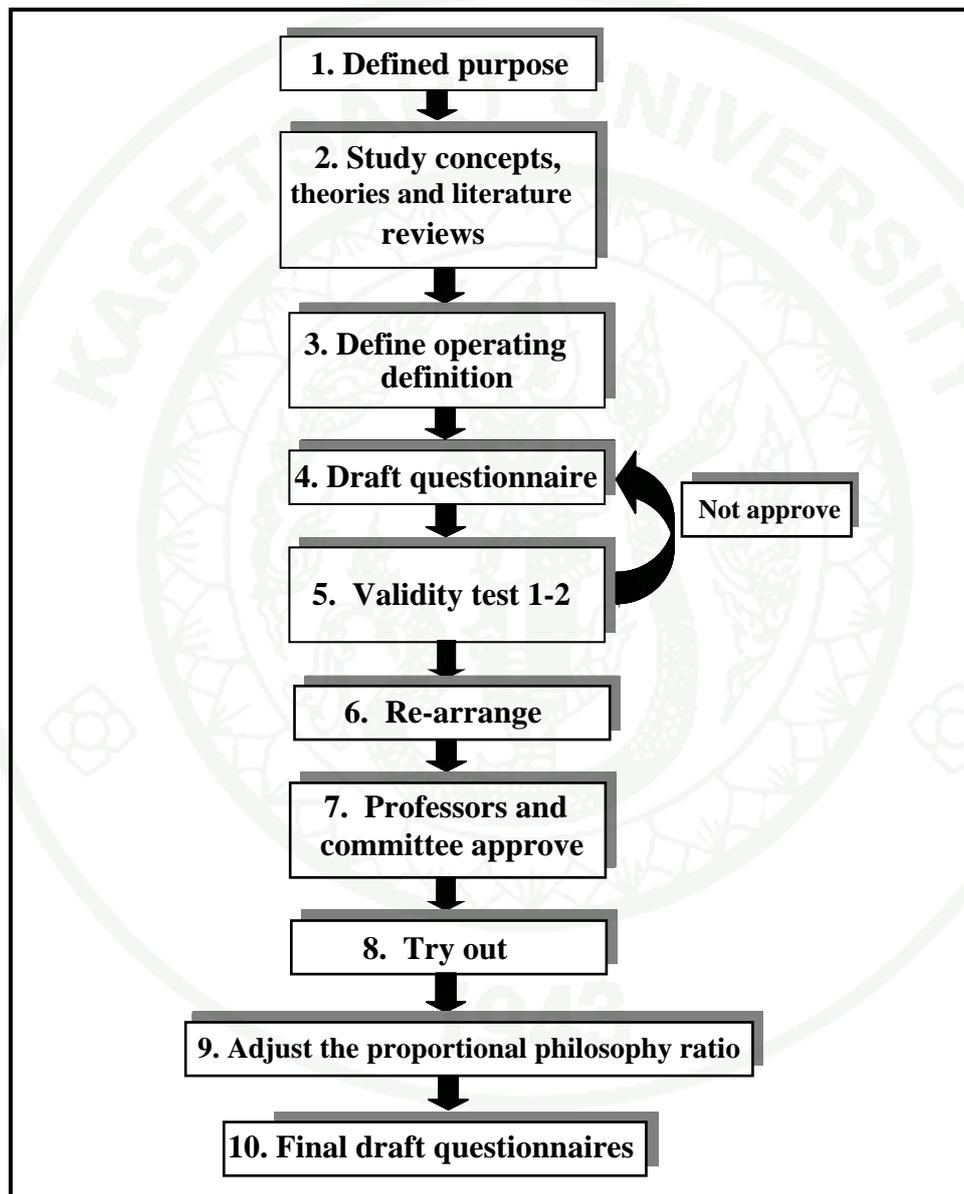


Figure 4 The procedure of creating leisure time allocation under the Sufficiency Economy Philosophy questionnaire

Table 6 Proportion of the questions of Sufficiency Economy Philosophy questionnaire

	Face Validity I	Face Validity II	Adjust Proportional
Moderation			
Avoid making trouble for oneself	6	4	4
Be responsible for one's duty	7	7	4
Use resources intelligently	8	8	4
Total of leisure time with Moderation questions	21	19	12
Reasonableness			
Be useful to oneself	6	6	3
Consider safety	4	4	3
Be compatible with social condition	9	8	3
Be compatible with the needs of the family	10	4	3
Total of leisure time with Reasonableness questions	29	22	12
Self-immunity			
Leading a good life	12	8	6
Avoid having a risk behavior or being in a risky situation	12	11	6
Total of leisure time with Self-immunity questions	24	19	12
Total	74	60	36

3. Questionnaire of Leisure Time Allocation under the Sufficiency Economy Philosophy

There were 36 items in the categories of the questionnaire of leisure time allocation under the Sufficiency Economy Philosophy with 3 aspects: Moderation, Reasonableness and Self-immunity. The range of discrimination was between 1.86 and 11.143 and the reliability value was 0.9387. Each item was measured on 6 rating scales: reality, true, rather true, rather false, false and impossible as follows:

Scoring norms: Reality = 6, True = 5, Rather true = 4, Rather false = 3, False = 2 and Impossible = 1.

According to the Questionnaire, 36 items were divided into 2 groups below:

Group I : Positive questions are 4, 8, 13, 14, 17, 18, 19, 20, 22, 23, 24, 29 and 30.

Group II : Negative questions are 1,2,3,5,6,7,9,10,11,12,15,16,21,25,26, 27, 28, 31, 32, 33, 34, 35 and 36.

(\bar{X})	The compatibility level of leisure time allocation under the Sufficiency Economy Philosophy
1.00 - 1.75	low level
1.76 - 2.50	Fairly low level
2.51 - 3.75	Fairly high level
3.76 - 4.00	High level

4. Questionnaire of Family Functions

The Chulalongkorn Family Inventory: CFI was developed by Professor Umaporn Tranggasombat, Psychiatry Faculty of Medicine, Chulalongkorn University. CFI is based on the McMaster Model of Family Functioning (MMFF), a clinically oriented conceptualization of family. The model had evolved from previous work. It described structural and organizational properties of the family group and the patterns of transactions among family members which had been found to distinguish between healthy and unhealthy families. The model identified six aspects of family functions: Problem Solving, Communication, Roles, Affective Responsiveness, Affective Involvement and Behavior Control. The CFI had seven subscales: one General Functioning scale which assessed overall health and pathology of the family, and one subscale for each of the six aspects. The CFI consists of 36 items rated with a 4 point Likert's response format (high scores reflected healthy functioning).

The characteristic of the questionnaire was divided into four-level rating scale.

Scoring norms: Strongly agree = 4, Agree = 3, Disagree = 2 and Strongly disagree = 1.

36 items of the questionnaire were divided into 2 groups as follows:

Group I : Positive questions are 1,2,4,5,8,10,11,12,16,17,23,25,26,28,29,31, 34 and 35.

Group II : Negative questions are 3, 6,9,12,18,21,24,27,30 and 33.

(\bar{X})	The compatibility level of family functions
1.00 - 1.49	Poor
1.50 - 2.49	Fair
2.50 - 3.49	Good
3.50 - 4.00	Very Good

This study was adapted to use 6 subscales in order to increase the specificity of measurement for each item. CFI had previously been tested with high school and college students. Internal consistency reliability for the CFI analyzed by Conbach's Alpha Coefficient was .86 (Trangkasombat, 1998).

Questionnaire Model

Part I : Personal Information

Directions: This part of questionnaire is personal information. Please mark / in the box [] accordingly.

1. Gender [] Male [] Female

2. Grade Point Average

[] 1.00 - 2.50 [] 2.51 - 3.50 [] 3.51 - 4.00

Part II : Questionnaire of leisure time allocation under the Sufficiency Economy Philosophy

Directions: Read carefully and answer each question by marking / in the box of the level of the action which match your action most. Choose only one answer to each question.

Question	Rating Scale					
	Impossible	False	Rather false	Rather true	True	Reality
(0) I skip some meals because of my leisure time activities
(00) Parents support me by participating in my leisure time activities

Part III Questionnaire for family functions

Question	Strongly disagree	Disagree	Agree	Strongly agree
(0) Family member are able to help each other solve any family's problems.
(00) Any family members could do wrong without punishment.

Data Collection

1. Preparation Stage

1. The directors of each school were contacted to request their participation in this study.
2. The Dean of the Faculty of Agriculture had given the initial contact to each school.
3. The researcher followed the initial contact and a follow up letter was given to each school providing more details about the study and requesting permission to random participants from the mentioned schools.
4. The researcher planned to proceed to collect data.
5. The researcher sent the questionnaire to the authorized person of the schools for inspection and approval.
6. The schools gave permissions and made the appointment with the researcher.
7. The researcher requested to randomize the sampling list.

2. Implementation Stage

1. Data collection was operated from May to July, 2009.
2. The researcher gave an introduction of the research study to the students in class.
3. Students were informed about the research purpose, procedure, rights as a participant, and they were then invited to partake in the study.
4. All surveys remained completely anonymous and confidential. At no point in time the participants were asked to provide their names or any other identifying information. All completed questionnaires were kept in a secure location for safe storage.

Process and Data Analysis

1. Data Processing

1. Inspecting data for completion after received them from all samples.
2. Scoring each questionnaire.
3. Processing by the statistical methods.

2. Data Analysis

Statistical data was analyzed by the social science research software packages.

1. To find Mean (\bar{X}) and Standard Deviation (SD).
2. To analyze the correlation coefficient among variables by Pearson's correlation coefficient.

3. Statistics Methods for Data Analysis

To analyze the demographic characteristics including gender, learning outcome, levels of family income and education of sample parents and to synthesize in terms of basic statistics such as Mean, Standard Deviation and Percentage. (Vanichbuncha, 2002)

$$P = \frac{f * 100}{n}$$

P is Cumulative Percentage

f is Cumulative Frequency

n is the number of total Frequency

To find Arithmetic Mean or simply the mean (Vanichbuncha, 2002), the formula was used:

$$\bar{X} = \frac{\sum Xi}{n}$$

\bar{X} is Mean

$\sum Xi$ is the sum of total scores

n is the number of all samples

To find Sample Standard Deviation (Vanichbuncha, 2002), the formula was used:

$$S = \sqrt{\frac{n\sum X^2 - (\sum X)^2}{n(n-1)}}$$

S is Sample Standard Deviation

$(\sum X)^2$ is the sum of the square of total scores

$\sum X^2$ is the sum of the square of scores

n is the number of all samples

To measure the strength of the linear relationship between two variables, Pearson Correlation (Vanichbuncha, 2002) is to be used:

$$r = \frac{n\sum XY - (\sum X)(\sum Y)}{\sqrt{(n\sum X^2 - (\sum X)^2)(n\sum Y^2 - (\sum Y)^2)}}$$

r is Correlation Coefficient.

$\sum x$ is the sum of scores.

$\sum Y$ is the sum of all scores.

$\sum X^2$ indicates that each X score should be squared and then those squares summed

$\sum Y^2$ indicates that each Y score should be squared and then those squares summed

$\sum XY$ indicates that each X score should be first multiplied by its corresponding Y score and the product (XY) summed

n is the number of data (population or samples)

4. Interpreting Pearson's Correlation Coefficient

1. The correlation coefficient (r) is negative value, this implies that the relationship between X and Y is opposite. All data points lie on a line which X increases as Y decreases and X decreases as Y increases.

2. The correlation coefficient (r) is positive value, this implies that the relationship between X and Y is perfect with all data points lying on a line where X increases as Y increases but as X decreases Y decreases too.

3. If the correlation coefficient (r) is close to 1, this implies that the relationship between X and Y is perfect.

4. If the correlation coefficient (r) is close to -1, this implies that the relationship between X and Y is opposite.

5. If the correlation coefficient (r) is zero (0) value, this implies that there is no linear correlation between the variables.

RESULTS AND DISCUSSION

The Introduction chapter discusses the problems on the interpretation of the adolescent's leisure time allocation. This study applied the Sufficiency Economy Philosophy with leisure time allocation in finding out whether adolescents spend more or less leisure time in their daily activities. Moreover, this study dealt with whether adolescents could spend their leisure time with moderation, reasonableness, consciousness, self-control and self-immunity without risk behavior. Likewise, the relationship between leisure time allocation under the Sufficiency Economy Philosophy and family functions has also been discussed.

In this chapter, the presentation of data analysis was divided into four parts as follows:

1. Background of the Samples
2. Leisure Time Allocation under the Sufficiency Economy Philosophy
3. The Family Functions of Adolescents
4. Relationship between the Leisure Time Allocation under the Sufficiency Economy Philosophy and Family Functions

Background of the Samples

The background of the samples were divided into five aspects: gender, learning outcome, level of family income, level of father's education and level of mother's education.

First, the gender aspect of the samples showed that males were similar in numbers with the females with 49.6% and 50.4% respectively. Next, adolescents who had learning outcomes (GPA) at: middle level (2.51 - 3.50), high level (3.51 - 4.00) and low level (1.00 - 2.50) gave results as: 46.8%, 27.4% and 25.8% respectively. Family income at: middle level (from 10,001 - 50,000 baht), high level (higher than 50,000 baht) and low level (less than 10,000 baht) gave the results as: 57.8%, 22.8% and 19.4% respectively. Owing to the educational background of the parents, the following three descriptions were derived: 1) The parents were graduated below primary or primary educational called low education in this study, 2) The parents graduated in secondary educational or vocational educational called middle education, 3) Parents' graduated in bachelor's degree or higher called high education as used in this study. It was found that the numbers of the samples whose fathers' education was low, middle and high education were profiled as: 139, 201 and 160 giving the following percentages: 27.8%, 40.2% and 32.0% respectively. The numbers of samples whose mothers were at low, middle and high education were 169, 175 and 156 persons with percentages of: 33.8, 35.0 and 31.2 respectively. (Summary is shown in Table 7). This concluded that the levels of the parents' education were normally distributed to each level.

Table 7 General information of the samples

Background	N	%
Gender		
Male	248	49.6
Female	252	50.4
Learning outcome		
GPA 1.00 – 2.50	129	25.8
GPA 2.51 – 3.50	234	46.8
GPA 3.51 – 4.00	137	27.4
Level of family income		
Not more than 10,000 baht per month	97	19.4
10,001 – 50,000 baht per month	289	57.8
More than 50,000 baht per month	114	22.8
Level of fathers' education		
Below primary educational	6	1.2
Primary educational	133	26.6
Secondary educational	119	23.8
Vocational educational	82	16.4
Bachelor	110	22.0
Higher bachelor's degree	50	10.0
Level of mothers' education		
Below primary educational	3	0.6
Primary educational	166	33.2
Secondary educational	101	20.2
Vocational educational	74	14.8
Bachelor	116	23.2
Higher bachelor's degree	40	8.0

Leisure Time Allocation under the Sufficiency Economy Philosophy

This study has developed the instrument by applying the Sufficiency Economy Philosophy with the idea of leisure time allocation. The evaluation of leisure time allocation under the Sufficiency Economy Philosophy means that the principle on Sufficiency Economy Philosophy was used to describe the concrete model. This evaluation form was certified by reliability testing in the steps of creating instrument until this instrument can be used to evaluate the behavior of leisure time allocation under the Sufficiency Economy Philosophy of samples. The criteria to interpret the behavior of leisure time allocation under the Sufficiency Economy Philosophy from average score can be summarized with levels of evaluation as follows:

Criteria (\bar{X})	Compatibility Level
1.00 - 1.75	low level
1.76 - 2.50	Fairly low level
2.51 - 3.75	Fairly high level
3.76 - 4.00	High level

The findings of the study indicated that mean of the samples showed a fairly high level of leisure time allocation, ($\bar{X} = 3.13$, $SD = 0.659$). However, very few of the samples, 16% showed fairly low level of leisure time allocation. In fact, most of the samples indicated their behaviors as fairly high according to Sufficiency Economy Philosophy, whereas no samples presented their behaviors in low level.

The application of the principle of the Sufficiency Economy Philosophy and adolescents' leisure time allocation can be divided into 3 aspects: Moderation, Reasonableness, and Self-immunity. The results indicated that majority of the samples (94.6%) spent leisure time with Reasonableness from fairly high to high level. Also most of them (80.8%) spent leisure time with Self-immunity from fairly high to high level. On the contrary, 32.0% of adolescence spent leisure time with Moderation from fairly low and low level. This aspect was compatible with the Sufficiency Economy Philosophy from fairly high or high level only 68.0% and was regarded as fairly low as compared with the other aspects.

Table 8 Response on leisure time allocation under the Sufficiency Economy Philosophy

Aspects of leisure time allocation under the Sufficiency Economy Philosophy	Level of compatibility				Total
	Low	Fairly low	Fairly high	High	
Spending leisure time with Moderation	2 (0.4)	158 (31.6)	284 (56.8)	56 (11.2)	500 (100.0)
Spending leisure time with Reasonableness	0 (0.0)	27 (5.4)	230 (46.0)	243 (48.6)	500 (100.0)
Spending leisure time with Self-immunity	9 (1.8)	87 (17.4)	214 (42.8)	190 (38.0)	500 (100.0)
Total of leisure time allocation under the Sufficiency Economy Philosophy	0 (0.0)	80 (16.0)	275 (55.0)	145 (29.0)	500 (100.0)

Table 9 Leisure time allocation with Moderation

Leisure time allocation with Moderation	Low	Fairly low	Fairly high	High	Total	\bar{X}	SD	Level
1. Without self interruption	82 (16.4)	227 (45.4)	121 (24.2)	70 (14.0)	500 (100.0)	2.36	0.916	Fairly low level
1.1 Eating Time	169 (33.8)	150 (30.0)	76 (15.2)	105 (21.0)	500 (100.0)	2.23	1.130	Fairly low level
1.2 Sleeping Time	112 (22.4)	120 (24.0)	117 (23.4)	151 (30.2)	500 (100.0)	2.61	1.136	Fairly high level
2. Without daily routine interruption	21 (4.2)	168 (33.6)	252.00 (50.4)	59 (11.8)	500.00 (100.0)	2.70	0.729	Fairly high level
2.1 Studying	21 (4.2)	243 (48.6)	182 (36.4)	54 (10.8)	500 (100.0)	2.54	0.741	Fairly high level
2.2 Responsibility to family	27 (5.4)	164 (32.8)	152 (30.4)	157 (31.4)	500 (100.0)	2.88	0.919	Fairly high level
3. Skills of resources employment	1.00 (0.2)	99 (19.8)	239 (47.8)	161 (32.2)	500 (100.0)	3.12	0.717	Fairly high level
3.1 Money	2 (0.4)	74 (14.8)	153 (30.6)	271 (54.2)	500 (100.0)	3.39	0.747	Fairly high level
3.2 Leisure time	8 (1.6)	164 (32.8)	260 (52.0)	68 (13.6)	500 (100.0)	2.78	0.692	Fairly high level
Total	2 (0.4)	158 (31.6)	284 (56.8)	56 (11.2)	500 (100.0)	2.79	0.632	Fairly high level

Table 10 Leisure time allocation with Reasonableness

Leisure time allocation with Reasonableness	Low	Fairly low	Fairly high	High	Total	\bar{X}	SD	Level
1. Self benefit	0 (0.0)	37 (7.4)	247 (49.4)	216 (43.2)	500 (100.0)	3.36	0.615	Fairly high level
1.1 Self potential development	11 (2.2)	36 (7.2)	146 (29.2)	307 (61.4)	500 (100.0)	3.50	0.726	Fairly high level
1.2 Mind development	2 (0.4)	25 (5.0)	111 (22.2)	362 (72.4)	500 (100.0)	3.67	0.589	Fairly high level
1.3 Self control	75 (15.0)	97 (19.4)	82 (16.4)	246 (49.2)	500 (100.0)	3.00	1.135	Fairly high level
2 Safety	16 (3.2)	42 (8.4)	163 (32.6)	279 (55.8)	500 (100.0)	3.41	0.777	Fairly high level
2.1 Outsider's asset	44 (8.8)	33 (6.6)	72 (14.4)	351 (70.2)	500 (100.0)	3.46	0.954	Fairly high level
2.2 Outsider's body	36 (7.2)	34 (6.8)	54 (10.8)	376 (75.2)	500 (100.0)	3.54	0.904	Fairly high level
2.3 Self body	32 (6.4)	45 (9.0)	82 (16.4)	341 (68.2)	500 (100.0)	3.46	0.902	Fairly high level
2.4 Self asset	35 (7.0)	35 (7.0)	119 (23.8)	311 (62.2)	500 (100.0)	3.41	0.897	Fairly high level

Table 10 (Continued)

Leisure time allocation with Reasonableness	Low	Fairly low	Fairly high	High	Total	\bar{X}	SD	Level
3. Related to social condition	4 (0.8)	34 (6.8)	111 (22.2)	351 (70.2)	500 (100.0)	3.62	0.649	Fairly high level
3.1 Law	14 (2.8)	28 (5.6)	71 (14.2)	387 (77.4)	500 (100.0)	3.66	0.711	Fairly high level
3.2 Religion	17 (3.4)	36 (7.2)	71 (14.2)	376 (75.2)	500 (100.0)	3.61	0.766	Fairly high level
3.3 Social acceptance	15 (3.0)	35 (7.0)	89 (17.8)	361 (72.2)	500 (100.0)	3.59	0.750	Fairly high level
4. Related with the parental guidance	45 (9.0)	151 (30.2)	124 (24.8)	180 (36.0)	500 (100.0)	2.88	1.005	Fairly high level
4.1 Parents' feeling	89 (17.8)	108 (21.6)	115 (23.0)	188 (37.6)	500 (100.0)	2.80	1.126	Fairly high level
4.2 Against the expectation of family	66 (13.2)	80 (16.0)	107 (21.4)	247 (49.4)	500 (100.0)	3.07	1.089	Fairly high level
Total	0 (0.0)	27 (5.4)	230 (46.0)	243 (48.6)	500 (100.0)	3.43	0.595	Fairly high level

Table 11 Leisure time allocation with Self-immunity

Leisure time allocation with Self-immunity	Low	Fairly low	Fairly high	High	Total	\bar{X}	SD	Level
1. Ways of good living	6 (1.2)	143 (28.6)	221 (44.2)	130 (26.0)	500 (100.0)	2.95	0.769	Fairly high level
1.1 Physical Self-immunity	102 (20.4)	109 (21.8)	138 (27.6)	151 (30.2)	500 (100.0)	2.68	1.110	Fairly high level
1.2 Spiritual Self-immunity	175 (35.0)	111 (22.2)	139 (27.8)	75 (15.0)	500 (100.0)	2.23	1.086	Fairly low level
1.3 Media consuming Self-immunity	36 (7.2)	110 (22.0)	126 (25.2)	228 (45.6)	500 (100.0)	3.09	0.978	Fairly high level
2. Risk behavior	30 (6.0)	85 (17.0)	53 (10.6)	332 (66.4)	500 (100.0)	3.37	0.967	Fairly high level
2.1 Alcohol	72 (14.4)	59 (11.8)	59 (11.8)	310 (62.0)	500 (100.0)	3.21	1.127	Fairly high level
2.2 Cigarettes	54 (10.8)	52 (10.4)	27 (5.4)	367 (73.4)	500 (100.0)	3.41	1.049	Fairly high level
2.3 Pillion seats	62 (12.4)	49 (9.8)	55 (11.0)	334 (66.8)	500 (100.0)	3.32	1.077	Fairly high level
2.4 Nightlife	59 (11.8)	44 (8.8)	44 (8.8)	353 (70.6)	500 (100.0)	3.38	1.059	Fairly high level
2.5 Gambling	43 (8.6)	77 (15.4)	46 (9.2)	334 (66.8)	500 (100.0)	3.34	1.025	Fairly high level
2.6 Drug abuse	53 (10.6)	46 (9.2)	24 (4.8)	377 (75.4)	500 (100.0)	3.45	1.034	Fairly high level
Total	9 (1.8)	87 (17.4)	214 (42.8)	190 (38.0)	500 (100.0)	3.17	0.774	Fairly high level

The results of leisure time allocation with Moderation above found that the level of 160 samples (32.0%) spending leisure time with Moderation was at fairly low and low. This showed that the level of leisure time allocation with Moderation was not good enough because it interrupted the necessary time used for main activities such as: eating, sleeping and studying. This revealed that 63.8% of samples stated that the level of leisure time allocation interrupted eating time at fairly high to high, whereas 46.4% of the samples mentioned that the level of leisure time allocation interrupted their sleeping time at fairly high to high. Also, 52.8% of the samples pointed that the level of leisure time allocation interrupted studying time at fairly high to high.

According to leisure time allocation with Reasonableness, the level of 473 samples (94.6%) spending leisure time with Reasonableness was at fairly high to high, while the level of 27 samples (5.4%) spending leisure time with Reasonableness was at fairly low to low. From the sub-factors, it was found that the level of most samples (92.6%) spent leisure time with self benefit at fairly high to high, the level of samples (88.4%) spent leisure time with safety at fairly high to high, the level of the samples (92.4%) spent leisure time with social conditions at fairly high to high. However, the level of samples (60.8%) spent leisure time under parental guidance was at fairly high to high, its level was the lowest as compared to the other sub-factors of leisure time allocation with Reasonableness.

Owing to leisure time allocation with Self-immunity, 96 samples (19.2%) spent leisure time at fairly low to low level, while 404 samples (80.8%) spent leisure time at fairly high to high level. Concerning the sub-factors, it was found that 42.2% of the samples did not build up Self-immunity by doing exercise and 57.2% did not build up Self-immunity in spiritual health such as meditating and praying. However, only 30 samples with risk behavior were at a low level.

Table 12 below described the details of factors of leisure time allocation which were not under the Sufficiency Economy Philosophy ranging from low to high level. The activities of leisure time allocation with Moderation interrupted time for eating,

sleeping and studying. The leisure time allocation with Self-immunity, the sample mentioned that they did not use the leisure time on physical activities and develop spirituality development. So the backward data were shown to make more understanding.

Table 12 Response on leisure time allocation not under the Sufficiency Economy Philosophy

Sub-factors of leisure time allocation not under the Sufficiency Economy Philosophy	Level of Incompatibility				Total
	Low	Fairly low	Fairly high	High	
Interrupting time for eating	105 (21.0)	76 (15.2)	150 (30.0)	169 (33.8)	500 (100.0)
Interrupting time for sleeping	151 (30.2)	117 (23.4)	120 (24.0)	112 (22.4)	500 (100.0)
Interrupting time for studying	54 (10.8)	182 (36.4)	243 (48.6)	21 (4.2)	500 (100.0)
Lack of physical activities	151 (30.2)	138 (27.6)	109 (21.8)	102 (20.4)	500 (100.0)
Lack of spirituality development	75 (15.0)	139 (27.8)	111 (22.2)	175 (35.0)	500 (100.0)

The Family Functions of Adolescents

The family functions of the adolescents in Bangkok are presented into 6 subscales: problem solving, communication, roles, affective responsiveness, affective involvement and behavior control. The levels of functions were divided into 4 levels according to evaluated instrument which is called CHULALONGKORN FAMILY INVENTORY: CFI. There are criteria to show the family functions in adolescents as follows:

Criteria (\bar{X})	Compatibility Level
1.00 - 1.49	means adolescents' perceptions of their family functions as poor
1.50 - 2.49	means adolescents' perceptions of their family functions as fair
2.50 - 3.49	means adolescents' perceptions of their family functions as good
3.50 - 4.00	means adolescents' perceptions of their family functions as very good

The result of perception of the adolescents' family functions in this study presented in numbers and percentage as shown in table 13. It was revealed that the samples had the recognition of family functions at a good level. The mean was 3.03, SD at 0.553. This meant that the families were considered healthy families.

Table 13 Number and percentage of the samples' perceptions on the different subscales of family functions

Functions in family subscales	Not True N (%)	Slight True N (%)	Moderately True N (%)	Mostly True N (%)	Total N (%)	\bar{X}	SD	Level
Problem solving	2 (0.4)	74 (14.8)	306 (61.2)	118 (23.6)	500 (100)	3.08	0.628	Good
Communication	0 (0.0)	125 (25.0)	350 (70.0)	25 (5.0)	500 (100)	2.80	0.510	Good
Roles	0 (0.0)	45 (9.0)	282 (56.4)	173 (34.6)	500 (100)	3.25	0.609	Good
Affective Responsiveness	0 (0.0)	114 (22.8)	332 (66.4)	54 (10.8)	500 (100)	2.88	0.568	Good
Affective involvement	12 (2.4)	188 (37.6)	239 (47.8)	61 (12.2)	500 (100)	2.69	0.709	Good
Behavior control	4 (0.8)	153 (30.6)	310 (62.0)	33 (6.6)	500 (100)	2.74	0.582	Good
Total	0 (0.0)	69 (13.8)	347 (69.4)	84 (16.8)	500 (100)	3.03	0.553	Good

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After considering the study from the mean of the family functions level, it was found that there was the noticeable difference in the mean level which could be divided into two areas: fairly low and fairly high. The mean of the subscales: affective involvement, behavior control, communication and affective responsiveness, was in fairly low area at 2.69, 2.74, 2.80 and 2.88 respectively. Meanwhile, the mean of 2 aspects, problem-solving and roles were fairly high level at 3.08 and 3.25. (Table 14)

Table 14 The mean of the two different groups under the factors of family functions

Factors of family functions	Mean	SD
<u>Fairly Low</u>		
Affective involvement	2.69	0.709
Behavior control	2.74	0.582
Communication	2.80	0.510
Affective responsiveness	2.88	0.568
<u>Fairly High</u>		
Problem solving	3.08	0.628
Roles	3.25	0.609

According to the result shown in Table 14, family functions in affective involvement had the lowest mean at 2.69. So it is clear that the problems on the recognition in relationship area concerns family members taking care of each other. After analyzing the questions, the adolescents said that the family members would pay attention to them whenever an important event occurs and this was at 48.8%. Meanwhile they felt that some of the family members interfered with them too much until they were uncomfortable and they felt that the family's elder commanded and controlled the children too much, these concerns were at 51.2% and 53.4% respectively. The result of the study also showed that some concerns were caused by arguments or emotional aggression and these made the adolescents think that they were worthless. There are instances of miscommunication in the family which was in

action control like complaint, sarcasm or privacy interference. If these actions were done without thinking, it would destroy the good relationship in the family. However, this study found that 72.4% of the adolescents still felt that they were free and confident enough.

While the mean of the family functions in behavior control was fairly low at 2.74, 71.6% of the adolescents said that there were no disciplines or rules in the family. Moreover, 53.8% of the family members could do anything they wanted and this was understood that the relationship within the family of the adolescents mentioned was relaxed. This meant that parents would take care of their children with leniency without strict regulations and rules. As the parents had to work outside, so they did not have time for setting and following the rules like a family should do. Moreover, some rich families might let their children spend a lot of money instead of giving them love and time to be together. The above family might spoil their children and might make them aggressive, lose control, pessimistic, selfish and lose motivated.

The mean of the family functions in communication was at 2.80. 67.0% of the adolescents said that they were often unable to say what they thought or felt. This was shown that the adolescent was passive or there was not much two-way communication in the family. Two-way communication was necessary for the adolescents and it meant they both could have a chance to be the sender and the receiver which made the messages received correctly or clearly. Problems or the conflicts occur in the family because there was no chance to exchange information to make them understand clearly. This might be the authority of one partner to pressure another partner to achieve one-way communication.

The mean of the family functions in affective responsiveness was at 2.88. After considering the questions, it was found that 72.4% of the adolescents mentioned that their family members could openly show their good or bad feelings. Meanwhile 51.8% of the adolescents said that some members in the family did not show their emotions or feelings. It was possible that some members referred to the father or the mother who rarely showed their love and care to the adolescence openly. So their

lifestyles in the family were doing the action according to their mission which was agrees with the study of the family relationship in authoritarian relationship. In this case, the parents always taught their children to be within the regulations they set up or hoped for. The adolescence could not give their opinion or make decisions as they needed. However, in this study the adolescents said that their family paid attention toward the feelings of the members in the family at a good level of 79.2%.

The mean of the family functions in problem was solving at 3.08 and this showed that the family is able to give the solution to the problems that occurs to maintain their family to function both in instrumental or affective which concerns the emotion of the family members. After considering the questions from the study, it was found that the members of the family could help to solve properly and quickly most problems that occurred in the family by talking and consulting about the solution (System solution). The problems mentioned were new but the family did not prolong the previous problems. There was only one matter that was not sure to ask for help from the family members. However, 60.4% of the adolescents were not sure to get any help.

The mean of the family functions according to the role was at the highest level at 3.25 and this showed that the adolescents knew that their family had the action plan for the family members to. Thus, the result of the study found that there was the role allocation to every family member to take responsibilities at 83.8%. Each of them could do their job completely for 79.2% and knew that their parents did their roles of feeders and providers for the necessities such as food and medicine at the percentage of 89.6.

**Relationship between the Behavior of the Adolescent's Leisure Time Allocation
under the Sufficiency Economy Philosophy and the Family Functions**

The correlation coefficient among variables has proved the relation between two variables analyzed by Pearson's Correlation Coefficient according to the level of relation as follows:

Criteria (r)	Compatibility Level
.90 - 1.00	very high relation
.70 - .90	high relation
.50 - .70	medium relation
.30 - .50	low relation
.00 - .30	very low relation

The result of the correlation coefficient between leisure time allocation under the Sufficiency Economy Philosophy and family functions of the samples are shown in Table 15.

Table 15 The relation between family functions to leisure time allocation under the Sufficiency Economy Philosophy

Family functions subscales	Leisure time allocation under the Sufficiency Economy Philosophy			Total
	Moderation	Reasonableness	Self-immunity	
	Problem solving	0.361 **	0.277 **	
Communication	0.303 **	0.212 **	0.350 **	0.340 **
Affective responsiveness	0.247 **	0.189 **	0.307 **	0.299 **
Affective involvement	0.420 **	0.376 **	0.404 **	0.478 **
Roles	0.256 **	0.264 **	0.392 **	0.361 **
Behavior control	0.217 **	0.135 **	0.235 **	0.228 **
Total	0.397**	0.350**	0.461**	0.457**

Remark **. Correlation is significant at the .05 level (2-tailed).

From table 15, it was found that functions in family related to leisure time allocation under the Sufficiency Economy Philosophy of samples and had correlations (r) between 0.135 to 0.478 at a significant level of .05. This showed that the characteristics of studying variable was positive relation. Family functions related to leisure time allocation under the Sufficiency Economy Philosophy ($r = 0.457, p < .05$) and related to leisure time allocation with Moderation ($r = 0.397, p < .05$), leisure time allocation with Reasonableness ($r = 0.350, p < .05$) and leisure time allocation with Self-immunity ($r = 0.461, p < .05$).

Moreover, from the different subscales, it was found that the variable in the affective involvement had a highest positive relation with the variable in leisure time allocation under the Sufficiency Economy Philosophy of the samples ($r = 0.478, p < .05$). Then roles ($r = 0.361, p < .05$), problem solving ($r = 0.357, p < .05$), communication ($r = 0.340, p < .05$), affective responsiveness ($r = 0.299, p < .05$) and behavior control was positive relations with the variable of leisure time allocation under the Sufficiency Economy Philosophy at the least level ($r = 0.228, p < .05$).

CONCLUSION AND RECOMMENDATIONS

The leisure time plays a vital role in the life of every individual at any age. It is a factor that informs the quality of life. This study employed the Sufficiency Economy Philosophy being its main frame to realize how to wisely allocate leisure time along with Thai ways. Moreover, the study still concerned between the relationship of the family and the leisure time allocation by studying only the adolescents in Bangkok that were the representatives of the adolescents in the city having chances to reach various data base, modern technology, materialism, foreign cultural trend including urban society competition. These provided the chance for the adolescents to allocate leisure time freely. This chapter presents the findings from this study to make clear understanding of the explanation between family functions' relationship and the adolescents' leisure time allocation under the Sufficiency Economy Philosophy.

Conclusion

The overall results of the study revealed that Thai adolescents applied the Sufficiency Economy Philosophy to manage leisure time allocation with Reasonableness and Self-immunity. However, an aspect of leisure time allocation with Moderation was still applied at a low level and which means it has to be improved. Meanwhile, most aspects of the family functions were at a good level except the subscale such as the affective involvement. Finally, it was found that the relationship between leisure time allocation under the Sufficiency Economy Philosophy and family functions were estimated at a low level. This generally showed that family functions related to adolescent's leisure time allocation was not as important as expected. The conclusion for the explanations of the three main objectives of the study can be as follows:

1. Leisure Time Allocation under the Sufficiency Economy Philosophy

The result of the study showed that most adolescents (84%) had the level of leisure time allocation under the Sufficiency Economy Philosophy at a fairly high to high with the mean of 3.13. There were eighty adolescents whose level of leisure time allocation under the Sufficiency Economy Philosophy at a fairly low level (16%). Over-all, it appeared that the level of adolescent's behavior in leisure time allocation under the Sufficiency Economy Philosophy was considered with satisfaction. Nevertheless, there were no adolescents whose level of leisure time allocation under the Sufficiency Economy Philosophy was at a low level. From the analysis of the three main aspects, the levels from fairly high to high for the adolescent's leisure time allocation with Reasonableness, Self-immunity and Moderation were at 94.6%, 80.8% and 68.0% respectively. Therefore, the adolescent's leisure time allocation with moderation aspect was quite low by comparison with Reasonableness and Self-immunity aspects.

The mean of leisure time allocation with Moderation was not quite good in comparison with the other aspects. There was improper use of necessary time for leisure activities. The adolescents mentioned that they did their leisure activities in the period of necessary time such as time for eating, sleeping and studying. Moreover, (Yamborisut, *et al.*, 1993) agreed that the adolescent's behavior of eating was unstable. They spent time for leisure activities instead of sleeping. Most leisure activities mentioned were watching television, operating computers and playing games. Hence, there was not enough time for them to sleep or to exercise. Since the above activities were rarely moveable and made them sit still for a long period, this made the adolescents unhealthy and gained weight from eating unhealthy food.

Owing to leisure time with Reasonableness, it was found that the level of the adolescent's leisure time allocation with Reasonableness was at fairly high and high. There were only twenty-seven adolescents (5.4%) whose leisure time with level of Reasonableness at low and fairly low. The study of the sub-factors revealed that most adolescents spent leisure time with Reasonableness in various aspects: leisure time

allocation with self benefit, leisure time allocation with safety and leisure time allocation under social conditions, except for one aspect which was leisure time allocation under parental guidance. 39.2% of the adolescents said that their leisure time allocation was under parental guidance patterns at fairly low and low levels. Even though this study had not examined the above aspect yet, the problem occurred between the parental guidance patterns and the activities done by the adolescents in their leisure time could be anticipated. It might be possible that parents expected the adolescents to do other useful activities in their leisure time. This could make the adolescents think that their activities they had done were not under the parental guidance patterns.

From the leisure time allocation with Self-immunity, it was found that the adolescent's leisure time allocation with Self-immunity level was at fairly high and high, which was more than 80.0%. With regards to the sub-factors of the leisure time allocation with Self-immunity, results showed that 42.2% of the adolescents said that they lacked the sufficient time for exercises. One research mentioned that the adolescents should do exercise at least three times a week and should spend not less than twenty minutes. Another point for paying attention to leisure time allocation with Self-immunity was to develop their spiritual by meditating and praying which is useful for the adolescents. However, the core of spirituality development was a kind of spiritual practice. This agreed with the research of (Kanjant, 2008), on the "Change of the Adolescents' Behavior with Concentration: A Case Study of Pak Nam Pasee Charoen Temple". The study found that the adolescents who had concentration practice could get not only morality and ethics but also better behavior development. In this study, 99.0% of the adolescents were Buddhist but in the result, it showed that 57.2% of the adolescents did not spend the leisure time to practice their spiritual health such as meditating and praying. The adolescents might know neither the benefit of developing their mind nor how to do that. Moreover, they thought the spiritual activities should be held only to do in the temple. The spiritual activities were not necessary for them at their ages and it should be only the activities for the elderly.

2. Perception of Adolescent on Family Functions

The study showed that adolescents had the level of family functions at a good level. When the family functions were divided into various subscales, there was found that every subscales were at a good level. Especially subscales of roles and problem solving.

Meanwhile, the level of affective involvement in their family was the lowest level. Most adolescents said that the elders in their families commanded or controlled them too much. More than half of the adolescents still mentioned that the family members interfered with the other members and this made them uncomfortable. The above characters got involved with the adolescents too much and this could also be understood as an over-protection or meddling to make the adolescents felt that they lacked of privacy. A study by (Szapocznik and Coatsworth, 1999) was conducted concerning the family history of the adolescents who were addicted to drugs. It showed that too much or too little affective involvement was related to taking drugs.

Moreover, in this study, the adolescents showed that there were no disciplines or rules in the family. The adolescents mentioned that bad feelings did occur in their families but they could not identify what the problem was. The adolescents were passive or there was no two-way communication in the family. Nevertheless, the result of the study (C. E. Lewis, 1984) described that the above adolescent's bad feeling toward the family might have been caused by stress after an argument with their parents. Problems that have been caused by self-image, relationship with friends, or even moving houses or changing schools did not seem serious. However, the bad feelings could pull the adolescents into depressed situations. A study on depression revealed that depression was totally related to the risk behavior of the adolescents. A survey had been conducted among the depressed secondary school students in Bangkok and the results showed that poor relationship with parents was statistically significant as a factor that was related to depression. The depression could cause the problem of leisure time allocation related to other risk behaviors and if the problems persisted without solution, it might cause suicidal tendency among adolescents. The

research by (Trangkasombat, 1998) found that most of the first suicidal behavior was at the early and middle youth which were the samples in this study.

3. The Relationship between the Adolescence's Leisure Time Allocation under the Sufficiency Economy Philosophy and the Family Functions

From the analysis on the relationship of the family functions in every subscales, there was a positive relationship with the adolescent's leisure time allocation under the Sufficiency Economy Philosophy. There was a positive correlation (r) with a significant range from 0.135 to 0.478 at the statistically significant level of .05. The affective involvement had relatively the most positive relationship with the variables of the adolescent's leisure time allocation under the Sufficiency Economy Philosophy with ($r = 0.478$). As for the other aspects: role ($r = 0.361$), problem solving ($r = 0.357$), communications ($r = 0.340$), affective responsiveness ($r = 0.299$) and behavior control ($r = 0.228$), had a positive relationship with the variables of the Sufficiency Economy Philosophy. These findings agreed with the research of (Choochom, *et al.*, 2006) confirming on the importance of parents. Parents were the most important persons in the lives of children. It is still important that even when the children have stepped into the adolescent stage, the parents' influence was not be lessened. This research showed that if the parents taught and trained their children by being the good role models in social lives, then the adolescents would learn and imitate the above characters and inculcate them in their mind. These would make them conscious, wise and qualified in terms of lifestyles, problem-solving ability and social behavior. Meanwhile, if the parents could not impart the proper social wisdom or the values as mentioned above, the adolescents would get less proper consciousness and they could not get the qualified imitation or behavior. The result of study agreed with many researches that the character and behavior of the children are from their parents. According to (Phuntumnawin, *et al.*, 1997) the nurture of Buddhist training from homes, temples, schools and communities affected the quality of Thai youth's regard for Buddhist. The family is the most influential factor for the students in the late elementary school

and secondary school. However, this influence would be lessened when the youth grew up.

It was further found that affective involvement had the most relationship with leisure time with Moderation ($r = 0.420, p < .05$), relationship with leisure time with Reasonableness ($r = 0.376, p < .05$) and relationship with leisure time with Self-immunity ($r = 0.404, p < .05$). The affective involvement specifically, interests and value were the expression of positive emotion from one person to another by expressing respect, acceptance, love and care. There was a relationship with the quality of parents' care toward their children in developing and contributing to the children's future plan. This has made the children future oriented and patient. The above characters were the qualifications of future orientation which were the characters of the persons who were able to spend their leisure time well. Moreover, if they knew the time value and this meant they knew how to plan and spend the leisure time wisely, (Prajonpatjanuek, 1999) then they could allocate the leisure time without interfering the time for studying, sleeping and eating. They could also spend their money on leisure time activities properly without doing wrong things to the society, culture and parental guidance. Also, they could do their leisure time activities to improve their abilities.

Moreover, in the affective involvement, parents' behavior like treating their children with love and care and doing activities with them is related to loving oriented practice. A study by (Bunatateng, 1998) on "Social support and behavior of the addicts to volatile substances: a case study of those with Criminal Records in Muang District, Yala Province" relates to the leisure time allocation without risk behavior. The study found that in childhood, the family of those who were taking drugs lacked warmth and this is due to parents quarreling, parents were separated, or simply not taking good care of their children. They lacked good training from their family.

Recommendations

1. Leisure Time with Moderation

1.1 Role of parents as closed supervisor in leisure time allocation of adolescents

Parents and members of the family should closely take part in paying attention to the behavior of the adolescents' leisure time activities, especially leisure time activities that interfered with sleeping, eating and studying time. Hence, the above leisure time allocation of the adolescents should be reduced and this would make the adolescent's quality of life better.

1.2 More public information provision on healthy behavior related to leisure time

The government sector should promote in publicizing the adolescent's healthy eating and sleeping habit by educating the parents and supporting surveys in the adolescent's healthy habit.

2. Leisure Time with Reasonableness

2.1 Participation of family members in adolescent's activities

Parents should get involved with the adolescent's leisure time activities by paying attention to the adolescent's interests: people, objects, places, activities and then they could take part in doing activities with the adolescents. As this was the world of high technology, the technology's progress could influence the adolescent's leisure time much more than before. Thus, parents should closely monitor their children's leisure time allocation. Meanwhile, they did not have to make the adolescent feel like their behavior was being controlled since this might cause the adolescent to be in conflict, go against, or become uncooperative with their parents.

2.2 Encouraging the adolescents through reading behavior

Parents can encourage their adolescent to stay involved with reading by expressing interest in what they are reading and suggest the book that helps them learn to develop the identity, self-esteem and essential life skill such as “7 Effective Habits for Adolescents”, a popular reading material around the world. It was said that these habits can build up individual effectiveness, leadership and provide examples to the adolescents on spending their leisure time to develop their potential.

2.3 Promotion of selected activities that build up adolescents’ public mind

The government or the private sectors concerned with adolescents should support the adolescent’s leisure time activities with Reasonableness such as leisure time allocation that calls for an individual to join public activities or to volunteer. There was the research supported that adolescents were interested in the above activities but they lack of the opportunity and support from the sectors.

2.4 Public subsidy in needed seminars and workshop for adolescents

The government sector should think of the importance of leisure time activities and should give chances to all adolescents in every area to join activities for developing their ability such as workshop on leadership.

3. Leisure Time with Self-immunity

3.1 The need for regular physical activities as a main activity

The family members should take part in physical activities. The parents should be the model of the family members for such physical activities. The adolescents’ confidence in their ability being physically active was somehow influenced by certain individuals like friends, peers and parents. It was a common of

knowledge that people who did regular physical activities had healthy lifestyles. So this idea had encouraged adolescents and made them adhere to the fact that doing exercises built and maintained good health: healthy body, healthy bones, muscles building, weight control, high blood pressure prevention and etc.

3.2 Spirituality development of adolescents through various activities

The parents should concern in spiritual health. It was the role of parents to be the primary educators of children, establish the spiritual practices of prayer, meditation and daily readings in the home, practice the skills of encouraging, guiding, and training their children, and pursue their own ongoing spiritual and practical development as parents.

3.3 Joining community activities

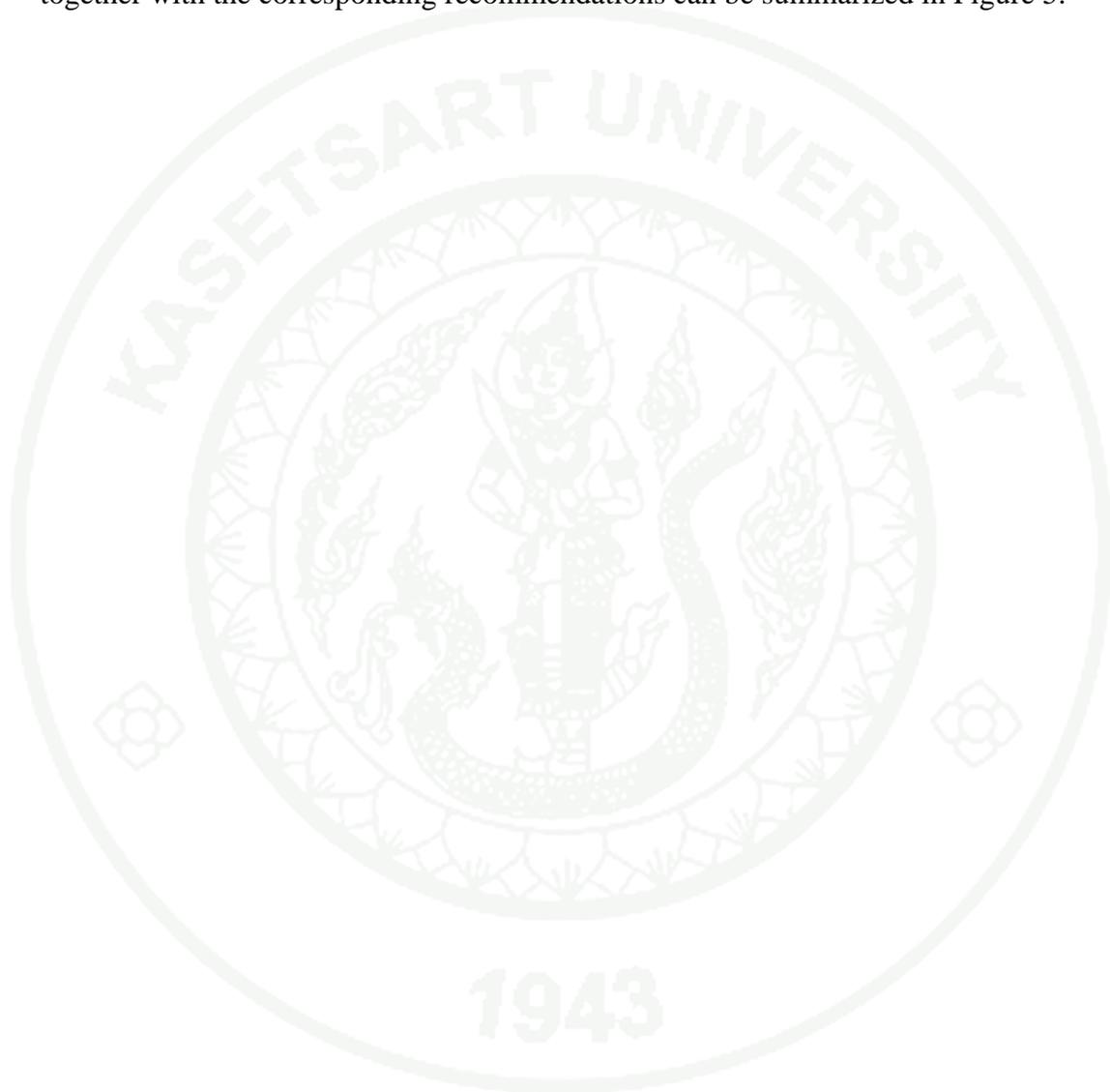
The involvement in community activities reflects both family socialization influences and civic development. Parents can promote such activity through examples set by personal involvement in the community and through reinforcement of their adolescent's interests. The both behavioral model set by parents and their personal reinforcement of adolescent's actions can make the differences in the community activity involvement of adolescents. In this way, the families in the community can both enjoy the activities and at the same time, can wisely allocate leisure time with their adolescents. Moreover, parents as well as the elders in the family can share their ideas and experiences to the adolescent without making them complain or feel unsatisfied.

3.4 Provision of sufficient exercise facilities and equipments

The government or the private sectors should get involved with the adolescents by paying attention to support their needs: equipments and facilities, concerning leisure time activities, which suited their age. Moreover, they should support their sports and spirituality development which should relate to the modern

leisure time activities. They should encourage parents to see the benefits of sports and spiritual health in developing the adolescents' brains and abilities.

The conclusion of leisure time use under the aspects of the philosophy together with the corresponding recommendations can be summarized in Figure 5.



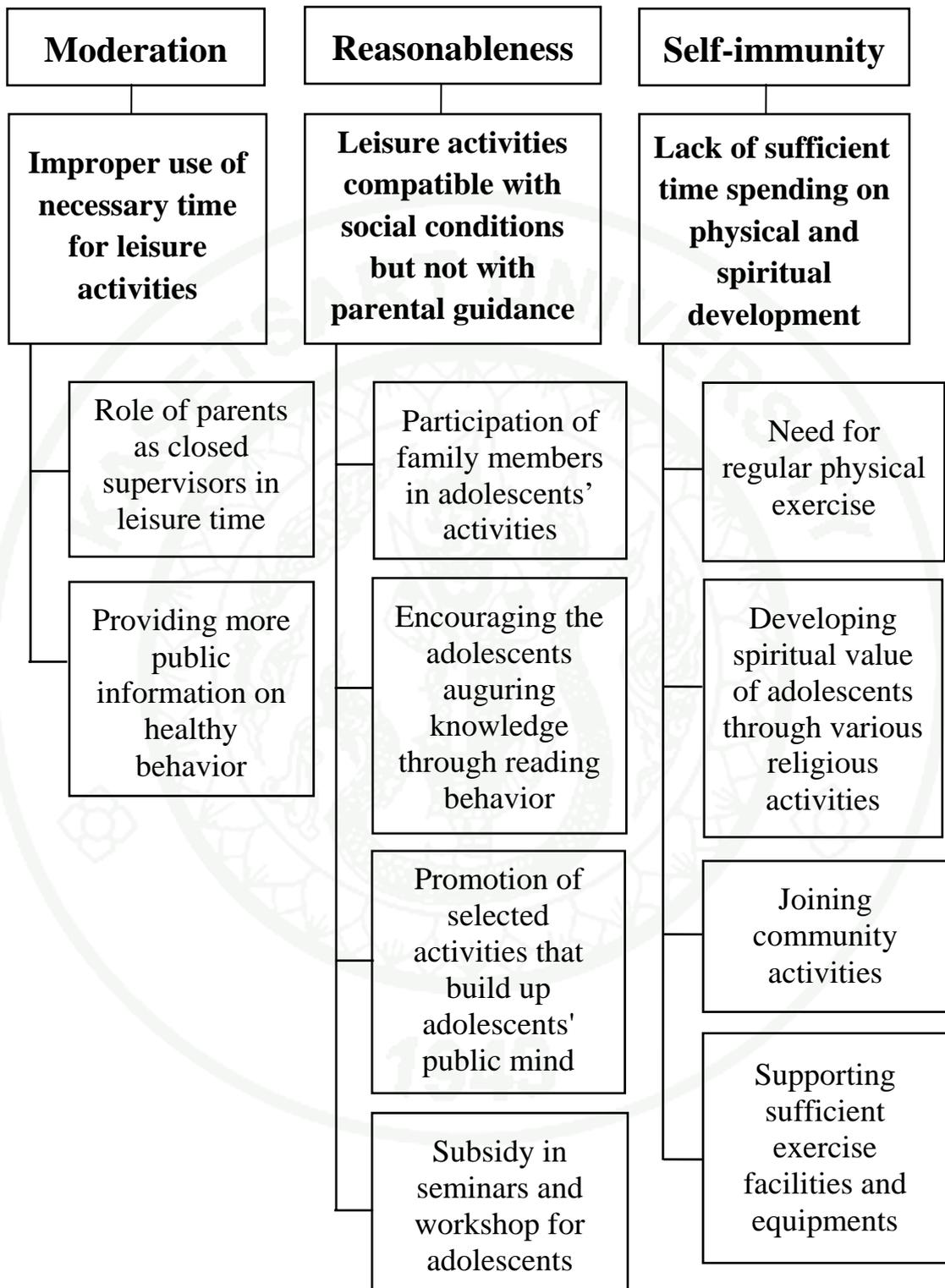


Figure 5 Leisure time allocations under Sufficiency Economy Philosophy, result and recommendation

Recommendation on Adolescence's Perception of Family Functions

The data taken from the study of the adolescent's perception of family functions were employed to analyze the description of family functions. After that, the types of Thai adolescent's family functions were determined to suit the context of the adolescents, their families and the Thai society.

In conclusion, most aspects of the family functions were shown in good levels, except the affective involvement which was shown in a level lower than the others. Hence, the recommendation in micro level concerned the people and family management and the recommendation in macro level concerned the government policy management.

1. Micro Level

1.1 Better and more family communications

Parents and family members should have dinner together, listen to each other, and give a chance for the adolescents to talk. Parents should make use of this period of time to listen and to give recommendation to adolescence. They should give their adolescents moral support. While doing this, however, television and radio should be turned off as these forms of media could be more influential for the adolescents than the parents themselves. Talking while having meals could be convenient for the adolescents. This was a good time for parents to learn more things that happened to their adolescent from the rest of the day. This made the adolescents realize the importance and the love their parents gave them.

1.2 Joint pleasure from household activities

Doing housework in family contributed better communication in positive thinking. So everyone in the family had the chance to take responsibilities and therefore created the chance for interaction. Parents learnt more problems the children faced and they could give the advice to their children.

1.3 Building family's teamwork by cultivating the right hobbies

There should be hobbies like outdoor activities, sports, and varied recreations for the family such as bike riding, playing sports, cooking, etc.

1.4 Constructing and implementing effective plan for family activities

Parents and children should set up the activities' schedule together. They should set up the schedule for leisure time allocation with the family in advance and tend to follow their schedules. The schedules set up before hand would help parents think of the creative activities they could do together in the family.

1.5 Sharing experience and knowledge on family management

The groups of parents should establish closeness by exchanging their experiences and ideas, including taking care of the adolescent's behavior in the community like in the past. This could be achieved first among the neighbors in the community since people living in the city is more on a nuclear family and they do not pay much attention to their neighbors. It would be nice if guardians (apart from their parents) of adolescents can make them feel comfortable to ask for help when they are faced with difficult situations. The adolescents could feel free if they were able to consult the elders whom they felt familiar with, trust and feel safe with before asking their parents for the solutions of their problems.

2. Macro Level

2.1 Need of longitudinal research on adolescence

The government sector should study the impact that could happen from the family functions in the form of longitudinal research. Indeed, it was apparent that the whole picture of the family functions affected the country's human resources. They should use qualitative research study to analyze the family functions in the childhood stage of successful persons as good role models for the adolescents. Hence, both aspects of the research could be brought to be the method of the family functions supported for the adolescents' families. Moreover, the data could be widely distributed to parents, guardians and sectors related to the adolescents.

2.2 Better public understanding about family functions

The government sector should support the knowledge of family functions to parents and guardians according to the different abilities of understanding and reaching the information. Though the researches related to the family institution supported the family's importance, the correct knowledge and understanding of the family functions according to ages and the methods to be devised were difficult to look for .

2.3 Need of consultation on family functions

The government sector should help the dysfunctional family by providing the family psychologist, counseling class and continuous training; including follow-up sessions to evaluate changes or improvement problems relating to family functions.

Recommendation on Relationship between Family Functions and Leisure Time Allocation under the Sufficiency Economy Philosophy

According to the study, details of each factor found that there were 6 factors of the family functions for analysis and 3 main factors of adolescent's leisure time allocation under the Sufficiency Economy Philosophy. Though the result of the study showed that there was the relationship between the family functions and the leisure time allocation under the Sufficiency Economy Philosophy in the low level, the better family functions' adjustment might affect the behavior of adolescents' leisure time allocation well. On the contrary, the behavior of the adolescents' leisure time allocation under the Sufficiency Economy Philosophy might affect the family functions well too.

1. Alignment among family members' right attitude toward adolescents

The adjustment of the behavior and the attitude of parents or guardians were needed when the adolescents knew that the family was somehow commanding or controlling the adolescents. Meanwhile, they did not know or did not care of the true feeling of the children including too much interference in their private life. So, these could make the adolescents unhappy when they stayed with their family. As a result, it was found that the leisure time activities of the adolescents were not related to parental guidance. The family should understand and establish closeness with the adolescents as a close friend or as a counselor. In this way, they could help the adolescents whenever or whatever they needed. Meanwhile, the family should not interfere with cases which were not in a risk or danger. They should have clear rules and regulations for behavior control as parents or guardians.

2. Appropriate lessons and time to learn about various parental experiences

It is interesting to clearly describe the data of economy, employment, problems at work and the family's expenses. These data will be the resources to practise the decisions making and make them to realize the situation of their family.

3. Use of effective media to reduce generation gap

From the study showed the adolescents had the attitudes that the family commanded or controlled them. If there is an inspiration from the media or an influential person, this can make the adolescent better understands the parents and affects to the leisure time allocation behavior.

4. Learning facts of life through different realistic cases

The adjustment of adolescent's behavior and attitude by using media or realistic cases to encourage the adolescents in cause and effects of leisure time allocation. The parents and government have the responsibility for display the whole picture of the cause and the concrete results of poor behavior to adolescents. In conclusion, they can realize the bad result that occurred.

5. Taking into consideration other factors in leisure time planning

From the result of the study, the leisure time allocation under the Sufficiency Economy Philosophy had relationship with the family functions in low level. It was accepted that the family was the important factor, but the level of the importance was decreased when children reached the adolescent stage. It was therefore recommended that the external environment and other social factors were the factors the family should get involved with closely to develop the better quality of human resources.

Finally, as illustrated in Table 16, the study recommended directly the stakeholders related to transform those abstract recommendations into more practical ones. The main stakeholders involved with improving adolescent leisure time should include:

- (1) Parents of adolescents themselves
- (2) Community in which the adolescents' family belong to
- (3) Government to create public policy, subsidy measures, school curriculum and instructor guidance
- (4) Private agencies sectors, NGO and media to stimulate and coordinate all issues

The summary of the overall findings of this study including the 3 objectives, main results and the key recommendations are shown in Figure 6.

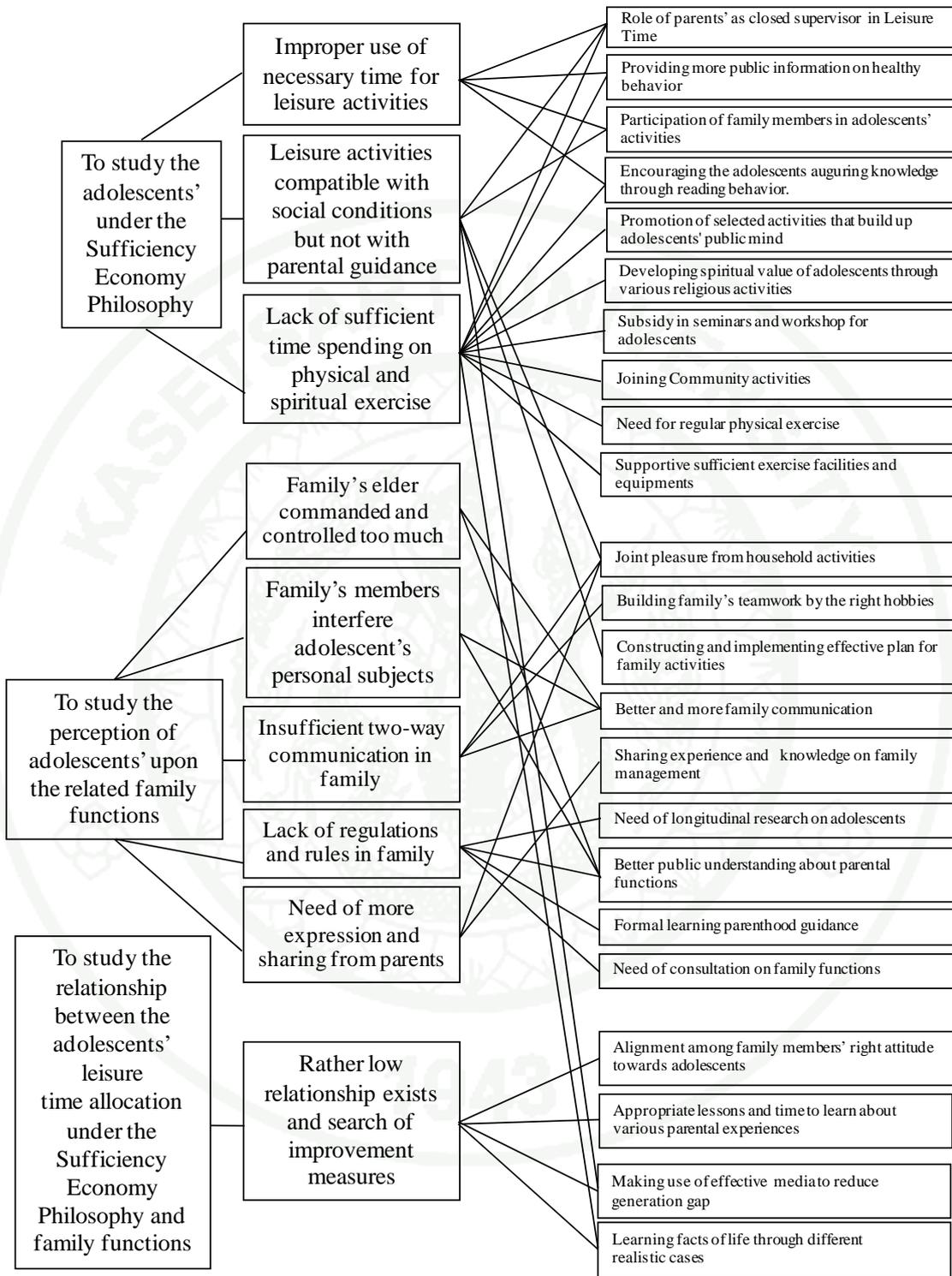


Figure 6 Relationship between objective result and recommendation

Table 16 Stakeholders in improving adolescent's leisure time according to recommendations derived from the study

Recommendations from the study	P1	C	G	P2
Closed supervisor in leisure time allocation	/			
Providing more public information on healthy behavior related to leisure time		/	/	
Participation of family members in adolescents' activities	/			
Encouraging the adolescents acquiring knowledge through reading behavior	/			
Promotion of selected activities that build up adolescents' public mind		/	/	/
Public subsidy in needed seminars and workshop for adolescents		/	/	/
Need for regular physical exercise as a main activity	/			
Developing spiritual value of adolescents through various religious activities	/	/		
Joining community activities to build the social safety net	/	/		
Supportive sufficient exercise facilities and equipments		/	/	/
Better and more family communication	/			
Joint pleasure from household activities	/			
Building family's teamwork by cultivating the right hobbies	/			
Constructing and implementing effective plan for family activities	/	/		
Sharing experience and knowledge on family management	/			
Longitudinal research on adolescents			/	/
Better public understanding about parental functions		/	/	/
Formal learning parenthood guidance		/	/	/
Consultation on family function		/	/	/
Alignment among family members' right attitude towards adolescents		/	/	/
Appropriate lessons and time to learn about various parental experiences		/	/	
Effective media to reduce generation gap			/	/
Learning facts of life through different realistic cases	/	/	/	/

Remark: P1 = Parent, C = Community, G = Government and P2 = Private

Recommendation for Further Study

Further study on the area of leisure time allocation, adolescent's issues and the Sufficiency Economy Philosophy can still be undertaken in various topics. Some suggested topics are as follows:

1. The survey and analysis on knowledge body and application on the Sufficiency Economy Philosophy from the prospects of adolescences themselves
2. The analysis of knowledge impacts gained from school on priority and rationale of adolescences in allocating their leisure time
3. The application of the developed model in this study on other sample groups by adapting other socio-economics variables to suit the context and samples used in next study
4. The study of leisure time allocation under the Sufficiency Economy Philosophy in areas outside Bangkok to better understand the effectiveness and significance of other factors
5. The analysis of the same theoretical framework on modified scale and scope of dependent variables such as school types, school sizes, academic activities and closed-friend numbers in class
6. The investigation of impact from other factors rather than family functions such as friends, media, teachers, and community in influencing adolescent's leisure time allocation under the Sufficiency Economy Philosophy

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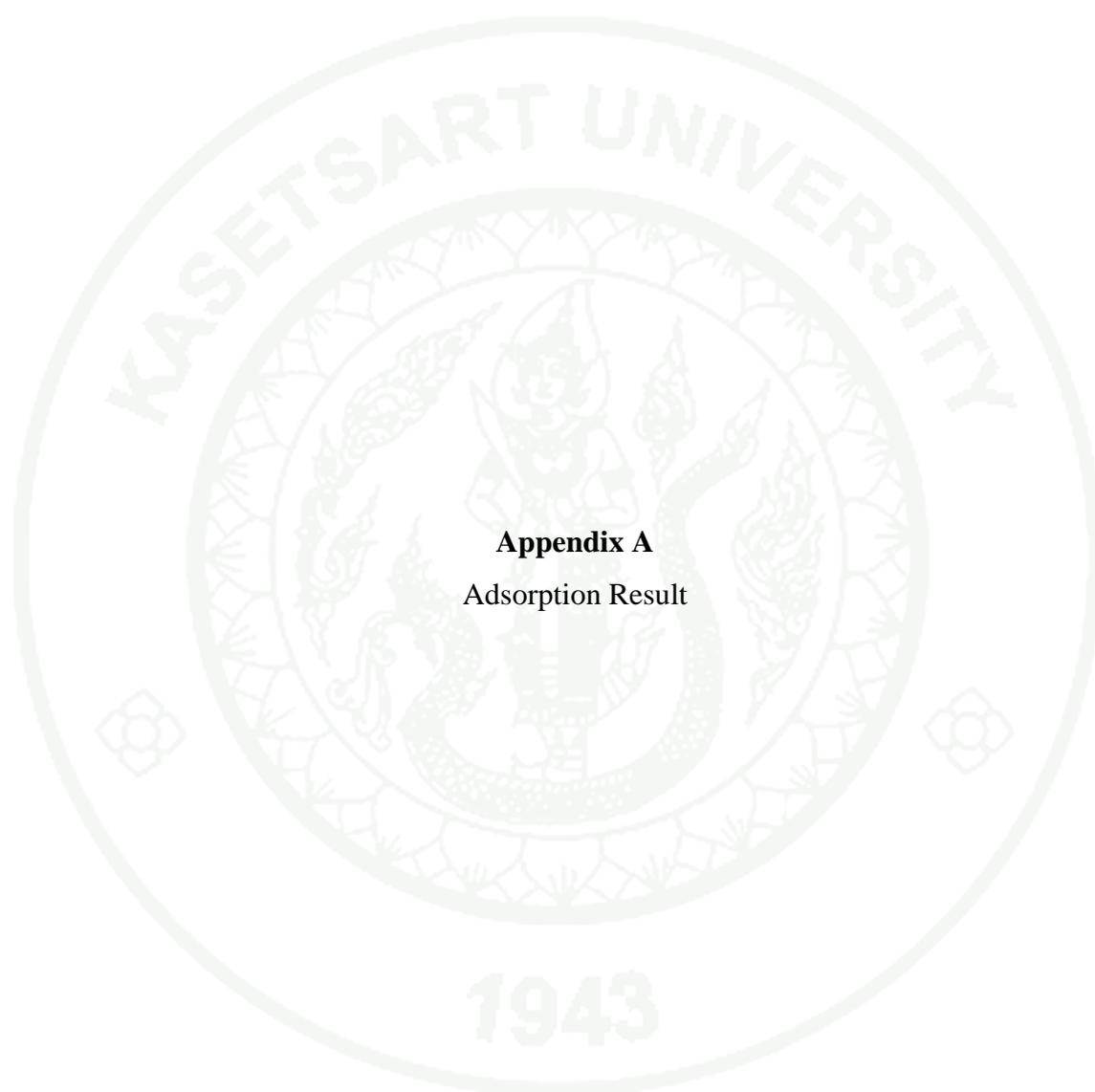
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Appendix A
Adsorption Result

Appendix Table 1 Mean and Standard Deviation (SD) of Family functioning of adolescence in Problem Solving

						(n = 500)		
Problem Solving	Scale	Strongly disagree	Disagree	Agree	Strongly agree	\bar{X}	SD	Level
		N (%)	N (%)	N (%)	N (%)			
Family members help each other to solve problem.		3 (0.60)	52 (10.4)	256 (51.2)	189 (37.8)	3.262	0.661	Good
There is always a discussion whether the problem solving works or not.		18 (3.60)	90 (18.00)	231 (46.20)	161 (32.20)	3.070	0.801	Good
When you ask family member to do something, you are not sure whether he/she will do it.		61 (12.20)	137 (27.40)	250 (50.00)	52 (10.40)	2.414	0.834	Fair
When problem occurred, we always have a discussion to solve them.		39 (7.80)	91 (18.20)	204 (40.8)	166 (33.2)	2.994	0.909	Good
Family members can face with problem well.		21 (4.20)	100 (20.00)	225 (45.00)	154 (30.80)	3.024	0.822	Good
Your family can give the solutions to the conflict		22 (4.40)	88 (17.60)	234 (46.80)	156 (31.20)	3.048	0.814	Good
	Total	2 (0.4)	74 (14.8)	306 (61.2)	118 (23.6)	3.080	0.628	Good

Appendix Table 2 Mean and Standard Deviation (SD) of Family functioning of adolescence in Communication

(n = 500)

Communication	Scale	Strongly disagree	Disagree	Agree	Strongly agree	\bar{X}	SD	Level
		N (%)	N (%)	N (%)	N (%)			
You are frequently unable to express your thought or feeling.		32 (6.40)	133 (26.60)	216 (43.20)	119 (23.80)	2.156	0.858	Fair
All family members can talk to each other frankly.		15 (3.00)	82 (16.40)	236 (47.20)	167 (33.40)	3.110	0.779	Good
You realized family member's feeling after listening to them.		15 (3.00)	97 (19.40)	241 (48.20)	147 (29.40)	3.040	0.779	Good
All family members can talk directly to each other.		11 (2.20)	100 (20.00)	227 (45.40)	162 (32.40)	3.080	0.778	Good
You are brave to tell your family member if he/she has done something you do not like.		35 (7.00)	121 (24.00)	223 (44.60)	121 (24.20)	2.860	0.863	Good
	Total	0 (0.0)	125 (25.0)	350 (70.0)	25 (5.0)	2.800	0.510	Good

Appendix Table 3 Mean and Standard Deviation (SD) of Family functioning of adolescence in Roles

(n = 500)

Roles	Scale	Strongly disagree	Disagree	Agree	Strongly agree	\bar{X}	SD	Level
		N (%)	N (%)	N (%)	N (%)			
All family members have their own responsibilities.		14 (2.80)	67 (13.40)	214 (42.80)	205 (41.00)	3.220	0.780	Good
Your family has never lacked of fundamental needs such as foods, clothes, medicine and etc.		25 (5.00)	27 (5.40)	178 (35.60)	270 (54.00)	3.386	0.803	Good
Each family member has done their chores completely.		7 (1.40)	97 (19.40)	247 (49.40)	149 (29.80)	3.076	0.737	Good
	Total	0 (0.0)	45 (9.0)	282 (56.4)	173 (34.6)	3.256	0.609	Good

Appendix Table 4 Mean and Standard Deviation (SD) of Family functioning of adolescence in Affective Responsiveness

(n = 500)

Affective Responsiveness	Scale	Strongly disagree	Disagree	Agree	Strongly agree	\bar{X}	SD	Level
		N (%)	N (%)	N (%)	N (%)			
Your family expresses their love to each other.		27 (5.40)	96 (19.20)	220 (44.00)	157 (31.40)	3.014	0.850	Good
Each of family members openly expresses their feelings both positive and negative.		29 (5.80)	109 (21.80)	245 (49.00)	117 (23.40)	2.900	0.821	Good
Some family members rarely express their feeling and emotion openly.		78 (15.60)	163 (32.60)	191 (38.20)	68 (13.60)	2.502	0.914	Good
You can tell your trouble to your family members.		55 (11.00)	112 (22.40)	203 (40.60)	130 (26.00)	2.816	0.944	Good
Your family care for the family member's feeling.		30 (6.00)	74 (14.80)	225 (45.00)	171 (34.20)	3.074	0.852	Good
Total		0 (0.0)	114 (22.8)	332 (66.4)	54 (10.8)	2.880	0.567	Good

Appendix Table 5 Mean and Standard Deviation (SD) of Family functioning of adolescence in Affective Involvement

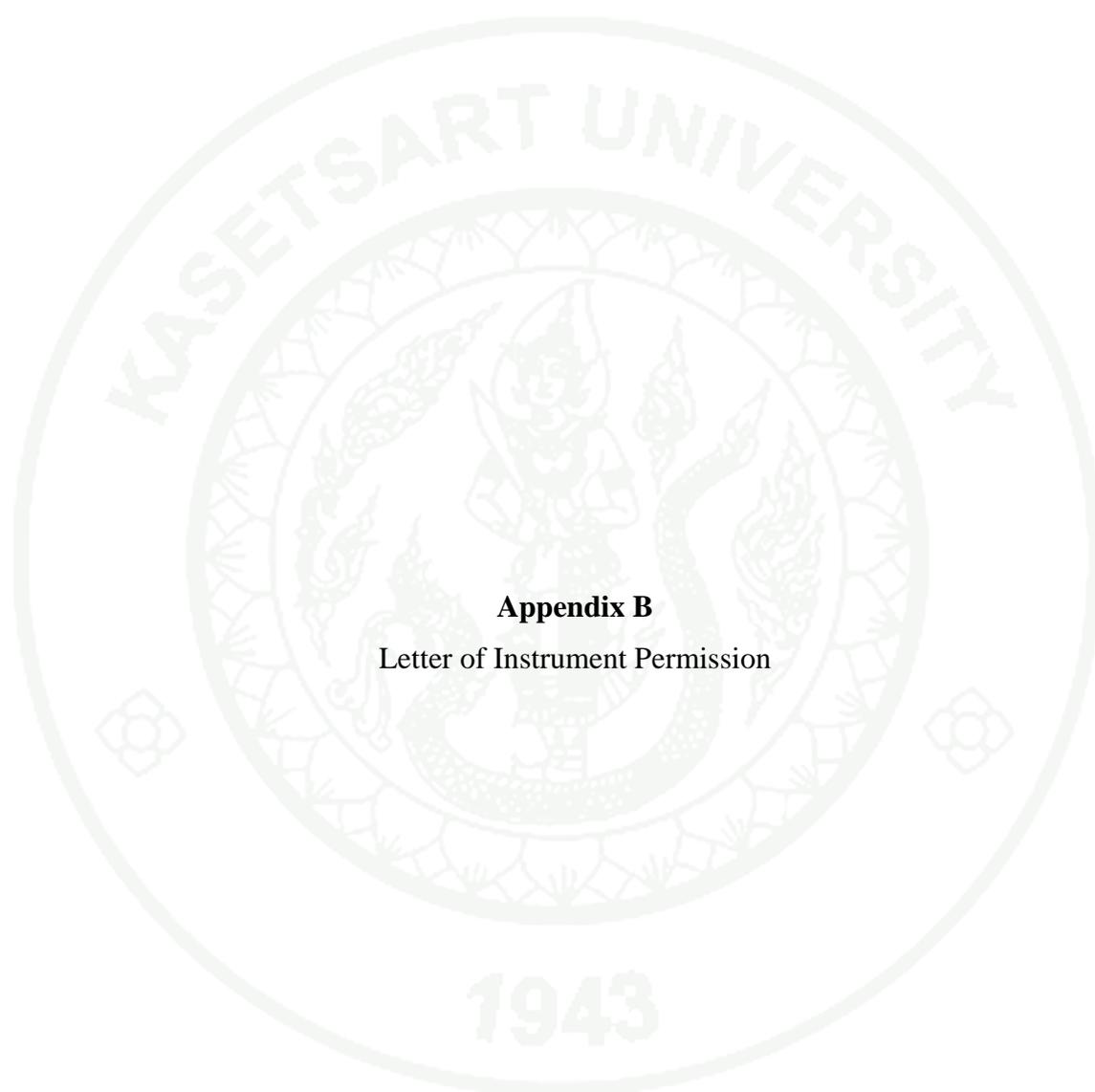
(n = 500)

Affective Involvement	Scale	Strongly disagree	Disagree	Agree	Strongly agree	\bar{X}	SD	Level
		N (%)	N (%)	N (%)	N (%)			
You feel free and confident enough.		40 (8.00)	98 (19.60)	224 (44.80)	138 (27.60)	2.920	0.887	Good
Your family member will pay attention to you if he/she thinks it is importance for him/her.		136 (27.20)	120 (24.00)	176 (35.20)	68 (13.60)	2.648	1.022	Good
Some of your family member get involved with other members too much and this makes the situation uncomfortable.		100 (20.00)	144 (28.80)	173 (34.60)	83 (16.60)	2.522	0.991	Good
Your family members are totally separated.		224 (44.80)	110 (22.00)	133 (26.60)	33 (6.60)	3.050	0.988	Good
Parents command and control children too much.		73 (14.60)	160 (32.00)	176 (35.20)	91 (18.20)	2.430	0.950	Fair
	Total	12 (24.0)	188 (37.6)	239 (47.8)	61 (12.2)	2.698	0.709	Good

Appendix Table 6 Mean and Standard Deviation (SD) of Family functioning of adolescence in Behavior Control

(n = 500)

Behavior Control	Scale	Strongly disagree	Disagree	Agree	Strongly agree	\bar{X}	SD	Level
		N (%)	N (%)	N (%)	N (%)			
Family members could make the mistakes without punishment.		179 (35.8)	141 (28.2)	138 (27.6)	42 (8.40)	2.914	0.982	Good
There is no harm to fight each other in your family.		44 (8.80)	83 (16.60)	168 (33.60)	205 (41.0)	3.068	0.961	Good
There are no disciplines or rules in your family.		26 (5.20)	116 (23.20)	202 (40.40)	156 (31.20)	2.024	0.867	Fair
In your family, everybody can do whatever they like.		65 (13.00)	166 (33.20)	193 (38.60)	76 (15.20)	2.440	0.901	Fair
	Total	4 (0.8)	153 (30.6)	310 (62.0)	33 (6.6)	2.744	0.582	Good



Appendix B

Letter of Instrument Permission

ที่ ศธ 0512.13/ 00338

คณะแพทยศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย
ถนนราชดำริ ปทุมวัน กรุงเทพฯ 10330

24 กุมภาพันธ์ 2552

คณะเกษตร
รับที่ 2348
วันที่ 27 ก.พ. 2552
เวลา 16:08

เรื่อง ยินดีให้ใช้เครื่องมือในการเก็บข้อมูล

เรียน คณบดีคณะเกษตร มหาวิทยาลัยเกษตรศาสตร์

อ้างถึง หนังสือคณะเกษตร มหาวิทยาลัยเกษตรศาสตร์ ที่ ศธ 0513.10201/ว. 0332
ลงวันที่ 29 มกราคม 2552

ตามหนังสือที่อ้างถึง ได้แจ้งความประสงค์ขอความอนุเคราะห์ใช้แบบบันทึกการทำหน้าที่ของครอบครัว (Chulalongkorn Family Inventory : CFI) ซึ่งดัดแปลงมาจากแบบสอบถามการทำหน้าที่ของครอบครัว (Family Assessment Device: FAD) ตาม McMaster model โดย ศาสตราจารย์แพทย์หญิงอุมาพร ตรังคสมบัติ เพื่อนำมาใช้เป็นเครื่องมือในการเก็บข้อมูลประกอบการทำวิทยานิพนธ์ ดังรายละเอียดทราบแล้วนั้น

คณะแพทยศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย พิจารณาแล้วยินดีให้ความร่วมมือในเรื่องดังกล่าวข้างต้น

จึงเรียนมาเพื่อทราบ

ขอแสดงความนับถือ



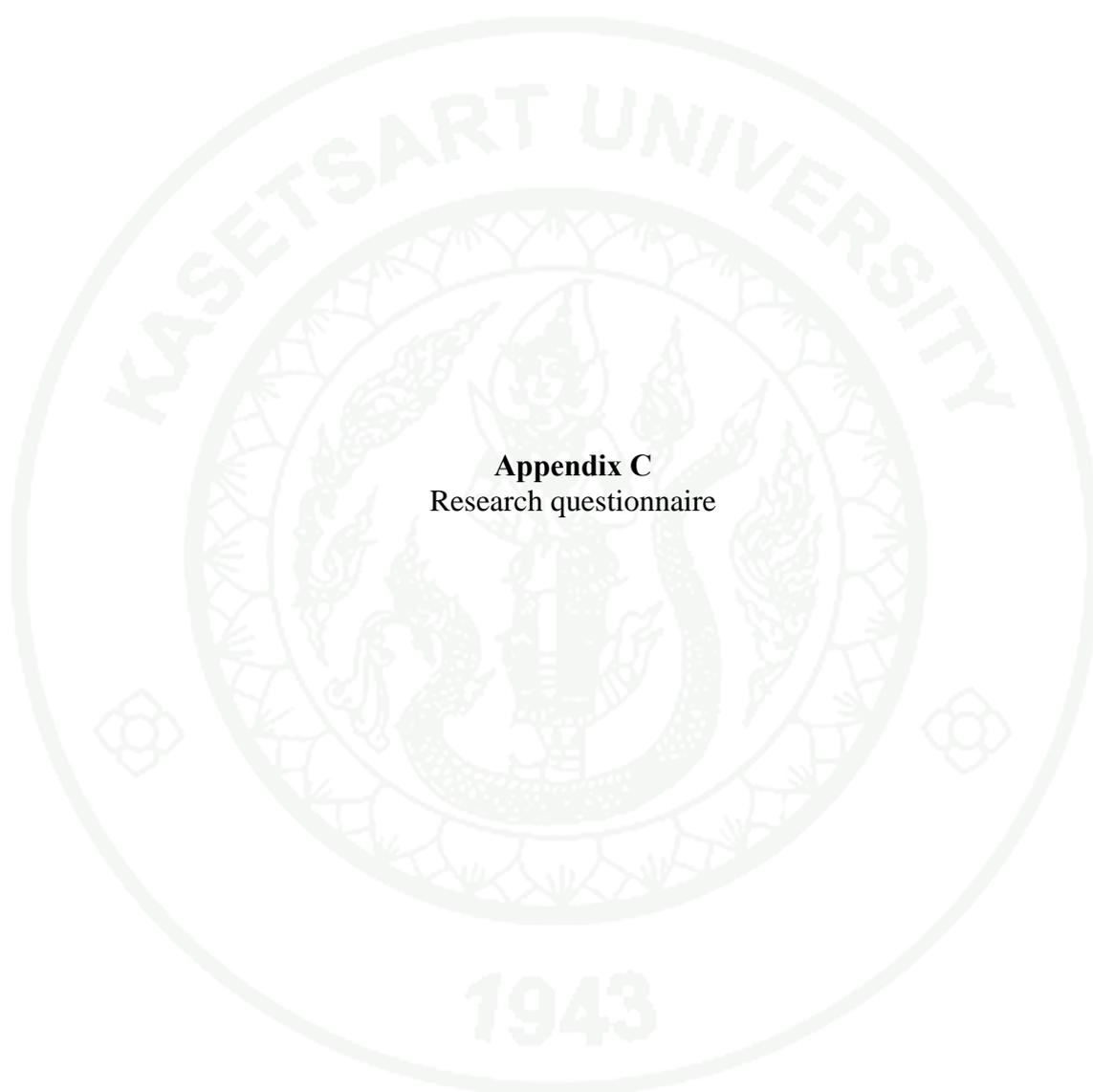
(รองศาสตราจารย์ นายแพทย์ประสงค์ ศิริวิริยะกุล)

รองคณบดีฝ่ายบริหาร
ปฏิบัติการแทนคณบดี

สำนักงานเลขานุการคณะฯ

โทร. 0-2256-4463

โทรสาร. 0-2252-4963



Appendix C
Research questionnaire

Research questionnaire
Relationship between Leisure Time Allocation under the
Sufficiency Economy Philosophy and Family Functions:
A Case Study of Selected Adolescent Groups

Part 1: General data related to the sample

1. Gender Male Female
2. Years of Age 13 14 15 16 over 17
3. Religion Buddhist Christian Islam
4. Grade Point Average in Mathayomsuksa 2.....
5. Level of Education Father's Mother's Guardian's
 - Uneducated Lower Prathomsuksa (P1-6)
 - Prathomsuksa 6 Graduation Lower Mathayomsuksa
 - Upper Mathayomsuksa Vocational Education Certificate
 - High Vocational Education Certificate Bachelor's Degree
 - Higher than Bachelor's Degree
6. Family Income
 - Less than 10,000 baht/month
 - 10,001 – 50,000 baht/month
 - More than 50,001 baht/month

Part 2: Leisure Time Allocation

The objective of this part is to ask the students about leisure time allocation according to the definition mentioned in the previous page. The researcher would like the students to think of the pattern of the activity done most in their leisure time within the previous 3 months.

Please mark \surd in the opinion cell as you see appropriate, based on the following score meaning

Part 2: Leisure Time Allocation Questionnaire

Information		Impossible	False	Rather false	Rather true	True	Reality
1	I always force the young students in my school to give me their money for my leisure time activities.						
2	I always borrow money from the other people for my leisure time activities.						
3	I have to sell or pawn my belongings to pay my debt caused from my leisure time activities.						
4	I spent my leisure time to do the activities because I want to be in my friends' group.						
5	I have not got the extra class because I need to spend my leisure time with the interesting activities.						

Part 2: Leisure Time Allocation Questionnaire

Information		Impossible	False	Rather false	Rather true	True	Reality
6	I am pleased to do the studying activities assigned by the teachers though I have to do it in my leisure time.						
7	I always keep busy with my leisure time activities until I have got less time for reading.						
8	I always go to bed late because of my leisure time activities.						
9	I forget to do or buy the thing my parents ask me to do or buy because of my leisure time activities.						
10	Even though I would like to do the leisure time activities I am interested in, I take the responsibility to my report without asking my parents' help.						
11	I continue doing my leisure time activities without paying attention to my parents' feeling.						
12	I always talk on the phone with my friends to make my parents displeased.						
13	My leisure time allocation makes my mind calm and conscious.						
14	My leisure time allocation develops my ability.						

Part 2: Leisure Time Allocation Questionnaire

	Information	Impossible	False	Rather false	Rather true	True	Reality
15	My leisure time allocation makes me feel more confident.						
16	My leisure time allocation makes me relaxed.						
17	My leisure time allocation is safe and harmless toward the other people's assets.						
18	My leisure time allocation is safe and harmless toward the other people's lives.						
19	I feel stressed when I do my leisure time activities.						
20	I am lack of constraint and consciousness while I do my routine activities in leisure time.						
21	My leisure time allocation is legal.						
22	My leisure time allocation is not against the religion's lesson.						
23	My leisure time allocation does not exploit the animals' lives.						
24	I go out with my friend with opposite sex at night when I have my leisure time.						
25	I surf the internet to do the research about the study more than sexuality.						

Part 2: Leisure Time Allocation Questionnaire

	Information	Impossible	False	Rather false	Rather true	True	Reality
26	I can remind my mind to choose to read or watch the thing suited me when I am free.						
27	I play games for things, points or money collection and I can change them to money if my friend needs the thing in that games.						
28	In my leisure time, I chat with the stranger on the internet.						
29	I play the violent and bloody games.						
30	I read cartoon books with naked and sexual stories.						
31	I like to gamble if I have nothing to do.						
32	I will drink alcohol with my friends if I have my leisure time or go out.						
33	If I stay with my friends in my leisure time, I will try drugs such as marijuana, heroin, or amphetamine.						
34	When I am free, I like going out for nightlife in the pub or the bar.						
35	When I am free, I like to smoke.						
36	I spend my leisure time with my friends outside by riding on a pillion.						

Part 3: Recognitions of Family Functions Questionnaire

Directions: How many items does the following information match with your family?

Check / the box which mostly match the truth.

Do not hesitate to think much, please give your answer quickly by choosing the first idea after you reading each item.

Please mark \surd in the opinion cell as you see appropriate, based on the following score agree

Strongly agree = 4, Agree = 3, Disagree = 2 and strongly disagree = 1.

		Strongly disagree	Disagree	Agree	Strongly agree
1	Family members help each other to solve problem.				
2	There is always a discussion whether the problem solving works or not.				
3	When you ask family member to do something, you are not sure whether he/she will do it.				
4	Your family expresses their love to each other.				
5	You feel free and confident enough.				
6	Family members could make the mistakes without punishment.				
7	Family members get along together very well.				
8	When problem occurred, we always have a discussion to solve them.				
9	You are frequently unable to express your thought or feeling.				
10	All family members have their own responsibilities.				
11	Each of family members openly expresses their feelings both positive and negative.				
12	Your family member will pay attention to you if he/she thinks it is importance for him/her.				
13	There is no harm to fight each other in your family.				
14	Family member could rely on each other.				

Part 3: Recognitions of Family Functions Questionnaire

		Strongly disagree	Disagree	Agree	Strongly agree
15	It is difficult to get a consensus since family members do not understand each other.				
16	All family members can talk to each other frankly.				
17	Your family has never lacked of fundamental needs such as foods, clothes, medicine and etc.				
18	Some family members rarely express their feeling and emotion openly.				
19	All members accept difference of each member.				
20	Your family members take care of each other very well.				
21	Some of your family member get involved with other members too much and this makes the situation uncomfortable.				
22	You have a happy family now.				
23	You realized family member's feeling after listening to them.				
24	Your family members are totally separated.				
25	Family members can face with problem well.				
26	Your family can give the solutions to the conflict occurred.				
27	There are no disciplines or rules in your family.				
28	All family members can talk directly to each other.				
29	Each family member has done their chores completely.				
30	In your family, everybody can do whatever they like.				
31	You are brave to tell your family member if he/she has done something you do not like.				
32	The family members can be dependable in crisis.				

Part 3: Recognitions of Family Functions Questionnaire

33	Parents command and control children too much.				
34	You can tell your trouble to your family members.				
35	Your family care for the family member's feeling.				
36	In your family, there are lots of bad feelings.				



CIRRICULUM VITAE

NAME : Mrs. Jitsopin Meerakate

BIRTH DATE : March 13, 1971

BIRTH PLACE : Bangkok, Thailand

EDUCATION:	<u>YEAR</u>	<u>INSTITUTE</u>	<u>DEGREE/DIPLOMA</u>
	1993	Kasetsart University	B.S.(Home Economics)
	1997	Kasetsart University	M.S.(Business Economics)
	1998	Chulalongkorn University	Diploma (Modern Manager for the Service Industry)

POSITION/TITLE : Assistant Professor

WORK PLACE : Faculty of Management Sciences