

Salita Bandhukul 2011: Construction Training Package to Enhance Happiness According to the Thai Wisdom for Guiding the Mathayom Five Students. Master of Arts (Educational Psychology and Guidance), Major Field: Educational Psychology and Guidance, Department of Educational Psychology and Guidance. Thesis Advisor: Associate Professor Jittinun Boonsathirakul, Ed.D. 171 pages.

The purposes of this research were 1) to construct the package of training to enhance happiness according to the Thai Wisdom for guiding the mathayom five students, 2) to compare the difference of the experimental group's happiness before and after being trained by the Training Package to Enhance Happiness According to the Thai Wisdom for Guiding the Mathayom Five Students and 3) to study students' opinions to the Training Package to Enhance Happiness According to the Thai Wisdom for Guiding the Mathayom Five Students.

This research was the Quasi experimental design. The sample were 24 mathayom five students in Nonthaburi pittayakom, Nonthaburi province. The experimental group is to one group of pre-test and pretest design. The experimental group participated in the Training Package to Enhance Happiness According to the Thai Wisdom for Guiding the Mathayom Five Students Setting for 12 sessions, 50 minutes per each session. The instruments which were used in this research were the Training Package to Enhance Happiness According to the Thai Wisdom for Guiding the Mathayom Five Students, the Happiness test According to the Thai Wisdom for Guiding the Mathayom five students, the Student's Self-report and the Students' Opinion Form towards the Training Package in each section and the Student's Opinion towards the Training Package and the Group leader Questionnaire. Dependent-Samples t-test was used for data analysis.

The research results indicated that 1) the posttest score on the Training Package to Enhance Happiness According to the Thai Wisdom for Guiding the Mathayom Five Students of the experimental group were higher than theirs pretest scores at .05 level of significance 2) the experimental group reported that participated in the Training Package to Enhance Happiness According to the Thai Wisdom for Guiding the Mathayom Five Students helped them to increase their knowledge and understanding about happiness according to the Thai Wisdom. This brings the experimental apply the Thai Wisdom into their daily life and believed that ultimately brings them happiness.

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Thesis Advisor's signature