ABSTRACT

The current investigation examined the direct and indirect influences of engagement in extracurricular activities (arts-, sports-, and music-based) on the subjective well-being (life satisfaction and positive/negative affect) of Thai adolescents of low socioeconomic status, being mediated by their self-efficacy and perceived social support. This study also examined the effectiveness of an intervention program that incorporated components of positive psychology. To meet its objectives, this research consisted of three studies. The results of Study 1 confirmed that the Thai-translated measures (BMSLSS, PANAS-C, SEQ-C, and CASSS) were psychometrically sound; that is, valid and reliable. Study 2 showed that engagement in all three forms of extracurricular activities yielded direct influences on the level of life satisfaction. The activities also had indirect influence on life satisfaction and positive affect, being mediated by self-efficacy and perceived social support. In particular, sports-based extracurricular activities yielded significantly stronger relationship towards self-efficacy, compared to other forms of activities. Furthermore, non-engagement in extracurricular activities was found to have both direct and indirect negative relationship with life satisfaction and positive affect. The results of Study 3 suggested that the positive psychology intervention program had a significant effect on the level of self-efficacy and perceived social support, although there were no significant effects on life satisfaction and positive affect.

Keywords: subjective well-being, self-efficacy, perceived social support, extracurricular activities, positive psychology intervention