

## THE EFFICACY OF INTEGRATED SFBT INTERVENTION ON SELF- COMPASSION, SELF-DETERMINATION, AND SOLUTION-FOCUSED MINDSET AMONG HIGH SCHOOL STUDENTS IN BANGKOK, THAILAND

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**Abstract:** This research was conducted to investigate the causal relationship model of how self-determination impact on solution-focused mindset of high school youths in Thailand, being mediated by self-compassion. Thai-translated instruments of the observed variables were developed and the psychometric properties were tested to measure their validity and reliability. Data from 500 high school students in Bangkok area were collected for Study I and Study II. The result from CFA analysis found all the translated instruments to be valid and reliable. In study II, the result of path model analysis showed that self-determination has both direct and indirect influence on solution-focused mindset, with the variable of self-compassion as a mediator. An experiment was conducted in study III to test the efficacy of the integrated SFBT intervention via an intervention group (n=25) vs control group (n=25). The finding showed that the designed intervention program was effective in increasing participants' level of self-determination, self-compassion, and solution-focused mindset.

**Keywords:** self-determination, SFBT, solution-focused brief therapy, self-compassion

### Introduction

There is an ever-growing value disposition on policy makers of today on the youth's self-determination and active engagement on a global scale (United Nations, 2016). Self-determination theory (SDT) plays a key role in explaining the theoretical perspectives on the nature of self-motivation, and how it is regulated in humans (Deci & Ryan, 1985). It has been experimentally proven across domains that promoting self-determined motivation results many

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