

PERSONAL ORIENTATION AMONG SELECTED  
UNIVERSITY STUDENTS USING A  
POSITIVE THINKING PROGRAM

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This study seeks to determine whether or not a program using positive thinking helps a person's development towards a certain personal orientation and to find the correlation between a person's level of personal orientation with the level of state-trait anxiety after participating in the program using positive thinking. The null hypotheses are stated that there is no significant difference in the subjects' level of personal orientation after the students participated in the program using positive thinking, and there is no significant correlation between the subjects' level of personal orientation and the level of state-trait anxiety. The subjects of this study are ten selected undergraduate university students of Assumption University (ABAC) in Bangkok area, ages 18 - 24 years. They were willing to participate in the whole program and scored 0.5 S.D. below the mean of a total of 38 students on the Personal Orientation Inventory (POI) in Thai version. Three instruments were used, the Personal Orientation Inventory (POI) in Thai version as translated and adapted by Dutduan Chincharoensub based on the Personal Orientation Inventory (POI) created and revised by Everett L. Shostrom; the State - Trait Anxiety Inventory (Form Y)- STAI or Self-Evaluation Questionnaire as revised and developed by Charles D. Spielberger Ph.D. et al.; and an Open-ended questionnaires. The One group pretest - posttest research design was used in the

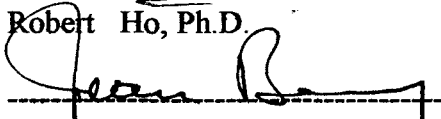
methodology. Subjects were administered the POI prior to beginning the positive thinking program and again at the end of the 22-hour training session as well as STAI (form Y) and the Open-ended questionnaires. Descriptive statistics and t-test were used in the analysis of data, the correlation coefficient was used to find correlation between the POI scale and the STAI, to summarize the answers from the Open-ended questionnaires.

Results show that the subjects obtained a significant increase in scores on the POI ( $p < .05$ ) after participating on the program using positive thinking. And there were slightly negative correlation between POI in Time Competence and Self-Acceptance scales with the level of S-Anxiety and between POI in Inner-support, Self-Actualizing Value, Feeling Reactivity, Self-Regard, Self-Acceptance, and Acceptance of Aggression scales with the level of T-Anxiety after participating on the program using positive thinking.

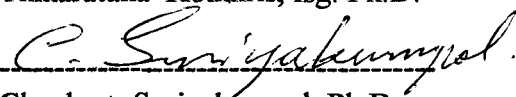
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