

ABSTRACT

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Key Words: Mindfulness, Irrational Thoughts, Fear of Non-achievement, Concern over Mistake, Perfectionistic Cognition, Inferiority Feeling, Foreign Language Anxiety, Self-efficacy, Foreign Language Fluency

Name: NETPREEYA CHOOMCHAIYO

Dissertation title: “THE INFLUENCES OF MINDFULNESS ON FOREIGN LANGUAGE FLUENCY MEDIATED BY IRRATIONAL THOUGHTS, FOREIGN LANGUAGE ANXIETY AND SELF-EFFICACY ON THAI ENGLISH LEARNERS”

Dissertation Advisor: DR. PARVATHY VARMA

This study investigated the impact of selected psychosocial factors on the foreign language fluency among Thai people. Two investigations were conducted. The first study explored the influences between mindfulness, irrational thoughts, foreign language anxiety, self-efficacy, and foreign language fluency. The CFA and SEM analysis of the sample of 1,358 Thai students and office workers revealed that mindfulness both directly and indirectly influenced irrational thoughts (comprised of fear of non-achievement, concern over mistake, perfectionistic cognition, and inferiority feeling), foreign language anxiety, self-efficacy and foreign language fluency. Mindfulness was found to have a negative relationship with foreign language anxiety; and foreign language anxiety also had an adverse effect on self-efficacy and foreign language fluency. The second study focused on the effectiveness of a two-weeks intervention program that incorporated components of mindfulness and other influential factors on foreign language fluency of 98 Thai nationals. Though the mean scores show some changes from pre-test to post-test 1 and from post-test 1 to post-test 2 in irrational thoughts and foreign language anxiety in the negative direction and in self-efficacy and foreign

language fluency in the positive direction, in compliance to the SEM analysis, the ANOVA results revealed no significant changes in all variables between the experimental group and the control group over the time period. Therefore, it can be concluded that no changes are due to the interaction effect of the mindfulness intervention.

