

Research Abstract

“Programme for enhancing emotional intelligence based on Oriental approach for the better quality of life in Thai youths”

This research aimed to 1) investigate emotional intelligence of lower-secondary-school students in Bangkok, Thailand 2) develop a programme to improve lower-secondary-school students' Emotional Intelligence in an Oriental approach and 3) improve Emotional Intelligence of lower-secondary-school students

Sample: There were two groups of sample in this research.

1. The first sample was 1204 lower-secondary-school students in 9 areas from Bangkok Metropolitan who were investigated in emotional intelligence. They were selected by multistage random sampling.

2. The second sample was 108 lower-secondary-school students who were developed emotional intelligence by using the Oriental Approach programme. The sample random sampling to two groups. The first 54 students were in an experimental group, while the others were in a control group.

Instruments:

1. Emotional Intelligence Test of the Department of Public Health (1998)
2. The Program for enhancing emotional intelligence based on Oriental Approach

Results showed that:

1. Emotional intelligence in good, efficient and happy intrapersonal and interpersonal skills of lower-secondary-school students has a significant relationship at the .01 level.

2. There were 64.80% of lower-secondary-school students who had emotional intelligence in good, efficient and happy intrapersonal and interpersonal skills in a standard level, while the other 18% of the students has emotional intelligence in good (empathy) and efficient (relationship) lower than the standard level.

3. Year-8 and Year-9 students had an overall emotional intelligence higher than Year-7 students.

4. Female students has an overall emotional intelligence higher than male students.

5. Lower-secondary-school students who received the programme had emotional intelligence in an overall and in good, efficient and happy intrapersonal and interpersonal skills higher than the students who did not attend the programme.