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Chiang Rai Rajabhat University
80 Moo9, Phahonyotin Road,
Muang District
Chiang Rai 57100, Thailand

7 February 2014

Subject: Acceptance of Abstract for 10th International Conference “Inter-University Cooperation Program” “ASEAN Community Knowledge Networks for the Economy, Society, Culture, and Environmental Stability”

Dear Dr. Surangkana Manyanon,

I acknowledged with thanks and appreciation the receipt of your abstract for presentation entitled “**A Study of Self-Practice Based on the Sufficiency Economy Philosophy of the Postgraduates at Ratchathani University**”.

I am pleased to notify you that your abstract has been accepted for presentation at the 10th International Conference Inter-University Cooperation Program “ASEAN Community Knowledge Networks for the Economy, Society, Culture, and Environmental Stability” to be held 8 – 12 May 2014 at Mandalay Hill Resort Hotel, Republic of the Union of Myanmar.

Please submit your full paper along with your biodata not later than 30 March 2014. Should you have any further questions, please do not hesitate to contact me.

I look forward to greeting you at Mandalay Hill Resort Hotel, Republic of the Union of Myanmar.

Sincerely yours,

Associate Professor Dr. Makha Khittasangka
Dean, International College of Mekong Region
International Organizing Committee
Chiang Rai Rajabhat University

Tel: (66) 53 776034, (66) 53 776000 ext.1231

Fax: (66) 53 776034

Title for paper:

A Study of Self-Practice Based on the Sufficiency Economy Philosophy of the Postgraduates at Ratchathani University.

Theme of submission:

Session 2: Education and Investing in Human Resource Development

Keywords:

Self-Practice, the Sufficiency Economy Philosophy

Name of the author:

Dr. Surangkana Manyanon

Mailing address:

Ratchathani University 261 By-pass Highway
Ubonratchathani Province 34000
Thailand.

Phone number:

66 89 118 0898

Fax number:

66 45 319900 ext.115, 66 45 319 911

E-mail:

ickim2010@hotmail.com

Abstract

The objectives of this research were (1) to study the self-practice based on the Sufficiency Economy Philosophy and (2) to study the opinions towards the problems and ways of solving the problems. In this study, the samples obtained by the simple random sampling technique were 250 postgraduates studying at Ratchathani University in the year 2013 (B.E 2556). The research instrument was a rating scale and open-ended questionnaire. The data were analyzed quantitatively and presented in frequency, percentage, mean, standard deviation.

The research results indicated that (1) the overall self-practice based on the Sufficiency Economy Philosophy was in the "High" level. The social aspect was in the "Highest" level while the physical, mental, and environmental aspects were in the "High" level. In terms of all three characteristics: moderation, reasonableness, and self-immunity and two conditions: knowledge and morality, they were in the "High" level. (2) The problems that confronted the postgraduates were insufficient exercise and stress resulting from political problems and the local community's indiscipline in dropping litter. They suggested that the university provides more sports facilities and offers educational activities in democracy and the citizens' discipline.

The 10th International Conference



CERTIFICATE OF ACHIEVEMENT

Research Presentation Awarded to:

Dr. Surangkana Manyanon

as

Conference Participant

“ASEAN Community Knowledge Networks for the Economy,
Society, Culture, and Environmental Stability”

8 – 12 May 2014

Republic of the Union of Myanmar

Dr. Saw Pyone Naing
Pro-Rector, University of Mandalay

Assistant Professor Dr. Thosapol Arreenich
President, Chiang Rai Rajabhat University, Thailand

Professor Dr. Khin Maung Oo
Rector, Yadanabon University, Mandalay

Dr. Daw Mie Mie Thet Thwin
Rector, University of Computer Studies, Mandalay

Dr. Tin Htut
Rector, Yazin Agricultural University

Daw Khin Mya Thet
Dean, Mandalay Education College, Mandalay