

Developing a Program of Enhancing Posttraumatic Growth and Perceived Social Support for Thai Students Living in Poverty

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ABSTRACT

As the context of poverty has seen rapid changes, it has increased the number of children living in poverty and impacted by different issues. This study aimed to design intervention for Thai students living in poverty, especially covering mental health as well as social work by the designing a program to enhance posttraumatic growth and perceived social support. A design-based research design was planned; thematic analysis and gain score analysis was employed in this study. The instruments used were semi-structured interview protocols, questionnaires for; posttraumatic growth, perceived social support, and positive interaction with friends. Key informants consisted of 6 students living in poverty, aged 13-15 years old, who had experienced distressing events such as emotional abuse and had trauma from these events. Secondary informants consisted of 18 parents, teachers, and friends of the students. The results showed that designing a program, had iterative cycles of designing 2 rounds. The program consisted of 9 sessions: 1) first touching; 2) orientation; 3) changing perspective; 4) the mind-heart connection; 5) to 8) holding hands together (sessions with parents, friends, and teachers); and 9) post-training. This study provided innovation and new knowledge which are a program of design integrates with counseling psychology, there is social justice counseling, social work, and the process of the model leads to posttraumatic growth. Additionally, such programs can encourage students living in poverty and result in improving their mental health and well-being.

Keywords: enhancing posttraumatic growth, perceived social support, Thai students living in poverty