

A STUDY OF THE USE OF KHON FOR PROMOTING WELL-BEING OF MALE INMATES IN CENTRAL CORRECTIONAL INSTITUTION FOR YOUNG OFFENDERS, PATHUM THANI

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ABSTRACT

This research aims to study the use of Khon for promoting well-being of male inmates in Central Correctional Institution for young offenders, Pathum Thani. It focuses on investigating Khon's style to promote well-being of male inmates in Central Correctional Institution for young offenders, Pathum Thani, comparing before and after results and studying male inmates' satisfaction towards Khon for promoting well-being. The results are as follows. Khon's style to promote well-being of male inmates in Central Correctional Institution for young offenders, Pathum Thani, has been divided into 3 parts. In order to create activities which help promote well-being, movement principles, the traditional Khon's practices, and group process method have been applied. The activities were focused more on the performance rather than skills. The program occurred twice a week for 6 weeks, each time for 1 and a half hours, altogether 12 times. The before and after results of using Khon for promoting well-being of male, it was discovered that the negative mean score of well-being was lower than the positive mean score after experimenting with the use of Khon to promote well-being at 43.80 with the statistical significance at .05 level. For male inmates' satisfaction towards Khon for promoting well-being, it was discovered that male inmates were generally satisfied with the mean at 4.43, and the standard deviation at 0.58, which was considered as high level.

Keyword: Khon's activities, Well-being, Male inmates in Central Correctional Institution for Young Offenders

1. INTRODUCTION

Developing and promoting quality of life for human are considered as important goals

in country development which the government recognize their essential, by changing the structure according to the

country development strategy in promoting and developing human capital potential following The Twelfth National Economic and Social Development Plan (2017-2021), with a policy to develop Thai people of all ages to be good, to have good well-being, to have morality, to have discipline, to have a good conscience for society as a whole, to have skills/knowledge, and to have the ability in adapting to surrounding rapid changes. Promoting age-appropriate health activities both types of exercise and proper nutrition, and support communities to have public space management and facilities for exercising and sports activities. Having area allocated for creative activities in science, arts, culture, music, sports, source of cultural learning, green spaces or community playground that are safe and contribute to organizing learning experiences, along with organizing public utilities in community that facilitate and allow people to come out and participate in activities within the community (Office of the National Economic and Social Development Council, 2018: 65-72).

“Inmates”, another group of human resources in Thailand that has lost freedom, which led to many negative changes, combined with living with the needs to adapt to the environment, society, and residence. A large number of inmates have shown symptoms of mental disorders, which resulted from the stress of imprisonment, of having to live in a cell, of having to be separated from family members. Being crowded with strangers, the feeling of not wanting to be punished, losing a job, and fear of uncertainty in the outcome of the lawsuit, especially during the period of trial which cause high level of stress to each inmate. These resulted in a worse situation in a negative way. Regulations which are imposed in prison

must be there to use on a large group of people, for them to be able to live together. This resulted in severe impacts on quality of life and well-being (Kijpitak, P. 2009: 2). All of the above mentioned are factors which cause health problems. From the situation mentioned above, a group of inmates is an important goal of Correctional Institution which have received policy for developing and promoting quality of life and potential that must be operated in parallel with supervision (Rittibul, P. 2016: 58-59). Therefore, Correctional Institution has focused on improving suitable quality of life for inmates in body, mind, emotion, and intellect, in order to provide or support them to be ready for many aspects of development. Consequently, health promotion activities and many therapy group activities have been organized, such as art therapy, religious therapy, occupational therapy, including coordination with community and society to find prevention method for wrongdoing in the future (Tongpanya, W. 2007: 2).

Khon is one of the aesthetics which can promote living in an organized or exquisite environment, this can improve intellect and thoughts. All these can be motivation which bring about the pursuit of good things, exquisite, and beauty. It may be similar to admiring or taking in sad arts, for example a tragedy, a war painting, songs for life, and poems that describe sorrow. All these arts may encourage them to seek and admire exquisite, beautiful things, and peaceful and beautiful life. It can be concluded that Khon is an art which can help improve male inmates to develop their well-being positively, develop feelings of self-esteem, reduce stress and anxiety and depression, reduce isolation and chronic disease and muscle spasm, improve communication skills, and support

awareness of a better quality of life. When male inmates are satisfied and happy, their bodies release happy hormones or 'endorphins'. Moreover, it was the creation of individual movement artworks from performing, which can communicate to self and others for understanding and acceptance (Pratchayanusorn, P. 2005: 2). Khon is considered as one of the arts which can solve social problem, emotional, thoughts, and body. In terms of many cultures, dance is used as body movement to express meaning, to tell a story, to cure sickness, and especially to build relationship within society between individuals (Patlakfah, C. 2011: 26).

With the reasons stated above, the researchers interested in bringing Khon to help promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani, which can solve social problem, emotional, thoughts, and body. By using the principle movement of the body to express meaning, tell a story, and especially to build relationship within society between individuals. By creating activities to be used in improving which can be resulted in positive changes, can adapt self to do activities with others in order for well-being in living with others.

2. RESEARCH OBJECTIVES

1. To study Khon's style to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani.

2. To investigate the comparison of before and after results of using Khon for promoting well-being of male inmates in Central Correctional Institution for young offenders, PathumThani.

3. To study male inmates' satisfaction towards Khon for promoting well-being in Central Correctional

Institution for young offenders, PathumThani.

3. SCOPE OF THE STUDY

Population that were used in this research

Population that were used in this research are a group of male inmates in Central Correctional Institution for young offenders, PathumThani.

The sample group that was used in this research

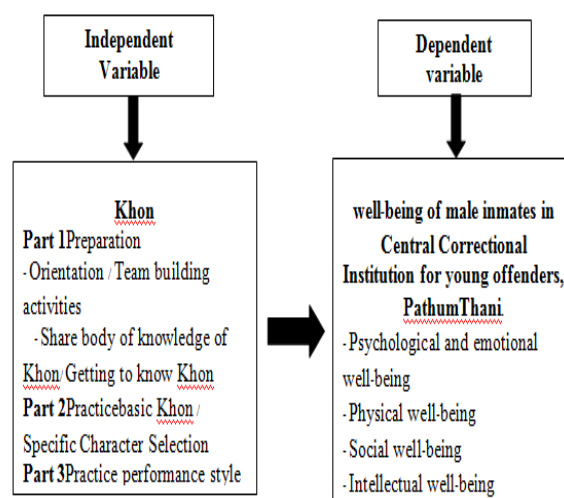
The sample group that was used in this research are 40 male inmates in area number four of the Central Correctional Institution for young offenders, PathumThani. They were selected by purposive sampling, in which they must be chosen by Correctional Institution's officers and with voluntary participation.

The variables that were used to study

1. Independent variable is Khon.

2. Dependent variable is well-being of male inmates in Central Correctional Institution for young offenders, PathumThani.

4. CONCEPTUAL FRAMEWORK



5. RESEARCH HYPOTHESIS

1. Khon's style for promoting well-being of male inmates in Central Correctional Institution for young offenders, PathumThani, has accuracy in content and suitability at a high level, according to experts' opinion.

2. After the use of Khon on male inmates in Central Correctional Institution for young offenders, PathumThani, their positive well-being is improved.

3. Male inmates' satisfaction towards Khon for promoting well-being in Central Correctional Institution for young offenders, PathumThani, is at a high level.

6. RESEARCH TOOLS

Research tools that were used in this research are as below.

1. Khon's activities for promoting well-being of male inmates in Central Correctional Institution for young offenders, PathumThani.

2. Well-being assessment form of male inmates in Central Correctional Institution for young offenders, PathumThani.

3. Questionnaire of male inmates' satisfaction towards Khon for promoting well-being in Central Correctional Institution for young offenders, PathumThani.

7. METHODS FOR CREATING RESEARCH TOOLS

In this research, the researchers have used three types of research tools as below.

1. Creating and inspecting quality of Khon's activities for promoting well-being of male inmates in Central Correctional Institution for young offenders, PathumThani. The researchers have studied,

analyzed, synthesize data from related documents and researches, in order to bring principles, concepts, and theories to create a form of activity and presented to three experts to seek for Index of Consistency (IOC) between activities and research objectives. The researchers have chosen a form of activity which has IOC level greater than 0.5. The researchers used a score from the experts' consideration to calculate for appropriateness score of a form of activity, and revised it for tools' efficiency in order to achieve a perfect form of activity, according to the experts' recommendations before applying into real situation.

2. Well-being assessment form of male inmates in Central Correctional Institution for young offenders, PathumThani. The researchers studied the documents, guidelines, and methods for creating measures and evaluation scale model in order to determine questions in the assessment form. The questionnaire that the researchers have created is five-point rating scale, had been presented to the three experts in order to find the IOC and research validity. Consequently, the researchers have chosen the questions that has IOC from 0.5 and over to be in this research. The measurement has been divided into two parts.

2.1 Questionnaires for general information

2.2 Well-being assessment form of male inmates in Central Correctional Institution for young offenders, PathumThani, has been divided into 4 parts.

Part 1 - 10 questions of psychological and emotional well-being

Part 2 - 10 questions of physical well-being

Part 3 – 10 questions of
social well-being

Part 4 – 10 questions of
intellectual well-being

3. Satisfaction questionnaires, the researcher studied the documents, dance therapy's styles, studied guidelines, and methods for creating measures and evaluation scale model in order to determine questions in the assessment form. The 18 questions that the researchers have created is five-point rating scale, had been presented to the three experts in order to find the IOC and research validity. Consequently, the researchers have chosen the questions that has IOC from 0.5 and over to be in this research.

8. DATA COLLECTION

The researchers have collected data from the sample group according to the steps as follows.

1. Preparation

1.1 The researchers coordinated with agency of the sample group and collected data, in order to meet, clarify objectives, and ask for cooperation in doing a research.

1.2 Prepare a letter requesting permission for conducting research on humans, by using letters of consent in participating in research trials from the sample group.

1.3 Prepare an official letter asking for cooperation in organizing activities And collect data from the sample group, from Faculty of Fine and Applied Arts, Rajamangala University of Technology Thanyaburi to Department of Corrections and Central Correctional Institution for young offenders, PathumThani.

2. Methodology

2.1 The researcher informed the activities, activity's location of participants and the activity equipment's that were used to the Central Correctional Institute for Young Offenders, PathumThani staffs

2.2 The researcher applied Purposive sampling method to this research. The 40 wholeheartedly participants were selected from the staff. Moreover, the participants need to complete the 40 General Health Questionnaire before the activity start.

2.3 The researcher conducted the Khon activity's twice a week for 6 weeks. Each performance last 90 minutes.

2.4 The researcher collected the data of the last perform activity by 40 General Health Questionnaires and Satisfaction questionnaire. The pre and post test data itself were analyzed using SPSS statistic. In addition, the result of the Satisfaction Questionnaire was also interpreted into statistics to support the result of methodology.

9. DATA ANALYSIS

This research is a Qualitative data analysis with SPSS program. The researcher data were divided into Pretest and Posttest to Code the data. The methods are following:

1. Checking an accuracy and prove the reliability and validity of The data plan of Khon Performance, General Health Questionnaire and Satisfaction Questionnaire. Later, entering the data into analysis program.

2. Data Analysis Methods are following;

2.1 Identified the quality of the research instrumentation and IOC indexes of Khon.

2.2 Identified an appropriate of Khon Project using the basic statistic included Mean and Standard deviation

2.3 Identified the satisfaction scale using the basic statistic included Mean and Standard deviation

2.4 Compared between the Pretest and the Posttest of Khon Well-being activity using T-Test for Dependent Samples

3. Discussed the data by analyzing the whole data into Statistic Table

10. CONCLUSION

This research studied Khon's style to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani. The conclusion was following;

1. The evaluation result of Khon's activity which to promote to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani. The plan consisted of the main point of Activity plan's, the process of activity, an assessment and research instruments. The activity was divided into 3 sessions;

Sessions 1 – Preparation (Week 1 – First and Second)

- Orientation / Team building activity
- Sharing body of knowledge of Khon activities / getting to know Khon to male inmates

Session 2 – The initial practicum of basic Khon dancing / character selection (week 2 – 3 / 3rd – 6th time)

Session 3 - Practiced the performance (week 4-6 / 7th – 12th time)

The style Khon's activity which to promote to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani was applied the body movement and practiced following khon dance. Besides this, this research aimed to use a group process to build the Well-being to the participants. The activity spent the Khon performance twice a week for 6 weeks. Each performance last 90 minutes.

Then, the research instruments were developed to be more effective under the suggestion of the 3 experts, found that the average was between 0.67 – 1.00. According to the result indicated that the components of Khon activity were related. Additionally, the result was 4.65 with the standard deviation 0.60 shown that Khon activity was very consistency to the 3 experts. In summarizing, the expertise proved that the style of Khon's activity which to promote to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani was the most effective.

2. Comparing the result of applying Khon Activity to promote Well-being of male inmates in Central Correctional Institution for young offenders, PathumThani found the result of Pretest and Posttest that

2.1 The negative result of the Pretest was 87.75 and the standard deviation was 0.49 while the average of positive of well-being was 37.18 and the standard deviation was 0.62

In order to compare the result of the negative well-being and the positive well-being implied that the average of the

negative well-being was significantly higher than positive well-being about 23.75.

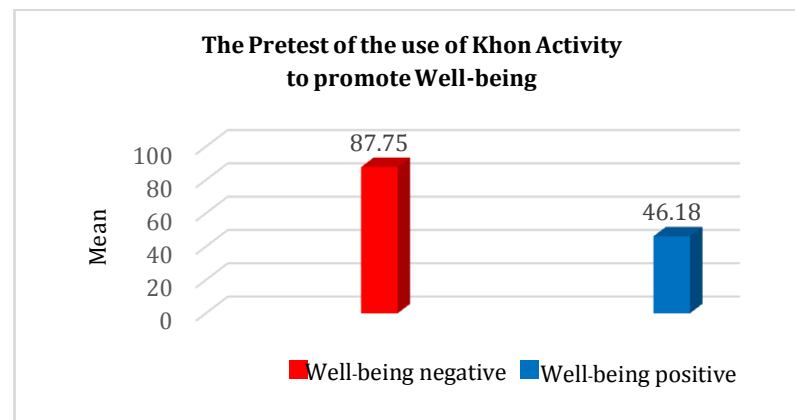


Figure 1: The average number of the Pretest of the use of Khon's activity to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani

2.2 The Khon Activity to promote Well-being of male inmates in Central Correctional Institution for young offenders, PathumThani Posttest's showed the result that the average of negative Well-being was 47.17, the standard deviation was 0.65. On the other hand, positive Well-being was 90.25, the standard deviation was 0.56. In order to compare the average of negative and positive Well-being Posttest results investigated that the average of negative Well-being results was significantly lower than positive Well-being at 43.80

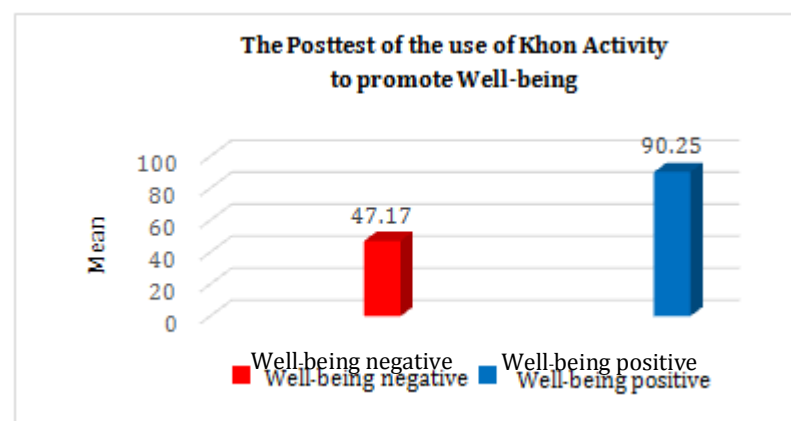


Figure 2: The average number of the Posttest of the use of Khon's activity to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani

3. The satisfaction towards of using Khon's activity to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani showed an average at 4.43 and the standard deviation was at 0.58. According to the statistic can be concluded that the offenders had high satisfaction towards using Khonactivities to promote well-being. To consider in each factor found that as following;

3.1 The satisfaction of young offenders toward activity content was 4.54 and the standard deviation was 0.58. This satisfaction factor was at the highest level.

3.2 The satisfaction of young offenders toward the speaker was at the highest level, 4.65 and the standard deviation was 0.56

3.3 The satisfaction of young offenders toward the activity conducted was at the high level, 4.49 and the standard deviation was 0.60

3.4 The satisfaction of young offenders toward the benefit of activities conducted was at the high level, 4.04 and the standard deviation was 0.57

Table 1: An average and standard deviation of the satisfaction of male inmates toward Khon activity to promote Well-being of male inmates in Central Correctional Institution for young offenders, PathumThani. (n = 40)

Topic	\bar{x}	SD	Level of Satisfaction
Activity Content			
Speaking Clearly and be able to understand	4.36	0.66	High
Learning objectives	4.53	0.55	Highest
Course Content Updated	4.57	0.61	Highest
Useful	4.68	0.49	Highest
Overall	4.54	0.58	Highest
Lecturer / Conductor			
Learning Objectives	4.55	0.59	Highest
Conduct with Potential	4.53	0.62	Highest
Attention Getter	4.78	0.44	Highest
Good Supervise	4.76	0.54	Highest
Answer Clearly	4.61	0.59	Highest
Overall	4.65	0.56	Highest
Conducting activity			
Proper Activity	4.57	0.58	Highest
Activity Appropriate with Content	4.52	0.57	Highest
The Sequence of Activity	4.49	0.60	High
Proper Time	4.37	0.65	High
Overall	4.49	0.60	High

Table 2: An average and standard deviation of the satisfaction of male inmates toward Khon activity to promote Well-being of male inmates in Central Correctional Institution for young offenders, PathumThani.

Topic	\bar{x}	SD	Level of Satisfaction
The benefit of activity			
Knowledge before doing activity	1.55	0.57	Less
Knowledge after doing activity	4.72	0.55	Highest

Participant receive good supporting	4.57	0.60	Highest
Activity has been applied to real life	4.61	0.65	Highest
The benefits meet the needs of the participants.	4.76	0.49	Highest
Overall	4.04	0.57	High

11. DISCUSSION

This research studied the use of Khon for promoting well-being of male inmates in Central Correctional Institution for young offenders, PathumThani. The discussion investigated as following;

The result of investigating Khon's style to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani, consists of the mandatory of activity, the process, the assessment and the research instruments. The researcher applied the Khon's style to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani. In this activity, the researcher adopted a pattern of KHON practice according to tradition and norm. In additional, group process method has been applied. The activity was conducted twice a week for 6 weeks. Each performance last 1 hour 30 minutes. According to an investigate, an average number of an assessment was 0.67-1.00. This result presented that the experts' opinions were congruent and the suitability of Khon's style in general has been related. The experts mentioned that an overall Khon style's is appropriated at the highest level at 4.65 and the standard deviation was 0.60. From previous discussion, the experts agreed that promoting and applying the Khon's style to promote well-being of male inmates in Central Correctional Institution for young offenders, PathumThani was at the highest level. The researcher divided an activity into 3 parts as follows;

Session 1 - Preparation (Week 1 - First and Second time)

Orientation / Team building The researcher studied and applied group activity into this process in order to develop and grow an ability and self-confident, to be able to learn and support well-being themselves. Moreover, researcher aimed to build proficiency and learn appropriate ways of behaving. Among these objectives of this process, the research expects the participants will be able to understand more about Social Norms. After participated an activity, the offenders valued the cooperative in terms of doing several activities and built a good relationship among the offenders. This conclusion corresponded to Rogers, C. R. (1970: 121-122) mentioned that group recreational activity has been shown to decrease good relation. Apart from this, group recreational activity also built the sincerity, motivation and having good behave, be aware of themselves. Meanwhile, Button, L. (1974: 1-2) expressed that group creatively activity is the tool to help to be human being. At the same time, Chatsupaku, K. (2003: 6) defined that the exchange experience can develop group member behavior. More than that, group leader could work effectively due to group members having wholehearted to facilitate their group to establish relationships among the members. The group experiences led to better group performance by increasing member ability.



Figure 3: Orientation and team building activities for male inmates in central correctional institution for young offenders, Pathum Thani.

Sharing body of knowledge of Khon activities / getting to know Khon is activities to share body of knowledge for promoting well-being of male inmates in terms of intellectual which gain knowledge and understanding about Khon, history, style, characteristics, and benefit and value of Khon. It encouraged male inmates to understand, realize the importance of Khon, and cherish the arts of Khon. It was discovered that after finished sharing body of knowledge of Khon activities to male inmates by watching Khon performances' videos of The Foundation for the Promotion of Supplementary Occupations and Related Techniques of Her Majesty Queen Sirikit of Thailand (The Support Foundation), male inmates understood Khon, studied and practiced before Khon performance and study how to watch KHON. These made male inmates more interest to study and practice Khon. It corresponded with Kanpaipuen, P. (2006: 103) who shared a body of knowledge and practiced Martial Art of Muay Thai to male convicts in central prison, Kanchanaburi province. It revealed that the convicts had more positive attitude as they knew the benefit of Muay Thai practice for strengthening the quality of people in the nation and increasing the maturity at

working in the future. It caused convicts to become more interested and satisfied with Martial Art of Muay Thai. They gave Muay Thai importance than other activities, tried to learn and participated in practices as much as the requirement.



Figure 4: Sharing body of knowledge of Khon activities / getting to know Khon to male inmates in Central Correctional Institution for young offender, Pathum Thani.

Session 2: Basic Khon practice / specific character selection (the 2nd – 3rd week / the 3rd – 6th time)

In this activity, the researchers adopted a pattern of KHON practice according to tradition and norm. It was used as a basic practice of postural movement to promote well-being in term of physical well-being, psychological and emotion well-being. The researchers observed the facial expressions of the inmates. It revealed that they paid attention, intended to practice, had a body movement or changed posture into positive way. The body movement was more energetic and more relaxed. It corresponded to Rittibul, P. (2018: 139) who mentioned that KHON performance was not only the enjoyment on the stage. In learning and practicing KHON, can also provide orderliness because Khon practice is like military training that must achieve unison in the gesture shown and also gives strength and patience because in practice or performing, the performers must wear Khon mask, tight costumes and

accessories. There are a lot of weight. The performer needs to step on another performer. A performance story interspersed with a lot of the virtues, lessons and unity because the performers must perform together. Knowing of love and respect to senior is a normal practice. It corresponded to Prashyanusorn, P. (2005: 2) who mentioned that the medical reports suggested to use Dance Therapy for treatment. There are a lot of cases that succeeded in treatment such as developing positive image, improving self-esteem, reducing stress, anxiety and depression, reducing separation, improving communication skills and promoting well-being. It corresponded to Lindner, E. C. (1979: 37-45) who mentioned that Dance Therapy was the use of choreography or body movements associated with the rhythm and the use of body's space and energy as fundamental tools for therapy. Dance therapy applied the relationship among components of body movement. It led to expression and socialization. Marian Chace (1896-1970) mentioned that Dance Therapy was physical movement and able to help trauma patients. It emphasized on the needs of expression that was in a form of group expression and the processes of each group. Using the rhythm of body movements to achieve systematization or empowerment and dance for unity.



Figure 5: Basic Khon practice / specific character selection female inmates in Central Correctional Institution for young offender, Pathum Thani.

Session 3: Practice performance style (the 4th-6th week / the 7th-12th time)

In this activity, the researchers chose Garuda dance practice for male inmates by practicing and repetitive

performing until flexibility and musical rhythm were occurred. The use of body's space and energy as fundamental tools promoted physical well-being and led to the performance of male inmates in front of the executive of Correctional Institution, prison wardens and male inmates in other areas. It promoted psychological and emotional well-being and built self-confidence, self-acceptance, self-esteem and self-understanding. After performance finished, certificates were provided to male inmates who participated in practice. It corresponded to Kanpaipuen, P. (2006: 103) who shared a body of knowledge and practiced Martial Art of Muay Thai to male convicts in central prison, Kanchanaburi province. It was discovered that the male inmates had more positive attitude after practice as they knew the benefit of Mae Mai Muay Thai practice for strengthening the quality of people in the nation and increasing maturity at work in the future. It caused convicts to become more interested and satisfied with Martial Art of Muay Thai. They gave Muay Thai importance than other activities, tried to learn and participated as much as the requirement. It corresponded to Yomdit, C. and Others (2005: abstract) who researched a study of a newly developed model of Muay Thai training and promotion integrated in festival project of sports with Thai wisdom. It was discovered that empowerment techniques were important factor to boost physical and mental energy of participants for achieving practice's goal through the best process both WaiKru and KrobKru ceremony before performance. The participants involved in all steps of practice. After practice, participants were developed in terms of physical, emotional, social and intellectual development, also learned self-protection and helping others, and showed

the creative expression. These created the feeling of cherishing in Thai culture, generosity and the creative problem-solving especially the thinking, doing and solving problem process which caused love of nation, religion and king, and solve other violence problems.



Figure 6. Activities of Khon performance practice and certificate ceremony of male inmates in Central Correctional Institution for young offender, PathumThani

2. Comparison of before and after using Khon for promoting well-being of male inmates in Central Correctional Institution for young offenders, PathumThani, discovered that the negative mean score of well-being was higher than the positive mean score at 23.75 before using Khon to promote well-being and the standard deviation was at 0.56. After using Khon to promote well-being, the negative mean score of well-being was lower than the positive mean score at 43.80 and the standard deviation was at 0.61. When compare the mean score of the before and after experiment using Khon to promote well-being discovered that the mean score

of the before and after experiment was at 20.05 and the standard deviation was at 0.59. In conclusion, the positive well-being of male inmates was higher with the statistical significance at .05 level. It corresponded to Yomdit, C. and Others (2005: abstract) who researched a study of a newly developed model of Maui Thai training and promotion integrated in festival project of sports with Thai wisdom. It was discovered that empowerment techniques were important factor to boost physical and mental energy of participants for achieving practice's goal through the best process both WaiKru and KrobKru ceremony before performance. The participants involved in all steps of practice. After practice, participants were developed in terms of physical, emotional, social and intellectual development, also learned self-protection and helping others, and showed the creative expression. These created the feeling of cherishing in Thai culture, generosity and the creative problem-solving especially the thinking, doing and solving problem process which caused love of nation, religion and king, and solve other violence problems. It corresponds to Prahyanusorn, P. (2005: Abstract) who studied on the effects of dance therapy on sleep quality among elderly in the aging club. The findings of this study revealed that, after the experimental: the post-test sleep quality scores for the experimental group were significantly lower than the pre-test scores with the statistical significance at 0.001. Dance therapy could be used for promoting sleep quality in the elderly.

3. Male inmates' satisfaction towards Khon for promoting well-being in Central Correctional Institution for young offenders, PathumThani. It was discovered that male inmates were generally satisfied

with the mean at 4.43 and the standard deviation at 0.58, which was considered as high level. It corresponds to Rittibul, P. (2016: 66) who researched a study of the effects of dance therapy on the new male inmates' stress in the Central Correction Institution for young offenders, PathumThani. It revealed that male inmates were satisfied at a high level with the mean at 4.34 and the standard deviation at 0.55. It also corresponds to Kanpaipuen, P. (2006: 103) who shared the knowledge of the art of Mae Mai Muay Thai to the male inmates in the central prison, Kanchanaburi province. It was discovered that male inmates had more positive attitude as they knew the benefit of Mae Mai Muay Thai practice for strengthening the quality of people and increasing maturity at work in the future. Male inmates were interested and satisfied with the art of Mae Mai Muay Thai. They knew and gave the art of Muay Thai importance than other trainings, tried to learn and complete the training.

12. RECOMMENDATION

1. Recommendations for applying research results

1.1 Activities organizers should have knowledge and understand of the system at Central Correction Institution for young offenders and activity process. They should properly prepare and coordinate with the officers at the Central Correction Institution for young offenders, must have public awareness, be patient to inmates, supervise every step of activity, be ready to transfer knowledge from the basic and develop them to achieve goal of activity.

1.2 The application of activity pattern should be studied the sample group and the type of activity then use all tools that researcher used in this

research for the most appropriate and efficient.

2. Recommendations for future research

2.1 This research related to a study of the use of Khon for promoting well-being of male inmates in Central Correctional Institution for young offenders, PathumThani, that help to promote well-being of male inmates in terms of physical, psychological, emotion, social and intellectual well-being toward a positive result. Exercise activities should be arranged along with the development of meditation at the same time.

2.2 This activity pattern should be developed in other professional fields which is useful for inmates to increase happiness, reduce stress and increase occupational skill for living.

2.3 Activities period should be extended as Khon's activities takes time to practice for flexibility and proficiency that make male inmates feel interested and want to truly practice.

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