

*The Using of Guidance Process for Promoting Opportunity  
of Adolescent Mothers in Udon Thani*

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**Abstract**

The purposes of this study were to study the needs and the guidelines for supporting of opportunities educational, career, and personal and social of adolescent mothers by using of guidance process for promoting opportunity of adolescent mothers. The participants of this research were 6 adolescent mothers by purposively selected that they were early pregnancy before 15 years of age, uneducated, unemployed, and they ask for help in One Stop Crisis Center (OSCC). The results of this research as follows: 1) the adolescent mothers need opportunity educational that they think education very important for well-being. If possible, they need opportunity career and education together with take care of children to grow up, they need to understanding, encouragement, acceptance, and don't add insult to injury from family and social, 2) the guidelines for supporting opportunities educational, career, and personal and social of adolescent mothers as follow: 2.1) give advice education system about fundamental education, non-Formal education, informal education and vocational education, 2.2) give career test and guidelines to know about aptitude for working, 2.3) give information about prevention and solution of adolescent pregnancy problem act, BE 2559 (2016), 2.4) consulting individual and group about encourage to pass the difficult time, 2.5) organize empowerment activities for adolescent mothers to give strength and know about purpose of life. Therefore, this study knows about background of adolescent mothers, the needs of opportunities educational, career, and personal and social and guidelines to supporting of adolescent mothers to live a balanced life.

Keyword: Guidance Process for Promoting Opportunity, Adolescent Mothers, Case Study

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## **Background and Statement of Problem**

Problem of teenage pregnancy is regarded as globally important issue. The United Nation set the decrease of pregnancy during the age of 15-19 as Millennium Development Goals (MDGs). Furthermore, Sustainable Development Goals (SDGs) set the decrease of teenage pregnancy between the age of 10-14 and 15-19 to be part of the achievement goal no.3 concerning the assurance for life quality and promotion of good health to all genders according to international goal to be achieved within 2030 (Department of Health, Ministry of Health, 2017). The rate of teenage pregnancy in Thailand had increased significantly during 2000-2012. The pregnant rate of 1,000 teenagers between the age of 15-19 per woman population between the age of 15-19 increased from 31.1 percentage to 53.4 percentage; the pregnant rate of 1,000 teenagers between the age of 10-14 per woman population between the age of 10-14 increased from 0.5 percentage to 1.8 percentage. However, during 2012-2015, the pregnant rate of both groups tended to decrease to 44.8 per 1,000 women population between the age of 15-19 and 1.5 per 1,000 women population between the age of 10-14 in 2015. In 2015, after dividing the health areas into 7 areas, the result found that the rate of teenage pregnancy of 1,000 teenagers between the age of 15-19 was higher than teenagers between the age of 15-19. The health area no.8 (located in Udon Thani Province) was the surveillance area and found the high rate of recurrent pregnancy. The rate of recurrent pregnancy in teenagers between the age of 15-19 tended to increase gradually in the last five years, which were 11.3, 11.8, 11.9, 12.5, and 12.8 percentage during 2010-2014 accordingly. In 2015, the rate of recurrent pregnancy in teenagers between the age of 15-19 decreased slightly to 12.5 percentage (Bureau of Reproductive Health, Ministry of Health, 2015). Based on the birthrate of teenage mothers in Udon Thani, the result found that the birthrate of teenagers between the age of 15-19 per 1,000 women population in 2017 was 2,235 people from the total population of 54,879 people, and the birthrate of teenagers between the age of 10-14 per 1,000 women population in 2017 was 67 people from the total population of 48,588 people, which was regarded as 1.37 percentage. In addition, the birthrate of teenagers between the age of 15-19 in 2016 in Udon Thani after dividing the areas based on sub-district found that the birthrate in Amphoe Mueang District was 69.47 per 1,000 women population between the age of 15-19, which was considered the highest rate in Udon Thani Province (Udon Thani Provincial Health Office, 2017). Teenage pregnancy has led to many problems since teenage parents encounter obstacles concerning graduation and educational opportunity. According to the data from 2013, it showed that 32 percent of teenage parents left school. This could be concluded that teenage gave birth at least 100,000 people per year. Most of them left school and could not continue studying. Moreover, the data from Office of the Education Council reported that the rate of school dropping in primary level during 2005-2012 had increased from 0.9 percentage to 2.7 percentage, from 5.1 percentage to 6.2 percentage in lower-secondary level, and from 4.2 percentage to 6.5 percentage in upper-secondary level (Ministry of Health, Bureau of Reproductive Health, 2016). In addition, the result found that some teenage parents did not continue their study, and forced to leave school, find new school, or leave their job to become unemployed. Some turned into “children raise children” condition. The international study suggested that inequality and unprotection of basic rights of these girls were challenging, and it was important to find the solution for teenage pregnancy including the girls’ lack of education, discontinuing school, being inaccessible to sexual education and information, lack of skills to refuse sexual

relationship or skills leading to building family, and being inaccessible to contraceptive service including sexual harassment. Therefore, having a large number of teenage mothers in Thailand may undeniably lead to the loss of human resource of the country (United Nations Population Fund, National Economic and Social Development Board, 2013).

The researcher is a lecturer major in psychology, and is assigned to teach in the courses of psychology for teacher and guidance, and sexual education at Faculty of Education, Udon Thani Rajabhat University. Furthermore, the researcher is one of the committee members to develop teachers teaching sexual education working with Path2health Foundation and Office of the Basic Education Commission as well as being in charge of academic department (sexual education center) in North-east region including committee member to prevent and solve teenage pregnancy problem in Udon Thani. While being on duty, the researcher observed that although there has been prevention on teenage pregnancy, but there is no concern toward teenage mothers whether they would see themselves in the future, or if there was an opportunity for them, and what direction should the treatment be. In order to receive qualified data and answer those questions, the process of guidance, which was the process to create self-understanding, understanding others, and surrounding, provided five services. Moreover, this study used case study from Individual Inventory Service as a tool to study the needs for opportunity in education, occupation, personal, and society of adolescent mothers. After receiving the data regarding the needs for opportunities, the researcher used Information Service, Counselling Service, and Placement Service as ways to promote opportunities in education, occupation, personal, and society including following-up the treatment by using Follow-up Service.

### **Objectives of the study**

1. To study the needs for opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani, Thailand.
2. To study ways to promote opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani, Thailand.

### **Scope of the study**

1. The population of the study was teenagers, who were pregnant under the age of 15 and gave birth during 2015-2017 at Udon Thani Hospital, and lived in Amphoe Muang District, Udon Thani, Thailand.

#### **2. Samples of the study**

2.1 Key informants, who were related to the case study, which consisted of husbands, parents, teachers, school executives, village headman, public health volunteers in the village, government officers, psychologists, social workers working under One Stop Crisis Center (OSCC), Ministry of Social Development and Human Security, hospitals, Udon Thani Provincial Social Development and Human Security Office, and Udon Thani Shelter.

2.2 Key informants, who were adolescent mothers in the case study. Six samples were selected using purposive sampling and the following criteria: being pregnant under the age of 15, giving birth at Udon Thani Hospital during 2015-2017,

living in Amphoe Muang District, Udon Thani, asking for assistance from OSCC and Ministry of Social Development and Human Security, discontinuing study, and being unemployed.

## **Research Methodology**

This research was to study the process of guidance to promote opportunities of adolescent mothers in Udon Thani. The study was a qualitative research and used case study approach, which is the process to study the personal detail of a particular person to create self-understanding, understanding others, and the surrounding. Also, the study was aimed to find the treatment in term of prevention, solution, and development in education, occupation, personal, and society. The process of the case study was selecting the participants, collecting data, analyzing data, diagnosing, and providing treatment as well as following-up (Maneesrikum, 1996:58). Furthermore, the researcher set the research plans according to the following objectives.

### **1. Studying the needs for opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani**

1.1 The researcher had studied from secondary data, which was written in records such as academic documents, books, research papers, dissertations, and relevant electronic documents for preparation and guidance in conducting the study.

#### 1.2 Data collection

1.2.1 The researcher built the relationship with the case in order to introduce herself, inform the objectives of the study as well as maintaining secret and giving gratitude for their participation in this study.

1.2.2 The researcher observed adolescent mothers and people relating to them by using participation observation and non-participation observation together with using other instruments to collect data.

1.2.3 The researchers interviewed adolescent mothers and people relating to them by using semi-structured interview. The interview questions were divided into four parts covering the objectives of the study, which were 1) personal profile and family; 2) circumstance of pregnancy; 3) handling problem and discontinuing study; 4) opinion toward the problem and opportunity as well as the need to receive opportunities in education, occupation, personal, and society.

1.2.4 The researchers visited the participants' homes to study the facts concerning family background and family of teenage mothers by investigating economic background, living environment, and family relationship whether they were relevant or contradict to information given from the interview or other methods of collecting data.

1.2.5 The researcher used life history approach with teenage mothers by asking them to write under the topic "My needs for opportunities" and analyzing their biographies according to Froehlich's theory (1958). Ormission, length, vocabulary, level or depth of expression, organization, gloss, fabrication, appearance, and tonal variations are parts of teenage mothers' biographies that had been analyzed.

1.2.6 The researcher used psychological test.

1.2.6.1 Vocational Reading Test was conducted by referring to the personality theory of John L. Holland, an American psychologist. The researcher used the adapted version of Mr. Ruechuchai Potha in Mae Hong Son Province (Potha, 2015: 1-6). The test consisted of 54 items and divided personality into six types,

which were realistic, investigative, social, conventional, enterprising, and artistic. Moreover, the test consisted of vocational interest test, basic vocational orientation test, and self-confidence test.

1.2.6.2 Transactional Analysis (TA) based on the theory of Eric Berne. The test consisted of 30 items as followed: 6 items of disciplinary parents; 6 items of compassionate parents; 6 items of adultery states; 6 items of children's natural state; and 6 items of children's adapting state. The researcher used TA adapted by Sucheera Patrayutthawat (2005).

1.2.6.3 WHOQOL-BREF-THAI developed by Suwat Mahatnirunkul *at el.* (1997: 1-3). The questionnaire was used for people during 15-60 years and consisted of questions concerning four domains of life quality, which were 1) physical domain; 2) psychological domain; 3) social relationships; 4) environment.

1.2.6.4 General Health Questionnaire in Thai version (Thai GHQ 12-28-30-60). The questionnaire was developed by Thana Ninchaikovit *at el.* (1996). The questionnaire covered four aspects, which were unhappiness, anxiety, social impairment, and hypochondriasis.

1.2.6.5 Center for Epidemiologic Studies-Depression Scale (CES-D) in Thai version, which was developed by Assistant Professor Dr. Aumaporn transombat, Dr. wachira Lapboonsap, and Piyalamporn Havanon (Transombat *at el.*, 1996). The test was used for people during 15-18 years and consisted of 20 questions concerning the depression occurred during the past week.

## **2. Studying ways to promote opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani**

2.1 Data Analysis: The researcher analyzed the data using data triangulation from the data collection such as home-visiting and the interview. The correctness of data was reviewed and collected according to the objectives of the study. Moreover, the data was divided according to category to investigate the relationship of the circumstances in order to see the overall study.

2.1.1 Daily analysis is the data collected daily from the interview, observation, home-visiting, biography, and test. The researcher examined the data by using categorical writing. If some data was missed, the researcher would know and find more additional information.

2.1.2 Total data analysis is the analysis of data after the data is already collected by using the data from daily analysis to categorize and compare the relationship between social context and culture based on theory to explain the existing circumstances.

2.2 Diagnosis: The researcher used the result analysis to consider and diagnose the cause or the background of the problem including positive behaviors, which lead to the right and suitable direction to solve problems.

2.3 Treatment: The researcher considered ways for promoting opportunities in education, occupation, personal, and society appropriately. Furthermore, the researcher might set both main solutions and secondary solutions for proceeding. This might help to save the cost of both labor and time. Since some issues might not be according to the hypothesis, therefore the primary solutions might not be effective and the secondary solutions are needed. However, if both solutions were impractical, or could not be solved, there would be a review and gathering of additional information.

2.4 Follow-up: The researcher followed up the treatment after one month of receiving treatment. The follow-up ways were home-visiting, interview, observation,

and telephone call to investigate whether the treatment could prevent future problems, and problem of those who were provided education decreases and that they could proceed their plan, adapt, and live in the society happily. Furthermore, the follow-up was aimed to improve the treatment in case that it was not suitable.

## **Results/ Research Findings**

**From the study of the needs for opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani, can be concluded as followed:**

### 1. The need for educational opportunity

1.1 From the interview and observation from people relating to the case study found that there was a need for educational opportunity in the form of non-formal and informal education.

1.2 Case Study: From the interview, observation, home-visiting and biography of the cases found that there were five cases, who needed educational opportunity in the form of non-formal and informal education. The participants expected to receive long term of educational opportunity in upper-secondary school level, Practical Nursing Program (Intercare School), bachelor degree, and police school. There was one case, who did not want to pursue further study.

### 2. The need for occupational opportunity

2.1 From the interview and observation from people relating to the case found that there was an expectation to be teacher, police, and practical nurse. However, their occupational expectation had changed after pregnancy since they did not see any occupational opportunity. At the present, some interviewees would like their cases to be able to raise kid as well as work, whereas some did not want their case to work at all.

2.2 Case Study: From the interview, observation, home-visiting and biography of the case found that the participants dreamed to be teacher, police, and practical nurse before the pregnancy. At the present, three cases would like to receive occupational opportunity that allowed them to have income and raise their kid. However, three cases did not want to receive any occupational opportunity. From Vocational Reading Test found artistic, social, and conventional personalities along with data and tool aptitudes.

### 3. The need for personal and social opportunities

3.1 From the interview and observation from people relating to the case found that there was a need to have the case adapt into motherhood as well as having skills to raise a kid, understanding the development, being responsible, controlling self-emotion, and needing fund supported from the government.

#### 3.2 Case Study

From the interview, observation, home-visiting and biography of the case found that the participants needed opportunity from their family in term of understanding, supporting, cheering, and talking nicely.

From the psychologist test, Transactional Analysis (TA) found that the case study consisted of the following personalities: Personality A was low, which represented the lack of reasons, the use of emotion, being dependable, unconfident and unintelligent; Personality AC was high, which represented being compromise, unconfident, nervous, and afraid of future events; Personality FC was high, which represented being fun and friendly, the lack of concentration, being unreliable and flirting, the lack of life security, being irresponsible and easily changeable.

WHOQOL-BREF-THAI refers to acknowledgement of life quality in physical, mental, social relationship, and self-environment aspects (Mahatnirunkul *at el.*, 1997: 1-3). The result found that the average score of life quality of five cases were moderate, and the average score of life quality of one case is high.

General Health Questionnaire (Thai GHQ 12-28-30-60), which examines the mental health problem, found that five cases dealt with mental health problem, whereas one case had no mental health problem.

Center for Epidemiologic Studies-Depression Scale (CES-D) in Thai version found that four cases dealt with depression and should be diagnosed for treatment, whereas one case was in severe depression and another one case was not in the state of depression.

**From the study of ways to promote opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani, can be concluded as followed:**

1. Ways to promote educational opportunity for those relating to the cases and the cases were group guidance and single guidance by providing information service and placement service regarding further study, non-formal and informal education, formal education in school and technical college including Act For Prevention And Solution Of The Adolescent Pregnancy Problem, B.E. 2559 (2016).

2. Ways to promote occupational opportunity for the cases was to provide information service regarding career path based on the questionnaire, online job, and part-time job in the city.

3. Ways to promote personal and social opportunities

Provide advice concerning adolescent psychology to people relating to the cases.

Provide group guidance and single guidance to the cases by giving information about Government-Paid Paternity Leave, funding for special case from Udon Thani Shelter, child's development. The group guidance activity was held for two days to help teenage mothers. The activities consisted of review life from past to present, finding needs and setting the priority, relaxing from stress, asking for assistance from many departments, and empowerment.

**Discussion**

**From the study of the needs for opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani, can be discussed as follows:**

1. According the need for educational opportunity, the result found that people relating to case study and the cases needed educational opportunity for good working career in the future. Furthermore, educational opportunity also referred to educational equality. Section 10 in National Education Act stated that educational management should allow individual to have the same right and equality to receive at least twelve years of qualified basic education. In case that individual is not able to depend on themselves, or lack of guardians or opportunity, those individuals should receive special basic education (National Education Act B.E. 2542, 1999)

Moreover, the result also found that the case study needed Non-formal Education (NFE), which referred to systematic learning management that is not regular hour in school. This non-formal education provided service to other groups of population including both adult and children. It aimed to help the target group develop their life and social skills by trying to create sustainable and life-long education. Therefore, this is considered providing opportunity for those who lack or miss to study in schools, and allowed then to seek knowledge, practice skills, and create attitudes that are needed in living as well as adapting (Thammavithikul, 2010).

2. According to the need for occupational opportunity, the result found that some cases did not want to have an occupation since their children were too young, whereas some cases wanted to work while raising their children at the same time, because they had more responsibilities and did not want to be the burden of their parents. However, since they were young, a chance to find a job was difficult. Therefore, they tended to plan for further study along with planning for a job at the same time. According to Ngernthong, Kantaraksa, Chalernsuk, 2015: 60), teenage mothers planned their further study and working in appropriate time, but needed assistance from their parents.

3. The need for personal and social opportunities

According to people relating to the case study, they wanted the case to be responsible, mature, able to control emotion, and understandable toward children as well as needing government fund. Kanjanavetang (2015:102) stated that children, who were born from teenage mothers, usually dealt with development and growth problem. Also, the children were abandoned since the mothers lacked of skills to raise children. Therefore, there should be advice to raise children using breast milk, how to store breast milk, and having the father as supporter in raising children. Moreover, relevant department should be cooperated to provide help to teenage mothers from time to time in the case of crisis. Furthermore, the cases stated that they needed financial opportunity from the government. According to Kanjanavetang (2015:102), the financial assistance and response to the needs should be provided to teenage mother and her family.

According to the case study, the result found that teenage mothers had depression and faced with mental problem. Wongniyom & Apinuntavechv (2014:203) explained that the increasing of teenage pregnancy affected physical, mental, emotional, and social problems of both teenage mothers and her children both during pregnancy and after giving birth. The infant usually weighed less than the average, preterm delivered, and died after birth. 10 percentage of the infant was abandoned. As the effects toward teenage mothers, they usually encountered depression after four years of giving birth. At the present, the rate of teenage mothers having depression is 8.8 percentage. Therefore, the cases need opportunity from family to understand and support them. Kanjanavetang (2015:102) suggested both sides participation to solve problems, mental development, building relationship with children, practicing nursing skills, and effective long-term contraception to prepare teenage mothers when confronting problems and having mother's role.

**From the study of ways to promote the opportunities in education, occupation, personal, and society of adolescent mothers in Udon Thani, can be discussed as follows:**



1. Ways to promote educational opportunity were to provide information concerning formal and non-formal education including the curriculum, expenses, job's progression, benefits and limitations. Bowman (cited in Srirueng, 2001), had analyzed the opportunity for education that educational opportunity means providing enough information to children for selecting school as well as deciding when to continue studying or work. Norris *at el.* (1960: 24-29) stated that educational information is to provide information and detail that are correct and useful to create education opportunity for both present and future. However, in order for children to use the above information usefully and to make a decision appropriately, the researcher also provided information of Act for Prevention and Solution of the Adolescent Pregnancy Problem B.E. 2016.

2. Ways to promote occupational opportunity are to provide occupational guidance that allowed teenage mothers to select the occupation based on their aptitude and ability by using The Vocational Reading Test. Freeman (1966) stated that the Vocational Reading Test is standardized tool made to measure characteristics objectively by using verbal and nonverbal responses from the samples. Allowing the cases to realize their interest and aptitude is called personal arrangement, which arrange a person appropriately in the position based on his or her intelligence, interest, characteristic and aptitude so that the person can work suitably. This study helped the cases to continue further study in lower-secondary and upper-secondary levels of both formal and non-formal school. Furthermore, it helped the cases to receive assistance form government unit as well as adapting as teenage mothers. Junlasup (2015: 291-292) explained the meaning of personal arrangement that it is to arrange a person suitable to his or her intelligence, interest, characteristic, aptitude, ability, health condition, economic status, general condition, and social needs regarding educational and occupational aspects.

3. Ways to promote personal and social opportunities were to provide counselling that allowed people to adapt themselves better while living with the family, working, studying. Providing personal and social counselling helps improving mental health, creating self-understanding, and accepting both themselves and others. Those who received counselling would have an opportunity to consider their needs, interest, and be able to make the decision by themselves. Kaikaew (2016:315) provided definition of counselling that it is the process to help people by using two-way conversation, which is the counsellor and those received counselling. The process creates good relationship and allows those received counselling to understand their problem as well as making decision by themselves. However, the counsellor must have knowledge and understand the process, concept, and skill for providing help effectively. In this study, the researcher used individual counselling, which was a private counselling that allowed both sided to help each other solve problem. Also, group counselling, which is the process to build relation among people in the group, were used to allow the members to understand themselves and accept both self- and other behaviors. The atmosphere of the counselling was trustworthy, which helped leading to self-discovery and self-understanding along with the change of desire behaviors (Mahler, 1969:11).

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