

The Effects of using storytelling activities in past by using Su Ji Pu li Skills of older adult with depression

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Abstract- The purpose of this research was to study the effects of using storytelling activities in past by using Su Ji Pu li Skills of older adult with depression : a case study of Ban Daeng Subdistrict, Phibun Rak District Udon Thani Province. The population studied is the elderly in Ban Daeng Subdistrict. Phibun Rak District Udon Thani Province There are 752 elderly people from 13 villages. The sample consisted of 30 elderly (experimental group) participated in the activity and 30 informal (control groups). The scope of the elderly living in Ban Daeng Subdistrict Phibun Rak District Udon Thani Province Specific sample according to the specified criteria (Inclusion criteria) are 1) the elderly aged between 60-79 years, both male and female which was screened for depression from the 9 question depression test with scores between 7-18 points indicating depression to a small to moderate level 2) able to help oneself and participate in activities 3) Have ability to see and hear 4) have normal memory 5) be happy to participate in activities 6) never participated in activities telling stories in the past before. Therefore, the results after using storytelling activities in past by using Su ji pu li of older adult with depression, a case study of Ban Daeng Subdistrict, Phibunrak District Udon Thani Province (Experimental group) found to change or found differences. According to the statistical significance of .05

Keywords: storytelling in past, su ji pu li skills, depression

I. INTRODUCTION

Thailand has formally defined the elderly, where "seniors" refer to persons over sixty years of age and of Thai nationality. According to the Elderly Act 2013 (Ministry of Social Development and Human Security, 2014) results from the advancement of medicine, technology and advances in public health. Making the elderly healthier and counting the days of increasing numbers Information from the Office of the National Economic and Social Development Board shows that Thailand has entered an aging society. Because the number of the elderly population has exceeded 10 percent since 2005 and increased to 10.4 percent, 10.5 and 10.7 percent in 2005, 2006 and 2007, respectively. In 2020 and in the next 20 years, 2030 will more than double to 25 percent, which is considered a fully aging society. (Foundation of Thai Gerontology Research and Development Institute, 2012) any society with more than 10% of the population aged 60 years and over is considered to have entered an aging society and will become an aged society when the proportion of the population is 60 years old. To increase by 20% (Gray et al, 2013) The increasing number of older people has made the elderly a large population that requires more care. From the 3-year Thai Mental Health Survey data report of the Department of Mental Health and the National Statistical Office 2008-2010, it was found that the elderly 60 years and over had the lowest mental health score compared to other age groups. (National Statistical Office, 2012), which is considered as the psychological vulnerability of the elderly. People with poor health Is someone who is not happy Which may affect daily life such as insomnia, loss of focus, depression, depression, wanting to do something Do not want to eat food which affects the health of the body. Together with the face of social change, we feel worthless, loneliness, neglect, and emotional and emotional impact that older people have to adapt much to. Various changes occur This situation affects the elderly. (Wongpanarak and Chalayakitti, 2014)

Case study of the elderly From the Ban Daeng district survey Phibunrak District Udon Thani Province. There are 1,975 houses with a population of 9,372 people with an elderly population of 752 people out of 13 villages, including Village Moo 1 Baan Daeng, Moo 2 Ban Nong Phak Waen, Village No. 3 Ban Chai Wan Noi, Moo 4 Ban Dong Yang, Village No. 5 Ban Pho, Village No. 6 Ban Don Khueng, Moo 7 Ban Daeng, Moo 8 Ban Non Du, Moo 9 Ban Non Lue Chai, Moo 10 Baan Daeng, Moo 11 Baan Daeng, Moo 12 Baan Chai Wan Phatthana, Moo 13 Baan Daeng (Thailand data center, 2019)

From the occupational survey of people working in Ban Daeng Sub-District Phibunrak District Udon Thani Province Most of them work in agriculture, raising animals, weaving 80 percent of which the new working age does not inherit the occupation from their ancestors By going to work in other provinces And work abroad where income is better than sending money to support children Grandchildren and

family In addition, the child is in school age to go to school on official days. This causes the elderly to become loneliness and have no value, consisting of the elderly being the age that has to face changes in all aspects of deterioration. Which can affect the occurrence of mental health problems resulting from physical illness Chronic disease, deterioration, illness, discomfort Inability to work as usual, impaired performance, forgetfulness, and less self-help Reduced social roles, less income, more dependence This makes us unhappy, discouraged, feel worthless, and these deteriorating changes. May cause depression in the elderly

Depression is a common mental health problem in the elderly. The World Health Organization estimates that 151 million people of the world suffer from depression, with the year 2030 likely the most likely to cause depression in the world (Kasiwong and Kongthanachayopit, 2015) and depression is a major public health problem in Thailand, when the elderly suffer from depression, it affects both physical and mental life. Corresponding from an academic article on reminiscence therapy: psychosocial therapy in elderly depressed patients, ie, other physical symptoms such as High blood pressure in the blood vessels in the body and in the brain or heart disease, etc., leading to the risk of death or disability. Additionally, emotional changes such as sadness, frustration, disappointment, or pressure. Behavior change from former likes or interests, becomes disliked or reduced to doing things that were previously enjoyed or performing daily activities. Including thoughts about self that have no value Resulting in a decrease in quality of life. (Sunthornchaiya, 2011)

Risk factors for depression in the elderly include biological factors such as heredity, neurotransmitters in the brain. Psychological factors such as personality, perverted thinking Feelings of hopelessness Seeking help Socio-cultural factors, such as experiencing an event in life The high of the beloved Losing social status Lack of social support, etc. It can be seen that depression is a consequence of risk factors, including changing awareness. Unable to deal with the problem properly Reduced communication ability Or unable to take care of himself (Sunthornchaiya, 2011)

Psychosocial therapy It is the treatment of giving information by considering the functions related to cognition, mental state, emotion, personality, culture, society and environment. Affect the behavior, expression and function of various parts In the human body, behavioral and cognitive modulation therapy. Interpersonal therapy Therapy focused on problem solving Support And memory therapy Or to remember the past (Sunthornchaiya, 2011) also known as "Storytelling of the past", telling a story of the past that incorporates Su ji pu li skills, the researcher would like to describe Su ji pu li skills as follows: skill refers to skill or ability to act or perform in any way. one This could be a physical, intellectual or social skill that arises from practice. or frequent actions and Let us explain the meaning of Su ji pu li, Su (or Sut) means "listen". Receiving information from conversation until able to summarize content Chi (or Imagine) means "think", think, analyze, synthesize, construct and be able to Will link information for reasons to discover solutions In solving different problems, button (or question) means "to ask". Asking or using questions. To get a summary of the concept Or guidelines that will be used to solve problems This includes interacting with others and ly (or destiny) means "to write", record and take information. For their own understanding and convey to others to understand Including speaking communication skills, presenting in the community (Kanjanaakunchorn, 2007) Su ji pu li (listening, thinking, asking, writing) skills, this is an important skill which is the reason why it was used in historical storytelling activities using Sujipu. The story of the elderly is a historical storytelling activity using Su ji pu li skill as knowledge management. To bring out the inner experience or knowledge of the narrator to share with others. Listeners can take the experience Or the knowledge that has been applied to their work They may stimulate thought, analysis, synthesis, criticism, creativity, and also allow them to participate in storytelling or conversation. By asking good questions, a lot of the narrator's experience is drawn, and the notes are truly informative to the narrator's experience.

Therefore, past storytelling activities using the elderly Su ji pu li skills can enable the elderly to reflect on their self-esteem. Self esteem Reduce depression Happy to tell a story and can be a record keeping in the past

Research Objectives The purpose of this research was to study the effects of using storytelling activities in past by using Su Ji Pu li Skills of older adult with depression. : a case study of Ban Daeng Subdistrict, Phibun Rak District Udon Thani Province.: a case study of Ban Daeng Subdistrict, Phibun Rak District Udon Thani Province.

(Ongsakul, 2009) During the year since 1947-1957, many Sattapans have been sold in stores, someone had stolen Sattapans and sold to antique shops, hotels, and resorts. The altar table from Central culture has replaced Sattaphans. Nowadays, Lanna people see it as a strange thing, not understanding, lack of knowledge, not knowing the underlying significance. Sattapan are different from the altar table of the Central region because all Buddhists can light a candle at any summit of Sattapans to pay respect to the Buddha image in the temple. As for the altar table in some societies that popularity, class, politics, and government intervene, requiring those who can light incense candles at the altar of the Buddha must be

the president of the ceremony or the elders of the community only. This article is part of a research paper on "Search and storage of Lanna information project" Funded research funding from the Office of Cultural Heritage., Department of Cultural Promotion, Ministry of Culture of Thailand. Results from this research and storage project Sattapans Lanna has been registered as a National Intellectual Cultural Heritage in the field of traditional craftsmanship category of folk artworks by the Heritage Bureau Cultural Wisdom Department of Cultural Promotion Ministry of Culture in 2012.

II. Review of Literature Innovation

Principles and consistency that were fundamental in designing historical storytelling activities using Su ji pu li skill. Past storytelling activities using Su ji pu li skills obtained from the above studies. The researcher used to design historical storytelling activities using Su ji pu li skills, using and applying the basic concepts from Ericsson's theory of psychosocial development. It is a fundamental theory of telling stories from the past (Sunthornchaiya, 2011). Story telling of the past It is a fundamental concept from Erikson's theory of psychosocial development that emphasizes the importance of the developmental stage of aging known as "ego integrity". "Individuals have developed a mental state in seeing their own lives with importance and meaning. Which leads to a feeling of self-esteem Accept the present life and the satisfaction of life. Can prepare to go to death without fear of death. "Another important concept is the basic concept of psychosocial therapy (Wongpanarak and Chalayakitti, 2014) Psychosocial therapy is the basis for the integration of psychological and social treatment. There are various methods, including counseling, psychotherapy, environmental therapy, or ecological therapy. Family therapy, etc. psychosocial therapy It is the preparation to manage the residue. Emotional problems have the process of communicating group relationships as a model society that helps to learn, understand oneself, understand problems, accept and face them and reach their potential. Apply to the elderly from the onset of sadness Have different levels of depression and using past stories can be helpful in treating elderly people with depression. Help them develop problem solving skills to make them able to live life. which by using the storytelling of the past using the skill Sujipuli (listening, thinking, asking, writing) this skill

III. CONCEPTUAL FRAMEWORK

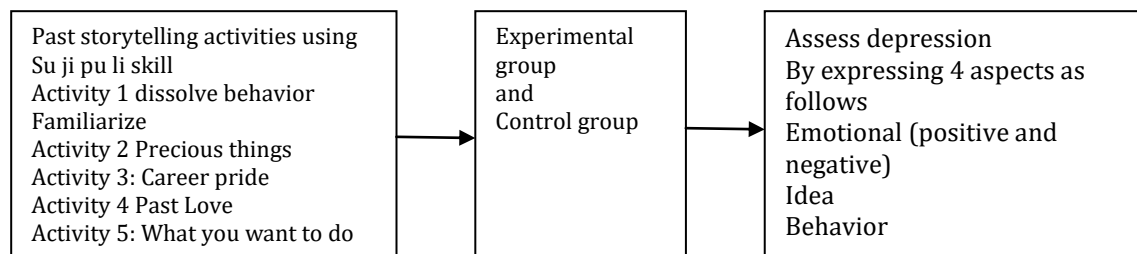


Figure 1 :Conceptual Framework

IV. RESEARCH METHODOLOGY

The purpose of this research was to study the effects of using storytelling activities in past by using Su Ji Pu Li Skills of older adult with depression as follows: The population studied is the elderly in Ban Daeng Subdistrict. Phibun Rak District Udon Thani Province There are 752 elderly people from 13 villages. The sample consisted of 30 elderly (experimental group) participated in the activity and 30 informal (control groups). Data used in the research 1) The activity of telling the past stories of the elderly using Su ji pu li skills, with 5 activities as follows: Activity 1 dissolves behavior Create Familiarity, Activity 2 Precious Things, Activity 3 Proud Professionals, Activity 4 Past Love, and Activity 5 Things I Want to Do 2) The tools used for data collection consist of 3 sets as follows: Set 1: Depression screening form 9 questions for the elderly Set 2 Record form for telling the past stories of the elderly by using Su ji pu li skill set 3 Depression assessment form in the elderly. Data analysis and statistics used in analyzing the data

1) Analyze the personal data of the samples using statistics of frequency distribution, percentage, mean and standard deviation according to each measurement level. 2) Compare the average score of depression before and after the experiment in the experimental group and the control group. By using the independent t-test and comparing the differences in depression scores of the elderly before and after the inter-group trial. By using the Paired samples test t-test.

V. FINDINGS

FINDINGS

Table 1 shows the results of screening for depression among the elderly. Case Study of Ban Daeng Subdistrict Phibunrak District Udon Thani Province (Experimental group)

Score	Depression score	Number of screeningAs a percentage (people)
0-6	Normal score	-
7-12	Slight depression score	27
13-18	Medium depression score	3
More than 19	Severe depression score	-
Total		30

From Table 1 shows the screening results of depression among the elderly (experimental group), a case study at Ban Daeng Subdistrict. Phibunrak District Udon Thani Province Using the 9-question depression screening, it was found that 7-12 scores, low depression scores, 27, 90 percent, and 13-18 mean moderate depression scores. 10 percent, a total of 30 people, or 100 percent

Table 2 shows the number of elderly in Ban Daeng Sub-District Phibunrak District Udon Thani province classified by gender (experimental group)

Score		Total	As a percentage
1	Sex	Male	12
2		Female	18
		Total	30
1	Ages	60-65	11
2		66-70	11
3		71-75	5
4		76-79	3
		Total	30

From Table 2, the number of elderly in Ban Daeng Sub-district Phibunrak District Udon Thani Province Classified by gender (experimental group) found that most of them were 18 men, 60 percent, and 12 women, 60 percent, totaling 30 people, or 100 percent.and shows the number of elderly in Ban Daeng Sub-District Phibunrak District Udon Thani Province By age, it was found that the age of 60-65 years and age 66-70 years, the number of people, 11, accounted for 36.60 percent, age 71-75 years, or 16.67 percent. 76-79 years, or 10 percent, respectively.

Table 3 summarizes the data on the results before and after the historical storytelling activities using the elderly Su ji pu li skill on depression in Ban Daeng Sub-District. Phibunrak District Udon Thani Province (Experimental group)

Condition	Before activity		Criterion	After activity		Sig.
	Mean	S.D		Mean	S.D	criterion
Emotional side						
Total of emotional (positive) side	3.16	.57	Moderate	4.47	.73	very
Total of emotional (negative) side	3.24	.19	Moderate	2.14	.52	low
Total of thoughts side						
Total of behavior side	2.73	.29	Moderate	4.50	.46	very
Total of body side	3.08	.32	Moderate	4.62	.36	most
All sides side,	3.12	.13	Moderate	4.07	.13	very

* p < 0.05

From Table 3, it was found that the research summary of the results before using the past storytelling activities using the elderly Su ji pu li skills on depression, a case study at Ban Daeng Subdistrict, Phibunrak District Udon Thani Province (experimental group) in descending order The details are as follows: No. 1 summarizes the emotional sum (Negative) was moderate (mean 3.24), No. 2 summed up the emotional sum (positive) was moderate (mean 3.16), and No. 3 summed up the total on the body. In the medium level (mean value of 3.08), No. 4: Conclusion of ideas Is in the medium level (mean 3.00), No. 5 sum of behavior. Was in the moderate criteria (mean 2.73) and summed up all aspects of emotional, cognitive, behavioral and physical aspects. Moderate (mean 3.12)

Table 4 shows the results of screening for depression among the elderly. Case Study of Ban Daeng Subdistrict Phibunrak District Udon Thani Province (Control group)

Score	Depression score	Number of screeningAs a percentage (people)
0-6	Normal score	-
7-12	Slight depression score	30
13-18	Medium depression score	-
More than 19	Severe depression score	-
Total		30

From Table 4 shows the results of screening for depression among the elderly. Case Study of Ban Daeng Subdistrict Phibunrak District Udon Thani Province Using the 9-question depression screening test, it was found that 7-12 scores, a minor depression score of 30 people, representing 100 percent, a total of 30 people, representing 100 percent.

Table 5 summarizes the data on the results before and after the historical storytelling activities using the elderly Su ji pu li skill on depression in Ban Daeng Sub-District. Phibunrak District Udon Thani Province (Control group)

Condition	Before activity		Criterion	After activity		Sig. criterion
	Mean	S.D		Mean	S.D	
Emotional side						
Total of emotional (positive) side	3.69	.93	Moderate	3.43	.66	moderate .325
Total of emotional (negative) side	3.34	.12	Moderate	3.21	.16	moderate .728
Total of thoughts side						
Total of behavior side	3.48	.28	Moderate	3.12	.30	moderate .123
Total of body side	3.49	.37	Moderate	3.43	.40	moderate .245
All sides side,	3.53	.34	Moderate	3.31	.45	moderate .058

* $p < 0.05$

From Table 5, it was found that the research summary of the results before using the past storytelling activities using the elderly Su ji pu li skills on depression, a case study at Ban Daeng Subdistrict, Phibunrak District. Udon Thani Province (Control group) in descending order The details are as follows: No. 1 summarizes the emotional (positive) criteria in the medium (mean 3.69), No. 2 summarizes the physical overall. Was in the medium level (mean 3.53), No. 3 sum of behavior Is in the medium level (mean 3.49), No. 4 Sum of ideas. In the medium (mean 3.48), No. 5: The emotional (negative) sum was moderate (mean 3.34) and summed all the emotional, cognitive, behavioral and physical aspects. Moderate (mean 3.40)

Table 6 shows the details of the comparative analysis results before the past storytelling activities using Su ji pu li skills of the elderly on depression, a case study at Ban Daeng Subdistrict, Phibunrak District. Udon Thani Province (Experimental group and Control group) by analyzing pair t-test.

Condition	Before activity						Sig.
	Experimental group mean	S.D	Criterion	Control group mean	S.D	Criterion	
Emotional side							
Total of emotional (positive) side	3.16	.57	Moderate	3.69	.93	Moderate	.000*
Total of emotional (negative) side	3.24	.19	Moderate	3.34	.12	Moderate	.007*
Total of thoughts side	3.00	.24	Moderate	3.48	.28	Moderate	.000*
Total of behavior side	2.73	.29	Moderate	3.49	.37	Moderate	.000*
Total of body side	3.08	.32	Moderate	3.53	.34	Moderate	.000*
All sides	3.12	.13	Moderate	3.40	.10	Moderate	.000*

* $p < 0.05$

From Table 6, it was found that the results of comparative analysis of the results before using storytelling activities in past by using Su ji pu li of older adult with depression, a case study of Ban Daeng Subdistrict, Phibunrak District Udon Thani Province (Experimental group and control group) By analyzing the pair t-test, the details are as follows.

The results before historical storytelling activities using Su ji pu li (experimental and control group) assessed depression in both emotional (positive) and behavioral aspects were found to be significantly different at .05. There were 14 significant differences in the emotional (negative) aspects at .05

Table 7 shows the details of the comparative analysis the results After using storytelling activities in past by using Su ji pu li of older adult with depression, a case study of Ban Daeng Subdistrict, Phibunrak District Udon Thani Province (Experimental group and Control group) by analyzing pair t-test.

Condition	Before activity						Sig.
	Experimental group			Control group			
	Mean	S.D	Criterion	mean	S.D	Criterion	
Emotional side							
Total of emotional (positive) side	4.47	.73	Very	3.43	.66	Moderate	.000*
Total of emotional (negative) side	2.14	.52	Low	3.21	.16	Moderate	.000*
Total of thoughts side	4.64	.36	Most	3.12	.30	Moderate	.000*
Total of behavior side	4.50	.46	Very	3.43	.40	Moderate	.000*
Total of body side	4.62	.36	Most	3.31	.45	Moderate	.000*
All sides	4.07	.13	Verv	3.23	.16	Moderate	.006*

* p < 0.05

From Table 7, it was found that the results of comparative analysis of the results after using storytelling activities in past by using Su ji pu li of older adult with depression, a case study of Ban Daeng Subdistrict, Phibunrak District Udon Thani Province (Experimental group and control group) By analyzing the pair t-test, the details are as follows.

The results after historical storytelling activities using Su ji pu li (experimental and control group) assessed depression in the emotional (positive), emotional (negative), behavioral and physical aspects of depression. They differ significantly from that. 05 and the emotional side (negative) found that there were 14 significant differences at .05

VI. DISCUSSIONS

Elderly refers to a person who is in the late age of life, divided into 4 stages: 1) The Young Old (The Young Old), the age range 60-69 years old, is a period that has to experience changes in life. During this period there are various capacities such as retirement, etc. 2) The Middle Age Old Age 70-79 years is the period of illness. Participation in activities decreased 3) The Old Age range 80-89 years old, it is more difficult to adapt to the environment because of having more privacy. This phase needs help from others and 4) The Very Old age range 90-99 is a time of extreme health problems, and requires non-competitive activities. Doing activities that are satisfied and want to do. It is a phase of happiness, peace, self-satisfaction. According to Maslow's theory Needs of the elderly Has classified basic needs until the highest demand, there are 5 types as follows: 1) physical needs (Physiological Needs) are basic needs in terms of factors including food, housing, clothing. And medicine 2) Safety Needs are needs to be protected in terms of danger and safety in life and property 3) Love Needs is a need to be loved. 4) The need for respect from others (Esteem Needs) is the highest requirement of individuals who seek honor, reputation, respect, and respect from others that cause 5) Self-Actualization Needs are the ultimate needs of individuals to achieve their distinct characteristics, potential and ability to live the desired goals.

In the third stage, the love needs, the elderly also have the need to be loved by the people involved and the society as well as the need to be a part of society. Continued Step 4: Esteem Needs are the highest demands of people who want honor, reputation, respect and esteem from others that create pride. And finally, the need for the elderly is the fifth step. Self Actualization Needs are the ultimate needs of individuals to achieve their distinct characteristics, potential and ability to achieve their goals. As wish but with the characteristics of the elderly who have physical changes such as blurred vision, farsightedness, difficulty hearing, forgetfulness, repeating the same story. wrinkled skin, constipation, incontinence Slow motion, etc., which is not working as well as before This can lead to depression in the elderly. The criteria for diagnosis of depression according to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) developed by the American Psychiatric association (APA) consisted of the following indications (Ekawarangkun, 2010) At least 5 or more of the following symptoms occurred at the same time over 2 weeks: 1) a sad mood all day or most of the day 2) reduced attention Down a lot or don't want to talk to anyone I do not want to do anything almost every day. 3) Do not enjoy the things that were previously enjoyed. 4) Significant weight loss without dieting intention. Or weight gain significantly because of eating. 5) Insomnia or sleep a lot almost every day 6) slow movement and thinking or restlessness 7) Weakness, fatigue, lack of energy It's almost every day. 8) Feeling worthless or feeling more wrong than usual. It's almost every day; 9) poor concentration, trouble thinking, or difficult

decisions almost every day; and 10) suicidal thoughts or attempts at suicide. These above symptoms. All are the causes of depression arising from a combination of factors. The factors are as follows: 1) psychological factors such as feelings of hopelessness, worthlessness, personality, thinking and perversion 2) socio-cultural factors such as experiencing an accident in life. The loss of a loved one Confused about what has passed and cannot adapt Causing physical and emotional conditions to change (Yayong and Louboonthawatchai, 2011) and 3) Biological factors such as heredity. Neurotransmitters in the brain are caused by abnormalities in brain processes. Which acts directly related to the regulation of emotional expression, including serotonin, northerfinefin (norepinephrine) and dopamine (dopamine) imbalance is decreased than normal (Ekawarangkun, 2010). These factors include feelings of hopelessness, worthlessness, personality, perversion, and misfortune in life. The loss of a loved one Confused about what has passed and cannot adapt And brain function imbalance neurotransmitters Causing the elderly to be unable to develop a stable mental state Will lead to feelings despair, finally looking at himself worthless Leading to depression or mental illness The researcher then researched and studied the joint skills activity, creating a storytelling activity in the past using the Su ji pu li skill, which is one of the important activities that will enable the elderly to see their own lives Through an analysis and evaluation of past events or experiences (Sunthornchaiya, 2011). This will affect the elderly with less depression. and can be reduced accordingly Next, the researcher would like to explain the meaning of past storytelling means knowledge management. To bring out the inner experience or knowledge of the narrator to share with others. The listeners can apply their experience or knowledge to their work. Without wasting time to start studying on a new subject the steps of storytelling are as follows: 1) Set a topic or knowledge that you want to share experiences or Share it with your audience. 2) Find a suitable person for that topic. Who are very experienced and can request to tell stories Enthusiasm and ability to speak well Being fluent is what results in a storyteller to be successful in storytelling, so the topic and speaker must be related to each other. Tell a story The atmosphere doesn't have to be very formal. There may be a change in the scene. Service, snacks, etc. The storyteller must be grouped. Small group of listeners That takes place after the narrative has ended to form a social network. Between the narrator and the audience 5) the outcome of the narrative The narrative may be released on video or posted on an intranet to share. Group listeners with a special interest in the topic. With the storyteller leading the group, summarizing the story, the narrative may also encourage and enable participation in storytelling or discussion. Asking good questions really helps bring out the narrator's experience and really matches the narrator's experience.

VII. CONCLUSION

In this research, there was a combination of activities with skills. It is a storytelling activity and Su ji pu li skills together, it is an activity for telling stories of the past using Su ji pu li skills together. Su ji pu li skills are summarized by meaning of Su ji pu li as follows: 1) Su ji pu li (Or net) means "listen", receiving information from conversation, lecture, debate with understanding until being able to summarize content Grasp the important issues and knowledge gained from listening to the knowledgeable or reading documents, texts, stories that are easy, including having good lectures Friendliness Meeting people who inspire Deep listening skills Meeting point grasping skills. 2) Chi (or imaginary) means "think". Analytical thinking. Synthetic Critical thinking Creative use And be able to link various reasons to discover different approaches To solve different problems by using MindMap to think about processing information. Valuing information The process of converting information into knowledge 3) Button (or question) means "asking". Asking or using questions. An interview with a person to obtain information that is one of knowledge May be asking To obtain information To summarize the concept Or guidelines that will be used to solve problems This includes interacting with others. 4) Li (or destiny) means "to write", record and shoot. It may be a general record of information obtained from a conversation, a lecture, a discussion. Is a conceptual plan For their own understanding and convey to others to understand Including speaking communication skills, presenting in the community, etc. (Kanjanaakunchon, 2007)

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SUGGESTION

1. Past storytelling activities can use formats or methods such as recording one's own thoughts. role play using imagination, etc., for less depression, respectively.
2. Depression uses a joint activity, skill, or technique. Therapy in various methods, including

psychosocial therapy Family therapy and environmental treatment etc.

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