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# USING ACTING ACTIVITIES ON SELF AWARENESS TRAINING COURSES FOR PERSONNEL IN PRIVATE ORGANIZATION

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## ABSTRACT

This article aims to study the using acting activities on self awareness training courses for personnel in private organizations. The objectives of this study are: (1) to create acting activity patterns and procedures for self awareness; (2) to study the satisfaction on learners after using the acting activities . The target group is personnel in leading bank and finance private organizations in Thailand. There are 30 learners from 1 classes. The finding of self is (1) Using 4 card game, DISC model and SCARF model as activity patterns in the classes. There are steps in order to do activities as follows: 1. Lectures on models, theories and methods for doing activities and personality analysis. 2. The learners analyze their own personality through various activities and theories. 3. The learners present their own analysis to others. 4. The learners present what is analyzed by others; (2) The learning style is to know one's emotions and body through the play, with the following activities: 1) Read the play and analyze how the feelings of the characters in the story are and what emotions and thoughts arise. 2) Present ideas 3) Try reading the script as a character and explore how what was analyzed at the beginning was the same or changed. 4) Present ideas (3). Improvisational performance style from the analyzed play script. 1) Try rehearsing with your partner, focusing on body exploration. 2) Present your thoughts and discuss them 3) Try to perform in front of the group 4) Discuss what you learned.

(2) The results of learners' satisfaction after using acting activities on self awareness training courses were at a very good level. The learners commented that all activities were interesting. These are skills that can be put to good use in real life.

**Keywords:** Activities, Acting, Self awareness training courses, Thai private organizations

## INTRODUCTION

Staying up to date is essential in an era where the world is flooded with information online. Knowing information from around the world second by second sits the voice within oneself. The flow of information creates confusing thinking because sometimes the information obtained is not the same. This can lead to emotional confusion. Keeping up with ourselves in this day and age helps humans balance the information and external sounds that surround us with the inner sounds of thoughts. Emotions which affect physical expression more appropriately. Self-understanding can lead to understanding of others later.

## OBJECTIVE

1. To create acting activity patterns and procedures for self awareness.
2. To study the satisfaction on learners after using the acting activities.

## RESEARCH METHODOLOGY

This research methodology is as follows: researchers gathered documentary information from researching books, textbooks on self awareness and textbooks on personality theory to create activities that will be used to train personnel in self awareness courses. There are two types of research tools: 1. Identity acting activities are 1) The finding of self. 2) The learning style is to know one's emotions and body through the play and 3) Improvisational performance style from the analyzed play script. and 2. Training evaluations from trainee organizations. There is a research process as follows:

1. Study documents, books, textbooks on self awareness and personality theory to create appropriate activities for use in training 2) Gather identity acting activities from the researcher's teaching experience over 20 years to be used in training 3) Create activities based on the concept of identity analysis and self awareness 4) Have experts examine tools and implement activities to improve 5) Apply activities to teach 30 learners personnel in the organization on 12 hours. 6) Evaluate training results 7) Analyze and summarize results, write as a report.

2. Data analysis is divided into two parts: content analysis to identify training patterns and procedures for developing personnel in self awareness courses, and analysis of training satisfaction assessment results using simple statistics e.g. percentage, etc.

## RESULTS

There are 3 types of acting activities and procedures for the training of self awareness courses for personnel in private organizations.

1. The finding of self are 1) 4 card activities, 2) DISC theory activities, and 3) activities based on SCARF MODEL theory.

- 1) 4 card activity, an activity that analyzes one's personality from 4 cards.

1. Always cards, cards that reflect character traits that are frequently done.

2. Sometimes cards, cards that reflect 2 character's traits that are polar opposites but are in us, such as being diligent/lazy. In this card, a percentage must also be included in each character trait, such as diligent 70/ lazy 30, etc., and enter # to see the situations or conditions that cause the habit or express it, such as being diligent, #working with other people, and being lazy, #work on yourself, etc.

1. Rules card, is a card of belief, values that are adhered to, and rules are the rules that applies to oneself or others, such as punctuality, prudence, etc.

2. Unknown card, is a card that is an unconscious character trait. This card will only describe the concept, but it will not do the activity, as it is a card of ignorance.

This activity allows learners to analyze their own characteristics based on the characteristics of each card and present it to others, as well as use case studies for analysis.

- 1) DISC theory-based activities that identify the characteristics of the four types of people will allow learners to understand the differences and goals of the four categories of people, leading to different types of thinking and decision-making, and allowing learners to analyze their own characteristics and partners and present them to others.

- 2) SCARF MODEL Theory-based activities describe the five factors that cause people to respond differently based on their status, certainty, freedom, relevance, and justice, and allow learners to analyze their own characteristics and their partners and present them to others.



**Figure 1:**  
Explaining the principles of DISC theory  
Source: Kusuma Teppharak



**Figure 2:**  
Giving an example of SCARF MODEL  
Source: Kusuma Teppharak

There are steps in order to do activities as follows:

1. Lectures on models, theories and methods for doing activities and personality analysis.
2. The learners analyze their own personality through various activities and theories.
3. The learners present their own analysis to others.
4. The learners present what is analyzed by others

The results of learners after using acting activities on self awareness training courses. Learners reflect that learning through acting activities allows learners to see and accept mistakes and shortcomings in themselves and others. And they can use the skills they have practiced to control themselves and continue to improve themselves. Simialar as the research of **Chutima Maneewattana** [1] named The perception of buddhism in thai contemporary performing arts is a qualitative research. This is a work that studies various forms of Buddhist drama and finds that "a good character should have multiple dimensions, because not accepting and understanding their own dark side will create even more incomprehension of their own life."

2. The learning style is to know one's emotions and body through the play, with the following activities:

- 1) Read the play and analyze how the feelings of the characters in the story are and what emotions and thoughts arise.
- 2) Present ideas
- 3) Try reading the script as a character and explore how what was analyzed at the beginning was the same or changed.
- 4) Present ideas

3. Improvisational performance style from the analyzed play script.
  - 1) Try rehearsing with your partner, focusing on body exploration.
  - 2) Present your thoughts and discuss them
  - 3) Try to perform in front of the group
  - 4) Discuss what you learned.

The results of learners' satisfaction after using acting activities on self awareness training courses were at 4.70 is a very good level. The learners commented that all activities were interesting. These are skills that can be put to good use in real life.



**Figure 3:** All lesson summary  
Source: Kusuma Teppharak

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