APPENDICES

AND A MANUSCRIPT

Flinders University

SOCIAL AND BEHAVIOURAL RESEARCH ETHICS COMMITTEE

Research Services Office, Union Building, Flinders University GPO Box 2100, ADELAIDE SA 5001 Phone: (08) 8201 3116 Email: <u>human.researchethics@flinders.edu.au</u>

FINAL REPORT ACKNOWLEDGMENT

Principal Rese	rcher: Ms Nualnong Wongtongkam	
Email:	wong0453@flinders.edu.au	
Address:	Discipline of Public Health	
Project Title:	Risk factors on youth violence in technical colleges, Thailand	
Project No.:	4880	

The Final Report for the above project has been received by the Committee. No more reports are required for this project.

If you should decide to collect more data for the same purposes you will need to submit a new application.

Should you have any queries please feel free to contact me.

Yours sincerely

aallather

Andrea Mather Executive Officer Social and Behavioural Research Ethics Committee 30 January 2012

cc: Prof Paul Ward, paul.ward@flinders.edu.au





Professor Paul Ward Head, Discipline of Public Health Faculty of Health Sciences, School of Medicine

Level 2 Health Sciences Building,

Registry Road, Bedford Park South Australia GPO Box 2100

Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

LETTER OF INTRODUCTION

Dear Parent/Guardian

This letter is to introduce Ms Nualnong Wongtongkam who is a Ph.D. student in the Discipline of Public Health at Flinders University.

She is undertaking research leading to the production of a thesis or other publications on the subject of "Risk factors on youth violence in technical colleges, Thailand".

She would be most grateful if you would volunteer to assist in this project, by granting your children being interviewed which covers certain aspects of youth violence. No more than half an hour would be required by telephone interview.

Be assured that any information provided will be treated in the strictest confidence and none of the participants will be individually identifiable in the resulting thesis, report or other publications.

Since she intends to make a tape recording of the interview, she will seek your consent, on the attached form, to record the interview, to use the recording or a transcription in preparing the thesis, report or other publications, on condition that your name or identity is not revealed, and to make the recording available to other researchers on the same conditions.

Any enquiries you may have concerning this project should be directed to me at the address given above or by telephone on +61 8722 18415, by fax on +61 8722 18424 or by email (<u>Paul.Ward@flinders.edu.au</u>).

Thank you for your attention and assistance.

Yours sincerely,

Prof. Paul Ward Head, Discipline of Public Health Faculty of Health Science, Flinders University

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project No. 4880). For more information regarding ethical approval of the project the Executive Office of the Committee can be contacted by telephone +61 8201 3116, by fax on +61 8201 2035 or by e-mail human.researchethics@flinders.edu.au



Professor Paul Ward Head, Discipline of Public Health

Faculty of Health Sciences, School of Medicine

Level 2 Health Sciences Building,

Registry Road, Bedford Park South Australia GPO Box 2100

Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

Letter to College Principal

Dear Sir/Madam

This letter is to introduce Ms Nualnong Wongtongkam who is a Ph.D. student in the Discipline of Public Health at Flinders University, Australia. She is undertaking research leading to the production of a thesis or other publications on the subject of "Risk factors on youth violence in technical colleges, Thailand".

This study aims to undertake a qualitative study with a view to develop school based intervention and to understand why young men in Thai colleges engage in violent behaviours. I would be grateful if you are taking part in this research by permission to your students be interviewed a youth topic. Be insured that the research study is met the requirements of the Research Ethical Committees at Flinders University.

The interview should be taken approximately 30 minutes by the telephone interview, and the conversation will be recorded. Be assured that any information provide will be treated in the strictest confidence and none of the participants will be individual identifiable in the resulting of thesis, report, or other publications.

Permission will be sought from the students and their parents to their participation in the research. Only one who consent and whose parents consent will participate. Participants may withdraw from the study at any time without penalty. The role of the college in voluntary and the College Principal may decide to withdraw the college's participation at any time without penalty.

Once, I received your permission to approach students to participate in the study, I will arrange for informed consent to be obtained from participants' parents and participants. Additionally, I will set up a time with your school for interview to take place.

Thank you for your cooperation and assistance

Your Sincerely,

ſψ

Prof. Paul Ward Head, Discipline of Public Health Faculty of Health Science, Flinders University

CONSENT FORM FOR PARTICIPATION IN RESEARCH

(by interview)

Ι....

being the age of 16-18 year olds hereby consent to participate as requested in the study for the research project on risk factors on youth violence in technical colleges, Thailand.

- 1. I have read the information provided.
- 2. Details of procedures and any risks have been explained to my satisfaction.
- 3. I agree to audio recording of my information and participation.
- 4. I understand that:
 - I may not directly benefit from taking part in this research.
 - I am free to withdraw from the project at any time and am free to decline to answer particular questions.
 - While the information gained in this study will be published as explained, I will not be identified, and individual information will remain confidential.
 - Whether I participate or not, or withdraw after participating, will have no effect on my progress in my course of study, or results gained.
 - I may ask that the recording be stopped at any time, and that I may withdraw at any time from the session or the research without disadvantage.
- 5. I have had the opportunity to discuss taking part in this research with a family member or friend.

Participant's signature	Date
Parent/Guardian signature	Date

I certify that I have explained the study to the volunteer and consider that he understands what is involved and freely consents to participation.

Researcher's name

Researcher's signature......Date......Date.....

CONSENT FORM FOR PARTICIPATION IN RESEARCH

(by interview)

Ι.....

Being over the age of 18 year olds hereby consent to participate as requested in the study for the research project on risk factors on youth violence in technical colleges, Thailand.

- 1. I have read the information provided.
- 2. Details of procedures and any risks have been explained to my satisfaction.
- 3. I agree to audio recording of my information and participation.
- 4. I understand that:
 - I may not directly benefit from taking part in this research.
 - I am free to withdraw from the project at any time and am free to decline to answer particular questions.
 - While the information gained in this study will be published as explained, I will not be identified, and individual information will remain confidential.
 - Whether I participate or not, or withdraw after participating, will have no effect on my progress in my course of study, or results gained.
 - I may ask that the recording be stopped at any time, and that I may withdraw at any time from the session or the research without disadvantage.
- 5. I have had the opportunity to discuss taking part in this research with a family member or friend.

Participant's signature	Date
Parent/Guardian signature	Date

I certify that I have explained the study to the volunteer and consider that he understands what is involved and freely consents to participation.

Researcher's name	
Researcher's signature	Date

Interview questions

A father is influenced on youth personality.

- 1. Could you please tell me what is your family backgrounds (father-mother careers, education) ?
- 2. What is your father-mother personalities ?
- 3. If the family want to make decision with something who has the authority to make the final decision ?
- 4. How often do parents having arguments ?

Performing personality

- 1. What the activity you do after finish a class every day ?
- 2. What is your hobby ?
- 3. What is the sport your like ?
- 4. How often do you go to temple for religious activities ?
- 5. What is the future you expect to be ?
- 6. Who will you discuss with when you get any troubles ?

Peer factors

- 1. How many close friends do you have ?
- 2. What activities you do when you hang out with your friends ?
- 3. Who is decide what to do among your friends ?

Violence (Physical fight)

- 1. During the last year, how often did you engage physical fighting ?
- 2. What injuries did you get during physical fighting ?
- 3. What did you feel before and after physical fighting ?
- 4. How often have you be bullying your friends ?
- 5. What is it happen after bullying ?

Substance abuse

- 1. How often have you drunk alcohol a week ?
- 2. How many cigarette do you smoke a day ?
- 3. Have you ever been smoke marijuana or take an amphetamine ?

School bonding

- 1. Could you please tell me about your teachers in the school and you school?
- 2. How often have you absence from your classroom ?
- 3. What is the reason for your absence ?
- 4. What do you want more from the school ?

Community

- 1. Could you please tell me what is the characteristics of your community ?
- 2. Do you think you live in a community safety ?

Flinders University and Southern Adelaide Local Health Network

SOCIAL AND BEHAVIOURAL RESEARCH ETHICS COMMITTEE

Research Services Office, Union Building, Flinders University GPO Box 2100, ADELAIDE SA 5001 Phone: (08) 8201 3116 Email: <u>human.researchethics@flinders.edu.au</u>

FINAL REPORT ACKNOWLEDGMENT

Principal Researcher:		Nualnong Wongtongkam
Email:	wo	ng0453@flinders.edu.au
Address:	Discipline of	Public Health
Project Title:	Validity of qu colleges, Tha	estionnaires to measure risk factors on youth violence in technical ailand
Project No.:	4972	

The Final Report for the above project has been received by the Committee. No more reports are required for this project.

If you should decide to collect more data for the same purposes you will need to submit a new application.

Should you have any queries please feel free to contact me.

Yours sincerely

aallather

Andrea Mather Executive Officer Social and Behavioural Research Ethics Committee 11 November 2011

cc: Prof Paul Ward, paul.ward@flinders.edu.au A/Prof Andrew Day, andrew.day@deakin.edu.au



Flinders University

SOCIAL AND BEHAVIOURAL RESEARCH ETHICS COMMITTEE

Research Services Office, Union Building, Flinders University GPO Box 2100, ADELAIDE SA 5001 Phone: (08) 8201 3116 Email: <u>human.researchethics@flinders.edu.au</u>

FINAL REPORT ACKNOWLEDGMENT

Principal Researcher:		Ms Nualnong Wongtongkam
Email:		wong0453@flinders.edu.au
Address:	Discipline	e of Public Health
Project Title:		risk factors on youth violence and evaluating the effectiveness of on programs to reduce violence in technical college students, Thailand
Project No.:	5027	

The Final Report for the above project has been received by the Committee. No more reports are required for this project.

If you should decide to collect more data for the same purposes you will need to submit a new application.

Should you have any queries please feel free to contact me.

Yours sincerely

aallather

Andrea Mather Executive Officer Social and Behavioural Research Ethics Committee 30 January 2012

cc: Prof Paul Ward, paul.ward@flinders.edu.au Prof Andrew Day, andrew.day@deakin.edu.au





Professor Paul Ward Head, Discipline of Public Health

Faculty of Health Sciences, School of Medicine

Level 2 Health Sciences Building,

Registry Road, Bedford Park South Australia GPO Box 2100

Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

Participant Information Sheet (Cross-Sectional Study)

Introduction

Interpersonal violence is a major cause of injuries and deaths in Thailand. Adolescents are a major group to involve in physical assault, and the arrested rates in adolescents increase gradually in each year. With respect to the adolescent reports, most young people who are arrested in Bangkok, are students from technical colleges where nearly 90% of them are men.

The study is designed to search for risk factors (individuals, peers, families, schools and communities) related to physical fight experiences, and assessed anger levels and depressive symptoms associated with the physical fights. As far as I know, there is no report to explore the youth violence in this population.

Description of study procedure

To access sample population, the cluster sampling technique will be administered by selecting two classrooms within two departments (one classroom per one department) from 5 departments in each Vocational Certificate year level (I-III). The introductory meeting will be set up for providing research information and distributed an information package (information sheet, letter of introduction and consent form) to students in the classrooms at the week before conducting the survey. Place and time will be arranged by a teacher assistant, and he/she will inform students about the day of complete questionnaires in the classroom. Participants who are willing participation in the study will attend the classroom on the appointment day with submitting informed consent. Informed consents will be signed by parents and participants with students under 18 years of age. Questionnaires will be distributed and collected by the researcher.

Nearly 350 students (50-60 students per a classroom) will be recruited to participate their experiences on physical fights and assess psychological disorders (anger and depression) by using self-assessments. CTC Youth Survey questionnaire is involved risk and protective factors (individuals, peers, families, schools, communities), and STXI-2 is determined anger level. Violent definition and classification of violent behaviours (offender, witness and victim) will be measured, also CESD (Center for Epidemiologic Studies Depression Scale) is used to determine depressive symptoms. In the morning of the survey, there are 4 questionnaires will be completed, including violent definition and violent behaviours, STAXI-2, and CESD, with approximately 30 minutes. CTC Youth Survey will be filled up in the afternoon at the same day for approximately 30-40 minutes.

Risk and benefits of participation

There are some risks involved in participation of this study such as anxiety or stress, so youths have the right to withdraw the session by walking out from the classroom at any time. Additionally, there are school counsellors and a psychologist to help participants being minimized problems, and a free hotline service for children and youths called metal health services 1667 from Ministry of Public Health.

Voluntary participation and confidentially

The participants in this study are completely voluntary. The study is concerned to disclose participants' names and addresses, and participants are free to withdraw without filling up questionnaires at any time without penalty. All questionnaires associated with participants' information will be strictly confidential. The data involved in illegal activities (substance abuses and crimes) will be exposed under participants' codes that their names or identities are not be revealed.

Costs and Payments

Participants will be given a reimbursement for their effort and time with 100 Thai Bath (\$ AUD 3.50).

Contact Persons

For more information concerning this study, please contact :

Dr. Nualnong Wongtongkam, Ph.D. student, Faculty of Health Science, Discipline of Public Health, Flinders University, South Australia 5001.

If participants have any questions about their rights as a research subject, they could contact Prof. Paul Ward, Head-Discipline of Public Health [Chair- Flinders Social and Behavioral Research Ethics Committee], Health Science Building, Registry Road Flinders University, GPO Box 2100, Adelaide 5001, Australia.



Professor Paul Ward Head, Discipline of Public Health

Faculty of Health Sciences, School of Medicine

Level 2 Health Sciences Building,

Registry Road, Bedford Park South Australia GPO Box 2100

Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

LETTER OF INTRODUCTION (Cross-sectional study)

Dear Sir

This letter is to introduce Dr. Nualnong Wongtongkam who is a Ph.D. student in the Discipline of Public Health at Flinders University.

She is undertaking research leading to the production of a thesis or other publications on the subject of "Exploring risk factors on youth violence and evaluating the effectiveness of intervention programs to reduce violence in technical college students, Thailand."

She would be most grateful if you would volunteer to assist in this project, by granting a complete questionnaire which covers certain aspects of youth violence. No more than one hour to complete questionnaires would be required.

Be assured that any information provided will be treated in the strictest confidence and none of the participants will be individually identifiable in the resulting thesis, report or other publications. The data involved in illegal activities (substance abuses and crimes) will be exposed under participants' nicknames that their names or identities are not be revealed. You are, of course, entirely free to withdraw your participation without complete questionnaires at any time without penalty.

She will seek your and parental consent, on the attached form, to use the data from questionnaires in preparing the thesis, report or other publications, on condition that your name or identity is not revealed.

Any enquiries you may have concerning this project should be directed to me at the address given above or by telephone on +61 8722 18415, by fax on +61 8722 18424 or by email (<u>Paul.Ward@flinders.edu.au</u>).

Thank you for your attention and assistance.

Yours sincerely,

ſΨ

Prof. Paul Ward Head, Discipline of Public Health Faculty of Health Science, Flinders University

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project No....). For more information regarding ethical approval of the project the Executive Office of the Committee can be contacted by telephone +61 8201 3116, by fax on +61 8201 2035 or by e-mail human.researchethics@flinders.edu.au



Professor Paul Ward Head, Discipline of Public Health

Faculty of Health Sciences, School of Medicine

Level 2 Health Sciences Building,

Registry Road, Bedford Park South Australia GPO Box 2100

Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

Letter to College Principal (Cross-sectional Study)

Dear Sir/Madam

This letter is to introduce Dr. Nualnong Wongtongkam who is a Ph.D. student in the Discipline of Public Health at Flinders University, Australia. She is undertaking research leading to the production of a thesis or other publications on the subject of "Exploring risk factors on youth violence and evaluating the effectiveness of intervention programs to reduce violence in technical college students, Thailand"

This study aims to estimate the prevalence of violence, explore risk factors and evaluate violent sequelae in technical students with a view to implement a school based intervention for reducing violent behaviours. I would be grateful if you are taking part in this research by permission to your students be completed questionnaires in a youth topic. Be insured that the research study is met the requirements of the Research Ethical Committees at Flinders University.

The questionnaires should be taken approximately one hour. Be assured that any information provide will be treated in the strictest confidence and none of the participants will be individual identifiable in the resulting of thesis, report, or other publications.

Permission will be sought from the students and their parents to their participation in the research. Only one who consent and whose parents consent will participate. Participants may withdraw by walking out from the classroom during the test at any time without answers any questions without penalty. The role of the college in voluntary and the College Principal may decide to withdraw the college's participation at any time without penalty.

Once, I received your permission to approach students to participate in the study, and the test schedules will be submitted to you. I will arrange for informed consent to be obtained from participants' parents and participants.

Thank you for your cooperation and assistance

Your Sincerely,

Prof. Paul Ward Head, Discipline of Public Health Faculty of Health Science, Flinders University

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project No..). For more information regarding ethical approval of the project the Executive Office of the Committee can be contacted by telephone +61 8201 3116, by fax on +61 8201 2035 or by e-mail human.researchethics@flinders.edu.au



Participant Information Sheet (Intervention Program)

Introduction

Anger is an emotion that can enhance violence and other behavioural problems. The expression of anger can also negatively impact on physical and psychological problems, so learning how to handle and regulate emotions and how to convey anger expression is a significant task for reducing anger expression, and may lead to reduce violent behaviours with depressive symptoms related to anger expression.

The study is designed to compare the effectiveness between two intervention techniques which are Meditation Mindfulness and Aggression Replacement Therapy, in reducing aggression and depressive disorders among Thai technical college youths.

Description of study procedure

To access sample population, three colleges will be randomized both in Bangkok and in Nakhon Ratchasima provinces, then one selected classroom will be recruited from two departments through one college. Participant in the whole one classroom (40-50 students) will be administered for one intervention within one college. Students will be contacted and invited to participate in the intervention programs with providing information package (information sheet, letter of introduction and consent form). The consent form will be sent to the researcher by mail or handled directly to the researcher, then the meeting will be set up to explain details of intervention program in the college and provide a schedule for attending intervention workshop.

The programs interventions are operated for three full days training (Friday-Sunday) within 6 weeks. Participants who are willing to attend the intervention are required to stay two nights at an intervention place. Pre-test and Post-test questionnaires with the indepth-interview are required.

Mindfulness Meditation (MM) intervention will be conducted by two monks and will be trained in sitting and walking meditation. Additionally, Loving-Kindness Meditation will be applied for compassionate feelings to other people being added up to MM. Regarding Aggression Replacement Therapy (ART), it is a didactic program which contains social competence training, aggression control, and moral education. The ART will be operated by a psychologist and a behavioural facilitator.

Risk and benefits of participation

There are some risks involved in participation of this study such as anxiety or stress, so youths have the right to withdraw the session by dropping out of the workshop at any time. Additionally, there are school counsellors and a psychologist to help participants being minimized problems, and a free hotline service for children and youths called metal health services 1667 from Ministry of Public Health.

Voluntary participation and confidentially

The participants in this study are completely voluntary. The study is concerned to disclose participants' names and addresses, and participants are free to withdraw without attending intervention workshop at any time without penalty. All participants' information will be strictly confidential.

Costs and Payments

Participants will be given a reimbursement for their effort and time with 100 Thai Bath (\$ AUD 3.50) a day while attending a workshop.

Contact Persons

For more information concerning this study, please contact :

Dr. Nualnong Wongtongkam, Ph.D. student, Faculty of Health Science, Discipline of Public Health, Flinders University, South Australia 5001.

If participants have any questions about their rights as a research subject, they could contact Prof. Paul Ward, Head-Discipline of Public Health [Chair- Flinders Social and Behavioral Research Ethics Committee], Health Science Building, Registry Road Flinders University, GPO Box 2100, Adelaide 5001, Australia.



Professor Paul Ward Head, Discipline of Public Health

Faculty of Health Sciences, School of Medicine

Level 2 Health Sciences Building,

Registry Road, Bedford Park South Australia GPO Box 2100

Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

LETTER OF INTRODUCTION (Intervention Program)

Dear Sir

This letter is to introduce Dr. Nualnong Wongtongkam who is a Ph.D. student in the Discipline of Public Health at Flinders University.

She is undertaking research leading to the production of a thesis or other publications on the subject of "Exploring risk factors on youth violence and evaluating the effectiveness of intervention programs to reduce violence in technical college students, Thailand."

She would be most grateful if you would volunteer to assist in this project, by attending in intervention programs which either is Aggressive Replacement Therapy or Mindfulness Meditation. The workshop will be required three full days training (Friday – Sunday) for 6 weeks and stayed two day overnights in intervention taken place. Additionally, you are required to complete questionnaires in pre-test and post-test intervention with the in-depth interview. You are, of course, entirely free to withdraw your participation without attending workshop, without filling up questionnaires and without answering in any questions during interview at any time without penalty.

She will seek your and parental consent, on the attached form, to use the data from questionnaires and the in-depth interview in preparing the thesis, report or other publications, on condition that your name or identity is not revealed.

Any enquiries you may have concerning this project should be directed to me at the address given above or by telephone on +61 8722 18415, by fax on +61 8722 18424 or by email (<u>Paul.Ward@flinders.edu.au</u>).

297

Thank you for your attention and assistance.

Yours sincerely,

JUY

Prof. Paul Ward Head, Discipline of Public Health Faculty of Health Science, Flinders University

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project No.....). For more information regarding ethical approval of the project the Executive Office of the Committee can be contacted by telephone +61 8201 3116, by fax on +61 8201 2035 or by e-mail human.researchethics@flinders.edu.au



Professor Paul Ward Head, Discipline of Public Health Faculty of Health Sciences, School of Medicine Level 2 Health Sciences Building, Registry Road, Bedford Park South Australia

GPO Box 2100 Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

LETTER OF INTRODUCTION (Intervention Program)

Dear Parent/Guardian

This letter is to introduce Dr. Nualnong Wongtongkam who is a Ph.D. student in the Discipline of Public Health at Flinders University.

She is undertaking research leading to the production of a thesis or other publications on the subject of " Exploring risk factors on youth violence and evaluating the effectiveness of intervention programs to reduce violence in technical college students, Thailand."

She would be most grateful if you would volunteer to assist in this project, by granting your children to attend the intervention workshop which may be Aggressive Replacement Therapy or Mindfulness Meditation. The workshop will be required three full days training (Friday – Sunday) for 6 weeks and stayed two day overnights in intervention taken place. Additionally, your child are required to complete questionnaires in pre-test and post-test questionnaires with the in-depth interview. Your child are, of course, entirely free to withdraw the participation without attending workshop, without filling up questionnaires, and without answering in any questions during interview at any time without penalty.

She will seek your consent, on the attached form, to use the data from your children in pre-test and post-test questionnaires with the indepth-interview in preparing the thesis, report or other publications, on condition that your child's name or identity is not revealed.

Any enquiries you may have concerning this project should be directed to me at the address given above or by telephone on +61 8722 18415, by fax on +61 8722 18424 or by email (<u>Paul.Ward@flinders.edu.au</u>).

Thank you for your attention and assistance.

Yours sincerely,

14

Prof. Paul Ward Head, Discipline of Public Health Faculty of Health Science, Flinders University

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project No..). For more information regarding ethical approval of the project the Executive Office of the Committee can be contacted by telephone +61 8201 3116, by fax on +61 8201 2035 or by e-mail human.researchethics@flinders.edu.au



Professor Paul Ward Head, Discipline of Public Health

Faculty of Health Sciences, School of Medicine

Level 2 Health Sciences Building,

Registry Road, Bedford Park South Australia GPO Box 2100

Adelaide SA 5001 Tel: +61 7 221 8415 Fax: +61 7 221 8424 paul.ward@flinders.edu.au CRICOS Provider No. 00114A

Letter to College Principal (Intervention Program)

Dear Sir/Madam

This letter is to introduce Dr. Nualnong Wongtongkam who is a Ph.D. student in the Discipline of Public Health at Flinders University, Australia. She is undertaking research leading to the production of a thesis or other publications on the subject of "Exploring risk factors on youth violence and evaluating the effectiveness of intervention programs to reduce violence in technical college students, Thailand"

This study aims to compare the effectiveness of Aggressive Replacement Therapy and Mindfulness Meditation in order to reduce violence behaviours and depressive disorders. I would be grateful if you are taking part in this research by permission to your students be attended the intervention workshop with three full days training (Friday-Sunday) during 6 weeks. Two teacher assistants from your colleges will be attended the intervention program in order to sustain long-term program in the college. Additionally, the pre-test and post-test questionnaires with the in-depth interview will be conducted with taken approximately one hour in students and teacher assistants. Be insured that the research study is met the requirements of the Research Ethical Committees at Flinders University, and any information provide will be treated in the strictest confidence and none of the participants will be individual identifiable in the resulting of thesis, report, or other publications.

Permission will be sought from the students and their parents to their participation in the research. Only one who consent and whose parents consent will participate. Participants may withdraw without attending workshop session, without filling up questionnaires and without answer in any questions during the interview at any time without penalty. The role of the college in voluntary and the College Principal may decide to withdraw the college's participation at any time without penalty.

Once, I received your permission to approach students to participate in the study, and the workshop schedules will be submitted to you. I will arrange for informed consent to be obtained from participants' parents and participants.

Thank you for your cooperation and assistance

Your Sincerely,

ſШ

Prof. Paul Ward Head, Discipline of Public Health Faculty of Health Science, Flinders University

This research project has been approved by the Flinders University Social and Behavioural Research Ethics Committee (Project No..). For more information regarding ethical approval of the project the Executive Office of the Committee can be contacted by telephone +61 8201 3116, by fax on +61 8201 2035 or by e-mail human.researchethics@flinders.edu.au

CONSENT FORM FOR PARTICIPATION IN RESEARCH

(by experiment: Intervention Program with in-depth interview)

Ι.....

being the age of 16-18 year olds hereby consent to participate as requested in the study for the research project of exploring risk factors on youth violence and evaluating effectiveness of intervention programs to reduce violence in technical colleges, Thailand.

- 1. I have read the information provided.
- 2. Details of procedures and any risks have been explained to my satisfaction.
- 3. I agree to audio recording for my information and participation during the in-depth interview
- 4. I understand that:
 - I may not directly benefit from taking part in this research.
 - I am free to withdraw from the project at any time and am free to decline to answer particular questions in questionnaires both in pre-test and post-test intervention.
 - While the information gained in this study will be published as explained, I will not be identified, and individual information will remain confidential.
 - Whether I participate or not, or withdraw after participating, will have no effect on my progress in my course of study, or results gained.
 - I may not attend the intervention program at any time, and I may walk out from the classroom during completed questionnaires (pre-test and post-test) and indepth interview. Hence, I may withdraw at any time from the session or the research without disadvantage.
- 5. I have had the opportunity to discuss taking part in this research with a family member or friend.

Participant's signature	.Date
Parent/Guardian signature	.Date

I certify that I have explained the study to the volunteer and consider that he understands what is involved and freely consents to participation.

esearcher's name

Researcher's signature......Date......Date.....

CONSENT FORM FOR PARTICIPATION IN RESEARCH

(by experiment: Intervention Program with in-depth interview)

Ι.....

Being 19 years or older hereby consent to participate as requested in the study for the research project on validity of exploring risk factors on youth violence and evaluating effectiveness of intervention programs to reduce violence in technical colleges, Thailand.

- 1. I have read the information provided.
- 2. Details of procedures and any risks have been explained to my satisfaction.
- 3. I agree to audio recording for my information and participation during the in-depth interview.
- 4. I understand that:
 - I may not directly benefit from taking part in this research.
 - I am free to withdraw from the project at any time and am free to decline to answer particular questions in questionnaires both in pre-test and post-test intervention.
 - While the information gained in this study will be published as explained, I will not be identified, and individual information will remain confidential.
 - Whether I participate or not, or withdraw after participating, will have no effect on my progress in my course of study, or results gained.
 - I may not attend the intervention program at any time, and I may walk out from the classroom during pre-test and post-test questionnaires and in-depth interview. Hence, I may withdraw at any time from the session or the research without disadvantage.
- 5. I have had the opportunity to discuss taking part in this research with a family member or friend.

Participant's signature......Date.....Date.....

I certify that I have explained the study to the volunteer and consider that he understands what is involved and freely consents to participation.

Researcher's name	
Researcher's signature	Date

Self-Report Questionnaires

Violence Classification

	Number of times						
In the past six month	0	1-2	3-5	6-9	10-19	20 or more	
1. Have you ever involved in a gang fight ?							
2. Have you used a weapon, force, or strong-arm methods							
to get money or things from people ?							
3. Have you attacked someone with a weapon?							

	Number of times						
In the past six month	0	1-2	3-5	6-9	10-19	20 or more	
1. Thrown something at someone to hurt them ?							
2. Been in a fight with someone was hit ?							
3. Shoved or pushed another kid ?							
4. Threatened someone with weapon (gun, knife, club,							
etc.) ?							
5. Hit or slapped another kid?							
6. Threatened to hit or physically harm another kid ?							
7. Put someone down to their face ?							

Victimization

Relational Victimization	Number of times								
In the past six month	0	1-2	3-5	6-9	10-19	20 or more			
1.Had a friend say they won't like you unless you do what he/she wanted to do ?									
2. Had someone spread a false rumor about you ?									
3. Been left out on purpose by other friends when it was time to do an activity ?									
4. Had a friend try to keep others from liking you by saying mean things about you ?									
5. Had a friend tell lies about you to make other friends not like you anymore ?									

Overt Victimization	Number of times								
In the past six month	0	1-2	3-5	6-9	10-19	20 or more			
1. Been hit by another friend ?									
2. Been pushed or shoved by another friend ?									
3. Been yelled at or called mean names by another friend									
?									
4. Another student threatened to hit or physically ham to									
you ?									
5. Been threatened or injured by someone with a weapon									
(gun, knife, club, etc.)?									
6. Had a student asked you to fight ?									

Witness

	Number of times								
In the past six month	0	1-2	3-5	6-9	10-19	20 or more			
1. Had seen someone been hit by another kids ?									
2. Had seen someone been pushed or shoved by another									
kids ?									
3. Had seen someone been yelled at or called mean names									
by another kids ?									
4. Had seen someone been chased by gangs or individual ?									
5. Had seen someone been threatened or injured by kids									
with a weapon (gun, knife, club, etc.)?									

Offender

		Number of times								
In the past six month	0	1-2	3-5	6-9	10-19	20 or more				
1. Had you hit another kid ?										
2. Had you pushed or shoved another kid ?										
3. Had you yelled at or called mean names another kid ?										
4. Had you threatened or chased someone with a weapon										
(gun, knife, club, etc.)?										
5. Had you injured someone with a weapon (gun, knife,										
club, etc.)?										
6. Had you asked kids to fight ?										

ommunities That Care[®] Youth Survey

This survey is voluntary. That means you do not have to take it. If you choose to take it, you may skip any question you don't want to answer.

Thank you for agreeing to participate in this survey. The survey asks your opinion about a number of things in your life, including your friends, your family, your neighborhood and your community. Your answers to these questions will be <u>confidential</u>. That means no one will know your answers. To help us keep your answers secret, please <u>do not</u> write your name on this survey form.

nstructions

- 1. This is not a test. There are no right or wrong answers.
- 2. If you don't find an answer that fits exactly, use one that comes closest. If any question does not apply to you, or you are not sure what it means, just leave it blank.
- 3. Mark your answers clearly:
 - It is best to use a pencil, but you also may use a blue or black pen.
 - Completely fill in the circles.
 - Completely erase any answer you want to change.
 - Make no other markings or comments on the answer pages.
- 4. Some of the questions have the following format:

Please fill in the circle for the word that best describes how you feel.

EXAMPLE: Pepperoni pizza is one of my favorite foods.

Mark the Big "NO!" if you think the statement is <u>definitely not</u> true for you. Mark the little "no" if you think the statement is <u>mostly not true</u> for you. Mark the little "yes" if you think the statement is <u>mostly true</u> for you. Mark the Big "YES!" if you think the statement is <u>definitely true</u> for you.



PLEASE DO NOT WRITE IN THIS AREA

SERIAL #

NO!

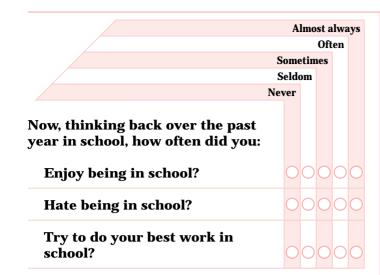
no

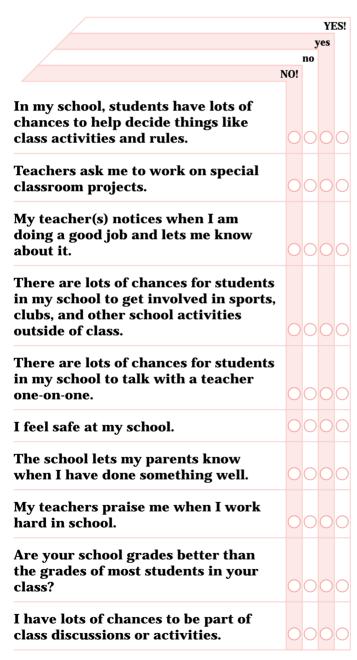
ves

YES!

These questions ask for some general information about you. Please mark the response that best describes you.	This section asks about your experience at school.
• •	Putting them all together, what were your
Harry ald and you?	
How old are you?	grades like last year?
0 10	O Mostly F's
O 11	O Mostly D's
0 12	O Mostly C's
0 13	O Mostly B's
0 14	Mostly A's
0 15	
0 16	During the LAST FOUR WEEKS, how many whole
0 17	days have you missed because you skipped or "cu
	○ None
🔘 19 or older	
	0 2
	03
What grade are you in?	<u> </u>
⊖ 6th	<u> </u>
7th	11 or more
O 8th	
O 9th	How often do you feel that the schoolwork you
0 10th	are assigned is meaningful and important?
🔘 11th	Almost always
○ 12th	Often
	Sometimes
	Seldom
Are you:	Never
O Female	
	How interacting are most of your courses to you
O Male	How interesting are most of your courses to you
	Very interesting and stimulating
	O Quite interesting
What do you consider yourself to be?	 Fairly interesting
(choose all that apply)	Slightly dull
O White	◯ Very dull
O Black or African American	
American Indian/Native American, Eskimo or Aleut	How important do you think the things you are
Spanish/Hispanic/Latino	learning in school are going to be for your later
	life?
Asian or Pacific Islander	
Other (Please specify:)	O Very important
	O Quite important
What is the language you use most often at home?	 Fairly important
English	Slightly important
○ Spanish	Not at all important
Another language (Please specify:)	

PLEASE DO NOT WRITE IN THIS AREA





These questions ask about your feelings and experiences in other parts of your life. 4 3 9 1 None Think of your four best friends (the friends you feel closest to). In the past year (12 months), how many of your best friends have: **Smoked cigarettes?** Tried beer, wine or hard liquor (for example, vodka, whiskey or gin) when their parents didn't know about it? **Used marijuana?** Used LSD, cocaine, amphetamines, or other illegal drugs? **Been suspended from school? Carried a handgun?** Sold illegal drugs? Stolen or tried to steal a motor vehicle such as a car or motorcycle? **Been arrested? Dropped out of school?** Been members of a gang? Very good chance Pretty good chance Some chance Little chance No or very little chance What are the chances you would be seen as cool if you: **Smoked cigarettes? Began drinking alcoholic** beverages regularly, that is, at least once or twice a month? **Smoked marijuana?**

• 306

Carried a handgun?

The next section asks about your	40 or more occasions 20 to 39 occasions								
other drugs. It also asks some other		10 to 19 occasions							
other drugs. It also asks some other	6	6 to 9 occasions 5 occasions							
personal questions. Remember, your	3 to								
answers are confidential. This means	1 or 2 oc								
your answers will stay secret.	0 occas								
Have you <u>ever</u> used smokeless tobacco (chew, snuff, plug, dipping tobacco, chewing tobacco)?	On how many occasions (if any) have you:								
 Never Once or twice Once in a while but not regularly Regularly in the past Regularly now How frequently have you used smokeless tobacco during the past 30 days? Never Once or twice Once or twice per week About once a day More than once a day More than once a day Mever Once or twice Sniffed glue, breathed the contents of an aerosol spray can, or inhaled other gases or sprays in order to get high in your lifetime? Never Once or twice Used cocaine in your lifetime? Used cocaine in your lifetime? 	000000								
	hard liquor) to drink-more than just a	0000000							
	an aerosol spray can, or inhaled other gases or sprays in order to get high in	0000000							
	an aerosol spray can, or inhaled other gases or sprays in order to get high	0000000							
	Used cocaine in your <u>lifetime</u> ?	0000000							
 About one-half pack per day About one pack per day 	Used cocaine during the past 30 days?	0000000							
 One to five cigarettes per day About one-half pack per day 	Used marijuana (weed, pot) or hashish (hash, hash oil) in your <u>lifetime</u> ?	0000000							
	Used marijuana (weed, pot) or hashish (hash, hash oil) during the <u>past 30</u> <u>days</u> ?	0000000							
	Used derbisol in your lifetime?	0000000							
	Used derbisol during the past 30 days?	0000000							
	Used heroin in your <u>lifetime</u> ?	0000000							
	Used heroin during the past 30 days?	0000000							

40 or more occasions 20 to 39 occasions							
						ons	
	0 to				ons		
	o 9			ons			
3 to 5			ons				
0 occasio		.113					
on how many occasions (if ny) have you:							
Jsed LSD (acid) or other psychedelics peyote, PCP) in your <u>lifetime</u> ?	0	0	0	0	0	0	С
Jsed LSD (acid) or other psychedelics peyote, PCP) during the <u>past 30 days</u> ?	0	0	0	0	0	0	С
Jsed Ecstasy in your <u>lifetime</u> ?	0	0	0	0	0	0	С
Jsed Ecstasy during the past 30 days?	0	0	0	0	0	0	С
Jsed methamphetamine (meth, crystal meth, crank) in your <u>lifetime</u> ?	0	0	0	0	0	0	С
Jsed methamphetamine (meth, crystal meth, crank) during the past <u>30 days</u> ?	0	0	0	0	0	0	С
Jsed prescription pain relievers, such as /icodin®, OxyContin® or Tylox®, without a doctor's orders, in your <u>lifetime</u> ?	0	0	0	0	0	0	С
Jsed prescription pain relievers, such as /icodin®, OxyContin® or Tylox®, without a doctor's orders, during the <u>past 30 days</u> ?	0	0	0	0	0	0	С
Jsed prescription tranquilizers, such as Kanax®, Valium® or Ambien®, without a doctor's orders, in your <u>lifetime</u> ?	0	0	0	0	0	\circ	С
Jsed prescription tranquilizers, such as Kanax®, Valium® or Ambien®, without a Joctor's orders, during the <u>past 30 days</u> ?	0	0	0	0	0	\bigcirc	С
Used prescription stimulants, such as Ritalin® or Adderall®, without a doctor's orders, in your <u>lifetime</u> ?	0	0	0	0	0	0	С
Jsed prescription stimulants, such as Ritalin® or Adderall®, without a doctor's orders, during the past 30 days?	0	0	0	0	0	0	С

						40+	time	es
					o 39		ies	
		2 10 to	20 to			ies		
		to 9			ies			
	3 to 5	tin	ies					
	r 2 tin	ıes						
Ν	lever							
How many times in the past year (12 months) have you:								
Been suspended from school?	0	0	0	0	0	0	00	С
Carried a handgun?	0	0	0	0	0	0	0	С
Sold illegal drugs?	0	0	0	0	0	0	0	С
Stolen or tried to steal a motor vehicle such as a car or motorcycle?	0	0	0	0	0	0	00	_ _
Been arrested?	0	0	0	0	0	0	0	C
Attacked someone with the idea of seriously hurting them?	0	0	0	0	0	0	00	_ _
Been drunk or high at school?	0	0	0	0	0	0	0	C
Taken a handgun to school?	0	0	0	0	0	0	00	_ С

Have you ever belonged to a gang?

\bigcirc	No
\bigcirc	Yes

If you have ever belonged to a gang, did that gang have a name?

С	No
\frown	V

Yes

○ I have never belonged to a gang.

Think back over the last two weeks. How many times have you had five or more alcoholic drinks in a row?

- O None
- Once
- Twice
- O 3-5 times
- O 6-9 times
- 10 or more times



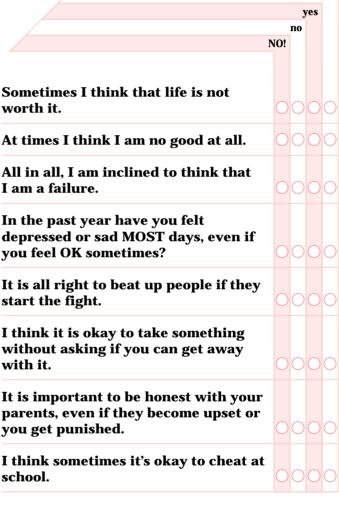
How often do you attend religious services or activities?

- Rarely
- 1-2 times a month
- About once a week or more

I like to see how much I can get away with.

YES!

- O Very false
- Somewhat false
- Somewhat true
- O Very true



I ignore rules that get in my way.

- Very false
- Somewhat false
- Somewhat true
- O Verv true

I do the opposite of what people tell me, just to get them mad.

Very false
 Somewhat false

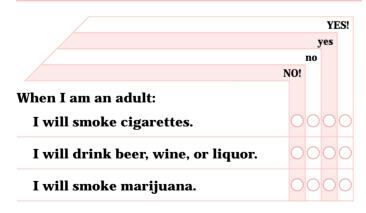
- Somewhat true
- O Very true

Once a week or more 2 or 3 times a month About once a month Less than once a month I ve done it, but not in the past year Never How many times have you done the following things? Done what feels good no matter what.

Done something dangerous because someone dared you to do it.

Done crazy things even if they are a little dangerous.

Sometimes we don't know what we will do as adults, but we may have an idea. Please tell me how true these statements may be for you.



These questions ask about how you would act in certain situations. They also ask your opinion about certain things.

You're looking at CDs in a music store with a friend. You look up and see her slip a CD under her coat. She smiles and says, "Which one do you want? Go ahead, take it while nobody's around." There is nobody in sight, no employees and no other customers. What would you do now?

- O Ignore her.
- Grab a CD and leave the store.
- Tell her to put the CD back.
- O Act like it's a joke, and ask her to put the CD back.

It's 8:00 on a weeknight and you are about to go over to a friend's home when your mother asks you where you are going. You say, "Oh, just going to go hang out with some friends." She says, "No, you'll just get into trouble if you go out. Stay home tonight." What would you do now?

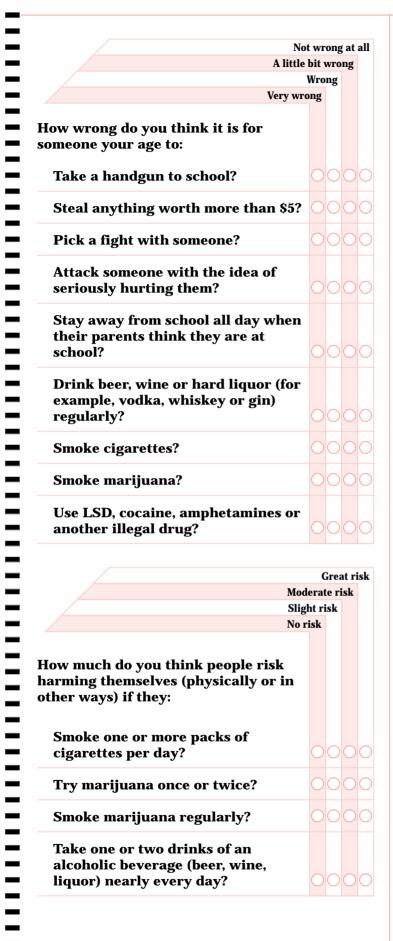
- Leave the house anyway.
- Explain what you are going to do with your friends, tell her when you'd get home, and ask if you can go out.
- O Not say anything and start watching TV.
- O Get into an argument with her.

You are visiting another part of town, and you don't know any of the people your age there. You are walking down the street, and some teenager you don't know is walking toward you. He is about your size, and as he is about to pass you, he deliberately bumps into you and you almost lose your balance. What would you say or do?

- O Push the person back.
- Say "Excuse me" and keep on walking.
- O Say "Watch where you're going" and keep on walking.
- Swear at the person and walk away.

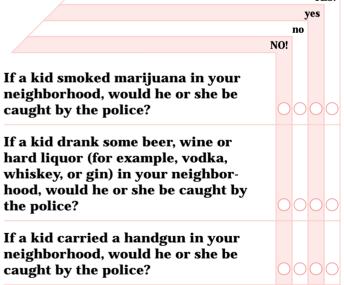
You are at a party at someone's house, and one of your friends offers you a drink containing alcohol. What would you say or do?

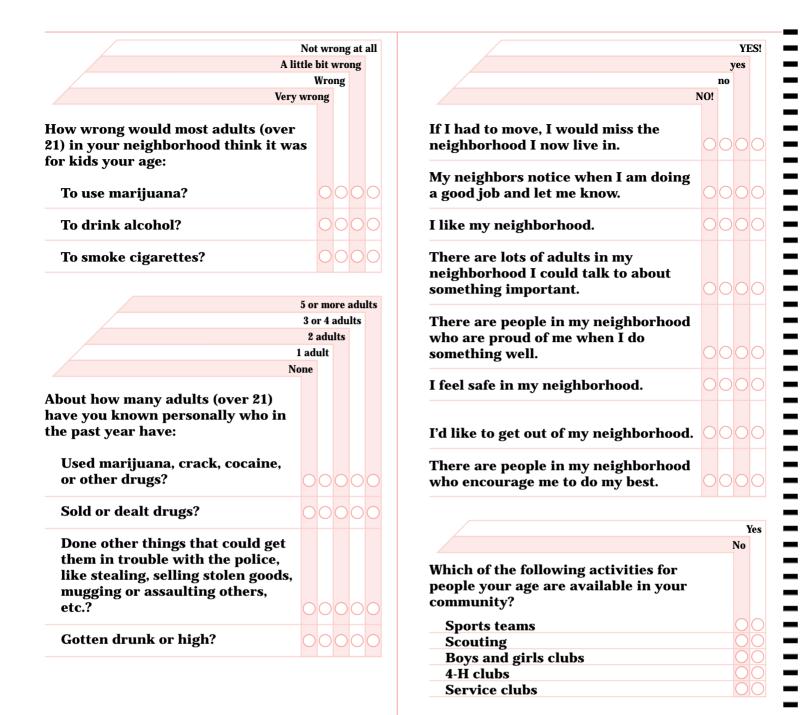
- O Drink it.
- Tell your friend "No thanks, I don't drink" and suggest that you and your friend go and do something else.
- ◯ Just say "No, thanks" and walk away.
- Make up a good excuse, tell your friend you had something else to do, and leave.

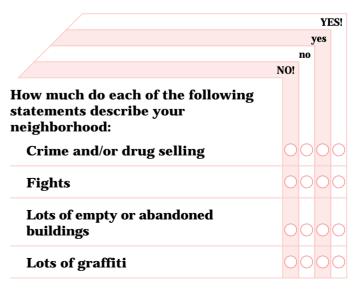


These questions ask about the neighborhood and community where you live.

	Very eas
S	ort of easy
Sort	of hard
Very h	ard
If you wanted to get some beer, wine or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?	0000
If you wanted to get some cigarettes, how easy would it be for you to get some?	0000
If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?	0000
If you wanted to get some marijuana, how easy would it be for you to get some?	0000
If you wanted to get a handgun, how easy would it be for you to get one?	0000
	YES







The next few questions ask about your family.

No	t wı	ong	g at	é
A littl Very w How wrong do your parents feel it vould be for <u>you</u> to: Drink beer, wine or hard liquor (for			ng	
Very wron ow wrong do your parents feel it ould be for <u>you</u> to: Drink beer, wine or hard liquor (for example, vodka, whiskey or gin) regularly? Smoke cigarettes? Smoke cigarettes? Smoke marijuana? Steal anything worth more than \$5? Draw graffiti, or write things or draw pictures on buildings or other property (without the owner's	Wro	ng		
Very wro	ong			
How wrong do your parents feel it would be for <u>you</u> to:				
Drink beer, wine or hard liquor (for example, vodka, whiskey or gin) regularly?	0	0	0	
Smoke cigarettes?	0	0	0	1
Smoke marijuana?	0	0	0	
Steal anything worth more than \$5?	0	0	0	
Draw graffiti, or write things or draw pictures on buildings or other property (without the owner's permission)?	0	0	0	
Pick a fight with someone?	0	0	0	

Have you changed homes in the past year?

- O No
- O Yes

How many times have you changed homes since kindergarten?

- O Never
- 1 or 2 times
- O 3 or 4 times
- 5 or 6 times
- 7 or more times

Have you changed schools (including changing from elementary to middle and middle to high school) in the past year?

NoYes

NoYes

How many times have you changed schools (including changing from elementary to middle and middle to high school) since kindergarten?

Never
1 or 2 times
3 or 4 times
5 or 6 times
7 or more times

Has anyone in your family ever had a severe alcohol or drug problem?

 I don't have any brothers or sisters

 Yes

 No

 Have any of your brothers or sisters

 ever:

 Drunk beer, wine or hard liquor (for example, vodka, whiskey or gin)?

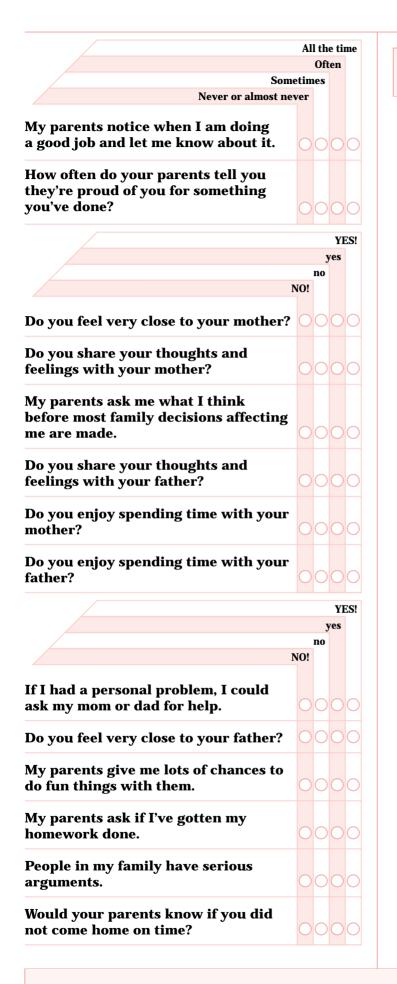
 Smoked marijuana?

 Smoked cigarettes?

 Taken a handgun to school?

 Been suspended or expelled from school?

	YE		
	yes		
	no NO!		
	NO:		
The rules in my family are clear.	OC		
People in my family often insult or yell at each other.	OC		
When I am not at home, one of my parents knows where I am and who I am with.	oc		
We argue about the same things in my family over and over.	OC		
If you drank some beer or wine or liquor (for example, vodka, whiskey, or gin) without your parents' permission, would you be caught by your parents?	OC		
My family has clear rules about alcohol and drug use.	OC		
If you carried a handgun without your parents' permission, would you be caught by your parents?	00		
If you skipped school, would you be caught by your parents?	OC		



information about your friends.							
	4 of my friends						
3	of my friends						
2 of	my friends						
1 of my							
None of my frie	enas						
Think about your <u>four best friends</u> (the friends you feel closest to). In the past year (12 months), how many of your best friends have:							
Participated in clubs, organizations or activities at school?	00000						
Made a commitment to stay drug-free?	00000						
Liked school?	00000						
Regularly attended religious services?	00000						
Tried to do well in school?	00000						

These questions ask for more

PLEASE DO NOT WRITE IN THIS AREA

You may be asked to answer some additional questions. If so, those questions will be handed to you on a sheet of paper or written where everyone taking the survey can see them. In the spaces that follow, record your answer to each additional question.



Mark Reflex[®] forms by NCS Pearson EM-219954-6:654321 HC08 Printed in U.S.A.

SERIAL

• 315

Spielberger Anger Expression Scales (1998) Everyone feels angry or furious from time to time, but people differ in the ways that they react when they are angry. A number of statements are listed below which people have used to describe their reactions when they feel <u>angry</u> or <u>furious</u>. Please read each statement and then circle the number to the right of the statement that indicates how <u>often</u> you <u>generally</u> react or behave in the manner described. There are no right or wrong answers. Do not spend too much time on any one statement.

					1
		Never	times		Always
CO	I control my temper	1	2	3	4
AO	I express my anger	1	2	3	4
CI	I take a deep breath and relax	1	2	3	4
Al	I keep things in	1	2	3	4
CO	I am patient with others	1	2	3	4
AO	If someone annoys me, I'm apt to tell him or her how I feel	1	2	3	4
CI	I try to calm myself as soon as possible	1	2	3	4
Al	I pout or sulk	1	2	3	4
CO	I control my urge to express my angry feelings	1	2	3	4
AO	I lose my temper	1	2	3	4
CI	I try to simmer down	1	2	3	4
Al	I withdraw from people	1	2	3	4
CO	I keep my cool	1	2	3	4
AO	I make sarcastic remarks to others	1	2	3	4
CI	I try to soothe my angry feelings	1	2	3	4
AI	I boil inside, but I don't show it	1	2	3	4
CO	I control my behaviour	1	2	3	4
AO	I do things like slam doors	1	2	3	4
CI	I endeavour to become calm again	1	2	3	4
Al	I tend to harbour grudges that I don't tell anyone about	1	2	3	4
CO	I can stop myself from losing my temper	1	2	3	4
AO	I argue with others	1	2	3	4
CI	I reduce my anger as soon as possible	1	2	3	4
Al	I am secretly quite critical of others	1	2	3	4
CO	I try to be tolerant and understanding	1	2	3	4
AO	I strike out at whatever infuriates me	1	2	3	4
CI	I do something relaxing to calm down	1	2	3	4
Al	I am angrier than I am willing to admit	1	2	3	4
CO	I control my angry feelings	1	2	3	4
AO	I say nasty things	1	2	3	4
CI	I try to relax	1	2	3	4
AI	I'm irritated a great deal more than people are aware of	1	2	3	4

Items numbered 26-57 in complete version

AO: anger out subscale items; AI: anger in subscale items

CO: control out subscale items; CI: control in subscale items

Center for Epidemiologic Studies Depression Scale (CES-D), NIMH

Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way during the past week.

	During the Past Week				
	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)	
1. I was bothered by things that usually don't bother me.					
 I did not feel like eating; my appetite was poor. 					
3. I felt that I could not shake off the blues even with help from my family or friends.					
4. I felt I was just as good as other people.					
5. I had trouble keeping my mind on what I was doing.					
6. I felt depressed.7. I felt that everything I did was an effort.					
 8. I felt hopeful about the future. 9. I thought my life had been a failure. 10. I felt fearful. 11. My sleep was restless. 12. I was happy. 13. I talked less than usual. 14. I felt lengty. 					
 14. I felt lonely. 15. People were unfriendly. 16. I enjoyed life. 17. I had crying spells. 18. I felt sad. 19. I felt that people dislike me. 20. I could not get "going." 					

SCORING: zero for answers in the first column, 1 for answers in the second column, 2 for answers in the third column, 3 for answers in the fourth column. The scoring of positive items is reversed. Possible range of scores is zero to 60, with the higher scores indicating the presence of more symptomatology.

A MANUSCRIPT

(Under Review)

Student perspectives on the reasons for physical violence in a Thai Technical College: An exploratory study

Abstract

Physical violence in technical colleges in Bangkok has been the subject of public concern in recent years following a number of incidents in which young people died during fights. This study sought to understand the reasons for such violence through a series of semi-structured interviews with 32 young male students who attended a technical college in Bangkok. The analysis revealed that, contrary to previous research, most violence between students occurred outside school, in situations where students from different colleges were likely to interact. One of the key motivations for fighting was to seek revenge from previous fights, although most students were unaware of the original cause of the dispute. Students described a range of different responses to feeling threatened, including pooling money to rent a shared flat close to their colleges (so they could change into/out of school uniform to avoid being identified) and concealing weapons for use in defending themselves. These findings are discussed in relation to how an understanding of cross cultural risk factors is likely to contribute to the development of effective violence prevention strategies.

Keywords: Technical College; Thailand; Violence; Qualitative

Introduction

In Thailand, violence is a major public health issue that has a particular impact on young people. In 2009, nearly 3,000 young people were arrested for physical assaults in Bangkok alone, a figure which rose by nearly 50% from the previous year (Royal Thai Police report 2010). Most of those arrested were students from technical colleges enrolled in training programs in vocational colleges. Although incidence and prevalence data about victims is not available for Bangkok, national statistics show that approximately 3,000-4,000 people die each year as a result of being assaulted. This equates to a rate of approximately 4.9 per 100,000 (Bureau of Health Policy and Strategy, Ministry of Public Health, Thailand 2004, 2005). In 2004, the last year in which data are available, the highest age-specific rate was for 15-19 year olds, with a death rate from interpersonal violence of 8.3 per 100,000 people (WHO Kobe Centre 2007).

The 2007 WHO report stated that the causes of youth violence in Thailand were delinquent behaviours associated with substance abuse, lack of family strength and immature personality (WHO Kobe Centre 2007). Specifically, the authors of this report claimed that violence among vocational school students was mainly related to lack of family and school attachment. Fighting usually originated from extra-curricula group activities, hostility, poor school performance, and 'masculine' identification. Unfortunately, although a number of empirical studies related to violence in technical colleges were referred to in the report, these were not cited and have not subsequently been published. This study was therefore designed to establish whether causes of youth violence identified in the WHO report are still relevant and, more broadly, to investigate why Thai technical college students become involved in violent and aggressive behaviour.

320

Vocational colleges aim to produce skilled workers who have the knowledge and experience to work in industrial areas. The vocational certificate intended for those students who have finished Year 9 (aged 15 years) in a mainstream school and wish to study for two further years to obtain a Vocational Education Certificate or Diploma (Assanangkornchai et al. 2007). Vocational students are more likely to come from lower Socio-Economic-Status (SES) families, to drink alcohol, to use illicit substances, and to engage in physical and sexual violence than are high school (traditional) students (Pradubmook-Sherer 2010). Nearly 90% of all vocational college students are male (Vocational Education Commission, Thailand 2010).

One of the main risk factors for violent behaviour in schools is gender. Men are more likely to be both perpetrators and victims of violence (Cornell and Loper 1998), with studies from around the world consistently showing that men generally engage in higher rates of delinquency, especially violent behaviour, than women (WHO 2002). In this study, Connell's theory of hegemonic masculinity is utilised to understand the intricacies of masculinity in the school context. In Thai society, boys have been socialised to be "real men" or "heroes", and are commonly encouraged to value traits such as honour, respect, bravery, dignity, and family responsibility (Tantiwiramanond 1997). Thai culture is generally accepting of the use of violence as a legitimate means by which males can express their anger and resolve conflict (Pradubmook-Sherer 2010). Those who benefit from exercising violence over subordinates are considered in relation to what has been labelled as 'destructive masculinity'; one of the hegemonic forms that dominate both the gender order and the social order (Messerschmidt 1993).

Since early childhood through to adolescence, young men use various forms of aggression to protect and control their social positions and to fulfil their social needs (Cairns and Cairns

321

1994). Taunting, teasing, rough-and-tumble play, direct confrontation, and physical attacks are all seen as forms of aggressive behaviour that can serve these functions (Farmer 2000; Pellegrini 1998), whereas bullying can be understood in terms of intentionally negative behaviour toward a victim involving a variety of hurtful actions such as name-calling, social exclusion, and having money taken or belongings damaged, as well as the more obvious forms of hitting and kicking (Crick 1997; Crick et al. 1997; Menesini et al. 1997; Rigby et al. 1997). Although increased levels of testosterone and reduced levels of serotonin have been shown to be associated with increased aggression in both men and women (Studer 1996). Indeed, it is gender role identification rather than gender per se that is an important cause of aggression (Milovchevich et al. 2000). However, it is widely accepted that the environment also plays an important role in the occurrence of violent behaviour (Studer 1996).

Other risk factors related to youth violence, such as family, school, peer and community pressure, have also been identified in a large number of studies conducted in Western countries. For example, school violence has been shown to be related to family SES, family conflict (Herrenkohl et al. 2000), parental monitoring (Henry et al. 2001), school engagement (Battistich et al. 1996), substance abuse (Kann et al. 2000; McMorris et al. 2007), and delinquent peers (Cairns and Cairns 1991; Dahlberg 1998; Herrenkohl et al. 2000). There is also some evidence relating youth violence to drug trafficking and homicide and it appears that these behaviours may also be associated with weak social control, and poorly supervised adolescent networks (Fagan and Davies 2004). However, there have been few studies showing that the risk factors identified in Western populations apply also to Asian cultures (Jang 2002; Le and Wallen 2007). Accordingly, this study used in-depth qualitative interviews to investigate why young Thai men in technical colleges engage in physical violence.

Methods

Participants were recruited from five departments offering the Vocational Educational Certificate, Year Level I-III in one technical college in Bangkok. The college has approximately 600 students, including those enrolled in the Vocational Education Certificate, Year Level I – III, Vocational Education Diploma, Year Level I-II and commercial departments. The recruitment process was annouced by teachers, and the students who were interested in the research contacted the researcher by e-mail. Then the date and time of the interview was confirmed by e-mail. Each participant was reimbursed the equivalent of US \$5 for his time and expertise. The majority of the interviews took place in, or close to, the participant's home.

A qualitative methodology was considered to be appropriate, because the research was essentially exploratory in nature. The main method of data collection was a semistructured interview. A major advantage of this kind of interviewing is that respondents are allowed to answer questions in their own words with minimal control and direction from the interviewer. Apart from ensuring that all of the research topics were covered, the inter-viewer allowed the flow of the discussion to be determined in part by the participants. This resulted in a more natural description of events by participants. The main disadvantage of the semi-structured interview is that the responses can sometimes be discursive and wide-ranging and not every issue raised might be covered by every respondent.

The interview was given a broad structure by using a schedule that covered four main topic areas: (a) the student's personal and a family background, (b) peer-family-schoolcommunity factors, (c) details of physical assaults, (d) substance abuse. On average, the interviews lasted 45 minutes. All interviews were tape recorded, with the student's permission

323

(a consent form), and subsequently transcribed verbatim. Data were transcribed in Thai before being translated into English by the first author.

Students were asked at the beginning of interviews to provide aliases. The transcripts were analysed first by identifying the relationship between those factors and physical assult. The narratives relating to physical assult were then investigated to identify motivational statements that explained why the students engaged in fights.

The interviews were designed to allow participants freely to explore and discuss relevant experiences and perceptions of violence. The interviews were treated as a social encounter in which knowledge was shared, and not simply as an occasion for information gathering. Anonymity was assured, so that the participants were not at risk of incriminating themselves in criminal behaviour. The study was approved by the Social and Behavioural Research Ethics Committee at Flinders University, Australia.

Participants

Thirty-two young men participated in the study. They were students in three departments (Power-Electrical, Mechanical, and Building Construction) each of which offers Vocational Education Certificate, Year I-III. The age of participants ranged from 16.5 to 18.5 years, and daily income ranged from US \$3.21 to \$3.75. Of the 32 participants, the majority (65% - 75%) used motorcycles to travel between school and home. Most (75% - 100%) reported that they drank alcohol, followed by cigarette smoking (75% - 90%) and marijuana use (10% - 25%). Additionally, methamphetamine was used by 10% - 12.5% of the sample. More detailed demographic information is provided in Table 1.

 Table 1. Demographic Data

Data	Departments in the Technical College			
	Power&Electrical	Mechanical	Building	
Age (Mean <u>+</u> S.D)				
• Year Level I	16.5 <u>+</u> 0.5	-	-	
• Year Level II	16.13 <u>+</u> 0.35	16.62 <u>+</u> 0.74	16.75 <u>+</u> 0.74	
• Year Level III	18.5 <u>+</u> 1.22			
Receiving Money a day (Mean <u>+</u> S.D)	\$3.51 <u>+</u> 0.63	\$ 3.21 <u>+</u> 0.80	\$ 3.75 <u>+</u> 1.37	
Vehicles to school (No.[%])				
• Motorbike	13 (65%)	6 (75%)	-	
• Bus	7 (35%)	2 (25%)	2 (50%)	
• Car	-	-	2 (50%)	
Substance Abuse (No.[%])				
• Cigarette	18 (90%)	7(87.5%)	3 (75%)	
Alcohol	19 (95%)	6 (75%)	4 (100%)	
• Marijuana	2 (10%)	2 (25%)	1(25%)	
• Drug (Methamphetamine)	2 (10%)	1(12.5)	0 (0)%)	

Analysis

All of the transcripts of the interview audiotapes were stored in standard computer files in preparation for data analysis. The investigators used functions available in standard word processing programs to read, highlight, code, group, and search data segments. Axial coding was used to make connections between the major categories (Strauss 1987; Strauss and Corbin 1990). The interpretation of the data and potential alternative interpretations of the data were then discussed among investigators (4 persons). In case of disagreements among investigators, following discussions the classifications were revised until all of them were satisfied.

The major goal of analysis at this phase of the project was to develop conceptual areas for further inquiry. These represented complete information gaps or provisional major conceptual areas that warranted further exploration and refinement. Quotes from the interviews were reported judiciously within this paper, with certain segments of the quotes emphasised to highlight the key themes of interest.

Results

Participants reported that fights occurred when students were staring at other students who were not friends or were from different colleges. They then typically began to throw things (e.g., glass bottles, bricks) at each other. Physical fights were most likely to occur at bus stops and along the bus route to or from school. Weapons were often used, including swords, knives, and wooden sticks. These were kept in rental units which were used for changing from/to casual uniforms from/to a school uniform, concealing weapons, and partying.

The analyses of the interviews suggested that the hierarchical dominance of senior students provides the context for the development of strong friendships in the technical colleges. This was identified as an important driver of school violence, given that younger students often complied with the desires of senior students by engaging in fights. Revenge was another important motivator, particularly when friends had been injured in the fights. The analysis suggested, however, that the bond between junior and senior students often develops as a way of protecting each other.

Starting Fights

Physical fights were most likely to result from provocation or bullying, in particular from other male students who were from different colleges. Participants suggested that the "challenge message" from staring ("Are you cool?") often quickly escalates to physical aggression (throwing glass bottles, or bricks) and verbal abuse before fighting. Such aggressiveness may be understood as a reassertion of masculinity when men are perceived as threatened.

Dear- Power & Electrical -Year II: I can't bear with ... just like... they <u>look at</u> me as "Do you have any problem with me? If you have – come on guy..." *Ping – Power& Electrical- Year Level II:* The fight happened because my friend <u>had been</u> <u>bullied</u> everyday when he went to the school....

On the other hand, teasing or bullying between friends was regarded as a routine activity that students commonly engaged in and which did not routinely lead to violence. In this way, students were able to delineate between teasing and provocation from friends (which was normalised and routine) and teasing and provocation from students of other colleges (which was a "challenge message" and often resulted in physical violence).

Au-Power & Electrical-Year II : Just a <u>normal activity</u> [teasing and bullying to each other among friends] we do when we stay together.

Am-Power & Electrical-Year II: Yes, I do [like to tease or bullying friends]. .. I enjoy it... Nonever (friends never got angry). Actually, they are bullying me back<u>- not fighting.</u>

Man-Power & Electrical- Year II: No [no fighting]- we get along with each other very well and <u>never had any arguments</u> in our groups. We know when we do [provoking each other]<u>- just</u> make fun.

Participants described the locations where physical violence with students from other colleges occurred, such as when on the bus or at the bus stop. This suggests that much of the violence

occurs as a consequence of the logistics of getting to/from college, rather than being necessarily premeditated. The bus interchanges (where students from different colleges mix) therefore seemed to be a site where a lot of violence occurred.

Tee-Power& Electrical-Year III: ... We drive a motorbike to the school- that is OK. It is not quite safe when we drive a motorbike. But if we catch a bus- we will face other dangers as well. ... I was waiting for a bus <u>at the bus stop</u>, then I saw them getting off <u>at the bus stop</u> where I stayed, and they chased us with swords right away.... We have a chance to meet other schools in the same bus.

Joke-Mechanical-Year II: We have a lot of fights because our homes are <u>on the bus</u> route. There are many schools along the bus route..... We cannot avoid – just going along the way....I cannot wear different clothes- the school does not allow it.

Jay-Electrical-Year II: We <u>rarely fight each other in the scho</u>ol, but we are usually engaged in the fight against other schools.

Na –*Electrical* -*Year III*: ...there are <u>a lot of fights happened outside the school</u>- not in the school.

A Rental Place

Under the regulations of the Ministry of Education in Thailand all students have to wear a school uniform and are not permitted to carry any weapons in the school. The person's school is obvious by wearing a uniform, which increases the likelihood of violence (a 'symbol' for violence). A number of participants talked about the need to rent a place (a flat, unit, etc) in which to change from casual clothes into school uniform and keep weapons. By renting a flat students are able to avoid fights on the way to the school by wearing casual clothes, and can also collect weapons kept in the rental house. Additionally, the rental house is used as a party place for friends where they can use illicit substances such alcohol, cigarettes, and drugs. **Bank- Power & Electrical-Year II:** I kept it (<u>swords or knives</u>) in a renting room where I was always <u>changing clothes</u> from casual to a formal uniform before going to the school. It (rental house) depends on the area, some places are around 1,000-1,500 Baht (~ \$US 28.55-42.85)– or may be up to 2,000 Baht (\$US 57.15). Yes.(every department)-doing the same to keep weapons and changing school uniforms in a rental house.

Mo-Power & Electrical-Year III: We rent a house which is close to the school for changing <u>clothes</u>. I am not wear the school uniform when am going out. I will change my casual clothes to school uniform in the rental house, and we <u>keep swords</u> and... there.

Mo-Power & Electrical-Year III: We're gonna engage in a fight every Friday- almost every Friday. Sometimes, we <u>drink alcohol</u> in the home we rent- we always do it. ..We are addicted to <u>alcohol and ...</u> - not going to school - a lot of absences.

Most weapons used in the fights are swords, knives, and big wooden sticks that are freely available at markets. Then, swords are physically modified at garages outside the college in different ways, depending on the purpose which they were to be used for. These are not taken to the college for fear of them being discovered.

Tee- Power & Electrical – Year III: We buy <u>any sword or knife from markets</u>, then we modify them for what we want. There is a samural sword <u>selling in the market</u> too...... Sometimes, we buy some <u>steel sticks and then are welded for a sword or a knife</u>.

Tik-Power & Electrical-Year III: Both- a big wooden stick or a sword- using often.

Our data suggest that fighting between students of different technical colleges may be partially a result of a process whereby violence is both embedded in and mediated through hegomonic masculine values in which male students display masculinity and physical toughness. Additonally, violence among colleges arose as response to challenges to students' honour, self-esteem and self-image. In addition, weapons were used as a symbol of masculine power to dominate students from other colleges, although these were kept at a rental place in order to conceal them from teachers.

Peer networks

In technical colleges, social networks are very strong because students spend most of their time together, both in the class and afterwards. There are a small number of students in each class (6-30 students), so students feel that they have to 'stick together' and assist each other. Indeed, participants reported going everywhere as a big group in order to protect each other or just to "hang out". As can be seen in the following quotes (emphasis added), this leads to the development of a powerful emotional relationship between students.

M – *Mechanic-Year II:* ... when we hang out some places- we <u>go together</u> as a big group around 20 people.

Am-Mechanic-Year II: ... We have to gather friends as <u>a big group</u> before <u>going back home</u> <u>together</u> – that is safe.... They may do something with us but we have <u>many friends to keep eye</u> on that. If here is something happening – we can protect ourselves- such as, not getting off the bus or not let someone getting into the bus.

Additionally, there appears to be a clear hierarchical system between junior and senior students in the college. Junior students are supposed to obey senior students without argument. This is a traditional characteristic of technical college students.

Op-Power & Electrical – Year II: I am waiting for junior students finishing the class and <u>sending</u> them back home [sending them get into the bus]. Yes [It is traditional behaviour]... Senior

students <u>did to me last year</u>, so this year I have to do for junior friends.

Singh-Mechanic -Year II: Senior students find it easy to get along with them and feel like they are a big brother. Friends are good – we get along to each other. Junior students are good because they <u>are respect to</u> senior students <u>as we did</u> in Year I.

Guy Electrical- Year II : I am usually involved in the fight when I <u>have been invited</u> by senior friends but some time it is up to my decision... We supposed to start fighthing game against

other schools first..sort of.. not senior friends... I <u>have never argued</u> with them (seniors) about why they told me to do like that.. they are seniors.

The invitation from seniors to fight against other schools was extended to juniors who are considered to be close friends. In Thai society, children are taught from an early age to maintain smooth, harmonious interactions with others, particularly in relation to elders and respected authority figures by adjusting to existing situations they do not actually prefer, or by deferring to the wishes of others. Therefore, when seniors invite them to join in the activities (fight or party), they are supposed not to refuse.

Man-Power & Electrical-Year II: Senior friends <u>have never invited</u> me to join in fighting- but I don't know whether they invited other friends or not.

Op-Power & Electrical-Year II: I had <u>never invited</u> by seniors but I don't know about others. Actually- it is up to seniors – if they <u>feel close to someone</u> – they are going to invite them to join their activities.

Parental monitoring

Parental monitoring is important for Thai technical college students, and family members spend time together everyday (especially over dinner). This is the time when parents engage with their children and if they become aware that their child has been acting improperly (e.g., drinking alcohol, smoking, or using drugs), they will typically chastise and offer advice. Young people rarely argue with this advice, especially when it is from their parents because Thai children are expected to obey and respect their parents. Nevertheless, parental discipline could not prevent youths from engaging in physical fights.

Tee-Power & Electrial-Year III: Yes- if I get drunk - I will sleep there (a friend's house). If I am not -I will go back home. She (Mom) <u>complained a lots</u> (when he went back home and drank), so I went to bed immediately <u>without arguments</u> or saying anything.

Mo- Power & Electrical-Year III : ... I thought that I am able to graduate..I want to do my best for that. I <u>told Mom</u> that I will graduate soon. Really, I don't want to tell Mom about my study -don't want her to worry so much about me.

Jack-Mechanic-Year II : They (friends) were all dropping off the school. There is only me studying here because <u>Mom told me</u> to study here until graduate. She <u>did not complain</u> anything

(about failure in many subjects)- just tell me to focus on the study here until graduate.

Jay –Power & Electrical-Year II: She (Mom) <u>did not complain</u> anything (resulting from recurrent study in Year II) – just tell me to <u>focus on the study</u> here until graduate.

School Attachment

Participants reported a high level of attachment to their college, and generally reported that the

quality of the teaching was good. Despite this, however, they were still behaving violently.

M-Mechanic-Year II: I am satisfy with my grade point. Teachers in the school are O.K- they are

good in teaching. I know a lot of stuffs about cars. <u>Friends are good</u> too- if I can't do- they are willing to help me. <u>We help each other</u>.

Am-Mechanic-Year II: They (teachers) are <u>good in taking care</u> of students, also they <u>try to</u> <u>help</u>

students to graduate from the school.

Chud-Building Construction-Year II: It (the college) is <u>a good place</u> and is quiet.

Community Factors.

Even though some students live in poor areas related to selling drugs around neighbourhoods, none mentioned that they engage in fights related to the drug trafficking.

Dong-Electrical-Year II: ...there are <u>selling drugs in the community</u> -nearby my home- just a little bit- not a serious problem.... It is <u>safe</u> although Mom lives alone during the day. We have good neighbours.

Op-Electrical-Year III : ...there are a lots <u>selling</u> <u>drugs</u> <u>around</u> <u>my</u> <u>community</u> but are not many robberies ...it is <u>safe</u> to go and come back from the school with the route that I use.

Revenge

Revenge is a significant motivator for technical college fights. It is noted that revenge has been referred to as a psychological reward that may generate a sense of accomplishment, and thereby increases self-esteem and a stronger sense of masculinity. Indeed, when technical college students are injured in fights against other colleges, revenge is usually effected on the same day or the day after the fight.

Joke-Building Construction-Year II: ... *My friend had been hit with swords at his head during the fight with another technical colleg, then we took him to hospital for suturing... We want to got them back <u>in the evening of that day</u>.*

Chud – Building construction- Year II: *My* friend had been provoked from other schools, so we gathered friends around 7-8 people and waiting for them at the bus stop. After they finished the classes and catching a bus. When the bus was passed by, and we saw them- the time had come. We hit bus windows alongside they sat with swords... I don't know whether they got injured or not..We did that... in the next day after my friend was provoked.

Additionally, students perceive that revenge constitutes a responsive, spiralling process. However, this process does not necessarily have a start (i.e. the students did not know what 'caused' the violence) or an end (i.e. the students simply wanted revenge in order to honour them). There was not always a rationale behind the violence, other than as a form of revenge.

Mo- Electrical -Year III : I have no ideas either. During study here - I don't know reasons for what I do (engage in the fight)

Jay-Electrical-Year II: I thought why we have to engage in the fights - for what ?

Anger arousal did not, by itself, usually lead to physical fighting. Participants only reported feeling angry when their friends were injured or when they had been provoked by other college students.

Joke-Building Construction- Year II: I got angry if my friend got injured.

Ping –**Electronic-Year III :** ... during waiting a bus, my friends met students from other schools at a bus stop- being provoked everyday... in that day, after they provoked him- my friend ran into me and told about that -then we ran into them together. They had 7 people- we had 2, but I did not fear of them... No I did not (afraid of fight)- just feeling <u>angry</u> because my friend had been provoked every day, and that day- we have to do something.

Psychological consequences

Physical fights among technical college students typically caused psychological distress, depression, and anger. Most students felt stressed, especially in the morning prior to catching a bus to the college. Fighting without weapons and without friends was regarded as potentially life-threatening. Nevertheless, students did not feel much stress or danger on their way back home in the afternoon (after finishing the class), since at these time they would be accompanied by their peers.

Pang –**Power & Electrical- Year II:** Yes, I feel <u>that [stress]</u> especially <u>in the morning</u>, but in the afternoon there are lots of students - so I feel O.K - and not afraid of that too much. When the class finished – all of year levels and departments were finished at the same time.

Tab-Power & Electrical-Year III : Yes. I am <u>stressful</u> resulting from thinking too much. I thought

that if we chase them, when we go back home in the other day what it will be happen [it has a probability to be attacked by other college students]. So when the <u>class finished</u>- I have to wait for friends and going back home together as a big group. It could prevent mistakes [friends keep an eye on the situation and help each other].

Tik-Power& Electrical-Year III: I had some kinds of <u>aware of the fight</u> sometimes ...don't want to meet them [if he meets other college students alone-so he could get injured during the fight].

Discussion

Physical violence among male technical college students has attracted national attention in Thailand following the deaths of a large number of young people (Bangkokpost

newspaper 2010). The current study used semi-structured in-depth interviews with a sample of Thai technical college students to understand more about why students engage in interpersonal violence. Although it is not possible to generalise the findings of the study to all technical colleges in Bangkok due to the small sample size and convenience sampling, this study suggests that aggressive and violent behaviour in Thai male technical college students occurs in a different social context to that which provides the setting for violence in Western and other Asian countries. In Western cultures, for example, youth violence is thought to be frequently related to substance abuse (Ellickson and McGuigan 2000; Lee et al. 2007; Lowry et al. 1999; National Institute of Justice 1999; Rudatsikira et al. 2008), and verbal assaults (Chen and Astor 2009; Pateraki and Houndoumadi 2001; Rudatsikira et al. 2008). Physical violence in technical colleges in Thailand also appears different from other Asian countries, such as Taiwan and Japan (Chen and Astor 2009; Hilton et al. 2010). A recent Taiwanese study found that most school violence perpetrators reported that violence was related to having fun, and typically was prompted by disagreement or provocation (Chen and Astor 2009).

In this study, verbal abuse among friends in Thai technical colleges was rarely a cause of physical assault, but could lead to a fight when the provocation came from a student from a different college. Unlike other nations where school violence is most likely to occur in the school (Culley et al. 2006), physical violence in Thai male technical colleges rarely happened inside the school, but on the way to or from school. Students living near the college with no other schools along the bus route reported that they had never been challenged by senior students to engage in fights and had gone home directly after the class finished.

Even though students might travel together in a big group, this could not necessarily be defined as a "gang". Gangs are different from peer groups in terms of territoriality (Klein

1996), structure and powerful group processes (Bouchard and Spindler 2010; Decker 1996). For example, 'street gangs' are "something special, something qualitatively different from others groups and from other categories of law breakers" (Klein 1995, p. 197). The first types of gang identified (the social gang) was found to be minimally involved in delinquent activities including drug use other than marijuana and alcohol use. The activities of this type of gang can be likened to general adolescent experimentation in drug use, drug sales, and one particular type of delinquency - vandalism. This study clearly showed that students drank alcohol and a few used methamphetamine (1-2 persons), but they had not been involved in any type of drug trade or even involved in vandalism. They engaged in a gang fight or physical violence in order to protect themselves from students in other colleges.

The family environment has the potential to act as a protective factor against aggression in young people. Parental monitoring can been defined as "a set of correlated parenting behaviours involving attention to and tracking of the child's whereabouts, activities, and adaptation" (Dishion and McMahon 1998, p.61). Parental monitoring helps to create balance in family relationships and is associated with high levels of communications and support in the child-parent relationship (Ceballo et al. 2003). In this study, a lack of parental monitoring did not appear to be strongly related to school violence. The interviews clearly showed that parents are concerned about their children's behaviour and monitor it closely. Even though a strong bond often exists between parents and children in Thai culture, this does not appear to act as a protective factor. This supports the findings of research conducted with Asian-American youths, which suggest that family bonding (closeness, engagement, monitoring) is largely insignificant in delinquent acts (Jang 2002).

Similarly, school attachment does not appear to act as a protective factor, despite this being consistently identified in studies of non-Asian young people (Hawkins et al. 2000). Nearly all the students in this study liked their school and expressed a high regard for their teachers. This did not, however, stop them from fighting. Nearly every participant reported that he drank alcohol, smoked cigarettes, and used illicit substances. Nevertheless, hardly any of the students believed that they engaged in fights as a result of drug intoxication.

Anger and revenge have been identified as motivators for nearly half of adolescent interpersonal violence (Pfefferbaum and Wood 1994). Vengeance is an attempt to compensate an interpersonal offense by deliberately committing an aggressive action against the perceived offender. Indeed, vengeance can be viewed as an expression of the reciprocity norm: the basic inclination to return harm for harm. The logic of punishment is rooted in vengeance as opposed to retribution. The two are conceptually quite distinct (Govier 2002). Retribution is designed merely to "get even" whereas vengeance is disproportionate and intended to defeat the violator (Barreca 1995).

Even though students do not appear to know why students from other colleges want to abuse them physically, they still engage in fights when their friends get injured. The day of "paying back" is set up as soon as possible, and all students from other school are targets, whether they are offenders or not. Hence, innocent bystanders may get injured (Bangkokpost newspaper 2010). Angry violence, related to vengeance, intended to punish students from the violators' school is planned by friends or senior students. This reflects on the relationship between students in technical colleges. Senior students are more likely to take care of younger students by sending them home and giving them advice when required, thus creating a strong bond between them. Indeed, if senior students invite junior students to engage in a fight or to join in activities, such as drinking alcohol or paying for a rental house, they are unlikely to refuse. Additionally, after finishing class, students are expected to go back home together in a big group.

Technical college students felt that they need to access to weapons in order to protect themselves. The rental place is an appropriate place for storing weapons that are easy to obtain when needed. Given that physical violence can happen at any time while travelling between college and home, students are especially fearful of violence when travelling from home to college. In order to avoid the violence, nearly 80% of students use motorcycles to go to college. However, they still encounter students from other colleges and often experience stress and anxiety. This is consistent with several findings showing that exposure to violence is strongly related to internalising problems, such as anxiety and depressive symptoms (Cooley et al. 2001; Lynch 2003; Osofsky 1999). Additionally, the high levels of exposure to violence, especially community violence, may promote maladaptive behaviours such as aggressiveness, delinquency, and antisocial behaviour (Barkin et al. 2001; Scarpa 2001). Several studies associate depression with higher levels of violence and serious criminal behaviour (e.g., Beyers and Loeber 2003). The negative consequences of offending (i.e., loss of social relationships, school expulsion) may limit offenders' opportunities to engage in prosocial activities and increase psychological distress within the individual. Furthermore, internalising disorders may impair the capacity to withdraw from risky situations, resulting in failure to engage in self-protective behaviour (Orcutt et al. 2002).

Policy Implications

Physical violence among technical college students in Bangkok has been identified as an extremely serious issue in Thailand. As a consequence, the Thai Government led by the

338

Ministry of Education is considering serious action to combat school violence, although public policy to reduce the incidence of school violence has yet to be developed. There are preliminary plans from the Minister of Education to send delinquent students from technical colleges to boot camps for disciplinary practice, and this proposal has led to a lot of public debate. This is of concern given US studies which have demonstrated that boot camps are largely ineffective (Tyler et al 2001). The preliminary outcomes of evaluations of boot camps carried out by Vocational Education Commission have never been published. College uniforms are a significant factor leading to fights, abolition of school uniforms might reduce fighting rates. In the US, five essential steps to counter school violence have been identified, including needs and assets assessment, initial planning, strategy adoption, strategy implementation and strategy evaluation (Greene 2005). This study contributes to the first step in response to the needs and assets assessment, however, information about school violence among technical colleges to support the first stage of public policy planning is still very limited. Nonetheless, the findings of this study can inform these debates.

Acknowledgements

The authors would like to thank the technical college in Bangkok for supporting and providing facilities to conduct the research, and all of the young people who volunteered to take part in this study.

Declaration of Conflicting Interests

The authors declare no conflicts of interest in this article.

Funding

There was no funding support for the research.

References

- Assanangkornchai, S., Pattanasattayawong, U., Samangsri, N., & Mukthong, A. (2007).
 Substance use among high-school students in Southern Thailand: trends over 3 years
 (2002-2004). Drug and Alcohol Dependence, 86, 167-174.
- Barkin, S., Kreitetr, S., & DuRant, R. H. (2001). Exposure to violence and intentions to engage in moralistic violence druing early adolescence. *Journal of Adolescence, 24*, 777-789.
- Barreca, R. (1995). Sweet revenges: The wicked delights of getting even. New York: Berkley.
- Battistich, V., Schaps, E., Watson, M., & Solomon, D. (1996). Prevention effects of the child development project : Early findings from an ongoing multi-site demonstration trail. *Journal of Adolescent Research*, 11, 12-35.
- Beyers, J. M., & Loeber, R. (2003). Untangling developmental relations between depressed mood and delinquency in male adolescents. *Journal of Abnormal Child Psychology*, *31*, 247-266.
- Bouchard, M., & Spindler, A. (2010). Gangs, groups, and delinquency: Does organization matter? *Journal of Criminal Justice*, *38*, 921-933.
- Bureau of Health Policy and Strategy, Ministry of Public Health. (2004). *Public Health Statistics 2004*. Retrived from : http://203.157.19.191/input_bps.htm.
- Bureau of Health Policy and Strategy, Ministry of Public Health. (2005). *Thailand Health Profile 2001-2005*. Retrived from: http://www.moph.go.th/stat1.php.
- Cairns, R. B., & Cairns, B. D. (1991). The sociogenesis of aggressive and antisocial behaviors. In J. McCord (Ed.), Facts, Frameworks, and Forecasts. New Brunswick, NJ: Trabsaction Publishers.

- Cairns, R. B., & Cairns, B. D. (1994). *Lifetimes and risks : Pathways of youth in our time*. New York. Cambridge University Press.
- Ceballo, R., Ramirez, C., Heran, K. D., & Maltese, K. L. (2003). Community violence and children's psychological well-being: Does parental monitoring Matter ? *Journal of Clinical and Adolescent Psychology*, *32*, 586-592.
- Chen, J. K., & Avi Astor, R. (2009). The perpetration of school violence in Taiwan : An analysis of gender, grade level and school type. *School Psychology International*, 30, 568-584.
- Cooley-Quille, M., Boyd, R. C., Frantz, E., & Walsh, J. (2001). Emotional and behavioral impact of exposure to community violence in inner-city adolescents. *Journal of Clinical Child Psychology*, 30, 199-206.
- Cornell, D. G., & Loper, A. B. (1998). Assessment of violence and other high-risk behavior with a school survey. *School Psychology Review*, *27*, 317-330.
- Crick, N. R. (1997). Engagement in gender normative versus nonnormative forms of aggression: Links to social psychological adjustment. *Developmental Psychology*, 33, 610-617.
- Crick, N. R., Casas, J. F., & Mosher, M. (1997). Relational and overt aggression in preschool. *Developmental Psychology*, *33*, 579-588.
- Culley, M. R., Conkling, M., Emshoff, J., Blakely, C., & Gorman, D. (2006). Environmental and contextual influences on school violence and its prevention. *The Journal of Primary Prevention*, 27, 217-227.
- Dahlberg, L. L. (1998). Youth violence in the United States. Major trends, risk factors, and prevention approaches. *American Journal of Preventive Medicine*, *14*, 259-272.

- Decker, S. H. (1996). Collective and normative features of gang violence. *Justice Quarterly*, *13*, 243-264.
- Dishion, T. J., & McMahon, R. J. (1998). Parental monitoring and prevention of child and adolescent problem behaviour : A conceptual and empirical formulation. *Clinical Child and Family Psychology Review*, 1, 61-75.
- Ellickson, P. L., & McGuigan, K. A. (2000). Early predictors of adolescent violence. *American Journal of Public Health*, *90*, 566-572.
- Fagan, J., & Davies, G. (2004). The natural history of neighbourhood violence. Journal of Contemporary Criminal Justice, 20, 127 -147.
- Farmer, E. M. Z. (2000). Issues confronting effective services in systems of care. *Children and Youth Services Review*, 22, 627–650.

Govier, T. (2002). Forgiveness and revenge. New York: Routledge.

- Greene, M. B. (2005). Reducing violence and aggression in schools. *Trauma Violence Abuse*, 6, 236-253.
- Hilton, J. M., Anngela-Cole, L., & Wakita, J. (2010). A cross-cultural comparison of factors associated with school bullying in Japan and United States. *The Family Journal : Counseling and Therapy for Couples and Families*, 18, 413-422.
- Hawkins, J. D., Herrenkohl, T. I., Farrington, D. P., Catalano, R. F., Harachi, T., & Cothern,L. (2000). *Predictors of youth violence*. Washingtong, DC: Office of Juvenile Justice and Delinquency Prevention.
- Henry, D. B., Tolan, P. H., & Gorman-Smith, D. (2001). Longitudinal family and peer group effects on violence and nonviolent delinquency. *Journal of Child Psychology*, *30*, 172-186.

- Herrenkohl, T. I., Maguin, E., Hill, K. G., Hawkins, J. D., Abbott, R. D., & Catalano, R. F.
 (2000). Developmental risk factors for youth violence. *The Journal of Adolescent Health*, 26, 176-186.
- Jang, S.S. (2002). Race, ethnicity, and deviance : a study of Asian and Non-Asian adolescent in America. *Sociological Forum*, *17*, *647-680*.
- Kann, L., Kinchen, S. A., Williams, B. I., Ross, J. G., Lowry, R., Grunbaum, J. A., et al.
 (2000). Youth risk behavior surveillance--United States, 1999. *MMWR CDC Surveill Summ*, 49, 1-32.
- Klein, M. W. (1995). *The American street gang : It nature, prevalence, and control*. New York, NY: Oxford University Press.
- Klein, M. W. (1996). Gangs in the United States and Europe. *European Journal on Criminal Policy and Research, 4,* 63-80.
- Le, T. N., & Wallen, J. (2007). Risks of non-familial violent physical and emotional victimization in four Asian ethinic groups. *Journal of Immigrant Minority Health*, doi 10.1007/s10903-007-9100-8.
- Lee, L. K., Chen, P. C., Lee, K. K., & Kaur, J. (2007). Violence-related behaviours among Malaysian adolescents: a cross sectional survey among secondary school students in Negeri Sembilan. *Annuals of the Academy of Medicine, Singapore, 36*, 169-174.
- Lowry, R., Cohen, L. R., Modzeleski, W., Kann, L., Collins, J. L., & Kolbe, L. R. (1999). School violence, substance use, and availability of illegal drugs on school property among U.S. high school students. *Journal of School Health*, 69, 347-355.
- Lynch, M. (2003). Consequences of children's exposure to community violence. *Clinical Child and Family Psychology Review*, 6, 265-273.

- McMorris, B. J., Hemphill, S. A., Toumbourou, J. W., Catalano, R. F., & Patton, G. C. (2007).
 Prevalence of substance use and deliquent behavior in adolescents from Victoria,
 Australia and Washington State, United States. *Health Education & Behavior, 34*, 634-650.
- Menesini, E., Eslea, M., Smith, P. K., Genta, M. L., Giannetti, E., Fonzi, A., & Costabile, A. (1997). Cross-national comparison of children's attitudes towards bully/victim problems in school. *Aggressive Behavior*, 23, 245-257.
- Messerschmidt, J. W. (1993). Masculinities and Crime. Lanham, MD: Rowman & Littlefield.
- Milovchevich, D., Howells, K., Drew, N. & Day, A. (2000). Gender role differences in anger: An Australian community survey. *Personality and Individual Differences, 31*,117-127.
- National Institue of Justice. (1999). Arrestee Drug Abuse Monitoring Program: 1998 annual report on drug use among adult and juvenile arrestees. Washington, DC: Author.
- No Author, (September 1, 2010). *Schoolboy killed in bus shooting*. *Bangkokpost*. Retrived from <u>http://www.bangkokpost.com/news/local/194076/schoolboy-killed-in-bus-shooting</u>. (2010), access September 15, 2010.
- Osofsky, J. D. (1999). The impact of violence on children. The Future of Children, 9, 33-49.
- Orcutt, H.K., Erickson, D.J., & Wolfe, J. (2002). A prospective analysis of trauma exposure: The mediating role of PTSD symptomatology. *Journal of Trauma Stress*, 15, 259-266.
- Pateraki, L., & Houndoumadi, A. (2001). Bullying among primary school children in Athens, Greece. *Educational Psychology*, 21, 167-175.
- Pellegrini, A. D. (1998). Bullies and victims in school: A review and call for research. *Journal* of Applied Developmental Psychology, 19, 165–176.

- Pfefferbaum, B., & Wood, P. B. (1994). Self-report study of impulsive and delinquent behavior in college students. *The Journal of Adolescent Health*, *15*, 295-302.
- Pradubmook-Sherer, P. (2010). Youth attitudes toward dating violence in Thailand. International Journal of Offender Therapy and Comparative Criminology, XX(X),1-25: doi10.1177/0306624X093606659.
- Rigby, K., Cox, I., & Black, G. (1997). Cooperativeness and bully/victim problems among Australian schoolchildren. *The Journal of Social Psychology*, *137*, 357-368.
- Royal Thai Police. (2010). *Conference on prevention of students' fights (Report on July, 2009: Thai version)*. Bangkok: Bureau of Royal Thai Police, Thailand.
- Rudatsikira, E., Mataya, R. H., Siziya, S., & Muula, A. S. (2008). Association between
 bullying victimization and physical fighting among Filipino adolescents: results from
 the Global School-Base Health Survey. *Indian Journal of Paediatrics*, 75, 1243-1247.
- Scarpa, A. (2001). Community violence exposure in a young adult sample : Lifetime pervalence and socioemotional effects. *Journal of Interpersonal Violence, 16,* 36-53.
- Strauss, A. (1987). *Qualitative research for social scientists*. Cambridge: Cambridge University Press.
- Strauss, A., & Corbin, J. (1990). Basics of qualitative research. Thousand Oaks, CA: Sage.
- Studer, J. (1996). Understanding and preventing aggressive responses in youth. *Elementary School Guidance and Counseling, 30,* 194-204.
- Tantiwiramanond, D. (1997). Changing gender relations in Thailand : A historical and cultural analysis. *Indian Journal of Gender Studies*, *4*, 167-198.
- Tyler, J., Darville, R., & Stalnaker, K. (2001). Juvenile boot camps : a descriptive analysis of program diversity and effectiveness. *The Social Science Journal*, *8*, 445-460.

- Vocational Education Commission (2010). College in Office of Vocational Educational Commission, Ministry of Education, Bangkok, Thailand. Retrieved from http: //www.vec.go.th/doc/DirectorStr/college_eng.php. Access April 16, 2010.
- World Health Organization. (2002). *World report on violence and health*. World Health Organization, Geneva, Switzerland.

World Health Organization Centre for Health Development Kobe, Japan. (2007). National Report on violence and health Thailand. Retrived from http://www.who.or.jp/ publications/2004-2005/CHP_Report_on_violence_and_health_Thailand.pdf .