

Psycho-social Antecedents of Goal Setting and Self-Control of Thai University Students

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Abstract : One of the most important characteristics to increase competitive ability in undergraduate students after post COVID-19 era is goal setting and self-control. This correlational study aims at investigating the influence of psycho-social antecedents on goal setting and self-control in 550 Thai university students. Results from multiple regression analysis revealed that the important predictors of this characteristic were reasoning ability, psychological immunity, attitudes toward competition, core self-evaluation, and family nurture, which yielded 54.28 predictive percentage in the total sample. Moreover, the analysis identified three at-risk groups, namely, male students, low GPA students, and students with siblings. Discussion and implications in general and for specific purposes for the at-risk groups were offered.

Keywords : antecedents, plan and self-control, predictors, university students

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