

**The Different Philosophies of Sufficiency Economy in Terms of Moderation, Reasonableness, Good Self-immunity, Knowledge, and Morals according to Personal Factors of the Population during Covid-19 Pandemic**

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**Abstract**

The sufficiency economy philosophy principles are to be used as a basis for safe living and happiness including ways to adjust to survive under the Covid-19 pandemic. Therefore, the objectives of this research are 1) to study people's opinions on the philosophy of sufficiency economy on moderation, reasonableness, good self-immunity, knowledge, and morals; and 2) to compare the differences between the opinions about people's sufficiency economy philosophy on moderation, reasonableness, good self-immunity, knowledge, and morals. The sample was 491 general people. Data were collected by using a survey questionnaire. The statistics used were frequency, percentage, t-test, and One-way ANOVA Posthoc test by Scheffe method. The results showed that most of the respondents were female, aged 30 to 39 years, graduated with a bachelor's degree, were single, and had monthly income less than or equal to 20,000 baht. The analysis of the opinions about the philosophy of sufficiency economy classified by personal factors are as follows: the different genders have different philosophies of sufficiency economy in terms of moderation, reasonableness, and good self-immunity; the age difference was found to have different sufficiency economy philosophy on moderation and reasonableness; the different levels of education revealed that there were different sufficiency economy philosophies in terms of good immunity; the difference in marital status revealed that there were different sufficiency economy philosophies in terms of moderation, reasonableness, and good self-immunity; and difference in monthly income showed that there were different sufficiency economy philosophies in terms of moderation.

**Keywords:** philosophy of sufficiency economy, reasonableness, good self-immunity, knowledge, covid-19 virus

**1. Introduction**

Sufficiency Economy is a philosophy that His Majesty King Bhumibol Adulyadej Maha Bhumibol Adulyadej the Great Borommanatbophit or King Rama IX conceived and developed, as a guideline of living for the Thai people by emphasizing the ways to fix the problem in order to survive and being able to live steadily and sustainably under globalization and various changes by focusing on the people's capability to have a sustainable career who can spend the money earned sufficiently and economically according to the person's strength without borrowing. If there is excess money, then save some of it, use it to help others, and it

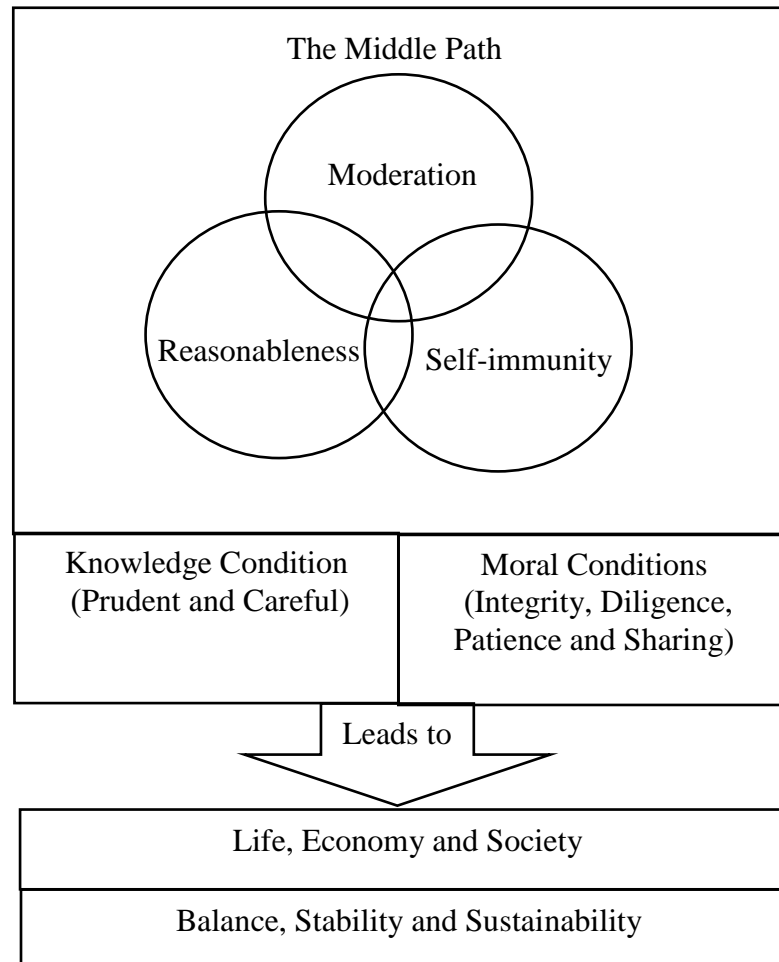
may be spent for some additional needs as necessary (Donkwa, 2014). Moreover, the philosophy of a sufficiency economy has proven to be a cutting-edge concept. It emphasizes sustainable development before the Sustainable Development Goals (SDGs) are adopted. By 2030, the United Nations will realize that the philosophy of a sufficiency economy is an alternative way to achieve sustainable development goals (Rittiboonchai, 2018). Furthermore, Avery (2016) describes the Sufficiency Economy Philosophy as a model that defines all aspects of decision-making including livelihood, performance of an organization or business by an individual or groups of people, and, most importantly, the application of knowledge and morality whether it may be either personal knowledge or universal knowledge. This decision-making method resembles the concept adopted by European companies called “Honey Bees” which follows principles such as not to be extravagant, be reasonable, consider the impact that will happen to everyone involved. In addition, Sufficiency Economy Philosophy is a decision-making principle that is applicable to individuals, communities, organizations, and nations. Having knowledge and morality as main foundations to the principle of moderation, rationality, and immunity for everyone to maintain themselves or perform any tasks will result in a balance of 4 dimensions: economy, society, environment and culture, and cause well-being.

His Majesty King Bhumibol Adulyadej Bhumibol Adulyadej the Great Borommanatbophit gave the speech on the definition of the phrase “Sufficiency economy” as lifestyle, having a sufficiency economy, able to nurture oneself in an appropriate manner, and being satisfied with one’s own needs. This does not mean that every family has to produce food, knit and weave clothes and make costumes for themselves. Rather, it means that in the village there must be a certain level of sufficiency. Donkwa (2014) explained the concept of the philosophy of sufficiency economy which is the origin of the definition of 3 principles and 2 conditions of the subcommittee to drive the Sufficiency Economy. The Office of the National Economic and Social Development Board has used this campaign to disseminate the philosophy of sufficiency economy through various channels at present, which include moderation, reasonableness, good self-immunity, knowledge, and morals as shown in Figure 1.

Sufficiency Economy can be applied to all levels and countries. However, it depends on which country is self-reliant or reliant on foreign countries. For Thailand, the measures to prevent and solve the problems regarding the spread of COVID-19, the government stopped the people from moving around in the society. This has caused a stop to the production in many businesses causing the economic system to halt. It affects people's livelihoods and food problems. People are unemployed, jobless, starved, and without income. This has led many people turning to analyze and look for a way to survive. One approach that has been discussed in solving the problem is the Sufficiency Economy Principle of King Rama IX, who has laid out a way for his people to survive in every crisis because in every crisis there will be an “opportunity” which makes Thai people and the whole world believe in the Sufficiency Economy Philosophy (Sindhavanont, 2020).

In addition, the outcome of the COVID-19 outbreak that severely affected the world made tourism stagnate and exports more difficult. Many companies had to shut down, downgrading, and lay off workers. The economy was in an unprecedented slump. For Thailand, although the government has issued many measures to help and heal whether it is a measure to help low-income people and people who are unemployed due to the Covid-19, measures to help farmers, remedial measures for workers who are not in the social security system, remedial measures for entrepreneurs and tax measures, etc. However, such measures are short-term remedies. In the long term, to survive the Covid-19 pandemic, the individuals have to rely on themselves mainly. Their lifestyles must be adjusted to suit the economic and

social conditions in this crisis. Therefore, there is a need to adjust, reduce unnecessary expenses, be thrifty, save, and turn back to live a decent life with enough to eat. This is another option for the Thai survival during the time of the Covid-19 crisis to help them survive with a solid foundation, and have good physical and mental health that is filled with true sustainable happiness (Chumtakob, 2020).



**Figure 1 The Concept of Sufficiency Economy Philosophy** Donkwa (2014, page 7)

Therefore, the researcher is interested in studying the level of general public opinion towards the Sufficiency Economy Philosophy regarding moderation, reasonableness, good self-immunity, knowledge, and morals during the COVID-19 pandemic and comparing the differences between the sufficiency economy philosophy in terms of moderation, reasonableness, good self-immunity, knowledge, and morals of the general public during the COVID-19 pandemic classified by personal factors to know the differences in moderation, reasonableness, good self-immunity, knowledge, and morals, so that the research results can be applied to current and future situations.

## **2. Research Objectives**

2.1 To study the Sufficiency Economy Philosophy in terms of moderation, reasonableness, good self-immunity, knowledge, and morals according to the opinions of the general public during the COVID-19 pandemic.

2.2 To compare the Sufficiency Economy Philosophy in terms of moderation, reasonableness, good self-immunity, knowledge, and morals according to the opinions of the general public during the COVID-19 pandemic.

### **3. Review of Related Literature**

#### **Sufficiency Economy Philosophy**

Sufficiency Economy is a philosophy that identifies the way of survival, and how people behave at all levels ranging from the family, community level, to the state level on developing and managing the country in a sufficient way, especially in economic development in order to keep pace with the globalization era (Department of Agriculture Extension, 2018). Furthermore, it is a concept based on Thai culture to approach the basis of the middle path and carelessness that focuses on moderation, reasonableness, self-immunity, and the use of knowledge and morality to lead to the true happiness in life (Chaipattana Foundation, 2021). Donkwa (2014) explains the concept of Sufficiency Economy is originated from the definition of 3 loops, 2 conditions, with details as follows:

3.1 Moderation means moderation that is neither too little nor too much without encroaching on oneself and others, such as production and consumption at a moderate level.

3.2 Reasonableness means the decision about the level of sufficiency and must be reasonable by considering the relevant factors as well as taking into account the expected consequences of such actions carefully.

3.3 Self-immunity means preparing for the impact and changes in various aspects by taking into account the possibility of various situations expected to occur in the future.

However, there are two conditions for under sufficiency economy as follows:

1. Knowledge condition consists of knowledge about various academic subjects must be heeded for planning and caution implementation.

2. Virtue conditions consists of awareness of virtue, honesty and patience, perseverance, and use of wisdom in life.

A literature review of the Sufficiency Economy found that it can be applied to address the problems arising from the COVID-19 outbreak (Subprasopchock et al., 2021). However, from prior research such as Ruangary and Hasoontree (2020), it was found that the sample group with a high level of understanding about the philosophy of sufficiency economy has high level of consumer behavior with the Sufficiency Economy Philosophy based on different personal factors. The research of Saelee and Yanmethree (2019) found that there are significant various results in applying the Sufficiency Economy Philosophy in moral life, modesty, knowledge, resilience and reasonableness at a significant level show classified by gender education level, marital status, and monthly income. Lastly, Leklersindhu's study (2017) found that people with high understanding of sufficiency economy philosophy applied the Sufficiency Economy Philosophy at a high level especially in the aging population, classified by the level of education, income, and occupation. Every aspect of the Sufficiency Economy Philosophy is applied differently. These researches took place before the outbreak of the COVID-19 virus. Therefore, in this research, the concepts of sufficiency economy philosophy were used together to study personal variables consisting of gender, age, educational level, marital status, and monthly income to compare the differences of the sufficiency economy philosophy (3 loops and 2 conditions) according to personal factors by studying from people who have to face the epidemic situation of COVID-19 virus.

## **4. Research Method**

### **4.1 Population and sample**

The population used in this study was the general population affected by the COVID-19 pandemic. Due to the large population and the exact population being unknown, the sample size was calculated from the formula of unknown sample size by Coebran (1953), with a margin of error of 0.05%. The sample size was 385 people using simple random sampling, and the total number of respondents was 491.

### **4.2 Variables used in this research**

- Independent variables are gender, age, education level, marital status, and monthly income.

- Dependent Variables are Sufficiency Economy Philosophy which consists of 5 aspects: moderation, reasonableness, good self-immunity, knowledge, and morals.

### **4.3 Instruments used and instrument reliability checks**

The research team studied the literature related to the Sufficiency Economy Philosophy by designing a tool for collecting a questionnaire consisting of 2 parts:

Part 1: The personal factors of the respondents: These were 5 multiple choice questions, namely gender, age, education level, marital status, and monthly income.

Part 2: Opinions on Sufficiency Economy Philosophy: It was developed and improved from the research of Donkwa (2014), consisting of 5 aspects: moderation with 5 questions, reasonableness with 5 questions, good self-immunity with 6 questions, knowledge with 4 questions, and morals with 4 questions. It is a 5-point Likert Scale based on opinion ranging the highest to least: Level 5 means 'Highest', Level 4 means 'High', Level 3 means 'Moderate', Level 2 means 'Low', and Level 1 means 'Least'.

The design of the entire questionnaire was taken by three experts to verify the consistency between the questions and the objectives. The results showed that none of the questions was lower than 0.67 and 30 questionnaires were used to collect data from a sample group that was similar to the sample group to be studied. It was found that Cronbach's Alpha Coefficient of the questionnaire was 0.97. Therefore, all the questions in the questionnaire were used to collect data from the sample group. Testing for Cronbach's Alpha Coefficient of a questionnaire from 491 respondents, was found to be 0.93. Hulin, Netemeyer, and Cudeck (2001) said the generally accepted confidence value was 0.60 or higher.

### **4.4 Data analysis and applied statistics**

The statistics used in the analysis of the data when classified according to the nature of the data and the research objectives are as follows: The analysis of respondents' personal factors was based on the frequency and percentage statistics, while the opinion level of sufficiency economy philosophy was measured using mean ( $\bar{x}$ ) and standard deviation (S.D.). For determining the criteria for interpreting the perceived level results from the questions in the questionnaire into Interval Scale, the scores were divided as follows: (Wanichbuncha, 2002) 4.21 – 5.00 means the highest, 3.41 – 4.20 means high, 2.61 – 3.40 means moderate, 1.81 – 2.60 means low, and 1.00 – 1.80 means the least. Differences were analyzed by using a t-test and F-test. In case of differences, the pairs were tested with Scheffe.

## **5. Research Results**

### **5.1 Details of the respondents' personal factors**

The respondents in this survey were the general public of 491 people, most of them were female, of 319 people, representing 65.0%, aged 30 to 39 years, of 164 people, representing 33.4%, and had completed a bachelor's degree, of 328 people, representing 66.8

%, being single, of 298 people accounted for 60.7%, and their monthly income is less than or equal to 20,000 baht, of 198 people accounted for 40.3%, as detailed in Table 1.

**Table 1 Personal factors of the respondents**

<b>Personal Factors</b>	<b>No. (n = 491)</b>	<b>Percentage (%)</b>
<b>Gender</b>		
Male	172	35.0
Female	319	65.0
<b>Age</b>		
20 years and below	30	6.1
21 to 29 years	155	31.6
30 to 39 years	164	33.4
40 to 49 years	81	16.5
50 to 59 years	52	10.6
60 years and above	9	1.8
<b>Educational Level</b>		
Lower than Bachelor's Degree	108	22.0
Bachelor Degree	328	66.8
Higher than Bachelor's Degree	55	11.2
<b>Marital Status</b>		
Single	298	60.7
Married	167	34.0
Widow or Widower/Divorced	26	5.3
<b>Monthly income (approximately)</b>		
Lower than 20,000 baht	198	40.3
20,001 to 30,000 baht	103	21.0
30,001 to 40,000 baht	114	23.2
40,001 to 50,000 baht	53	10.8
50,001 baht and above	23	4.7

**5.2 The results of the study on the level of opinions about the Sufficiency Economy Philosophy in each aspect**

The results of the analysis of opinion levels on the Sufficiency Economy Philosophy showed that the people have the highest level of overall opinion ( $\bar{x} = 4.38$ , S.D. = 0.46) with the highest level of opinion in terms of “Modesty” which was at the highest level ( $\bar{x} = 4.45$ , S.D. = 0.55) and “good self- immunity” was at the lowest level ( $\bar{x} = 4.33$ , S.D. = 0.53), as detailed in Table 2.

**Table 2 Mean, Standard Deviation, and the level of opinions about the Sufficiency Economy Philosophy**

<b>Question</b>	<b>Mean (<math>\bar{x}</math>)</b>	<b>S.D.</b>	<b>Level</b>	<b>Rank</b>
1. Modesty	4.45	0.55	Highest	1
2. Reasonableness	4.38	0.51	Highest	3
3. Good self-immunity	4.33	0.53	Highest	5
4. Knowledge	4.40	0.55	Highest	2
5. Morality	4.37	0.57	Highest	4
<b>Total</b>	<b>4.38</b>	<b>0.46</b>	<b>Highest</b>	

**5.3 The results of the analysis of differences in opinion levels on the Sufficiency Economy Philosophy**

**5.3.1 Gender**

From the analysis of the difference of the mean value on sufficiency economy philosophy of the people during the Covid-19 pandemic classified by gender using statistical testing such as t-test, it was found that people of different genders had opinions about the philosophy of sufficiency economy on “moderation, reasonableness, good self-immunity, and morality” which were significantly different at the 0.05 level, while the people of different genders had no difference in opinions about the sufficiency economy philosophy on “knowledge”. The female population had a higher level of opinions about the philosophy of sufficiency economy in all aspects than the male population as shown in Table 3.

**Table 3 Analysis of differences in sufficiency economy philosophy classified by gender**

Questions	Male (172)		Female (319)		t	P
	$\bar{x}$	S.D.	$\bar{x}$	S.D.		
1. Modesty	4.35	0.58	4.50	0.52	-2.69	0.01*
2. Reasonableness	4.31	0.56	4.42	0.49	-2.18	0.03*
3. Good self-immunity	4.26	0.58	4.36	0.50	-2.05	0.04*
4. Knowledge	4.34	0.55	4.44	0.55	-1.84	0.06
5. Morality	4.30	0.59	4.41	0.55	-1.98	0.04*

**5.3.2 Age**

From the analysis of differences in the level of opinions about the people's philosophy of sufficiency economy during the COVID-19 pandemic classified by age by testing with one-way ANOVA statistical analysis, it was found that different ages have a different level of opinions about the Sufficiency Economy Philosophy on “moderation, reasonableness and good self-immunity” statistically. As for the people of different ages, their opinions about the Sufficiency Economy Philosophy on “knowledge and morality” were not different as shown in table 4.

**Table 4 Analysis of the differences between the mean levels of opinions on the sufficiency economy philosophy classified by age**

Sufficiency Economy Philosophy	F	Sig.
1. Modesty	4.29	0.01*
2. Reasonableness	2.70	0.02*
3. Good self-immunity	2.57	0.03*
4. Knowledge	1.09	0.36
5. Morality	1.07	0.38

When the mean values of opinions about the Sufficiency Economy Philosophy in respect of moderation, reasonableness, and good self-immunity were tested for differences in pairs using Scheffe's method, the differences were found as follows: (1) With ‘Modesty’, it was found that people aged 21 to 29 were significantly different from those aged 40 to 49, in which it was found that people aged 21 to 29 had the opinion at their highest level ( $\bar{x} = 4.33$ ), which was lower than the people aged 40 to 49 who had their highest level of opinion at ( $\bar{x} = 4.59$ ). It was found that people aged 21 to 29 years were different from people aged 50 to 59, in which it was found that people aged 21 to 29 had their highest level of opinion at ( $\bar{x} = 4.33$ ), which was lower than those aged 50 to 59 years with their highest level of opinion ( $\bar{x} = 4.66$ ). (2) With ‘Reasonableness’, it was found that people of different ages had different

levels of opinion. However, when tested for the pair average, it was found that there was no difference, and (3) with having ‘good self-immunity’, it was found that people of different ages had different levels of opinion but when tested for the pair average it was found no difference.

### 5.3.3 Educational level

From analyzing the differences of opinions about the people's sufficiency economy philosophy during the Covid-19 pandemic classified by educational level by testing with one-way ANOVA statistical analysis, it was found that different educational levels have statistically different opinions about the Sufficiency Economy Philosophy on “good self-immunity”. People with different educational levels, their opinions about the sufficiency economy philosophy on “moderation, reasonableness, knowledge, and morals” are not different as shown in Table 5.

**Table 5 Analysis of the differences between the mean level of opinions about sufficiency economy philosophy classified by educational level**

Sufficiency Economy Philosophy	F	Sig.
1. Modesty	0.58	0.56
2. Reasonableness	1.28	0.28
3. Good self-immunity	3.77	0.02*
4. Knowledge	1.83	0.16
5. Morality	2.44	0.09

When the mean level of opinions about the sufficiency economy philosophy of different good self-immunity was used to test the differences in pairs using Scheffe's method, the differences were found as follows: People with education levels below a bachelor's degree have different opinions from people who have a bachelor's degree. People with education levels lower than a bachelor's degree had a high level of opinion ( $\bar{x} = 4.20$ ), which was lower than those with a bachelor's degree whose the highest level of opinion is ( $\bar{x} = 4.36$ ).

### 5.3.4 Marital status

From analyzing the differences of opinions about the people's sufficiency economy philosophy during the Covid-19 pandemic classified by marital status using One-way ANOVA statistical testing, it revealed that the different marital statuses have opinions about the Sufficiency Economy Philosophy on the “moderation, reasonableness, good self-immunity and knowledge” differed statistically. People with different marital statuses, had no different opinions on the philosophy of sufficiency economy in terms of “morality” as shown in table 6.

**Table 6 Analysis of differences between mean opinions on sufficiency economy philosophy classified by marital status**

Sufficiency Economy Philosophy	F	Sig.
1. Modesty	7.18	0.00*
2. Reasonableness	5.80	0.00*
3. Good self-immunity	4.24	0.02*
4. Knowledge	3.18	0.04*
5. Morality	2.33	0.10



When taking the mean value of opinions about the Sufficiency Economy Philosophy on moderation, reasonableness, and good self-immunity and different knowledge to test the differences in pairs using Scheffe's method, differences were found as follows: (1) Modesty: it was found that people who are single are different from people who are married. It was found that for single people, their level of opinion was at the highest level ( $\bar{x} = 4.38$ ), which was lower than that of married people who had their highest level of opinion at ( $\bar{x} = 4.53$ ) and it was also found that people who are single have different opinions from those who are widowed/divorced. For single people, their highest level of opinion was ( $\bar{x} = 4.38$ ), which was lower than those who are widowed/divorced with their opinion level at the highest level ( $\bar{x} = 4.68$ ). (2) Reasonableness: it was found that people who are single are different from people who are married. It was found that people who are single had their highest level of opinion ( $\bar{x} = 4.32$ ), which was lower than those of married people whose opinion level was at the highest level ( $\bar{x} = 4.47$ ) (3) Having good self-immunity: it was found that single people are different from people who are married. It was found that single people have their opinion level at the highest level ( $\bar{x} = 4.28$ ), which was lower than that of married people whose opinion level was at the highest level ( $\bar{x} = 4.42$ ), and (4) Knowledge: found that people with different marital status had different opinion levels. However, when tested for the pair average, there is no difference.

### 5.3.5 Monthly income

From analyzing the differences of opinions about the people's sufficiency economy philosophy during the Covid-19 pandemic classified by monthly income by testing with statistical analysis of One-way ANOVA, it was found that the monthly income was different. There are opinions about the Sufficiency Economy Philosophy on the “moderation, reasonableness and good self-immunity” that differed statistically. People with different monthly incomes had no different opinions on the philosophy of sufficiency economy in terms of “knowledge and morals”. as shown in table 7.

**Table 7 Analysis of the differences between the mean of opinions about the sufficiency economy philosophy classified by monthly income**

Sufficiency Economy Philosophy	F	Sig.
1. Modesty	4.35	0.00*
2. Reasonableness	2.62	0.04*
3. Good self-immunity	2.64	0.03*
4. Knowledge	1.17	0.32
5. Morality	0.91	0.46

When taking the mean value of opinions about the Sufficiency Economy Philosophy on moderation, reasonableness, good self-immunity, and different knowledge to test the differences in pairs using Scheffe's method, differences were found as follows: (1) Modesty: The opinions of people with monthly incomes of less than or equal to 20,000 baht were different from those with monthly incomes of 30,000 baht to 39,999 baht. People with a monthly income less than or equal to 20,000 baht had their highest level of opinion ( $\bar{x} = 4.36$ ), which was lower than people with a monthly income of 30,000 baht to 39,999 baht, whose opinion level was at their highest level ( $\bar{x} = 4.59$ ) (2) Reasonableness, it was found that people with different monthly incomes had different levels of opinion. However, when tested for the pair average it was found that there was no difference. (3) Having good self-

immunity: It was found that people with different monthly incomes had different levels of opinion but when tested for the pair average, there is no difference.

## **6. Discussions and Conclusions**

The results of the analysis of opinion levels on the Sufficiency Economy Philosophy showed that people had the highest level of overall opinion with the highest level of opinion on 'moderation' which was at the highest level and the lowest level of opinion was on good 'self-immunity' at the highest level. This is consistent with the research by Bhiromrat (2010) who studied life behavior according to the Sufficiency Economy Philosophy of Rajabhat University students in Bangkok. It was found that the respondents had a level of understanding of the Sufficiency Economy Philosophy including a high and the overall level of lifestyle behavior according to the Sufficiency Economy Philosophy which was also at a high level. In line with the results of a study by Sopa and colleagues (2021) who studied a new way of living according to the Sufficiency Economy Philosophy of the people of Surat Thani Municipality, it was found that the level of living in the new way of life according to the sufficiency economy philosophy of the people in terms of the attitude towards the sufficiency economy philosophy and the way of living according to the sufficiency economy philosophy was at a high level. It shows that the Sufficiency Economy Philosophy is a concept that people can use in the situation of the COVID-19 pandemic in order to balance and create happiness in their lives as appropriate as they are at the highest level.

The results of the analysis of different mean values of the opinion of the people's sufficiency economy philosophy during the Covid-19 pandemic classified by gender revealed that people of different genders had different opinions about the sufficiency economy philosophy on 'moderation, reasonableness, good immunity, and different morals. This is consistent with the study by Bhiromrat (2010) which found that respondents of different genders had ethical characteristics in terms of moderation, reasonableness, and self-immunity overall are different. The female respondents had higher lifestyle behaviors according to the Sufficiency Economy Philosophy than the male respondents. Singtrangarn (2018), a study on the application of the Sufficiency Economy Philosophy in life: a case study at Ban Wang Nok Khai Community at Phichit Province, it was found that different genders resulted in different levels of application of the Sufficiency Economy Philosophy.

The results of the analysis of differences in opinions about the sufficiency economy philosophy of the people during the Covid-19 pandemic classified by age revealed that the difference in age led to different levels of opinions about Sufficiency Economy Philosophy on 'Moderation, Reasonableness, and Good Self-immunity'. This is consistent with Saisupmonkol (2016), a study of the application of Sufficiency Economy Philosophy in the life of the government worker of the Department of Military Affairs, it was found that the samples of different ages had different approaches to applying the Sufficiency Economy Philosophy in their lives and in accordance with the study of Leklersindhu (2017) who studies knowledge, understanding, and application of sufficiency economy philosophy in community economic development, Bang Yai Sub-district, Bang Yai District, Nonthaburi Province, it was found that the samples of different ages had applied the Sufficiency Economy Philosophy in every respect differently.

Analysis of differences of opinions about the people's sufficiency economy philosophy during the Covid-19 pandemic classified by educational level found that different levels of education had a different level of opinion about the sufficiency economy philosophy in terms of 'good self-immunity'. In accordance with the research of Saelee and Yanmethee (Kraithep) (2019), studying the application of Sufficiency Economy Philosophy in the life of

Nakhon Si Thammarat City Hall personnel, it was found that personnel with different educational levels had different sufficiency economy philosophies. In line with the research of Saisupmonkol (2016), it was found that the sample groups with different educational levels had different concepts of sufficiency economy philosophy in their lives.

Analysis of differences of opinions about the people's sufficiency economy philosophy during the Covid-19 pandemic classified by marital status found that the marital status was different with a level of opinion about the Sufficiency Economy Philosophy on 'moderation, reasonableness, and good self-immunity and different knowledge'. Corresponding to the research by Ruangary and Hasoontree (2020) that studied behaviors and lifestyles according to the Sufficiency Economy Philosophy of personnel within the Office of the Permanent Secretary of the Prime Minister's Office, it was found that the sample groups with different marital status had different lifestyle behaviors according to the sufficiency economy philosophy and consistent with the results of the study of Palkachen (2013) a study of factors affecting the level of knowledge and understanding in living in accordance with the Sufficiency Economy Philosophy of people in Phanom Sub-District Administrative Organization, Phanom District, Surat Thani Province, it was found that people with different marital status had different factors affecting the level of knowledge and understanding in living according to the Sufficiency Economy Philosophy.

From the analysis of differences of opinions about the people's sufficiency economy philosophy during the Covid-19 pandemic classified by monthly income, it was found that the different monthly income leads to different levels of opinions regarding the Sufficiency Economy Philosophy on 'moderation, reasonableness, and good self-immunity. This is consistent with the research by Saelee and Yanmethee (Kraithep) (2019) which found that personnel with different monthly incomes have different sufficiency economy philosophies and this is consistent with the results of the study by Leklersindhu (2017) which found that the samples of different ages have applied the Sufficiency Economy Philosophy in every aspect differently.

Therefore, it can be concluded that the results of this research reflect that the general public in the situation of the Covid-19 virus, the data show that people around 21 - 29 years old have lower education than a bachelor's degree, are single and earn less than 20,000 baht, are the people with a high level of opinion about the application of the Sufficiency Economy Philosophy at a lower level compare to other groups Therefore, relevant agencies should campaign among the people in such group that sees the importance of the Sufficiency Economy Philosophy. There is where the practice according to the way of sufficiency that causes the general public to have moderation in their spending with a systematic spending plan which is not spending more than necessary, and always seeking knowledge for oneself to be higher. As a result, people have adopted the Sufficiency Economy Philosophy at the highest level which is a good thing that the general public should maintain this standard and promote development by promoting self, family, and people around them to be self-sufficient, have moderation, and more reasonableness. They should encourage themselves, their families, and communities to live simply, economically, and sufficiently according to their economic conditions and status. Encourage life planning and encourage themselves to reduce the purchase of luxury items but rather buy more of the daily essentials. For the situation of the Covid-19 virus, Sufficiency Economy Philosophy can be applied in order to reduce economic scarcity, improve critical thinking, daily precaution, reasonableness, and having good immunity to improve physical and mental health to survive through the epidemic situation of the Covid-19 virus.

## **7. Recommendations**

### **7.1 Policy recommendations**

- Relevant agencies must promote and encourage people to share their ideas. Join us to find a suitable way to apply the Sufficiency Economy in our daily life by emphasizing doing activities that can actually be done easily and in accordance with the way of life and not be a burdensome burden in the future

- Relevant agencies must promote and support people to have knowledge and understanding of the Sufficiency Economy Philosophy to be applied in daily life including promoting learning about the advantages of the Sufficiency Economy Philosophy through various media to help make it easy to understand.

- Relevant agencies must promote and encourage people to use the resources they find cost-effectively and economically for families to adapt to the situation of the COVID-19 outbreak.

### **7.2 Recommendations from research results**

- People should participate in joint thinking activities together to find the right way to apply Sufficiency Economy in daily living to be applied appropriately and continuously.

- People should study the Sufficiency Economy Philosophy through various media to help learn and apply sufficiency economy in daily life.

### **7.3 Recommendations for future research**

- The next research should collect information only for certain groups of people with specific characteristics in order to obtain reliable research results that can be applied to that specific sample group.

- The next research should do the study on larger population groups at the provincial or regional level so that the research results can be applied to wider society.

- The next research should study other variables in addition to using the philosophy of sufficiency economy to compare with personal factors and using advanced statistics and adds other variables into the study.

- Various methods of data collection, such as in-depth interviews or focus group studies, should be collected to make the research more complete and valuable.

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