

Title: Sufficiency Economy-based Household Bookkeeping for Spending Discipline Forming: A Case Study of Nabokam Sub-district , Muang District, Kampaengphet Province

### Abstract

The study of Sufficiency Economy-based Household Bookkeeping for Spending Discipline Forming: A Case Study of Nabokam Sub-district, Muang District, Kampaengphet Province is aimed at encouraging the public to apply the Sufficiency Economy ideology for their daily life activities; they were urged to make use of household bookkeeping in a continual basis in order to analyze the balance sheet of their own and eventually came up with appropriate format of spending discipline. 74 families of Nabokam Sub-district, Muang District, Kampaengphet Province were samples of the study. They were trained how to conduct the sufficiency economy-based household bookkeeping on a continual basis. The results showed that all those families, or 100 % of them, accordingly conducting the household bookkeeping could analyze their balance sheets well. When the tracking of the household bookkeeping, accumulatively kept after the training session, was investigated, 60.39 of them tended to spend less; 98.26 % of them planned they spending, 86.28 % of them cut out spending considered not necessary, 70.75 % of them kept tracks on the balance sheet respectively.

As for the samples' spending discipline, their spending tracks occurred during the period of 3 months were compared in order to figure out their monthly modified discipline of spending. It was found out that the spending amount in general during the second month was 22.70 % less than that of the first month while the spending amount in general during the third month was 40.62 % less than that of the second month respectively.

As for the factors and impacts found in household bookkeeping, the samples were strongly motivated and urged to be aware of how reasonable conduct of the household bookkeeping was; they realized the acknowledgement of the actual balance sheet. However, the problems regarding the conduct of the household bookkeeping were found regarding the missing tracks of recording. To solve the problem, they suggested they had to do the immediate track keeping before being forgotten. The application of sufficiency economy ideology was obvious; they tended to reasonably maximize their spending. Benefits gained from the conduct of household bookkeeping were found in terms of the family members' awareness of actual balance sheet. They also suggested that frequent monitoring over the conduct of household bookkeeping would urge them to act accordingly on a continual basis.