

The Inspiration Learning Promotion among Undergraduate Students by using Passions Driven

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Abstract

Current and future technology and information changes transformed the promotion of learner skills both of cognitive skills and non-cognitive skills. This research aimed to build development of life skills for undergraduate students by using their passions driven. The samples were 640 undergraduate students of Naresuan University, Thailand who enrolled in the Life Skills course)001237 (in the first semester of the 2018 academic year .The study followed the classroom action research (CAR) steps in research method .The students)10 students per group (were assigned to do a project on their passions to create a mission they thought the world would need in one month and present their project through social media, and lesson learn by using After Action Review)AAR(, respectively .The qualitative data were collected and analyzed by coding analysis technique .The findings from the projects done by 67 groups divided into five major groups of project were 1) New generation of people and 2) Inquiry 3) Handmade, Art 4) Natural Environment Conservation and 5) Volunteer. It found that students' existing passions will be loved, liked and good at called a being inspired-by inspiration. After beginning to do projects, a being inspired-to inspiration will be occurred to inspire thinking and fun, not stop on the way, and happy when others accept and help the others and community. It can summarize that projects using passion dynamic could enhance learners' 21st century skills especially learning in themselves and others, communication skill, collaboration as a team, and leadership development.

Keywords : Inspiration Promotion, Life Skills, Passion Driven

Introduction

The study of successful people found that successful people in the past have cognitive skills. In the present and future, the era of information and communication is the era of globalization which is the era of change. Importantly, the trend is suddenly more disruption. The intellectual is less important. The study found that behavioral skills (Non-cognitive skills), life skills, especially skills in the 21st century, are important to the success of people in the present and future. (Henngam and Honggam, 2014)

Naresuan University, Thailand is one of the higher education institutions that cover the lower northern region. The mission of Naresuan University is production the quality graduate students to serve the society. The university sees the importance of enhancing students' life skills by having the course 001237 life skills in teaching and learning in general education of undergraduate students and focusing on instructors to inspire students to learn the life.

The study of the Learning Inspiration found that it is a type of self-driving force that can be expressed as thoughts and actions in a manner of objective. Opening mind of learning from new knowledge and experiences can achieve success even if it is difficult or has a lot obstacles. (Dusadee et al, 2013). As a result, the researcher as a course instructor 001237 life skills in the general education course of the semester 1st year, academic year 2561, the purpose of teaching management aims using the passions of students to create inspiration in learning for themselves.

Research objectives

To study the effect of using passions to inspire undergraduate students of Naresuan University who enrolled in 001237 life skills course.

Literature

"Inspiration" comes from the Latin language which is called "Spiraræ" means the breath. It is the root of the word spirit, which means the soul. The word Inspire means "breath pass" or passing one's mind into another to make the recipient live their life. It also states that inspiration should be the motivation. (Phubet, 2009). Namthip, (MPP) state that inspiration means a kind of power in one's self using to drive the mind and any desirable actions to achieve the success by using motivation within the mind. Even though the obstacle is hard, the actions ready to overcome all obstacles to the desired success. Inspiration that is a special desire which is above the basic desire that cannot occur often causing a strong will to think or to do something. It can use a greater potential and effort to achieve that success (S.S Anakami, 2012).

There is an inspiration about motivation. It is one of the 4 specific behaviors, or "4I" Four I's according to the model Change leadership (Transformational Leadership) which inspires motivation (IM) means that the leader expresses the motivation and inspiration for the follower by enhancing internal motivation for followers and communicating about the goals and shared vision with the follower to develop a commitment to long-term goals (Bass

& Avolio, 1994). Wijan (2019) state that motivation and inspiration for Students inspiring them to have a goal for themselves achieve self-actualization by being able to connect with things that are greater or feel as a part of something higher value.

Pot (MPP., Nor. 3-4, Online) mentioned that the inspiration can occur under various circumstances depending on various factors which is from the Inspiration by Goal, Inspiration by Role, Inspiration by Motivation and Inspiration by Dynamic. The inspiration naturally occurs depending on the during the time in life. It also can affect and influence at those time.

S.S. Anakami (2012) mentioned that the main reasons that inspire the human to be able to lead and create a lot of story. There are many powerful reasons dividing into internal causes and external causes. The internal causes from the uncompromising occur from the implication of certain matters, the process meditate and the crystallization determining to accomplish. It can refer to an ideology and sudden abruptness. This contemplation usually occurs with song compositions, specific theories, the names of the compositions, books, or short story. The external cause comes from the natural environment such as the waterfall, the sea, the forest, and the mountains. It can be call social environment such as Conditions, poverty, war conditions, and the examples from others as models which is not an imitation. On the other hand, it is the starting point for special interest by the real creators who have their own methods and objectives.

From the study above, inspiration is driving specific force considering is the internal power of man to think and act on one thing for achieving the persistence with a lot of obstacles. There are different motivation of the cause or source of inspiration which can classified into 2 sources. First, from the experiences of remembering, embracing and through reflection contemplating becomes a will or an ideology that is uncompromising. The second is the external environment that induces the suddenly think until the inspiration comes up.

When explain the inspiration in theory of transcendence evocation and approach motivation found that the stimuli stimulate the mind in the process. There are two consecutive processes. First, being inspired mean the person who is delighted to welcome the inner impression which is intrinsic value. Second, inspiration is a process that will make him a driving force.)Thrash, et.al, 2010) For this research, the interest of students who are likely to be part of the "Being inspiration-by" and the processes and activities that make students be part of " Being Inspired-to "

According to Dusadee et al.)2016(state that the elements of inspiration Consists of 3 core-categories namely, self-motivation, force to the goal, and receiving from others with the strength in themselves. Those related with the spirituality which is the internal nature of the person. In the Ideology in life and work believing in superstition and self-understanding include understanding the meaning of life, having hope, patience, not giving up and the intention to the goal

State Inspiration, the person absorbs from external objectives cause the feelings of stimulation creation or feeling something pushing forward, consist of 1) the spark light of dreams means the feeling of stimulation that occurred at the time that wanted to do something Feeling the urge to go to the goal Feelings that cause encouragement to follow the goals that have been set and 2) The need for success to be achieved means the feeling that will not discourage the various obstacles. Receiving force from others Is a force from the love of the close Or those who did not know before, including Having a good model like a teacher,

music is an example and inspiring. To university students and love from one person sent to another Make that person motivate people to have power in themselves

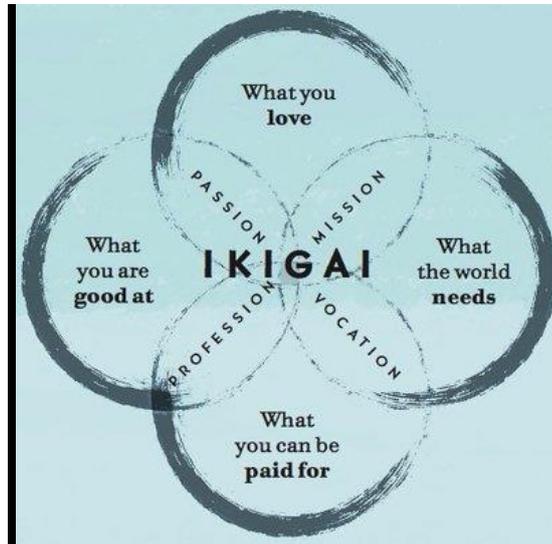
The inspiration for learning, teachers should encourage learners to be inspired as following. First, setting goals for learning in the unit and study the syllabus. The teachers help students to determine actions that will help them achieve small goals in short-term. It will help further achievements and the larger goals in the long term. Second, creating a growth mindset which is teachers explain the meaning of the development paradigm. In contrast to Growth mindset, it said that if students want to succeed in life, they must cultivate their own development paradigms. Furthermore, they believe in their intelligence and the ability created by practicing.

Third, Teachers allow students to imagine their own future, dreaming of their own future, to set goals that seem impossible for students. For example, students achieved their aspirations because their determination and effort. Fourth, the teacher encourages students to do activities, the personal project, that they have a passion in order to promote self-development. It can develop as a long-term project. In my opinion, the project should do as a group and be difficult for students to practice difficulty through failures suggesting by teacher encouragement.

Fifth, volunteer Spirit Project helps students to think of linking to something greater than themselves, teachers lead students to set a team or to do the whole step by rotation consistently. Teachers must be careful not to go into the management, requiring students to manage themselves in order to allow them to share ownership. This kind of activity must be supplemented by reflection or After Action Review. Goals and values result the deeply practice to do for others and for the society in the way of reflecting thought. Sixth, teacher train students to love thank you writing, writing notes. The teacher writes an example of what he is grateful on the board and let students brainstorm whether they are grateful. Then, teacher ask students to write their own thank you notes regularly to develop their minds.

Seventh, teacher assign work for students to practice mindfulness by practicing deeply inner and outer breath such as Lam Plai Mat Pattana School method. when the class began, teachers practice simple meditation for students. Eighth, creating the inspiring media such as movies, stories or other media. let students see their ideal ideas. After watching the media, there should be reflections thoughts that show students' perspective.

The Passions in this study brought the concept of Ikigai as a concept of Japanese people's lives in Okinawa. Ikigai is the common point of Passion which is the thing of passionate and well done) Mission (What work is happy to do And at the same time useful to the world) Vocation (work that is useful to the world and can generate income for us too) Profession (work that we do well and make money for us) show as picture 1 What is happy to do And while benefiting the world



Picture 1 show the components of Ikigai
source : Adapted from <https://twitter.com/ikigaibook>

Method

Population and sample

The sample group is undergraduate students at Naresuan University Registering 001237 life skills, 1st semester, academic year 2018, 640 people

Research tools

1. Change Passions to Mission project
2. Record of observation, exchange, learning, presentation of the results of the Change Passions to Mission project
3. Google Form

Conducting research and collecting data

Research process has to follow the action research: Plan: (P), Action (act), Observe: (O), and Reflect: (R)

1. Plan create the understanding about passion, mission and the guidelines for making Change Passions to mission. The students divided into groups of not more than 10 people per group. They use their passion to create a mission that the world needs In the form of writing projects and activities which takes 1 month to complete. The project has details of the following topics:

1. name of project "....."
2. Principles and reasons (How is important? What are the benefits?)
3. Purpose (what to do)
-for..... Such as to create to
4. Target groups (how many people)
5. How to proceed
 - 5.1 the groups choose what is characteristics of Passion and experience of

members

- 5.2 What is missions to do?
- 5.3 Partnership, Supporter or The Idol
- 5.4 Main Activities / Secondary Activities
- 5.5 The process is consistent with the time (write in a flow chart)
- 5.6 the way to make money?

6. Processing time
7. used Resources
8. Evaluation (the methods, tools and the assessment of the project)

After all groups plan to write the project, 3 large groups take turns to present the project, which is friends and the professor helping to suggest comments.

1. Follow the plan (Act) by allowing each group of students to carry out the project according to the operational calendar, 1 month, and design the presentation in social media.

2. Observe the result from a presentation of the project of each group by exchanging group learning.

3. Removing lessons and reflecting. It is an exchange of learning among large groups of students. Then let all groups reflect the results. After Action Review (AAR) presents the Page Course and the Google form based on the issues of inspiration as follows: 1) What inspired you to do the project 2) Explain the process and procedure which will increase your motivation more 3) When the project is completed? How the results will help you become more motivated. 4) Teachers and universities should be able to teach more, which will make the students more motivated to learn.

Data analysis

The researcher collected qualitative data from reflecting the After Action Review (AAR) and Google form of students to analyzed the content classified by the duration of time.

Research result

1. The Change Passions to Mission project, which has 67 groups of students, consists of 2 characteristics of Passions. There are various and similar which classified into 5 large groups, 60 percent, as type 1) the new generation of living styles, such as the "Seson Panjai Project", "Dan Kin Yang Mon" project, the remaining 40 percent are of type 2(pursuing for self-development, such as the project "Read Mind" 3) Art work, such as the "Hand Made" project 4) Conservation of natural environment, such as the "Kamala Ton" project, "Small brave in the big forest" and 5) Volunteer spirit Such as the project "Drawing, painting by imagination", the project "Helmet, Life Lock" etc.



Picture 2 the Example of project "helmet save life and" "Paint pictures as we are imagination"

2. The results of students' motivation from the Change Passions to Mission project classified by the duration of the project implementation are as follows.

1) Determining the name of the Change Passions to Mission project. Most students have the inspiration to learn from Passions. They like things that are interesting and have good experience in doing things such as volunteering, photography, travel, art, music, singing and exercising. Passions are the inspiration for Being inspired-by. As an example,

"... want to lose weight therefore making a weight loss project by exercise and diet control ... "

"... have health problems Exercise is more better ... "

"... Want to improve the bathroom to have a better smell ... "

Some problem is caused by the driving force that wants to see the value of the public. They want to help and share with others. For an example,

"... want to preserve the culture ... "

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*"... a friend is depressed. it inspires me to study it
And disseminate to others to know, correct, prevent ... "*

"... want to prove that you are able to help others ..."

Some problem is caused by external driving forces in the past that prefer to be a special person (Idol), which is often about artists, singers and health care. And accumulate as an intrinsic value. For example,

"... admiring Korean artists, K-POP songs ..."

"... want to be healthy according to the idol ... "

"... There is Toon as a jogging idol in the project of Steps to step forward ... "

2) During the Change Passions to Mission project, most students are inspired switch back and forth between the inspiration of being inspired-by and Being Inspired-to. When the original Passions were driven internally, its benefits others. Students are inspired by working with friends in the group that occurred during the project. Inspiring to be a novelty, challenging, interesting, impressive, recognizing and appreciating the things that work together. For an example,

*"... On the way, it is an experience of exotic knowledge that has
never been seen before ..."*

*"... planning with your friend, who likes to take pictures of travel together ...
It is more interesting and challenging than what I have done alone ... "*

*"... the process of inserting knowledge in video clips to educate
Makes us realize more health conscious ... "*

*"... the process of finding 90s music to organize photo books
Makes it easier to know more new songs, to see the value and want to conserve
..."*

*"... The knowledge of a variety of tourism has seen the history of history.
The culture that we never knew before that I liked and loved to learn it ... "*

In addition, in some projects, students were sponsored helping inspire them who motivated to do more of the project's mission, For example,

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"... Supporters have encouraged us to have more motivation ..."

"... There are friends and teachers encourage or like what we do, there is a force to continue ..."

3) After the project for a period of 1 month, most of the students are very motivated when they were seeing the work that has been benefited. Many projects have been accepted and beneficial to others inspiring students have more encouragements and more passions of themselves. For examples,

"... after making the project, the weight loss clearly ... inspire to continue ..."

"... makes us look back at how we can add more parts of things that are not available besides scented candles ..."

"... want to do more missions that change the content in another presenting as a video ..."

*"... saw impressive work as an inspiration to continue
... saw the children come to thank you and say
will you come back again, extremely proud ..."*

"... the smiles of the children who received knowledge, it is so impressive..."

"... There are more than 1,500 people watching making people are going to travel that place more ..."

"... can create happiness for others and benefit the environment ..."

3. Motivation students in learning make Change Passions to Mission projects for groups of friends who use passion as a driving force that is linked and affects skills Non-cognitive skills that are aligned with the learning skills of the 21st century, especially communication skills teamwork and leader skills. For examples,

*"Learn to work together as a team ... Divide the work into a system.
But everyone can help each other within the group
making the project well accomplished. "*

"... the project from the passion that everyone in the group members helped each other, sharing the sacrifice of time to achieve it ..."

"... A member of a group of diverse talents, all of them must listen and calmly try make the best decision. Learn to control emotions when there is a disagreement... "

Discussion of research results

The results showed that the original Passion of students before doing the project was the love that they desired and could do well. Missions of the project were about their passions such as photography, nature tourism, health care, inventions, art, music, singing, exercise, sports which was the concept of Ikigai. The common point of passion and mission were consistent with the definition of inspiration meaning "power of one's" that was used to drive thinking and any desirable actions to achieve the goal without using external incentive (Namthip, MPP).

According to the study of Dusadee et al. (2013) suggest that evaluating the results of watching movies to inspire undergraduate students at Srinakharinwirot University. The results of the research showed that the main cause of inspirational variables is motivation for self-destiny. the important indicator variables Is self-destiny from internal motivation, which passion is considered a driving force within one person. Explaining the Passions found that there are 2 consecutive processes. First, being inspired-by means the people are appreciative, impressed with the intrinsic value of one thing. Second, being Inspired-to is the subsequent process of the first step that caused him to drive the thrust to go forward (Thrash, et.al, 2010)

The original passions of the students before doing the project regarded as the inspiration of being inspired-by from the accumulation and existing before the project start. Students' aspirations have different characteristics. Some are caused by the driving force that they experience problems with themselves and the environment. they tried to solve problems which is mostly about health and health problems. Some are caused by the driving force that wants to see the value of the public. They want to help and share with others. Some are caused by external driving forces in the past that prefer to be a special person (Idol), which is often about artists, singers and health care. They accumulated an intrinsic value that consistent with the study of the source of inspiration. Pote (MD, AM 3-4, Online)

The original of the inner Inspiration is the inspiration by role model by a person who is outstanding. They create a model for the faith and trust depending on participation and receiving the news. The results of this research remain consistent with the study of external factors that cause an inspiration such as having a good model. For example, good music teachers are exemplary and inspiring the students at the university causing the love from one person to another to make them more motivated. When starting the project and running the project for a period of 1 month until the end of the project, students are driven internally to be inspired by inspiring-to-switch with being Inspired-by inspiration from the original. Passions are internal driving force. When bringing the Devil to join the mission, it caused "Novelty, challenge, interest, impressions, awareness and appreciation" of things that work together In some projects, students have sponsors which help inspire students "Encourage and motivate" to do more project missions And inspired after the end of the project When seeing the work /

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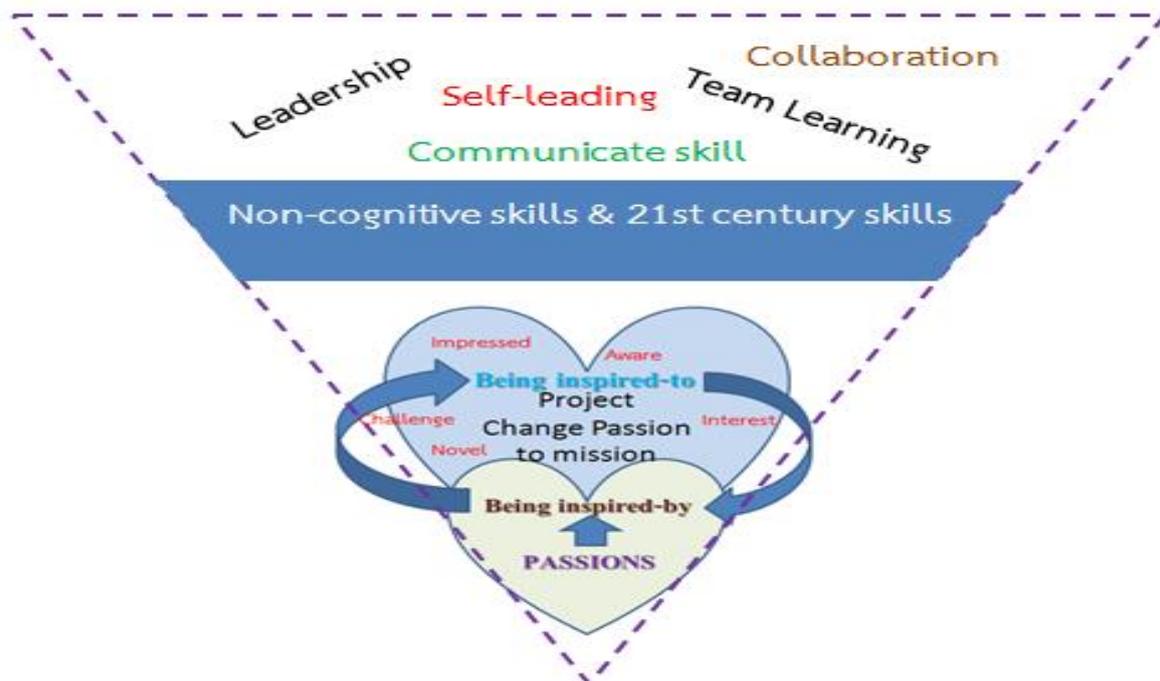
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work that has been useful Many projects have been accepted and beneficial to others. "impression with encouragement and greater appreciation Consists of main points (Core-categories) 3 issues, namely, self-strength, force to the goal, and received from others The results of the research show that inspiring movies can inspire and influence good behavior in the future. In addition, the project is consistent with the 3 steps of inspiration (Namthip Wipha Win, YPP), ie, starting from the first stage "Have confidence" in yourself that The achievement that you want to receive from thinking or from that action Without anxiety or hesitation Continued with Step 2, "Commitment", intended and dedicated to achieving success, and Step 3 "Faith" in valuable achievements and the most challenging things in life.

Another important finding is the inspiration for learning of the project of students and friends who use Passions as a driving force. It can link and results in the enhancement of behavioral skills (Non-cognitive skills) that are consistent with the 21st century learning skills. There are clearly seen as Communication skills, Collaboration skills, and teamwork and leadership skills, which are considered essential life skills of people in the present and future. According to Yongyuth et al. (2010) and the World Health Organization (WHO., 1994), said that a set of necessary life skills are: creative problem solving, critical thinking, effective communication, building interpersonal relationships, self-awareness and ability to empathize with others coping with emotions and stress management.

Summary

Students worked according to their passions to make a project “Change Passion to Mission”. It will help students to create an inspiration, which is called Being Inspired-to switch with Being Inspired-by. It will result in the enhancement of behavioral skills (Non-cognitive skills) that are consistent with learning skills in the 21st century, especially communication skills, cooperation skills, and leadership skills, according to picture 3



Picture 3: Driving from Passions to inspiring of learning behavioral and skills in the 21st century

Suggestion

1. Suggestions for applying the study results

1) People who are interested in applying the Change Passions to Mission project should pay attention and see the importance of the passions of learners by providing media and activities to encourage learners to find their passion before gathering with a group of friends.

2) Collection of information about the inspirations of learners should immediately proceed by reflecting lessons from the exchange after action review (AAR). The students will reflect their action well when they are in "Fresh" situation.

3) The design of learning management by using the Change Passions to Missions project should have the medias or activities to encourage learners for searching, reviewing and confirming their passions more. There should have activities for students to search for the idols who have similar passions with them to stimulate and enhance inspiration.

4) Teacher should assign learners to study the previous projects of their senior which have similar passions and different passions with the Design Thinking technique to further study by their own projects to be new and developed.

2. Suggestions for further development / research

1) the project should study the backgrounds and variables that can explain why students cannot identify their passions and find the ways to develop it.

2) the project should have quantitative and qualitative research to study the causal relationship between inspirational variables in learning with cognitive skills and behavioral skills of learners.

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