

Dissertation Title : Meditation in way of the Four Foundations of Mindfulness for Personality Refinement
Researcher : Phramaha Sajjvat Vajirañāṇo (Chatrathaisang)
Degree : Philosophy of Arts: Buddhist Psychology
Dissertation Supervisory Committee
: Asst.Pro.Dr. Siriwat Srikrueadong, Pali V,
B.A.(Education Administration),
M.A.(Psychology), Ph.D.(Psychology).
: Dr. Phrarajitthimuni Vi. (Boonchit Nanasamvaro), Pali IX,
Ph.D.(Buddhist Study International Program)
Ph.D.(Religious Studies International Program).
Date of Graduation : 14/February/2018

Abstract

This dissertation was having three objectives; 1) to study the meditation course in way of The Four Foundations of Mindfulness according to Pali Suksa Buddhakhosa Campus; 2) to try out the meditation in way of The Four Foundations of Mindfulness for creation of insight and egoism reduction; 3) to evaluate personality modification after having the meditation in way of The Four Foundations of Mindfulness practice.

This research is Quasi-Experimental method research which collected datas from selected samples by simple random sampling with the researcher's observation, the interview of meditation master who in charge of the training and the answering of researcher's created questionnaire. The samplings are monks and laymen who studying Master of Arts (Vipassana Meditation), Class 12th at Pali Suksa Buddhakhosa Campus, Nakhon Pathom, Mahachulalongkornrajavidyalaya University and who are participants in Vipassana meditation course in way of the Four Foundations of Mindfulness for seven-month training course, and then the returned datas are analyzed, synthesized and compiled for the purposes. From the study, it was found that;

- 1) Vipassana Meditation developed the introspection for creation of insight;
 - 1.1) The introspection of Kayanupassanasatipatthana (S.D.= .93, sig. = .76).
 - 1.2) The insight introspection of Kayanupassanasatipatthana (S.D.= 1.04, sig. = .299).
 - 1.3) The introspection of Vedananupassanasatipatthana (S.D.= .88 , sig. = .146).
 - 1.4) The introspection of Chittaanupassanasatipatthana (S.D.= 1.06 , sig. = .568)
 - 1.5) The introspection of Dhammanupassanasatipatthana (S.D. = 1.36, sig. = .287).

2) The effect of mental development of introspection for creation of insight;

2.1) The intuitive consciousness has the effect of perceiving the state of Paramattha: the state of highest good and perfection (S.D.=.96, sig. = .45). Perception of Paramattha can decrease or extinguish Mamankara: the sense of selfishness (S.D.=1.34, sig. = .874). However, the intuitive consciousness has the effect of perceiving the state of Paramattha (X_1) had low correlation to the effect of personality modification ($r = .25$) and the perception of Paramattha (X_2) had very low correlation to the effect of personality modification ($r = .05$). These two factors are not directly effect to personality modification.

2.2) The effect of having insight created the perception of Paramattha and the perception of Paramattha was the factor to reduce or extinguish Mamankara create wisdom in the meaning of Buddhism which refers to Sammaditthi: right view in the mind as a result (S.D.=.98, sig. = .575).

2.3) Sammaditthi can be arisen because of Vipassana practitioner attained Upekkha state: state of equanimity or neutrality, there is a state of mental detachment (The difference of pre-test average score and post-test average score in every levels were significantly correlated in every levels at 0.05

Perception of Paramattha: the highest good and perfection state is to understand and to perform in accordance with the law of nature. By doing at the cause, when done the factor of causes correctly and let all factors to work in the way, let it be the factors until the results come in their owns by the law of nature (Phra Prom Khunaporn, 2556). According to this principle, right cognition (Sammaditthi) is the mainstay of conduct that is an important part called Sammacariya: living with the righteous wisdom is the right way of living.

3) Sammaditthi: right view is the factor that makes a person change to Sammapatipatti to have right behavior, and influence to have the personality changes as the result. The average score from Vipassana meditation for the reduction of Mamankara of the meditator was significantly correlated with personality modification (Y) at 0.05 level. The correlation coefficient was .38 and the mean score for personality adjustment = $1.537 + 0.262X$.

Sammaditthi is the factor that can be considered theology with a very neutral mind, without to be emotional that can realize the nature under the true circumstance in reality according to the factors of nature (Sompan Promtha, 1991) The wisdom gained from Vipassana Meditation is to know that people have their own karma, and will be responsible for their own actions, that is the result of karma. The basic values of Sammaditthi is to have the responsibility for their own actions, to have an effort and to use their abilities and intellect, self-reliance, does not encroach or create any trouble and help others with an open mind, these will affecting the changes in attitude, behavior and personality.