

Dissertation Title : A Process of Mental Development for Holistic Well-being Based on Buddhist psychology and Attraction Law

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Degree : Doctor of Philosophy (Buddhist Psychology)

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Abstract

This research which was that of mixed methods approach, the purpose and objectives to study a process of mental development for holistic wellbeing based on Buddhist psychology and attraction law so that one would study the efficiency of a mentally developmental process for a creation of holistic wealth and also for the offering of work as mentioned above, by depending upon a methodology of research as a sampled group of 24 members in the community of Wat Samrong, T. Wat Samrong, A. Nakhon Chaisi, Ch. Nakhon Pattom. To this analysis there was a use of a descriptive statistic, frequency, percentage, mean, standard deviation and T-test.

To research, it was found that a process of mental development holistic wellbeing based on Buddhist psychology and attraction law could give rise to use the programme of main training namely, attention on a base of positive thinking, careful good-looking, confidence in thought, positive imagination practicing meditation and belief to let something be, which would bring about holistic wellbeing. Which had the result of experiments in a programme of training Buddhist psychology and attraction law. It was found that a process of mental development of a sampled group had higher self-confidence to change their behavior, thinking and vision in taking care of their health and illness which had to be in conformity with the natural law as real. Having confronted the sickness, one tried to understand skills in taking a good care of one's health and illness. To mental wellbeing, it was found that the sampled group understood a process of learning in dept and believed that the body and mind had a relation. If mind was sick and also the body was sick, so one should plant a good concept to develop mind better and the thing which should be more developed was a holistic study, practice and penetration which the sampled group should understand and approach properly. To the social wellbeing, it was found that the sampled group developed their belief in the law of action and had a great attempt to do a good and right action through which they were ready to help the human friends, so it was necessary to encourage the social people to know how to give others a good service and respect the human dignity. One thing was that the thought should be developed into a right view. To a wisdom wellbeing it was found that the sampled group regarded to have their wits about the reality of life, a system of creative thinking, attraction law and process of reasonable idea. It was believed that

one who could get a wisdom wellbeing had to practice an insight development (Vipassanakammattana) at first. One important thing was that one had to have a self-confidence and believed that the knowledge awakening happiness could cause one's life to proceed in the way of dharma perfectly accorded with the understanding of the principle of Buddhist psychology and attraction law.