

Thesis Title : STUDY OF THE EFFECT OF ANAPANASATIPHATHAN ON
HOLISTIC HEALTH ; A CASE STUDY OF BUDDHIST PRAGMATISTS
AT JETOWIMUTTI MONASTRY, KANCHANABURI PROVINCE

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Degree : Master of Arts (Life and Death Studies)

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Abstract

This research which is a quantitative one possessor three purposes of research like : 1. to study the levels of holistic health of meditation pragmatist according to the way of Anapanasati , 2. to compare the difference between Personal factors and meditation practice according to the method of Anapanasati with effect on a holistic health of meditation pragmatists by this way, and 3. to study the consequence of meditation practice accorded with the way of Anapanasati to holistic health. A sampling group used for this researches are 217 Dharma pragmatists at the Sangha's Residence of Jetowimutti , kanchanaburi province in March 2014. The tools used for research are questionnaires and the statistics used for an analysis of data are percentages, mean, standard deviation. and hypothesis tested by T-test, P-test, analysis of variance (One-way ANOVA).

Consequence of research was found that 1. The sampling group in answering general questionnaires are 113 women counted 61.3% at 40 years old up, 87 persons counted 40.1% in a single status, 112 persons counted 51.6 % and 115 persons finish a B.A. degree counted 53.0 % The most sampling group of 171 persons have the government half government careers counted 78.7% at higher profit than 15,001 baht, 106 persons counted 48.8 % and in the first Dharma practice there are 103 persons counted 47.5 %

2. The lever of holistic health of Dharma Pragmatists in the way of Anapanasati comprised of four sides like : body, mind, society and wisdom totally at a great level ($\bar{X}$

=3.34%) . Having carefully considered, it finds that there is the highest mean equal to two sides, namely society and mind ($\bar{X} = 4.08 \%$), later on, wisdom ($\bar{X} = 3.97$) and the final side is body ($\bar{X} = 3.66 \%$) in order.

3. when there is a comparison of levels of holistic health sorted out according to personal factors. By depending on a division of age and educational levels it is found that the level of holistic health is not different.

4. When there is a comparison of levels of holistic health in a separation of sex, marital status, career, monthly incomes and the number of times in meditation practice, it is found that there are levels of holistic health very different according to statistics at levels 0.01 % and 0.05 %

5. In a comparison of the result of meditation practice according to the way of Anapanasati and the result of holistic health of meditation practitioners with four sides like : body, mind, society and wisdom, it is found that there is an important difference in statistics 0.01 %