

Dissertation Title : A Development of the Elderly People's Life Quality Buddhist Way in Wanghong Sub-district Municipality, MuangPhrae District, Phrae Province

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Abstract

The purposes of this research were 1) to study the development of the elderly people's life quality under the Buddhist way, 2) to study the conditions and problems of the elderly people's life quality in Buddhism in Wanghong Sub-District municipality area, Muang District, Phrae province, and also 3) to study the development approach of the elderly people's life quality accordancrd with the Buddhist way in Wanghong Sub-District municipality area, Muang District, Phrae Province. This research was a qualitative Research by studying the document and the field work research by using interviewed approach with fifteen of the elderly people were is penous who had participated in the elderly people project in the Wanghong Sub-District municipality area, Muang District, Phrae Province.

Concerning the result of the research of developing the elderly people's life quality the Buddhist way by using Bhavana IV, in four aspects as follows : 1) physical aspect, it was found that the elderly people knew how to make themselves helpful, knowing how to practice themselves, helping each other and being generous towards others, knowing to be modest and careful in the Six Organs i.e. eye, ear, nose, tongue, body and mind in order that they were always conscious and able to abstain from every sinful conduct, 2) social aspect, the elderly people knew

how to refrain themselves from disturbing the others in a harmful way, helping and taking care of each other, co-existing with others with being considerate to one another, and being self-disciplined which was good for the society as a whole, 3) mental aspect, the elderly people had secured in mind, being sensible in living, being kind and having good wish to the others, and showing sincerity to the others and made them more happy, 4) intellectual aspect, they practiced themselves under the cognitive meditation which made them truly enlightened and understood in the natural state, having good opinion towards the society, and they had free from control and knew how to look at everything with wisdom.

As for conditions and problems of developing the life quality of the elderly people accordance with the Buddhist way in Wanghong Sub-District municipality area, Muang District, Phrae Province. it was found that : 1) physical aspect, it was found that they had individual illness which was the obstacle to the Dhamma practice such as diabetes, high blood pressure and heart disease ,etc. 2) social aspect, it was found that, the holding, it was found that on the Silas Five principle was difficult to them, and they did not have time to practice, they did not see its value and they had just gone to temple when needed to practice, 3) mental aspect, it was found that, it lacked support from the people in the community and lacked of knowledgeable person for training the elderly people, and they had no enough time to attend the religious activities, 4) intellectual aspect, it was found that it lacked of the person who had guided the practice which made the elderly people did not know and keep up with changes in the world of reality and this thing would had led them worried and did not confidently in their way of life.

Regarding the guide for development of the elderly people's life quality under Buddhist way in Wanghong Sub-District municipality, Muang Phrae District, Phrae Province, it was found that 1) physical aspect, they were carefully in health care both physical aspect and mental aspect, should relax themselves by practicing the Vipassana Kammathana or concentrating the meditation for making the more power in their mind and good health. 2) social aspect, they were kept cherishing on the Silas five principles with refraining from doing bad things and from disturbing

the others, and help the another one with love and kindness, 3) for mental aspect, they were attended the religious activities such as go to temple, giving alms, keeping on the Silas and development of the wisdom, get knowledge and not hold fast to anything, make their mind for getting happiness and 4) intellectual aspect, they were practiced the Panya Bhavana (intellectual development) under the Vipassana Kammathan principle by doing meditation, and practice their mind until they get enlightenment in the existing state so they can maintain their life happily in society.