

Thesis Title : The Changing of the Emotional Quotient of the Dhamma Practitioners according to the Four Foundations of Mindfulness in the Method of Rising and Falling.

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Abstract

The objectives of this research are (1) to study the four foundations of mindfulness that occur in the Tipitaka and (2) to study the changing of emotional quotient of the dhamma practitioners according to the four foundations of mindfulness in the method of rising and falling. This research is a documentary one and a survey one.

From the documentary research, it is found that the human being who has EQ will have a peaceful characteristic and be successful in his life.

From EQ in Buddhism, it is found that Buddhism has presented many Dhammas in the same way as EQ. That is to say a human being who has EQ is the one who has mental development (or Emotional development) and the moral consequence.

From the research it is found that EQ in Buddhism can be developed by the practice of the Buddhist meditation which relies on the continuous mindfulness and must be developed through the four bases namely :- the body, the feeling, the mind and the mental objects all of which can cause the four characteristics to arise :- physical development, the moral development, the emotional development and the wisdom development. We can see that the Buddhist meditation can develop both the emotion and the intellect at one and the same time.

From the statistical analysis, it is found that after practicing the Dhamma according to the four foundations of mindfulness in the method of

rising and falling, the scores of emotional quotient of subjects are significantly increased .01. This point indicates that the practice of Dhamma according to the four foundations of mindfulness in the method of rising and falling in this case study, could increase the emotional quotient and the meditation could also be used to promote the people's level of the emotional quotient for their good positive lives in societies. If we merge this knowledge with the knowledge in western ways about all of the technique of the study about EQ, the result will be beneficial to the human beings. That is the hope of the researcher.