

Thesis Title : A Study of the Method of Problems Solving of Thīnamiddha in Theravāda Buddhism

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Date of Graduation : December 4, 2017

Abstract

The main purposes of this thesis on “A Study of Problems Solving of Thīnamiddha in Theravāda Buddhism” were 1) to study about Thīnamiddha in Theravāda Buddhist texts, 2) to study how to solve the problems of Thīnamiddha in Theravāda Buddhist texts, and 3) to study how to solve the problems by using Thīnamiddha in daily life.

The results of this study revealed that Thīnamiddha is combined with two words; i.e, thīna which means *sloth* referred to reluctance to work or make an effort and laziness and *middha* which means *torpor* referred a state of physical or mental inactivity or lethargy. The cause of thīnamiddha is sikāra which means disorderly or distracted attention. The Dhamma practitioners are grown down in meditation practices when they fell in thīnamiddha. Moreover, it is the cause of accident, not progress in working, and destroying the personality.

The principles for the correction of the Thīnamiddha in Tipitaka are the foundations of mindfulness (Satipatthanā), proper attention (Yonisomanasikara) and the eight of lethargy problem solving methods. These can be brought to apply in daily life. Firstly, they can be applied in daily life by changing the motion; i.e. standing, walking, sitting and lying on mindfulness or reclining. Secondly, in the proper attention way is carefully thinking about the causes of lethargy and dropping these causes. Lastly, applying the eight of lethargy solving methods to daily life is necessary and to be step by step.