

Titel of Thesis : Motivation to practice Vipassana Meditation : Case Study of
Participants of the Young Buddhists Association of Thailand
(YBAT) Under The Royal Patronage (Centre 1) Phetchkasem 54

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Abstract

The objectives of this research are 1.) to study the practice Vipassana meditation of The YBAT at Phetchkasem 54 , 2) to study motivation to practice Vipassana meditation of participants of YBAT at Phetchkasem 54 and 3) to conduct comparative study of motivational factors of individuals in practicing Vipassana meditation : Case Study of participants at YBAT Phetchkasem 54

This study is conducted on a quantitative basis with sampling group comprising 400 participants Vipassana meditation at YBAT . Through Accidental Sampling Approach, 196 participants of the sampling group have been selected. Research tools are Questionnaires, Data Analysis by available software. Statistics of research include : frequency, percentage, mean , standard deviation and hypothesis test by means of t-test , One-way ANOVA and LSD

Findings of Research

1. Vipassana meditation is the key and most important acitivity of YBAT which aims to train its members and the public with the right and fruitful practice Vipassana meditation to enhance quality of life. Courses that prove to be most popular among the

public are Course of Mental Development to enhance Wisdom and Peace by Mother Sirin Garinchai, Course of Mindfulness Development , Course of Vipassana meditation by Buddho Approach, Course of Vipassana meditation for Monks, Course of Vipassana meditation for Youth. The courses are lead by famous Meditation instructors, monks or experienced persons, based on concept of The Discourse of Four Foundations of Mindfulness

In addition, YBAT also organizes the Study of Tripitika activity to enhance knowledge and understanding of Buddhism eg: Study of Buddha's Teachings, Lectures on Tripitika and Teaching of Pali language. All of these activities are meant to further strengthen the foundation of Faith of Vipassana meditation practitioners.

2) The majority of participants Vipassan meditation of the Young Budhists Association of Thailand at Phetchkasem 54 are female which accounts for 53.1 % , those who are aged between 20-34 years old constitute 30.1%, those being single constitute 45.4%, those possessing Bachelor degree or equivalent constitute 43.4%, those being Business Owners constitute 34.19%, those having income higher than 25,000 bht / month constitute 44.9%, those having 1-5 years of experience in practicing Vipassana meditation constitute 37.2%, those with unspecific frequency of practicing constitute 55.1%, those with 15-day consecutive practicing constitute 38.3%,and those with personal reason to understand the right practice constitute 48.5%

3. Motivation to practice Vipassana meditation based on 3 aspects is considered high level with average value of 4.16. Consideration of each aspects yield following results, Mental Health Aspect yield a highest average value of 4.44. Religious Belief Aspect yield a high average value of 4.14. Physical Aspect yield a high average value of 3.91.

4. Hypothesis Test yields the finding that sex, age, education , careers, varied experience in Vipassana meditation practice and frequency of Vipassana meditation practice are factors that influence different motivation in the practice. However, social status and different income range are not the factors that influence the different motivation to Vipassana meditation practice.