

Thesis paper title : The model of Ānāpānasati meditation practice on the
Social media for the new generation

Researcher : Mr. Tratep Techapornchai

Degree : Doctor of Philosophy (Buddhist Studies)

Thesis Paper Supervisory Committee

: Asst.Dr. Prasuthithammanuwat, Pali 9,
M.A. (Pali & Sanskrit), Ph.D. (Pali)

: Asst.Dr. Kraitsana Raksachom, Abhidhamma Studies,
Pali IX, B.A. (English), M.A. (Buddhist Studies), Ph.D.
(Buddhist Studies)

Date of Graduation : 6 February 2016

Abstract

This thesis is a mixed methodological research, documentary and survey has three objectives: 1) to study the practice of Ānāpānasati meditation in the Buddhist principle, 2) to study new generation's behaviours in using online social media and 3) to propose the model of Ānāpānasati meditation practice on the social media for the new generation. This research

It was found that Ānāpānasati meditation practice in the Buddhist principle is the mindfulness on breathing in and breathing out. It is a timeless practice for everyone yielding its result once started. It gives rise to a physical and mental healthiness. In Buddhism, one who finished all sixteen levels of Ānāpānasati meditation practice would gain the benefit of becoming the Stream-Enterer, the Once-returner, the Non-returner, and the Wealthy one respectively. But if one could not gain any benefit out of the aforesaid ones in practice, he would live his or her life happily.

As regards the new generation's behaviours in using online social media, it was found that the new generation's addictive behaviours in using online social media have been creating the online social media or social Networking. In the survey of the Electronic Transactions Development Agency (Public Organization), Ministry of Information and Communication Technology, 2015, it was found that the average of

the Internet users' behaviours in using Internet in a week was high from 50.4 hours per a week to 58.3 hours per a week in 2014. The Smartphone is the most favourite one. While analyzing the online questionnaires to find out the value of average on percent, it has been consistently found that the new generation's behaviours in using online social media of Dhamma with a Smartphone were at utmost and the application model of Ānāpānasati meditation practice in online social media is the need in this task.

The model of Ānāpānasati meditation practice in the online social media is the application in providing the breathing in and breathing out technique for new generation. The outcome of the practice can be concretely proved by the measuring of the practitioner's pulse. The mentioned application can be operated by iOS (iPhone Operating System) and Android OS (Android Operating System) and be downloaded to setup in the Smartphone and mobile computer. In experiment with 20 samples, all were entirely interested in its simple and effective model. Furthermore, the proposed model of application is in accord with the research works in the related academic spheres. This lights up the stream and would serve as the tool to make people in online social media become mindful at all times. Eventually, through this, the new generation would realize the Dhamma giving rise to the donation, precept-observation and cultivation respectively.