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SUPORN HUNDEE : A DEVELOPMENT OF THE VIDEO LESSON ON "MEDITATION BY WAY OF THE FOUR FOUNDATIONS OF MINDFULNESS" FOR PRATHOM 6 STUDENTS THESIS ADVISORS : ASSO.PROF. VANIDA JUNGPRASIT , PHRAMAHA SAVAI YANAVERO, AND ASSO.PROF. VEERANON PONGSAPUKDEE. 228 pp. ISBN 974 - 653 – 132 - 8

New technologies in the globalized world are well developed and modern, but peoples morals have probably declined. Children are not raised properly these days and are not trained to become responsible adults in the future. People who are not aware of what is good and right will absorb bad things, such as; drugs, pornography, and gambling. Training in the four foundations of mindfulness can serve in the place of inadequate study materials and will help teachers to assist children in learning.

The purposes of this research were to develop the video lesson on " Meditation by the Four Foundations of Mindfulness" for prathom 6 student and to study the students' Practice Skill outcome using the video lesson. The population were 71 sixth grade students of Watchaichompon-chanasongkram school, Amphoe Muang , Changwat Kanchanaburi studying during the second semester of the 2001 academic year. The experiment duration were 24 periods, 20 minutes each. The instrument consisted of : 1) The video lesson on "Meditation by the Four Foundations of Mindfulness" for prathom 6 students, 2) The practice skill test, 3) Meditation Behavior test, 4) An opinion test after using the video lesson. The data were then analyzed for arithmetic mean ($\overline{X}$), median (Mdn), inter quartile rank (IR) ,standard deviation (S.D.) and paired t- test value by SPSS for windows.

The results of the study were as the following :

1. The video lesson efficiency had 85.75 coefficient index value meaning a very high level of efficacy.

2. The student' practice skill outcome after using the video ($\overline{X}$ = 16.01, S.D.= 0.84) was higher than the one before using the video ($\overline{X}$ = 7.76, S.D.= 2.32), resulting in the mean difference of 8.25 or 41.25 percent of the full scores.

3. The opinions of students taught by using the video lesson were found a high level of agreement. ($\overline{X}$ = 4.14, S.D.= 0.85)