

## Abstract

The research titled, "The Effect of Insight Meditation on Stress, Emotional Intelligence and Adversity Quotient" aimed to study the effects of insight meditation on stress, emotional intelligence and adversity quotient. The research was quasi-experimental research, 1 experimental group was designed. Research design was pretest, posttest and follow-up test was done 4 weeks after experiment.

There were 142 samples who continuously participated in insight meditation at The Young Buddhists Association of Thailand during 3 – 10 November 2008. The instruments used in this study consisted of 4 parts: (1) demographic information (6 items), (2) Thai Stress Test (24 items,  $\alpha = 0.77$ ), (3) Emotional Intelligence Test (47 items,  $\alpha = 0.89$ ) and (4) Adversity Quotient Test (38 items,  $\alpha = 0.90$ ). Statistics used for data analysis were Mean, Standard Deviation and t-test. The results were as follows:

1. The differences of demographic information in age, gender, education level and occupation were not significantly different in Stress, Emotional Intelligence and Adversity Quotient at .05 level of significance.

2. After the insight meditation, the posttest level of negative and positive stress was lower than pretest level at .001 and .05 level of significance accordingly.

3. It was found that the follow-up test, 4 weeks after insight meditation, the level of stress was not significantly different from posttest level at .05 level of significance.

4. After the insight meditation, the posttest level of Emotional Intelligence in overall was higher than pretest level at .001 level of significance. Moreover, the posttest level of the Emotional Intelligence factors in terms of self-awareness, self-regulation and self-motivation was also higher than pretest level at .001 level of significance. Whereas, the posttest level of the Emotional Intelligence factors in terms of empathy and social skill was not higher than pretest level at .05 level of significance.

5. It was found that the follow-up test, 4 weeks after insight meditation, the level of Emotional Intelligence was not significantly different from posttest level at .05 level of significance.

6. After the meditation, the posttest level of Adversity Quotient in overall and its all factors was higher than pretest level at .001 level of significance.

7. It was found that the follow-up test, 4 weeks after insight meditation, the level of Adversity Quotient was not significantly different from posttest level at .05 level of significance.