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PHRMAHASUPAT SILAPOTH : A STORY OF AN APPLICATION OF BUDDHISM IN EASING WORK TENSION : A CASE STUDY OF A GROUP OF PRIMARY SCHOOL TEACHERS KLONG TOEI BRANCH 1 BANGKOK. THESIS ADVISRS: SUPALAKAMONTALEE PAWAPUTANON NA MAHASARAKAM M.A. WARIYA CHINWANNO PH.D. PARICHART SUWANBUBHA PH.D. 192 P. ISBN 974-662-106-8

In Thailand, the social economic political and environmental conditions have been changing rapidly. These make the way of living more complicated. Many unsatisfactory things that happen to people make them feel unhappy, anxious, frustrated and then become tense. Teachers perform an important role in developing the country. The important responsibility of being a role model is a big burden for a teacher, one which can make him or her tense. The researcher obtained the information and data for this research from the Tripitaka and through study of a group of primary school teachers in Klong Toei 1, Bangkok. The study included activities such as class participation, interviews, and observations. Teachers were drawn from 8 schools in Klong Toei District, Bangkok. The majority (71.2 %) of subjects were female; 61.0 % were married; 28.9 % resided in Bangkok; the majority of the subjects held bachelors degrees. It is found that most primary school teachers received work tension from various reasons. In studying and analyzing tension in the primary school teachers, it was found that the causes of tension are as follow: Physical problem : 2.90 % of respondents reported that personal diseases were the most important cause of tension. Anxiety : 1.93 % reported that unpleasant memories were the most important cause of tension. Social Impact : 2.59 % reported that inability to express their opinions or to solve school problems was the most important cause of tension. Economic Impact : about 1.82 % reported that needing to teach tutorial classes in order to pay for family expenses was the most important cause of tension. Environmental Impact : 2.26 % reported that limited work space was the most important cause of tension. To solve the problems mentioned above, a group of teachers attempted to comfort themselves by following the Buddha's doctrine, the Law of Deeds, in order to reduce their tension. About 3.10 % of teachers reported having very strong belief in this Law.