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KEY WORD : MEDITATION (VIPASSANA)/ SELF-ESTEEM/ CREATIVE
VISUALIZATION/ HEALTH STATUS/ ELDERLY PEOPLE

SAOVANEE PONGPIENG : EFFECTIVENESS OF BUDDHIST MEDITATION
(VIPASSANA) ON SELF-ESTEEM, CREATIVE VISUALIZATION AND HEALTH
STATUS IN ELDERLY PEOPLE. THESIS ADVISORS: SOMPORN TRIAMCHAI SRI,
Ph.D. TASSANEE NONTASORN, Ph.D.(Ed.Psy.). PHRASRIVORAYAN VI., M.A.
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This quasi-experimental study was designed to assess the effectiveness of Buddhist meditation (Vipassana) on self-esteem, creative visualization and health status in elderly people. Twenty-five people were recruited for this study. They were trained in meditation (Vispassana) for two months. Research instruments used in the study included a meditation (Vispassana) manual, a video-tape of meditation (Vispassana), sphygmomanometer, stethoscope, watch, finger thermometer and galvanic skin resistance equipment. Data collection was conducted by using the interview technique and recording physical data. The difference between pre and posttest was calculated by "paired t-test".

The results showed that the experimental group experienced significantly increased self-esteem, creative visualization, health status, skin resistance and skin temperature as measured between pre and posttest ($p < 0.001$). The same group experienced significantly decreased pulse, respiration and blood pressure as measured between pre and posttest ($p < 0.001$).

It can be concluded that elderly people experienced increased self-esteem, creative visualization and health status. This program should be applicable as a part of alternative health care for other types of patients.