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In the present situation, people in large cities like Bangkok have more stress than in the past. Many cannot cope with their problems. They try solve the problems by many means. Spiritual development is well-known strategy. The objective of this study is to survey the view of Bangkok Metropolis citizens concerning spiritual development. The 50 open-ended questionnaires were provided to staff nursing and company officers during November 23, 1998 to February 28, 1999. The data were analyzed descriptively and summarized as percentage.

The results show that 16 participants were males and 34 were females. Most of them were 30 years of age or younger, Government officers and had Bachelor degree. All were Buddhist. Subjects' physical health was in good or middle level (46% and 44% respectively). The level of mental health was medium (64%) followed by good (20%) and poor (16%) level. The first three components of happiness were physical fitness without disease, caring family and having the four essential means of life. The most common life principle in the socio-economic crisis was money saving (68%). In view of spiritual development, 46% of subjects understood that improving and understanding the mind should improve a person. All agreed that we should establish a spiritual development program for the people. The first three means to develop the spirit were moral action, meditation or listening to the words of monks and having good mind and spirit in childhood. This study suggest that all people should consider spiritual development because it can improve our lives, family and society. Several kinds of spiritual development programs should be promoted.