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SOISUDA IMAROONRAK : THE EFFECTS OF ANAPANASATI TRAINING

PROGRAM ON MENTAL HEALTH. THESIS ADVISORS : KANOKRAT SUKHATUNGA,

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The present study used a before and after design to study the effects of an Anapanasati training program on mental health at International Dharma Hermitage Suan Mokkhabalam amphur Chaiya Surat-thani province during May 19-26, 1999. A sample consisted of 38 males and 25 females. The data were collected by TMHQ. The percentage was used for data procusing.

The results revealed that, after Anapanasati training program, the mental health of the subjects who had an average profile was not changed but seemed better in the social function scale. However for the subjects who had a tendency of mental health problems, still had a high score in the scale.

These findings implied that in any kind of training program for better living the appropriate and readiness of mental and physical health of the participant should be considered.