

4137314 SHCR/M : MAJOR : COMPARATIVE RELIGION ; M.A.(COMPARATIVE RELIGION)

KEY WORDS : MEDITATION(VIPASSANA)/REDUCING EMOTIONAL IMBALANCES / MENOPAUSAL WOMEN

PRASOMPHAN THAWEERATTANA : THE USE OF BUDDHIST INSIGHT MEDITATION (VIPASSANA) IN REDUCING EMOTIONAL IMBALANCES AMONG THE THAI WOMEN DURING THE MENOPAUSE PERIOD.

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Menopause is a period of change in the physical and mental conditions of women. Changes in the body and the mind, together with poor health behavior can negatively affect women's health. These negative effects can be prevented by promoting appropriate health behavior and meditation(vipassana) among menopausal women. That will make their lives happy.

The purpose of the research is to study the effect on health and mental health of menopausal women by the application of meditation(vipassana). The 50 subjects were the menopausal women aged between 45-59 years old who were selected to be the samples by non- probability sampling. There were 25 subjects in the experimental group and 25 subjects in the control group. The experimental group practiced meditation (Vipassana) for 10 days. Data were collected by means of questionnaire. Blood pressure and pulse were also checked before and after the experiment for data collection and were analysed by using Percentage, Mean, Standard Deviation, and Pair Sample t-test.

The Result of this study show that the meditation (vipassana) project helped menopausal women in reduce emotional imbalances during the menopause period. The physical and mental conditions of the menopausal women after the meditation were better than before the experiment. The Psychological Symptoms were statistically significant ($p=.001$) and the Vasomotor Symptoms were also statistically significant($p=.01$). One month after the meditation (vipassana), the physical and mental health of the experimental group were better than that of the control group. The Psychological Symptoms ($p=.000$), the Vasomotor Symptoms ($p=.001$) and Musculo-skeletal Symptoms ($p=.011$) were statistically significant.