

Thesis Title THE EFFECT OF BUDDHIST MEDITATION PRACTICE ON SCHOOL
CHILDREN'S MENTAL HEALTH.

Name Miss Ratana Tangchonlatip
it was found that three aspects of mental health after the meditation

Degree Master of Science (Clinical Psychology)

includes Somatization, Depression and Anxiety. The control group also
Thesis Supervisory Committee Associate Professor Naiphinich Kotchabhakdi, Ph.D.
showed significant different with respect to Somatization.
Chinosoth Husbamrer, M.D.

Assistant Professor Orapin Pituckmahaket, M.Ed.

Date of Graduation October 29, 1987

ABSTRACT

The objective of this research is to study the effect of Buddhist meditation practice, Ānāpānasati Samādhi, on the mental health of M.S.4 students. The samples consist of 37 students who studied in the first semester of the educational year 1986. Their ages ranged from 14 - 16 years old. The samples were divided into two groups i.e., 17 students in the experimental group and 20 students in the control group. The experimental group had the frequency of meditation over 50% of the total practice days while the control group did not do any practice during the study. Before the experiment, both groups had been asked to take the SCL-90 test which is the test used to measure mental health in 9 dimensions. After the experimental group had meditated for eight weeks, both groups were tested again. It was found that the mental health of both groups before the experiment were not significantly different ($P < .05$). Similarly, the

experimental group's mental health after the experiment was not better than the control group's, they were not significantly different ($p < .05$). However, comparing within the experimental group, it was found that three aspects of mental health after the meditation was significantly ($p < .05$) better than before the practice. These include: Somatization, Depression and Anxiety. The control group also showed significant different with respect to Somatization.