

# ABSTRACT

**Title** : A Study on Problems of and Solutions to Mental Stress in Officials and Employees in a Certain Thai Government Agency. (Bangkok Area)

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Stress is generally regarded as a reaction through thinking, body and mind, as one is always pressed by all surrounding circumstances and realized their ability to cope with such pressures. Simply speaking, Stress is the state of the imbalances between one's ability and needs. Stress is also a psychological when occur may be responded with improper behavior, an obstruction to work, harm, destruction of everything, failure in work. With this study if one can learn and understand the stress and its causes, one can regulate and maintain them to such a beneficial level for oneself, which will help make both body and mind turn to normal condition and be able to carry out work as usual and lead a happy life.

The result of the study shows that the most often problem in a certain Thai Government concerning an execution of work which resulted in work's inefficiency is that there is a lack of

co-ordination in the course of work. And the problem arising from the operation of work which causes the serious stress is the one that emanated from our colleagues. For other problems arising from his environments, the most serious one is traffic problems. And the finding from this study shows that when the stress occurs, the efficiency in executing work will decrease.

The solution to this stress problems is "Anapanasti". This Buddhist principles can be used for relaxing this stress. It can be with ease practiced at any time, in any place without resorting to any complicated method. And it can help develop both body and mind.

Anapanasti is a training of mind. It means mindfulness of in-and-out breathing. One must concentrate on one's own breath all the time. The common practice is as follows. As one breathes in, one must focus his mind on the air we breathe in. By using any cue word, such as "Buddha" or "One". When breathing out, one must follow the same process and use another cue words such as "Dho" or "Two" with such repetitions when done continuously, there comes "Samadhi" (concentration) the mind will be calm. Our mind and body will be relaxed, clear and relieved. There is no more stress. Once the concentration or "Samadhi" is achieved, one can execute his work as efficiently as usual and can lead his own life happily forever.