



THE BUDDHIST INNOVATING OF THE 4 BHAVANAS TO INCREASE THE POWER OF ELDERLY PERSON IN NAKHON PATHOM PROVINCE

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Abstract

The research topic is “The Buddhist Innovating of the 4 Bhavanas to Increase the Power of Elderly Person in Nakhon Pathom Province”. The objectives were as follows: 1) to study the Buddhist Innovating the 4 Bhavanas for increasing the power of the elderly person in Sampran District, Nakhon Pathom Province; 2) to develop the Buddhist Innovating the 4 Bhavanas model to increase the power of the elderly person in Sampran District, Nakhon Pathom Province; and 3) to create a model Buddhist Innovating the 4 Bhavanas to increase the power of the elderly person in Sampran District, Nakhon Pathom Province. The research team has set up mixed-methods research consisting of qualitative research, collecting insights from 27 participants through photos, and focus group discussions. By using the purposive sampling method, all three groups consisted of a group of monks who served as temple managers to train and empower the elderly and a group of community leaders. Clubs and agencies involved in caring for the empowerment of the elderly, groups of members of the elderly club, a total of 12 people per picture, Action research is collecting data with participants in the Buddhist Innovating Meditation 4 activity to increase the power of 15 elderly people in Sampran District, Nakhon Pathom Province 15 participants participated in the activity. By comparing the paired t-test before and after participating in the activity, both positive and negative

statements showed good results. Understand Buddhist innovation, meditation 4, and cooperate with activities very well, have clarity, and have good opinions and attitudes. Have smart intelligence, showing an understanding of the goal of the activity.

Keywords: Buddhist innovating, the 4 Bhavas, Empowerment of the elderly person

Introduction

Thailand is now becoming an aged society, as empirical data reflects such facts; for example, a survey by the Statistical Office in 2007 found that the elderly had increased to 10.72 percent and the proportion of the elderly population has increased to almost half of the young population, 47.7 percent (National Statistical Office, 2021: Online). Issues have received a lot of attention from academics, governments, and various sectors, including the elderly in Thai society. Most of them focus on policies and legal measures for the elderly. provision of medical and public health services Providing assistance to the elderly by government agencies, including family and community-based care for the elderly, in addition, considering the care Elderly people in developed countries such as the Netherlands or Sweden find that the state faces the burden of public health costs. and taking care of a large number of elderly people and trying to find alternatives in caring for the elderly (Ganesh, Kamala, 2005: 116–158), it can be seen that the welfare state provides financial care to the elderly in the form of a universal old age pension and care provided by state-funded institutions. State-subsidized institutional care and/or other public health systems may not be adequate and may not be the only optimal approach to care.

Elderly people in Thai society and social problems: it was found that the elderly may not be respected by society as before, especially those who used to be high-ranking government officials. which used to have power and the family surrounding them upon retirement may regret the loss of power and position. Many youths and young people with a bad attitude towards the elderly see the old-fashioned useless and useless talk, which causes the elderly to lack the moral principles used to lead a quality life. Therefore, in order to adapt to social, economic, and environmental conditions, to have quality. So, it is necessary to



have moral principles to lead a quality life. It can be seen that the value or quality of life of each individual varies. According to developmental stages in each age range, gender, education, occupation, culture, tradition, medical advancement, and advancement in nutrition, the tendency makes the longevity statistic or an aging population increase; therefore, these seniors are not the ones who will on and on and be a burden to their children or the government only. But these seniors can still live a very valuable life, or, as some may say, accumulate knowledge and emotional development with experience. Older people may have valuable benefits or qualities for themselves. In society and the nation, the value of life and the development of life from the basic level to the high level in Buddhism called the 4th Bhavana, are the development or physical value. Or physical quality, which is physical meditation, moral meditation, mental meditation, and wisdom meditation. or intellectual value (Phra Brahmaganaporn, 2007: 37).

In addition, changes in population structure will have an impact on the social conditions in the organization as well, namely in the near future. Most organizations that have been operating for a long time must deal with the aging society because, as you know, a large population will be in the age range that is classified as the baby boomer generation, which is the age near retirement. Highly experienced, which deals with senior employees of each organization

There will be different ways. Some organizations take good care of them. There are welfare, pensions, funds, and various allowances, but some organizations try to force them out. because of the high salary base. But the cost of work and talent is starting to get clogged. can't continue to push Let's fight and hire new people. The salary is cheaper. It's better to lose because the new generation is good at using technology. No additional training is required, and also learn quickly that no family burden is the cause of the rapidly aging population. This is because fertility was high in the past. And the mortality situation is continuously decreasing. Since World War 2, the population in the generation used to be children, which were born in large numbers in the past, have gradually entered working age and the elderly in the end, and it has also been found that in the elderly population, There will be more people in the age group, increasing in succession, for example, in the year 1990, there were only about 700,000 people aged 75 and over, expected to increase to 1,400,000 people in the year 1990, 2010, and is expected to increase to more than 2 million

in the year 2020 (Pornpimol Tiptem, 2022: online), which causes the lifestyle of the elderly to change according to the factors passed keep coming Both in terms of family, work, education, and career, these are considered different periods that cause a huge impact on the affected elderly group. In addition to physical, family, and social problems, mental health problems It is a very common problem as well and tends to keep rising. There are physical changes. There is the deterioration of various organs. As we get older, facial skin, muscles, and eyesight deteriorate, and physical and Mental issues have also changed, in a positive light: older people have experience and have the ability to adapt. from mental health “Take a hot shower first” is therefore a very valuable thing for the elderly. But in another aspect, the elderly will suffer a lot of losses in life, such as retirement from work. Losing a friend through the death of a spouse causes the elderly to adjust a lot when they reach that age. It would be good if we had prepared for the events that would occur in advance. and problems that arise in terms of mental health problems that are common in the elderly, such as anxiety, depression, insomnia dementia, etc. causing the elderly to start seeking happiness both physically and mentally (Phradhammapitaka, 2004: 99) to increase the power of the elderly. The way of Buddhism must be adapted to live. And most of the ways of life are based on the principles of Buddhist morality. It can be seen that the application of Buddhist principles to develop the minds of the community, especially to improve the quality of life of the elderly. In Thailand, in particular, religious organizations play an important role in improving the quality of life of the elderly. Because the elderly are valuable people in society.

Most Thai elderly people are closely related to temples and Buddhist organizations. There are groups gathered to do activities at the temple such as Dharma practice. On Buddhist holy days or important religious days, the age of the elderly is an age that has changed significantly. both physically and mentally Physical conditions can be seen to deteriorate with increasing age. The state of mind is also easily changed by being easily irritated and anxious. due to illness or from the deterioration of various systems in the body changes (Somsak Srisantisuk, 1996: 19) in accordance with the principles of Buddhism, it is extremely important for the daily life of the elderly. The principles for developing the quality of life for the elderly are the principles of practicing the principles of Bhawana 4 (AN. 22/79/121).



From such importance and need. Therefore, foresee that Buddhist innovation, the 4 Bhavanas, increases the power of the elderly. It is a process based on Buddhist psychology in the four meditation processes, namely physical development, precepts development, mental development, and wisdom development. By creating a database of physical, moral, mental, and intellectual assessment sets by studying the empowerment of the elderly in every sub-district in the area of Sampran District, Nakhon Pathom Province. Cause a link to develop the potential of the elderly with quality supporting the country's development in various dimensions according to government policies by increasing the potential of the elderly according to their needs for happiness in the later stages of life have a database. There is an evaluation form to increase the power of the elderly according to the principle of the 4 Bhawanas to see the practical results and meet the standards of caring for the elderly. That requires the participation of temples, communities, the government, and private agencies to systematically promote it on the basis of research. and application of research in the dimension of physical and mental health of the elderly in the future.

Research Objectives

1. To study the model of Buddhist innovating of the 4 Bhavanas to increase the power of the elderly, Sampran District, Nakhon Pathom Province.
2. To develop the model of Buddhist innovating of the 4 Bhavanas to increase the power of the elderly, Sampran District, Nakhon Pathom Province.
3. To create a model of Buddhist meditation innovating of the 4 Bhavanas to increase the power of the elderly, Sampran District, Nakhon Pathom Province.

Research Methodology

In this research, the researcher studied relevant documents and research. to obtain information according to research objectives The researcher used a mixed methodology research consisting of qualitative research and action research. educating about Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly by organizing activities with senior club members or by elderly volunteers in the area, there are a total of 15 people, which have defined the research pattern, consisting of:

1. Qualitative research methods (Quantitative Research) the data were collected by using in-depth interviews with key informants using purposive sampling, consisting of prototype elderly club members, community leaders, clubs, and agencies related to the care and empowerment of the elderly and the monks who act as temple managers, training and empowering the elderly. By using a purposive sampling method, 25 people/pictures and participants in a focus-group discussion were used to join Buddhist innovations in prayer 4 to increase the power of the elderly in Sampran District, Nakhon Pathom Province. By using a purposive sampling method, a total of 3 groups, a total of 12 people/figure, consisting of a group of monks who act as temple managers, training and empowering the elderly, 4 persons, a group of community leaders Clubs and agencies related to the care and empowerment of the elderly, 4 people and a group of members of the elderly club Involved in the care and empowerment of 4 elderly people by using the information obtained as a guideline for organizing activities.

2. Action Research: collecting data, setting up research in the field to know the concept, principles, background, problems, obstacles, and the process of creating a new practice and a new perspective in developing an innovative Buddhist model of the 4 Bhavanas to increase the power of the elderly in Sampran District Nakhon Pathom Province and can be applied to present a model to increase the power of the elderly. The researcher defined the research process into 2 phases as follows.

Phase 1: Conduct a documentary research study it is a step to study the concept of Buddhist innovative meditation of the 4 Bhavanas to increase the power of the elderly in Sampran District Nakhon Pathom Province. By analyzing documents and research related to "Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly in Sampran District Nakhon Pathom Province" by studying from documents and research synthesis together with activities about educating about Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly.

Phase 2: Data collection was done using the activity set. educating about Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly by organizing activities with senior club members or by elderly volunteers in the



area, all 15 people. (Participation) with a collection method, which is the activity measurement form before and after. The baseline statistics were analyzed by percentage (percentage), mean (\bar{x}), and standard deviation (S.D.) for describing the data in the pre-and post-activity statistics using the paired t-test. Research has created itself.

3. Reflection and return of information taking data from the process results and effects Whether it's problems, obstacles, and successes. by group chat exchange of learning together; in-depth interviews; and observing behavior including the use of a questionnaire to measure opinions toward Participate in activities that create the researcher collects the information obtained from those reflections to analyze the content. About Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly, Sampran District, Nakhon Pathom Province Therefore, the results are presented in various forms such as data descriptions, diagrams, tables, and mind maps after completing activities and collecting data.

Review Literatures

The application of the 4 Bhavanas principles is the development of both Samatha and Vipassana in order to have results such as personality, appearance, and virtue within a better person, which in this sense the result was divided into 4 sections. **Section 1:** Physical development or physical development Having a relationship that is beneficial to the physical or material environment know how to "eat, live, look, and listen" to be able to consume those things in a way that is not harmful. Know how to control the need that is extravagant or unnecessary that humans should use **Section 2:** Precepts and prayers (Social development) or the development of precepts having a supportive relationship with the social environment are human friends together where it is located in the regulations in order to meet their needs; Not going to persecute or cause trouble and damage to others and able to live with others and support each other well be happy. **Section 3:** Emotional development or mental development, having a mind that is complete with virtue, complete with competence, strong, stable, and full of health Cheerful, bright, peaceful and **Section 4:** Cognitive development or intellectual development enhancing knowledge and understanding masterfully, and knowing the truth, knowingly see the world and life as it really is (Phra Brahmaganaporn, 2004: 70-77). By applying the 4 meditation principles to develop people to be perfect human beings, there must be 4 elements called the four elements of education, as follows:

Firstly, education is to develop the potential of preparing the learners' minds to be ready to study further. And according to Buddhist principles, the first step is to have the will to learn and train to be mindful and concentrated in order to help learners have a good memory all the time, to know how to think, analyze and digest all information in order to seek knowledge on their own.

Secondly, education to develop competency. Learning to bring knowledge into practice to achieve the objectives and be able to work with others. To make a strong team in which the new generation must have human relations and morality and ethics in working together. To lay the foundation for a good governance system is good management that focuses on transparency. not focusing on cheating the country.

Thirdly, education for quality development, focusing on being a good person, using knowledge and abilities to benefit others, and teaching to live happily by making benefits to society.

Fourthly, education for human development by developing people to be fully human beings according to their physical, social, emotional, and intellectual potential able to solve life problems (Phradhammakosajarn, 2005 : 59)

In part of the application of the 4 principles of meditation, the research team has linked them so that they can be used to develop in 4 areas or the 4 sections of meditation, taking care of the body and mind to be connected. normal balance? as a whole of the person himself in which the whole can be achieved by physical, mental, social, and environmental relationships. can't lack one side with holistic self-care.

Results

Objective 1: To study the model Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly in Sampran District, Nakhon Pathom Province. The results showed that the physical development of the elderly focus on eating food that is nutritious, organ systems, and emotional aspects a lot, improving the mood of the elderly, what can be used is meditation, just calming the mind. which resulted in reducing the stress of the elderly, being a volunteer is about giving knowledge and experience of life that he has spent his life accumulated to convey as a life lesson to others, and having a good



social intellect helps us meet with others of a similar age by constantly talking to people good gestures build good friendships together.

Objective 2: Development the model of the Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly in Sampran District, Nakhon Pathom Province. It is the introduction of dharma in Buddhism. Harmonize with the elderly, organizing activities increasing the wisdom, training enhance knowledge, understanding, knowing how to think, know how to consider, know how to diagnose Knowing how to solve problems and improving the quality of life of the elderly is important with a new model. Should focus on activities that apply the principles of the 4 Bhavanas that are appropriate.

Objective 3: To create a model of Buddhist Innovating of the 4 Bhavanas to increase the power of the Elderly, Sampran District, Nakhon Pathom Province, it was found that 15 participants in the Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly, Sampran District, Nakhon Pathom Province were 15 people from the comparison of the paired t-test, both before and after participating in the activity, it was found that both positive and negative messages had good results, indicating that the elderly volunteers' answers to questions had an understanding of Buddhist Innovating of the 4 Bhavanas and cooperated with the activities. very well, with clarity, with good opinions and attitudes have an intelligent, showing an understanding of the goal of the activity from Table 1-2.

Table 1 Showing: the analysis of participants in the Buddhist Innovating of the 4 Bhavanas activity to increase the power of the elderly, Sampran District, Nakhon Pathom Province. By comparing the paired t-test values of positive statements before and after.

(n = 15)

The analysis of participants in the Buddhist Innovating of the 4 Bhavanas activity to increase the power of the elderly, Sampran District, Nakhon Pathom Province.

		Means Score	Standard Deviation	t	p
Positive information	Pre-activity measurement	2.54	0.337	-19.115*	0.000
	After-Activities measurement	4.62	0.320		

Table 2 Showing: the analysis of participants in the Buddhist Innovating of the 4 Bhavanas activity to increase the power of the elderly, Sampran District, Nakhon Pathom Province. By comparing the paired t-test values of negative statements before and after.

(n = 15)

The analysis of participants in the Buddhist Innovating of the 4 Bhavanas activity to increase the power of the elderly Person, Sampran District, Nakhon Pathom Province.

		Means Score	Standard Deviation	t	p
Negative information	Pre-activity measurement	3.47	0.273	-21.385*	0.000
	After-Activities measurement	1.47	0.313		

Discussions

The topic research on “The Buddhist Innovating of the 4 Bhavanas to Increase the Power of Elderly Person in Nakhon Pathom Province” The research team discussed the results according to the important findings as follows:

1. The research results of the Buddhist Innovating of the 4 Bhavanas to Increase the Power of Elderly Person in Nakhon Pathom Province, it was found that educating about physical development emphasis on eating nutritious food, educating about emotional development. Use the method of meditating to just calm your mind. Resulting in reducing stress in the elderly, volunteering for service emphasis on educating the self-experience of life. Guidelines for enhancing social consciousness with the elderly focus on meeting other people of similar age by building good friendships together from the study of the 4 Bhavanas Buddhist innovating to increase the power of the elderly able to explain information very well consistent with the research of Phramahasuthit Apakaro and Saichon Panyachit (2015). Have done research on “A model for enhancing well-being and learning in society according to Buddhism”. The application of Buddhist principles in enhancing the well-being and learning of society with the participation of the Sangha community found that the Sangha focused on the application of the Dhamma principles. To promote the role the duties and administration of Sangha affairs as defined in the six provisions of the Sangha Act are administration, education, propagation, welfare education. Public welfare and public assistance and a model for promoting well-being and learning in Buddhism able to develop individuals and society according to the principle of “the 4 Bhavanas” focusing on the development of the body, training the body to be systematic, organized and promoting self-development. Including understanding the relationship with the physical environment for sustainability.



2. The results of research on the development model of the Buddhist innovating of the 4 Bhavanas to increase the power of the elderly in Sampran District, Nakhon Pathom Province, it was found that the guidelines for the development of the Buddhist innovating the 4 Bhavanas were obtained from the interview data. and group discussions for organizing activities resulted in overall opinions in 4 aspects, consisting of 1) Each Buddhist innovation was different, 2) Mental development training by practicing mindfulness and concentration to suit the elderly, and 3) those who gave information can say that there should be an event and 4) development of the quality of life of the elderly should focus on activities that apply the principle of the 4 Bhavanas to increase the power of the elderly. Elders can explain information well. consistent with the research of Phra Maha Kraiwan Chintattiyo, (2017) have conducted research on “The Integration of Buddhist Principles in Promoting Elderly Health in Community Organizations, Sampran District, Nakhon Pathom Province” The results showed that an activity that integrates Buddhist principles in enhancing the well-being of the elderly in a community organization, Sampran District, Nakhon Pathom Province. Using the threefold principle, precepts, concentration, and wisdom. Morality is the practice and development of physical and verbal behavior in order to have a proper relationship with the environment that we are involved with and have good results. Concentration is a mental development practice. If the mind is well developed, then it will Supervise and direct behavior in a good way, and wisdom is the guide and control of all behavior. Wisdom is the release of the mind. give way to mind Developing wisdom helps life to be successful. There is a health garden, an activity field where local wisdom or local philosophers are used as speakers to share knowledge on various subjects. religious activities on special occasions prayer room opening or a meditation room in a hospital Set up a child health care center and propose the integration of Buddhist principles with health promotion of the elderly; which consists of precepts, concentration, and wisdom, in order for the elderly to live in a way that is correct.

3. The results of research on the creation of Buddhist innovating of the 4 Bhavanas to increase the power of the elderly, Sampran District, Nakhon Pathom Province, found that 15 participants in the Buddhist Innovating of the 4 Bhavanas to increase the power of the elderly, Sampran District, Nakhon Pathom Province were 15 people from the paired comparison. The t-test both before and after participating in the activity showed that both positive and

negative messages had good results, showing that the elderly volunteers' responses to questions had an understanding of Buddhist Innovating of the 4 Bhavanas and cooperated. With activities well, being clear, having good opinions and attitudes Having smart intelligence, showing an understanding of the goal of the activity. From the results of the research on the creation of an innovative Buddhist of the 4 Bhavanas to increase the power of the elderly, able to explain information very well Consistent with the research of Phra Phuchissa Panyapachoto (2019) has done research on “Promoting well-being according to the 4 Bhavana principles of the elderly in Yang Hom Sub-district, Khun Tan District, Chiang Rai Province”. The process of enhancing health according to the 4 principles of meditation comes out as a form of the process of enhancing health in 4 forms: 1) Promotion is the use of the principles of physical meditation to enhance physical health. There is a goal the elderly must have a good body. 2) Strengthening by using precepts and prayers to promote social well-being, the goal is that the elderly must have good relationships, that is, to have behaviors in living together with others in a good society. Create mental wellness in order to establish a protective approach. There is a goal Elders must have good ideas through mental training according to Buddhist guidelines let the mind have basic morality in living together in society and 4) preparation by using wisdom to pray to enhance spiritual well-being aims to make the elderly understand life through the process of thinking properly.

The New Knowledge

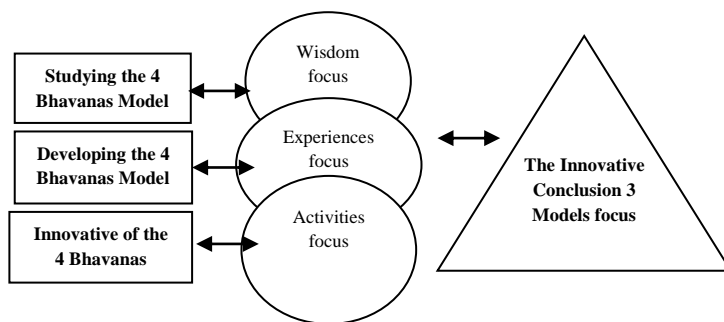


Figure: 1 showing the research Results

Conclusions



Empowering the elderly, the way of Buddhism must be adapted to life and most of the ways of life are based on the principles of Buddhist morality. It can be seen that the application of Buddhist principles to develop the minds of the community, especially to improve the quality of life of the elderly. In Thailand, in particular, religious organizations play an important role in improving the quality of life of the elderly. Because the elderly are valuable people of society. Most Thai elderly people are closely related to temples and Buddhist organizations. Bringing Buddhist innovating of the 4 Bhavanas to increase the power of the elderly. It is a process based on Buddhist psychology in the four meditation processes, namely physical development, precepts development, mental development, and wisdom development.

Suggestions

1. A study in the elderly group by collecting insights from event participants members of the model elderly club, community leaders, clubs, and agencies related to the care and empowerment of the elderly, and monks who act as temple managers, training, and empowerment of the elderly. Therefore, in the next study, there should be groups of elders in other research areas to study and confirm the research and create new knowledge in the next research.

2. Because this study is a study with elderly people in the research area. Therefore, the guidelines for the development of the 4 Bhavanas Buddhist innovative activities should be used to increase the power of the elderly. supplemented with other forms of dharma and various other methods, with further study and long-term follow-up.

3. The research results came out to find that both before and after participating in the activity, it was found that both positive and negative messages had good results, indicating that the elderly volunteers' responses to questions had an understanding of Buddhist Innovating of the 4 Bhavanas and had the attitudes that should therefore be given. Doing research about Buddhist innovating of the 4 Bhavanas with the elderly to promote the development of the elderly in other areas.

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