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Buddhist spiritual health

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Thai people have a tendency to perform religion activities more, particularly meditation has increased three times



The Buddhist concept of health is all-encompassing, and includes physical, social, psychological, and spiritual aspects.

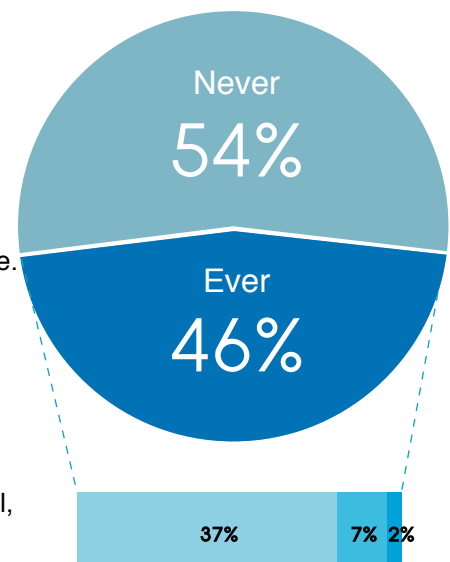


In Buddhism, health does not simply mean the absence of physical illness. Health encompasses knowledge, freedom, cleanliness, and peace, because the absence of any of these things can spoil one's life. Comprehensive health improvement therefore includes personal improvement, but also the improvement of society and the environment. Health indicators need to take account of all the four aspects of development psychological, spiritual, cultural, and physical.

In recent years increasing numbers of people have been making religious activities as part of their daily routine. This is particularly true for offering food to monks, prayer, and observing the five precepts. Two out of 10 Thai Buddhists aged 15 and over read religious books. People aged 60 and over are particularly active.

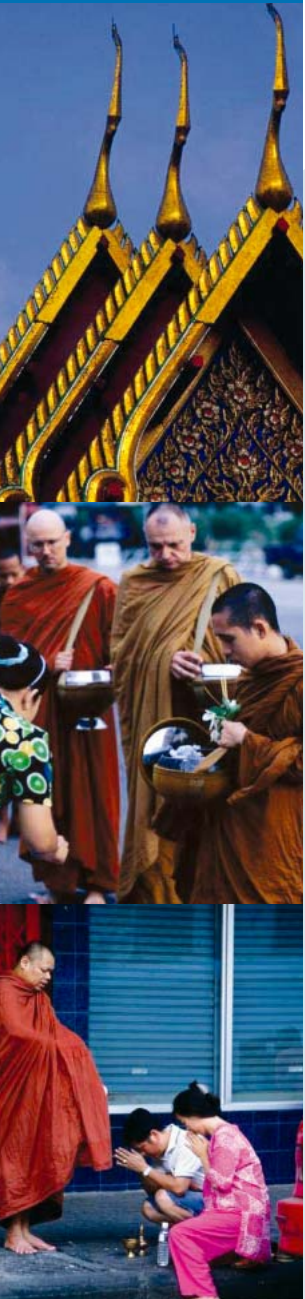
However, survey data show that almost one half of Buddhists in Bangkok are not satisfied with simply making merit. They make merit to avoid social disapproval, or from a feeling of guilt. One in four Thais in the capital hope to obtain peace of mind from making merit. They make the personal sacrifice in order to be happier in this life, or to avoid misfortune. Over one half of those surveyed believed that Thais act morally and base their lives on Buddhist doctrines such as karma, or the idea that good brings good and evil brings evil. This allows people to live together peacefully.

Making merit to avoid social disapproval

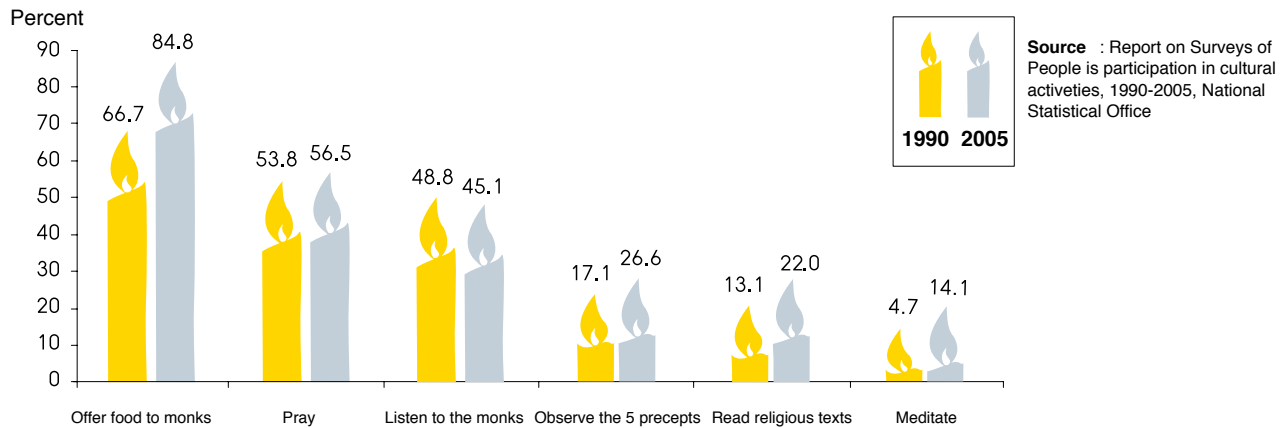


- Occasionally
- Often
- Always

Source: Thais and Merit-Making 2005, Bangkok Poll Research Center

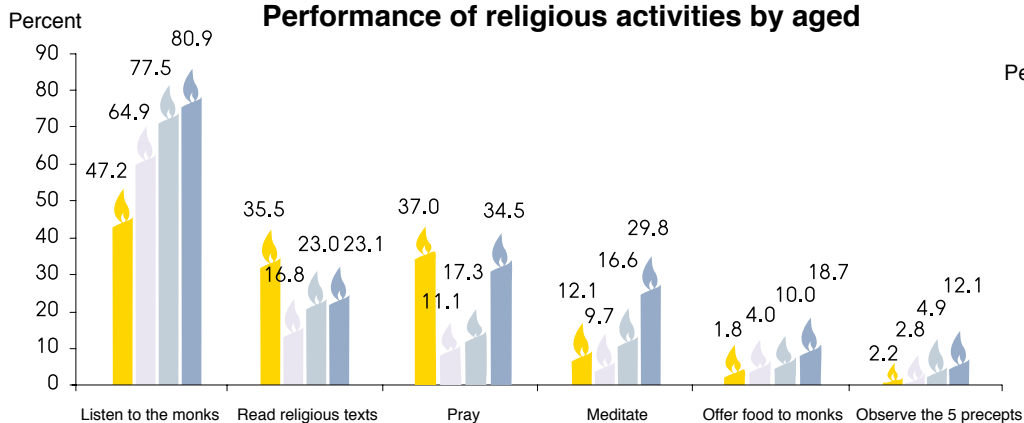


Performance of religious activities by Thais



Source : Report on Surveys of People's participation in cultural activities, 1990-2005, National Statistical Office

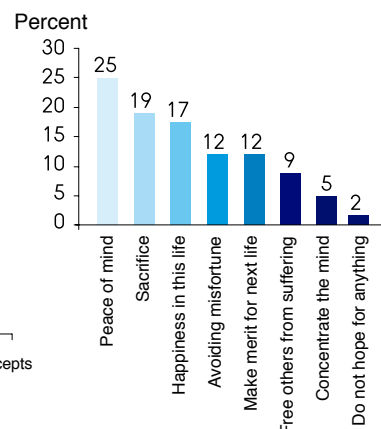
Performance of religious activities by aged



Source: Report on Surveys of People's participation in cultural activities, 1995, National Statistical Office

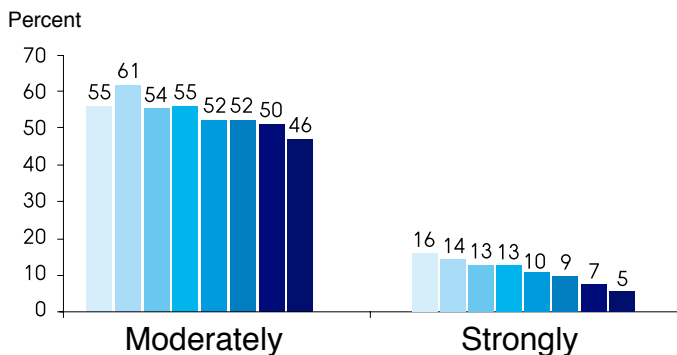


Reasons for making merit



Source: Research Institute of Bangkok University, 2005.

Believe in Thais act morally



- Appreciative
- Compassionate
- Enduring
- Trustworthy
- Hardworking
- Charitable
- Law-abiding
- Responsible

Source: Report on surveys of People's Participation in Cultural Activities, 2005, National Statistical Office

Belief in religious doctrines

