

Abstract

The purpose of the action research was to develop the mental health promotion model for the women in E-sarn region by using Buddhist concept. Data collection was performed during January to October, 2006. There were 167 key informants and 47 informants. The research instruments for the quantitative data used in this study were the demographic data form, questionnaire for the causes of stress, problem solving and happy index. The research instruments for the qualitative data were comprised of the focus group and the in-depth interview. Data analysis was presented by the frequencies, mean and comparison using the Wilcoxon Signed Ranks Test, including the content analysis.

The results revealed that there were first five causes of stress happening with these women. There were the expenditure of the family (55.4%), anxiety problem of family members (51.4%), occupational problem (50.0%), working problem (43.2%), child nurturing difficulty (43.2%). The model of mental health promotion for the women in E-sarn region using in this study was comprised of three characteristics; 1) provide the Buddhist motto by using the cassette tape for everyone listening which performed at the center of village, 2) Training program on the exercise using the Buddhist rhythm named as Mae-Kham- Bao exercise, and 3) Meditation using movement as the Buddhist's way.

The results revealed that these women after joining the study were significant happier than before. Eighty-eight percent of women listen the Buddhist motto from the cassette tape that the researchers provided and they thought that it is good for life. One-third of the women did meditation twice a week. They found that release distraction and calmdown. There were the increasing numbers of women doing the exercise after finishing the study (before= 68.9; after=86.9%). Most women performed the exercise by using the Buddhist rhythm named as Mae-Kham- Bao exercise.

In conclusion, these resent project utilizing were benefit in increasing happiness in these women in the community.