

Research Title: An Evaluation of Meditation Temperaments of Vipassana Meditation Practitioners

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Abstract

This research aims at developing Vipassana meditation practice test according to the four foundations of mindfulness, to compare the scores of Vipassana meditation practice between before and after practice and to compare the scores of Vipassana meditation practice obtained from self assessment by practitioners and the scores obtained from assessment by the preceptors. The results of research could be summarized as follows:

၈. Forty six items were developed to test Vipassana meditation practice. The indexes of objective-item congruence were between ၀.၈၆ - ၁.၀၀. The corrected item- total correlations were between ၀.၃၆ - ၀.၈၆. Cronbach's Alpha of the all items was at ၀.၉၆. It was seen that theses indexes were higher than the required minimum value, thus, Vipassana meditation test that was developed had high quality and reliability.

၉. The results from comparing the score of Vipassana meditation practice between before and after practice revealed that mean of scores after Kayanupassanastipatthana meditation practice was greater than the mean of scores before practice at significance level ၀.၀၅ ($t = ၃.၈၈$, $P = ၀.၀၀$). The mean of scores after Vedananupassanastipatthana meditation practice was greater than the mean of scores before practice at significance level ၀.၀၅ ($t = ၃.၆၈$, $P = ၀.၀၀$). The mean of scores after Cittanupassanastipatthana meditation practice was greater than the mean of scores before

practice at significance level ၀.၀၅ ($t = ၁.၆၀$, $P = ၀.၀၀$). The mean of scores after Dhammanupassanastipathana meditation practice was greater than the mean of scores before practice at significance level ၀.၀၅ ($t = ၁.၆၀$, $P = ၀.၀၀$)

၈. The results from comparing the scores of Vipassana meditation practices obtained from self assessment by practitioners and the scores obtained from assessment by the preceptors revealed that the mean of Kayanupassanastipathana meditation practice scores obtained from self assessment was greater than the mean of scores obtained from assessment by the preceptors at significance level ၀.၀၅ ($t = -၀.၀၈$, $P = ၀.၉၆$). The mean of Vedananupassanastipathana meditation practice scores obtained from self assessment was greater than the mean of scores obtained from assessment by the preceptors at significance level ၀.၀၅ ($t = ၀.၀၄$, $P = ၀.၉၆$). The mean of Cittanupassanastipathana meditation practice scores obtained from self assessment was greater than the mean of scores obtained from assessment by the preceptors at significance level ၀.၀၅ ($t = ၀.၈၄$, $P = ၀.၄၄$). The mean of Dhammanupassanastipathana meditation practice scores obtained from self assessment was greater than the mean of scores obtained from assessment by the preceptors at significance level ၀.၀၅ ($t = -၀.၀၄$, $P = ၀.၉၄$)