

Research Title: The Remedy and Rehabilitation of the Juvenile Recidivists in the Juvenile Training Center Region 7 Chiangmai Concerning the Four Foundations of mindfulness.

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Fiscal Year: B.E. 2552/ C.E. 2009

Research Scholarship Sponsor: Mahachulalongkornrajavidyalaya University

ABSTRACT

The purpose of this research was to study the effect of the remedy and rehabilitation of the Juvenile Recidivists in the Juvenile Training Center Region 7, Chiang Mai concerning with the Four Foundations of Mindfulness. This research was the Quasi-experiment conducted with the 54 juveniles and cooperated through 3 organizations namely the Department of Religious Affair, the Central Juvenile and Family Court and Mahachulalongkornrajavidyalaya University, Chiang Mai Campus. The 3 organizations have provided the morality learning center for the youth at the International Buddhist Meditation Center. The instruments used in this research were the Questionnaire, The Strengths and Difficulties Questionnaire (SDQ) and the Structured Interview. The project of meditation for the youth was also used as the tool of this research. The data were analyzed by frequency, percentage and t-test (Paired-test).

The findings were as followed:

1. The juveniles who were in the process of the remedy and rehabilitation by the Four Foundation of Mindfulness showed significantly higher score of their mental before they were in the process at .01 level of significance.
2. The juveniles who were in the process of the remedy and rehabilitation by the Four Foundation of Mindfulness showed significantly higher score of their verbal behavior before they were in the process at .01 level of significance.
3. The juveniles who were in the process of the remedy and rehabilitation by the Four Foundation of Mindfulness showed significantly higher score of their physical behavior before they were in the process at .01 level of significance.

4. The juveniles who were in the process of the remedy and rehabilitation by the Four Foundation of Mindfulness showed significantly higher score of their mental behavior before they were in the process at .01 level of significance.

After the process of the remedy and rehabilitation completed, 5.6 percent of the samples were in good conduct, 74.1 were in medium and 20.4 were in low and should be improved. These findings were consistent with the interview, which was found that the meditation retreat resulted at a fairly good level in their physical and verbal. They have known how to control and developed themselves. Consistent with the opinion of stakeholders which commented that the juveniles have a good refinement in their actions.

The findings indicated that juvenile offended the regulatory rules at minimum level. Beside these they have more concentrate and accepted the reasons of others. They behaved with diligence, humility, courtesy and speaking with compassion. They have moral shame and moral dread and assertiveness in actions and responsible toward others. Recommendations are as follows. The training project should be provided annually and monitoring all phases. The Training courses should be provided constantly and with preparing the budget, personnel, and participants. To the opinions of the juvenile found that they need more rules and regulation on the meditation retreat and should provide the recreational action with the meditation retreat. Besides these, they also need to get more information on meditation in order to practice by themselves. Meditation group practicing should be provided and should have the suitable place for participants. There were not enough the meditation masters and should set the appropriate time for practicing meditation.