

Integrative Buddhist Psychology to Reduce the Violence Problem in Family in Suratthani Province

พุทธจิตวิทยาบูรณาการเพื่อลดปัญหาความรุนแรงในครอบครัว
ในจังหวัดสุราษฎร์ธานี

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Abstract

This objectives of this research were: 1) to study and analyze the problems of family violence in Suratthani Province 2) to study and analyze Buddhist psychology and Carl Rogers' psychology and 3) to study and analyze integrative Buddhist psychology to reduce the problem of family violence in Suratthani province. This research was conducted in Suratthani province, using qualitative research methodology. The data were collected from 24 informants who were heads of families and had never used violence in their families by means of in - depth - interviews and from 9 participants, using focus group discussion. Both data were analyzed and synthesized according to the research objectives.

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The results of this research found that 1) the problems of family violence in Suratthani Province that happened in many districts involve the following kinds of family violence: 1) injury or death 2) rape and sex gangbang 3) detention and mental offence. The causes of family violence problems include infidelity, jealousy, alcohol drinking, drug addiction, economic problems and unemployment, borrowing money, destructive habits and gambling. The family violence happening in Suratthani province has effects in terms of economic, social and public health sides. 2) Buddhist psychology is the concept of mind bringing a heart of important Buddha dhamma such as the Noble Eightfold Path and the Four Noble Truths to solve problems and to develop mind qualitatively. Counseling Psychology according to Carl Rogers's concept consists of three important basic concepts, namely 1) to understand human nature 2) to develop balance of self and 3) true love. 3) Regarding Integrative Buddhist Psychology to reduce problems of family violence in Suratthani province, the persons acting as a family leader have to persist in and follow the principles of Buddhist psychology and Carl Rogers's counseling psychology together with using logic and without using emotion, to be a good model for the family and to give counsel to family members who encounter problems

Keywords: Buddhist Psychology, Family Violence, Suratthani Province

บทคัดย่อ

งานวิจัยนี้มีวัตถุประสงค์ 3 ประการ คือ 1) เพื่อศึกษาและวิเคราะห์ปัญหาความรุนแรงในครอบครัวในจังหวัดสุราษฎร์ธานี 2) เพื่อศึกษาและวิเคราะห์พุทธจิตวิทยาและจิตวิทยาการให้คำปรึกษาของคาร์ล โรเจอร์ส และ 3) เพื่อศึกษาและวิเคราะห์พุทธ

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จิตวิทยาบูรณาการเพื่อลดปัญหาความรุนแรงในครอบครัวในจังหวัดสุราษฎร์ธานี ดำเนินการวิจัยในเขตพื้นที่จังหวัดสุราษฎร์ธานี ใช้ระเบียบวิธีวิจัยเชิงคุณภาพโดยการสัมภาษณ์แบบเจาะลึกจากผู้ให้ข้อมูลหลักซึ่งเป็นหัวหน้าครอบครัวที่ไม่ใช้ความรุนแรง จำนวน 24 คน และการสนทนากลุ่มเฉพาะผู้ทรงคุณวุฒิ จำนวน 9 คน/รูป และนำข้อมูลมาวิเคราะห์และสังเคราะห์ตามจุดประสงค์ที่ตั้งไว้

ผลการวิจัยพบว่า 1) ปัญหาความรุนแรงในครอบครัวในจังหวัดสุราษฎร์ธานีนั้นเกิดขึ้นในอำเภอต่าง ๆ ของจังหวัดสุราษฎร์ธานีนั้นมีประเภทของเหตุการณ์ความรุนแรงในครอบครัวหลัก ๆ ประกอบด้วย 1) ร่างกายบาดเจ็บหรือเสียชีวิต 2) การถูกข่มขืน หรืออนาจารทางเพศ 3) การถูกกักขังหน่วงเหนี่ยว หรือดูหมิ่นทางด้านจิตใจ สาเหตุปัญหาความรุนแรงในครอบครัวประกอบด้วยการนอกใจ การหึงหวง การเมาสุราและติดยาเสพติด ปัญหาเศรษฐกิจและตงงาน การกู่หนี้ยืมสิน นิสสัยดื้อรั้น และการติดการพนัน ความรุนแรงในครอบครัวที่เกิดขึ้นในจังหวัดสุราษฎร์ธานีส่งผลกระทบต่อในด้านเศรษฐกิจ สังคม และสาธารณสุข 2) พุทธจิตวิทยาเป็นแนวคิดเรื่องจิตที่นำเอาแก่นพุทธธรรมที่สำคัญ เช่น อริยมรรค 8 และอริยสัจ 4 มาใช้ในการแก้ปัญหาและพัฒนาจิตให้มีคุณภาพ ส่วนจิตวิทยาการให้คำปรึกษาของคาร์ล โรเจอร์ส ประกอบด้วยแนวคิดพื้นฐานที่สำคัญ 3 ประการ คือ 1) ความเข้าใจธรรมชาติของมนุษย์ 2) การพัฒนาไปสู่ตัวตนที่สมดุล และ 3) ความรักที่แท้จริง 3) พุทธจิตวิทยาบูรณาการเพื่อลดปัญหาความรุนแรงในครอบครัวในจังหวัดสุราษฎร์ธานี นั้น บุคคลผู้เป็นหัวหน้าครอบครัวจะต้องยึดมั่นและปฏิบัติตามในหลักพุทธจิตวิทยาและจิตวิทยาให้คำปรึกษาของคาร์ล โรเจอร์สทั้งสองด้วยกันพร้อมทั้งยึดมั่นในเรื่องของเหตุผล และการไม่ใช้อารมณ์ มุ่งความรักและปรารถนาดีต่อกันเป็นที่ตั้ง เพื่อเป็นต้นแบบที่ดีให้กับครอบครัวและให้คำปรึกษาทุกเวลาเมื่อสมาชิกในครอบครัวมีปัญหาต่าง ๆ

คำสำคัญ : พุทธจิตวิทยา ความรุนแรงในครอบครัว จังหวัดสุราษฎร์ธานี

Background and Signification of the Research Problem

At present, family and social violence has occurred extensively in every caste and culture, which is a problem that Thailand and the world are experiencing and trying to resolve. In Thailand, we found these from statistical data, such as information from the Royal Thai Police, newspaper news or service information from public organizations, which found that family and social violence occurs mostly against women and children. In the future, it will become intense. Statistics from January to March 2018, found that family violence occurred with children and women as high as 83.6%, an average of 5 people each day. Family violence related to the physical abuse or the member's family health, forced or persecuted to commit an offense as affected by a family lacking warmth, promoting a bad environment, addiction to gambling, quarrels, alcohol, drugs and economic stress. Those affected people who encountered family violence were spouses, parents, siblings, or adopted children, grandparents, relatives and family members, such as grandchildren, daughter - in - law and son (Komchadluek, 2018).

Family violence is a problem in Thai families and Thai society that was hidden and affected the quality of family members' lives continuously, especially with people who are weaker in the family, such as children, women and the elderly. Family violence appeared in the newspaper and there was a statistic of telephone calling to request consultation with women organizations that provide assistance in such matters continuously in increasing numbers each year. This indication showed that domestic violence problems tended to expand and was a social problem that affected the quality of life of people in society in a silent manner. On the prevention and problem solving in the past, there were government agencies and private organizations that provided assistance with counseling,

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supporting housing and providing rehabilitation in various ways to those affected by domestic violence. It also had a continuous campaign to create good consciousness for people in society for reducing family violence. This method can alleviate many problems. Also, people in society have become more interested in this problem. However, since such problems are complex and interrelated between individuals and their environment, therefore, prevention and resolution must be implemented in many ways. The problem at the community level is an alternative way to help prevent and solve domestic violence problems more effectively, because it must deal with the root causes of problems at the family level and the environment that is directly context (Yongyuthsaenprasit, 2011a; p. 34-37).

Suratthani is a province in the upper south, located on the east coast of Thailand in the center area of the southern peninsula. The area is both mainland and island. It is a province with abundant natural resources. The area of this province is the largest in the south. It is divided into 19 districts with a population of 1,031,812 people (Department of Local Administration, 2013). When discussing the situation of violence in Suratthani province, it was found that it was primarily related to economic, political and social factors, which if we viewed only superficially, the image of the province as a whole seems to be successful in economic and social development with a high growth rate measured by gross domestic product and income of the entire province compared to neighboring provinces in the south. But the result of economic development that emphasizes an increase in income only causes many other problems related to violence especially the problem of domestic violence. If we consider non - violent cases from the Office of Social and Human Development, Suratthani Province, which appeared in the year 2013 onwards, we found that the rates

were at a higher level. Family violence that had occurred covers behavior about physical assault, threat, forced narcissism, rape, seduction, indecency and neglect. Therefore, we made the conclusion that most were cases of physical and mental violence. The cause of domestic violence is often caused by infidelity and jealousy, drunkenness and drugs, economy and unemployment, physical and mental health and other causes such as pornography, etc. Family violence that has an impact on the economy, social and public health, although the past government agencies that are directly and indirectly responsible for preventing and solving various forms of integration between agencies and using various methods. Domestic violence has no tendency to decline. There seems to be an increasing rate and the problem of domestic violence is becoming more complex (Somchat phiuthongngam and Sitthichat chivaroros, 2016, p. 133-157).

In addition, from synthesis of various research works, it found that the majority of research emphasized these main points: 1) Family violence and prevention at the community level (Yongyuth saenpravit, 2011b, p. 25) 2) Family violence management according to Buddhism principles (Phrachan talooping, 2013, p. 20) 3) The Strategy for management of violence in Thai families (Benjang keangsunthara, 2013, p. 19) 4) Family violence: synthesis, causes and solving problems with local wisdom in Isan (Panjapat wannapiboon, 2014, p. 22). The data collected from study and research were not enough to use for solving problems directly. Also, there was no research which used a Buddhist psychology's concept for solving violence problem in families.

For reasons mentioned above, this researcher is interested in the use of integrative Buddhist psychology mixed with modern counseling psychology to reduce family violence in Suratthani province in order to obtain another approach for prevention and correction of domestic violence in Thais society.

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Research objectives

1. To study and analyze family violence problems in Suratthani Province.
2. To study and analyze Buddhist psychology and Carl Rogers's counseling psychology.
3. To study and analyze integrative Buddhist psychology to reduce family violence in Suratthani Province.

Concepts to be used in this research

The researcher investigated documents which related to the concept and theories used in this research, using two objectives to answer a third objective, that is, 1) The concept of violence in families Grosman et al. (1989 Preecha upayokin, 1995, p. 55) summarized that the beginning of violence in families generated from the system of using power totally, strictly, and with out elasticity, this created stress between them. Caused abnormal the family's non - adherence to inequality in gender behavior which damaged family relationship and created violence. The effect that occurred from this violence generated many problems for family members and persons in society, especially mental health problems. Finally it became a non - qualitative family. 2) the concept of Buddhist psychology and Carl Rogers counseling psychological principle. The term "Buddhist Psychology" means a study of to the mind related to suffering (problem) which is the real condition of life, understand the causes of suffering (problems), to understand the true goal of life called Nirotha (Extinguish the suffering of problems), knowing how to act to face problems without being oppressed by suffering (problems), not being discouraged, desperate to fight and face suffering (problems) firmly in accordance with Buddhist principles. Basic understanding of the principles of

natural, neutral life, and the possibility of life, the human development system can be achieved by Trisikkha (Siriwat srikruadong and Member, 2016, p. 26). Another important theory of counseling which is widely used is a human-centered counseling theory at the center of Carl Rogers. Theories Principles of consultation in the view of Rogers are the result of his belief that the basic element in human nature is the driving force that is fully focused on achieving self-efficacy. Such a concept is based on a positive perspective on humanity, which is opposite to the perspective of the psychoanalytic group that see humans being driven by impulse as a social reaction that is difficult to stop and often causes a lot of damage. In Rogers's view, the main mission of counsel is to eliminate obstacles that prevent counselors in achieving truth in themselves as self - actualization. In client - centered counseling, the counselor should consider necessary three conditions which support the client to change himself to allow growth and happiness in his life. The three conditions consist of sincerity, acceptance without conditions, and deep understanding of the counselor to client relationship. (Phongphan pongsopa, 2000, p.128).

Research Methodology

A study of research entitled the integrative Buddhist Psychology to reduce family violence problems in Suratthani province. The research model was used by the researcher in qualitative research methodology, data collection used from documents, and data collection from the field using survey observations, in - depth interviews and focus groups discussion. The data was to analyze and synthesize to match the objectives of research.

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Population and Sample

Population is are people who live in the target area selected as a research area such as various districts in Suratthani province. The researcher selected the purposive sample with the snowball technique and the sample group consisted of people who had no problem of family violence in Suratthani province. The target group of data collection was divided into two groups as follows:

1. The key informants for the in-depth Interview

There are 24 key informants such as heads/family members who do not have family violence problems, who are adhering to and behaving in accordance with Buddhist principles and staying in Mueang distict, Pupun distict, Kanchanadit distict, Tha chang distict, Chaiya distict, Ban Na San distict, Ban Na Doem distict, and Khiri Rat Nikhom distict, Suratthani province. Each distict had the people.

2. The key informants for the Focus Group Discussion, were nine people consisting of psychologists, monks, scholars and heads/family members who do not have family violence problems in Suratthani province.

Research Instruments

The Instruments used for collecting data for this research were interview forms and group discussions, which the researcher created from the study, analysis, documents and related to the research as follows.

1. The interview form consisted of structured interviews to interview the target groups to find answers according to the purpose of the research and unstructured interviews which focused on open interviews with unlimited answers to capture the point of interpretation, including in-depth interview from the target group on the topic of integrative Buddhist

psychology in order to reduce family violence problems. The interview form was divided into three parts as follows:

Part 1: General personal information about sex, family status and society, educational background, main occupation, etc.

Part 2: Questions about the family violence problems in Suratthani province.

Part 3: Questions about the use of Buddhist psychology integrated in everyday life to reduce family violence problems.

When instruments had been constructed already, the researcher interviewed many teams of experts for test reliability in covering the whole content, language and interview format, and then the researcher tried out it with a sample group which looked similar to the sample group of the research before bring it to interview the key informants for the in-depth Interview.

2. Focus group discussion is a data collection of information by group discussion, including those who have experience, knowledge and ability in using Buddhist principles and counseling psychology in solving family violence problems. They used to join and through solving family violence problems by focusing on nine group discussions.

Data collection

This research study uses the method of collecting data from documents and field data collection as follows:

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1. Data collection from documents is the study of information that is available as the primary data and other secondary data from academic papers, academic articles, internet journals, research and thesis work related to research issues at various places such as libraries, government offices and communities.
2. Field data collection using data collection methods from interview forms and group discussions.

Procedure of Research and Data Analysis

In the preparation of information, the researcher used the data obtained from the study of documents and data from the field gathering to check and verify the accuracy of the data from all types of tools used. If tools do not provide a clear answer, not accurate and not complete, the researcher will collect additional information. If the information obtained is inconsistent, the researcher will conduct a three-step examination as Triangulation. In addition, the researcher used the data collected to be classified as a data category by categorizing the categories of information according to the research objectives in each section and categorizing the data according to the group of information providers for both groups according to the type of the instruments used.

Regarding analysis of data from questionnaires and from group discussions this procedure was followed.

Data analysis from interview form. The researcher analyzed the data from the interview form by the following methods:

1. Take the information from the interview to transcribe and record it as a message.

2. Identify messages from interviews and notes to be classified into issues and compiled only on issues related to research objectives.

3. Analyze the interview words of key informants according to the research objectives using content analysis techniques.

4. Synthesize information according to research objectives and present.

In analyzing data from the group discussion, the researcher analyzed the data by the following methods:

1. Take the information from the group discussion to transcribe and record it as a message.

2. Identify messages from group discussions and notes to be classified into issues and compiled only on issues related to research objectives.

3. Analyze words to discuss groups of key informants according to research objectives using content analysis techniques.

4. Synthesize information according to research objectives and present.

Research Results

The research on the entitled “Integrative Buddhist Psychology to Reduce Family Violence problems in Suratthani Province” was summarized as follows:

1. From the study of family violence problems in Suratthani province, it was found that there were family violence problems in various districts in Suratthani province. The location of family violence incidents consists of 1) self-house 66.67% 2) rental house 12.50% and 3) other places 20.83%. Types of family violence events include 1) body (injury, death)

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71.1% 2) sex (rape, obscenity), 13.1% 3) mind detetion, disrespect, condemnation, insult) 10.2% and 4) others (abandonment) 5.6%. The causes of family violence in Suratthani province consist of 1) infidelity 2) jealousy 3) drunkenness 4) drugs such as amphetamines 5) economy and unemployment 6) physical and mental health problems 7) loan recovery 8) bad habits 9) gambling addiction. Family violence problems occuring in Suratthani province have affected people both directly and indirectly, namely 1) economic impacts 2) social impacts and 3) public health impacts. The prevention and resolution of family violence problems in Suratthani province in the past showed that there were actions in the whole family and in the part of the agency that is directly responsible (government sector), in the part of that family, when the problem of violence increases heads and family members often go to discuss ways to resolve with people they respet, such as teachers, masters and senior relatives and the police in the case they cannot resolve family violence. In the part of the responsible agency (the government sector) will focus on prevention and correction in the family with various forms and methods which are working together with the professional network team since organizing a campaign to raise awareness of non-violence help people with family violence through the Center of the Prevention for Domestic Violence of Suratthani Province etc.

2. From the study of Buddhist psychology and the counseling psychology of Carl Rogers, it was found that the Buddhist psychology is a concept of mind and consists of important Buddhadhamma principles for mind development these pringciples are is, the Noble Eightfold Path: 1) Sammatitti or Right View 2) Sammasangkappa or Right Intention 3) Sammavaja or Right Speech 4) Sammakammanta or Right Conduct 5) Sammaajiva or Right Livelihood 6) Sammavayama or Right Effort 7) Sammasati or Right

Mindfulness 8) Sammasamathi or Right Concentration, and the principle of four Brahmavihàra or Four Sublime States of Mind; 1) Metta or loving-kindness 2) Karuna or Compassion 3) Mudita or Sympathetic joy 4) Upekkha or Equanimity, four Gharavasa-dhamma or virtues for a good household life namely 1) Sacca or truth and honesty 2) Dama or taming and training oneself 3) Khanti or forbearance 4) Caga or liberality, and the principle of four Saïgahavatthu or objects of sympathy namely; 1) Dana or charity 2) Piyavaca or kindly speech 3) Atthacariya or rendering service 4) Samanattata or participation and behaving oneself properly in all circumstances social integration; and the Four Noble Truths namely 1) suffering 2) the cause of suffering 3) the cessation of suffering 4) the path leading to the extinction of suffering. Counseling according to Rogers's theory is the emphasis to present feeling and attitude of counselee by having aims that is counselees have a better perception about himself greater, have self - confidence and self-leading, self-worth, more maturity and the ability to modify behavior in appropriate ways, to reduce bad temper from stress and relieve stress quickly , and finally, good mental health to perform the activity effectively etc. In order to counsel effectively, counselor must to have sincerity, acceptance without condition and deep understanding of counselor to counselees, and help counselees until they get clarity, deep insight and have positive behavior.

3. From the study of Integrative Buddhist psychology to reduce family violence in Suratthani province, it was found that to solve the violence problem in families, the family leader had to persist and follow the Buddhist psychology which consisted of important Buddhadhamma, such as the Noble Eightfold Path: 1) Sammatitti or Right View 2) Sammasaṅgappa or Right Intention 3) Sammavaja or Right Speech 4) Sammakammanta or Right Conduct 5) Sammaajiva or Right Livelihood 6) Sammavayama or Right Effort

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7) Sammasati or Right Mindfulness 8) Sammasamathi or Right Concentration; and the Four Noble Truths; as suffering is to be comprehended, the cause of suffering is to be eradicated, the cessation of suffering is to be realized and the path is to be followed or developed. These are the principles of Buddhism that the head of the family can use to solve family violence by having to adhere to and behave first, and then teach and cultivate for other family members to behave and follow. Together with counseling for members in family according to the concept of Rogers counseling to solve the family violence, the head of the family has to know and understand human nature in the matter of good pursuits such as pursuing the culture of family members first, they Giving advice to family members, when there are emotional problems affecting family violence using rational principles. Use reason or logic as opposed to emotion with compassion and sincerity, advise and help family members until they can develop themselves. Good behavior is needed by society. Be self-reliant and use interpersonal relationships as a medium for counseling and talking with family members with true love, without conditions.

Discussion of results

From the findings of the research entitled ‘Integrative Buddhist Psychology to Reduce the Family Violence Problems in Suratthani Province, there are three important issues that should be discussed:

1. The researcher found that there are many reasons for family violence in Suratthani province such as 1) infidelity 2) jealousy 3) drunkenness 4) drugs such as amphetamines 5) economy and unemployed 6) physical and mental health problems 7) loan recovery 8) stubborn habits and 9) gambling addiction. These are in accordance with the research of Benjang

Keangsunthara (2013, p. 153), found that the cause of family violence in Thai society is caused by many factors. 1) Personnel factors are lack of parents' readiness, Inappropriate behavior of the spouse, gambling addiction, and spouse infidelity, unequal parenting, having experience in family violence, lack of responsibility according to the role of fatherhood as a good mother in the family 2) Economic factors are poverty, unemployment, debt, materialism and consumption, and globalization 3) Social and cultural factors are living in a crowded environment, the provocations of the media, and the lack of time for each other within the family. These are in accordance with the research of Panjaphat Wannapiboon (2014, p. 156) found that the causes and problems of family violence of the Isan people, is caused by person factors namely, drinking alcohol, lack of consciousness, gambling, unfaithfulness of spouse. The factors related to the economy are the problems of unemployment, poverty, spending money, inheritance, etc. The prevention and resolution of domestic violence, involve actions both at the family level through teachers, and respected adults, and at the level of government agencies that are directly responsible for the interdisciplinary work. The research of Panjaphat Wannapiboon (2014, p. 167), found that Isan people still have a strong belief in the seniority and ancestors in the family, traditional father-mother relationship. When there is sickness, or a conflict in the family, they will have to invite the relatives of both parties to manage and solve problems, reconcile or be terminated. When applying the local wisdom of Isan people to analyze the cause and solving the problems of domestic violence of the Isan people, it will be found that the image of the elder, the principal person in the family, traditional father-mother and beliefs about ghosts, swearing at the royal court with the City Pillar, these can be solve a problem of family violence that the family still has a good

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relationship through, contemporaries, the principal people in the family, and the traditional father-mother. They will inquire and understand, teach the right things, not the wrong things, join a couple of ways to solve problems in sympathy with each other and think of the goodness that has been practiced before and find a way to not commit another offense. These are not in accordance with the research of Yongyuth Saenprasit (2011b, p. 167), found a method of developing the problem prevention model0 There are two circles in which the first circle develops community leaders with learning exchange activities and problem analysis activities, and develops a leading family with activities to develop knowledge and skills in family life until it has a positive behavior change. For the second circle the family has developed risk with understanding activities and dialogue to exchange learning with community leaders and family leaders, communicate to the community with media campaigning through news broadcasts for people who are village health volunteers.

2. For Buddhist psychology and counseling psychology of Carl Rogers, the researcher found that Buddhist psychology was a concept of mind and consisted of important Buddhadhamma principle for mind development, that is, the Noble Eightfold Path and the Four Noble Truths a Chomphunuth Srichannil (2009, p. 189-208) said that Buddhist psychology was concept which brings a core of Buddhadhamma such as Four Noble Truths, dependent origination and the three characteristics of existence to apply and mix with psychological processes aiming to heal and upgrade mind quality of human beings. The concept of Jiraphorn Tongkittipaphorn (2016, p. 181) said that Buddhist psychology means the study of mind related to nature according to the Buddhadhamma principle, which consisted of dependent origination, Four Noble Truths, the three characteristics of existence for making

mind to understand and accept the real condition of life as well as to develop mind to get wisdom for knowing the cause of suffering and the way leading to cessation of suffering. But counseling according to Rogers's theory emphasizes to present feeling and attitudes of the counselee by having aims that the counselee has a growing perception about himself, have the self-confidence and self-leading. In order that, in effectivel counseling, counselor must have sincerity, acceptance without condition and deep understanding of to help counselees get clarity, deep insight and have increased positive behavior. The research of Vichuda Thitichotrattana (2016, p. 154) found that the counseling approach in western psychological theories was an interactive process between counselors and counselees in a good relationship, helping counselees gain self-awareness with a flourishing mind so that they can use their intellectuality and capacity to solve their own problems.

3. Integrative Buddhist Psychology to reduce family violence problems in Suratthani Province consitsted of using both the principles of Buddhist Psychology and the Carl Rogers counseling psychology found that Buddhist psychology principles used for resolving family violence in Suratthani Province consist of the main Buddhadhamma principles such as the Noble Eightfold Path and the Four Noble Truths etc., and are used as the Dhamma principles to solve family violence. The research of Phrachan Talooing (2013, p. 143) found that Buddhism has a view that housing is difficult, therefore, there are many teachings for having a family so that the Lord Buddha gives clear definition of main duties for each person in the six directions. There is a principle for solving family violence according to the four Noble Truths with other principles such as four Brahmavihàra, four Prejudices, the five ennobling virtues and the five precepts. The research of Kanchana Heze (2013, p. 167) found that to solve

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the problem of youth violence with the noble eightfold path, start with the method called the creation of the right view, that is, seeing that being born as a person is extremely difficult. It is good luck to study, learning must come before playing. Create the right idea, that is, becomes a person who thinks with thoughtfulness or being optimistic. Good communication is not saying words that cause misunderstanding; always speak the truth. Do the right jobs, sacrifice for school activities. Acting honestly is acting as a learner without copying homework and exams, etc. Having the right perseverance to overcome laziness, such as going to hang out, not doing for homework, not participating in classroom activities, etc. Always be aware that we are children of parents; being a student means we must study and have a stable mind, not affected by friends or environment. Carl Rogers Counseling Psychology used at the same time as Buddhist psychology for resolving family violence in Suratthani province found that in counseling based on Rogers concept to solve the problems of family violence, the head of the family must understand human nature, provide counseling by using rational principles to solve the emotional problems of family members in order to develop family members to truly understand and develop themselves, by relying on a good relationship between each other, talking together with love, and unwavering good wishes. The research of Vichuda Thitichotrattana (2016, p. 157) found that 1) The counseling approach in Buddhist Psychology was the process where counselors used the Buddhadhamma, especially the Four Noble Truths to help distressed people understand the nature of life according to Buddhadhamma, applying the good friends dialogue, encouraging counselees to understand their suffering by using critical thinking to uplift oneself from such suffering, and developing oneself to be perfect in the Threefold Learning or the Threefold Training leading one's life towards the good and useful

path.2) The counseling approach in western psychological theories is an interactive process between counselors and counsees in a good relationship, helping counsees have self-awareness with a flourishing mind so that they can use their intellectuality and capacity to solve their own problems, 3) The counseling approach in Buddhist Psychology of counseling monks was the process which monks gave counseling to distressed people to have mindfulness, concentration and self-control to be peaceful and relaxed by comprehending the incident, to have a way of critical thinking enabling them to tackle problems, and to develop themselves with the Three Trainings. 4) The counseling model in an Integrative Buddhist psychology of counseling monks included 6 components, namely, 1) the goal of counseling: the counsees can face the problem with mindfulness, a way of critical thinking, right view, Three Trainings development, and a good life; 2) the Buddhadhamma is relevant to counseling comprising the Five Groups of Existence or Five Aggregates, the Three Characteristics, action or deed, the Four Noble Truths, and Three Trainings; 3) Crucial characteristics of counseling monks: possessed Four Sublime states of mind and Bases of social solidarity and sympathy or principles of services including Kalyanamittata, mindfulness, full comprehension of all times, a way of critical thinking, and earning a living in the Three Trainings; 4) the counseling process: this process included 6 steps, i.e., loving-kindness interacting, Kalyanamittata dialogue, observing sufferings, suggesting the realization or the understanding of the causes of sufferings, a peaceful mind, earning a living with the path leading to cessation of suffering; 5) Counseling skills: the counseling monks practiced a concentration and insight development, using well-spoken speech and communication skills for counseling; and 6) the result of counseling: the counsees got relief from suffering and better

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understanding of the truth of life. Moreover, it found that the counseling model in an integrative Buddhist psychology of counseling monks was the most highly appropriate assessment. The assessment after using this counseling model also found that the counselees reflected positive changes within themselves, i.e., being spiritually strong, not blaming others, being warm, comfortable and happier, seeing way out, and being determined to do better.

Conclusion

Integrative Buddhist psychology to reduce family violence in Suratthani province used Buddhist psychology which consisted of principles of Buddhhdhamma in conjunction with Carl Rogers's counseling psychology. The person who is the head of the family has to adhere to the noble eightfold path and four noble truths and be a good model, both within the family and outside, in terms of reasoning and not using emotions, while showine love and good wishes for family members so they can see and absorb good habits, provid advice at all times, when family members have various problems until they can solve problems that occur and develop themselves into desirable personalities without problem in the use of emotion and violence in the family and society.

Suggestions

1. Academic suggestions

Government agencies such as the Ministry of Education, etc. should adopt various principles from this research to help awareness and understanding for students who study in educational and social fields in order to develop of academics guidelines such matters which are related to the development of human resources.

2. Policy recommendations

Agencies that are involved in the prevention and resolution of family violence, such as agencies of the Ministry of Social Development and Human Security, etc. should have a policy on prevention and resolution of family violence using integrative Buddhist psychology as a base including creating a working network in this area together between families, temples and government agencies taking more responsibility. In addition, the knowledge gained from this research will be a recommendation for the policy formulation of the Ministry of Education on the guidelines for the development of learners in various age groups ages to prevent problems, as well as the design of family development to suit the current situation in order not to cause family violence by designing guidelines for preventing problems with families, especially before marriage and taking care of family members to live happily.

3. Operational suggestions

Agencies that are involved in the prevention and resolution of family violence, such as agencies of the Ministry of Social Development and Human Security, etc., must promote and support the participatory work of those involved in the prevention and resolution of violence in family using integrative Buddhist psychology as a base from

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planning to make decisions together to drive the prevention and resolution of Family violence.

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