

# **The Remedy and Rehabilitation of the Juvenile Offenders in the Juvenile Training Center Region 7 Chiang Mai Concerning the Four Foundations of Mindfulness**

Mr. Phatcharabot Rittem

## **Abstract**

The purpose of this research was to study the effect of the remedy and rehabilitation of the Juvenile Offenders 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 commentated that the juveniles have a good refinement in their actions.

The findings indicated that juvenile offended the regulatory rules at minimum level. Beside theses 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.

### **Introduction**

At present time the Thai juveniles and teenagers are risk of committing to be the criminal offenders in this society. So that, in the name of the Juvenile Training Center Region 7 Chiang Mai province has provided the support to the Department of Juveniles Observation and Protection under the Ministry of Justice with the primary function on training the young children in the upper north area including of nine provinces; Chiang Mai, Chiang Rai, Lumphun, Lampang, Phrea, Nan, Uttaradit, Mea Hong Son and Phayao. The primary functions are to control, rehabilitation, and therapy, prevents, and develops their habit, giving an education and vocational education to the juveniles who were sentenced.

At present, there are 587 of juveniles; 548 of males and 39 of females receiving the rehabilitations from the center. Most of them are sentenced of thievery, drug, and assault, rape and so on. It is shown that, all of the problems must be solved in all aspects such as; society, education, professional and mental development. Especially, the Four Foundation of Mindfulness needs to be practiced by the juveniles in order to rehabilitate their desirable behavior.

The research aimed at the application of the Buddhist doctrine namely the Four Foundation of Mindfulness to refine the behavior and emotional state of juvenile offenders. It is expected that, the emotional state and temperance of juveniles would be developed in a good way. That is to say, the mental development is the way to manage the cause of problems that occurred in the juveniles' mind. Besides these, the groups activities were provided for the good relationship and show the good friend to the juveniles, since the majority of juveniles were lack of temperance. Not only the state of mind but also the circumstances of society; group of friends, families and relatives, push them into to all problems. Therefore the mental and physical of juveniles must be protected in order not to fall into evils again.

### **The objectives of the research**

1. To study in comparatives the result of the process for the juveniles offender rehabilitation in the Juvenile Training Center Region 7 Chiang Mai Concerning the Four Foundations of Mindfulness

2. To investigate the resolution of the process of rehabilitations for juvenile offenders in the Juvenile Training Center Region 7 concerning the Four Foundations of Mindfulness.

### **The scope of research**

1. The population and case study consist of the juvenile offenders in the Juvenile Training Center Region 7 and the samples in this research are specifically random of 54 juvenile offenders.

2. The field of study is the Juvenile Training Center Region 7, Chiang Mai

3. The scope of contents consist of 1) the study of mental development in lines of the Four Foundation of Mindfulness, the mental development of juveniles and the concept of juvenile offenders. 2) The tools of research consist of questionnaire, Behavior Evaluation Form, Interview Form and the Project of Meditation Retreat for Juvenile in line of the Four Foundation of Mindfulness in order to apply for juvenile offenders and analyze the result all the above process.

#### 4. Time duration for conducting the research: June 2009 – March 2011

##### **Research Methodology**

The research was conducted in the youth moral camp, class 4/2010 held by Mahachulalongkornrajavidyalaya University, Chiang Mai Campus, between 23 – 26 of June 2010 by the Quasi – Experiment Research and non – randomized control group pretest – posttest design. There were 54 juvenile offenders who were selected to participate in this moral camp.

The research tools that were used in this research consist of the interview form for juvenile offenders, behavior evaluation form, interview form for stakeholders, and the meditation retreat program for juveniles. The duration of conducting this research was in June 2009 – February 2011. The pre – test and treatment were used for collecting all data and the meditation retreat program was provided to the juvenile offenders for 3 months.

The data were divided into 2 parts; the quantitative data and analyzed by the statistically description and the qualitative data used the content analysis as the research tool.

##### **Result of the study**

Regarding to the individual characteristics found that, 57.4 percent of juvenile offenders were studying in the junior high school level and 24.1 percent were studying in primary level. There were 18.5 percent of senior high school and vocational level were as the drug offenders and 42.6 percent were as the crime against property and 25.9 percent were as the crime against to life and 5.6 percent were the cases of sexual harassment. Most the juvenile offenders were spend time in the Center for 1- 2 years (38.9 percent), less than 1 year (35.2 percent) more than 2 years (16.7 percent), more than 3 years (9.3 percent).

The research found that 68.5 percent of samples have ever been participated in the moral camp more than 3 times and 31.5 percent of them have participated less than 2 times. The frequency of meditation self practice was found that 38.9 percent of juveniles have practiced meditation less than 1 time in a week, 31.5 percent of samples have practiced meditation 1-3 time in a week and 29.6 percent have practiced meditation 4-6 time in a week.

Regarding to the result of psychological and behavioral score in comparison before and after the process take place it was found that the juvenile offender gained high score after they were trained by the Four Foundation of Mindfulness at the significant level of 0.1. The score comparison on each side can be mentioned as follows:

1.) The juvenile offenders who received rehabilitation in line of the Four Foundation of Mindfulness showed high average score on emotion before processing at the significant of .01.

2) The juvenile offenders who received rehabilitation in line of the Four Foundation of Mindfulness showed high average score on verbal before processing at the significant of .01.

3) The juvenile offenders who received rehabilitation in line of the Four Foundation of Mindfulness showed high average score on physical before processing at the significant of .01.

From the study of the remedy and rehabilitation of the juvenile offenders in the Juvenile Training Center Region 7 Chiang Mai Concerning the Four Foundations of Mindfulness found that 74.1 percent of the samples have changed their behavior at

the moderate level and 20.4 percent of the sample at the minimum and 5.6 percent of sample were shown the good behavior that consistent to the result of interview. The interview found that the practice of meditation resulted in psychological and physical and they can control and develop themselves.

It was also consistent with the stakeholders that the juveniles interaction moderately and moderate practicing in meditation. The juveniles have less against regulations and have long consciousness, more industrious, more polite and compassion. They have moral shame and generous to others and take the role of leading man in the public. They have responsibility for themselves and others. The stakeholders have suggested that this project should be run yearly and should be supported in all aspects; evaluation, curriculum for training, budget, trainer and participant.

The juveniles have given the suggestions as follows; the strict rules and regulations should be applied and recreation should be provided while doing meditation, the advice of practicing meditation by oneself should be made, meditation practicing must be divided in group, the place must suitable and enough for practicing meditation, the meditation master must enough to guide the practitioners and the meditation retreat must be made at the appropriate time.

There are comments and suggestions as follows; there should be a variety of meditation retreat in line with characteristics of the practitioners and emphasize on activities in daily life. The guardian of juvenile offenders should participate in meditation retreat in order to build the good relationship between youth and society.

### **Criticism**

In the today society, we have often heard that people should do their works with mindfulness, do not careless, and do not unreasonable. All problems have arisen to society because of people absent mind. The consciousness is like a watchdog to guard the door and monitor what is good or bad to come.

The Buddha has taught the development of consciousness in the Sutta called, Mahastipattana or the Foundation of Mindfulness. This sutta is the most essential for meditation retreat. Therefore, the Buddha said that the Four Foundation of Mindfulness is the only way to carry all beings to get rid of sufferings. This sutta is appeared in the Pali canon; at one time the Buddha was residing at the market town called Kammāsadhama in the Kuru country. There the Buddha addressed the bhikkhus saying "O, Bhikkhus", and they replied to him, "Bhadante," Then the Buddha said Bhikkhus, this is the one and the only way for the purification (of the minds) of beings, for overcoming sorrow and lamentation, for the cessation of physical and mental pain for attainment of the Noble Paths and for the realization of Nibbāna. That (only way) is the four satipaṇṇhānas what are these four? Here (in this teaching), bhikkhus, a bhikkhu (i.e. a disciple) dwells perceiving again and again

The body ( *kāya* ) as just the body (not mine, not I, not self, but just a phenomenon) with diligence, clear understanding, and mindfulness, thus keeping away covetousness and mental pain in the world; he dwells perceiving again and again feelings (*vedanā* ) as just feelings (not mine, not I, not self but just as phenomena) with diligence, clear understanding, and mindfulness, thus keeping away covetousness and mental pain in the world; he dwells perceiving again and again the mind (*citta* ) as just the mind (not mine, not I, not self but just a phenomenon) with diligence, clear understanding, and mindfulness, thus keeping away covetousness and mental pain in the world; he dwells perceiving again and

again dhammas as just dhammas (not mine, not I, not self but just as phenomena) with diligence, clear understanding, and mindfulness, thus keeping away covetousness and mental pain in the world.

We can classify people into two groups in line with their characteristics and The Four Foundation of Mindfulness is the Dhamma that the Buddha taught for these people.

1. People who cling to the sensual pleasure.
2. People who cling to the permanent of things.

The two kinds of people have different in wisdom; the Four Foundation of Mindfulness can classify these people into four groups and the Buddha addressed in this sutta “ Monks this is the only path for purification of all beings, for overcoming sorrow and attain to enlightenment this way is the Four Foundation of Mindfulness”

The research found that the resolutions of meditation retreat effect of changes in various aspects such as mental health, physical health, emotional satiability, thought, reasoning and stress. Meditation retreat is a way to develop man mind and gain the good mental health. According to Moss (2004) said that, group of people who practice Yoga meditation their anxieties will be reduced<sup>1</sup>.

Somkhit Thippeng (2549) mentioned that after the Anapanasti meditation was practiced, it was found that the high average point of knowledge and attitude showed at the significant level of 0.5<sup>2</sup>

Arree Nuibaandan (2549) mentioned that there is no diffidence of the stress and consciousness level of participant before entered to the research project, after the participant have practiced meditation from week 1-6, it was found that the consciousness level showed at the significant level of 0.001.<sup>3</sup> This was consistent with the result of research that the juvenile offenders who received the rehabilitation process in line with the Four Foundation of Mindfulness, the average higher score showed the significant level at 0.1.

Moreover the meditation retreats not only effected to mind but also behavior of juveniles at moderate level. Then the meditation retreat should be provided continuously in order to achieve the long-term persistence of behavior.

As the study of The National Science Foundation; NFS (2009) mentioned that The Buddhist monks had a higher level of this sort of gamma wave activity before they began meditation, and this difference increased dramatically during meditation. In fact, researchers say the extremely high levels of gamma wave activity are the highest ever reported. The monks also had more activity in areas associated with

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<sup>1</sup> Moss, Shannon Burton, “The Effects of Cognitive Behavior Therapy, Meditation and Yoga on Self-Rating of Stress and Psychological Functioning in College Students”, *Dissertation Abstracts International*, (64 (9) : 4627-B ; March 2004).

<sup>2</sup> สมคิด ทิพย์เพ็ง, “ยุทธศาสตร์การพัฒนาคิดใจด้วยอานาปานสติของนักเรียน โรงเรียนสามบ่อวิทยา ตำบลวัดสน อำเภอระโนด จังหวัดสงขลา”, *รายงานวิจัย*, (สำนักวิทยบริการและเทคโนโลยีสารสนเทศ มหาวิทยาลัยราชภัฏสุราษฎร์ธานี, ๒๕๔๙), หน้า ก.

<sup>3</sup> อารี นุ้ยบ้านด่าน, “ผลของการฝึกปฏิบัติสมาธิแบบวิปัสสนากรรมฐานต่อความเครียด และระดับสติของนักศึกษาพยาบาล มหาวิทยาลัยสงขลานครินทร์”, *รายงานวิจัย*, (สำนักทรัพยากรการเรียนรู้ คุณหญิงหลง อรรถกระวีสุนทร มหาวิทยาลัยสงขลานครินทร์, ๒๕๔๙), หน้า ก.

positive emotions, such as happiness. Researchers say the fact that the monks had higher levels of this type of brain activity before meditation began suggests that long-term practice of Buddhist or other forms of meditation may alter the brain. Although age differences may also account for some of the differences found by this study, researchers say that the hours of meditation practice, rather than age, significantly predicted gamma wave activity. Researchers say more studies are needed to look at whether differences in brain activity are caused by long-term meditation training itself or by individual differences before training.<sup>4</sup>

In addition, the project of meditation retreat should be provided in variety from and covered the daily life of people as in the research work of Sukys (2004) mentioned that Zen Buddhism's practice of meditation can lead practitioners to become aware of that true nature and to see their interrelatedness with the universe. Zen Buddhism teaches that pain is inevitable, but it is one's perception that creates suffering. By living in the present moment, women bring greater mindfulness to work activities and are inspired to see work anywhere as a spiritual activity and to live in a way that affirms all life.<sup>5</sup> Chan (2004) found that Meditation is a mental training, which involves attention and the ability to maintain focus on a particular object.<sup>6</sup>

However, the result of this research cannot conclude certain result of the good effect of juveniles' emotion and behavior as the fruit of meditation retreat alone. Due to the rehabilitation activities were held regularly by the Juvenile Training Center Region 7, including the rules for supervision and the rehabilitation activities were held by the external agencies. The various factors contribute to modify the behavior of youth. However, the Buddhist University Mahachulalongkornrajavidyalaya have been involved with the agencies or others social organization to solve the problems of youth by using the Buddhist knowledge to create the good society.

Although the practice of mindfulness is a good things if the juveniles lack of motivation in practice or they are force to practice meditation. It would negatively impact to the juveniles. Thus it should focus on the activities in order to create good feeling, such as group activity and avoid from individual practice. The guardians should be invited to participate and emphasized to the youth that the meditation practice is not only for them but it is also for their family, society, country and Buddhism.

## Suggestions

### 1. Suggested on policies

1) The project should be continued on an annual basis and provided for young people.

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<sup>4</sup> National Science Foundation; NSF, "Study Shows Brief Training in Meditation May Help Manage Pain", November 2006, archived at <<http://www.dmc.tv/forum/index.php?showtopic=7900>>.

<sup>5</sup> Sukys, Susan E., "Zen Meditation and the Work Life of American Woman", *Masters Abstracts International*, (42 (2) : 424 ; April, 2004).

<sup>6</sup> Chan, Davina Poyiu, "Effects of Meditation on Attention", *Dissertation Abstracts International*, (64 (9) : 4645 ; March, 2004).

2) It should be organized the project by concerning the needs and different of each individual

3) The evaluation of the participants should be done instantly

4) The board of directors, staff and parents should involved in the project's activities such as chanting the sutta, listen to sermon, morning chanting, sitting meditation and so on.

5) It should be provided the training program and budget, trainers and the participants should be supported.

2. Recommendation for the further study

1) This project should be introduced and expanded to the other centers.

2) The comparative study should be conducted by using result of the mental development project of the experimental group and control group.

3) There should be a follow-up study of juveniles who acquitted and already trained by the center in order to study on the practicality of everyday life.

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