

Development of Well-Being Network of Buddhist-Integrated Manner of Five Precepts Village Communities to Reduce Health Risk Behaviors of Youth in Ratchaburi Province

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ABSTRACT

This research aimed to analyze health conditions and trends, develop a creative media model, and develop a well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi Province. The research methodology is action research based on the research and development (R&D) model. Research tools include in-depth questionnaires, impact factor analysis form, a specific group chat, and performance evaluation form by indicators. The research results were found that 1. Situation and trends of well-being network of Buddhist-integrated manner of the youth of five precepts village communities in Ratchaburi Province, found that the process position in good execution and is likely to be in the right position, take steps to improve, correct, rehabilitate (VW-0) and find ways to further progress. 2. The model of creative media for the well-being of Buddhist-integrated manner in order to reduce health risk behaviors of youth in Ratchaburi province are "creative media, campaign for not smoking, drinking, taking" by the cooperation of the partners. "well-being network of Buddhist-integrated manner of the youth of five precepts village communities in Ratchaburi Province" 3. well-being network of Buddhist-integrated manner of the youth of five precepts village communities in Ratchaburi Province by focusing on the participation process of social institution. It was found that performance evaluation form by indicator "well-being network of Buddhist-integrated manner of youth in the model area, village communities of the well-being of Buddhist-integrated manner, at the village of keeping five precepts, Tao Poon Community, Ratchaburi Province. The overall level was at a high level, when considering each indicator, it was found that the context, inputs, processes, and productivity were at a high level in all indicators.

Keywords

well-being network of Buddhist-integrated manner, five precepts village, risky behavior, youth

Article Received: 10 August 2020, Revised: 25 October 2020, Accepted: 18 November 2020

Introduction

Ratchaburi province is one of the areas where there is a situation of risk behavior on the health of youth by statistics from the Health Center 5, Ratchaburi, Department of Health according to the Strategic Development of Health and Environmental Health Promotion System, Health Zone 5 (2017-2021). Clearly show that Ratchaburi province has behavioral situations from survey data in the surveillance system. (1) The problem of lack of self-defense skills of adolescents, which has an important cause, for example, establishments do not have the policy to develop youth-friendly services (YEHS) and a lack of integration of community operations in a network of partners, etc. (2) Management problems for which an important cause, for example, the integration of public health work among the various departments is unclear, not give precedence with the development of an integrated teen-friendly service system, lack of youth participation, it is more difficult to reach target groups in urban society than rural society, lack of information on screening and care results in school students. (The teachers did not disclose the information because they were afraid of the school's reputation), and groups of schoolchildren who have difficulty in reaching, etc. (3) Obstacles to the prevention of alcohol consumption among the population aged 15-19 years, which have important causes. For example, the lack of work integration in the overall youth group and alcohol control activities with an emphasis on law enforcement surveillance. However, most of them lacked clarity on the regulation of alcohol stores

around schools and also found there are alcohol stores around the school, etc. And (4) problems in providing hospital care services that are not up to the standards of the Department of Disease Control, etc. [1]

The focus of solving social problems today is that agencies are adjusting the culture of working with communities with an emphasis on promoting the network, which has become a corporate culture in the modern world. Whether it is business, government, or the public sector, they all have to adapt to work in a "network" way rather than the use of power and regulations as before. Where the network may be a mixed network of members of different status, such as community leaders, civil servants, businessmen, academics, but when everyone has a common goal, it can become a network. Another is a network of organizations or people of the same status, same occupation, at the same level, such as farmers, researchers, NGOs, research institutes, etc [2]. The main idea is to build quality and develop the strength of a community organization in a movement, make community organizations realize the importance of self-review, and encouraging self-assessment to develop to strength and acceptance.

However, the area of Ratchaburi has been successful in driving the Five Precepts Village Project throughout every period since 2014. The first phase has campaigned to build an understanding of the five precepts of life, as well as lead to practical application in the development of self and family, community, and society. The second phase has established member registration for the 5 precepts village project, with every temple as a base for recruiting members

together with educational institutions and local government organizations. The third phase has organized activities both in terms of quantity and quality at the same time and the recruitment, selection, and awarding of 5 model precepts village communities has been carried out, respectively. As such, the Five Precepts Village Project can therefore serve as the core of the development of a well-being network to reduce the risk behaviors for the health of youth as well.

This research paper presents the results of the analysis of conditions and trends in Buddhist-integrated well-being manner of five precepts village, Ratchaburi province. Consistent with the circumstances and needs of the stakeholders and the development of well-being network of Buddhist-integrated manner of five precepts village communities, to reduce health risk behaviors of youth in Ratchaburi province. The participation process of social institutions in order to learn from each other to be strong, sustainable, and able to take care of yourself permanently.

Research objectives

1. To analyze the situation and trends in the Buddhist-integrated well-being manner of five precepts village, Ratchaburi province.
2. To develop a media model for creating Buddhist-integrated well-being manner to reduce health risk behaviors of youth in Ratchaburi province.
3. To develop a well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province.

Literature review

Health

The word health is the complete state of the body, mind, and ability to live in a normal society. It does not mean only being free from disease and disability [3]. Because of the fact that a person can maintain the qualities of a good life as whole life, management skills are required [4]. Therefore, complete well-being in physical, mental, social, and spiritual [5] or 4 dimensions: (1) physical wellbeing, active body, strength, non-disease, disability, economic or necessary factors, no danger, and have an environment that promotes health. (2) Mental Wellbeing: A happy, euphoric, active, uninterrupted mind, compassion for all things, mindfulness, concentration, wisdom, including a reduction in selfishness. (3) Social wellbeing, good coexistence, have a warm family, strong community, society is fair, equality, freedom, peace, civil society, have a good service system, and has a service system that is a social enterprise. And (4) health, spiritual or wisdom wellbeing health that occurs when doing good or the mind exposed to the noble things such as sacrifice, compassion, access to threefold refuge, reaching to God [6].

Buddhist-integrated well-being manner

Buddhist-integrated well-being manner or Buddhist holistic well-being manner is a holistic system of factors relationship. There are various elements that are related to each other according to the 4 principles of prayer which are commonly used when measuring or displaying results.

However, in the practice of education or the development process will be used as three studies [7]. By following the four principles of prayer, the development of the body, the prayer, the precepts, the mind, and the mind-prayer as follows: (1) Physical development or physical development is a complementary relationship with the physical or material environment to know "eat, live, listen" as being able to consume them in a way that is you that is harmless, know how to control not to be superfluous or unnecessary that human beings should use. (2) Moral Development is the cultivation of precepts, develop behaviors, precepts training to be located in a discipline without harassing or causing harm, can live together with others as well, and support each other [8]. (3) Emotional Development is mental development, mental training, keep the needle steady, and flourish with virtue such as being compassionate, ambitious, diligent, patient, focused, cheerful, happy, bright, etc. And (4) intellectual Development is wisdom development and wisdom training to know and understand what is true, be aware of the world and life according to its state, can make oneself independent, purify oneself from desires, and free from suffering. Solve problems that can arise with wisdom, meaning, human resource development according to Buddhism has to be developed together in many ways such as physical development, mental development, intellectual development. Together, it will be sustainable development without emphasis in any way [9]. Holistic well-being is, therefore, true of the nature of life, body and mind must be related to the environment. To be successful, you must develop your mind and intelligence. Intelligence is a key element in making possible relationships with the environment and the various states of mind [10].

Risk behavior for the health of youth.

Health risk behaviors are behaviors that bring or cause lifestyle risks, harm the body, lose duty, lack opportunities for normal development. It has a negative effect on one's health, others, and society or died [11]. Health risk behaviors is a major public health problem affecting the quality of life development of people around the world. Most health risk behaviors begin in adolescents. Because it is a curious age that wants to experiment and learn new behaviors, both in an appropriate and inappropriate way. Risk behavior in adolescents is always a common behavior, adolescents tend to have many problematic behaviors [12]. At this age, the problems are common and severe, which if not resolved, will spread to become a big problem and cause serious harm to oneself and others. Parents, teachers, and staff involved with children and adolescents should understand the causes of risky behaviors and know how to prevent and solve these behavior problems. Therefore, risk behaviors are behaviors that will cause harm or negative effects on oneself, others, and society, the person who acts may or may not know the outcome. Risk behaviors can be categorized into the following categories: (1) unthinkable behavior This type is often caused by impulsivity, not thinking of the dangers that follow, such as playing dangerous extreme sports, eating too much or too little food, teens often do it with fun, not thinking about the consequences. (2) Failure to comply with rules, this type of behavior starts with mild violence, such as various

inappropriate actions, but is not yet very dangerous to others. These behaviors include stubbornness, ignorance, speak loudly, rudeness, swearing, disheveled attire, long hair, fast driving, loud and frightening motorbikes, or road racing. Most teenagers know these behaviors are bad, but they do it, while some teenagers think it's not bad. (3) Behavior that violates other rules and rights, this behavior is more severe, causing trouble to others or society, including aggression, stealing, physical harm to others, destroy public property, molest the opposite sex, and crimes that are violent, complex. Various teenagers know it wrong, but this is done because there is a high demand for action and low self-control, then often rationalize. (4) Sexual behavior is sexual behavior that is inappropriate for the ages, values, and Thai culture. It also can lead to problems for oneself and others, including excessive sexual interest, preoccupation with masturbation, the expression of sexual orientation is inappropriate, seduction or wheedle, unprotected sex, abortion, living as a married couple while studying, and have many sexual partners, etc. (5) Drug use behavior or addictive substances, it is a behavior that teenagers use to find happiness or resolve the suffering in a short period of time, starting from the use of soft drugs (such as cigarettes or alcohol) to strong drugs (including methamphetamine, heroin, glue) [10]. The health risk behaviors of adolescents that should be focused on and watched include smoking, alcohol, and addictive substances [13].

Five precepts village community

The project to create solidarity using Buddhist principles "5 precepts village" by offering as a royal charity to His Majesty King Rama IX and Her Majesty Queen. It aims to create unity and benefit the happiness of the people and to provide people with a good quality of life by adhering to Buddhist teachings, which will result in a peaceful nation. In line with the policy of the National Council for Peace and Order (NCPO) that assigns missions to government agencies to build solidarity with the people of the nation, by setting target areas to operate simultaneously throughout the country. In the past, the National Buddhism Office in collaboration with other provinces has launched pilot projects and driving operations in many areas with a provincial priest, a primate district, a primate parish, an abbot, a provincial governor, a government agency, an educational institution, local government organization, private organizations, the village headman, and various network organizations in the area to drive the project [14]. For the village keeping the five precepts, it is the result of the recruitment process by the provincial clergy, led by a provincial priest, as president of the clergy, together with the governor as the president of the secular division, and the Provincial Buddhism Office. Coordinate with district priests and sheriffs in every district of the province. "5 precepts village", which is the model of each district, one village that applies to join the solidarity project, using Buddhist principles "5 precepts village". With a focus on promoting the organization of 3 activities, namely, activities promoting the development of life according to the principles, activities according to the Buddhist way of life, and activities promoting the activities of the People's training unit in Sub-district [15]

The results of the literature review show that the village community, preserving the five precepts, has the potential to serve as a key factor in the development of a well-being network in order to reduce health risk behaviors of youth. In this regard, it is necessary to analyze the situation and trends in Buddhist-integrated well-being among youths in the 5 precepts village in Ratchaburi province. This led to the development of a creative media model of Buddhist-integrated well-being manner to reduce health risk behaviors of youth in Ratchaburi province. Consistent with the circumstances and needs of the stakeholders and the development of well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province. The participation process of social institutions in order to learn from each other to be strong, sustainable, and able to take care of yourself permanently.

Research conceptual framework

This research is action research by defining a research framework based on the concept/theory of Phra Promkhunaporn (P.A. Payutto) [7] with details as follows:

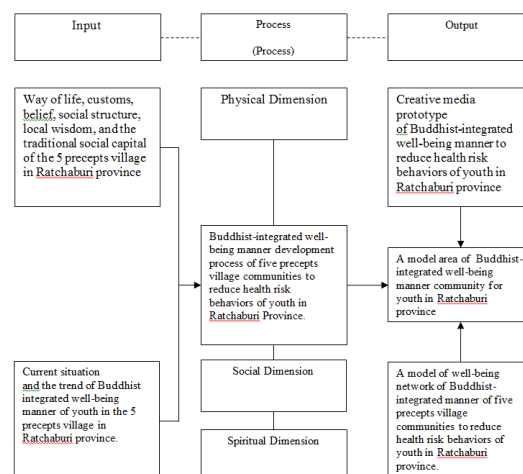


Figure 1 Research conceptual framework

Research method

This research is action research according to the form of research and development (R&D) as follows.

Content analysis, book, research report, journal, photo, documentation of correlation showing the Association of Youth Health Risk Behaviors Reduction by Networking Methods.

Field Study to understand the concepts and principles of the development of well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province through the participation process of social institutions in the area that is the case study with the following research steps. Conduct a study and select community organizations by purposive sampling, based on the importance of the subject matter, is the development of well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in

Ratchaburi province by focusing on the process of developing social networks.

Study and gather information from interviews, the small group meeting together with the "Bor-Wor-ROR" network consisting of "Bor", the House Department, "Wor", the Temple Department, "Ror", government department/school. To conduct a study and analysis of conditions and trends in Buddhist-integrated well-being manner of five precepts village in the nature of in-depth analysis by focusing on the participation of those involved in conducting the research.

Summarize and present the results of the study both documented and field studies by analyzing important issues to serve as an important thinking base, leading to the development of integrated Buddhist well-being manner creative media model to reduce health risk behaviors of youth in Ratchaburi province, emphasizing on bringing the research results to the local stakeholders and national stakeholders have been acknowledged.

Analysis of patterns and guidelines for the development of Buddhist-integrated well-being manner to reduce health risk behaviors of youth in Ratchaburi province.

Summary of research study results and suggestions

Key Informant, consisting of civil society / people in the community area, preserving 5 precepts, the monks belonging to the temple located in the 5 precepts village community, personnel of government agencies / educational institutes located in the 5 precepts village community have the following qualifications:

Being a person involved in the behavior of youth or

Have at least 5 years of experience in working in the 5 precepts village community or

Continuing education and research on community development

The tools used for the study consisted of an in-depth interview, questionnaire, Tows Matrix, focus group discussion, and performance evaluation form (Per metric).

Data collection

In-depth interview is a structured interview.

A 4-dimensional questionnaire consisting of strengths, weaknesses, opportunities, and threats with a 5-level rating scale.

TOWS analysis for analyzing the impact of SWOT factors (strengths, weaknesses, opportunities, and threats).

Focus group discussion is a collection of qualitative data by encouraging members of the medium group to discuss and interact.

Performance evaluation form (Per metric) for finding truth in the framework of the practice of the development of well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province in the nature of operational research.

Data analysis

Quantitative analysis obtained from the questionnaire using a package for social science research.

Qualitative analysis obtained from an in-depth interview, focus group discussion, using content analysis technique with context.

Performance analysis of the development of well-being network of Buddhist-integrated manner of five precepts

village communities to reduce health risk behaviors of youth in Ratchaburi province through the participation process of social institutions consistent with the circumstances and needs of the stakeholders. In the nature of action research, data were analyzed according to the analysis issues together with the reference statistics, they are used to describe the satisfaction and find the truth from the practice of the development of well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province.

Research results.

Objective 1. The research results showed that the situation and trend of Buddhist-integrated well-being manner of youth in the five precepts village, Ratchaburi province, found that the position, guideline for action were good and possible. It can take action on improvement, rehabilitation (W-O), and find ways to progress further.

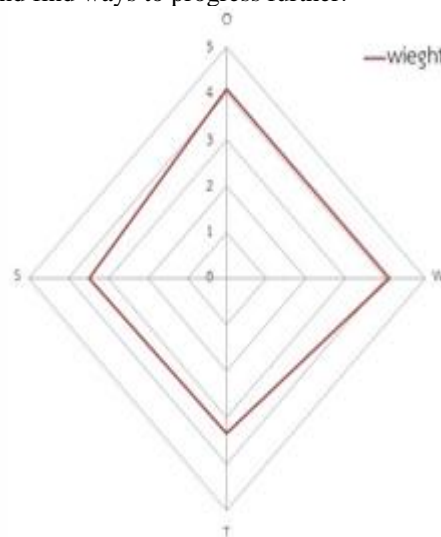


Figure 2 Position, operational guidelines from SWOT impact analysis.

Objective 2. The research found that the model of Buddhist-integrated well-being manner creative media to reduce health risk behaviors of youth in Ratchaburi province is "a creative media campaign for not smoking, drinking, not eating" by the cooperation of all parties. " well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province " consisting of Photharam district, Sangha of Photharam district, Ratchaburi Buddhist college, Chong Pran Wittaya school and Ban Tao Poon community which has been signed a memorandum of cooperation (MOU) in writing.



Figure 3 The model of integrated Buddhist health creative media to reduce health risk behaviors of youth in Ratchaburi province.

Objective 3. The research results were found that the development of well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province which emphasizing the participation process of social institutions. It was found that the performance evaluation of each indicator "Buddhist integrated well-being manner network activity to reduce the health risk behavior of youth in the model area of the Buddhist integrated well-being manner village" at five precepts village, Tao Poon community, Photharam district, Ratchaburi province. The overall picture is at a high level. When considering each indicator, it was found that context, input, process, and productivity at a very high level of all indicators.

Discussion of research findings

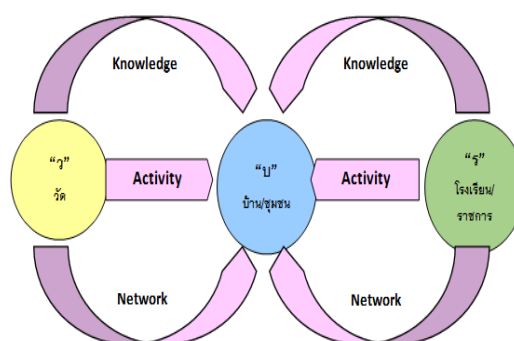
The results from the objective research 1 showed that the situation and trends in Buddhist integrated well-being manner of youth in the five precepts village, Ratchaburi province, found that the position, direction, and possible action. It can take corrective action (WO), possibly due to health risk behaviors in Ratchaburi province youth, i.e. beer-drinking behavior and smoking, which can be inferred from three levels: (1) individuals level were curiosity and want to try, (2) the family level, i.e. the family was not warm, the youth is not with their parents and (3) the social level is the specific values of youth groups. A good operating position should therefore campaign to raise awareness at the individual level. which found that it is necessary to focus on the mental health of adolescents, relationships between adolescents and their family, friends, and community by encouraging ways to create happy teenagers to fund the health of young people and lead to a quality population.

The results of the second objective research showed that the model of Buddhist-integrated well-being manner creative media to reduce health risk behaviors of youth in Ratchaburi province was "creative media campaign for not smoking, drinking, not eating". This may be due to the circumstances and needs of the local stakeholders. There was a need to use creative media for the learning of youth in accordance with the principles of the 5 precepts, which are the key principles in living according to the village lifestyle,

5 precepts in line with [16] research results, found that in the work performed to address the problem of drinking and substance use among adolescents. You must first have a good understanding of the problem itself in its nature and scope, adolescents' drinking and other risk-taking behaviors are constantly changing with social trends. Therefore, there should be regular campaigns in a constructive way.

The results of the third objective research showed that the development of an integrated Buddhist well-being manner network of the five precepts village community to reduce health risk behavior of youth in Ratchaburi province by emphasizing the participation process of social institutions, it was found that the performance evaluation of each indicator "Buddhist integrated well-being manner network activity to reduce the health risk behavior of youth in the model area of the Buddhist integrated well-being manner village" at five precepts village, Tao Poon community, Photharam district, Ratchaburi. The overall picture is at a high level. When considering each indicator, it was found that context, input factors process aspect, and productivity at a very high level of all indicators. This may be because the implementation of the integrated Buddhist health network has a model of operation that meets the needs and the participants of the activity can truly participate in the operation in line with the research of Chutima Thongwachira[11], it was found that the model of community health activities based on the potential of the community and the participation of network partners [18]. There should be a form of activities that people can do on their own, spend less time, and not hinder their career or daily life.

New knowledge from research



The development of a well-being network of Buddhist-integrated manner of five precepts village communities to reduce health risk behaviors of youth in Ratchaburi province was found to drive social activities through the participation process of integrated social institutions. Working in the form of "Bor-Wor-Ror" network consisting of Buddhist institutions, family institute, educational institutions / administrative institutions which are the driving force social activities that integrate into a network using the village community, keeping the five precepts scattered throughout the area is the main base for the development of Buddhist-integrated well-being manner of youth based on the network process is essential.

Conclusion

Circumstances and Trends in Buddhist integrated well-being manner of youth in five precepts Village, Ratchaburi province. It can take action in modifications and rehabilitation (W-O). Networking parties have jointly created a prototype. "Creative media campaigning for not smoking, drinking, not eating" to campaign seriously in the five precepts village, Tao Poon community, Photharam district, Ratchaburi province under the operational activities of "Parties to the Buddhist integrated well-being manner network to reduce health risk behaviors of youth in the model area of the community, village, Buddhist-integrated well-being manner".

Suggestion

From the research results, the researcher has the following recommendations.

Suggestions for the use of research results.

Health risk behaviors of youth in Ratchaburi province were drinking beer, alcohol, smoking, and sexual intercourse, which implies that it comes from three levels: the individual level, i.e., the curiosity level, the family level, i.e. the family level is not warm. The youth are not with their parents, the social level is the specific values of the youth group, so the suggestion for the use of the research results is to drive the mission to reduce the risky behavior of youth, should use the five precepts village scattered throughout all areas is the main base for the development of Buddhist integrated well-being manner of youth based on the network process is essential.

Suggestions for the next research.

This research has discovered the process of integrating the work of social networks using the community at the five precepts village can be applied to community development work. The focus should be on the stakeholder engagement process. For future research issues, research on the issue of participation of social institutions in community development, creative five precepts village.

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