

# Buddhist Psychology: Concept Theory and Application

## พุทธจิตวิทยา : แนวคิด ทฤษฎีและ การนำไปใช้

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(Received: March 4, 2021 | Revised: April 18, 2021 | Accepted: May 30, 2021)

### บทคัดย่อ

บทความวิชาการนี้เป็นการนำเสนอพุทธจิตวิทยาซึ่งเป็นศาสตร์ที่ศึกษาจิตใจและวิธีการพัฒนาจิตใจของมนุษย์ให้มีสังบสุขเป็นระบบซึ่งสามารถเห็นผลได้อย่างรูปธรรมตามหลักพุทธศาสนา (ปริยัติ, ปฏิบัติและปฏิเวธ) พุทธจิตวิทยาตามแนวคิดพุทธศาสนาถือว่ามีเนื้อหาที่อธิบายเกี่ยวกับเรื่องของจิตใจ (ธรรมชาติของจิต, ลักษณะของจิตและกระบวนการทำงานของจิต), และการปฏิบัติเพื่อพัฒนาให้อาศัยการภานา, การเจริญสติ และการฝึกจิต เพื่อให้สามารถเอาชนะทุกข์และดำรงชีวิตได้อย่างมีความสุข ทั้งนี้ พุทธจิตวิทยาจะช่วยให้มนุษย์เข้าใจเรื่องจิตซึ่งสัมพันธ์กับการเกิดความทุกข์แล้วแต่การปั่นแต่งของแต่ละบุคคล การศึกษาพุทธจิตวิทยานั้นมีเป้าหมายที่สำคัญคือ ช่วยให้มนุษย์เกิดความรู้ความเข้าใจเรื่องจิต ที่เป็นมูลเหตุที่สำคัญของความทุกข์และวิธีปฏิบัติเพื่อแก้หรือดับทุกข์โดยอาศัยหลักพุทธธรรม ที่สำคัญ เช่น อริยสัจ 4 (ทุกข์, สมุทัย, นิโรห, มรรค) ซึ่งถ้าบุคคลรู้จักและเข้าใจจิตใจของตนเองเป็นอย่างดี และเป็นอยู่อย่างรู้เข้าใจเท่าทันโลกและชีวิตแล้วตามสภาพที่เป็นจริงแล้ว

โดยอาศัยสติปัญญา บุคคลก็จะสามารถมีชีวิตที่เป็นอยู่อย่างอิสระพึงตนเองได้หรืออยู่ด้วยตนเองได้

**คำสำคัญ:** พุทธจิตวิทยา, แนวคิดทฤษฎี, การนำไปใช้

### Abstract

This academic article was presented Buddhist Psychology; it was science studying mind and methods for mind development happily systematically which was be seen concretely according to Buddhist principle (Dhamma Studies, Practice and understanding thoroughly). According to the concept of Theravada Buddhism, Buddhist psychology had a content which explaining mind matter (mind's nature, mind's characteristics and mental process), and the practice for being free from suffering by depending upon cultivation, mindfulness and mind practice to overcome the suffering and live happily, so that, Buddhist psychology lead human beings to understand mind which related to the origin of suffering, depend upon of individual mental formation. The study of Buddhist psychology had the main purposes, that is to help human beings getting knowledge and understanding the mind matter which is mainly caused suffering and the method for practice for solving and cessation of suffering by depending upon important Buddhadhamma principles such as the four noble truth (suffering, cause of suffering, cessation of suffering and paths leading to cessation of suffering). If persons known and understood mind themselves well and lived in world knowingly according to real condition by depending upon mindfulness and wisdom, they can live independently, support oneself or live on their own.

**Keywords:** Buddhist Psychology, Concept Theory, Application

## 1. Introduction

Nowadays the body knowledge of Buddhist Psychology has been immense used in pure science and apply science to solve mind problems and individual person along the ways of Buddha – “Know, Awakened, Cheerfulness”. The university in Thailand has been applied the knowledge about Buddhist Psychology in teaching system, it is also, they study and research to extent the knowledge on Buddhist Psychology. This shows the importance and need of Buddhist Psychology in both knowledge and arts that can use and develop human’s life through the perfect life in Thai way of life.

Buddhist Psychology has found since 2,500 years ago. After Buddha become enlightenment, the study of Buddha’s doctrine (84,000 collective body of laws) found in Tripitaka (Vinaya Pitaka, Sutta Pitaka, and Abhidhamma Pitaka) that used in teaching to help people who got suffering. This found that most of the doctrine are about body and mind (The Five Aggregates) and it is about mind. Buddha emphasizes on helping people or develop human’s life by shifting up their mind to true happiness. For those, the main principle in Buddhism believe that mind is more important than body, mind is the most important, all suffer has started from the mind. It is as in a Buddhist Proverb: Samyuttanikaya Kuttakanikaya (book:1 6 /article:231) “Mano pubbaṅgamā dhammā mano setṭhā manomayā means all mental deeds have mind as their forerunner, mind as their chief; they are mind-made”

(Mahachulalongkormrajavidyalaya, 1996, p.115). Human beings are suffering or happy, all due to their mind because their mind would effect their actions in both positive and negative like when they found with things they like, they are laughing, pleasuring, and happy or when they found with the thing they don't like they are crying, sad and unhappy. However, while human beings have got problems or suffering in their mind, if they used Buddha's doctrine about Buddhist Psychology to solve the problems or suffering like knowing that what is suffer, how is suffer, and how to deal with it, so that, they can solve the problem or suffer through then they will be fine and be happy.

This could be notice that, although Buddhist Psychology is not a new theory but in the difference way it is the root theory on Buddhist doctrine that has been wild spread for along time (Chompunuch Srijannil, 2009, p. 205) like Winai A.Sivakul (1982, p. Introduction) said that Buddhist doctrine has not got only general moral as the same as other religions but Buddhist studies human being's mind thoroughly and systematically and deeply. It due to founder of the wisdom of Lord Buddha, the one who break through in psychology which there are no one to compare with him. Psychology is thorough and depth but then the Buddha understand it and bring his life to the immortal happiness (Nirvana). Dr. Carmen Laker say "Psychology's subject is not new as unknown person's

think. This subject has said in Abhidhamma of Buddhism which had different perfect mind analysis system that westerners are not get through it". When consider on the body of the doctrine of Theravada Buddhism it found that Buddha acts as a psychologist and teach only psychologist because though out his life, he teaches only people to change human behavior who has got mind problems because of their mind sickness which cover by their need. So that Buddhist doctrine is mostly psychology because the lord Buddha teaches the doctrine to heal his follower's mind and to make his followers practice their mind through their enlightened one (Phrakrupalatmarut Voramangkalo, 2010, p.1)

The body of knowledge on Buddhist Psychology, had an effect and influence to the people's ways of life continuously in both, the science of developing mind directly and applied science in modern way. The objective of Buddhist Psychology was the ways of Buddhist explaining on Mind (Nama) Body (Rupa) and Behavior (Kamma) in the way that how they connect to each other in each factor, and when it compares to new modern psychology theory, are they connecting to each other or different? This is to get more understanding in Buddhist psychology and to realize the value of Buddhist's doctrine when one knows the characters of religion, philosophy, and psychology in both perfect theory and practice. The knowledge earned can use in making a living, have good

capability in adapting in one life and can solve the problem, can live their life better with other, can understand oneself better and can apply in doing every careers. This way is not easy in making a living in complexity society now a day and it is suitable for people in this era which old teaching cannot cure their suffer in their life. The religious doctrine and various sciences occur to make human being life better, it is the same as Buddhist Psychology which is mixed Buddhist doctrine and modern psychology which are real life. The principle of truth can be proved, observed and practiced (Wariya Pavaputanon N Maha Sarakham, 2004, pp.22-23), in another way Buddhist psychology would be sustainable psychological science to help human being live life long in life and society. It can cause people have a happy life continuously, not destroy or decay by 2 bright characteristics' those are 1) there is a right knowledge on the truth and 2) can lead to the real use in helping life and helping human society (P.A.Payutto, 2000, p.7). In Buddhist view, it is found that Buddhism belongs to oneself that there is perfect psychological system in oneself (P.A.Payutto, 2002, p.7)

At present, many problems happening in Thailand and the world like one cannot control oneself and lead to harm each other, or to be fallen into the influence of materialism, to lost from things or person we love, to be disappointment from various situations in life such as about money, career, work and family, those situations

shown that are the main important point to make human being mind's suffer and if human being turns to study Buddhist psychology and practice through principle of Buddhist psychology it could help people solve their problems and deal their life happily in the fast change of society; in economy, social, political and so on. This cannot deny that all human being found difference kind of problem due to their mind effected by environment and external factors. Human being mind is the center to control and tell person to do things both good and bad as the words said "Mind is the boss, body is slave". That is connect to Buddhist proverbs in Sam<sup>◦</sup> yuttanikaya SN (book:15) said "Jittena Niyati Loko" mean "the world, mind is leading it". (Mahachulalongkormrajvidyalaya, 1996, p.45) The word "World" in this context means all animals in this world are persuaded, to do good are persuaded by the mind, to do bad are persuaded by the mind. When they died, would go to hell or heaven, their mind only brings them as Buddhist proverb in Macchimnikaya Macchimpannaska (book:12) said "Citte Sangkilitthe Thukatipatikangkha Citte Asangkilitthe Sukatipatikangkha" mean "When one has a sad mind, disperses, help is their destiny. When one has a happy mind, do not disperses, heaven is their destiny." (Mahachulalongkormrajvidyalaya, 1996, p.70). life of human being depend on the way of their controlling their mind. If they practice their mind to behave in a good way and they try to avoid bad part of their mind to cover and lead to do the wrong things that could

bring suffer to life, so that your life would be happy. That was the same as Buddhadhasa Bikkhu (1991, p.21) said “If we can control our mind, it is like we can control the whole world.” Due to the mind is important because it is the root of all behavior, growth, decay, happiness, and sadness (Somdet Phra Nyanasamvara Somdet Phra Sangharaja Sakalamahasanghapparinayaka, 2015, p.7). So that, to practice mind to avoid bad things covering all time was important factors to lead human being found with happiness, could win oneself, could control this world because well-practiced human being’s mind, well-preserved, and good taking care of it, these would bring them happiness.

This article aims to present body knowledge of Buddhist psychology on concept, theory, and applying in various situations, to lead people studying and practicing to get ridge of suffering. So, Buddhist psychology would be the way as an option in used in their daily’s life for Thai’s society. By concerning this, people should aware of and give an eyes on Buddhist psychology which is Thai local wisdom that suit to Thai society’s contexts including modern body knowledge using for develop Thai’s way of life getting growth on their mind along the growing of materialism with a lot of serious crisis’s.

## 2. The Concept and theory of the Buddhist Psychology

According to Buddhist psychology, it is essential to comprehend the meaning of the Buddhist psychology. Its meaning has exhausted straightforwardly to the mind which is beside from behaviorism in the Western psychology. It mainly studies on the mind principle such as the mind definition, the superior types of mind, the mind power, and the mind functions. It is said that it is the study to the process of mind thoroughly and intends to purify the mind by spiritual cultivations in order to reach (Phra Thamwisutthikawi, 2006, p.3). Likewise, Siriwat Srikruedong and member (2016, p.49) defines the meaning of the Buddhist Psychology that it is the analysis of mind correspondent to the suffering (Difficulty) that is the truth state of life, to recognize of suffering cause (Difficulty), to understand the actual aim of life that is Nirodha (To extinguish the suffering and difficulty), to cope with the difficulty without suppression of the suffering (Difficulty), and to remain steadfast stably according to Buddhadhamma (Difficulty). The initial interpretation of the moderate path in as laws of nature can be, for example, life and the cessation, the system developing human with threefold training, the essence of mind and karma, the principle conduct of Dharma for resting life, and the self-training just as Dharma centering in Dharma studies for attaining the enlightenment.

As mentioned previously, it is noticeable that the Buddhist psychology has its meaning covered the understanding of what mind and function is including a means that human can liberate the mind from the suffering by conducting the training of Dharma to bring the prospective potential of human in various way of Dharma studies and enlightenment. That is to say, to study and practice the way of Dharma can purify the one's mind into the enlightened one, the awaked one, and the blessed one. Briefly, the Buddhist psychology is the study of human to cultivate themselves to living happily starting from ordinary man to civilized man. Compared to the new psychology, the Buddhist psychology has the content exclusively more than the new one, or it is assumed that the Western psychology has their interest merely in noticeable human behavior as well as the mind functions but never mentions the mind cultivation to the salvation.

In the notion and theory of the Buddhist psychology, Rerngchai mueanchana (2015, pp.68-69) has concluded that the studying the Buddhist psychology has its concept that the Buddha is the enlightened one, the awaked one, and the blessed one which means the person attaining Nirvana. Therefore, the person who discerns the four noble truths divided into three forms are the Buddha (individually attain Nirvana) instructing others just as the individual Buddha and the Buddha's disciples. The theory in

Buddhism is consistent to Pali as the right view which means the perspective and belief of the study, for instance, the consent to the uprightness that “You reap what you sow.” and “Men are mortal”. Also, the four noble truths is the notion that the Buddha had hypothesized as the scientific laws from his view seeing four states of life, namely, to be born to be old, to become ill and die. His thought became well-known until there are numerous Buddhists all over the world, for instance, the Dharma of mind practice and the Vipassana meditation. His purpose is to liberate the people’s mind from the sufferings. Besides, in this regard of the study in the Buddhist psychology lies on the state of mind which has two degrees; the first degree is the comprehension of nature laws and human ambition which is the main point and the second is the resolution so as to persuade people that understanding simply the principle does not address the cause of the suffering. Since the true awareness must be dependent on experiences in spiritual cultivation (P.A. Payutto, 2002, pp.26-27). In the same regard, Phrakrupalatmarut Voramangkalo (2010, pp.45-55) who mentioned that the mind means the state of thought. He said that there are three natures of mind like 1) Being transparent 2) Struggling and hard to sustain and 3) Formless and hard to resist. The mind has the important function is to sense emotions, to consider the five sensations (sight, taste, smell, hearing, and touch) and the type of mind analyzed in Abhidhamma Pitaka which classifies the mind into

89 types of 89 souls and in the eccentricity is 121 types or 121 souls. However, the concept of psychological thought in Buddhism is derived from the basic belief that human has their mind contradictory, so it affects people to display what they feel. If men are unhappy with untouchable desire, they will express it in the way which is not relevant to the nature laws (Three marks of existence). The concept of the Buddhist psychology has defined the process of mind; for example, 1) To receive the outward information with senses is the six inward and outward sensations or Ayatanas, 2) Inward information which is emotions, thoughts, and consciousness is the five aggregates (Corporeality, Sensation, Perception, Mental formations, and Consciousness), 3) Learning is the rule of the relation of cause and effect in dependent origination or Paticca-Samuppada 4) The free mind or well-being life is the pathway to the right comprehension in the right view and wisdom in order to attain Nirvana. That is to say, the Buddhist psychology is the study of the mind and its process in order to practice the mind with Dharma and Vipassana meditation centering to suppress the suffering which is different from the Western psychology focusing on science experiment regarding outward behavior (Phrakrupalatmarut Voramangkalo, 2010, p.222)

Furthermore, Chumpunuch Srichannil (2009, p. 192) mentioned that the Buddhist psychology is the idea to take the way

of Dharma, for example, four noble truths, Dependent origination, and three marks of existence into apply and combine with the process of science which aims to elevate human's mind. The Buddhist psychology is also the study of nature of mind from Dharma gathering the mind analysis exhaustively to instruct people how to manage their lives in each day on earth. The main point of this theory lies in representative of life cessation accompanied with a means to attain the end of suffering in one's mind. The reader can utilize the comprehension of this article to discipline the mind to discern the truth according to the Dharma way including sharing such a valuable subject to your company in order to assist them to the right pathway.

The perception of the Buddhist psychology theory has mentioned that the part of mind is only abstract, and another part is the human expression including verbal and non-verbal communication to others to make a good or bad sensation that is the communication occurred primarily by the mind process. That process is called Buddhacharita, and when talking about the actuality of mind, it is able to expand to the whole life. When expanding to the life, it seems to involve to others endlessly such as the community and the world including the ambience. As the system has affected things to be connected consistently, Buddhacharita, then, connects to other subjects (Phra Tommy

Chotithammo, 2005, p.2). The actual reason that the psychology stands at the confluence until become the Buddhist psychology according to P.A. Payutto (2002) is derived from the Dharma root mentioning the suffering and the way to extinguish human sorrow. It tends to be used in the psychological process due to the change of social and life condition along with the problem in human life and the developed period, especially the prosperity in industry that makes people rich in materials. However, it turns out that the people abounding in materials does have mind unrest, for example, tension, anxiety, emptiness, goalless, loneliness, and pressure in which Buddhism defines them as the suffering. The way of human suffering is an interesting case which not only extends in the clinic, but also in the normal people's mind or expand the interest from the sick person to the so-called normal person. Besides, in the problematic perspective, Buddhism does not (only) look at the point separately but (also) consider the human mind and its problem consistent to human being; that is, it is the conduction of life (P.A. Payutto, 2002 refer to Chompunut Srichannil (2009, p.191). Therefore, the Buddhist psychology in the way to resolve the problem, especially the root of problem, for instance, the human mind which is exhausted systemically by Dharma, and its result is clearly seen as material object and more profoundly that the Western psychology. Sompan Pomta (1999, p.73) mentioned that

the Western psychology can cure merely in the suffering of the psychological level but cannot heal into the spiritual level like the Buddhist psychology because of the psychological development that apply the scientific knowledge which is beside from Buddhism that focuses on the truth state of mind. In order to relieve one's self from the suffering, the suffering occurred at the consciousness which is the suffering in the level of the truthful condition, and the suffering in the psychology is defined to heal in another technique.

From mentioned above, it can be concluded that the concept and theory of the Buddhist psychology has the foundation from the idea that the Buddha discerns the cessation of life, for instance, men are born to be old and become ill until death which is the suffering that all creature in the world are struggling to find the way to be relieved from the suffering until the Buddha has discovered the enlightenment. He found that human's mind is pure, formless, hard to insist, and absorbed in love sensation. That brings human to face many suffering in their life, so to relieve human from suffering is to resolve at the cause by understanding the nature of mind and the process of outward ambience correspondent to the mind which leads to the suffering. The principle of the Buddhist psychology has a purpose to assist the person who is down in the dump to be enlightened with Dharma. Thus, the notion of the Buddhist psychology has its scope and substance which is more

profound than the new psychology in the way of the mind and the assistance to the people who have been suffered to find the way to get released from the suffering condition and can rely on their own.

### 3. The application of Buddhist Psychology in Various Situations in the daily life

Since Buddhist psychology is helpful in solving human problems, especially the mind, it is useful in the study of Buddhist psychology in many ways as follow; 1) Understanding the nature of humanity, physical and mental ways 2) Knowing the importance of the mind affecting the life of the weak body 3) Understanding the mental function 4) Understanding the different types of mental 5) Knowing how to control the mind and living with melancholy or undue music. This should have been the nature of the mortal, but studying Buddhism knows how not to let suffering and grief stay with us for too long 6) Educating how to developing one's mind to be of quality, consciousness, education of the Buddha, doing evil, and the way to purify the mind forever is Nirvana because the mortals cannot say that they are not mentally ill. Everyone has mental health problems because of guilt, but the effect of the practice depends on the individual 7) Understanding of others, especially the six temperament, the loss of the accumulation effect in different people that will understand the differences of human

nations to become more persistent and awe-inspiring (Nawon Markman, 2013, p.6). Therefore, the application of Buddhist psychology in daily life will bring good results and benefit for those who are interested in developing themselves or helping others and it want to be free from suffering, especially Buddhist psychology is considered a modern body of knowledge. It is also suitable and able to be applied in all fields whether it is applied for self-improvement or self-problem solving. It is applied to help other people with various problems in personal life, leaders apply Buddhist psychology in their daily life and they will understand themselves. It is able to train and develop one's mind according to important Buddhist principles for being clean, light and calm so that he can transcend all suffering and live happily. It is also a dependence of other people that can help the suffering getting out of the suffering state.

The application of Buddhist psychology's principles to human life in the midst of external stressors will bring suffering to the mind: Lama Yeshi of Tibet said that Buddhism is a method of controlling the undisciplined mind in order to lead our minds to be free from suffering and to be happy. Nowadays, there are undisciplined minds in all of us, but if we develop a correct understanding of the nature of the mind, we will learn to control the mind naturally and we will be able to release emotional

stupidity and the suffering it automatically brings to us. Therefore, the most important thing is to know your own mind and know how it works. Buddhist psychology teaches us that the emotional attachment to the sensory world results from both physical and emotional stimulation. Our five sensations send information to the mind. It creates different kinds of feelings, which can be divided into three groups: satisfied, dissatisfied, and neutral. If we find a feeling of satisfaction, emotional attachment will follow. If the time passes, the satisfaction will decrease. We will have the urge if we feel satisfying that feeling again. The nature of the mind is dissatisfaction when it was disturbing our peace of mind because of its anxious nature. If we had experiences that make us feel dissatisfied, we would have automatically liked it, and we will want to get rid of it. There is a disgust which is another disturbance to our peace of mind. If we feel indifferent, we won't care about what happened and won't want to see the reality, so no matter what kind of feelings arise in our daily life, satisfaction, dissatisfaction, indifference, it all interferes with our peace of mind and makes our minds unbalanced or unstable (Wittaya Chiangkul, 2005, p.25)

Even in a state of stress and disorder in a world full of provocations, a person can apply Buddhist psychology to solve such problems wherewith not to become a slave to bad or born by following the following actions:

1) various methods of controlling the thoughts or minds of the Buddha in the 5 formulas: (1) Change the mind (2) Consider the blame of the thought (3) Stop Thinking (4) Meditate on the reason why you shouldn't think and (5) Grit your teeth and use your tongue to press the ceiling firmly. All of these methods can be used to keep thoughts from leading to harm. (Somdet Phra Nyanasamvara Somdet Phra Sangharaja Sakalamahasanghapparinayaka 2015, p.133)

2) Not setting the mind wrong, but setting the mind to like it by making the mind concentrate on the things to do, which is their duty or work that should be done and educate wisdom to access the truth that will not be deceived in any way. (Somdet Phra Nyanasamvara Somdet Phra Sangharaja Sakalamahasanghapparinayaka, 2015, p.16)

3) The practice of Buddhist teachings is to perform on the chaotic mind by relying on consciousness and wisdom to train, suppress, practice, protect, maintain, calm, be careful. (Somdet Phra Nyanasamvara Somdet Phra Sangharaja Sakalamahasanghapparinayaka, 2015, p.206)

Effect of the use of mindfulness and wisdom in life by practicing self-control on a regular basis will make the person aware of the symptoms of the mind that occur and can suppress the mind

to be strong, not fluctuating according to the events and it does not accept the various emotions that come into it easily as well as enabling the mind to be able to give up emotions that are desirable, satisfying. It is therefore extremely expedient for a person to develop their intelligence through regular training because the well-trained wisdom helps to know what is right or wrong, good or evil and what we deserve to do or not to do. Making the mind light and comfortable, It does not have to be bound and overwhelmed by clinging to the desires and pleasures that lead to life's struggle, pursuit, and pursuit of things until it becomes a slave to lust and constant suffering.

Buddhadhasa Bikkhu (1991, p.39) mentioned that the application of Buddhist psychology in life correctly that if we know the principles of psychology according to Buddhism completely and correctly, it can be taken to become a psychologist who know science of mind (CitaSatra) Which is used in the best benefit that human was deserved. If we know too little of this thing in mind, sometimes in the way will not useful or know about it wrongly, it won't take you to the truth. It fluffed in the way he wanted to soothe it and Inflated in the other ways. It cannot be utilized in the right way. It is stupid application. The application of psychology in the wrong way will cause more new problems. It is not a

psychology which can cut off or solve the problem truly. If you're using psychology incorrectly especially in a way of greedy exploitation and gain in this world that is not used to solve real human problems. It is used to dig human graves into deceitfulness. It is not used for the end of suffering or for Nirvana. It will not be in the best benefit that human beings deserve. Especially in education, teachers must know psychology according to the principles of Buddhism, until he is not a slave to desires. For now, the teacher doesn't know enough of being the teacher who can open the spiritual door of the world mankind. It was pathetic that the teacher is an employee of the government. Teachers are also employees of desires; they're all employees not a venerable person, because they cannot open the spiritual door of pupil.

This is because of Buddhist psychology is a science that can be applied in every situation according to the characteristics of Buddhism as a guide to life or the Way of life of mankind, people can apply Buddhist psychology to practice in society for the true beauty of everyday life by following the three kind of grounds for accomplishing merit: 1) giving, 2) Precepts and 3) Prayer. The three kinds of grounds for accomplishing merit are Buddhist principles related to Buddhist psychology with the principles of practice for the dignity of life, namely: First, giving, according to the principle of creating beauty and elegance on the outside, including giving a

smile, making laugh and situation analysis. In addition, giving of warmth, knowledge, advice and counseling if someone are in a situation of distress, It is considered to be of spiritual value, second, precepts, according to the principle of creating inner beauty, namely attitude, confidence and use of the subconscious, the precepts is more important, it starts with having the correct attitude in the Buddhist principles, such as belief in the law of karma, the middle path, all inaction, doing good to be ready and the purification of the mind. Beliefs and practices of these principles will allow us to live happily and thirdly, prayer will cause peace of mind by prayer and daily meditation. These can improve our mindfulness in every way. Singing with good meaning and edifying instead of praying can be done. This may be better than prayer, which is in Pali without knowing the meaning of it. Meditation is focused on the activities that make it work and keep training the mind free to achieve inner peace of mind until hearing a whisper from within or the inner voice, which is extremely useful in knowing and understand four Noble Truth (Truth of Life) (Indirani Khunthong, 2021, p.Online)

In addition, Buddhist psychology is a science that deals with humanitarian aid and social refuge for sustainable development with an emphasis on the mind. Buddhist psychology is therefore useful in application to help others who have problems or distress, especially for counseling psychologists and whoever in the mental health

career as a direct role in giving others for assistance in the psychological dimension. Buddhist psychology can be applied in various forms of counseling psychology, such as individual and group counseling. Buddhist psychology is a very useful and effective guide to helping fellow humans with various dimensions of psychological problems from psychological remedies to people with severe psychological problems, such as those suffering from catastrophic disasters in the tsunami, to healing the grief of the lost, losing a loved one and the reduction of suicide rates among Thai adolescents, etc. In addition, it can apply for self-development and strengthen the mental quality of the general public such as administrators and students, etc. The distressed group causes a positive change in the psyche of the suffering person until it can overcome the suffering as well. The application for the development of the normal group shows the life that both of work and behavior are dignified by the psychological development of the mind (Chompunut Srichannil, 2009, p.206; Phra Panot Gunavaddho and Sara Mookdee, 2011, p.1; Siriwat Srikruedong and member. 2016, p.1; Sara Mukdee and member, 2017, p.1).

From all of the above, it can be seen that Buddhist psychology has many benefits and can be used in everyday life in any situation by relying on Buddhism principles that related to Buddhist psychology, such as morals and prayers, to develop their

behavior by using a system of relationship between mental state and behavior. It is to train the state of mind to be higher with one's own perseverance that make life happy and happier society will follow. In addition, people can use the knowledge of Buddhist psychology to be useful in practice and develop their own intelligence. It is able to control one's mind and behave in a righteous way, without being selfish, not living a psychological life as a tool to satisfy the selfishness of the person or selfishly responding to their own needs. Buddhist psychology can also be applied to help fellow human beings together in society in the form of counseling to help human beings who have problems or suffering to solve problems or suffering and getting a wholesome life.

#### 4. Conclusion

In the midst of change in the industrial age, that makes the way of human's life changed as well that causes psychological problems. The knowledge of modern psychology is not enough to solve these problems. Therefore, it is important to take Buddhist psychology for help solve various problems. Buddhist psychology Buddhism is regarded as a valuable knowledge body for Thai society. It is appropriate to apply it in people's daily life, in the midst of people's emotional stressful situations, leading to many problems because Buddhist psychology's teaching can help people to practice it to develop the mind to the highest level according to

human potential. This knowledge is modern, which western psychology lacking this part of body of knowledge. Buddhist psychology helps people to know and understand their mind as they are that make the person aware, not be obsessive, and intoxicated in the surrounding environment. It will lead to suffering by relying on the principles of Buddhism as an important foundation, such as seeing everything as the truth (Sammasmathi). Everything is impermanent (The Trinity), and the use of wisdom for solving problems that cause the mind to be deeply distressed (4 Noble Truth). Finally, these will affect to the person to improve the mind higher and gain peace according to the Buddha's way of knowing, awakening and rejoicing, which is considered a key goal of Buddhist psychology. Buddhist psychology helps human beings live a healthy life because it relies on behavioral development Developmental and holistic intelligence development. A person who has developed a good mental and intellectual will have intelligence to be able to see everything according to factors and be able to understand situations that occur in reality, as well as knowing how to adapt one's mind to different truths Knowingly, trusting properly. When we faced with troubles or suffering in life Wisdom, we will help to see the way out and see the light until it can escape suffering

Over the centuries, the body of knowledge of Buddhist psychology will be widely used for students who are seriously

interested in studying Buddhist psychology in addition to studying metaphysics in some places and both as Buddhists who are interested in the Dharma use them to develop themselves and solve life problems with suffering, but it seems Cognitive outcomes and applications of knowledge in Buddhist psychology are either narrow or limited , not really widespread and unclear according to the actual science, which may be due to the influence of the perception of Buddhism in society, rather than Buddhism. When it comes to Buddhist psychology, people think of Buddhism more so that they don't pay much attention to Buddhist psychology or even teaching and learning in universities in Thailand and around the world. When it comes to psychology Scholars and students will think more about Buddhist counseling psychology than the body of knowledge that is relevant to modern psychology. It is only part of Buddhism and it is expected that in the future the knowledge and understanding of people in Thai society about Buddhist psychology that will change for the better which will bring Buddhist psychology to widespread attention. It was established as a tool for everyone to know and understand their mind in detail as a means to help solve the suffering in life that has an important cause in the mind. Until he is able to control himself, adapt and live in a happy and balanced life.

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