

# THE MODEL OF ĀNĀPĀNASATI MEDITATION PRACTICE ON THE SOCIAL MEDIA FOR THE NEW GENERATION

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## Abstract

This research is ‘The model of Ānāpānasati meditation practice on the social media for the New Generation’ has three objectives: 1) to study the practice of Ānāpānasati in the Buddhism principle. 2) to study new generation’s behaviours in using online social media and 3) to propose the model of Ānāpānasati practice on the social media for the new generation. This research a mixed methodological research, documentary and survey. It was found that Ānāpānasati is the mindfulness on breathing in and breathing out. It is a timeless practice for everyone yielding its result once started. It gives rise to a physical and mental healthiness. In Buddhism, one who finished all sixteen levels of Ānāpānasati practice would gain the benefit of becoming the Stream-Enterer, the Once-returner, the Non-returner, and the Wealthy one respectively. As regards the new generation’s behaviors in using online social media, in 2015, using Internet 58.3 hours per a week. The smartphone is the most favourite one. The model of Ānāpānasati meditation practice on the social media for the new generation is applications that use the practice conscious breathing exhaled. Can prove a substantial the result is a model that was based on the principles of Buddhism. And medical real Suitable for Ages this model can help the younger generation to practice Ānāpānasati.

**Keywords:** Ānāpānasati; Application.

## Introduction

Ānāpānasati Sutta lists sixteen steps to relax and compose the mind. According to the Buddhist principles, Breath mindfulnes (Ānāpānasati) development leads to the perfection of the Four Foundations of Mindfulness (Satipatthāna) The Four Foundations of Mindfulness development leads to the perfection of the Seven Factors of Enlightenment (Bojjhanga). The Seven Factors of Enlightenment development leads to clear vision and deliverance (Mahachulalongkornrajavidyalaya, 1996)

Ānāpānasati is the mindfulness on breathing in and breathing out. It is a timeless practice for everyone yielding its result once started. It gives rise to a physical and mental healthiness. In Buddhism, one who finished all sixteen levels of Ānāpānasati practice would gain the benefit of becoming the Stream-Enterer, the Once-returner, the Non-returner, and the Wealthy one respectively (P.A. Payutto. (2006).

The uses of the internets are now an essential element which played an important role in every day's life especially in education. Internet is not only a collection of sources of information for people to search for their studies such as history, medication etc., but it also provided updated news, entertainments including many forms of audio sound tracts, images and information in an animation form which capture people more attentions and motivate them to learn more. The advantage of this is the discovery of new things that will never end. According to the observation of people who are using Facebook in 2013, Thailand has been ranked in a 9<sup>th</sup> position worldwide by the website zocialrank.com This website stated that there are about 28 millions of Facebook users, and this indicated that it is easier for people now to get closer to the Buddhism via social media.

With the result from the observation above, one conclusion that can be drawn from this is that the researcher should consider about the lifestyle towards the use of social media on today's life to apply this in the form of the connection between the technology and precept for further development in the future.

### **The objective of this research**

1. To study the practice of *Ānāpānasati* according to the Buddhism principles.
2. To study new generation's behaviours in using online social media.
3. To propose the model of *Ānāpānasati* practice on the social media for the new generation.

### **The methodology of the research**

1. Learn and understand the principles of *Ānāpānasati* according to the Buddhism principles by reading the information from many sources such as the Tripitaka, book, articles, thesis etc.
2. Interview people with experiences associated with religion, monks and others who followed the practice.
3. Collect together all the information gained from the above, and improvise to create new approach of using *Ānāpānasati* on social media.
4. Observe the behavior of the new generation in using social media, the processes included:
  - Searching for information from online sources such as thesis, articles, websites
  - Interview experienced people with their research about electronic devices

• Analyse the information by using the ideas to create a tool for further development of the experiment.

5. Make a survey using the sampling convenience method including the online survey and the google spreadsheets ( Chemist, 2014) to collect the relevant sampling information from the online users. The survey is divided into 3 parts:

- The status of the samples
- Their behaviours in using the online or social media in scruples
- Their needs or interested on the invention of the *Ānāpānasati* meditation practice online for new generation.

6. Hand out the online survey through email, Facebook, and line, then the answers will be saved onto the google spreadsheets and sent back to the experimenter. Follow Taro Yamane's (Yamane, 1997) theory that is believed to be statistically 94% possible by collecting up to 400 data

7. Gather data from the descriptive analysis above and consult the information obtained with the experts for the development of the *Ānāpānasati* practice online for new generation.

8. Invent a new method of practicing the *Ānāpānasati* on application for the new generation who use the social media.

9. Try the new invention of the meditation application on random 20 people of the new generation using convenience sampling and then collect all of the data from the samples to analyse using the method of YMCA Step Test. Also interview the samples to gather and analyze the information for better understanding towards the beneficial they have gained that would affect their mind and also their physical health.

10. Present the outcomes and the beneficial of *Ānāpānasati* by making a focus group involving the specialists or the academician who specialize in Buddhist religion, medication and also people who are involved in the

development of the social media for the acknowledgment of the outcomes found from the experiment and to listen to the opinions of others for further improvement in all of the area in the experiment.

11. Conclude the importance of the use of *Ānāpānasati* meditation on the application for the new generation.

## **Results of the research**

The study summarized the results of the research are as follows.

1. *Ānāpānasati* is a meditation method by being aware of the in and out breathing to keep your mind with everything you do. The result of this can be shown on better concentration that can improve your learning process and finally leading to become nirvana, meaning to release from human affairs (which is the higher states of all in Buddhism). This result in the development of *Ānāpānasati* can give rise to contemplation. According to the statement above, *Ānāpānasati* is very important practice in Buddhism.

In summary, *Ānāpānasati* is a tool in Buddhism that helped to release stress, sadness which lead to happy life by getting rid of the desiring for everything around. It also helped in the development of physical and mental health.

2. The behaviour in using social media online of new generation is fund to be within the 2 groups of people (generation X and generation Y). Generation X included people who were born in 1965-1980. This group of people were born with the advancement in technology, grown up with the video games and computers (Krataynoy, 2 012). Today, this generation are now in their working age who like something easy and convenient. They are independent and have a very creative thinking. The second group is the Generation Y. This generation are born between 1981-2000. This is a period of time when the internet and social media is booming. People are interested in information technology and

addicted to the online communication. This group of people were born, lived with the internet and used the internet in every day's life. They have their own spaces and don't like to be told by anyone as well as they have a new way of thinking and also have a high self-esteem.

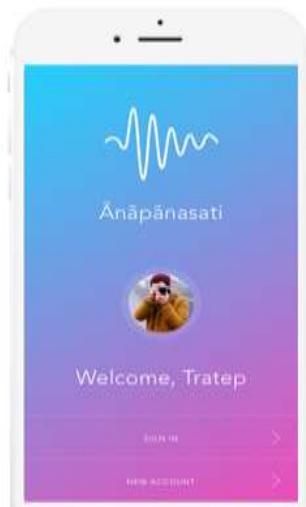
From the observation of Ministry of Information and Communications, people are using approximately 58.3hr of internet per week. Also 80% of the popular devices used by both generations are found to be the smartphone and tablet to get connected to the world updating the news and sharing things via internet (Ministry of Information and Communications, 2015). And the result of the survey from 400 people suggested that 33.5% of people wanted application, 21.8% voted for YouTube and the remaining 8% voted for website.

In summary, both generations who spend most of the time on the internet using smartphone wanted a program on the Application.

3. The new invention of the *Ānāpānasati* meditation practice on application for the new generation would answered the needed of the lifestyle today. The combination of the process of controlling the respiration together with the technology gave a positive result that can be proved by the medical profession. With experiment supported by Dr. Herbert Benson M.D. suggested that people with high concentration can reduce their blood pressure, heart rates, digestion and the stiffness of muscles. This made the scientist concluded that your mind have an effected on your body.

The result from the YMCA step (Department of Health 2006) testing on the heart rate suggested that the tester from the meditation practice program can improve the heart rate activity.

In summary, the new *Ānāpānasati* meditation practice is a new invention that involved the use of technology on precept. The combination of these two helped to develop an application that can be used on smartphone and tablet which have involved many steps written below.



1. Sign in



2. Log in



3. Measure the heart rates



4. The heart rate of the user is found to be 70 beats /min compare to the normal rate which is given on the left hand side shown 66 beats/min



5 . Go on to the menu bar and press PLACTICING



6. Choose between long or short breathing

7. Tap the green circle when inhaling. Release the green circles on exhalation. Practice indefinitely, then gradually closed down following implementation by the time users need.

8. The result of practice will be shown on the screen. Green is the 1 time Inhale, Red is the 1 time Exhale a summary of breath and exhale 2 times total.

9. Measure the heart rates after practice

## Conclusion

1. *Ānāpānasati* is a very important action that gives lots of benefits for people who followed the practice

- The meditation practice is very convenience as it can be done by anyone, anywhere and at any time, also suitable for any sex. The result of the practice is immediately shown including feeling relax, calm and it does not have any negative effects on others.

- *Ānāpānasati* also affects physical health by helping the body to relax, improved the respiration system by having a steady respiration and also provided a resting state for the body. This in turn improved the ability to learn and concentrate.

- The 16 stages of *Ānāpānasati* can lead the people who followed the practice to gain merits and finally becoming nirvana people who understand the nature of life and can escape from sorrow or being able to live happily in life.

- *Ānāpānasati* also helped in the mood modulation.

2. The new generation can easily access to the social media or online application as they are always connected to the internet. In 2015, people are using approximately 58.3hr of internet per week. Also 80% of the popular devices are found to be the smartphone and tablet to get connected to the world updating the news and sharing things via internet. Therefore, this new

generation is found to be the driving force of the new culture. By understanding this, the development of the manipulated online application for the Ānāpānasati meditation practice is one of the interesting way to introduce the religion believe and practice for the new generation who is under the social media value.

3. This ideas brought about the invention of the application online for the new generation can manipulate together with the medicine area. Therefore it can be largely accepted by many people of new generation as the results of the practice is tangible (affecting both physical and mental health). From the above statements, another conclusion can be made that the practice in Buddhism is neither something that is far away from our lives nor it only belongs to the monks or elderly people, but Therefore the application online was made based on the convenience and suitability needed for the new generation to be able to followed the practice whenever they want and whichever way they want. For example; the practice can be done while you are standing, sitting down, walking or even when you are resting as this is not depending on the movement but instead relying on the ability to be aware or keeping your concentration on respiration process.

As a result, this brought the connection between the precept and people using the online tool. This can also reduce the game addiction in children by providing an interesting method in learning Buddhist religion. And the most important thing is that people can better understand percept and being able to use it to live happily as stated by the Buddha's goal of life.

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