

DEVELOPING THE RESEARCH ISSUES BY INTEGRATING BASED ON THE FOUR NOBLE TRUTHS

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Abstract

This article introduces the guideline to analyze a research issue and a research proposition which is an important step for the research. If the problem analysis is a mistake or deviate from the truth and has no direction. It is difficult to develop a research project that can lead to a solid operation. The guideline to conclude research issues which were introduced was “Developing the research issue by integrating based on the Four Noble Truths of the Buddhism”

Keywords: The Four Noble Truths; Research issue; Buddhism

Introduction

With the thought to better develop the research issue by integration to the Four Noble Truths, the researcher has combined various research results with experience in research consultation of the writer, molded with interest in Buddhist Theories. Here, the writer finds that scientific reasons occurred after the time of Lord Buddha based highly on reasons. The study of Reality is very much alike to the Four Noble Truths of Buddhism but Reality is scattered, as internationally recognized, while the Noble Truth stresses on acknowledgment and accessibility but to what extent depends on the cause and the factors performed to reach the Noble Truth. Seeing will encounter Reality according to nature's Law of Reality.

This also applies to the development of the research issue because characteristics are similar to the Noble Truth of the Buddhist religion. The National Research Council defines research as the study, research, analyze, systematic testing through equipment and methodology in order to seek for the truth or the principal to name the law, theory or the code of conduct. The introduction to this research process to prove whether the dharma, regarded as the Buddhist principle, can be brought to be used as a relevant model to develop the research issue. That is, Can the Noble Truth help to understand the reality of nature, the condition of the problem, the root of the problem as well as solving the problems and ways to solve the mentioned find problems? Lord Buddha preached to us that find the 4 genuine realities or the 4 Noble Truth is the Buddhist principal as well as the principal to be relieved from for all sufferings or the truth that can lead a person to be imminent is the understanding the 4 facts of suffering, the cause of suffering, the ending of suffering and the path to end suffering. Considering the 4 facts can be used to better develop the research issue for a more correct and clearer approach.

The Four Noble Truths according to the Buddhist religion

Four Noble Truths means the 4 pure realities that existed alongside planet earth but no one has discovered this fact until Lord Buddha enlightened the fact by knowing, seeing and pointing out the factor that is contained in suffering, the ending of suffering and the path to end suffering, namely referred to as the Four Noble Truths which is the Buddhist Principal preached to solve problems using consideration and reason as the fact appears.

Suffering is the various discomforts of physical and mental. It is the condition of being tightened or pressured, separated into 2 components namely the status of the suffering (the daily occurrences of suffering or daily sufferings) that are suffering that arises on oneself involving being born, being aged, getting

sick and dying. These sufferings are unavoidable; and the assumed suffering (the temporary or assumed suffering) are suffering caused by external factors when happenings come in and cause humans the feelings of resent, discouraged, unhappiness, sorrow, anger, jealousy, worry, fear disappointment, etc. all lead to suffering, which also includes departing from loved ones, hatred, wanting, attachment, as well as attachment to the 5 elements of human life all, lead to suffering. Wise men would avoid these feelings.

Dharma section of suffering is the 5 elements of human life that proves soullessness (Theppromkunakorn, 2004) consist of 1. Figure or the body; 2. Sensation or the feeling of happiness or sadness; 3. Commitment or memory; 4. Soul or the adding on of goodness and evilness; 5. Spirit the appeals through the various senses namely 6 ways – eyes (seeing), ears (hearing), nose (smell), tongue (taste), body (soul), mental (spirit).

Summary When suffering is born, one must understand the suffering then separate the factors causing the suffering.

Suffering Origin or all causes of suffering expand the fact that suffering or problems of all human beings derive from a certain cause and does not just occur unexpectedly. The reason for suffering must be considered from the components of suffering, whether it be from the status of suffering or the assumed suffering. Lord Buddha found out the truth that suffering derives from desire (struggle for fulfillment from within) and has classified into 3 characteristics, as follows:

1. Carnality or wantings or appreciation to the 5 senses – looks, taste, smell, hearing and touch – that causes suffering to the body and mind;
2. Desire or the wanting to be and wanting to have as one desire but if not expected then suffering is born in the body and mind;
3. Non-desire or the not wanting to be and not wanting to have since if one does not desire then there will be no suffering caused to the body and mind

Dharma section of Suffering Origin are the Dependent Origin, 5 Hindrances and the Clinging of 4.

1. Dependent origination is the condition used for suffering to be born or used for it to arise. In other words, it is a condition that causes suffering. In other words, it is the condition vanish then there will be no place to born suffering. The dependent origination are the inappropriate actions or conditions e.g. doing evil, carelessness, laziness, etc. which brings about results of unhappiness, blockage of future advancement, disaster, etc.

2. 5 Hindrances are the restlessness which is the kammic effect of one's misdeeds and are obstacles to deeper meditation, letting go and performing good deeds, namely 1. sensual desire (lust); 2. ill will, repulsive, malevolence; 3. sloth-and-drowsiness (torpor); 4. restlessness & anxiety, excitement-and-flurry; and 5. doubt-and-wavering. Once these factors possess theirs of any human then the effects shall be the obstacles against doing goodness and performing duties both for the world and Buddhism in addition to blocking advancement and success.

3. Clinging of 4 namely Sensual attachment (Kamupanana) is clinging to attractive and desirable sense objects; Attachment to opinions (Ditthupadana); Attachment to rites and rituals (Silabbatupadana); and Attachment to the idea of selfhood (Attavadupadana). Clinging of 4 is a part of the Passion 4 or the Group of 4 that contains 1. destruction of life; 2. taking what is not given; 3. sexual misconduct; and 4. false speech. The cling of 4 is regarded as the current cause combined with human's desires. For this reason, Clinging of 4 is also the cause of various sufferings.

Summary Suffering Origin should be brought into consideration of the causes of suffering and should attempt to reduce, avoid and refrain.

End Suffering or to ease suffering or to reach progress or success in one's life, suffering though born can still be healed. Suffering comes with a cause which such cause can be cured as Lord Buddha's preaching that "if one does not exist, then the other also does not exist since if one is cured, the other is cured". Suffering has come but will not last so all or parts of the problem will be cured just sooner or later, depending on our seriousness to attempt to solve the problem.

Dharma section of End Suffering is nirvana which is free from suffering. According to the Buddhist religion, the status of nirvana considers 3 factors, as follows:

1. End passion or the lacking of desire for passion which happens once or very momentarily. It is a name to refer.

2. Free from suffering, as a result, the peacefulness being eternally lacked from suffering for those who have enlightened or the so-called relieved from suffering due to lack of desire for passion. It is a name to refer.

3. State of eternity is a type of Buddhist element that ends passion where the status of eternity shall not be born again. Once a person practices oneself to

be free from passion, the dharma element will change to becoming ‘nirvana element’.

Summary End suffering is what that must be done by curing at the cause.

Way to End Suffering is the path towards freedom from suffering or the way of practice to escape from suffering by way of meditation.

Dharma section of Way to End Suffering is the Noble Eightfold Paths “Sikkha: the Threefold Learning” which is the correct path to maintain percepts, concentration and wisdom to free oneself from all sufferings and sorrows. The outcome will be the pure knowledge attained, the righteous way of practice to cure suffering and sorrows with elements of the 8 paths to follow:

- 1) Right View, Right Understanding (Sammaditthi) that leads to wisdom
- 2) Right Thought (Sammāsankappa) that leads to intellect
- 3) Right Speech (Sammavaca) that leads to rightful messages being conveyed
- 4) Right Action (Sammakammanta) that leads to the right attempt of action
- 5) Right Livelihood (Samma-ajiva) that leads to good surroundings
- 6) Right Effort (Sammavayama) that leads to a good determination
- 7) Right Mindfulness (Sammāsati) that leads to always knowing oneself
- 8) Right Concentration (Sammāsamadhi) that leads to good focus

Summary End of Suffering is the procedure or method to be totally free from sufferings.

Development of the Research issue

Research Process consists of sub-processes which are linked at each sub-sequential level, namely 1) Research issue; 2) Literature reviews; 3) Conceptual framework; 4) Hypothesis; 5) Operational plan; 6) Research design; 7) Sampling; 8) Research methods; 9) Collecting data; 10) Analysis of data; and 11) Research report. Here, the most crucial and requires special consideration is the process of developing the Research issue since it is the initial part of the research and if misdirected or altered from reality then the wrong target may be set to solve the problem incorrectly. Without proper process will be difficult to develop a research project that is concrete.

Development of the research issue is done by combining 2 keywords “development” and “research issue” together. Professor Dr. Chaleow Bureepakdee gave the definition of “development” in the book titled *Methods of Various Thoughts in Strategic Development* which summarizes that development consists of solving the problem, maintain what still operates well

and newly create for better benefit. Therefore, the correct development of the Research issue shall lead to the clean answer of the purpose of this research, namely:

1. Setting the end target for this research. One of the most crucial elements of doing a research is to have appropriate supportive reasoning and set the target clearly. With these, the research is on the right track but the report must also state the importance of this research.
2. Good methodology, where the working system must appropriately match the target in solving the problem.

Development of the research issue requires an answer. For a social research, empirical data is required. The data must be actual and must evidence back to the fact, the actual place, the time period of problem occurrence and the population actually resulting from the problem. For reliable evidence, the researcher must consider for the research issue to be precise and short and what importance must the result bring about. Numbers must be referred to in graphs and geographical layouts since picturing the result will help clearly see the problem being researched about. This is to assist in explicit analysis of the cause of the problem. As for the survey, tendency must show that collection of data is possible and the results from data collected from the survey shall be useful for the research.

Therefore, the process for Development of the Research issue should first clearly identify the problem, determine the cause of the target that leads to the problem, determine the target to solve the problem and design the method of problem solving. Thorough analysis of the many avail the researcher to raise other points relating to the research, no matter on the form of creating questions, determining the objective, reviewing literature, designing the research, gathering and digesting data all the way to summarizing the research result. All these will be more correct, direct to the point and will be generally acceptable.

1. Clearly identifying the research problem. Problem is the suffering that is not wanted, no matter if the condition is not favorable, a population or area is presently or to be in the future affected by the problem, that the problem which has arisen not been taken cared of then it will result in damage, Clearly identifying the problem will help set categories of importance, link the problems to its causes and visibly reveal the components of the problem.
2. Determining the cause of the target that results in the problem. The research question will reflect the origin of the problem, how to directly solve the problem, and select alternatives for the problem in order to set new targets to solve all the problems.

3. Focusing on the target that may help solve all the problems parallel to designing ways to solve the problem, which be regarded as analyzing the problem being researched and selecting the root cause of the problem. Next comes the planning of the research where theories, academic quotes, technical methods and empirical data will be selected for use to initiate the scope of thought.

Development of the Research issue through integrated system along line with the Noble Truth

Research events that relate to human or explaining human behavior with whichever principal used is referred to as social research. Therefore, social researches are linked to human being no matter if the research related to human being comes in the form of a research for social or science or health or technology.

The Noble Truth are 4 undeniable facts of human nature. The way of the Noble Truths is approached by cause and effect. Venerable Phrapromkunnaporn (Prayuth Prayutto) had summarized this idea in the book *Methods of Thinking* in accordance with Buddhist Teachings which can identify the analysis of the Noble Truth into 2 groups for relevance of integration and Development of the Research issue purpose, as follows:

Pair No. 1

Suffering is the result. In the research, the problem of the research is the unfavorable condition that is not wanted. It is what the researcher must research to find out and understand and clearly distinguish the causes of the problem.

Suffering Origin is the cause. In research, this is the cause of the problem which originates this research. It is what must be solved.

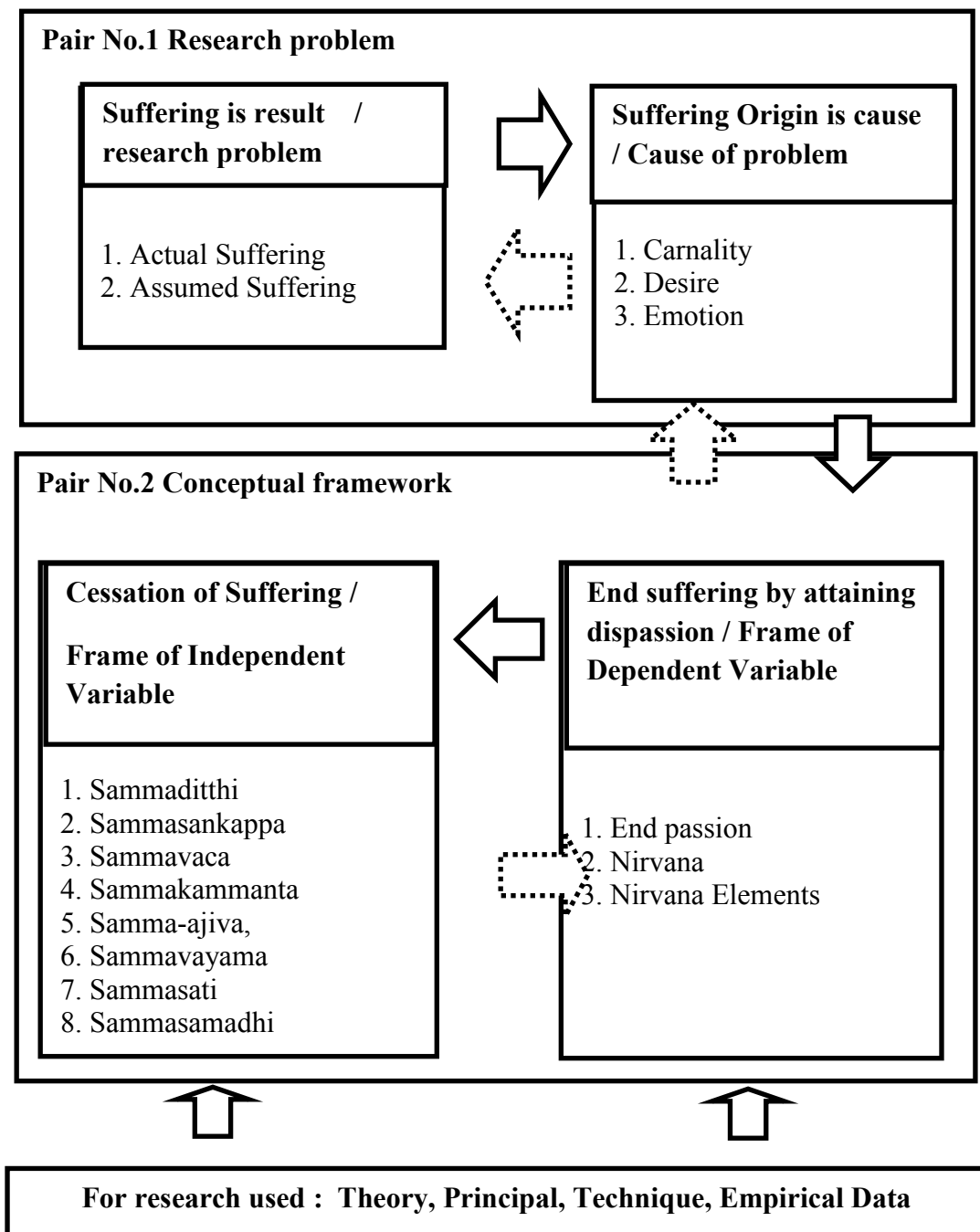
Pair No. 2

End Suffering is the result. It is the point where the problem is solves, suffering is cured. For research, it is the Dependent Variable or the target that must be accomplished and end the problem being researched about.

Way to End Suffering is the cause. It is the method or procedure to end suffering. In research, it is the Independent Variable or the method used to reach success and fulfill the target.

Model for Integration of Research issue with the Four Noble Truth method to solve the problem. Reality is what has been attempted with the use of wisdom. The aim for doing a research is to find facts to help solve the problem through a sequence of system, data analysis, interpreting results and progressing to new knowledge.

Model for Integration of Research issue with the Four Noble Truth



The Noble Truth are the 4 realities of life starting from suffering, like the research that starts from the unfavorable conditions which destine towards having to change the unlikely condition and solve the problem. Therefore, when suffering occurs or when a problem is learned, attempts must be furthered to study, understand and categorize the components of suffering or the problems for the research clearly. From here, consider for the cause of suffering or the cause of the problem is inserted to identify the true cause.

Summary

Developing the Research issue through an integrated approach in accordance with the Four Noble Truths consist of:

“Suffering” that could be compared to “the problem being researched”. It is what must be known to understand the reality of the problem and clearly identify the components of the problem. Points of problem of the research consist of 2 components, namely the actual problem that really occurred at present where the problem that has already occurred or the status of the suffering which is unavoidable and the problems actually caused by us or the assumed suffering which is the problems created by our minds from external factors, which in turn becomes a part of us as the 5 hindrances. Wiseman will seek ways of avoidance which is like developing a Research issue which must be a good one to be able to develop from the suffering and see from the actual reality.

“Suffering Origin” or the cause of suffering. This is compared to the purpose of the research. In research, it is the point to be considered as the cause of the suffering or problem and must be categorized into its sources of cause.

“End Suffering” is the cure to suffering. It is compared to the Dependent Variable in the research when all various problems are totally solved by solving the actually cause of the problem. It is going back to the origin of the problem for solving by adopting related theories and assumptions.

“Way to End Suffering” is the approach to cease suffering. It is compared to the Independent Variable in the research or the method or the approach destined towards the point where there will be no problems. In the Buddhist religion, it is the practice to end all sufferings.

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