

Application of Mindfulness Meditation with Dhamma Song For Senior Practitioner: A Case Study of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya

¹Kriangrit Supavanichyanon, ²Phra Medhivajarpundit and ³Phramaha Weerasak Abhinandavedi (Sangphong)

^{1,2,3}International Buddhist Studies College, Mahachulalongkornrajavidyalaya University.

¹Corresponding Author's Email: tukta44@hotmail.com

Received: May 16, 2024; **Revised:** August 11, 2024; **Accepted:** August 16, 2024

Abstract

This research article has three objectives as follow: 1) To study the practice and the problem of Mindfulness meditation for senior practitioners. Case Study Of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya. 2) To study the mindfulness meditation with Dhamma song according to music therapy for senior practitioners. Case Study Of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya And 3) To apply the mindfulness meditation with Dhamma Song for senior practitioners. Case Study Of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya. This research is utilizing a mixed-method research approach, combining Quasi-Experimental and Qualitative Research methodologies, by selecting the sampling group of 16 key informants from the population who are senior practitioners and attended one day mindfulness meditation course at Buddhamahametta Foundation. The research tools are the questionnaire of the Thai Mental Health Indicator – 15 (TMHI – 15) which submitted to the sampling group before and after taking the one-day mindfulness meditation course and in-dept interview to collect the answer covering the objective of the research. After successfully collecting and organizing the data from the questionnaires, the research team utilized statistical software for social science analysis to examine the pre-test and post-test results related to mental health. Additionally, the data analysis for in-depth interviews was conducted using content analysis techniques to interpret the information gathered. To ensure quality, statistical methods such as the dependent T-test and Wilcoxon Signed Ranks Test were employed to compare the mean values of mental health outcomes in the qualitative research.

The result of research can be found that 1) The results highlighted the physical sensations and mental suffering experienced by some individuals, particularly the elderly or those with physical discomfort. These challenges include difficulties with mobility, sitting for extended periods, and maintaining focus during activities such as meditation. 2) Practicing mindfulness meditation with Dhamma songs can enhance relationships within families and communities, as well as improve both physical and mental health. Senior practitioners find that engaging in mindfulness meditation, guided by the lyrics of Dhamma songs, provides comfort and helps them connect more deeply with the teachings of the Buddha. 3) The application of mindfulness meditation with Dhamma songs significantly improved the mental health of senior practitioners, embracing these practices with consistency and readiness, practitioners can experience numerous benefits, including enhanced mental well-being and deeper spiritual connections.

Keywords: Mindfulness Meditation; Dhamma Song; Senior Practitioner; Music Therapy; Buddhamahametta Foundation

Introduction

In the world today, mindfulness meditation is something that every Buddhist should pay attention to. Buddhism is a religion of peace and happiness for all humanity, regardless of gender or age. In this research, the researcher emphasizes the importance of mindfulness for the senior practitioners. As people age, their physical bodies deteriorate over time, and illnesses can affect their mental well-being. Therefore, it is essential to provide suitable forms of mindfulness for the elderly. These practices should strengthen their spirits, add happiness to their lives, and help them not overly focus on their physical ailments. It is crucial to design mindfulness practices tailored to the elderly, as they can accept the truths of life and let go of various sufferings. Incorporating Buddhist teachings into these practices can be beneficial for the elderly to come to terms with the realities of life and release their suffering. Using Buddhist chants and scriptures in mindfulness practices can help the elderly find happiness, relaxation, and prevent excessive stress.

Mindfulness meditation is a practice that fosters present-moment awareness and non-judgmental acceptance, known to reduce stress and improve mental clarity. The Satipatthana Sutta, an essential teaching in Theravada Buddhism, outlines mindfulness meditation through four foundations: body, feelings, mind, and mental objects. By cultivating mindfulness in these aspects, practitioners develop insight, the seven factors of awakening, and seek liberation from suffering. This practice is highly respected as a practical guide for spiritual development in Buddhism and has gained popularity in secular contexts for its benefits in overall well-being (Thera, 1994).

"Mindfulness Meditation with Dhamma Song" is a user-friendly meditation practice tailored for easy access to the Dhamma teachings, making it especially suitable for senior practitioners. This practice integrates mindfulness meditation with the teachings of Buddhism, conveyed through the lyrics of Dhamma songs. Its benefit can be described as the benefit of Music Therapy as follows:- 1) reduce anxiety 2) Reduce Depression and 3) Reduce Stress (Klemm, 2022). In addition, Arnaud Cabanac and colleagues found a significant correlation between listening to pleasant music and better academic performance among students. (Thorsen et al., 2013).

In this approach, senior practitioners contemplate specific Dhamma teachings during their meditation sessions, fostering a deeper understanding of these principles and their relevance to daily life. The practice also involves developing insight (Vipassana) by mindfully observing the impermanent nature of all phenomena, leading to profound insights into reality. Moreover, practitioners focus on cultivating virtues such as compassion, loving-kindness, and equanimity, extending these qualities to themselves and others. Additionally, they may aim to deepen their concentration (samadhi) during meditation, fostering profound experiences and insights supported by a strong foundation in mindfulness.

The Objective of the Research

1. To study the practice and the problem of Mindfulness meditation for senior practitioners. Case Study Of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya.

2. To study the mindfulness meditation with Dhamma song according to music therapy for senior practitioners. Case Study Of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya.

3. To apply the mindfulness meditation with Dhamma Song for senior practitioners. Case Study Of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya.

Research Methodology

This research is concerned to the PhD dissertation in the title of Application Of Mindfulness Meditation With Dhamma Song For Senior Practitioner: A Case Study Of Buddhamahametta Foundation, Chiangrak Noi, Phra Nakhon Si Ayutthaya and received the certification of Research Ethics No. MCU 8007/R496 from Buddhist Research Institute of MCU on 26 December 2023. The research has the principal of the mixed method research which consisted of the following steps:-

Step 1 : Documentation Study The research is the mixed method research which consisted of Quasi-Experimental Research and Qualitative Research as follows: - 1) Quasi-Experimental Research which will use the questionnaire of the Thai Mental Health Indicator – 15 (TMHI – 15) of Department of Mental Health before and after taking the one-day meditation course at Buddhamahametta Foundation, Chiangraknoi, Ayutthaya province to study the mental health of the selected group in the research. And 2) Qualitative Research which is the study of the fundamental principles in the Tipitaka (Practice of Insight Meditation for Mental Development), theoretical concepts in mental health development, methods of practice in Insight Meditation based on the fundamental principles in Thailand, and the effectiveness of practicing Insight Meditation for the selected group.

Step 2 : Field Study In this research, One day meditation course at Buddhamahametta Foundation for senior practitioners to attend as the sample group.

Step 3 : Key Informant The term "key informants" in this study refers to a group of academics who will be interviewed and used to practice the mindfulness meditation for choosing key information in order to get the most detailed and up-to-date data and information. A set up 8 Vipassana masters and professors for focus group discussion to give the comment and appropriate in this research. And 16 person made up for participate in the meditation course at Buddhamahametta Foundation

Step 4 : Research Tools Questionnaire and In-depth Interviews

1. Questionnaire of before and after attending the one-day mindfulness meditation course by separated to two parts as follows: - Part I: General data of practitioner such as status, sex, age, educational level, frequency of taking meditation course. And Part II: Thai Mental Health Indicator – 15 (TMHI – 15) of Department of Mental Health

2. In-depth Interviews. The researcher set up the Open-ended questionnaire for in-depth interviews by the following step of the research tool's investigation: -

1) Draft the questionnaire to align with the objectives and guidelines studied from relevant documents and research.

2) Submit the questionnaire to the advisor for content validation.

3) Take the questionnaire back and make improvements according to the advice given by the advisor.

4) Present a draft of the research tool to the thesis advisor and 6 experts for review and refinement based on their recommendations.

5) Submit the draft questionnaire to the project advisor for feedback and make improvements accordingly shown as the IOC form. Then, send it to experts for validation of content accuracy

6) The researcher assessed the reliability of the self-created questionnaire by determining the Cronbach's alpha coefficient using social science statistics. The obtained reliability coefficient was more than 0.5, indicating a high level of reliability for the questionnaire.

Focus Group Discussion The researcher arrange the focus group discussion by inviting 8 vipassana master and professor to give the comment about the research.

Step 5 : Data Collection The researcher has conducted data collection with the following steps:-

1) Submit a request letter to obtain permission for research data collection from the Director of the International College of Buddhist Studies, sent to the Buddhamahametta Foundation.

2) Distribute questionnaires to the sample group before and after participating in the one-day Mindfulness Meditation Course with a team of research assistants assisting in the process and collect data, including in-depth interview data (open-ended).

3) Take the collected data for statistical analysis and processing using specialized software such as Excel.

4) Set up the focus group discussion to approve the appropriate of the research and give recommendation.

Step 6 : Data Analysis

1. The statistics used for analyzing

The questionnaire data, after successfully collecting and organizing the data from the questionnaires, involve data analysis using a computer with statistical software for social science research, as follows: -

1) Using Descriptive Statistics to explain the general characteristics of selected group and clarify the level of mental health development of them. The statistics which used in the study are frequency, percentage, mean and standard deviation. The criteria for considering the analysis of the mean (Mean) and the calculation of the standard deviation (S.D.) involve setting the criteria for mean scores into 5 levels as follows:

Range of the mean	Translation of Meaning
4.51 – 5.00	Most
3.51 – 4.50	Much
2.51 – 3.50	Average
1.51 – 2.50	Less
1.00 – 1.50	Least

2) The researcher analyzed data from open-ended questions by converting them into frequencies and percentages using content analysis techniques

2. The data analysis of in-depth interviews

The data analysis of in-depth interviews involved using content analysis techniques to analyze the information obtained through in-depth interviews. Quality assurance methods included using statistical methods such as dependent t-test and Wilcoxon Signed Ranks Test in qualitative research to analyze data for comparing the mean values of mental health as the following steps:-

1) Seek advice from the thesis advisor and experts to review the tools that have been developed.

2) Take the interviews with key informants and make adjustments for conducting in-depth interviews with the key informants.

3) Gather data from general questionnaires, mental health assessments in the Thai population, and in-depth interviews for the purpose of data analysis and summarization through narrative writing..

Step 7 : Presentation of the Research Results. Presenting a combination of categorization, classification, analysis, synthesis, and integration to create a new knowledge innovation. Specifically, it includes explaining, interpreting, and utilizing the collected data to develop a mindfulness practice process that is suitable for elderly practitioners and adapted to the modern era. The results will be published and disseminated through printed documents or online media.

Result of the Study

Based on Objective 1 The result of research has found that the result of the demographic characteristics of the sample group, which consists of 16 senior practitioners with a history of participating in over 10 meditation courses. Among them, 75% were female and 25% were male. Regarding age distribution, the majority fell within the 61-65 age range (50%), followed by those over 70 years old (25%), 66-70 years old (18.75%), and 60 years old (6.25%). Concerning sources of income, the majority were retired government officials (25%) and business owners (56.25%), with smaller proportions from housewives (6.25%) and inheritance (12.50%). In terms of educational background, 31.25% had education levels below a bachelor's degree, 56.25% held bachelor's degrees, and 12.50% possessed master's degrees. And the results of research in the part of the practice and the problem of Mindfulness meditation for senior practitioners. The research has summarized the concerned literature that Mindfulness Meditation finds its roots in the Satipatthana Sutta (M I 55), a foundational Buddhist discourse emphasizing the Four Foundations of Mindfulness. By cultivating awareness in the realms of the body, feelings, mind, and mental phenomena, practitioners gain profound insights into the impermanence, unsatisfactoriness, and non-self-nature of existence. This practice, as outlined in the Satipatthana Sutta, leads to the development of wisdom and insight crucial for enlightenment and liberation from the cycle of suffering. And The result of whole key informants informed in the two sights of physical sensation and mental suffering. The sight of physical sensation describes the challenges and limitations some individuals, particularly the elderly or those with physical discomfort, may face when it comes to mobility, sitting for extended periods, and maintaining focus during activities like meditation. It can be described as the following items:

1) Physical Limitations: Issues such as knee pain, leg discomfort, and fatigue can hinder mobility and make prolonged sitting or walking difficult.

2) Preference for Low Leg Lifting Activities: There is a preference for routines that don't involve excessive leg lifting to accommodate physical limitations.

3) Need for Comfortable Seating: Comfortable chairs are essential for those who struggle with sitting for long periods, especially individuals with knee problems or physical discomfort.

4) Importance of Mindfulness: Cultivating mindfulness, even during activities like sleep or meditation, can help manage physical discomfort and maintain focus.

5) Moderation in Practice: Consistent practice, in moderation, can lead to tranquility and confidence, but it's essential to consider individual limitations and adjust accordingly.

6) Awareness in Movement: Maintaining awareness and focus during movement, such as walking, can prevent accidents or discomfort, especially for those with unreliable legs or vision impairments.

7) Individual Differences: The ability to handle certain activities may vary depending on an individual's mindset, physical condition, and consistency in practice. Overall, it is crucial to acknowledge and accommodate physical limitations while incorporating mindfulness practices to promote well-being and comfort.

And the result of the other sight of mental suffering indicated as:-

1. Preparation and Openness in mind: the practitioners should have no mental or spiritual resistance before meditation, pays respects to the Supreme Patriarch and then finding that contemplation opens the mind.

2. Perspective on Challenges: These can be noted in 1) the acknowledges that reassurance about not falling is not always enough and the worry of walking can be more

troubling. 2) Embraces a mindset of no problems, worries, or concerns, expressing a desire for a peaceful life.

3. Mental State and Peaceful: The comments are such as 1) Describes a restless and unsettled mental state, lacking sufficient concentration for tranquility and 2) Highlights the impact of meditation in alleviating mental and physical suffering.

4. Physical Benefits of Meditation: The details of this issue are 1) Details the positive effects on physical well-being, including relief from fatigue, leg pain, and knee discomfort. And 2) Separating mind and body leads to happiness without reliance on external sources.

5. Elderly Practitioners and Dharma Impact: The key informants gave comments in these topics as follows: - 1) Elderly individuals, through accumulated practice, generally fare well. 2) Meditation helps with family and economic dynamics, fostering compassion and empathy. 3) Retirement provides more time for meditation, contrasting with challenges during working years.

6. Time and Mindfulness: 1) Free time allows for more meditation at home. 2) Recognizes the importance of mindfulness in preventing mental issues and promoting good concentration.

7) Challenges and Frustrations: The key informants gave details of this items as 1) Describes occasional release of consciousness and losing awareness during meditation. 2) Acknowledges the tendency to reminisce about the past, especially concerning family and responsibilities. 3) Expresses feelings of frustration and restlessness, leading to boredom and reluctance to continue meditation practice.

8) Positive Motivation: Emphasizes a positive correlation between consistent practice and growing love for the Buddha. For the result of the relationship for family and friend , it can be noted that practicing meditation and Dhamma positively influence family relationships by fostering better communication, self-reliance, and mindfulness in daily interactions, leading to a more harmonious and fulfilling family life. The practicing Dhamma and mindfulness positively impact relationships by fostering understanding, gratitude, and support among family and friends, creating harmonious and supportive social networks.

Based on Objective 2 The result of research has found that the benefits of the mindfulness meditation with Dhamma song from the whole group of key informants as follows:-

1. Benefits of Dharma Music and Mindfulness Practices: Finding happiness and peace without relying on external factors, reducing stress and worry, leading to greater happiness and balance, accessing Dharma teachings more easily and deepening understanding, cultivating better awareness, mindset, and mental health, and enhancing emotional well-being, compassion, and flexibility.

2. Transformation and Personal Growth: Journey from initial discomfort to profound transformation, Perseverance leading to ease, tranquility, and inner peace, Fostering kindness, compassion, and reverence towards others, and Understanding the value of forgiveness, inner happiness, and societal contribution.

3. Physical and Emotional Benefits: Physical benefits of walking, exercising, and avoiding prolonged sitting, Emotional benefits of feeling serene, grateful, and compassionate and Strengthening the mind, fostering resilience, determination, and warmth.

And the result of research in the part of Dhamma teaching to support the mindfulness meditation for senior practitioners are noted that :-

1) Khanda 5: Impermanence and Aging: Recognition of impermanence in physical bodies and navigating aging with stability and confidence.

2) Buddhanussati and Compassion: Cultivating loving-kindness towards the Buddha helps in developing compassion towards others, and Mindfulness and awareness lead to steadfast mindfulness and relaxation of the mind and compassion in Bramavihara 4.

3) Compassion and Mindfulness Practice: Teaching compassion fosters love for the Buddha and leads to understanding the Dharma better, and Practicing mindfulness and concentration are fundamental for true merit and understanding.

In conclusion, the collective insights from the group of key informants highlight the manifold benefits of mindfulness meditation with Dhamma music. These include finding happiness and peace independent of external factors, fostering personal growth, experiencing physical and emotional well-being, and deriving value from Buddhist teachings. The research underscores the significance of mindfulness, compassion, and inner peace in navigating life's challenges, recognizing impermanence, and embracing the transformative power of meditation. The key informants stress the importance of applying these teachings in daily life, emphasizing patience, peacefulness, and compassion as integral aspects of the journey toward understanding and contentment.

Based on Objective 3 the result of research has found as the following details:-

1. The result of Quasi-Experimental Research. The result of comparison of pre-test and post-test of mental health scores by using the criteria score >42 from Thai Geriatric Mental Health Assessment Tool (T-GMHA-15) to analysis the mental health of senior practitioners for applying the mindfulness meditation with Dhamma Song for senior practitioners.

Mental Health	Pre-test			Post-test		
	Below Normal ≥ 42	Normal 43-49	Above Normal 50-60	Below Normal ≥ 42	Normal 43-49	Above Normal 50-60
# Practitioners	3	7	6	-	2	14
Percentage (%)	18.75%	43.75%	37.50%		12.50%	87.50%

Table 1: Pre-test and post-test of Mental Health Scores: Group Comparison

From Table 1, the research findings reveal that in the pre-test, 3 senior practitioners (18.75%) scored below normal, 7 (43.75%) scored within the normal range, and 6 (37.50%) scored above normal. In the post-test, none scored below normal, 2 (12.50%) scored within the normal range, and 14 (87.50%) scored above normal. Thus, after participating in mindfulness meditation with Dhamma songs, all senior practitioners achieved scores at or above the normal range, indicating improved mental health for all individuals.

Comparison	Pre-test		Post-test		T-test	p-value
	Mean	D	Mean	D		
Score	47.44	6.9471	55.13	4.3951	6.37098	0.00001

Table 2: The result of comparing the difference in average scores of mental health status before and after practicing mindfulness using a dependent t-test

For Table 2: The analysis of the data reveals the following results: The average score of the sampling group in the pre-test was found to have a mean of 47.44 with a standard deviation of 6.9471, while in the post-test, the mean was 55.13 with a standard deviation of 4.3941. This decrease was statistically significant at a p-value of less than 0.05, with a t-value

of 6.37098 (p-value = 0.0001). These findings indicate that mindfulness meditation with Dhamma songs leads to a significant increase in the mental health of the elderly.

2. Result of the Qualitative Research For this session, the result concerned to the particularly activities of 1 day mindfulness meditation course at Buddhamahametta which consisted of 1) Walking meditation, distance 1-2-3 2) Walking meditation with Dhamma Song 3) Slowly bowing the Buddha 4) Matching spreads kindness 5) Session : “The Law of Karma” and 6) Session : “Parent Appreciation” can be summarized as follows:-

The research findings overwhelmingly support the appropriateness of applying mindfulness meditation with Dhamma song for senior practitioners. The practice is seen as highly beneficial, alleviating loneliness, calming the mind, and fostering spiritual growth. Dhamma music serves as a powerful tool for mental cultivation, promoting happiness, peace, and deeper connection with Buddhist teachings. It is especially suitable for seniors, providing gentle methods to cultivate mindfulness and compassion.

Moreover, The collective insights from the group regarding walking meditation, walking meditation with Dhamma song, and slowly bowing to the Buddha underscore their suitability and benefits for elderly individuals. These practices promote mindfulness, balance, and inner peace, offering physical and mental benefits while fostering compassion and reverence. Walking meditation with Dhamma song provides relaxation, happiness, and accessibility, while slowly bowing to the Buddha cultivates respect, merit, and a deep connection to Buddhist principles. As KI12 noted that “walking meditation with Dhamma song make me feel relax the mind and have more compassion” and KI14 informed that “Slowly bowing brings a sense of solemnity and shows our intention to be present in front of the Buddha and it’s done with a pure heart”. Overall, these practices offer gentle yet profound methods for spiritual cultivation and well-being in older practitioners. The group highlighted the transformative power of spreading kindness and compassion, emphasizing its benefits for personal well-being, familial harmony, and societal welfare. They also underscored the significance of understanding and adhering to the law of karma, promoting moral values and ethical conduct for spiritual and intellectual growth. Furthermore, they stressed the importance of appreciating parents, advocating for activities that foster gratitude, reflection on parental virtues, and positive interactions to strengthen familial bonds and contribute to a more empathetic society. Overall, the focus lies on cultivating kindness, morality, and gratitude to create a more harmonious and compassionate world.

And the group identified challenges faced by senior practitioners in promoting mental well-being and proposed solutions such as guided practice, mindful walking, and incorporating music to alleviate discomfort. They aimed to achieve a lighter mind through mindfulness meditation with Dhamma songs, seeking benefits like emotional comfort, family empathy, compassion cultivation, and liberation of the mind. The recommended practice showed calming effects, physical benefits, mental development, receptivity to teachings, and emotional resonance, leading to improved physical and mental health. Overall, mindfulness meditation with Dhamma songs was seen as a holistic approach to promoting well-being in both body and mind for senior practitioners.

Discussions

Discussions of research findings can be described according to the objectives as follows: -

1. Based on the finding of the 1st objective, It was found that the study underscores the significant benefits of mindfulness meditation for seniors, including improved physical comfort, mental peace, and social relationships. However, challenges such as physical limitations and consistency issues must be addressed. Strategies for overcoming these obstacles, maintaining a positive mindset, and tailoring meditation practices to individual needs

are crucial. Integrating mindfulness into healthcare settings could enhance well-being for elderly individuals. This issue is related to Nurumon Jiwattanasuk (2021) 's dissertation in the title of A Process of Development for Peaceful Well-Being of Meditation Practitioners Through Buddhist Peaceful Means; A Case Study of Buddhamahametta Foundation, Chiang Rak Noi, Phra Nakhon Si Ayutthaya which the research findings indicate that meditation, specifically through mindfulness-based interventions, can present challenges like stress, anger outbursts, and emotional disturbances. And Michelle Brown (2018)'s dissertation in the title of Mindfulness Meditation: A Self-Awareness Approach to Weight Management which this project develops a weight management program to improve the quality of life, productivity, and reduce chronic illnesses, and Mindfulness meditation is highlighted as a key self-awareness tool for sustainable weight loss. Overall, mindfulness offers promising avenues for promoting the holistic well-being of seniors, but tailored approaches and supportive environments are essential for its effective implementation.

2. From the research result of the 2nd objective, the study underscores the manifold benefits of mindfulness meditation with Dhamma music for senior practitioners. Key informants highlight emotional, mental, and physical well-being, as well as personal growth and the value derived from Buddhist teachings. The practice leads to a transformative journey, fostering inner peace, kindness, and compassion. The influence of revered figures, particularly monks and Lord Buddha, is evident in promoting patience and a peaceful mindset. Practical application in daily life is emphasized, contributing to problem-solving and mental adjustments. This topic is related to the research of Raymond Payton (2019) in the title of Music Therapy Effects on Social-Communicative Response of Children with Autism Spectrum Disorder which discusses the strengths of a project study focused on addressing the social communicative needs of students with Autism Spectrum Disorder (ASD) . And Kerry L. Byers (2012) studied the research namely A Philosophical Inquiry Of Music Therapy: Seeking Points Of Unification which found that Music therapy is a diverse and complex profession that lacks a unified definition or theory to bind its various approaches. Overall, the integration of mindfulness with Dhamma music offers holistic benefits, enhancing understanding of inner peace and contentment through the lens of Buddhist teachings and practices.

3. From the research outcome of the 3th objective, It was found that the application of mindfulness meditation with Dhamma songs, especially in conjunction with music therapy, offers profound benefits for senior practitioners. These practices alleviate loneliness, promote spiritual growth, and foster inner peace. Walking meditation with Dhamma songs and slowly bowing to the Buddha are particularly suitable for the elderly, providing physical, mental, and spiritual benefits. Challenges faced by senior practitioners can be addressed through guided practice and cultivating a generous mind. This holistic approach emphasizes not only techniques but also attitudes conducive to well-being. This issue is related to the dissertation of Rebecca Zarate (2012) namely The Sounds of Anxiety: A Quantitative Study of Music Therapy and Anxiety which evaluated the effectiveness of music therapy clinical improvisation in treating anxiety symptoms and Effects of music on well-being and mental-health, University of Barcelona, 2022 by Lander Román (2022) which indicated that Music has the potential to be a powerful tool in addressing global mental health challenges. It can provide discipline, socialization, cognitive improvement, and act as a medical tool for mental health and other health issues. Overall, incorporating music into mindfulness practices offers a universal method for promoting health and happiness among seniors.

New Knowledge gained from the research

The knowledge from this research can be emphasized as

1. Spreading Kindness: Encouraging kindness fosters a supportive and caring community, which is beneficial for both individuals and society.

2. Understanding the Law of Karma: Awareness of karma encourages ethical behavior and mindfulness of one's actions and their consequences. And Appreciating Familial Bonds: Strengthening family ties through mindfulness practices enhances emotional support and overall well-being.

Conclusion

The study shows that Dhamma and mindfulness practices greatly benefit senior practitioners. Even though they face challenges like physical limitations and time constraints, they find that being prepared, open, and consistent with meditation is crucial. These practices improve their physical comfort and mental peace, and also strengthen their family and social relationships. By promoting better communication and understanding through gratitude and shared beliefs, mindfulness helps them experience more peace, satisfaction, and connection with others. The study on mindfulness meditation with Dhamma songs, based on music therapy for senior practitioners, highlights many benefits. It shows that this practice helps people find joy and peace, regardless of their circumstances. It supports personal growth, improves both physical and emotional health, and deepens understanding of Buddhist principles. The research emphasizes how mindfulness, empathy, and inner calm are important for dealing with life's challenges and changes. Key informants recommend using these teachings in everyday life and developing patience, calm, and compassion as key elements for finding understanding and fulfillment. In summary, the research shows that mindfulness meditation with Dhamma songs is very effective for senior practitioners. It helps reduce loneliness, calm the mind, and support spiritual growth. Recommended practices like walking meditation and bowing to the Buddha are gentle but powerful ways to improve both physical and mental well-being. The focus on spreading kindness, understanding karma, and valuing family bonds also helps make the world more compassionate and harmonious. Even though there are challenges, solutions like guided meditation and mindful walking offer practical ways to boost mental health for seniors. Overall, mindfulness meditation with Dhamma songs is a great way to promote kindness, morality, and gratitude, leading to a more caring society.

Recommendations

Regarding to the result of the research, the research would like to present the suggestion as follows:-

1. The recommendation from the the research

According to the result of research, the researcher found that senior practitioners like to practice the mindfulness meditation with Dhamma Songs because they can practice easily and continuously without any suffering, so the organization concerned to the senior people such as elderly center, temple could bring the program to add in the meditation course in order to improve mental health of senior practitioner.

2. The recommendation for the further research

For the topic in the further research, the researcher suggested that it could be as follows:-

2.1 Development of cultivating Law of Karma awareness for adolescent practitioners.

2.2 Application of mindfulness meditation with Dhamma songs for adolescent practitioners.

References

- Brown, M. (2018). *Mindfulness Meditation: A Self-Awareness Approach to Weight Management*. Doctoral dissertation of Nursing Practice. Walden University.
- Byers, K. L. (2012). *A Philosophical Inquiry of Music Therapy: Seeking Points of Unification*. Doctoral dissertation of Music. The University of Western Ontario.
- Jiwattanasuk, N. (2021). *A Process of Development For Peaceful Well-Being of Meditation Practitioners Through Buddhist Peaceful Means: A Case Study of Buddhamahametta Foundation, Chiang Rak Noi, Phra Nakhon Si Ayutthaya*. Doctoral dissertation of Philosophy (Peace Studies). Mahachulalongkornrajavidyalaya University.
- Abby K. (2022). 9 Benefits of Music Therapy. *Choosing Therapy*. Retrieved 20 October 2022 from <https://www.choosingtherapy.com/benefits-of-music-therapy/>
- Thera. N. (1994). Satipatthana Sutta: The Foundations of Mindfulness. Retrived 3 January 2024 from <https://www.accesstoinight.org/tipitaka/mn/mn.010.nysa.html>
- Payton, R. (2019). *Music Therapy Effects on Social-Communicative Response of Children with Autism Spectrum Disorder*. Doctoral dissertation of Education. Walden University.
- Román, L. (2022). *Effects of music on well-being and mental-health*. Research Work. University of Barcelona.
- Thorsen, S. et al. (2013). The predictive value of mental health for long-term sickness absence: the Major Depression Inventory (MDI) and the Mental Health Inventory (MHI-5) compared. *BMC Medical Research Methodology*. 13(115), 1-3.
- Zarate, R. (2012). *The Sounds of Anxiety: A Quantitative Study of Music Therapy and Anxiety*. Doctoral dissertation of Philosophy. Lesley University.