

A Conceptual Model of Buddhist Dhamma Gīta for Healthy Mind Enhancement

Phra Woraponte Tanpoonkiat

PhD Candidate, International Buddhist Studies College,
Mahachulalongkornrajavidyalaya University

Received: May 24, 2023 Revised: February 21, 2024 Accepted: May 14, 2024

Abstract

The paper studies the Buddhist Dhamma Gīta to present a Conceptual Model for Healthy Mind Enhancement to provide the solution for the population with increasing mental health issues especially from the Covid-19 outbreak. The main objective are firstly to study the healthy mind concept using the Buddhist Dhamma Gīta and subsequently, present the conceptual model for healthy mind enhancement. This paper's methodology is qualitative research, which includes a literature review and a field study, and is based on the following objectives.

The research findings emphasize the use of Buddhist Dhamma Gīta, or Dhamma songs, as a means to enhance a healthy mind. A conceptual model is presented, integrating Dhamma Gīta into meditation and spiritual practices within Theravada Buddhism. Dhamma Gīta is found to promote mindfulness, improve focus, and cultivate positive emotions. It offers convenience and accessibility, making it beneficial for individuals with limited time and health constraints. The model includes practices such as mindfulness, stress management, and relaxation exercises, along with social support and increased awareness about mental health. Implementations include online platforms, videos, and audio resources to facilitate easy access. Dhamma Gīta is seen as a powerful tool for enhancing mental well-being, understanding Buddhism, and fostering spiritual growth.

In general, the study results indicate that Dhamma Gīta holds great potential as a valuable resource for individuals on their path to achieving a sound mental state, enlightenment, and relief from suffering. It assists in comprehending Dhamma, encourages mindfulness, fosters virtuous qualities, and supports spiritual development. The conceptual model offers a structure for utilizing Dhamma Gīta to improve mental well-being and gain insights into Buddhist teachings.

Keywords: Buddhist, Dhamma Gīta, Healthy Mind, Conceptual Model

Introduction

In 2015 World Health Organization estimated that roughly 322 million people worldwide, or 4.4 percent of World's population, suffer from depression annually. (WHO, 2017) World Psychiatric Association Commission (Lancet) has presented depression as a common serious threat but it has been poorly acknowledged and understood health conditions. (Helen et al., 2022) The Lancet study shows depression to be the cause of distress, social and economic productivity problems, and premature mortality. Several studies have found that one of the causes of mental health disorders is the heavy usage of social media which has shown a concerning and increasing trend.

According to the Arnaud.Cabanac et, al. (2013) study, pupils do better on academic tests when they listen to nice music. Students with music courses in their curriculum had higher average grades than students who did not have music as an elective course. The study has a high statistical significance. The findings demonstrate that music has a relationship to cognition, but they do not suggest causality or that people get better grades because they practice music. This study's findings are consistent with earlier findings, indicating that music assists pupils in holding conflicting knowledge despite the stress produced by cognitive dissonance generated by this contradictory knowledge.

In *Satipaṭṭhāna* Sutta, being able to sustain concentration is the key component in practicing mindfulness (Vipassana) meditation. (M I 55) Thus, incorporating Dhamma Gīta can have a high potential in assisting meditation practitioners for a better mental health and Buddhist Vimutti which has concentration as one of the key components and is the path for liberation from rebirth. A Harvard researcher, Gaelle Desbordes, (2012) has conducted a research, showing the beneficial effects of mindfulness meditation and mind management, especially when having to cope with dramatic and emotional events. The study's MRI scan shows there is less amygdala activation when the brain reacts to emotional contents. The research also reveals that meditation can boost body awareness and provide an effective improvement for clinically depressed patients.

The objective of the paper will be the study of the advantages and practices of Dhamma Gīta for Healthy Mind will be the primary emphasis of this research article, which will subsequently investigate, construct, assess and present the most appropriate conceptual model of mindfulness course. The course will be intended to fit the majority of practitioners who want to enhance their mental health, be healed of depression, and achieve serenity and Nibbana. The research questions will formulate according to the primary goal which will be to deliver simple, accessible, and practical solutions for a fast-paced culture.

Research Objective

1. The Buddhist Dhamma Gīta for enhancement of a healthy mind.
2. To present a conceptual model of Buddhist Dhamma Gīta for healthy mind enhancement.

Research Methodology

The methodology of this dissertation is qualitative research including the literature review and field study, based on the following objectives, namely: (1) to study the Buddhist Dhamma Gīta for Enhancement of Healthy mind, and (2) to present a conceptual model of Buddhist Dhamma Gīta for healthy mind enhancement.

The goals of this study will be to evaluate the therapeutic impacts of Dhamma Gīta on the practitioners' Vipassana meditation course experience. This research project will employ qualitative methods. Field studies will be the in-depth interview and the Focus Group of experts from various fields who come to experience the pilot meditation survey.

The interviews will be formulated based on the list of questions shown below:

1. How will Dhamma Gīta improve the meditation and dhamma learning experience for the practitioners?
2. How will Dhamma Gīta promote the Four sublime states of mind (Brahmavihāra) practice, namely: - loving kindness (mettā), compassion(karuṇā), sympathetic joy (muditā), and equanimity (upekkhā), compassionate practice and Recollection on the Buddha (Bhuddhānusati)? How will incorporating music into dhamma promote a compassionate environment for Brahmavihāra 4 practice, compassionate practice and Bhuddhānusati?
3. How will Dhamma Gīta increase the efficiency of meditation, including knowledge grasping, in terms of accessibility, time and convenience?
4. How will music help to accommodate Vipassanā meditation via on-site and online course experience?
5. By using Dhamma Gīta, how will this help the practitioners to understand dhamma given their learning pace and health condition?
6. By Dhamma Gīta into meditation courses, how much convenience will this bring for online and offline teaching given limitations such as time, health conditions and financial constraints?
7. By Dhamma Gīta, what goals can be obtained for practitioners, content creators and religious teaching coordinators?
8. In what ways should we create a conceptual model of Buddhist Dhamma Gīta for healthy mind enhancement?

9. Any Suggestions?

Result

Summary of the key informants' responses regarding Dhamma Gīta:

According to the Objective 1: To study the Buddhist Dhamma Gīta for Enhancement of Healthy mind

Key Informant 1: Phrakrupalad Chareon Vaddhano, Asst. Prof. Dr.

- Dhamma Gīta helps individuals understand the principles of the Buddha's teachings by using music as a tool.
- The lyrics of Dhamma songs allow practitioners to focus and engage with the music, aiding in concentration and preventing distraction by emotions.
- Dhamma songs played a role in developing mindfulness and served as a useful guide for studying the Dhamma.
- The cultivation of virtues such as kindness, compassion, sympathy, and equanimity is facilitated through Dhamma Gīta.
- Dhamma Gīta helps develop a peaceful mind and cultivating positive emotions.
- By following along with Dhamma Gīta, the mind becomes calm and peaceful, leading to increased concentration and a sense of fulfillment.

Key Informant 2: Associate Prof. Yuraporn Sudharatna

- Music can aid in meditation and understanding of spiritual principles.
- Calming music can positively impact brainwaves, facilitating meditation.
- Meaningful lyrics in Dhamma songs help develop a moral compass without feeling forced.
- Dhamma Gīta helps in understanding principles such as loving-kindness, sympathetic joy, and equanimity.
- The emotional energy of Dhamma songs inspires spiritual progress.

Key Informant 3: Dr. Parameth Ladpli

- Music, especially Dhamma songs, helps individuals gather mindfulness and concentration, reducing turbulence in thoughts.
- Music aids in various spiritual practices, including meditation and reciting sacred scriptures.
- Music stimulates the nervous system with auspicious vibrations, accelerating mindfulness, concentration, and wisdom.
- Meritorious and noble music facilitates spiritual progress and cultivates virtues.
- Dhamma songs deepen understanding and embodiment of metta, karuna, mudita, and upakkha.

Key Informant 4: Mrs. Parajaree Poramataseth

- Dhamma Gīta is an art form used to alleviate human suffering and convey the teachings of Dhamma.
- Dhamma songs serve as a means of listening, replacing unwholesome sounds with wholesome teachings.
- The content of Dhamma songs relates to virtues and plays a part in cultivating them.
- Dhamma Gīta combines human art with Dhamma, allowing people to experience the beauty and profoundness of Dhamma through music.

Key Informant 5: Mr. Kamon Kunrit

- Lyrics in Dhamma songs help practitioners understand and perceive the teachings of Dhamma.
- Dhamma songs sustain mindfulness throughout the day and make it easier to access mindfulness.
- Dhamma songs nurture the Four Sublime Abodes and facilitate contemplation of the Buddha.
- Music stimulates imagination, evokes mental imagery, and aids in meditation and mindfulness.

Key Informant 6: Ms. Kasiya Komsing

- Dhamma Gīta helps practitioners reflect on and understand the teachings of Buddhism.
- It facilitates mindfulness and deep contemplation through its lyrics and melodies.
- Dhamma Gīta is an easy way to practice and learn Dhamma, leading to concentration and wisdom.
- Music has the power to soothe, heal, and promote spiritual growth.

Overall, the key informants highlight the role of Dhamma Gīta in aiding the understanding of Dhamma, promoting mindfulness, cultivating virtues, nurturing the Four Sublime Abodes, stimulating contemplation, and facilitating spiritual growth. Dhamma songs are seen as a powerful tool for practitioners on their path to enlightenment and alleviating suffering.

According to Objective 2: To present a conceptual model of Buddhist Dhamma Gīta for healthy mind enhancement.

Key Informants' Comments on Dhamma Gīta for Healthy Mind Enhancements:

According to the key informants, Dhamma Gīta offers various benefits and serves as a convenient and accessible way to engage in meditation and learn the teachings of the Buddha. Here are the summarized key points from each informant:

Key Informant 1 (Phrakrupalad Chareon Vaddhano, Asst. Prof. Dr.):

- Dhamma Gīta improves focus, mindfulness, and understanding of Dhamma.

- It helps overcome distractions and defilements, leading to a concentrated and peaceful mind.

- Dhamma Gīta promotes relaxation, reduces physical tension, and enhances overall well-being.

- It is convenient and accessible, especially for those with limited time and health constraints.

- Incorporating Dhamma Gīta in Vipassana practice deepens the practice and provides access to profound Dhamma teachings.

- Dhamma Gīta serves various purposes, including IQ and EQ development of children, emotional therapy, and treatment for physical and mental illnesses.

Key Informant 2 (Associate Prof. Yuraporn Sudharatna):

- Group practice in spiritual places promotes peace of mind and facilitates access to the teachings.

- Online meditation practice requires self-reliance and strong motivation but can be effective.

- Dhamma Gīta engages modern individuals with limited time and attention spans.

- Incorporating music into meditation enhances well-being and provides access to Dhamma teachings.

Key Informant 3 (Dr. Parameth Ladpli):

- Being physically present in a sacred place provides a deeper and more immersive experience.

- Online practices can also be effective with proper training and practice.

- Dhamma Gīta meditation reduces practice time and enhances attentiveness to the teachings.

- It leads to reduced mental and physical fatigue, saves time and costs, and facilitates progress in the Dhamma.

- Practitioners can achieve an appropriate state of morality and develop desire and interest to practice through Dhamma Gīta.

Key Informant 4 (Mrs. Parajaree Poramatseth):

- Dhamma Gīta practice aids in meditation and helps develop wisdom and mindfulness.

- Dhamma Gīta creates a conducive environment for meditation and aids in mental and spiritual healing.

- Dhamma Gīta brings contemplation, mindfulness, and wisdom to a higher level compared to regular music therapy.

- Practicing meditation with Dhamma Gīta helps patients recover faster, alleviate physical and emotional pain, and access the teachings of the Buddha.

Key Informant 5 (Mr. Kamon Kunrit):

- Dhamma songs calm the mind, improve focus, and aid in understanding the Dhamma.

- Dhamma Gīta brings relaxation, calmness, and emotional upliftment.

- Dhamma songs provide solace, soothe the mind, and foster resilience.

- Listening to Dhamma songs benefits people of all social statuses and helps them access the Dhamma more easily.

Key Informant 6 (Ms. Kasiya Komsing):

- Onsite Dhamma Gīta teachings create a supportive environment and facilitate personal guidance from the Master.

- Online teachings can still provide benefits but may require more self-reliance.

- Being in the onsite environment brings clarity, purification, and liberation of the mind.

- Attending the course in the morning and evening can lead to significant progress.

Overall, the informants agree that Dhamma Gīta enhances the meditation experience and promotes better overall mental and physical health.

Discussion

The research finding can be discussed as followed according to:

Objective 1: The Buddhist Dhamma Gīta for enhancement of a healthy mind:

This research focuses on the use of Buddhist Dhamma Gīta to enhance a healthy mind. It begins by studying the concept of a healthy mind within the context of Theravada Buddhism and establishing a framework for conceptual mindfulness meditation. The research explores the application and limitations of Dhamma Gīta based on Theravada Buddhist teachings. It also incorporates a Conceptual Methodology to consolidate knowledge and guide the design of a conceptual meditation course.

A healthy mind, as defined in the Sammādiṭṭhi Sutta, encompasses wholesome views, speech, and actions. The research aims to develop stress management strategies that emphasize the role of these wholesome factors in promoting a healthy mind. Dhamma Gīta, which involves the use of music and audio instruments in Buddhist teachings, is examined for its ability to enhance concentration during the study of dhamma and the Buddha's teachings.

The research investigates the meaning of Gita, distinguishing between chanting and singing according to the insights of Phra Somdet Buddhakosajarn (P.A. Payutto). While singing for pleasure violates monk precepts, singing as a form of chanting can potentially

lead to attaining Nibbana. Dhamma *Gīta*, combined with Vipassana meditation, has shown effectiveness in achieving Magga, the path to awakening, and subsequently Nibbana.

P.A. Payutto distinguishes between songs for pleasure, which arouse negative emotions, and Dharma Gita or Sangha Giti, which are songs rooted in Buddhist teachings promoting peace, loving-kindness, mercy, and faith in the Buddha, Dhamma, and Sangha. The latter type of songs cultivate wholesomeness by facilitating concentration, mindfulness, and the development of Buddhist wisdom.

The key informants emphasize the significant role of Dhamma *Gīta*, or Dhamma songs, in helping individuals understand and practice the teachings of Buddhism. Dhamma songs employ music as a tool to facilitate the comprehension of Buddha's principles and enhance concentration by preventing distractions caused by emotions. They serve as a helpful guide for studying the Dhamma and cultivate virtues such as kindness, compassion, sympathy, and equanimity. Dhamma *Gīta* aids in developing mindfulness, promotes a peaceful mind and positive emotions, and leads to increased concentration and fulfillment.

The informants also suggest that music supports meditation and the understanding of spiritual principles. Calming music positively impacts brainwaves, facilitating meditation. As mentioned by Mr. Kamon, Mrs. Parajaree and Ms Kasiya that the meaningful lyrics in Dhamma songs develop a moral compass and help individuals understand concepts like loving-kindness, sympathetic joy, and equanimity. Associate Prof. Yuraporn also mentioned about the emotional energy conveyed through Dhamma songs inspires spiritual progress. Dr. Parameth discussed the crucial role of Music, particularly Dhamma songs, in promoting mindfulness and concentration by reducing turbulence in thoughts. It supports spiritual practices such as meditation and scripture recitation, stimulating the nervous system and accelerating the development of mindfulness, concentration, and wisdom. Dhamma songs deepen the understanding and embodiment of virtues like loving-kindness, compassion, sympathetic joy, and equanimity.

Dhamma *Gīta* is viewed by Mr. Parajaree as an art form that alleviates suffering and effectively conveys the teachings of Dhamma. It replaces unwholesome sounds with wholesome teachings and contributes to the cultivation of virtues. Dhamma songs combine human artistry with the teachings of Dhamma, allowing people to experience the beauty and profoundness of Dhamma through music.

Mr. Kamon highlights about the lyrics in Dhamma songs aid practitioners in understanding and perceiving the teachings of Dhamma, sustaining mindfulness throughout the day, and nurturing the Four Sublime Abodes. Music stimulates the imagination, evokes mental imagery, and supports practices like meditation and mindfulness.

Additionally, Ms. Kasiya discussed how Dhamma Gīta assists practitioners in reflecting on and understanding the teachings of Buddhism. It facilitates mindfulness, deep contemplation, and provides an accessible way to practice and learn Dhamma, leading to enhanced concentration and wisdom. Music has the power to soothe, heal, and promote spiritual growth.

Overall, Dhamma Gīta is considered a powerful tool for practitioners on their path to enhancing their healthy mind, enlightenment and the alleviation of suffering. It aids the understanding of Dhamma, promotes mindfulness, cultivates virtues, nurtures the Four Sublime Abodes, stimulates contemplation, and facilitates spiritual growth.

Objective 2: To present a conceptual model of Buddhist Dhamma Gīta for healthy mind enhancement.

The Conceptual Methodology employed in this research involves creating a concise and precise framework that consolidates relevant features. Inspired by the work of Stewart Robinson et al., the methodology integrates conceptual modeling artifacts into the simulation modeling process. It aims to design a Conceptual Framework for the proposed meditation course, capturing essential elements and relationships necessary for cultivating a healthy mind according to Theravada Buddhist principles.

By following this methodology, the research seeks to enhance understanding and application of a healthy mind through Theravada Buddhist concepts and the utilization of Dhamma Gīta. The findings will contribute to the development of a comprehensive conceptual meditation course.

The conceptual model gives importance to the state of one's mental health and includes various practices such as mindfulness, stress management, relaxation exercises, and access to therapy services. It encourages social support, setting goals, tracking progress, and increasing awareness about mental health. By incorporating Dhamma Gīta, or Dhamma songs, the model integrates musical instruments during preaching and utilizes techniques to promote well-being. Its objective is to provide accessible programs through both offline and online platforms, using short videos and audio content for easy implementation. The model focuses on improving overall well-being, strengthening spiritual practice, and fostering a better understanding of the dhamma.

According to the key informants, Dhamma Gīta can offer various benefits and serves as a convenient and accessible way to engage in meditation and learn the teachings of the Buddha. The summarized key points from each informant for presenting the conceptual model are as follows:

Phrakrupalad Chareon Vaddhano (Assistant Professor):

- Dhamma Gīta improves focus, mindfulness, and understanding of Dhamma.

- It helps overcome distractions and defilements, leading to a concentrated and peaceful mind.

- Dhamma Gīta promotes relaxation, reduces physical tension, and enhances overall well-being.

- It is convenient and accessible, especially for those with limited time and health constraints.

- Incorporating Dhamma Gīta in Vipassana practice deepens the practice and provides access to profound Dhamma teachings.

- Dhamma Gīta serves various purposes, including IQ and EQ development of children, emotional therapy, and treatment for physical and mental illnesses.

Associate Prof. Yuraporn Sudharatna:

- Group practice in spiritual places promotes peace of mind and facilitates access to the teachings.

- Online meditation practice requires self-reliance and strong motivation but can be effective.

- Dhamma Gīta engages modern individuals with limited time and attention spans.

- Incorporating music into meditation enhances well-being and provides access to Dhamma teachings.

Dr. Parameth Ladpli:

- Being physically present in a sacred place provides a deeper and more immersive experience.

- Online practices can also be effective with proper training and practice.

- Dhamma Gīta meditation reduces practice time and enhances attentiveness to the teachings.

- It leads to reduced mental and physical fatigue, saves time and costs, and facilitates progress in the Dhamma.

- Practitioners can achieve an appropriate state of morality and develop desire and interest to practice through Dhamma Gīta.

Mrs. Parajaree Poramatasesh:

- Dhamma Gīta practice aids in meditation and helps develop wisdom and mindfulness.

- Dhamma Gīta creates a conducive environment for meditation and aids in mental and spiritual healing.

- Dhamma Gīta brings contemplation, mindfulness, and wisdom to a higher level compared to regular music therapy.

- Practicing meditation with Dhamma Gīta helps patients recover faster, alleviate physical and emotional pain, and access the teachings of the Buddha.

Mr. Kamon Kunrit:

- Dhamma songs calm the mind, improve focus, and aid in understanding the Dhamma.

- Dhamma Gīta brings relaxation, calmness, and emotional upliftment.

- Dhamma songs provide solace, soothe the mind, and foster resilience.

- Listening to Dhamma songs benefits people of all social statuses and helps them access the Dhamma more easily.

Ms. Kasiya Komsing:

- Onsite Dhamma Gīta teachings create a supportive environment and facilitate personal guidance from the Master.

- Online teachings can still provide benefits but may require more self-reliance.

- Being in the onsite environment brings clarity, purification, and liberation of the mind.

- Attending the course in the morning and evening can lead to significant progress.

Overall, the key informants agree that Dhamma Gīta can enhance the meditation experience and promote better overall mental and physical health.

A Conceptual Model of the Buddhist Dhamma Gīta for Healthy Mind Enhancement

The method of Dhamma Gīta is the dhamma preaching in cooperating with the musical instruments or Dhamma songs. This helps practitioners focus more intently on studying the dhamma and the Buddha's teaching in order to obtain a general understanding of the dharma and teaching of the Buddha. For the purpose of this research, The process includes chanting with musical instruments, Dhamma teaching with musical instruments and the song about peace, loving and kindness. The sense of purpose and the Dhamma will become more apparent to the practitioners. It will be easier to meditate and perform other relaxation techniques since the mind will be clear and focused.

The study knowledge was used to provide a conceptual model of Buddhist Dhamma Gīta for healthy mind improvement. For practitioners with health difficulties, time limits, money constraints, and impairments, the conceptual model technique will give Dhamma Gīta content in both digital and offline programs. This strategy will be implemented using short and medium-length videos and audio material that can be readily implemented on both offline and online platforms. The offline platform might be the dhamma presentation's contents. The contents might be used for video sharing on web platforms such as tik-tok, Facebook, and YouTube as presented in Figure below.

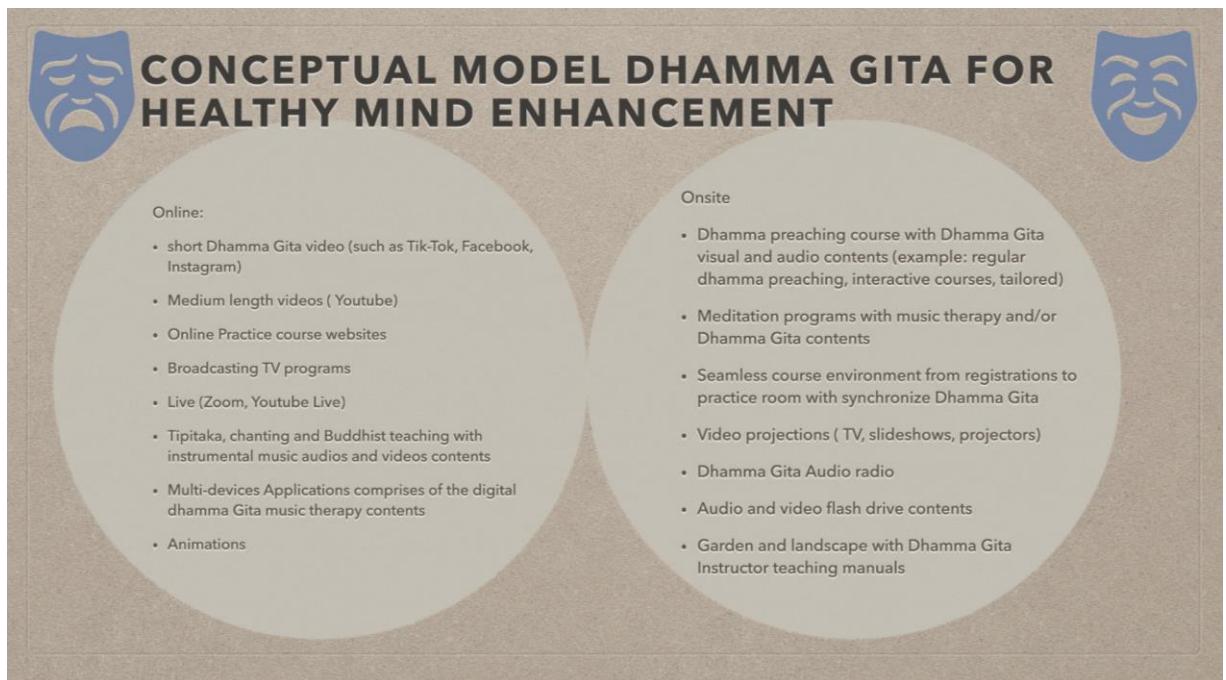


Figure.1 Conceptual model of Dhamma Gita for Healthy Mind Enhancement

The implementations of the conceptual model of Buddhist Dhamma Gita include creating videos on platforms like YouTube to explore specific teachings, offering structured online courses combining Buddhist teachings, broadcasting TV programs focused on spirituality and personal development, conducting live sessions and workshops, providing audio and video resources of traditional Buddhist texts and chants, developing multi-device applications, and creating animated videos to visually depict the teachings. These implementations aim to make Dhamma Gita content easily accessible, allowing individuals to enhance their mental well-being and deepen their understanding of Buddhism.

Focus Group Discussion has been conducted based on the research methodology. The participants are the Key informants to discuss the following research question as followed:

- How appropriate of a Conceptual model of Buddhist Dhamma Gita for healthy mind enhancement?

Conclusion

As previously discussed about the implications caused by depression and mental health problems in society, this paper presents the solution based on the following objectives. Initially, studying the benefits and methods of Dhamma Gita for a healthy mind

and subsequently to develop, evaluate, and present a conceptual mindfulness course model.

The research findings highlight the use of Buddhist Dhamma *Gīta* for enhancing a healthy mind and present a conceptual model for its application. The research explores the concept of a healthy mind within Theravada Buddhism and emphasizes the role of wholesome factors such as wholesome views, speech, and actions. Dhamma *Gīta*, which involves the use of music and audio instruments, is examined for its ability to enhance concentration and promote mindfulness during the study of Dhamma.

The research findings suggest that Dhamma *Gīta*, or Dhamma songs, serve as a helpful tool for understanding and practicing the teachings of Buddhism. They aid in the development of mindfulness, promote a peaceful mind, and cultivate positive emotions. Key informants emphasize the various benefits of Dhamma *Gīta*, including improving focus, reducing distractions, promoting relaxation, and enhancing overall well-being. They also highlight how Dhamma *Gīta* can be convenient and accessible, especially for individuals with limited time and health constraints.

The conceptual model of Buddhist Dhamma *Gīta* for healthy mind enhancement integrates Dhamma songs techniques into meditation and spiritual practices. The model emphasizes the importance of mental health and includes practices such as mindfulness, stress management, relaxation exercises, and access to therapy services. It also promotes social support, goal setting, and increased awareness about mental health. The model aims to provide accessible programs through offline and online platforms, using videos and audio content for easy implementation.

According to the key informants, Dhamma *Gīta* offers various benefits and serves as a convenient and accessible way to engage in meditation and learn the teachings of the Buddha. They emphasize that Dhamma *Gīta* improves focus, mindfulness, and understanding of Dhamma, promotes relaxation, and aids in mental and spiritual healing. The informants also highlight the positive impact of Dhamma songs in calming the mind, fostering resilience, and providing solace.

The conceptual model of Dhamma *Gīta* includes various implementations, such as creating videos on platforms like YouTube, offering online courses, broadcasting TV programs, conducting live sessions and workshops, and providing audio and video resources of traditional Buddhist texts and chants. These implementations aim to make Dhamma *Gīta* content easily accessible and help individuals enhance their mental well-being and deepen their understanding of Buddhism.

Overall, the research findings suggest that Dhamma *Gīta* is a powerful tool for practitioners in their journey toward a healthy mind, enlightenment, and the alleviation of

suffering. It aids in the understanding of Dhamma, promotes mindfulness, cultivates virtues, and facilitates spiritual growth. The conceptual model provides a framework for the application of Dhamma Gīta in enhancing mental well-being and understanding the teachings of Buddhism.

Recomendations

Recommendations for implementing research result

1. Foster Collaborative Partnerships: Establish connections with local mental health organizations, music therapy associations, and Dhamma Gīta practitioners interested in collaborating on this initiative. Forge partnerships to benefit from their expertise, resources, and support during the implementation process.

2. Provide Training and Education: Arrange workshops and training sessions for mental health professionals and Dhamma Gīta practitioners. Offer an overview of each approach and deliver specialized training on effectively integrating both modalities.

3. Conduct a Needs Assessment: Conduct a thorough needs assessment within your target population or community to identify specific mental health challenges and the level of interest in this integrated approach. This assessment will inform the customization of the implementation plan to meet the unique needs and preferences of the individuals involved.

4. Design Therapeutic Programs: Develop therapeutic programs that seamlessly integrate meditation and Dhamma Gīta techniques. Consider the goals, age groups, and cultural backgrounds of the participants. Create both group sessions and individualized interventions to cater to diverse needs.

By following these recommendations, you can facilitate the successful implementation of the conceptual model of Dhamma Gīta for mental health improvement.

Recommendations for further research

1. Conduct a quantitative study to evaluate the impact of combining music therapy and Dhamma Gīta on specific mental health outcomes. Randomly assign participants with specific mental health conditions to different intervention groups (music therapy only, Dhamma Gīta only, combined intervention). Assess variables like anxiety, depression, stress, and well-being before and after the interventions using validated measures.

2. Design a longitudinal study to investigate the long-term effects of music therapy and Dhamma Gīta on mental health. Follow participants over an extended period and collect data at multiple time points to assess the sustained impact of the interventions. This study can determine if the effects are temporary or if they provide lasting benefits.

3. Compare the effectiveness of the combined music therapy and Dhamma Gīta approach with other established interventions for mental health improvement. This could involve comparing outcomes such as symptom reduction or overall well-being between different treatment groups, including those receiving traditional therapy, medication, or other complementary and alternative approaches.

Reference

- Mahachulalongkornrajavidyalaya University. (1992). **Pali Tipitakas: Mahachula Tepitakam Edition.** Bangkok: Mahachulalongkornrajavidyalaya University Press.
- Thai Tipitakas. (1996). **Mahachulalongkornrajavidyalaya Edition.** Bangkok: Mahachulalongkornrajavidyalaya University Press.
- Arnaud.Cabanac, Leonid Perlovsky, Marie-Claude Bonniot-Cabanac, Michel Cabanac. (2013). **Music and academic performance.** Behavioural Brain Research. 256 : 257-260.
- Bronkhorst, Johannes. (2021). **The Rise of Classical Brahmanism.**
- Buddhaghosa, Himi. (2010). **The Path of Purification: Visuddhimaga/Buddhaghosa Himi.** Nyanamoli Himi - Kandy: Buddhist Publication Society.
- Cambridge Dictionary. (2023). **Cambridge:** Cambridge University Press.
- Devarajan Sridharan, Daniel J. Levitin, Chris H. Chafe, Jonathan Berger, and Vinod Menon. (2007). Neural Dynamics of Event Segmentation in Music: Converging Evidence for Dissociable Ventral and Dorsal Networks. **Neuron.** 55(3) : 521-532.
- Dobrzyńska, Ewelina & Cesarz, Heleńa & Rymaszewska, Joanna & Kiejna, Andrzej. (2006). Music Therapy - History, definitions, and application. **Archives of Psychiatry and Psychotherapy.** 8(1) : 47-52.
- G Desbordes, LT Negi, TWW Pace, BA Wallace. (2012). **Effects of mindful-attention and compassion meditation training on amygdala response to emotional stimuli in an ordinary non-meditative state.** Frontiers in human neuroscience.
- Greenwood, S., Perrin, A., Duggan, M., Greenwood, S., Perrin, A., & Duggan, M. (2017). **Demographics of Social Media Users in 2016.**
- Helen Herman, Vikram Patel, Christian Kieling, et al. (2022). Time for united action on depression: a Lancet-World Psychiatric Association Commission. **The Lancet Commissions.** 399(10328) : 957-1022.
- Maercker, Andreas & Forstmeier, Simon. (2011). Healthy brain aging: The new concept of motivational reserve, **2011 Psychiatrist.** 35(5) : 175-177.
- Noa Ronkin. (2011). **Early Buddhist Metaphysics:** The Making of a Philosophical Tradition.
- Phra Pramote Pamojjo. (2007) Ariyasaccāni, p.37
- Phra Pramote Pamojjo. (2007) Ariyasaccāni, p.18

- Phra Pramote Pamocco. (2007) Ariyasaccāni, 2007, p.20
- Phra Pramote Pamocco. (2007) Ariyasaccāni, 2007, p.26
- Phra Somdet Buddhakosajarn (Phra Brahmagunabhorn P.A. Payutto). (2003) **BuddhaDhamma Extended Version**. Bangkok, Thailand.
- Phra Somdet Buddhakosajarn (Phra Brahmagunabhorn P.A. Payutto). (2003). **Dictionary of Bhuddism**, 12th Edition.
- Phra Somdet Buddhakosajarn (Phra Brahmagunabhorn P.A. Payutto). (1996). **The difference between chanting and singing in Follow the Newly Ordained Monks Go to Study Dhamma**. (Dhamma Preaching for Nawaka, Batch 1996), (Thai Version).
- Robinson, Stewart & Arbez, Gilbert & Birta, Louis & Tolk, Andreas & Wagner, Gerd., (2015). **Conceptual Modeling: Definition, Purpose and Benefits**, Proceedings of the 2015 Winter Simulation Conference.
- Sri Swami Sivananda, Bhagavad Gita, (2000). A Divine Life Society Publication.
- T. W. Rhys Davids, William Stede, editors. (1921). **The Pali Text Society's Pali-English dictionary**. Chipstead: Pali Text Society.
- Thorsen 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.
- World Health Organization. (2017). **Depression and Other Common Mental Disorders: Global Health Estimates**. Geneva.
- Chaiyen Ratnavijarn. (2020). **Methods of kusula citta cultivation for treatment of mental disorders**. A Dissertation Submitted in Partial Fulfilment of the Requirements for the Degree of Doctor of Philosophy (Buddhist Studies). Graduate School: Mahachulalongkorn rajavidyalaya University, Bangkok.
- Koehler, Sarah Nichole and Parrell, Bobbie Rose. (2020). **The impact of social media on mental health: A mixed methods research of service providers' awareness**. Master's thesis, Graduate School, California State University San Bernardino ScholarWorks.