

Research Abstract

“Development of Emotional Intelligence based on Buddhist Principles in Thai Youth”

The purpose of this research was to investigate and develop an intervention with the intention of improving emotional intelligence based on Buddhist principles for Thai youth. In addition, the study aimed to examine a relationship between the intervention and gender. The research was comprised of three phases. In the first phase, data were obtained from the second year students at Srinakharinwirot University to determine their emotional intelligence. These data were collected by using surveys. The second phase, the intervention was developed and done the trial. Ten Srinakharinwirot University students from semester 1, year 2003 volunteered to be involved in this intervention. The third phase, the intervention was developed in order to improve sixteen volunteering university students with a pretest, post-test, equivalent control group design using emotional intelligence scales based on Buddhist principles.

Results were as follows:

1. Emotional intelligence of university students in feeling or emotion, thinking, and intentional acting after the intervention had the positive significant relationship at .01 level.
2. University students who attended the intervention had positively improved in all areas.
3. Relationship between gender and the intervention were positively significant at .05 level with the result that female students' emotional intelligence was higher than males'.