

New Normal Quality of Life according to Dhamma Principle in Covid-19 Pandemic Crisis in Khwao Sinrin District Municipality, Surin Province

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Abstract: The purposes of this research were 1) to study the adaptation in Covid-19 Pandemic Crisis in Khwao Sinrin district municipality, Surin province, 2) to study problems and obstacles in the adaptation in this area, and 3) to study ways to improve the quality of life in New Normal according to Buddhist principles in Covid-19 Pandemic Crisis in this area. Mixed methods research was used for research design. Quantitative research by handing out questionnaires from a sample of 375 persons. Qualitative research was used in-depth interviews with 10 key informants and the group discussion with 8 samples. The statistics used include frequency, percentage, average, and standard deviation. Results indicated that 1) the adaptation in Covid-19 pandemic crisis in Khwao Sinrin district municipality, Surin province found that people pay attention to maintaining cleanliness, refraining from unnecessary activities, and be cautious to live in carelessness. Recognizing public policy on prevention treatment and awareness of the seriousness of Covid-19, and being vigilant in social coincide and being able to advantage communication technology innovations, 2) the problems and obstacles the adaptation in this crisis found that people were concerned with the dangers and severity of pathogens, stress. People confused with many information, and 3) the ways to improve life's qualities in new normal according to Buddhist principles in this crisis found that the self-development by having a good relationship with the environment and with others as well as to adaptation of working life with honesty and aptitude for living in a society with peacefully..

Keywords: Adaptation, Covid-19, New Normal, Improving Quality of life, Buddhism

1. Introduction

Coronavirus is currently spreading with rapid transmission rates and spreading around the world. The World Health Organization first declared COVID-19 a pandemic caused by the coronavirus on March 11, 2020. [1] The main cause of rapid physical contact is the changing lifestyle in the globalization era of urban society, accompanied by rapidly shifting dynamics in an era of technological advancement. There is more movement of the population, to cross-border travel is easier and more affordable than in the past. Therefore a few people enjoying going to different cultural places. It is making the virus spread borderless. [2]

For Thailand in the covid-19 pandemic, the government has stepped up infection control measures by communicating that people should know the disease situation. Preparing for people's lives together. Enforcing surgical masks when traveling outside. Hand washing and distancing between individuals in society. Quarantine when people are moved for 14 days to prevent the spread of pathogens. The announcement reduced travel abroad. Abstaining from meetings and gatherings, closing workplaces and entertainment venues including all educational institutions, and also declaring emergencies to limit the duration of outings. When consumption habits and recreational activities begin to decline. Many businesses are slowing down. As an unemployment problem, the economy is disrupted, so it is a constant strain on the chain that, with more time at home, most of the free time is spent browsing the Internet to stick closely to the situation, resulting in the news that is not as trusted as the facts. Terror spreads into the minds of more people.

However, the covid-19 crisis is not a crisis. This may be an opportunity for us to remind us of our lives on recklessness and remind us to have time to refine our minds to see change and accept the laws of nature. Take care of nature, take care of our mind, develop a new way of life. The Royal Society's term "new normal" refers to a new normal or a new lifestyle base, meaning a situation or phenomenon that was originally unusual. Unfamiliar people are not the standard, there are some causes or crises, so there has been a change in the situation or phenomenon, which in the current situation is a quality life during the covid-19 pandemic. What to do is how to live with COVID-19. [3] Everyone needs to learn information to understand and take care of themselves as they say. Phra Paisarn Visalo said: "The plague does not harm us as much as we fear the plague, even during the pandemic, happiness persists around us, so we wish everyone a glimpse of happiness during the disasters we are facing."

People's adaptation has an important aim: to ensure that they can survive. [4] Adjustment is the daily routine of self-care management. People around the environment A good adaptor can effectively manage problems among existing conditions, but that does not mean that they will not be left with any distress. 1) Self-understanding learning, society, environment, 2) knowing how to create potential goals, 3) knowing how to manage the environment to achieve it, and 4) acknowledging the desire of others to find ways to live together peacefully. [5] The social aspects of the local people are adapted to allow themselves to live in a changing environment, 2) the old economy with the occupation at any time, having to choose a more secure time to work with an auxiliary occupation, and 3) The security forces keep an eye on what is wrong in the area where they live.

Adapting to improve the quality of life according to the principles of Buddhism is not new, but a lifestyle that is a matter of adaptation and collaboration. According to the Buddhist means according to Buddhist methods, *Pariyatthi-saddhamma* studied doctrine to gain understanding. *Patipatti-saddhamma* follows the doctrines studied and *Patiweda-saddhamma* receptive to compliance with the doctrine worthy of applied practices as a way to prevent and solve the covid-19 crisis. There are 4 steps: preparatory, preparatory, hands-on, and receiving procedures using mindfulness. Sampajanya, and *Yonisomanasikan* on rational use more than emotion. Feelings. [6] *Yonisomanasikan* is used to screen important information to improve quality of life. *Kayabhavana* refers to physical developments involving external things in a way that is you. The penalty is not to develop a relationship with the physical environment. *Sila-bhavana* refers to the development of conduct to be disciplined. Do not squeeze or cause damage to coexist with others with good deeds. *Citta-bhavana* is a development of the mind to be strong, stable, prosperous with virtues such as kindness, diligence, patience, concentration, and freshness, and *Panya-bhavana* is the development of wisdom to understand things as they are. Knowing the world and life according to conditions It is possible to free yourself, purify yourself from passion and free from suffering, solving problems that arise with wisdom. The principle of 4 Bhavana, if applied to the term New Normal or normality in a new way which is meant to improve the quality of life in a new way.

Khwao Sinrin district municipality is an area in Surin province where anti-coronavirus (COVID-19) surveillance is set up in the area. It has a total population of 10,105. There are 2,763 households (Date at March 2020). The majority of the population has a farming and general mercenary occupation with simple living characteristics with a clear culture and identity. However, the crisis is spreading. As mentioned above, it has also affected agricultural products and the lives of people who need to adapt to the new way of life. The agency plays an important role in promoting the development of the quality of life in the new way of people in the crisis of covid-19. Like this.

Therefore, if you Researchers are interested in studying adaptations to improve the quality of life in the critical situation of the COVID-19 outbreak of the Khwao Sinrin district municipality, Problems and obstacles in improving the quality of life in the face of the covid-19 pandemic in Khwao Sinrin district municipality, Surin province, and guidelines for improving the quality of life according to Buddhist principles in the crisis of covid-19 outbreak of in Khwao Sinrin district municipality, Surin province to ensure normality in society.

2. Research Objectives

- 1) To study the adaptation in Covid-19 Pandemic Crisis in Khwao Sinrin district municipality, Surin province.
- 2) To study problems and obstacles in the adaptation in this area.
- 3) To study ways to improve the quality of life in New Normal according to Buddhist principles in Covid-19 Pandemic Crisis in this area.

3. Research Methodology

The research model is a combination of quantitative research by the tools used to distribute questionnaires on adaptation to improving quality of life in the critical situation of the COVID-19 pandemic of the Khwao Sinrin District Municipality, Surin Province, 4 areas: 1) self-understanding learning, 2) knowing how to create potential goals, 3) knowing how to deal with the environment to achieve goals, 4) acknowledging the desire of others to find a peaceful way to coexist for the development of quality of life in 4 areas: physical, behavioral, psychological, intellectual. Samples from representative populations of households living in Khao Sinarin Municipality Surin province has 375 people and qualitative research based on 10 key informant interviews and group discussions from 8 experts involved in the use of specific selection methods, including representatives of local government organizations and sub-district health representatives, the member of AOR.SOR.MOR club, community leadership representatives. The statistics used include frequency, percentage, average, and standard deviation based on the issues defined in the research objectives. Qualitative data analysis by inductive summary.

4. Research Results

1. Adaptation to the covid-19 crisis of people in The Municipality of Khao Sinrin, Surin Province.

People living in The Municipality of Kaewsinrin Surin are mainly female, aged 46-59 years old. Primary education income 90,000 - 15,000 baht. Marital status and mostly employer /employee occupation. The overall adaptation of the covid-19 crisis of Yao Sinrin Municipality in Surin province was found to be very high ($\bar{x}=3.46$, S.D. = .344). Based on the sides, sorted in descending order, the most average aspects are the side that acknowledges the desire of others to find a peaceful way to coexist ($\bar{x} = 3.58$, S.D. = .386), second only to knowing how to create potential goals. ($\bar{x} = 3.54$, S.D. = 7.38), side ($\bar{x} = 2.71$, S.D. = .220), self-understanding, social, environmental ($\bar{x} = 3.43$, S.D. = .347), and the least known aspects of environmental management to achieve the goals. ($\bar{x}= 3.27$, S.D. = .502).

Adaptation to improving quality of life in a new way according to the 4 Bhavana in the crisis of the covid-19 outbreak of The Municipality of Kaewsinrin, Surin Province quantitatively, was found to be highly overall ($\bar{x}=3.56$, S.D. = .283). According to the list, the highest average is improving the quality of life according to the Buddhist principles of physical dhamma ($\bar{x} = 3.75$, S.D. = .294), the second is improving the quality of life according to the Buddhist principles of mentality ($\bar{x} = 3.55$, S.D. = .341) and improving the quality of life according to the Buddhist principles of wisdom. ($\bar{x} = 3.55$, S.D. = .341) and the least are improving the quality of life in a new way according to Buddhist principles ($\bar{x} = 3.40$, S.D. = .489).

2. Problems and obstacles in adapting to improving the quality of life in the face of the covid-19 pandemic.

Problems and developmental barriers to physical adaptation are mostly about breathing inconveniently wearing a surgical mask, second only to insufficient sleep due to anxiety over the covid-19 pandemic. Being confined to a residential area for a long time makes you feel airy. The inconvenience of cooking your meals, and the inability to exercise on demand.

Problems and developmental barriers to behavioral adaptation are mostly about the inconvenience and are accustomed to washing hands with soap or alcohol gel frequently. The intercommunicable communication equipment to work from home, not being able to participate in social activities, or to socialize with friends as always. Occupations that require meeting a lot of people and not having the freedom to leave home in a place of need.

Problems and developmental barriers to psychological adaptation It has been found that it is mainly about feeling unconvinced to live in society. Feelings of anxiety over the dangers and severity of COVID-19 19. Feeling stressed about the situation of the COVID-19 pandemic that can affect unemployment. Doing the same routine feels bored and lonely.

Problems and developmental barriers to intellectual adaptation are mainly related to confusion about information about the COVID-19 outbreak. The absence of knowledge about the use of technology in communication. There is no up-to-date device to access government information.

3. Guidelines for improving the quality of life according to Buddhist principles in the crisis of the COVID-19 pandemic of Khao Sinrin municipality, Surin province.

1) New lifestyle development, self-improvement to have good relations with the environment by self-improvement and self-improvement first. Preventing organs that are associated with the physical environment from infection and must be known to adapt themselves to the appropriate physical environment. Choosing a diet modestly has beneficial effects on the body. Knowing how to make yourself happy, knowing the satisfaction of life which is a contributing factor to physical health. Adaptation in the family, well-being is not in short supply. Family members live in good interaction with each other. Adapting to work-life by occupation according to their aptitude and be progressive. The adaptation to life in society is to make sacrifices as a person who is useful and valuable to society by following measures. The rules and regulations of society.

2) Improving the quality of life of new behavioral ways to become a new culture in society with a holistic perspective to create shared values with everyone must be aware of the perils of the COVID-19 pandemic, by creating a habit of loving cleanliness by washing their hands frequently. The avoiding meeting with other parties directly may be avoided by using communication devices to facilitate instead. Modifying your career or working using work from home instead. Modifications to travel to various locations using public transport services to deliver goods instead, and behavioral modifications by doing activities in residential areas instead.

3) To develop the way of life to be generous to others, namely the development of the mind to be pure. Rational and ethical, by being aware of peaceful coexistence with others. Not condescending must be generous to each other. Being disciplined does not instantiate or causing damage. Mental development affects the thoughts and behaviors expressed, by thinking about others and helping others. Use their skills in a good way and share them with others who are in need or need. Be kind, be truthful, conscious, and concentrate for peace, exhilaration for life. Knowing how to suppress bad habits. Improve yourself by doing good deeds to succeed. Training your mind to be strong and stable to enhance the quality of your mind and prosper with virtues. Adjusting attitudes and values to suit a good lifestyle is conducive to learning so that intelligence grows. And a consciousness of negligence. Understand the changes in life and the environment.

4. The use of wisdom in the field of self-interest and society includes practicing physical, verbal, and professional conduct. The existence of a reverend society by using deep wisdom and truthfulness to understand all things. Knowing the reality that the COVID-19 pandemic has already occurred in the world and in the society in which they live is serious if there is no means of good self-defense control, but we are committed to knowingly living with the situation and bringing it to safety. The use of intelligence to develop themselves into a good way of life. Knowing how to find good sources of knowledge and examples, including using intelligence to analyze good subjects. Choosing to consume valuable news. Knowing how to use wisdom to organize life, plan and organize various activities in an orderly way, as well as motivating interesting creations. Solving problems related to the impact on occupation by believing that they can develop and prosper, it is desirable to have a job that is worth good and beneficial both personally and socially. Applying skills, potential and self-contained wisdom to develop jobs and careers by applying communication technology to access additional knowledge information to generate income for yourself and benefit society.

5. Discussion

New Normal quality of life according to Dhamma principle in Covid-19 pandemic crisis in Khwao Sinrin district Municipality, Surin Province.

1) The developing a new way of life develops itself to have a good relationship with the environment by adjusting itself and developing itself first by preventing organs that are associated with the physical environment from because of infection. Choosing a modest diet has benefits for the body, adaptation in the family, well-being, no shortage of family members, good interaction with each other, adapting to work-life by occupation according to their aptitude for progression. The adaptation to life in society is to make sacrifices as a person who is useful and valuable to society by following measures of rules and regulations of society which related to the research of [7] Puris Khanthsema Research on “Satisfaction of working from home during the COVID-19 pandemic of the National Police Forensics Office”. We are satisfied with the high level of concern for the health and welfare of troops during the COVID-19 pandemic.

2) Improving the quality of life of new behavioral ways to become a new culture in society with a holistic view of creating shared values. All people in society must be aware of the perils of the COVID-19 pandemic by creating a habit of loving cleanliness by washing their hands frequently. Refraining from or avoiding meeting directly with other people may be avoided by using communication devices to facilitate them instead. Modifying your career or working using work from home instead. Adjustments to travel to various locations using public transport services to deliver goods instead, and behavioral modifications by doing activities in residential areas instead of which related to the research of [8] Avatip Wa studied “COVID-19 and learning to change health behaviors today”. During the COVID-19 pandemic, people learned the need and agreed to change their lifestyle habits, taking many self-defense measures, including wearing a mask or a cloth mask. Wash your hands frequently with soap or use alcohol-containing hand sanitizer. Avoiding crowded areas. Keeping distance from others, and having good hygiene in self-care and social responsibility to self-quarantine at home as recommendations of the ministry of health leads to delightful outcomes that cause new sickness rates to continue to decline.

3) To develop a new way of life to be generous to others, namely the development of the mind to be pure. Be rational and ethical by being aware of peaceful coexistence with others. Non-condescension Be generous to each other, be disciplined, not to squeeze or cause damage, by thinking about other people and helping others. Use their skills in a good way and share them with others who are in need or need. Be kind, be truthful, conscious, and concentrate to bring peace and exhilaration to life. Knowing the persecution suppress all bad habits. Don't let the passions lure you into the worst, and improve yourself by doing good deeds to thrive. Adjusting attitudes and values to suit a good lifestyle is conducive to learning so that intelligence grows called acting on opinions, understanding, being ready with consciousness, enthusiasm, and consciousness of carelessness. Understand the changes in life and environment, which are related to the research of [9] Theerachote J. The study found that coexistence with goodness is sacrifice, help, admiration, encouragement, introduction to useful matters, as people who know the cause, the

effects themselves, estimate the passage of time. Community and individuals and treat that matter correctly. Considering before eating, take things into account the benefits and safety as a location. Everyone must have no prejudice against each other, but together they will create the power of justice to eradicate the disease with wisdom, perseverance, honesty, and relief as appropriate. There is love, compassion, joy, and justice for each other, and the result of the practice is self-interest. Others and society are born of conscious preparation. Immunity preparations for yourself. Creating the power of mutual good to help humanity get through this crisis together safely.

4) The use of wisdom in terms of creating benefits for themselves and society includes: Practicing physical, verbal, and occupational conduct. The existence of a good society, by using deep wisdom and truthfulness to understand all things as a matter of fact that the covid-19 pandemic has already occurred in the world and in the society in which they live if there is seriousness if there is no means of good self-defense. But we are committed to knowingly staying with the situation and bringing it to safety. Knowing how to solve problems and being self-reliant. There are systematic problems that are more self-reliant than relying on others. Using intelligence to develop themselves into a good lifestyle. Knowing how to find a good source of knowledge and examples includes knowing how to use intelligence to analyze good subject selection. Choosing to consume valuable news. Knowing how to use wisdom to organize life. Planning and organizing events in an orderly way, as well as motivating creative creations. The solving problems related to the impact on the profession by believing that they can develop and prosper, it is desirable to have a job that is of good value and benefit both personally and socially, has adopted the skills, potential, and wisdom that they have in developing jobs and careers, by applying communication technology to access additional knowledge information to generate income for themselves and benefit society, which related to the research of [10] Avatip Wa studied "COVID-19 and learning to change health behaviors today". It was found that all citizens were targeted. Make a plan follow the plan and review your health care plan to prevent it. Coronavirus outbreak 2019.

6. Conclusion

New Normal quality of life according to Dhamma Principle in Covid-19 Pandemic Crisis in Khwao Sinrin District Municipality, Surin Province. People need to develop themselves to have a good relationship with the environment, by self-improvement and self-improvement. It prevents organs that are associated with the physical environment from causing infection and must know how to adjust themselves by protecting their physical health, and have a good interaction with each other in the family. Choose occupation according to their aptitude for prosperity, make sacrifices, be a person who is useful and valuable to society by following measures. The rules and regulations of society. Creating a new culture in society by creating shared values by creating a cleanliness habit, various behavioral modifications to prevent infection, and being generous to spread others is not to be condescending, share it with others who are in need or need. Knowing how to suppress bad habits improves itself by making good deeds progress. Training the mind to be strong, stable, and conscious of negligence understands the changes in life and environment. The use of wisdom in terms of creating benefits for ourselves and society. Indeed, the covid-19 pandemic has already occurred in the world and in the society in which they live. But we are committed to knowingly living with the situation and bringing it to safety. Knowing how to solve problems and being self-reliant. The problem is handled systematically. Using wisdom to develop themselves into a good lifestyle, such as knowing how to choose a good source of knowledge and example. Planning and organizing various activities in an orderly way. It also creates motivation to create interesting works. Solve problems about the impact on occupation by believing that they can develop and prosper, creating a need for good value and benefits both for themselves and society. Apply your existing skills, potential, and wisdom to develop jobs and careers by applying communication technology to access information to generate income for yourself and benefit society.

7. Suggestions

7.1. Policy Recommendations

As a result of this research, most people have difficulty adjusting to the confusion over the COVID-19 outbreak. Feeling unconvinced about living in society. The researchers have policy recommendations on each of the following issues: 1) The government should have the authorities in the local government to advise the public proactively and in time for the situation.

7.2. Recommendations for implementing research results

For those interested in implementing this finding, the researchers have the following recommendations:

All relevant agencies should provide public relations and dissemination of information regarding ongoing prevention of pathogens should provide data centers to develop and utilize the information for community well-

being, should have data centers responsible for surveying data and analyzing data, and presenting or delivering information to community organizations and people who want to be encouraged to encourage agencies, community organizations and people to learn and establish an ongoing process for managing community health knowledge.

7.3. Suggestions for the next research.

For those who are interested in doing the next research, the researchers have suggested that there should be research on improving the quality of life of those in vulnerable groups. “Mission” to “Power”. There should also be research on career building supplementation as a tool for everyone to earn enough money from being affected by such situations. They manage the quality of life in a self-sufficient lifestyle by using knowledge, competency, skills consisting of 4 sectors: local, academic, government, community organization, and farmer, developing a healthy and environmentally friendly quality of life.

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