

## The Creation of Model for the Rehabilitation of Buddhist Way Workers

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**Abstract:** The purposes of this research were 1) to study the rehabilitation of workers in the industrial rehabilitation center region 4, 2) to study the rehabilitation of Buddhist way workers, 3) to create the model for the rehabilitation of Buddhist way workers. This research was qualitative research. The data were collected from documents, field work, in-depth interview. The descriptive analysis was used for data analysis. Results showed that the rehabilitation of workers in the industrial rehabilitation center region 4: Mostly, there was some limitation on rehabilitation due to disabled people or family of disabled people. Mostly, they were not accepted from family or not allowed to have rehabilitation by oneself. The rehabilitation of Buddhist way workers. It was found that the principle of mental development (Bhavana) was the doctrine that was worth to practice for self-development, to purify the mind without defilement. It was the doctrine that created the morality in one's mind. The principle for promoting behavior in life are appropriate. The creation of model for the rehabilitation of Buddhist way workers was found that 1) physical development, disabled people who underwent physical rehabilitation by housework activity hobbies etc. 2) Emotional development, emotional rehabilitation of people who had problems on mental and mood affective disorders by organizing Pali text chanting activity, 3) Social development, social rehabilitation provided disabled people to show their ability such as field trip activity, etc. 4) Wisdom development and educational rehabilitation were to provide additional education by learning the life and wisdom development through experience, 5) Occupational or employee development. This aim was to help disabled people had a job along preparatory courses and vocational training courses by having various job modules such as office, computer repair, etc.

**Keywords:** Creation of Model, Rehabilitation of Workers, Buddhist Way

### 1. Introduction

The way of life of the people of this world must seek their own form or style. However, they still need a spiritual anchor. For this reason, they must seek a spiritual anchor according to their characteristic behaviour. The Buddha's doctrine is another way for them to gain knowledge and building their faith, belief and hold it as a spiritual anchor. The teaching of all religion on earth will guide the concept, principle and rule of human life in every status. At the same time, Buddhism has taught people to consider from birth to death particularly in the area of self-reliance life and living in the society in order to live together in peace, have a good relationship, peace both in physically and mentally. Religion is therefore very important to the daily life of mankind. Another aspect of the human in this earth is the physical impairments, state of disability that occur physically and mentally. National Statistical Office, Ministry of Information and Communication Technology (Institute for Health Promotion of Disability: 2007) (1). conducted a survey of disabled people in 2007 with approximately 1,871,860 persons or percentage was at 2.9 of the total population of 65,566,359 persons. The proportion of females was a little higher than males, which was at 3 percent and 2.7 percent respectively. Most of them were the age group 75 year or over was at 30 percent. It could be divided into regions as follows; The northern region had the population with a disability was higher than other regions at 4.4 percent, the northeastern region was at 3.5 percent, the southern region and central had similar rates which were at 2.3 percent and 2.2 percent respectively. Each human cannot choose to be born, some people are born normal, some people are born with a partial organ disability, which the cause can be explained in many issues. disabled people are part of Thai society. Although the numbers of disabled people are relatively small in comparison with entire population of the country. But disabled people are members of society that is no less important than normal people or other members in Thai society. National Development Plan for the Quality of Life of the Disabled people, No. 5, 2017-2021 stipulated the vision "Disabled people access to the rights, independent life in society, stay cool together sustainably" under the strategy of equality that is empower disabled people and disabled people's organization to have potential and strength (Empowerment), improve management administration quality, eliminate discrimination so that disabled people actually have access to their rights (Quality Management), make understanding and constructive attitudes towards disabled people and disability (Understanding), create an environment and public service that everyone can access and use (Accessibility), promote network integration and create participation in sustainable development of the quality of life of disabled people (Linkage) as follows; The constitution of the Kingdom of Thailand B.E. 2540 (1997) and revised in B.E. 2550 (2007) contains provisions on the elimination of discrimination on the basis of physical or health conditions and giving disabled people have the

rights to receive social welfare and services. Empowerment of Persons with Disabilities Act B.E. 2550 (2007), (The constitution of the Kingdom of Thailand B.E. 2540 (1997)) is a law to fully protect the basic rights of disabled people and contains provisions on the elimination of discrimination. This law replaces The Rehabilitation of Disabled Persons Act B.E. 2534 (1991) which is the first law related to disabled people of Thailand. The new Act is to make the establishment of National Committee for Promotion and Development of the Quality of Life of Disabled People in place of the Office of Disabled People Rehabilitation Committee. It also creates a new office that takes the recommendations of the committee into action and creates funds of this office to manage for the rehabilitation of disabled people. National Development Plan for the Quality of Life of the Disabled people, No. 3, 2007-2011 guides for disabled people for all concerned agencies. Education Management for Disabled People Act B.E 2551 (2008) enhances unprivileged people's group to have equal educational and vocational training. Declaration on the Rights of Thai Disabled people 3 December 1998 was approved and signed by former Prime Minister. It was a contract that Thai people give for the disabled people. It is currently used as a reference for providing services to disabled people. Phradhammapitaka said that "We just think that people who are disability, unable to help themselves or doing little, to be burden of others and society. (Phradhammapitaka, (P.A. Prayudh Payutto; 1999:37). (2). Buddhadasa Bhikkhu stated in the philosophy of belief in the potential of disabled people in the human handbook that belief in human potential is at the essence of Buddhism, including disabled people too. Buddhism believes that human beings can develop unlimited abilities. This belief helps disabled people show their abilities to the fullest potential of the individual (Buddhadasa Bhikkhu; 2009: 70). (3). It is seen that disabled people have the potential to evolve into intelligent in society, providing an opportunity and support. It appears that disabled people are able to develop themselves, to help themselves and to do things that being benefit to society. Particularly, disability may have extraordinarily good development potential on the others. This allows disabled people who are trained to develop themselves to be able to do something better than normal people. Perhaps, if the society is supportive, it may train a group of disabled people to do some part of the job for a society that they have never done before. Belief in human potential is the essence of Buddhism that applied to the general public. Buddhism believes that human beings can develop unlimited abilities, and the development of ability uses the principle of mental development that is physical development, emotional development, social development, intellectual development and vocational development in order to achieve the development of life and be able to live in a condition of disability and accepting the status.

Buddhism is a science that can be studied through lifelong education with the belief that every human being has the potential to cultivate and improve their quality of life. The process of developing human potential and quality of life appears in several the Buddha's doctrines and the process according to the principle of Bhavana 4 (Development) or training, improvement, rehabilitation of disabled people to complete all aspects consisting of physical development, moral development, emotional development and intellectual development (Phradhammapitaka, (P.A. Prayudha Prayutto); 1999: 22)). (4). It is also a process that can be applied to rehabilitation improvement and quality of life in rehabilitation disabled people to have high potential for self-reliance and to live happily with common people in Thai society. As the rehabilitation disabled people are disabilities that were born after birth and affect their lifestyle, they become dejected, bored, and hopeless for life.

The rehabilitation of workers is the physical and emotional development of employees and their insured persons who are injured or disability from work, to have good health and able to work in supporting themselves and their families through holistic rehabilitation that is doctor, career, mind, and society. It is integration in all aspects. The concept of principle of Buddhism is clearly stated, which is the issues of PhraBrahmakunapon (Pinit Lapthananon; 2013: 22) (5). stated that Buddhist holistic well-being is a system of factor relationships where all elements are interrelated, called Bhavana 4 (development) which consists of; 1) Kaya-bhavana: physical development is the development of relationships with the physical environment in a reciprocal and effective way by knowing each other and having good results 2) Sila-bhavana: Moral development is the development of social relationships, to have good behaviour in society, to have relationship with fellow human, to stay with others by being in discipline, to help and support each other, to create society and promoting peace 3) Citta-bhavana: emotional development is making the mind grow in virtue, goodness and cheerfulness, peace, complete with mental health, kindness, compassion, respect, honesty, gratitude, strength, mindfulness, concentration, perseverance 4) Panna-bhavana: intellectual development is the training of building knowledge, thinking, understanding, recognizing, considering, solving, diagnosing problems.

Therefore, researchers are interested in studying the model for the rehabilitation of Buddhist way workers with the process of rehabilitation of disabled people by creating the model for the rehabilitation of workers according to the principles of Theravada Buddhism by taking the principle of Bhavana 4 (Development) as a development pattern for the rehabilitation of workers in the industrial rehabilitation center region 4 to create the model for further development.

**2. Research Objectives**

- 1) To study the rehabilitation of rehabilitation disabled people of workers in the industrial rehabilitation center region 4.
- 2) To study the rehabilitation of Buddhist way workers.
- 3) To create the model for the rehabilitation of Buddhist way workers.

**3. Research Methods**

This research is qualitative, fieldwork. It is applied research to bring the results to use with the rehabilitation of workers or disability from work who are employees and insured persons in the social security system with the scope of research as follows;

3.1) Scope of documents

- 1) Primary sources: collect data from primary sources consisting of Thai Tipitaka Mahachulalongkornrajavidyalaya Version 1996, Handbook of Occupational Competency Assessment.
- 2) Secondary sources: it consists of books, textbooks, articles, published material, and research related.

3.2) Scope of contents

This research aims to study the model for the rehabilitation of rehabilitation disabled people of workers in the rehabilitation of workers in the industrial rehabilitation center region 4, the rehabilitation of Buddhist way workers, and creating the model for the rehabilitation of Buddhist way workers.

3.3) Scope of areas

This research conducts the industrial rehabilitation center region 4, social security office, Ministry of Labour, Khoksri sub-district, Mueng District, Khon Khaen province.

3.4) Scope of populations

Target population, because this research is qualitative, fieldwork, and applied research, is purposive sampling consisting of officers, and rehabilitation disabled people who are disabled from work and insured disabled people during the rehabilitation, under the industrial rehabilitation center region 4, Khon Khaen province. There are 45 persons as follows;

Director	1	persons
Group leader	5	persons
Operation officer	9	persons
Rehabilitation disabled people	30	persons
Total	45	persons

4) Benefits

- 1) Know the rehabilitation of rehabilitation disabled people of workers in the rehabilitation of workers in the industrial rehabilitation center region 4.
- 2) Know the rehabilitation of Buddhist way workers.
- 3) Know the model of the rehabilitation of Buddhist way workers.

**4. Research Results**

The results of “the creation of the model of the rehabilitation of Buddhist way workers” was found that

5.1) The rehabilitation of rehabilitation disabled people of workers in the industrial rehabilitation center region 4: Mostly, there was some limitation on rehabilitation due to disabled people or families of disabled people. Mostly, they were not accepted by family or not allowed to have rehabilitation by themselves according to the rights of service of employees who were injured or disability from work and disability insured. At present, there is the rehabilitation of workers centers open in all regions of the country and the law that are conducive to development in all areas such as health, occupation, information to provide rehabilitation disabled people with opportunities for self-development. It could be summarized into 5 parts from the research as follows;

1) Physical part: Rehabilitation disabled people were interviewed overall were in poor health and there would be some people who had health problems or some had a medical condition such as hypertension, diabetes, heart disease, and rehabilitation participants or disability who sat in the wheelchair. Therefore, physical rehabilitation was to help rehabilitation disabled people to treat, prevent, solve, rehabilitate their condition or physical disability, not only the use of heat, cold, electrical stimulation, massage, manipulation, pulling, exercise, and housework therapy, various work activities in free times or recreation and hobby, etc.

2) Emotional part: Rehabilitation through psychotherapy was a method used to rehabilitate the emotional state of a person with problems of mental and emotional Bipolar with verbal communication methods and did not use words to the patient. It required a good relationship between the rehabilitation disabled people and the psychologist. It was reinforcement through a way to grievances, emotion, and replacement, motivation, and attitude that would help the patient got better such as activity for chanting Pali text in the evening, invitation monk to provide knowledge of Dhamma, alms blow activity in the morning of every month, relaxation activity by using music therapy for rehabilitation.

3) Social part: Rehabilitation disabled people were interviewed, there were both with family and those who did not yet have a family. Most people who had family were divorced and lived with parents or relatives. Social part or community, most of them would look at people with impaired disability and there were still few opportunities to participate in social activity. Social rehabilitation provided the opportunity for disabled people to show their ability and potential by providing activities that would remove obstacles or promote disabled people to play a role in society as they would normally do such as field trips activity, cleaning volunteer in Buddhist important day, alms blow activity and others traditional activities, etc.

4) Intellectual part: educational rehabilitation was the provision of additional education to rehabilitation disabled people who lost the opportunity to continue their study in the non-formal education system for rehabilitation disabled people, short-term vocational training, and learning to do sufficiency agriculture according to the philosophy of sufficiency economy to living after the end of rehabilitation.

5) Vocation and employment: Occupational rehabilitation, vocational training was part of the rehabilitation process that continued with the process together with physical and mental rehabilitation. This included occupational counseling, physical, mental and emotional preparation, vocational training, probation.

Conclusion, it can be seen that the rehabilitation of rehabilitation disabled people of workers in the industrial rehabilitation center region 4 was a vocational training and job placement for the disabled people. It aims to help disabled people find jobs, help themselves, and contribute to society as well as to have pride and dignity of oneself and to have the rights and freedom as other people.

5.2) The rehabilitation of Buddhist way workers: Researchers used the principle of Bhavana 4 (Development) as a guideline for the rehabilitation of workers was found that it was confirmed that the principle of Bhavana is a doctrine that was valuable to adapt and practice, develop oneself, purify from the defilement more. However, the person who follows according to the principle of Bhavana 4 was still one who deserved to be respected with virtue in the mind as well as lifestyle behavior was more appropriate. So that, the development process commenced during the educational process which was divided into the following aspects:

1) Kaya-bhavanaya (Physical development): It was physical training, developing a healthy body, know how to deal with all physical environments in a supportive way, benefit without any problems, consumption of the four requisites. Besides, it was also trained to know internal sense-fields that is Cakkhu: eyes, Sota: ears, Ghana: nose, Jivha: tongue, Kaya: body, Mana: mind or using various equipment, technology, and experiences to study and learn, not just consume to be fun only.

2) Sila-bhavanaya (Moral development): It was behavioral training, physical and verbal development in social behaviour without harassment harm to others. It had a relationship with the natural and social environment with others appropriately, contribute to creativity, promote peace, the self-discipline of public society.

3) Citta-bhavana (Emotional development): It was emotional training. Developing a person to have complete mental health consisting of quality, competence, and good mental health. The quality of mind was faithful, loving-kindness, compassion, generosity, sympathetic joy, respect, industrious, submissive, grateful, sacrifice, ashamedness, competence. The good mind was strength, stable, industrious, diligence, responsibility, mindfulness, and concentration. Good mental health was cheerful mind, joyful, overjoyed, peaceful.

4) Panna-bhavana (intellectual development): It was intellectual training. It was the training of personal development to think, diagnose, solve problems and manage by wisdom, understanding, reason, look at everything

according to cause and factor, unbiased, without defilement, know the ordinary truths of the world and life, access freedom, free from suffering.

5.3) The model for the rehabilitation of Buddhist way workers was found that was created through group activity as follows;

1) Physical development: Rehabilitation disabled people were poor in health and there would be some people who had health problems or some had a medical condition such as hypertension, diabetes, heart disease, and participants who sat in the wheelchair. It needed to lift the body from the wheelchair every 15 minutes and the illnesses occurred during rehabilitation that required medical treatment for cleaning the wound every day according to the appointment of the nursing work. Including that they were sent to examination and treatment to the government hospital in Khon Khaen province. Therefore, physical rehabilitation was to help rehabilitation disabled people to treat, prevent, solve, rehabilitate their condition or physical disability, not only the use of heat, cold, electrical stimulation, massage, manipulation, pulling, exercise, and housework therapy, various work activities in free times or recreation, sport and hobby according to the timetable was stipulated, etc.

2) Emotional development: Rehabilitation through psychotherapy was a method used to rehabilitate the emotional state of a person with problems of mental and emotional Bipolar with verbal communication methods and did not use words to the patient. It required a good relationship between the rehabilitation disabled people and the psychologist. It was reinforcement through a way to grievances, emotion, and replacement, motivation and attitude that would help the patient got better such as every day in the morning after honoring the national flag, everyone chants Pali texts, in the evening, everyone chants Pali text and do meditation for 10 minutes, invitation monk to provide knowledge of Dhamma, alms blow activity in the morning of every month, including relaxation activity by using music therapy for rehabilitation.

3) Social development: Rehabilitation disabled people were interviewed, there were both with family and those who did not yet have a family. Most people who had family were divorced and lived with parents or relatives. Social part or community, most of them would look at people with impaired disability and there were still few opportunities to participate in social activity. Social rehabilitation provided the opportunity for disabled people to show their ability and potential by providing activities that would remove obstacles or promote disabled people to play a role in society as they would normally do such as field trips activity, cleaning volunteer in Buddhist important day in the temple area, participating in the Buddhist Lent candle parade, alms blow activity and others traditional activities, etc. including the acceptance of their disability condition as well as providing education to the society, organizations, to accept disabled people and employ them and to agree on the rights of disabled people to live in the same society.

4) Intellectual development: Intellectual part: Educational rehabilitation was the provision of additional education to rehabilitate disabled people who lost the opportunity to continue their study in the non-formal education system in Khon Khaen province. It was reinforcement through a way to grievances, emotion, and replacement, motivation and attitude that would help the patient got better such as every day in the morning after honoring the national flag, everyone chants Pali texts, in the evening, everyone chants Pali text and do meditation for 10 minutes, invitation monk to provide knowledge of Dhamma, alms blow activity in the morning of every month, including relaxation activity by using music therapy for rehabilitation by it was training activity such as cooking bread, coffee, soap, and learning how to do sufficient economy according to the philosophy of sufficient economy, vegetable gardening, farming, mushroom cultivation, and cricket farm for additional occupations, after the end of rehabilitation.

5) Vocation and employment: Occupational rehabilitation, vocational training was part of the rehabilitation process that continued with the process together with physical and mental rehabilitation. This included occupational counseling, physical, mental and emotional preparation, vocational training, probation, finding a job for disabled people. This aim was to help disabled people had a job along with preparatory courses and vocational training courses by having various job modules such as office, computer repair, mental work, machine tool work, etc.

## 5. Discussions

The research entitles “The creation of the model for the rehabilitation of Buddhist way workers” can be discussed as follows;

1) The rehabilitation of rehabilitation disabled people of workers in the industrial rehabilitation center region 4 was a vocational training and job placement for the disabled people. It aimed to help disabled people find jobs, help themselves, and contribute to society as well as to have pride and dignity of oneself and to have the rights and freedom corresponding to Naruthai Kethom, her research entitles “Receiving welfare in disability of disabled people in Bo Thong sub-district, Chonburi province” was found that it was the disability welfare of disabled people that could access according to their rights more effectively and efficiently.

2) The rehabilitation of Buddhist way workers was an opportunity for disabled people to build self-confidence in doing any jobs as well as it is also about learning one's body and mind to understand the reality of life. Although most disabled people have developmental limitations, they were not discouraged from improving their lives. Currently, some laws are conducive to development in all areas such as health, mind, education career and the accessibility of this information is an opportunity for them. The results of this research are similar to Chonthicha Jirapakpong et al., her research entitled "Buddhist monk's well-being: A development of well-being promotion the model on Buddhist way by community public health integration for good life quality in Lampang province". The results were found that 1) The model on Buddhist way by community public health integration for good life quality in Lampang province was the process of monk's health care and their integration with the public health system, the role of local government organizations in promoting monk's health and the process of monk's health care management with the partners 2) A development of monk's well-being promotion the model on Buddhist way by community public health integration for good life quality in Lampang province. There are components as following 1) Bhavana 4 (Development) 2) Health care according to the public health system consisting of health promotion, prevention medical treatment, rehabilitation 3) Participatory management process 4) good monk's well-being

3) The model for the rehabilitation of Buddhist way workers was created through activity with group or projects was organized by the center to accommodate the physical and mental condition of disabled people through the form of activities such as every day in the morning after honoring the national flag, everyone chants Pali texts, in the evening, everyone chants Pali text and do meditation for 10 minutes, invitation monk to provide knowledge of Dhamma, alms blow activity in the morning of every month, including relaxation activity by using music therapy for rehabilitation corresponding to Samart Ratanasakorn, his research entitled "A study of independent living skills of visually impaired persons in Bangkok and vicinities". According to the study, it was found that 72.0% of the sampling had the skills of familiarization with the environment and the movement of computer skills correctly and to the full potential of the machine. Problems and obstacles in life were occupations. Problems using public transportation were inconvenient. It can be seen that self-development through activities is a great confidence building for disabled people.

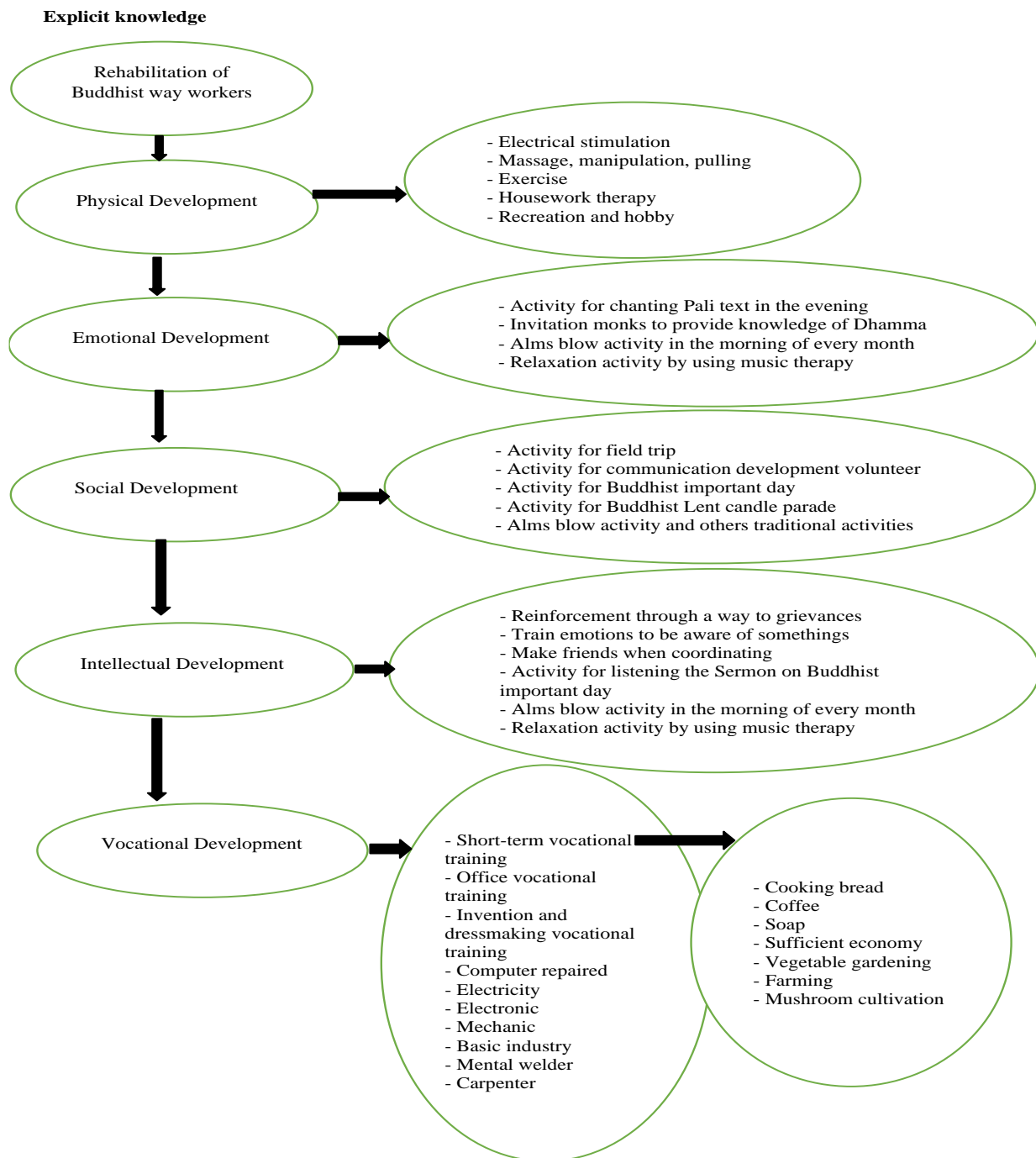
## 6. Conclusion

therefore, when a person has completed self-development, it can be seen that the rehabilitation of Buddhist way workers is to create for disabled people to gain self-confidence in doing any jobs as well as it is also about learning one's body and mind to understand the reality of life.

, the Creation of the model of the rehabilitation of Buddhist way workers is to develop the potential of disabled people to live on their own, not to be a burden of the family, society and country. On the other hand, disabled people can show their potential to society that they can also work like normal people.

## 7. Acknowledgement

The research entitles "The creation of the model for the rehabilitation of Buddhist way workers" can be acknowledged.



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