



**Thesis Title** Maintaining Life for Health Promotion of Buddhist Monks in Mueang Ubon Ratchathanee District

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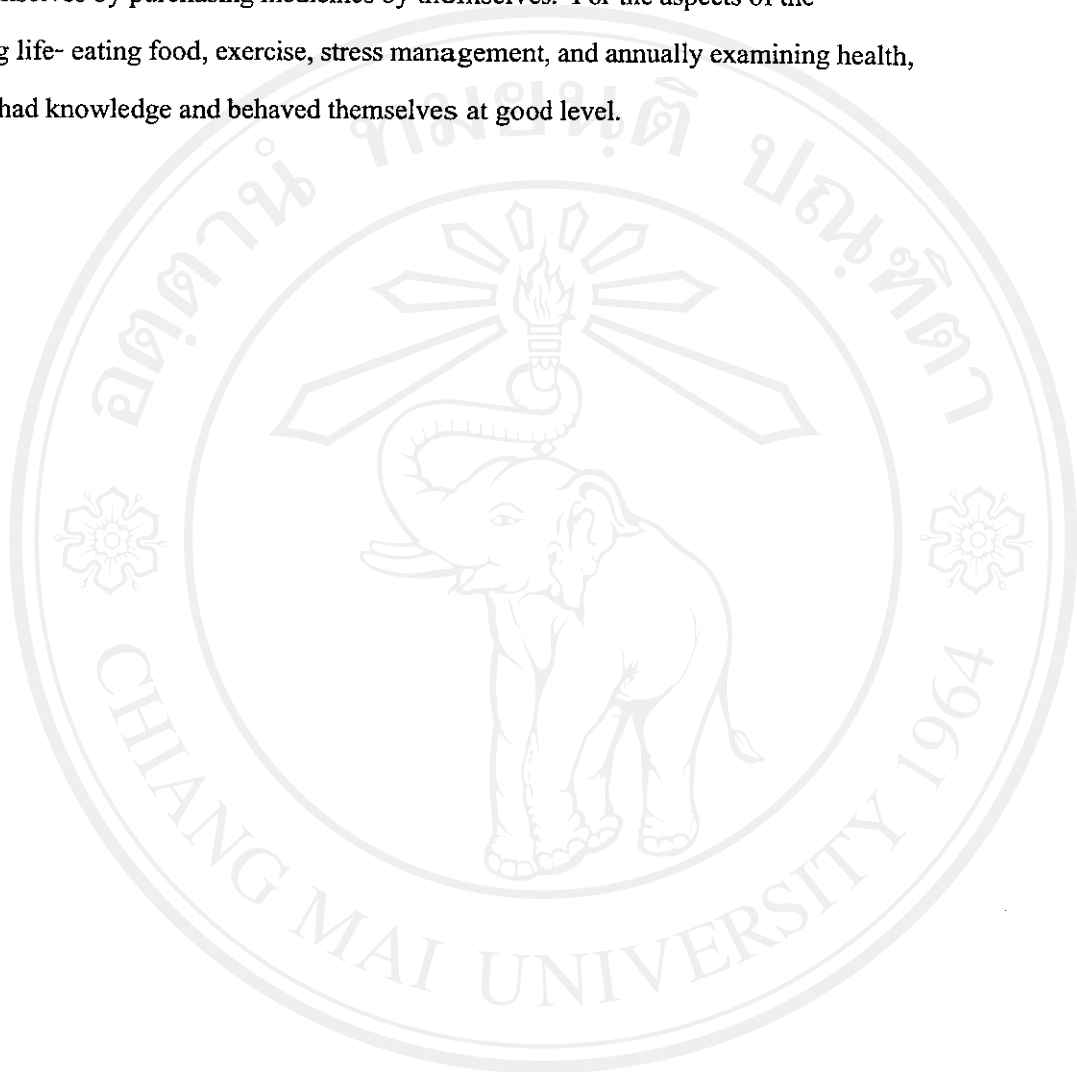
### **ABSTRACT**

The purpose of this research was to study the maintaining life for health promotion Buddhist Monks in Mueang Ubon Ratchathanee District. The aspects of the maintaining to be studied were the aspects of eating food, exercise, stress management, and annually examining health. The samples used in this research were 280 monks, staying in 45 temples. Instruments used for collecting data were a questionnaire, interviewing, and observation. The quantitative data were analyzed in terms of frequency, percentage, mean and standard deviation whereas the qualitative data were analyzed by grouping the issues and interpreting the results.

The results of this researcher were as follows:

For the monks' background: the majority of monks were aged average of 27 years old and the average years of becoming monk were 5.30 years. Most of them about 71.42% finished secondary education level and 48.57% finished Buddhist education level three. In addition, the purpose of becoming a monk a number of 37.14% were to find a chance for furthering their education. When having a health problem, about 24.64% of the monks took

care of themselves by purchasing medicines by themselves. For the aspects of the maintaining life- eating food, exercise, stress management, and annually examining health, the monks had knowledge and behaved themselves at good level.



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