

**THE EFFECT OF THE BUDDHIST PRACTICE PROGRAM ON EMOTIONAL  
QUOTIENT OF NURSING STUDENTS IN THE SECOND YEAR, FACULTY OF  
NURSING, MAHIDOL UNIVERSITY, BANGKOK, THAILAND**

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The purposes of this study were: 1) to explore overall Emotional Quotient (EQ) of the second year nursing students in the Bachelor nursing program (N = 178), and 2) to assess the effect of the Buddhist practice program on EQ of these students (N = 119). The study used a one-group pretest-posttest design. A sample was composed of 119 students participating in the program (3 days and 2 nights). This program included Buddhist meditation (Vipassana), performing prayer, rituals, Buddhist teachings (Dharma), and Buddhist dialogue. Demographic data and a self-report EQ questionnaire were collected from these subjects before and after the program in March, 2004. The majority of these subjects (N = 178) were female (97.8%). The age mean was 19.98 (SD = 0.94, range = 18-27 years). Most of the students (74.2%) had adequate monthly expenses. These students had good relationships with their families (89.9%) and friends (91%). These subjects had high overall EQ ( $\bar{M}$  = 167.47, SD = 15.86, range = 127-204, possible range = 52-208). The results revealed no significant difference between EQ mean of pretest ( $\bar{M}$  = 167.80, SD = 15.62) and EQ mean of posttest ( $\bar{M}$  = 168.50, SD = 15.84, N = 105, paired t-test = -.73,  $p > .05$ ). For the EQ subscale analyses, the mean of decision making and problem solving of pretest ( $\bar{M}$  = 17.78, SD = 2.49) was significantly different from that of posttest ( $\bar{M}$  = 18.17, SD = 2.52, N = 105, paired t-test = -2.03,  $p < .05$ ). Therefore, the Buddhist practice program did not enhance overall EQ among these students. However, this program appeared to improve students' decision making and problem solving. Nursing students who participate in this program tend to have better decision making and problem solving. Thus, the nurse educators should modify the intervention program to enrich students' EQ effectively.

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