Buddhism and Learning Effectiveness

Kanchana Pinpromraj*

It is said that "Knowledge is Power". People at present try to look for knowledge through education. Learning at all levels of education needs a lot of learners' perseverance to achieve their goals. Before learners who are students or researchers can be successful, the inspiration or principles of learning should be considered and practiced to overcome any possible obstacles which may happen during the learning procedures. Basically, there are many good principles that enable learners to get through their learning effectively. But, the most effective and highly recommended principles are the principles of learning through Buddhism.

Buddhism General Information

People in different countries around the world have religions to support and guide their ways of life. One of the well-known religions is Buddhism. The history of Buddhism started in the 6th century. It has been more than 2,500 years of history. It is the fourth largest religion after Christianity, Islam and Hinduism. It was established in the Northern India by Siddhartha Gautama. There are about 376 million followers around the world. The largest population of Buddhist is in China. Buddhism in different countries originates variety of description. The country where Buddhism began is the explanation of Buddhism in India while Thailand is the center of Buddhism nowadays. Buddhism is one of the highly influential philosophies. Gautama Buddha’s teaching influences beliefs and philosophy of Buddhism. The practices of Buddhism aim at refraining from karmic problems by not doing something harmful to others but doing something helpful instead. Buddhism is widely spread to almost countries of the world today.

*Lecturer of Western Languages Department
Evans (1997) asserts that Buddhism is a teaching of moderation. How do learners get success if they follow the teaching of Buddhism? The principles and practices of Buddhism are major factors which lead learners to accomplish their success.

**Buddhism and Effective Learning**

There are five important principles and practices of Buddhism for learners to follow in order to conduct their successful learning.

**A. Obtaining the key information of learning.**

Learners should realize the importance of two factors; external factor and internal factor.

1. **External factor**

   Successful learners should have good associate. Associated with the wise ones is the best start of prosperity. These people are their teachers, advisors and friends. They have a great influence on learners. If they are good persons, they absolutely give good advice to learners. Whenever learners encounter the difficulties or have some problems, they truly need a helpful guidance. Then, they know how to behave appropriately. Moreover, learners can get wisdom through the good mass media. Nowadays mass media plays an important role in learning procedure. Learners can search for the information needed for their learning from different media. The carefully selected mass media can be the good sources which provide the valuable information to learners. As a result, they definitely get true and profitable knowledge. Besides, general social conditions that learners deal with are another thing to be considered. It can encourage learners to create their wisdom as well.
2. Internal factor

This refers to the appropriate thinking. That means learners should know how to think or they can think logically. Having a careful consideration with reasonable analysis can help learners to solve their problems easily. Moreover, good thought brings benefits to their lives. In other words, they should know how to get benefits from people and things around them. Not only that, they should practice being self-reliant. They are able to do or decide things by themselves without support from others. Being a refuge for others is needed for learners because they can assist people.

Definitely, the learners who practice these two key factors could absolutely have a good way of learning.

B. Possessing the discipline of life

The important factors to guide learners who would like to have advanced learning and progressing life with success are called the auroras of a good life. It refers to the useful principles for learners to practice and follow. First of all, learners should find out the wisdom sources and good idol to develop them. They should be self-disciplined with creativity. Next, they should train themselves as best as they can. After that, they need considering things with cause and effect. Refraining from reckless life is also important for them. Finally, careful thinking enables them to obtain benefits and the truth of life.

It is certain that the learners who follow the mentioned principles are certainly successful in their learning.
C. Following wisdom development principles

The principles of wisdom development that learners should practice consist of four factors. Firstly, learners should associate with the guru. It implies that they should know how to choose the sources of knowledge. Dealing with people with generosity, wisdom and respect is the necessary thing for learners to perform. Secondly, learners should listen carefully to the teaching. It means they have to pay close attention to all teachings and advice attentively. They should look for knowledge from learned people or from books and mass media. More importantly, they must study hard, do the research and always make queries in order to reach the true knowledge. Thirdly, learners should practice the principles in the right way. They should apply what they have learned according to the principles and objectives accurately.

D. Mastering in learning

Whatever learners study, they should have clear knowledge. They should be specialized in what they have learned. How do learners attain this principle? They must have the thorough knowledge with five qualities; having a lot of hearing, obtaining good memory, possessing fluency, having familiarity and comprehending subjects. When learners hear, learn or experience something, they should accumulate it. They should recognize the learned things correctly. As a result, if there are some questions about the subjects they have learned arising, they can confidently answer them. Whenever they think about the learned subjects, they can have clear content in their mind. They are able to comprehend the theory thoroughly. With these five qualities, learners can effectively perform things they learn.
E. Honoring the respectful people

Teachers are adored as the lighter of the lamp. They are worth honoring. Ideal teachers not only give knowledge to students but also guide and support them with love and care. They deserve to get good things in return. Then, learners should practice the six directions to show respect to their teachers. Firstly, they should rise to greet teachers whenever they meet them. Secondly, they should frequently see teachers to consult them or offer the helping hand if needed. Thirdly, when teachers do the teaching, learners must listen attentively to obtain wisdom. Fourthly, being a good server for teachers is a thoughtful thing to practice. Lastly, learners should practice the learned subjects seriously. They should realize the importance of learning to achieve the expected task.

In addition, learners should follow the relevant principles of learning effectiveness. They should disclose the path of growth and progress by taking good care of their health, performing strict discipline, possessing good idol, studying hard, doing only good things and being industrious. However, learners should completely refrain from bad things such as being addicted to drugs and gambling or mingle with bad friends.

Conclusion

It is clearly seen that Buddhism is beneficial to learners if they determine to follow the principles and practices. Religions provide spiritual guidance and encouragement to the followers to carry out the best thing for their lives. If learners can apply the useful mentioned principles and practices in their learning, they are able to have smooth and effective learning without any difficulties. “Success arrives by doing right”.
References


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