



The role of implementing meditation in buddhist sunday school student character development at wisma meditation vipassana bodhi ratana Jepara central Java

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ABSTRACT

The purpose of the teacher is to program the formation of character in Buddhist Sunday schools because the teacher is not yet perfect in forming non-formal character education. The finding of the teacher teaching in the implementation of meditation is because the teacher has difficulty assessing the character of the meditation students. Therefore the teacher is limited to playing an active role in programming student meditation that is relevant to modern life. This study used a qualitative approach focused on sitting, standing, walking and waking meditation. This research involved contributions from meditation teacher monks in Jepara. Data were collected by observation, interview, and documentation study techniques. The solution proposed in this study found that the role of implementing meditation on the formation of student character was in the factor of teacher readiness to teach at Buddhist Sunday schools. Obstacles in implementing meditation that occur become the most important problem in character building. The results of the discussion of this study show that the findings are on the formation of vipassana character and the formation of samatha character. The conclusion of the research on the inhalation and exhalation of breath as a character object for students to meditate.

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INTRODUCTION

The purpose of implementing meditation in this study is aimed at one of the most well-known vipassana meditation techniques in Indonesia, which is precisely implemented in Jepara. After a long time of not showing its movement, it is known that vipassana is being improved again in the implementation of meditation for Sunday schools with the object of breath. His problem of practicing meditation needed to be resolved in the practice of samatha meditation. Therefore, Sunday school students experience difficulties when they want to complete their meditation practice. Interestingly, the solution offered in the implementation of meditation does not yet exist in the formation of student character. This means that when Sunday school students practice meditation, they need the

best teacher to train them. The best teachers here already understand the practice of meditation so that Sunday school students can concentrate better. Therefore the main limitation in the implementation of meditation is in the formation of character so that when students want to achieve it is only concentrating on observing the breath. can see from everything phenomena that occur from the form of purification through self-observation.

The role of implementation in the meditation program is actually the problem with concentration, such as sitting, standing, walking, lying down. Therefore this needs to be resolved, it's not enough just to concentrate. With the practice of breathing meditation that is naturally focused on the mind, one solution is to observe the breath. Likewise, the previous unfocused awareness becomes sharper focused so that the self can be the best in meditation. The role of the vipassana teacher in the implementation of meditation becomes primarily as a meditation teacher. Likewise, as a whole, as a non-contradictory vipassana meditation practice, due to the object of abdominal breathing or nasal breathing, the main limitation lies in the ethics of controlling the breath. Vipassana cannot be practiced due to lack of focus on breath. Likewise, successful meditation is not only practiced by adults but all Sunday school students. Vipassana on what one wants to achieve is not a ritual based on faith, but also not an escape from problems. in everyday life. Vipassana is a technique for overcoming suffering, dealing with stress, life's problems in a calm and balanced way.

The teacher's contribution in implementing meditation actually becomes the color of training teachers such as the government, temple administrators and other organizations. for this reason meditation is beneficial for Sunday school students both in the formation of their character. Also the teacher's contribution to his point of view only by consistently practicing vipassana can it make a difference. Therefore, the formation of character for Sunday school students certainly benefits from the inner effort that has been formed from the highest spiritual attitude. Therefore attainment is known all practice wants complete liberation from all mental suffering. So the purpose of liberating vipassana meditation is not only for the monks who can carry it out, but every individual can practice it, so that with vipassana it is known that hatred, anger and delusion can be relieved (Thanissaro, 2014)

Statements of scientific novelty that need to be completed form the basis of this research. Although vipassana meditation was developed as a meditation technique by great Buddhist teachers, its practice is not limited to creating Buddhist concentration (Marsini, Setiawan, & Sulaiman, 2021). It is known that there is a relationship between the character of the teacher educating when there are life problems for students in Sunday school such as: students often daydream, are confused, and sleepy. Because the motivation for implementing meditation is a universal application that will bring a change of heart and confidence (Soepandi & Yonata, 2016). The formation of the character of students who are tested from problems on their own efforts previously completed will certainly bring an inner improvement such as; which is applied to Sunday school children, even though they are young these students are diligent and always want to learn of course an integral part and want to form character (Ani, 2011). The effectiveness of meditation training as relaxation and to reduce inner stress (Fellla, Fuad, & Indharia, 2018). Adolescence is a transitional period to develop potential in life such as; tends to explode so that his character tends to blame himself so one of the ways to grow his faith is only by practicing meditation (Natasha, Tejena, & Luhmade, 2019). The effect of sitting meditation practice on students is that in practice it tends to change individual behavior, such as being easily stressed, easily emotional (Kumari & Ghosh, 2015). The formation of students' character from life before never being angry becomes angry basically wants to be more active in present life (Keune, 2018). In modern times, humanity is presented with very rapid developments in information technology such as; the delivery of information is not controlled by distance and time, then the speed of buying and selling transactions (Danang, Kustiani, & Sukodoyo, 2020). The meditation implementation program is formed based on the concentration of student learning which is aimed at forming the character of achieving success from self-confidence for achievement, such as: having a more focused life than before, mastering effective life techniques

in school and timing techniques to balance student life (Demawati & Pencana, 2021). Student efforts to increase concentration require a deep belief both in counseling guidance from people who are experts in it, such as: students who like to be late for school, students who are slow in thinking (Ikawati, 2018). The ability to focus attention is an individual's ability to process information through the five senses, memory, and a limited number of cognitive processes (Danu & Supra, 2020). Character education occupies an important position in the world of education so that it is able to produce a national character that is in accordance with the goals of National education (Chowmas, 2020). When talking about education, of course it is not only related to the level of formal education but is broad and not limited, such as manners and procedures for respecting elders and forming individual noble character (Arifin, 2022).

The implementation of meditation becomes more useful if Sunday school students remain in their stance, only being aware of going in and out of their breath, it will become character, become more useful in the world of education and society

RESEARCH METHODOLOGY

This problem is investigated with a description of the contents of this research method including the method used, in the form of descriptive research using a qualitative descriptive approach is a type of research that provides a clear picture without any treatment on the object under study. The researcher uses a qualitative approach so that it is easy for researchers to collect supporting data about the implementation of vipassana meditation for Buddhist Sunday schools at the Vipassana Meditation House in Jepara. The sample that the researchers took was only 25 people. The subjects of this study were Buddhist monks, teachers, and Sunday school students and six informants were used as informants. Furthermore, the object under study is the role of the implementation of meditation on the character building of Jepara Buddhist Sunday School students.

Instruments for collecting data on informants used interview guidelines, observation guidelines, and cameras or recording devices. References and supporting materials refer to the selected informant data collection techniques in the Sunday school research by using interviews, observation, and documentation. The analysis technique uses the method (Milles, A, Saldana, & Johnny, 2014). Which consists of data collection, data reduction, data presentation, and drawing conclusions.

RESULTS AND DISCUSSIONS

1) Results

Referring to the research objectives which include forms of meditation implementation, factors of meditation implementation, constraints of meditation implementation and meditation responses in Sunday school, interview and observation data .

The findings are representative of this research naturally in the form of meditation for Buddhist Sunday school children. Meditation through introspection on the mind really makes a difference, the findings of students to improve their inner quality increase. sometimes negative expressions when often practiced through meditation. Differentiation will increase student confidence both from an educational approach for those who have not had much experience in meditation. Hence the need for a differentiator of sitting meditation for character formation.

The factor of implementing meditation without negative expressions in Sunday school students sometimes occurs because students do not understand yet to sit quietly. The importance of supporting materials for practicing vipassana meditation in Sunday schools is by means of teacher support so that students sit still. Likewise, why can this happen because in building character in Sunday school students, the support of the teacher is needed, as well as the teacher must be able to

provide improvements to students, not just sitting still and concentrating, but still walking independently. But in the practice of meditation sitting still is the foundation of the calm cause of the practice of precepts, concentration and purification of one's character. Sunday school student moral rules are formed to strengthen the character of sitting quietly by sitting still and trying to train not to kill, steal, immoral activities, speak untruth and drink alcohol.

The obstacle for Sunday school students before their practice was known when they practiced meditation sometimes they were not willing to follow the practice of sitting still and not ignoring the sitting instructions. Lack of meditation practice occurs because there is no teacher support to guide.

The response to the character formation of the Sunday school students' silent sitting is aimed at separating men and women. Students whose response to being separated from sitting formed a very satisfied character were influenced by their cognitive abilities. The importance of the existence of a teacher to train student character because children are less focused on sitting still both in meditation practice and in learning. Likewise the role of the teacher when students who do not like to sit, stand, walk, lie down and wake up will affect the formation of their character. Like table1.

Table 1.
Vipassana character formation

Vipassana	Assessment	of Object Character
Sitting	Bloated movements	Inhale naturally
Standing	Body awareness	Exhale
Walking	Touching the feet on	the ground Exhale
Lie down	Touch the pads to move	the abdomen Soft breaths
Awake	Bloated flat stomach	Breathing energy

The practice of vipassana meditation from sitting has a clearer character assessment of the object on the rise of the breath and is naturally formed from the body. The practice of vipassana meditation from standing from the teacher's assessment has body movements that are not yet stable so that the object of breathing in and out is still lacking. The practice of vipassana meditation from walking, assessing its character, it is known that the touch of the foot on the ground brings its own sensation when the object is exhaled. The practice of vipassana meditation from lying down character assessment is formed by touching the bedding so that the movement of the breath becomes softer. The student's practice of vipassana meditation when awake from the teacher's character assessment of the bloating and flat stomach, there is an increase in the object of the breath energy itself.

Table 2.
Samatha character formation

Samatha	Character Assessment	Object
Sit down	Exercise	the feeling of breathing
Standing	Standing exercise	Sensation of breath coarse
Walk	Exercise the feeling of walking	The sensation of breathing in
Lying down	Exercising lying down	Sensation of flatulence
Waking	Awake Exercise	Sensation of out-breath

The practice of samatha bhavana meditation on sitting assesses the teacher's character from the feeling of sitting, the object is felt because of the natural sensation of breath. The practice of samatha bhavana meditation while standing has a character assessment that has been tested from the cause of the feeling of standing up to the object originating from the sensation of coarse breath being the determinant of feeling the coarse. The practice of samataha meditation from walking and assessing the character of the feeling of walking by feeling sticky so that the object is the sensation of the breath of feeling when it enters, the object feels clearer. The practice of samatha meditation

while lying down assessing the character of the meditation teacher exercise the feeling of walking, only feeling the object so that the sensation of just feeling the whole body relax will affect the swelling and deflation of the nose so that the smell is sharper. The practice of awake samatha meditation will affect the assessment of the character of the meditation teacher when the feeling of not sleeping last night only visualizes sour fruit, sweet fruit so that the object of the sensation of breathing leaves the body by feeling the nature of the world.

2) Discussions

To understand the character of the Sunday school, behind the implementation of the meditation practice, of course, the findings that occur are due to a lack of confidence in their position, so that rules and regulations are needed. There is a possibility, where students cannot understand the phenomenon of negative thoughts and doubts develop, the findings occur immediately for students to take a disciplinary approach and understand the implementation of their meditation practice. There are findings that when students practice meditation, it is caused by not being able to sit for a long time so that it is difficult to direct the mind inward, and besides neglecting sitting practice and the result is mental disorders. This is in line with previous research conducted by (Hadion & Julia, 2020) which clarified from samatha and vipassana meditation.

The formation of Sunday school character aims to form a younger generation that prioritizes discipline. Meditation education as an appropriate solution to shape Sunday school personality (Widjojo & Nyanasuryanadi, 2020). Therefore, it is necessary to carry out sitting meditation exercises as a character education effort within the scope of Sunday school. His findings character education that occurs as an improvement of the heart and mind, so that it does not stop improving the quality of Sunday schools that produce community members with character (Joni & Hadion, 2020). Sunday school is known as a non-formal educational institution as one of the solutions, although the training center in Jepara only aims to instill character and dignity in the young generation. The phenomena that are now occurring in Sunday schools are seen as a general reality due to the lack of practice of sitting quietly meditation as a result of which students lack concentration, sometimes they get angry easily. (Bhikkhu, 2023). The stages of implementing character formation can be carried out with other research starting from before the sitting meditation process so that after Sunday school, such as Sunday school it is instilled when sitting, walking and awake to always obey the rules, be honest, smart, responsible, tolerant, hard work and sense of want to know. the goal as habituation to behave sitting quietly. (Liu & Chao, 2020) (Liu & Chao, 2020).

The formation of character in the vispassana meditation system is related to the components of other character topics which sometimes lack the values of good behavior. The goal is to practice character formation in these students based on the desire to do good. So that students who are formed through sitting meditation practice students are calmer so that their character is formed increases .

CONCLUSION

The results of this study indicate that the main findings from the implementation of meditation are that before being tested the character is a lot of stress, after being treated properly by the teacher the mental stress is reduced both by sitting, standing, walking and lying down. This shows that there is a significant difference in the teacher's stress level before the implementation of meditation. After receiving good treatment from the teacher there is a contribution to reducing student stress levels so that further research can use other techniques as character builders. It is hoped that future researchers will broaden the subject of research and as executors of meditation that will give more meaning to the world of education.

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