

# TIME MANAGEMENT WITH BUDDHIST INTEGRATION

Patcharee Cheamchoy<sup>\*\*</sup> Suvin Ruksak<sup>\*\*</sup> Suchao Ploychum<sup>\*\*\*</sup>  
Phra Srivinyaporn (Sairung Indavudho)<sup>\*\*\*\*</sup>  
พัชรี แฉ่มช้อย, สุวิญ รักสัตย์, สุเชาว์ พลอยชุม,  
พระศรีวินยาภรณ์ (สายรุ้ง อินทวฑฺฒ)

## ABSTRACT

The objectives of this research were: 1) to study the General Time Management (GTM) theory, 2) to study the Time Management in Buddhism (BTM). 3) to integrate the General Time Management theory with Time Management in Buddhism, and 4) to propose a guideline and a new body of knowledge on "Integrated Buddhist Time Management Model". The data of this qualitative research were collected from the Tipitaka, Commentaries, Buddhist literary works, related documents, in-depth interviews with 11 key - informants, and focus group discussions with 32 experts. The data were analyzed, synthesized and classified in category.

### The results of the thesis were found as follows:

Time management is spending the time in accordance with activity, work and life with the plan focusing on the outcome of the task relating to happiness and achievement as the goal. Time management consists of planning, organizing, priority, proper work distributing, and learning the nature of oneself in order to

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\* Doctor of Philosophy Program in Buddhist Studies, Mahamakut Buddhist University

\*\* Mahamakut Buddhist University

\*\*\* Mahamakut Buddhist University

\*\*\*\* Mahamakut Buddhist University

manage time more effectively. Time management in this way can cause stress and suffering in life easily.

Time management in Buddhism emphasizes the duration of time. It is moving forward without limitation and has distinction in state of existence and plane of existence, and conditions of individual desires. Time is a frame or scope set up for a particular activity or purpose. Time is not the factor used to determine the outcome of dhamma. Time management in Buddhism is both art and science in doing activities in living a life. Spending time in every step of life-long activities is the perfect time consuming, not dependent on any auspicious occasion and horoscope. Time management in Buddhism is focused on advantage, righteousness and mindfulness as the goal, not recall to the past, worry to the future, but concentrate to do best at the present.

The time management with Buddhist integration is a holistic activity management including life and awareness of reason, principle, method and system of oneself and the others as dependent factors. Knowledge as the art is focused for an achievement of advantage and life development of individual and society in an appropriate time by not wasting the time in activity process. The time management in Buddhism is based on the righteousness, justice, and approvable goodness. The time management in Buddhism is the effective management of man and work in an appropriate time with awareness and knowledge based on utilization and truth.

The body of knowledge on time management in Buddhism is the awareness of present and mindfulness in time spending based on knowledge in utilization and truth. The knowledge obtained from the study can be concluded in "MKUT Model".

**Key words:** Time Management, Buddhist Time Management, Buddhist Integration

## 1. INTRODUCTION

It was known widely timing passed on the through the life of all creatures, It seemed likely no waiting for anyone, and then completed pass on and on, including itself (Ku. Ja. (Thai) 27/190/116) the timing with none-permanence because everything always was changed in every second by natural law, including human as a part of natural law, was effect by 4 elements; birth, aged, sickness and dead finally. For this reason time in human had limited function so ones have to keep value of time constantly.

According to the value of time above mention and the thought of The Wholly Buddhist King of Thailand Somdej Phra Nyasamvara Somdet Phra Sangharaj remind to public that life is short and time is swift (Sodet Phra Nyanasamvara Somdet Phra Sanghara, 2017 : 1) so that ones must be awareness of time consuming for doing goodness and utilizes for global society with happiness in human daily life.

In addition, at the present the globalization was move quickly as fast as possible. That effect the directly to human way of life which be depress to become unhappy and work hard under the limit of time condition. As the result the researcher consider to find out the application of the Time Management in Buddhism method for implementing in order to solve the problem and develop the process of work to be successful and happy life.

## 2. OBJECTIVE

2.1 To study the General Time Management (GTM) theory

2.2 To study the Time Management in Buddhism (BTM)

2.3 To integrate the General Time Management theory with Time Management in Buddhism

2.4 To propose a guideline and a new body of knowledge on "Integrated Buddhist Time Management Model"

### 3. SCOPE OF THE RESEARCH

#### 3.1 Content scope;

1. General Time Management (GTM): planning, organizing, priority, proper work distributing

2. Time Management in Buddhism (BTM): qualitative research were collected from the Tipitaka, Commentaries, Buddhist literary works, related documents

#### 3.2 Population scope

1. Focus group discussions with 32 key-informants

2. In-depth interviews with 11 Buddhist experts

### 4. RESEARCH METHODOLOGY

4.1 The data of this qualitative research were collected from the Tipitaka, Commentaries, Buddhist literary works, related documents

4.2 In-depth interviews with 11 key-informants, and focus group discussions with 32 experts.

4.3 The data were analyzed, synthesized and classified in category.

### 5. THE RESULTS OF THE THESIS

#### 5.1 General Time Management (GTM)

Reference to the definition of time management, there were several points had been made for instance indicated that the Western society committed specifically to outcome of the production, which occurred on the process of activities as priority, work provisioning etc.( Michael Roberts, 2006 : 27). Contrastly in the Eastern side, GTM application was finding into the dairy function, and a little bit increasing, with talking the job on easily operating, it was also spread the time for working inflexible basis, and talking care the housekeeping as well. It considered working and time management was compiled in the life (Kriengsak Charoenwongsak, 2000 : 3).

For conceptual Framework of GTM; According to the researcher's observation, both sides (Western-Eastern) concluded the application of GTM conceptual frame in to fine expected and supported the argument Lisa (Lisa J.Downs, 2008 : 105) and others in 5 topics 1.Planning: setting main goal and support goal with clearly and can measurement, 2. Organizing: make a list, thing to do today step by step, section by section, 3.Priority: follow by planning, the importance thing, urgent, waiting list and acting, 4. Proper working: work smart with the right attitude, finish work on time and 5.Distributing: put the man in the right job and assignment in the right way.

In addition, the result of GTM using time to control activities and work with 5 topics concerning above. So that effective of time management but this way can cause stress and suffering in life easily.

## **5.2 Time Management in Buddhism (BTM)**

Buddhist indicated clearly that Time Management is specific to the frame of area which be created by the person. The time is depended upon individual factor that could be manipulated of specifically, time moving forward without limitation and has distinction in state of existence and plane of existence.

For the Buddhist practical, it preferred were untimely for life that lifting on task. As well The BTM in Buddhism is focused on advantage, righteousness and mindfulness as a goal as the person lived hundreds without mindfulness that be less value than live one day accordingly (Ma.Au. (Thai) 14/272/319). It was placed either on the more Fortune taller but arranged the task on priority of work which was hurry of delay on its evident (Au.dhi. (Thai) 2/156/399). All aspect was going on their evident without carelessness.

The good model of time management in Buddhism is the Buddha, He has daily routine was divided into five parts: the morning session, the afternoon session, the first watch, the middle watch, and the last watch, and he has manage his time to helping and teaching people in daily for 45 years. (Phra

Brahmagunabhorn (P. A. Payutto), 2009 : 8). The Buddha have very clearly planning and spending his time with high value to helping people understand themselves, the natural law and make their life successfully with happiness, that mean when the people working by following Buddha taught and setting very clearly planning, spending time to doing goodness, it can make time to high value, because itself doesn't have value.

However the value of BTM must be focus on mindfulness, not recall to the past, not worry to the future, but concentrate to do best at the present, example the Buddha taught the man name Malunghayaburd (M.M.(Thai) 13/126/139). If the person feel pain by arrow who shoot him but he don't want to see a doctor immediately, he has a lot of questions: he need to know who shoot him, what it the arrow make from silver or iron, who make the arrow, which village, how long they take time to make the arrow. If the man asks many questions like that it take long time to get all the answers, that answers it not helping him reduce his pain, if he don't take the arrow out, he will dead suddenly. As the same in normal of human life: time is very short and limited, the people need to understand value of time and spending time with doing goodness immediately, don't wait, and then can make life happiness no suffering anymore. If not they will spend their time with unreasonable and then feel unhappy, can't successful anything in their life.

In additional, the result of BTM using the opportunity to make high value of time by concentrate to do all activities in the best at present on advantage, righteousness and mindfulness.

### **5.3 Time Management with Buddhist Integration**

Both, GTM and BTM are applying base upon such Knowledge (Right or Wrong), reasonable or unreasonable the selected as function the appropriate method for the task, and timeframe with good planning activities, utilization, including considering the advantages of in advantage, truth of faith, and lead to

achieve successful result upon the target goals so that the good result occurred become of planning and more attempting. Continually, and get the happiness and pleasant.

## 6. THE NEW BODY OF KNOWLEDGE ON "INTEGRATED BUDDHIST TIME MANAGEMENT MODEL".

GTM method was concentrated on the theory and principal, and less of flexibility and emphasis on the result to the task, there were too much works that consuming more time, and urgently contrastly, acting, used GTM for life expectation, and be given value of life, and mindfulness.

The mindfulness is attached with the present time and support knowledge of right or wrong, good or bad including time for practicing activities while the knowledge was the advantage for both oneself and other and become the advantage of public, can utilization which was leading to achieve ultimate goal, and the truth. The Mindfulness, Knowledge, Utilization and the Truth can be call to MKUT Model

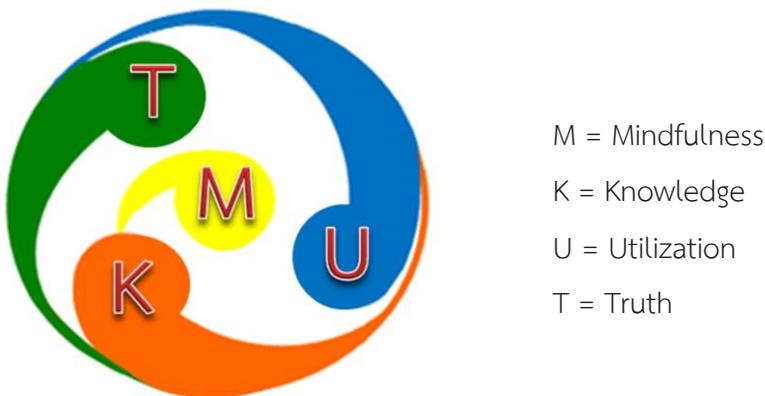


Figure 1: MKUT Model

## 7. THE RECOMMENDATION HOW TO USING THE MKUT MODEL

The MKUT Model is the mindfulness development method that supports the task which create knowledge and lead to implementation process, then enable to get achievement of task successfully, it creates the mindfulness permanently and provide more advantaged completely. Example: The man who suffering with his overload working, can't finish work on time, that effect: he has no time for develop or relax himself and spend time with his family. He can apply using the MKUT Model to solve the problem: Staring with set clearly planning for his life with mindfulness, then using knowledge to organizing his job description, set the priority, proper work and can distributing his task to all person concerning with the utilization, then doing consistency with happiness, because he know the value of time. Finally he can finish his working on time, can using his time for develop or relax himself and spending his time for his family, no suffering anymore.

## 8. RECOMMENDATION

### 8.1 Policy recommendation

1. The Educational institute both public and private can apply the BTM model to organize the teaching training and curriculum development

2. The department of Human Resource Development use the time table and job assignment rules and regulation for employee in order to reduce stress and suffering can use the BTM model for solve the problem

3. According the attitude of scientist dimension, the time was related to the factors that suitable of scientist, the finding it on science expects related lass to Buddhism dimension and can we applied to the innovation of human life

### 8.2 Research recommendation

Buddhist time management (BTM) recommended for the next research are as follow:

1. The study on potential of BTM to human life
2. To study relationship of the man life with BTM model
3. To study the BTM in term of culture relationship

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