

# Plagiarism Checking Report

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## Submission Information

ID	SUBMISSION DATE	SUBMITTED BY	ORGANIZATION	FILENAME	STATUS	SIMILARITY INDEX
4281060	May 12, 2025 at 18:51 PM	Nadnapang@ibsc.mcu.ac.th	มหาวิทยาลัยมหาจุฬาลงกรณราชวิทยาลัย	01 Chatbot รายงานวิจัยฉบับสมบูรณ์_ดร.นาฎนภา รงค์.pdf	Completed	1.09 %

## Match Overview

NO.	TITLE	AUTHOR(S)	SOURCE	SIMILARITY INDEX
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## Match Details

TEXT FROM SUBMITTED DOCUMENT	TEXT FROM SOURCE DOCUMENT(S)
<p>might be highly resilient in one aspect of life and need much higher levels of support in another<sup>3</sup> It is important to give priority to physical and mental health problems and to solve other problems that may occur<sup>3</sup> Ginsburg and Jablow Building Resilience in Children and Teens 3rd Edition Illinois American Academy of Pediatrics 2015 p 4</p>	<p>for individuals and for society in general ( Phil Raws , 2016 , p .4). To overcome adversities , children draw from three sources of resilience features labelled : I have , I am , I can ( Edith Grotberg , 1995 , p .9). It is the capacity to rise above difficult circumstances . Resilience is commonly defined as an ability to recover from setbacks , the quality of bouncing back . Resilience is uneven . A person might be highly resilient in one aspect of life and need much higher levels of support in another ( Ginsburg and Jablow , 2015 , p .4). It is important to give priority to the development of adolescent growth to prevent physical and mental health problems , and to solve other problems that may occur . Adolescence is the period where they need a source of care and guidance that 356 JIABU   Vol . 12 No .1( January -- June 2019 ) facilitate proper understanding to overcome adversities and be</p>
<p>3 A previous studies of hospital patients and people who experience trauma states that the core teachings of Buddhism offer each practitioner a path to resilience<sup>4</sup> Peres et al<sup>5</sup> reviewed research on religiousness and resilience The result showed that one of the factors which has been investigated relative to resilience is religious or spiritual aspect DA Pardini et al<sup>6</sup> examined the potential value of religious faith and spirituality in the lives of individuals suffering from a variety of acute and chronic illnesses The results indicated that among recovering individuals higher levels of religious faith and spirituality were associated with a</p>	<p>). It is important to give priority to the development of adolescent growth to prevent physical and mental health problems , and to solve other problems that may occur . Adolescence is the period where they need a source of care and guidance that 356 JIABU   Vol . 12 No .1( January -- June 2019 ) facilitate proper understanding to overcome adversities and be strengthened by ( or even transformed by ) the challenges of life to make the transition to successful adulthood . A previous studies of hospital patients and people who experience trauma states that the core teachings of Buddhism offer each practitioner a path to resilience ( Julia Aegerter , 2012 , p . 21 ) . Peres et al . ( 2007 ) reviewed research on religiousness and resilience . The result showed that one of the factors which has been investigated relative to resilience is religious or spiritual aspect .D.A. Pardini et al . ( 2000 ) examined the potential value of religious faith and spirituality in the lives of individuals suffering from a variety of acute and chronic illnesses . The results indicated that among recovering individuals , higher levels of religious faith and spirituality were associated with a more optimistic life orientation , greater perceived social support , higher resilience to stress , and lower levels of anxiety . To date , there has been little research into resilience concerning influential factors in religious faith and spirituality that enables resilience . Resilience is important because as positive psychology explains it is the human capacity to face , overcome , and be strengthened by ( or even transformed by ) the challenges of life . For this reason , this research attempts</p>

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<p>Julia Aegerter Resilience What s Buddhism Got to Do with It USA Upaya Zen Center 2012 p 21 5 F P Julio Peres et al Spirituality and Resilience in Trauma Victims Journal of Religion and Health Vol 46 No 3 September 2007 343350 6 DA Pardini et al Religious Faith and Spirituality in Substance Abuse Recovery Determining the Mental Health Benefits Journal of Substance Abuse Treatment Vol 19 No 4 December 2000 347354</p>	<p>is important because as positive psychology explains it is the human capacity to face , overcome , and be strengthened by ( or even transformed by ) the challenges of life . Resilience refers to the process of , capacity for , or outcome of successful adaptation and problem solving despite challenging or threatening circumstances . Likewise , having Samma ditthi from the teaching of the Buddha facilitate the right view for problem-solving and leads to extinction of suffering . The figure below shows the similarity of the Buddhist influenced factors that can facilitate resilience and Gotberg's theory of resilience . 23 Julia Aegerter , Resilience :What's Buddhism Got to Do with It ?( USA : Upaya Zen Center , 2012 ) , p . 21 . 24 F . P . Julio Peres et al , " Spirituality and Resilience in Truma Victims , " Journal of Religion and Health , vol 46 , no . 3 ( September 2007 ) : 343 - 350 . 25 D.A. Pardini et al , " Religious faith and spirituality in substance abuse recovery : determining the mental health benefits , " Journal of Substance Abuse Treatment , vol . 19 , no . 4 ( December</p>
<p>5 people with stress issues individualized support to enhance stress resilience based on Buddhist Psychology To date there has been little research into resilience concerning influential factors in religious faith and spirituality that enables resilience Resilience is important because as positive psychology explains it is the human capacity to face overcome and be strengthened by or even transformed by the challenges of life For this reason this research attempts to investigate the concepts of resilience and practical ways to develop an innovative chatbot system for enhancing stress resilience based on Buddhist Psychology 12 Research Questions 121 What are the key</p>	<p>356 JIABU   Vol . 12 No .1( January -- June 2019 ) facilitate proper understanding to overcome adversities and be strengthened by ( or even transformed by ) the challenges of life to make the transition to successful adulthood . A previous studies of hospital patients and people who experience trauma states that the core teachings of Buddhism offer each practitioner a path to resilience ( Julia Aegerter , 2012 , p . 21 ) . Peres et al . ( 2007 ) reviewed research on religiousness and resilience . The result showed that one of the factors which has been investigated relative to resilience is religious or spiritual aspect .D.A. Pardini et al . ( 2000 ) examined the potential value of religious faith and spirituality in the lives of individuals suffering from a variety of acute and chronic illnesses . The results indicated that among recovering individuals , higher levels of religious faith and spirituality were associated with a more optimistic life orientation , greater perceived social support , higher resilience to stress , and lower levels of anxiety . To date , there has been little research into resilience concerning influential factors in religious faith and spirituality that enables resilience . Resilience is important because as positive psychology explains it is the human capacity to face , overcome , and be strengthened by ( or even transformed by ) the challenges of life . For this reason , this research attempts to study the effects of the Buddhist Psychological factors from the qualitative method and later through a quantitative measurement through Multiple Regression Analysis ( MRA ) to prove the significance of those influential factors that help promote resilience among adolescents . The objectives of this research are as follows</p>

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<p>early stage of the study the research covers primary and secondary sources of data from both literature review and indepth interviews The concept of stress resilience regarding the western psychological paradigm will be investigated through the literature review and indepth interviews The influential factors in Buddhism and Psychology for enhancing stress resilience of workingaged people obtained from the indepth interviews will be further investigated through the primary sources of English translations of Tipiaka the secondary sources of commentaries textbooks research works and Buddhist journals This is to survey the viewpoint from the related literatures in detailed explanation for clearer comprehension</p>	<p>This research is mixed methods Research . It consists of both qualitative research and quantitative research . The first stage of the research is qualitative research which aims to collect the variables and then design the instruments in the quantitative research in the second stage . 357 JIABU   Vol . 12 No .1( January -- June 2019 ) Qualitative Research In the early stage of the study , the research covers sources of data from both literature review and in-depth interviews . The concept of resilience in regard to the western psychological paradigm will be investigated through the literature review and in-depth interviews . 12 key-informants were selected by using purposive sampling ( W . Lawrence Neuman , 2006 , p .222). The key-informants are experts who are highly knowledgeable about or involved with Buddhism , psychology , resilience and adolescents .In-dept interviews will be conducted with two groups of key-informants including six salient Buddhist scholars : meditation masters , professor of Religious Studies , a director of Buddhist Studies , and a Pli and Buddhist Studies lecturer and six modern psychologists : a psychotherapist , clinical psychologists , psychology lecturers , and a medical doctor who is expertise in adolescents . The goal is to obtain new and relevant data as well as to carry out an exploration of the definition of Resilience from the Buddhist perspectives and the factors in Buddhism that enables resilience in adolescents . The influential factors in Buddhism on resilience of adolescents obtained from the in-depth interviews will be further investigated through the primary sources of English translations of Tipiaka , the secondary sources of commentaries , textbooks , research works , and Buddhist journals.This is to survey the viewpoint from the related literatures in detailed explanation for clearer</p>
<p>49 Everly explains resilience as the capacity to recognize ourselves in the depths of failure humiliation or depressionand to rebound not just to our previous state but to even greater levels of success happiness and inner strength48 Masten49 describes resilience as a common adaptive human process rather than a magical process applicable to a select few Tugade and Fredrickson50 similarly define resilience as the ability to recover from negative emotional experiences and adapt flexibly to the evolving demands of stressful situations This understanding seems to be closely related to the concept of hardiness described by the researcher Kobasa51 Resilience also</p>	<p>, Identity Development - Aspects of Identity , Child Development Reference - Vol 4 . 158 JIABU   Special Edition on Vesak Celebrations Conference 2018 high-risk populations . As developmental research most of this work focused on children , sometimes in longitudinal studies of factors in the lives of youth that predicted positive outcomes in adulthood10 Masten11 describes resilience as a common adaptive human process , rather than a magical process applicable to a select few . Tugade and Fredrickson12 similarly describe the process of resilience as being characterized by the ability to bounce back from negative emotional experiences , and by flexible adaption to the changing demands of stressful experiences . This understanding seems to be closely related to the concept of hardiness , described by the researcher Kobasa .13 Resilience also enables us to ` bounce back ' after experiencing stressful life events such as significant change , stress , adversity , and hardship .14 Most importantly , it incorporates the concept of emerging from the adversity stronger and more resourceful .15 For Grotberg , it consists of inner personal strengths ( I am ) , social and interpersonal skills ( I can ) , and external supports and resources ( I have ) , all of them contributing to essential blocks that build personal resilience .16 According to Grotberg , Resilient adolescents are defined in terms of three sources ; I HAVE ( social and interpersonal supports ) , I AM ( inner strengths ) and I CAN ( interpersonal and problem solving skills ) To overcome adversities , teenagers draw from three sources of resilience features labelled : I HAVE , I AM , I CAN . What they draw from each of the three sources may be demonstrated as Figure 1 . 10</p>

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<p>S Ordinary Magic Resilience Process in Development American Psychologist Vol 56 No 3 March 2001 227239 50 Tugade M M and Fredrickson B L Resilient Individuals Use Positive Emotions to Bounce Back from Negative Emotional Experiences Journal of Personality and Social Psychology Vol 86 No 2 February 2004 320333 51 Kobasa S C Stressful Life Events Personality and Health An Inquiry into Hardiness Journal of Personality and Social Psychology Vol 37 No 1 January 1979 111 52 Richardson G E The Metatheory of Resilience and Resiliency Journal of Clinical Psychology Vol 58 No 3 March 2002 307321 53 Ginsburg and</p>	<p>. Fredrickson , " Resilient Individuals Use Positive Emotions to Bounce Back from Negative Emotional Experiences , " Journal of Personality and Social Psychology , vol 86 , no . 2 ( February 2004 ) : pp . 320 - 333 . 13 S.C. Kobasa , " Stressful Life Events , Personality and Health : An Inquiry into Hardiness , " Journal of Personality and Social Psychology , vol 37 , no . 1 ( January 1979 ) : pp . 1 - 11 . 14 S.R. Maddi and D.M. Khoshaba , Resilience at Work : How to Succeed No Matter What Life Throws at You ,( New York : Amacom , 2005 ) , p . 2 . 15 G.E. Richardson , " The Metatheory of Resilience and Resiliency , " Journal of Clinical Psychol - ogy , vol 58 , no 3 ( March 2002 ) : 307 - 321 . 16 Edith Grotberg , A guide to Promoting Resilience in Children : Strengthening the Human spirit ,( The Hague : The Bernard van Leer Foundation , 1995 ) , p .10. 159 JIABU   Special Edition on Vesak Celebrations Conference 2018 Figure 1 Gotberg's Theory of Resilience Figure 1 represents Gotberg's Theory of Resilience . It is an interactive and accumulating process of developing different skills , abilities , knowledge and insight that a person needs for successful adaptation or to overcome adversities and meet challenges . For Grotberg , it consists of inner personal strengths , social and interpersonal skills , and external supports and resources , all of them contributing to essential blocks (self-confidence, self-image, responsibility , independence , initiative , effectiveness , trust ) that build personal resilience . Inner personal strengths are determined by bio-psycho</p>
<p>Science and Engineering Progress 2020 113 DOI 1014416 jasep202007001 7 Phramaha Yothin Yodhiko Thaksina Krairach Ruedee Saengduenchay Nadnaphang Phophichit Creating Buddhist Ecological Balance and Maintaining Natural Capital of the Community Forest Networks in the Northeast of Thailand Journal of Social Science and Buddhistic Anthropology Vol 5 No 12 December 2020 3043</p>	<p>). Creating Buddhist Ecological Balance and Maintaining Natural Capital of the Community Forest Networks in the Northeast of Thailand . Journal of Social Science and Buddhistic Anthropology , 5 ( 12 ) , 36 . Daily Matchon . ( 2020 ) . Sort people into the news . [ Online ] . Retrieved March 15 , 2020 , from https ://www.matchon.co.th/ politics / news _ 2622215 . Wikipedia , the free encyclopedia . ( 2021 ) . Central Region ( Thailand ) . Retrieved March 15 , 2020 , from https ://th.wikipedia.org/ wiki /ภาคกลาง_(ประเทศไทย)วารสารสหศาสตร์การพัฒนาสังคมปีที่ 1 ฉบับที่ 2 (มีนาคม-เมษายน 2566 )   17 Office of the National Economic and Social Development Board . ( 2012 ) . The 11th National Economic and Social Development Plan . Bangkok : Office of the National Economic and Social Development Board . Chengwattanaphong , S . , Sikkhabundit , S . , and Teerawittayalert , P . ( 2021 ) . The Model on Development of Activities That Enhance the Volunteer Psychological Characteristics of</p>