

## THE APPLICATION OF BUDDHIST VALUES IN CONTEMPORARY EDUCATION IN THE ERA OF DIGITALIZATION

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### **Abstract**

*Education should be an effective tool to shape individuals capable of developing civilization. Education is defined as a conscious and planned effort to create a learning environment and learning process so that students can actively develop their potential, including spiritual strength, self-control, personality, intelligence, good morals, and skills needed for themselves and society (SISDIKNAS Law No. 20 of 2003). In Buddhism, education is seen as a process rooted in practice (sikkha), where individuals learn, practice, study, develop, and achieve enlightenment. This includes moral discipline (sīla), concentration (samadhi), and knowledge or wisdom (pañña). Education in the context of Buddhism is an ongoing effort to improve oneself and become a wise human being. Buddhism, as a religion and philosophy rooted in the teachings of Siddhartha Gautama or Buddha, carries a number of values that can be integrated in the context of contemporary education, namely Compassion (Metta), Wisdom (Panna), Simplicity (Apicchat), Empathy (Karuna). The method used is a descriptive qualitative approach through in-depth interviews with research participants consisting of various stakeholders in the educational environment including schools that have implemented Buddhist values. By understanding the concept of Buddhism, ethics, implementation methods, and relevance through this approach, this research can provide a strong basis to explore the impact of implementing Buddhist values in contemporary education and identify potential improvements in the education system. It is important to understand the relevance of Buddhism in the complex contemporary educational environment. How Buddhist values can contribute to the formation of wiser, ethical and harmonious individuals in the modern educational context. In this regard, Buddhism can provide a perspective that helps students cope with challenges more calmly and empathetically.*

**Keywords:** Application, Buddhist Values, Contemporary Education

### **INTRODUCTION**

Education should be an effective tool to shape individuals capable of developing civilization. Education is also the basic foundation for transforming individual potential

into individuals who have good and responsible knowledge, skills and ethics. Education is defined as a conscious and planned effort to create a learning environment and learning process so that students can actively develop their potential, including spiritual strength, self-control, personality, intelligence, good morals, and skills needed for themselves and society (SISDIKNAS Law No. 20 of 2003).

Education in concept is the provision of instruction, knowledge, skills and training in human activities. The scope of education includes the environment around individuals, and through that environment, individuals experience many experiences and phenomena that help them use their minds to unleash their potential to achieve their life goals. Moral education is not just about human problems, but also about learning how people should act in relation to their life goals.

Contemporary education is an educational approach that considers that the main goal of education is the development of the whole person, intellectually, physically, emotionally and socially. Contemporary education recognizes that every human being has unique potential and needs to receive education that is able to address their needs and development holistically. In addition, contemporary education recognizes that character building does not only occur in the classroom, but also through experiences outside the classroom such as interaction with the environment and surrounding community. The goal of contemporary education is to help achieve the best character formation and make individuals cultured, critical, creative, and insightful.

In Buddhism, education is seen as a process rooted in practice (*sikkha*), where individuals learn, practice, study, develop, and achieve enlightenment. This includes moral discipline (*sīla*), concentration (*samādhi*), and knowledge or wisdom (*pañña*). Education in the Buddhist context is an ongoing effort to improve oneself and become a wise human being.

Education is one of the main pillars in shaping individuals and society. Amidst the complex challenges of modern times, seeking solid moral and ethical guidance in education is essential. Buddhism, as a religion and philosophy rooted in the teachings of Siddhartha Gautama, or Buddha, offers a deep and relevant framework of values to be applied in contemporary education. Buddhism is not just about religious beliefs, but also about a way of life and worldview that emphasizes acceptance, self-understanding, wisdom and ethics. Values such as compassion, wisdom, simplicity and empathy can make a valuable contribution to creating a better and more meaningful educational environment. In this guide, we will explore the application of budhist values in contemporary education and how they can shape better individuals and create more harmonious relationships, as well as promote peace in an increasingly complex world. By combining the teachings of budhism with modern education, we can create a more balanced, ethical and impactful educational environment.

From the exposure to the situation and conditions above, the researcher is interested in researching "APPLICATION OF BUDHISM VALUES IN CONTEMPORARY EDUCATION IN THE DIGITALIZED ERA".

The formulation of the problem in this study is how the application of Buddhist values in contemporary education in the current era of digitalization. As for the purpose of this research, it aims to provide an explanation and description to the community regarding how the application of Buddhist values in contemporary education in the digitalization era.

## **RESEARCH METHOD**

This research uses a descriptive qualitative research method with an in-depth explanation and exploration of the understanding, perceptions, and experiences of individuals related to the application of Buddhist values in education. The participants or resource persons in this research are stakeholders who understand the values of Buddhism and education deeply, namely Bhante and religion teachers in elementary schools. The reason for choosing these sources is that for researchers the answers or ideas given by them are able to answer the questions that researchers provide, besides that character building has started since elementary school, so the role of Buddhist teachers is very influential in shaping the character of students, especially in contemporary education in the era of digitalization. Furthermore, in collecting data, this research uses interview techniques to the sources that have been determined, and documentation in the form of literature studies. While in analyzing the data, all answers obtained from the interview process were analyzed using content analysis and triangulation, namely reconfirming the answers given by the sources.

## **RESULT AND DISCUSSION**

Education in Buddhism is closely related to character building. In Buddhism, self-character development is carried out through three channels, namely thought, speech, and physical body, meaning that before taking an action, be it moral or immoral, everything will begin with the mind. So that the mind becomes the pioneer of everything that can shape self-character by controlling the mind. Buddhists direct humans to be able to train and control the mind first so that the resulting speech and behavior are good.

The application of Buddhism values in contemporary education in the era of digitalization disrupts the adaptation of Buddhism education to the needs of today. As expressed by the Dalai Lama, Buddhist education needs to adapt to modern methods, especially in the digitalization era in order to remain effective and provide access to wisdom for the younger generation. Historically, the teaching of Buddhism has adapted from oral transmission to written texts in various languages and writings. Thus, in this era of digitalization, people tend to prefer receiving information in digital form,

especially through videos and social media. Therefore, Buddhism education can adapt to the trend or development of the times by offering interactive online courses and creating shorter educational videos to meet the educational needs of individuals. The application of Buddhist values in contemporary education in the digitalization era can ensure access to Buddhist wisdom to the younger generation and will meet the educational needs that are in line with the current times.

The results obtained in this study based on the interviews conducted are that the most relevant application of Buddhist values in contemporary education in the digitalization era are the principles of ethics, morality, and character building that can help students face the challenges of life and develop a deeper understanding of themselves and the world. In addition, Buddhist values such as compassion (helps in developing empathy, caring), inner peace (teaches how to control thoughts and emotions), non-violence (avoiding physical, verbal, and emotional violence), mindfulness (the ability to live with wise thoughts and feelings), Karma (taking responsibility for actions and their consequences), caring (the ability to feel sympathy and concern for the suffering of others), tolerance and respect for diversity (understanding and appreciating diversity in a global society), social responsibility (motivating students to engage in community service), respect for process (judging the learning process wisely and encouraging perseverance in overcoming challenges), and development of personal qualities (developing positive character traits, wisdom, integrity, honesty, and generosity).

The integration of Buddhist values in contemporary education assists students in developing a deeper understanding of well-being, empathy, and healthy human relationships. Thus, these values are able to contribute to the development of students' character, wisdom, and moral qualities in the modern world. With technological advances that can affect the character building of students, it becomes a challenge that can be one of the factors that cause pressure and result in stress. In the application of Buddhism values, there is one of the most effective ways to handle or overcome stress levels in students or educators, namely through meditation activities. Meditation plays an important role in the character building of students in various ways. So as to develop personal qualities and skills that affect character positively. By integrating meditation in education, students can develop strong character and become better individuals, emotionally, morally, and intellectually who are able to create a more peaceful, relaxed, and self-aware learning environment.

In addition to technological advancements being a challenge, there are several things that pose challenges to the application of Buddhist values in contemporary education and how to deal with these challenges, namely:

- a. The separation of religion and schooling has made the integration of Buddhist values in the curriculum controversial, but the solution is to teach Buddhist values as universal ethical principles.

- b. A crowded curriculum that makes it difficult to add lessons on Buddhist values, but overcoming the challenge is to integrate the values into existing subjects, such as ethics, religious history, or language.
- c. Limited perceptions leading to the doctrine that Buddhism is only a religion that is only relevant to the Buddhist community, but the way to overcome this is by providing a deeper understanding of Buddhist values as universal values that can be applied by everyone regardless of religious background.
- d. Parental disengagement is also a challenge as parents often still have concerns about the teaching of Buddhist values in schools, so to overcome this is to involve parents in all educational processes and explain the benefits openly.
- e. Deep understanding, what is meant by the challenge is that often Buddhism requires deep understanding and involved meditation, so educators need to receive specialized training to provide effective teaching and involve experienced Buddhism practitioners in the educational process.
- f. Evaluation and measurement of education is often measured by academic achievement, but the impact of Buddhist values in character development can use alternative assessment methods that include aspects of character need to be developed.

### **Analysis/Discussion**

Based on the results of interviews that have been conducted to informants regarding the application of Buddhist values in contemporary education in the digitalization era, namely:

#### **1. Views on the relevance of Buddhist values in the context of contemporary education**

From the results of interviews obtained through the informants that there is a relevance of Buddhism values in the context of contemporary education. This is in accordance with the current situation, which contains many values and teachings that can be applied in the context of education. Some of the main values of Buddhism that are relevant are awareness, wisdom, virtue, mental and emotional discipline and generosity. In a modern or contemporary educational context, teaching Buddhist values can help in creating a more welcoming, inclusive and empathetic educational environment. The application of concepts such as mindfulness, wisdom, and generosity in daily practice such as in school can help students or learners become more responsible, empathic, and conscious moderators of positive impacts on society and the environment. Thus, while Buddhist values can contribute to modern education, it is important to note that they should still be applied contextually and in accordance with secular principles in education. In addition, given the cultural backgrounds that learners come from, there are bound to be different values, and education should take

this diversity into account in teaching Buddhist values. Nonetheless, Buddhism does not contradict science and the times, so none of the Buddhist values are in conflict with contemporary education as well as cultural development and technological advancement.

## **2. The most relevant and applicable Buddhist values in the contemporary education system**

The term Buddhayana is synonymous with Ekayana which is one vehicle. Basically, it only teaches the beneficial things about the holy life to lead to annihilation and attain nirvana (S.v.438) which means to attain nirvana who becomes a Buddha, whether the aspiration is Savakabuddha, Paccekabuddha, or Sammasambuddha.

There are three sects or schools of Buddhism namely Theravada (this is the oldest school of Buddhism that still survives today. It is a conservative school), Mahayana (which is one of the two main schools of Buddhism and is the term for the division of the Buddha's philosophy and teachings. Mahayana as a tradition that still exists today is the largest collection of the two traditions of Buddhism today which refers to the level of spiritual motivation known as Bodhisattvayana), Vajrayana (a Buddhist teaching in Indonesia which is more commonly known as Tantra or Tantrayana) which has no conflict whatsoever in accordance with its essence of liberation.

In the context of contemporary education system, some Buddhist values are very relevant and can contribute positively to the development of students and create a better educational environment. The following are some of the Buddhist values that are very suitable to be applied in today's education system:

### **a. Mindfulness**

In Buddhism, there are several terms that are translated as mindfulness or linked to the concept of mindfulness which are equally useful to know the different aspects of mindfulness itself.

#### **1) Sati**

Sati means "to recollect", both in terms of memory (I remember you said you wanted to meditate) and in the sense of "regrouping once again" (I need to pay attention to myself after a busy day). In this case Sati is the aspect of consciousness that knows what is happening at any given time, during a state of alertness where the individual is paying attention to what is happening here and now.

#### **2) Sampajanna**

Sampajanna is the aspect of consciousness that develops after a period of time. Sampajanna involves a sense of purpose and an awareness of

where we already are. So while meditating and realizing the need to practice loving-kindness. Sampajanna allows the individual to think about the future mindfully. Sampajanna is very important to the individual as a compass that gives direction to the individual.

3) Dhammavicaya

Dhamma-vicaya is an aspect of consciousness that categorizes individual experiences into models. In meditation there is an important aspect of learning how to categorize both distractions (obstacles) and positive qualities that can be developed in meditation (dhyana factors). Dhamma-vicaya is the act of comparing the individual's inner experience with a mental map, in order to navigate more precisely towards the individual's goal.

In addition, Dhamma-vicaya can be a diagnosis that is able to help individuals evaluate more precisely what is happening. The simplest form of Dhammavicaya is the vipassana meditation technique of "noting" where the individual mentally "mentions" the most salient aspects of the individual's experience.

4) Appamada

Appamada is awareness in the sense of vigilance which is the dynamic aspect.

b. Empathy and compassion

In Buddhism, empathy and compassion have a very important meaning. Empathy is the ability to understand and feel the feelings and suffering of others. In the context of Buddhism, empathy involves developing an awareness of human suffering and a desire to alleviate that suffering. Compassion in Buddhism refers to an attitude of genuine compassion and concern towards all living beings. This compassion includes the wish to help and protect sentient beings from suffering, as well as showing understanding and forgiveness.

In Buddhism, empathy and compassion are considered to be very important qualities for achieving enlightenment. Through the practice of meditation and mindfulness development, a Buddhist is expected to develop a wide range of empathy and compassion, not only towards fellow humans, but also towards all living beings. In daily life, empathy and compassion in Buddhism can be realized through concrete actions by helping others, respecting life, and avoiding actions that cause suffering. It can also involve developing self-awareness to understand and overcome negative traits such as greed, anger and hatred.

By practicing empathy and compassion in daily life, a Buddhist can achieve inner peace, improve social relations, and promote peace and happiness in the wider world.

c. Self-control and discipline

In Buddhism, self-control and discipline play an important role in spiritual practice. Self-control involves overcoming negative qualities, and the Buddha taught five ways to develop self-control, including moral discipline, awareness, clear understanding, patience and effort. Moral discipline is fundamental in Buddhism and requires self-discipline and training. Following the five precepts in the Pancasila moral code, which include abstaining from killing, stealing, sexual misconduct, lying, and consuming substances that impair consciousness, requires great discipline. In addition, the benefits of moral discipline include mental strength, respect from society, and a peaceful mind that leads to happiness in the afterlife.

d. Equality and justice

Equality and justice are important in Buddhism. In the context of Buddhism, equality refers to the view that all sentient beings have equal rights to achieve happiness and perfection. There is no discrimination based on race, gender, or social status. Justice in Buddhism means giving fair and equitable treatment to all sentient beings. In Buddhist practice, equality and justice are reflected in behavior that respects all living beings and avoids actions that cause suffering. Empathy and compassion are important values in Buddhism. Having empathy means being able to feel and understand the suffering of others. In Buddhism, equality and justice also involve self-awareness and efforts to overcome negative qualities such as greed, anger and hatred.

e. Equanimity and equanimity

Balance in Buddhism in the Pali scriptures; "Samma Kammanta" refers to the practice of living a balanced life, shunning extremism and avoiding behavior that harms oneself and others. Balance teaches that avoiding extremes, be it abundance and overindulgence or self-slavery and self-oppression, is the key to happiness and enlightenment. In daily practice that means living life with mindfulness and wisdom, maintaining balance in actions, thoughts, and behavior.

While inner calm in Pali: "Samma Samadhi", which is one of the important components of the Eightfold Path of Buddhism. It involves achieving a calm, stable and focused state of mind through meditation. Equanimity helps in controlling the chaos of thoughts and emotions, which in turn helps one to



overcome suffering and achieve a deeper understanding of reality. Equanimity also relates to the Buddhist concept of "Nirodha", which refers to understanding the root cause of suffering (kutuk kose). With the attainment of equanimity, one can reach a deeper understanding of transience and selflessness (anatta), which is one of the important aspects of Buddhism. In order to achieve a deeper understanding of equanimity and equanimity in Buddhism, the practice of meditation, understanding the teachings of the Four Noble Truths, and following the Eightfold path are essential. These can assist individuals in achieving enlightenment (nirvana) and escape from the cycle of suffering (samsara) according to Buddhism.

f. Generosity and care

Generosity (metta) and compassion (karuna) have extremely important meanings in Buddhism. They belong to the four positive mental attitudes known as the "Brahmavihara" or "four sacred wisdoms". Generosity (metta) is the mental attitude of compassion, mercy, loving-kindness towards all beings, indiscriminately. It is having positive feelings and good wishes towards everyone, including friends, enemies, and strangers. The practice of metta involves developing deep feelings of compassion and consciously avoiding negative feelings such as hatred and resentment. Caring (karuna) is a mental attitude of sympathy and concern for the suffering of others. It refers to the wish to help alleviate the suffering and misery of others. In the Buddhist context, caring involves a willingness to help others on their journey of liberation from suffering (nirvana) and overcoming the cycle of rebirth (samsara).

Generosity and care are very important mental attitudes in Buddhist practice as they create the basis for good relationships, tolerance, and peace in society. Generosity and caring also help individuals overcome egoism and other negative traits, such as anger and greed. In addition, in Buddhism, metta or karuna is considered an effort in achieving enlightenment (nirvana) and contributing to the good of the world which is related to the concept of karma, where acts of kindness and generosity can generate positive karma that ultimately brings happiness and liberation from the cycle of rebirth. The practice of meditation on metta and karuna is a commonly used way to develop generosity and care in oneself. By cultivating these attitudes, a Buddhist practitioner can become wiser and contribute to creating a more peaceful and loving environment.

g. Appreciation of process and emotional intelligence

Respect for process, also known as appreciation of the journey, and emotional intelligence are important in the context of Buddhism. Appreciation of process refers to an awareness and appreciation of each step in the spiritual journey and quest for enlightenment. In Buddhism, the process towards deeper understanding and enlightenment is more important than the end result. It encompasses appreciation of effort, perseverance, and inner development in an effort to achieve a deeper understanding of the Dhamma (Buddhist teachings) and reality. The concept teaches that individuals should focus on meditation practice, Dhamma study, and inner development without thinking too much about specific achievements. In this way, appreciation of the process allows one to go through the spiritual journey with more wisdom and awareness.

Meanwhile, emotional intelligence is the ability to understand, manage, and interact with emotions wisely. In Buddhism, emotional intelligence is very important because emotions can affect thoughts, actions, and understanding. A person who has good emotional intelligence is able to overcome negative emotions such as anger, hatred, and disappointment and cultivate positive emotions such as compassion, mercy, and gratitude. Emotional intelligence is also related to the concept of "mindfulness" in Buddhism. Awareness of the emotions that arise in a person allows the individual to respond wisely, avoid impulsive actions that can bring suffering, and promote mental and emotional well-being.

In Buddhism, respect for the process and emotional intelligence help one to overcome obstacles such as suffering, confusion, and dependence on external things. They help individuals to develop personally and achieve enlightenment more effectively, while living life with wisdom, compassion, and empathy towards oneself and others. By being able to develop these two concepts, Buddhist practitioners can achieve a deeper understanding of the Dhamma and attain inner peace and enlightenment.

Based on the explanation of these points, the application of these Buddhist values in education can help create an environment that supports students' holistic development, builds strong social and emotional skills, and is able to assist in creating a school community that is filled with peace, tolerance, and respect for diversity. This can help in creating students or learners who are not only academically intelligent, but also have wise intelligence, are able to empathize, and contribute positively to social life. All the streams that have

been explained are very relevant because without education there will be no wisdom. There is one Buddhist message in the scriptures that people who are reluctant to learn will be like cows, the older they get, only the meat increases, as well as humans getting older but no wisdom.

**3. The application of values such as compassion, inner peace or karma can enrich the learning experience in the modern era**

Love, compassion, inner peace and karma cannot be measured like the world of Science. However, it can only be seen from the individual being able to be at their spiritual level which is reflected in their behavior, speech, etc. The application of values such as compassion, inner peace, and the concept of karma can greatly enrich the learning experience in today's modern and digitalized era.

Applying the values of compassion, inner peace and karma can enrich the learning experience and have significant benefits. Some of the reasons why these values can be so beneficial in today's contemporary educational era are:

- a. Development of personal qualities (learning values such as compassion and inner peace helps students in the development of positive personal qualities, such as empathy, wisdom, and calmness).
- b. Mental well-being (contemporary education often emphasizes intellectual aspects, but mental and emotional well-being are equally important. It is the application of these values that can help students manage stress, improve psychological well-being and understand emotions better).
- c. Ethics and morality (values such as karma teach about the concept of actions and consequences. This can be used in introducing ethics and morality to students. Understanding these to be actions that have consequences can motivate them to make better and more responsible choices).
- d. Resolving conflicts (teaching values such as inner peace and compassion can help students in resolving conflicts, both in the classroom and in everyday life).
- e. Multicultural understanding (that in an increasingly connected world, values such as compassion and tolerance can help students understand and appreciate the diversity of cultures, religions and backgrounds. This is important in promoting peace and cooperation across cultures).
- f. Deeper learning experiences (the application of these values can provide a deeper dimension to the learning experience. Students can learn not only from textbooks, but also from personal experience and application of values in daily life).
- g. Developing social skills

- h. Individual empowerment (values such as karma will teach that individuals have control over their actions and their consequences. It can provide a sense of empowerment to students that students can influence the direction of individual lives by the actions taken).

Thus, the application of values such as compassion, inner peace, and karma can create a more holistic educational environment centered on students' personal development and well-being. Here are some ways in which these values can contribute to students' learning experiences:

- a. Compassion

Development of Empathy: Teaching compassion helps students understand the feelings and experiences of others. In the context of online or digital learning, students can learn to feel and understand the challenges faced by fellow students around the world, creating a sense of brotherhood and global concern. Prevention of Bullying and Cyberbullying: Promoting compassion can help prevent bullying and cyberbullying behaviors by building respect and understanding between students in a digital environment.

- b. Inner Peace

- Meditation Practice and Emotional Balance: Teaching students meditation techniques and emotional balance practices can help them find inner peace amidst academic and social pressures. Students can use meditation apps or online platforms to support these practices.
- Mindful Use of Technology: Teach students to use technology wisely and be aware of its impact on their mental well-being. Help them understand when and how to use digital devices wisely.

- c. Karma

- Accountability in Technology Use: Teaching the concept of karma can help students understand that their online actions have consequences. They can understand the importance of digital etiquette, such as respecting the privacy of others, avoiding spreading false information, and contributing positively in their online communities.
- Understanding the Consequences of Actions: Understanding that actions online and in the real world have long-term repercussions, both for oneself and others. This can encourage students to think twice before acting and build a positive and supportive online environment.

- In the digitalization of education, where students often engage in global communities and are exposed to various online influences, the application of values such as compassion, inner peace and an understanding of karma is essential. Equipping students with an understanding of these values not only enriches their learning experience but also helps them become responsible, empathetic and thoughtful individuals in their use of technology and online interactions. In addition to prioritizing technology in the future, individuals, in this case a learner, need to learn inner processing, because without inner processing, technological advancement becomes a hollow progress.

#### **4. The application and impact of Buddhist values on schools or educational institutions in the curriculum**

The application of Buddhist values in schools or educational institutions can provide significant benefits in shaping students' characters, supporting their personal development, and creating a more peaceful and meaningful learning environment. Some schools or educational institutions that have successfully implemented Buddhist values are:

- a. STIAB Jinarakkhita Lampung (is one of the Buddhist Colleges that applies Buddhist values in learning this is stated in the vision, namely: To become a reputable Buddhist tertiary institution that has a competitive advantage towards the development of a society with a pious, professional, and non-sectarian character, as well as spirituality skills and global ethics in the era of 'Globalization 4.0'. An example of its application is:
  - Academic programs that include teaching the fundamental teachings and values of Buddhism. This could include the study of the Dhamma (Buddha's teachings), meditation, moral ethics, and mindfulness practices.
  - Organizing various trainings and workshops that help students develop spirituality skills, including meditation, self-reflection, and wisdom practices. Integrating global ethics into the curriculum, guiding students to understand and appreciate the diversity of cultures, religions, and values in the era of globalization.
  - Implementing a non-sectarian approach, which means they open their doors to students from different ethnic backgrounds, cultures, schools (mahayana, theravada, tantrayana).
  - STIAB Jinarakkhita places emphasis on student character development. This can include the development of ethics, leadership,

independence, and a sense of social responsibility. This character development provides a solid foundation for the formation of knowledge-aware and responsible individuals in society.

- In facing the challenges of Globalization 4.0, STIAB Jinarakkhita also places emphasis on skills relevant to this era, such as digital skills, media literacy, and the ability to adapt and innovate in an ever-changing environment.
- b. Insan Teratai School (a school that has implemented Buddhist values in the curriculum, Insan Teratai school has a vision to be a place of human values education for students and produce individuals who have character and are able to inspire and contribute to others. In realizing this vision, the mission of Insan Teratai school is to develop love and compassion as well as high spiritual intelligence in every student by applying human values in the school environment and outside environment. Based on the interview results obtained, Insan Teratai school applies the habit of meditating first before teaching and learning activities (KBM) are carried out. This is able to shape the character of the students to not have bad characters such as fighting, brawls, etc.
- c. In addition to colleges and schools that implement the Buddhist values system, an educator or teacher also implements Buddhist values by becoming a moderator in guiding students to be characterized, responsible, and tolerant. The positive impact of the application of Buddhist values in the curriculum at schools and universities is to shape the character of students to become intelligent, can control emotions, become strong and stable, and have a superior and responsible personality.

**5. Buddhism-based education can help overcome the challenges and stress faced by students and educators in today's world.**

Buddhism-based education can help students and educators cope with challenges and stress by teaching mindfulness, empathy development, emotion management, and coping skills. Through this approach, they can manage stress, improve mental well-being and build better relationships with others. In addition, Buddhism-based education can significantly benefit in shaping students' character, supporting their personal development, and creating a more peaceful and meaningful learning environment. In addition, Buddhism-based education can provide useful tools and approaches in addressing the challenges and stress faced by students and educators today.

The ways in which Buddhism-based education can help in overcoming the challenges and stress faced by students and educators today are:

- a. Development of emotional intelligence (in this case Buddhism-based education is able to help students and educators develop emotional intelligence such as the ability to understand, manage, and interact with emotions wisely. It can help individuals cope with stress, control negative emotions, and promote mental well-being).
- b. Meditation skills training (meditation is an important component of Buddhism and can help reduce stress and improve concentration. Schools and colleges that implement Buddhism-based education can teach students simple meditation techniques that can help them feel calmer and more focused).
- c. Development of mindfulness skills (mindfulness is a key element in Buddhism-based education. With mindfulness training, students and educators can learn to live life more mindfully, paying attention to the present, and avoiding feelings of anxiety about the future or feelings of regret about the past).
- d. Teaching ethical and moral values (Buddhist teachings often include ethical and moral values, such as non-violence, compassion, and concern for others. In addition, the teaching of these values can help students and educators to develop good behavior and strong ethics).
- e. Development of conflict resolution skills (Buddhist concepts, such as non-violent conflict resolution and tolerance of differences can be used to teach students and educators how to resolve conflicts peacefully and promote peace in the school environment).
- f. Teaching about actions and consequences (karma) (the concept of karma in Buddhism teaches a sense of responsibility for actions and their consequences. It can help students understand that their actions have consequences, and can learn to make the best choices)
- g. Development of gratitude and appreciation (Buddhism teaches gratitude and appreciation for what one has. This helps students and educators to focus more on the positive things in life and less on feelings of dissatisfaction or excessive desire).

In the often stressful and challenging context of modern education, Buddhism-based education can help individuals to cope with stress, improve well-being, and develop positive personal qualities. By teaching these skills and applying Buddhist values, schools can create a more peaceful, supportive and empowering environment for students and educators.

**6. The application of Buddhist values in education influences students' character development and promotes a deeper understanding of life and human relations**

The application of Buddhist values in education strengthens students' character by enhancing empathy, self-awareness and conflict resolution skills. It also deepens students' understanding of life and human relationships through the practice of mindfulness, moral ethics, and teaching about the interconnectedness of all beings. The application of Buddhist values not only shapes students' character but also develops a deep understanding of life, guiding students to become thoughtful, empathic, and responsible individuals in relationships with fellow human beings. In this regard, the application of Buddhist values is not only theoretical, but needs practical application.

**7. The main challenges faced in integrating Buddhist values in the contemporary education system and how to overcome them**

The main challenges in integrating Buddhist values in the contemporary education system include diversity of beliefs, parental disapproval and compatibility with the existing curriculum. Ways to overcome them involve inclusive approaches, parent education and curriculum adjustments:

- a. Diversity of Beliefs (respecting and understanding the diverse religious beliefs of students and parents is key. Teaching universal values such as empathy, compassion and awareness can be integrated without denigrating other religious values).
- b. Parental disagreement (Open communication with parents and involving them in the educational process can help explain the purpose and benefits of implementing Buddhist values. Facilitating dialog and listening to parents' concerns can ease their concerns)
- c. Congruence with the curriculum (Integrating Buddhist values in extracurricular activities, character development programs, or ethics lessons can help avoid conflicts with the existing academic curriculum. Aligning Buddhist values with aspects of the existing curriculum can make it more acceptable)
- d. Teacher training (Provide training to teachers on how to teach Buddhist values inclusively and relate them to the context of students' lives today. Teachers who understand and are able to explain these values in a relevant manner can have a positive influence on students)
- e. Inclusive education (Building an educational environment that is inclusive and welcoming of diverse beliefs can facilitate the acceptance of Buddhist values by all students without offending their own religious beliefs)



- f. Research and evaluation (conduct continuous research and evaluation to measure the impact of integrating Buddhist values on students' character development. Research results can be used to strengthen arguments and improve teaching methods.

In addition to the previously mentioned points regarding the challenges faced, the influx of foreign cultures, rapidly advancing technology can also be a challenge to be faced in the application of Buddhist values in contemporary education. Facing these challenges requires cooperation between schools, teachers, parents and local communities. With an open approach, deep dialog, and respect for diversity, the integration of Buddhist values in the contemporary education system can have a positive impact on shaping students' characters and creating a positive educational environment. And ensuring that Buddhist values are taught in a religion-neutral way and based on universal ethical and moral principles can help in creating an educational environment that focuses more on character development, empathy, and student well-being, which can be beneficial in contemporary education.

## **CONCLUSION**

- a. Conclusion

Based on the explanation of this research, starting from explaining the background of the situation and conditions, collecting data through interviews with competent sources in this study, namely Bhante and Buddhism teachers at elementary schools, to the results and discussions that have been obtained during the process of collecting data and information regarding the application of Buddhism values in contemporary education in the digitalization era. The conclusion obtained is that the values of Buddhism will still be able to adapt to the progress and sophistication of technology in contemporary education or in the character building of students. Among the values of Buddhism that are relevant to be applied in contemporary education in the current era of digitalization are the values of awareness, wisdom, virtue, mental and emotional discipline and the value of generosity. Through these values will be able to help in shaping the character of students who are not only obtained during the process of teaching and learning activities in the classroom, but can occur outside of classroom activities. The updating of the education curriculum and the sophistication of technology are also challenges that make students feel pressure that can cause stress. So meditation is one method that can be used in dealing with stress faced by students or educators. The way to overcome this is by involving various components in the world of education, so that these challenges do not become serious challenges and

Buddhist values can continue to develop and be embedded in character building.

b. Suggestion

The researcher gives advice to the components of Buddhism, namely that Buddhist values should still be given and applied to all students, not only focusing on high-level education such as universities, but the application of these values must be given when students are just starting education. So that it will make it easier to shape the character of students. And do not forget to remain able to adapt to the sophisticated and advanced technology today.

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