

An Investigation of Buddhist Concepts That Can Be Used in Reducing the Mental Disorder of Sexual Jealousy

S.U. Dissanayake

Department of Pali and Buddhist Studies, University of Kelaniya

dissanayakasandamali1996@gmail.com

One factor that determines human behaviour is sex. Jealous feelings about sex are called sexual jealousy. This is a psycho-disorder in terms of psychology. Sexual jealousy can be called a major topic of controversy in modern social life. The problem of this research is whether Buddhist concepts can be used to reduce sexual jealousy. The research aims to investigate sexuality According to Buddhist Teachings on sexuality. The research is based on qualitative research methodology, and data collection is done through primary, secondary, and tertiary sources. The study of the related problem was conducted by exploring and analysing the data. As a result of the discussion and results, it was found that there is an unconscious influence on sexual jealousy and that it has developed into a form of mental illness in many unmarried or married individuals and elderly people. A conflict has arisen between the destruction of others, the basis of one's own destruction, frustration, and motivation with negative values. This sexual jealousy occurs in the inability to maintain one's sexual activities properly. In Buddhism, it is possible to identify psychological techniques that can be applied to control this mental problem to some extent. The points of Dāssanā, Saṅvara, Patisevanā, Adhivāsanā, Parivajjanā and the meditation of the Sabbāsava Sutta can be used for this, and the mind can be calmed down by following the Noble Eightfold Path through the restraint of the senses, patience, removal of the three evils, the spread of the concept of compassion, the growth of the four branches and the Noble Eightfold Path. Reversible. According to the research conclusion, sexual jealousy is the feeling, pressure, etc., that one's object is owned by others, and it is tiring to the mind as well as the body. According to Buddhist concepts, sexual problems will not occur if one enjoys only the object of one's own lust.

Keywords: Human Behavior, Sexual jealousy, Mental Disorders, Sabbāsava Sutta, Buddhist Attitude