

Buddhist Insight for the Resolution of the Personality Problems of Modern Youth.

Ven Raluwe Padmasiri

- i. The objective of this study is to focus attention on the extent to which the teachings of the Buddha are relevant to overcoming personality crisis in modern youth.
- ii. Implicit in the teachings of the Buddha are causes that lead to personality crisis as well as methods for the resolution of them.
- iii. In this paper the focus will be mainly on the problem of youth unrest.

Introduction:

How is the concept of 'modern society' to be defined and understood? 'We live in confusing, shifting times. Disillusionment, hope and uncertainty exist together. On the one hand, many now sense the need for radical new departures, social as well as personal.'¹ This is how Ken saw the problem in 1989 but the present situation is much more complicated than it was at that time and even more confused.

Scientific achievements have revolutionized the life styles of human beings. Despite the achievements of science, the intensity of the anxieties and tensions suffered by human beings has not been reduced. They are bothering where to place their bodies and minds. The inner emptiness has produced a sense of hopelessness, and depression.