

THE MEANING OF QUALITY OF LIFE IN AGING, URBAN COMMUNITY BANGKOK, THAILAND

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ABSTRACT

This is qualitative research aim to study the meaning of quality of life in aging, the participation are aged 60 years and over included 10 persons. There have 2 groups (group 1 and group 2) by ADL assessment. Collecting data using focus group. Finding, participant have age 60-86 years in communities of Bang Sue, Bangkok on 2018, 5 female (5%) and 5 male (5%), all of them were illness about Hypertension (60%), diabetes (50%), ADL group I (80%) and ADL group II (20%) and have state health welfare (100%), status of married were married and stay with family (60%), widow and stay with child (40%). They were stay in community more than 10 year. Aging have chronic disease, problem of movement, Bed hidden, Risk of Health behavior, environments problem, want information about to caring bed hidden in housing, insecurity about housing, not enough of money, Dilapidated housing, land lease and rental house, haven't center space for community activity, want to management for care bed hidden in house hold. Issues that cater to group; Good health, Good health system, Good life. The key words that are meaningful to the quality of life of Thai aging still Kindee (eat well), Yudee (live well), Chevitmungskong (a stability of life). 5 of dimension (5 D) that focus on aging's quality of life, 1) Dimension of Health, 2) Dimensional environment that is conducive to health, 3) Dimension of economy, 4) Dimension of stability in the housing, and 5) Dimensional stability, security of life and property.

Keywords: Ageing, Meaning quality of life, urban community of Bangkok

INTRODUCTION

The goal of Aging in the world is requires all countries will have a joint agreement to promote access to healthy aging in 2020. It must include an action plan to promote the ability of Aging people targeted and in 2020-2030 as the decade of good health among Aging and [1].

World Health Organization definition who have age over 65 year old is aging [2]. In the other hand in Thailand who have age over 60 year old is aging [3].

Thailand's population structure has changed rapidly and continuously from 2545 found that 9.5 percent of the Aging population to 10.7 percent in 2550 and 12.30 percent in 2553 which more than 10 percent of total population that to show Thailand has entered into "Aging Society" [3]. In order to support the aging society in Thailand, Thailand's national government is preparing plans of economic and social plans for both the short and long term for economic and social development No. 11 (AD 2555-2559) and No. 12 (2560-2562) [4, 5].

There are also plans of the Elders of participants, such as government policies on the elderly Chapter 3 discusses reducing inequality and social opportunities, access to government services and section 3.4 discusses preparing availability into society. Seniors and to promote quality jobs. Or appropriate activities to create and does not pose a burden to society in the future. The home provides care system in place at the Phoenicians and the hospital is a partnership of public, private, community and family. Including development finance Finance for elderly care [6].

Thailand has emphasized the importance of the Aging are not different from other countries. The focus is on the quality of life of the elderly [4, 5, 6, 9, 10, 11].

For Bangkok, the special administrative area. There are also plans to improve the quality of life of the elderly in Bangkok. Bangkok and a 20-year plan (2556-2575 BC), in which the Strategy 3 is one of the 6 main strategy is to focus on improving the quality of life of the elderly in Bangkok [7].

The data from public health center 25 Huai Kwang, Health Office, BMA between August and September 2017 were explored by using the questionnaires showed Of 119 respondents were female (52 %), with an age ranging from 45 to 79-year. At least of disease are found, such as hypertension, diabetes, dyslipidemia, and arthritis. Most of them suffered from several symptoms such as high blood pressure, high blood sugar, digestive

disturbance and myalgia. The influent factors for health activities were eating habits, leisure time by watching TV, taking care of children, and napping [8].

Hence, the objective of this study was to fill the gap for improving the meaning quality of life of aging in urban community of Bangkok, Thailand.

OBJECTIVE

To study the meaning of quality of life in aging at Bang Sue community, Bangkok

METHODOLOGY

This is qualitative research that the participation are aged 60 years were stay in community more than 10 year and over included 10 participants. They have 2 groups; group 1 and group 2 by ADL assessment. Collecting data using focus groups.

RESULTS

Participant have age between 60-86 years, 5 female (5%) and 5 male (5%), all of them were illness about Hypertension (60%), diabetes (50%), ADL group I (80%) and ADL group II (20%) and have state health welfare (100%), status of married were married and stay with family (60%), widow and stay with child (40%).

Problems found

Aging have chronic disease, problem of movement, Bed hidden, Risk of Health behavior, environments problem, want information about to caring bed hidden in housing, insecurity about housing, not enough of money, Dilapidated housing, land lease and rental house, haven't center space for community activity, want to management for care bed hidden in house hold.

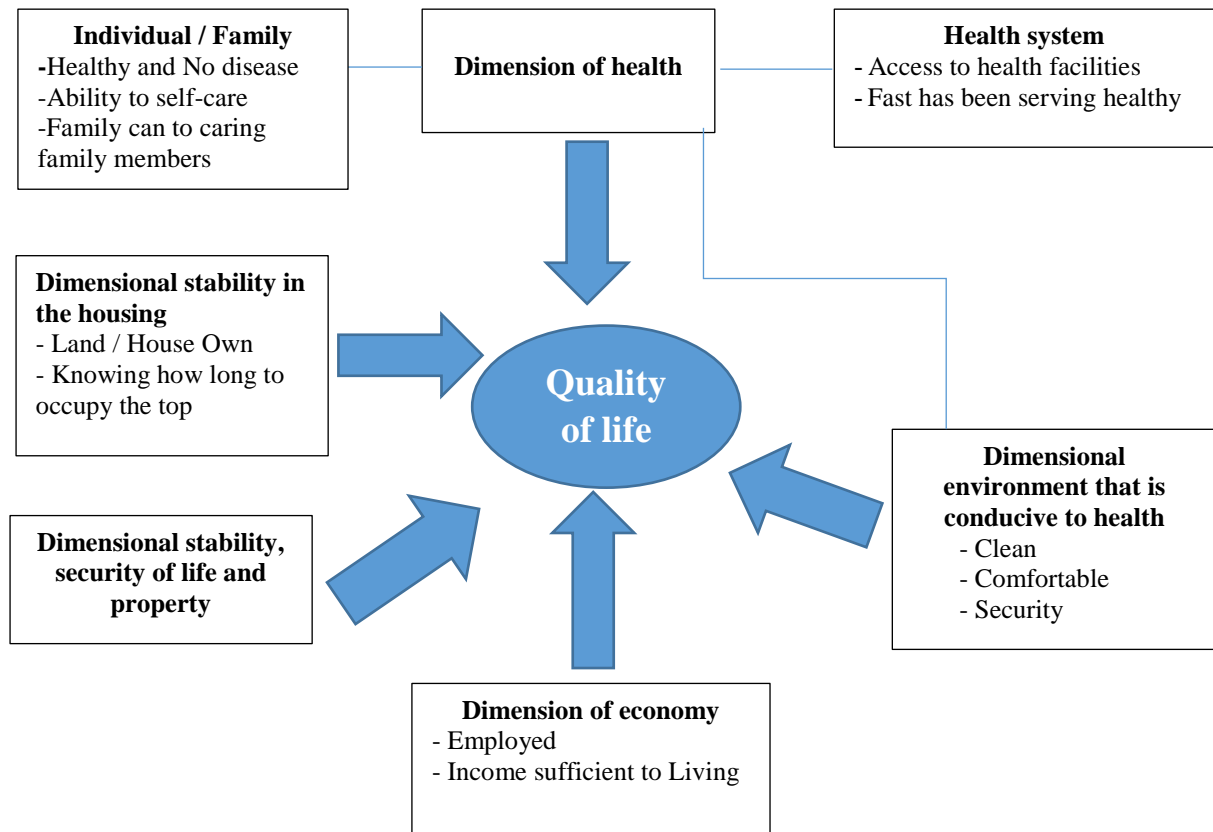
Issues that cater to group; Good health, Good health system, Good life

The key words that are meaningful to the quality of life of Thai aging still Kindee (eat well), Yudee (live well), Chevitmungkong (a stability of life)

The dimension of the quality of life, Figure 1.

1. Dimension of Health
 - 1.1 Individual / Family
 - 1.1.1 Healthy and No disease
 - 1.1.2 Ability to self-care
 - 1.1.3 Family can to caring family members
 - 1.2 Health system
 - 1.2.1 Access to health facilities
 - 1.2.2 Fast has been serving healthy
2. Dimensional environment that is conducive to health
 - 2.1 Clean
 - 2.2 Comfortable
 - 2.3 Security
3. Dimension of economy
 - 3.1 Employed
 - 3.2 Income sufficient to Living
4. Dimensional stability in the housing
 - 4.1. Land / house Own
 - 4.2 Knowing how long to occupy the top
5. Dimensional stability, security of life and property

Figure 1
Dimension of Quality of life Thailand aging



CONCLUSION AND FUTURE WORK

Participant have age between 60-86 years, 5 female (5%) and 5 male (5%), all of them were illness about Hypertension (60%), diabetes (50%), ADL group I (80%) and ADL group II (20%) and have state health welfare (100%), status of married were married and stay with family (60%), widow and stay with child (40%).

The key words that are meaningful to the quality of life of Thai aging still Kindee (eat well), Yudee (live well), Chevitmungskong (a stability of life), 5 Dimension that focus on aging's quality of life, 1) Dimension of Health, 2) Dimensional environment that is conducive to health, 3) Dimension of economy, 4) Dimension of stability in the housing, and 5) Dimensional stability, security of life and property that relate to quality of life from Department of older Person, Ministry of Social Development and Human Security of Thailand, but in issue participation in community and assessed to information are different. More than they mention to ability to self-care; the ability to care for individuals with the ability to care for their own health and Family can to caring family members, health system that Access to health facilities and Fast has been serving healthy [6, 9, 10,11].

ACKNOWLEDGEMENTS

I would like to express my sincere thanks to Suan Sunandha Rajabhat University for invaluable help throughout this research.

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