

HEALTH PROMOTION FOR THE ELDERLY IN BANGKOK THROUGH THE PROCESS OF CREATING KNOWLEDGE ON HEALTH BY THE ELDERLY CLUB

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Introduction

Statement and Significance of the Problem

Thailand currently has the aging population continues to increase. From the report of the Department of Older Persons According to the Ministry of Social Development and Human Security 2022, Thailand has 12,576,948 elderly people, while Bangkok has an elderly population of 1,191,450 people, representing 9.5 percent, which is the number 1 in the country. It is important to have quality of life. and improved health service efficiency from the number of elderly people National cost of long-term care at home It tends to increase according to the increasing number of elderly people in the future. The amount of 60 billion baht in 2017 will increase to 340 billion baht in 2047 (Long-Term Care Insurance System Report system that is suitable for Thailand: 2017 TDRI), so reducing the chances of being stuck in a house is organize activities for vocational training, open-air movies, music in the garden, and build a library of wisdom for the elderly to share experiences with the new generation to make the elderly feel that life is valuable manage resources efficiently with an emphasis on public health service centers and community health centers in primary care There is a telemedicine system. Join the community to reach the elderly more easily.

The elderly is socially addicted is a large group (92.3%) and important population because it still performs daily activities freely. If this group of seniors not receiving appropriate health promotion, deterioration of age may lead to a fragile state that causes decreased physical ability The defect affects the mind and the mind. increase the severity of the illness to become a group attached to the house and attached to the bed Common degenerative diseases result in vulnerability. are old, falling, forgetful, depressed, having problems Decreased food slaughter efficiency until unable to eat with nutritional value and finally need depend on other people that the elderly will be able to help themselves to get as much and as long as possible and use the full potential Elderly people need to be promoted to good health and have caring behaviors. Self-health that is essential from having sufficient knowledge of good health. which will push to achieve promotion desired health goals, which consist of access to health determinants Understand protective factors to make informed choices for your health. Change the way you take care of your health and share the experience with others. Ask questions or seek health information from individuals or trustworthy source distinguish and be able to make decisions Choose health information rationally. Manage situations in daily life and convey self-care experiences to others. All these things help the elderly to promote health. Self-improvement by promoting health, goals 4 Smart, including Smart Walk, which is exercising. Consistently for a healthy body, not falling Smart Brain is training brain skills to protect the brain. Smart Sleep means getting enough sleep and Smart Eating means eating according to nutritional principles from all 5 groups, reducing sweet, oily, salty, focusing on vegetables, fruits, and protein. high quality Bangkok set a plan to develop the quality of life. Elderly people, Phase 2 (2018-2021) , with the goal is to take care of the elderly in all dimensions holistically. There is a management of the development of the elderly that is integrated with relevant agencies on the database. Personnel development for the elderly knowledge dissemination and follow up and evaluate

the performance according to the above plan PIRAB Strategy (Partner Invest Regulate and Legislate Advocate and Build capacity)

Elderly clubs are considered mechanisms and platforms for doing activities that benefit others together with people of their age. the same to maintain or develop potential; to adjust themselves to suit the changes of age The club is also a center for welfare information. Society Provides various services and assists members who get into trouble The Bangkok Social Development Office reported that The Elderly Club in Bangkok under the Federation of Elderly Clubs of Bangkok under the Social Development Office Bangkok has 395 clubs. 44,344 members (according to information from the 50 elderly clubs in Bangkok, Office of Social Development <http://www.bangkok.go.th/social/index>) The club's activities are the key to encouraging the elderly to see the importance of themselves until they put it into practice by themselves correctly, which Divided into 2 parts: social activities and Health activities 9 Most of the activities related to health But no studies confirm that the activities designed on the creation process Health literacy is effective for health literacy. Just how much? The results showed only that the activities that respond various needs of members, for example, resulting in the elderly regularly participated in activities Society brightens the mood Not obsessed or depressed Remain aware, not easily forgotten Improved overall quality of life Including having club membership in social networking groups has a positive effect on the elderly. change health behaviors and physical performance better body, reducing the cost of using medical services Emergency and Hospitalization 10 Promotion and Development Strategies The elderly in the quality-of-life development plan for the elderly, Bangkok. Phase 2 (2018–2021) is a guiding framework for the network is used as a guideline to develop a care system. Elderly people in the community on measures to promote behavior health and create knowledge in the ability to take care of Necessary self with 4 Smart (Walk Brain Sleep Eat or don't fall, don't forget, don't get depressed, eat delicious food This is consistent with the Ottawa Charter Strategy by must be implemented from the operational level to the policy level systematically with the goal of increasing the ability to control and improve the health of the elderly until reaching a state of complete physical, mental and society, including being able to modify the environment or be able to adapt to the environment and enhance the club management system with the creation process health literacy aimed at promoting Health can bring about a good quality of life. holistic, sustainable the development of knowledge on the health of the elderly the successful elderly club has an example. to be seen both in foreign countries and in Thailand Especially in Bangkok itself, there are clubs that are operating as a good example, such as the District Elderly Club. Don Mueang Elderly Club, Nong Khaem District Elderly people in the Din Daeng area, etc., which should be understood. The situation of health literacy in the elderly social capital, factors and mechanisms that drive the development of health literacy at the individual level community level and organization level which is considered Area-level innovations that are successful and should be expanded through the search for systems and mechanisms. and take lessons from the participatory learning process driven by the strength of those involved Elderly clubs from all sectors and create a model that brings the potential of the elderly and related people to manage according to the concept of a well-rounded organization to create New options suitable for the conditions and context of Elderly clubs to be able to create a system to promote health for the elderly to be self-reliant in a sustainable manner

The Bangkok Elderly Club is considered to be the main group of activities that the elderly can easily access and participate in activities regularly. It is therefore interesting to see if there are any factors that can promote the achievement of the health promotion of the elderly in Bangkok through the process of building health literacy by the elderly club.

Research Question

1. What is the health care behavior of the elderly who are members of the elderly club?
2. What is the process of creating health literacy to promote the health of the elderly in Bangkok?
3. How does the Bangkok Elderly Club have a process to create health knowledge for the elderly?

Research Objectives

1. To study the health care behaviors of the elderly who are members of the Bangkok Elderly Club.
2. To study a model of health promotion for the elderly in Bangkok. Through the process of creating knowledge on health by the elderly club
3. To present guidelines for promoting elderly health in Bangkok through the process of creating knowledge on health by the elderly club.

Research Hypothesis

1. Fundamental factors of the elderly the role of the elderly club and Awareness-building activities have an effect on health literacy among the elderly.
2. Elderly people with various levels of health literacy will be able to take care of their health differently.

Scope of the Study

This research is a research method. a combination of quantitative research methods and Qualitative research (Mixed method) as follows.

In terms of content, this research will study the process of building health literacy among the elderly according to the concept of Ishikawa (2008). intelligence and social skills that results in motivated and capable individuals to access data, understand data, and use data for health The roles of the elderly were studied at 3 levels as follows: 1) the level of personal functioning, which was the basic skill of reading. listen and write at 2) communication level It is a more advanced skill that enable individuals to distinguish information know the meaning of communication in different ways and 3) the level of critical thinking. It is the ultimate skill that a person analyzes data. Critically and able to use the information provided in various situations. Elderly people in semi-urban communities have cognitive decline. eyes or ears and have chronic diseases like the elderly in general Unfamiliar with new communication technologies. If the elderly is health literate, it will make the person healthy.

Quantitative research used two sets of questionnaires.

1. Study of club administration the elderly according to the health literate organization guidelines and health promotion activities organized for members Seniors for 4 Smart from important stakeholders, such as club executives or representatives
2. Studied health promoting behaviors of the elderly. Through the process of enhancing knowledge received from the elderly club built according to the 4 Smart framework and the concept of health literacy from members of the elderly club

Qualitative research Use in-depth interviews Search for structures, forms, management methods, techniques or strategies used, problems, obstacles, directions, and operational trends. According to well-rounded organization guidelines and activities Health promotion provided to elderly members for 4 Smart by selecting clubs according to specified criteria. to synthesize the development model of the system Promoting the health of the elderly by the elderly club through the process of promoting health literacy

Population and sample characteristics

The sample group in the quantitative study was divided into 2 parts.

Part 1 is the committee of the elderly club. The selection criterion is to be a club in responsibility. of the Public Health Service Center 50 areas and willing to participate in research

The second part is the elderly, club members. The selection criteria are social groups, self-reliant, able to help other people or the community or have Barthel Activities of Daily Living (ADL) score of 12 or more and reside regularly or continuously in Study area for at least 1 year. Number of elderly club members are the reference base is about 40,000 people, the sample size is 390 people. Multi-stage random sampling starts from selecting all 6 groups of districts. Each group is selected from the district with the most members of the elderly club, consisting of Khet Bang Khen, Khet Phra Nakhon, Khet Sathorn, Khet Bangkok Noi. Nong Khaem and Prawet Districts by selecting a group Sample of 65 people per district from the elderly club in 3 clubs in that area, which choose clubs and choose Elderly club members according to the specified criteria, respectively, with the distribution of the characteristics of The elderly in each club were similar, for example, gender, age, period of membership in the elderly club, income, living habits, etc.

The sample group in the qualitative study

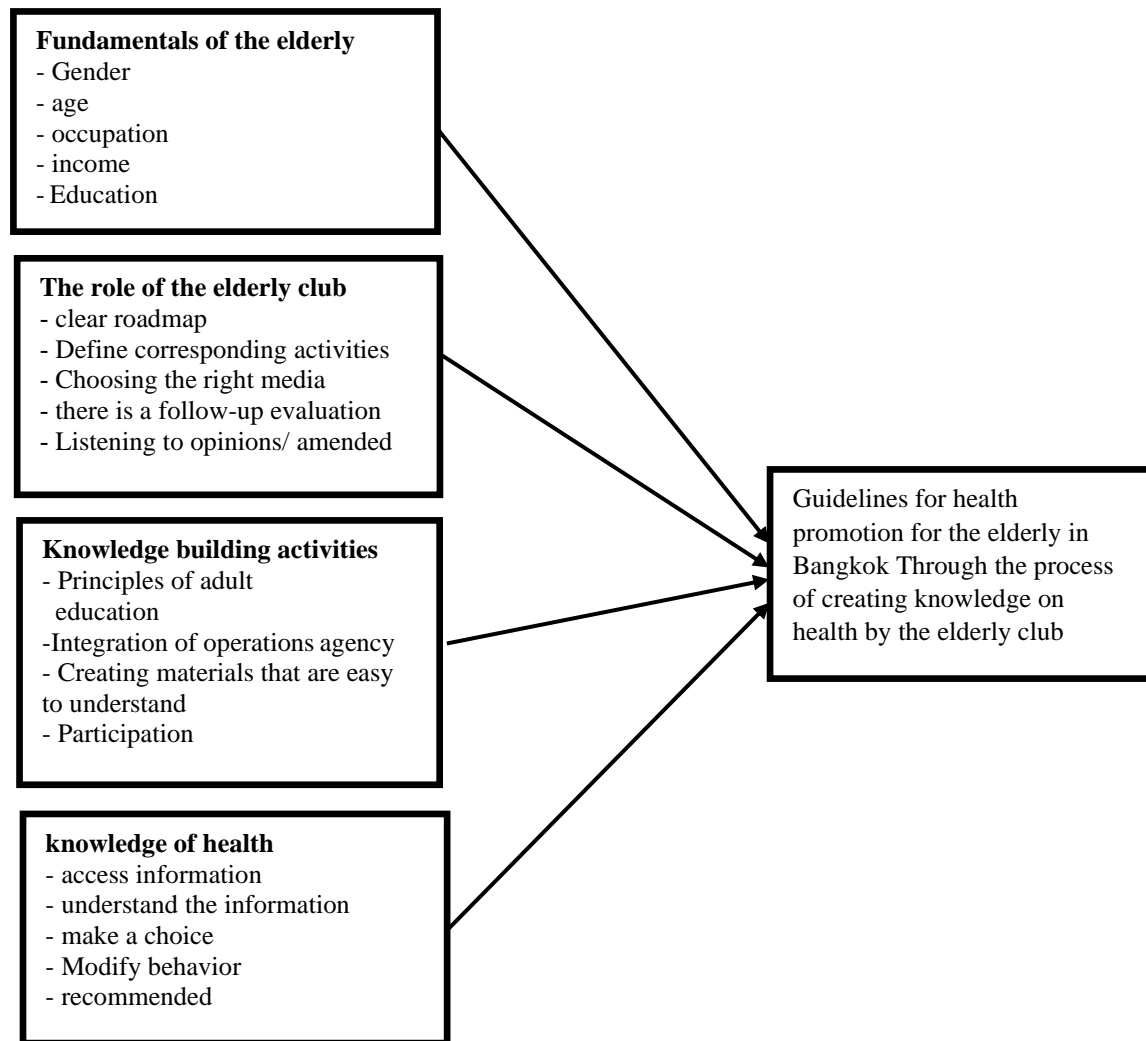
Conduct in-depth interviews using semi-structured interviews. and the main informant group, consisting of the deputy governor of Bangkok who oversees public health and social development Deputy Permanent Secretary of Bangkok in charge of medical and public health director of health department Bangkok Director of Social Development Office Bangkok Director of Public Health Service Center Bangkok 6 locations, total 10 people.

Focus group discussion with 30 elderly club members by selecting representatives of the elderly from 6 districts, 5 people, the elderly club committee Person responsible for the elderly in the public health service center Community Development and Social Welfare Department Total District Office

Theoretical Concept

1. The 13th National Economic and Social Development Plan (B.E. 2566-2570) on the mission to promote the potential of the elderly
2. Action Plan on the Elderly, Phase 3 (2023-2037)
3. The concept of the elderly
4. The concept of health promotion for the elderly
5. Theoretical concepts about learning
6. Participation Theory
7. Theoretical concepts of health and health promotion
8. Theoretical concepts of development management
9. The concept of human potential development
10. Related Research
11. Conceptual Framework

Conceptual Framework



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