

GUIDELINES FOR CREATING WELL-BEING FOR THE ELDERLY IN CHONBURI

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Introduction

Background and significance of the problem

Thailand's stepping into an aging society is becoming clearer. The elderly is an age group that all parties involved should be aware of and pay attention and take special care. Because in addition to being an age group with limitations, the physical condition that deteriorates with increasing age. They are also prone to emotional vulnerability and sensitive to psychological impact Thailand has entered an aging society since 2005 and will become a fully aged society in 2021 under the criteria that There are more than 20 percent of the population in the country. In 2020, there are 12 million elderly people in Thailand (18 percent). According to the transition to an aging population of the world. Thailand ranks second in the aging society of ASEAN countries after Singapore. (Population Reference Bureau, 2012 cited in Department of Mental Health, 2020). According to the National Economic and Social Development Board (NESDB.) Thailand's Population Estimates 2010-2040 forecast that in 2028 the population will increase and in 2040 the population will decrease to 65.4 million people, with the elderly increasing to 20.42 million (31.28%).) is truly entering an aging society. (Phetchaburi Provincial Office, N.P.A., pp. 22-23) Trends in Population Structure changing and family structure changing from what we used to be an extended model has become more single family. Affecting the lives of the elderly (Thailand Convention & Exhibition Bureau, 2019), although the government has many welfares plans to support the increasing number of elderly people. Both in the provision of health and social services, but still encounter problems of inability to access services effectively. There are many more issues that have not been addressed and response due to lack of knowledge, lack of awareness, the government therefore has set the elderly agenda as a national agenda with guidelines to drive the National Elderly Action Plan covering both the pre-elderly group (25-59 years old) and the elderly (60 years and over) for the pre-elderly group .The government plans to promote savings not looking at the elderly as a burden how to care for the elderly and adjusting the environment in line with the elderly condition for the elderly group. Emphasis on upgrading new skills for the elderly workforce flexible work design and incentives for employers to employing the elderly as well as creating an integrated health plan have elderly care. The goal is for the elderly to be examined, prevented, and looked after for long-term health care at home and in the community. Accordingly degree of necessity able to live in society with dignity, happiness, and have a sustainable financial system to take care of dependent elderly .(Ministry of Social Development and Human Security, 2004) Department of Older Persons which is the main agency directly responsible for missions related to the elderly, has set guidelines and developed measures and mechanisms emphasizing on the promotion of potential . To protection of rights and provision of social welfare for the elderly for the elderly to be promoted for their potential, able to live a stable life with a good quality of life as well as changing the management approach that focuses on achievement as the main goal .To achieve according to the objectives set by the Department as well as developing social welfare work models to cover and respond to social situation. Trends in global society, obligations, and international agreements for

development. Quality of life and strengthening the stability of life of the elderly (Department of Older Persons, 2020). The increase of the elderly causes social conditions to change widely as well. It is a challenge for the government to find appropriate solutions and methods in managing and taking care of the elderly so that they can live happily in society. Hence, it raises an important question. about how to take care of the elderly to be happy in life both physically, mentally, and socially. According to the literature review of 118 ISSN 2286-6922 Journal of Social Sciences, Volume 11, Issue 1, January-June 2022, The researcher found that in the past there had been Consistently explored “How to lead a Happy Elder Life” by the Hong Kong Christian Service and Elderly Council in 2001 and other overseas similar studies (Cheung Y.N. & Chan C.W.J., 2009). Which is a study of the perception of the elderly about happiness, found that good health, good society, good economy, and good life order. It is a key factor affecting the well-being of the elderly. And there are also issues about Interactions and interactions across generations have been identified as important determinants of well-being and happiness among older adults (Hareven, 1996 cited in Cheung Y.N. & Chan C.W.J., 2009 pp. 2). is a teenager aged 11-18 years, not only a group that can build relationships and understanding between the elderly only but also helps to make the elderly feel self-worth, which can fulfill life in old age as well In addition, it was found that middle-aged people aged between 30-50 years, who are the age group who care for the elderly. It is also a factor that affects the level of satisfaction of the elderly. These findings make reliable that Efforts and participation among different ages will help the elderly to be happy under the conditions. surroundings and social situations There is also research showing that social support Self-esteem (Nattakan Naengsanoh, 2013), self-efficacy perception and perceived health status (Yupa Thongsuk et al., 2019) had a positive correlation with happiness of the elderly. This is consistent with the concept of Argyle and Martin (1991) and that the elderly need well-being in terms of physical, mental, and social aspects, which must use survey data to improve well-being of the elderly. (Park., et al., 2018). In the body, decreased efficiency makes the risk of disease, especially chronic disease. Which is a major health problem of the elderly. There are reports about Elderly people around the world found that 70 percent suffer from at least one chronic disease, which is consistent with the survey in in the United States, which found that about 80 percent of the elderly aged 65 years and over had at least one chronic disease and about 50 percent had at least two chronic diseases. Increasing trend of problems mental health in the elderly, such as depression, stress, and anxiety. For Thailand, the year 2022 report by the Ministry of Public Health in the system Health Data Center on September 20, 2022, there were 9,527,054 elderly people in the system. It was found that 7,501,688 people or 78.74 percent of the elderly were assessed and screened for their health. Most of the elderly health problems Will be sick with chronic non-communicable diseases. The number 1 was high blood pressure 46.06 percent, followed by diabetes 21.12 percent and stroke 2.43 percent. Such information is displayed. show that the elderly is at risk of developing health problems or chronic disease This will affect both physically and mentally. Nowadays, the word "well-being" has been classified into many aspects, including physical health. social well-being mental health and intellectual or spiritual health. Physical health means having good physical health. There are four factors that are sufficient for living, not malnutrition not sick with any disease have welfare in life as well as living in a good environment, free from pollution, etc. Social well-being means having smooth welfare. harmonious at the family level at the community level to society be respected be generous Helping each other called in a warm environment strong family linked to mental health free from mental illness or neurosis no mental pressure Intellectual health means having knowledge and understanding about life, thinking well, thinking, and seeing straight.

Considering the current situation, economic, social and development factors in the technology era make working people have to work and earn more money. There is no time for the elderly, especially not giving advice to their children. Lack of care, neglect, loneliness,

depression lack of self-confidence, lack of mental dependency, no savings, no courage to socialize lack of knowledge management before retirement age. Most importantly, there are problems in health, anorexia, lack of encouragement from children. In addition, there are also elderly people who face problems in housing, quality of life, environment, and well-being, although only a small amount. but must focus on improving the quality of life for the elderly. These problems result in the elderly suffering from stressful illnesses. It is a burden on society, causing people to be seen as parasites of society. This raises the following questions about how the elderly should be cared for. Who will take care of the invaluable heritage of Thai society in the future? health care or good health, there will be four components: physical health, mental health, social health, and spiritual health or cognitive (intellectual) condition of the elderly population in Chonburi Province. Tends to increase in line with the elderly population of Thailand at present, the elderly population in Chaluburi Province The number of 239,126 elderly people shows the living status of the elderly in Chonburi Province. Most of them were found to be socially attached elderly of 131,230 people (60.55 %), followed by 5,429 elderly people in dependency (2.51 %) and 4,865 elderly people stuck at home (2.24 %)., respectively, representing 14.21 percent. Therefore, the population must be prepared to become a quality elderly. The disabled must be assisted in rehabilitation. Including developing various service systems to suit the elderly age is an age that is prone to health problems. There is an increasing number of chronic illnesses and the high cost of health care. In addition, the problem of lack of caregivers when sick. Long-term health care is a public health system used to solve health problems for the elderly. To receive continuous care can continue to live in society happily and appropriately. Communities must participate in planning long-term health care for such groups appropriately, using local resources to provide holistic health services.

Research Questions

From the origin and significance of the problem The researcher therefore has a question

1. How to create good health for the elderly in Chonburi Province?
2. What are the problems and obstacles in creating good health for the elderly in Chonburi?
3. There are guidelines for creating good health for the holistic elderly in Chonburi Province.

Research Objectives

1. To study the current situation in creating good health for the elderly in Chonburi Province.
2. To study the state of problems and obstacles in good health of the elderly in Chonburi Province.
3. To propose guidelines for creating good health for the holistic elderly in Chonburi Province.

Research Hypothesis

1. Demographic factors affecting the level of well-being of the elderly
2. Health factors affecting the level of well-being of the elderly
3. Economic and social factors affecting the level of well-being of the elderly
4. Household and social environmental factors affecting the level of well-being of the elderly.

Scope of the Study

Research model this research It is mixed research (Mixed Method Research) between quantitative research. (Quantitative Research) using a questionnaire. (Questionnaire) is a tool

to collect data. and qualitative research (Qualitative Research) by using an interview (Interview) as a data collection tool.

Content: It is a study of the well-being of the elderly with 2 important components: 1) the personal factor component; 2) the overall well-being in four aspects: physical Mental health, social health, intellectual health

Population and sample

Population means all Thai elderly living in households in Chonburi Province. which has a total elderly population of 239,126 people

The quantitative sample means the elderly living in households in Chonburi Province, all 11 districts, namely Bang Lamung District, Bo Thong District, Ban Bueng District, Phanat Nikhom District, Phan Thong District, Sriracha District, Sattahip District, Nong Yai District. Koh Chan District Koh Sichang District and Mueang Chonburi District The sample size was set to be about 400 samples. The random sampling was done by random sampling. The elderly had to give consent to provide information.

Qualitative samples conduct an interview asking about the operation Problems of the elderly, guidelines for improving the health of the elderly about participation of demographic groups from representatives of the target group of 30 people, there are 4 groups:

- (1) 10 community leaders
- (2) 5 academicians/experts
- (3) 10 executives or persons in charge of the Elderly Service Unit in Chonburi Province.
- (4) 5 government agencies and research tools

The research tool is a questionnaire created by the researcher himself. Data from the literature review were considered to create an attitude statement to measure happiness of the elderly in accordance with the objectives of the research. and in accordance with the conceptual framework

Significance of the study

Academic: From the research, it will clarify the guidelines for improving the well-being of the elderly. which should be studied in more specific groups and other constituents

Administrative: From the research results, it will help the person responsible or involved. It has been used in the management and development of work to create the well-being of the elderly in the future.

Policy: From the research It can be used to determine policy guidelines to continuously create well-being for the elderly and in accordance with the situation.

Definition of term

- 1) Elderly means a person who is alive and aged 60 years and over.
- 2) Happiness means satisfaction with well-being. Have good physical and mental health according to their own views or opinions in their feelings in response to a happy state of life have the potential to develop themselves goodness in mind have the ability to deal with problems in life able to control themselves and make appropriate self-determination that each individual elderly person deserves Under changing economic, social and environmental conditions partly as a result of improving the quality of life
- 3) Attitude refers to the state of a person's feelings toward various stimuli and surrounding environments that may be positive or negative. It represents the person's understanding of the stimuli. Attitude has 3 components: knowledge, understanding, emotion. and behavior or expression of the person to the stimulus Expressing likes or dislikes
- 4) Well-being means the level of well-being, happiness, and life satisfaction. Life and cognition in the physical, psychological, social, and intellectual aspects. under each individual's culture, values, and life goals

5) Physical health means having good physical health. There are four factors that are sufficient for living. Not sick with any disease have welfare in life as well as being in a good environment, etc.

6) Mental well-being means having a mind without suffering, without stress, with positive emotions such as kindness, happiness, without mental pressure, etc.

7) Social well-being means being able to live in harmony with others. smooth and happy consisting of goodwill have rights and liberties that are protected according to their identity, etc.

8) Intellectual health means having knowledge and thinking that is good and correct. intelligent and consider the reasons for solving the problem and have the ability to perform various tasks to be successful with wisdom, with one's own abilities and being able to rely on one's own self

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. Theoretical concepts of well-being

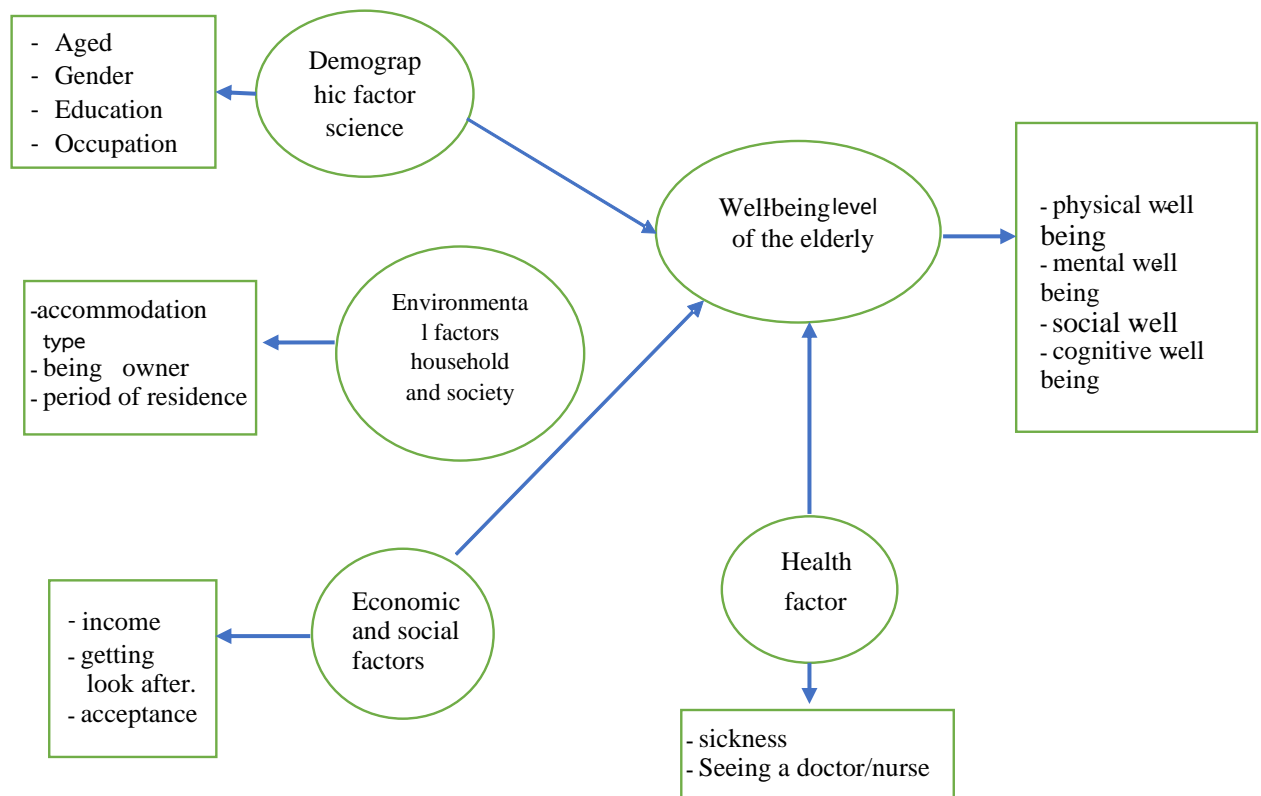
11. The concept of demographic science

12. The concept of sustainable development

13. Related Research

14. Conceptual Framework

Conceptual Framework



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