

# Management of Elderly Health and Welfare of the Elderly School in the Northeast

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## ABSTRACT

The study entitled management of elderly health and welfare of the elderly school in the Northeast aimed to study the appropriate model for enhancing the health of the elderly in the northeast, and to strengthen cooperation in the management of health and welfare of the elderly in the Northeast. Qualitative research was conducted and the research tools were interview form and focus group discussion guidelines. Data were collected from in-depth interviews of 10 key informants who were senior school administrators, and also from focus group discussion with 15 experts. Qualitative data were analyzed using content analysis. Research findings indicated that strengthening elderly health has been promoted to allow older people to have activities in the community with statistical data. Comparative activities between provincial communities and community activity have taken the activity to develop and adjust the model to be suitable for the elderly and is relaxing the stress of the elderly from being at home without any activity. Promotion and health management elderly welfare promoting food hygiene arrange activities on health care to be correct promote exercise that is suitable for the elderly at least 2 days per week as well as encouraging families to be aware of the daily life of the elderly and holistic health care.

## Index Terms

Management Elderly School, Health and Welfare, Northeastern

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## Introduction

Old age is the last age of life. It is characterized by physical, mental, emotional, social, age-specific changes that can lead to health problems caused by disease. Therefore, the elderly should be given special care, and providing care and assistance to promote health must be considered both physically and mentally to maintain good health to slow down the deterioration of the body and prevent the occurrence of disease. While the tendency of the elderly to live alone or be alone with their spouse increases, it affects the provision of care for the elderly both physically and mentally. The older the age is the more sickness especially sick with sterile diseases such as high blood pressure, diabetes or high blood fat which of these diseases are all likely to increase and are incurable. Resulting in a dependence and need for continuous and long-term care, many older people have osteoarthritis problems and half of the elderly have fewer than 20 permanent teeth, which make them unable to chew and affect the daily life [1]

Thailand is entering an aging society. This is due to the dramatic decrease in the birth rate of Thai people and the longer life of the Thai people. Thai society is aware of the situation of aging and the future of aging society in Thailand. It can be seen from the structure of the Thai population aging very quickly. Population wave generation born in the years 1963-1983, also known as the "million birth generation", aged 30-50 years in 2013, is moving to become a large aging population in the next 10-20 years, making Thailand is less than ten years, 2018 will be the first time in history that Thailand will have older people than children. The elderly population is approximately one-fifth of the total population [2]

Department of Health in collaboration with other departments of the Ministry of Public Health realize the importance of improving the quality of life for the elderly. Therefore, it has joined the work plan "Health Promotion Project for the Elderly and Disabled" by integrating with network partners, especially local government organizations [3]. It has an important goal to promote and modify healthy behaviors for the elderly to have desirable health by incorporating the standard of holistic health care including physical and mental health encourage and support the elderly to access comprehensive and equitable health management, develop a service system for health care for the elderly to have quality in place and proactive service in the community, promote and support families, communities and local communities to take part in caring for the elderly and the disabled to have a good quality of life [4].

To prepare for the setting up of a school for the elderly and to be aware of the effects of the aforementioned trends in population change that began to appear in the community. The number of elderly people living with chronic diseases is increasing especially mental health problems depression in the elderly from neglect to live alone through the process of exchanging knowledge and taking part in setting up promotion strategies. It is to support the development of the elderly to have the ability to take care of their own health and the elderly together under the strong social capital of all network partners [5]. The school for the elderly is considered a learning center for health management at the district level. It is to be the center for the whole network learning involved in the development of proactive, participatory and strategic planning for the learning of elderly health management including people of all age groups especially before the elderly in taking care of their own health to prevent chronic illness extend the period of

illnesses caused by the deterioration of the physical condition including reducing the age dependence on the labor force at the family and society level, preparing to deal with important phenomena affecting Thai society[6].

## Research Objectives

The objectives of this research were to study the appropriate model for enhancing the health of the elderly in the northeast, and to strengthen cooperation in the management of health and welfare of the elderly in the Northeast.

## Research Conceptual Framework

The research on management of elderly health and welfare of the elderly school in the Northeast can be written as a research conceptual framework as shown in Fig. 1.

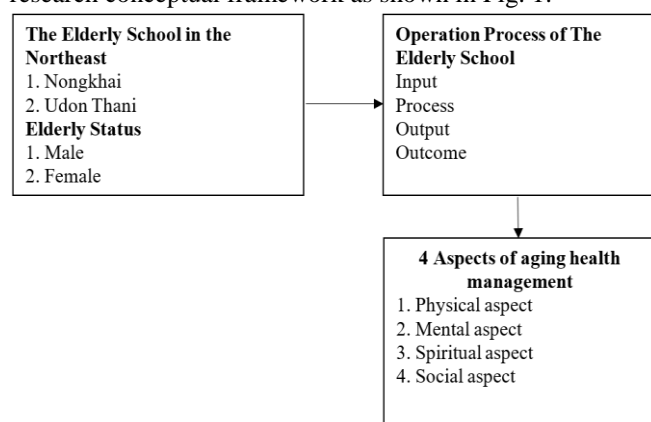


Fig. 1 Conceptual Framework

## Research Method

The Elderly School: Health and Welfare Management for the Elderly in the Northeast, as a qualitative research, the researcher has conducted as follows.

### A. Research Sampling

1) Interview from key informant using in-depth interview, the researcher was selected by purposive sampling that consisting of (1) elderly aged 60 years and over entering studied in an elderly school in the upper northeastern region 1, consisting of Nong Khai and Udon Thani Province, totaling 12 people, (2) the principal or the president or the director and board volunteer lecturer in the upper northeastern region 1, consisting of Nong Khai Province and Udon Thani Province, totaling 8 people.

### B. Research Tools

(1) In-depth interview on related issues in both formal and informal formats, the broad issue / line of questions is used as a lead-to-conversation question, where the informant plays a role in directing the conversation with the interviewer to achieve the goal of understanding the issues together, key informants were selected by purposive sampling.

### C. Data Collection

Data collection from in-depth interview (Qualitative Research) was used by in-depth interview and Focus Group discussion in operation as follows:

(1) Request a book from the Buddhist Research Institute Mahachulalongkornrajavidyalaya University, which is to request permission and request cooperation to the executives or the head of the target group to collect the information along with attaching interview questions, so that the main informant understand the point of the question and to use as information in preparing for interviews:

(2) To collect information from interviews on the date, time and place with record and note taking.

### D. Data Analysis

Data analysis by using the content analysis method to categorize the content and then use the systematic synthesis by presenting it in descriptive writing.

## Research Findings

Research study on “Management of Elderly Health and Welfare of the Elderly School in the Northeast”, was obtained from the study and discussed the following objectives.

1. Process of the school for the Elderly in the Northeast Region, elderly people in urban communities, factors affecting the elderly in the community tend to live long. It may be from lifestyle and dietary habits that will have better physical and mental health than the elderly in the city who have stress free and live near the grandchildren, and not left alone. They can live as usual and have regular activities such as getting up early, cooking food, making merit, sweeping the house, rubbing the house and raising grandchildren. Elderly people in rural communities, there will be a variety of activities to do and is a way of life that is not stressful because he has done activities that he likes gardening combines the sufficiency economy, raising animals, weaving mats, wickerwork, food processing and grocery stores of the elderly community. The elderly in urban communities, they are older people who used to receive civil budget and have more monthly pensions than rural communities. Some people will have their own business such as a dormitory for rent, a shop, or someone receive support from their children. The elderly in this group will have a good quality of life. However, in the case of the elderly in the city with no regular income still struggling to make a living. The elderly in this group will feel stressed and worried about the way of life in the future.

2. Appropriate model to promote well-being of the elderly in the Northeast should encourage the elderly to join activities within the community and collecting statistical data being kept to develop activities for the elderly. There is an artificial comparison between rural communities and urban community activities. How much of the effect on the well-being of the elderly? Therefore, that activities can be used to develop and improve the model to be suitable for the elderly. This will encourage the elderly to be relaxed the stress of staying home without any activity. It also promotes physical and mental well-being.

3. To strengthen cooperation in health management and welfare of the elderly in the Northeast, it should promote activities in the community that affect health and the welfare of the elderly regarding their behavior organize activities on health care, eating properly and encouraging children to apply to the household for elderly practice. Setting a form of exercise that is suitable for the elderly at least 2 days a week as well as promoting family awareness of the daily life of the elderly. Overall health care of the age is set since the bathroom resting place and mattress to suit the body of the elderly. If the care is not hygienic, it may be dangerous to the elderly.

## Discussions

1. Study the process of the elderly school in the Northeast from the study of the process from the documented data and the field visitation. The data were analyzed and synthesized the appropriate process for the elderly school. It is to promote the health of the elderly will lead to the improvement of the quality of life of the elderly including finding ways to coordinate and integrate relevant personnel / agencies in building a social network mechanism in the community. Both dimensions of health care in the body, mind and dimensions of relationships at the family and community levels on average, the elderly tend to live longer than the elderly in urban communities. Factors affecting the elderly in the community likely due to dietary behavior mental health care not stress with grandchildren to take care of the elderly did not leave the elderly alone, which is consistent with the research by Woranyoon Rirom (2016) [7] that the elderly had a good overall health behavior. When considering each aspect, it was found that the diet in a very good level, followed by spiritual development interpersonal relations in stress management at good level. The exercise and health responsibility were at a moderate level, respectively. The elderly had a high level of need for overall health enhancement. It was the item that had the highest level of need for holistic wellness, followed by mental well-being. Social well-being and physical well-being, respectively.

2. Appropriate model to promote well-being of the elderly in the Northeast should promote the elderly to have daily activities and joint activities in the community. It is a lifestyle that affects the physical and mental health of the elderly, such as getting up early, making breakfast together with the merit making and community volunteering activities for the elderly. There were joint activities that related to Phumisak Sanamchaisakul (2014) research [8] which found that the activities that they liked and wanted the school to organize were health care education followed by a health check and recreational activities. What is the most demanding of the elderly is that the school is spacious? The management model of the school to create happiness (elderly people) in Ban Tio district found that the factors that contributed to the school's success were there are retired teachers who have volunteerism with unique abilities to help them perform the work forcefully, making sacrifices without any compensation. Useful activities are organized for happy students, fun and unity, cooperation in doing good activities, have an exchange of knowledge together making the school a center of cultural inheritance [9].

3. To strengthen cooperation in health management and welfare of the elderly in the Northeast should get the cooperation of many units especially hospitals that promote health and communities jointly manage a model for the elderly. It is to have physical exercise activities and organize activities that promote income for the elderly sufficiency economy integrated farming collectively prepare in order to cause income and to exercise in the body or promoting merit-making. It will promote mental health and happiness, talked about Dharma to take care of the health from the mind as well as the consumption of food according to the principles of nutrition in the elderly holistic exercise. Therefore, the bond in the community age together is consistent with the research of Chanthana Mahamongkol (2004) [10] that found that the community bond of elderly people in Thamaka District Kanchanaburi. It is a factor that influences social activities of the elderly health awareness. It is a factor affect their participation in social activities of the elderly, indicating that when the elderly were perceived that their health is at the level of illness highly likely to have less participate in social activities. Likewise, when the elderly have perceptions of one's health as less illness or good health is more likely to have taken part in social activities [11] [12].



Fig. 2 Pictures of school activities for the elderly

## Body Of Knowledge From Research

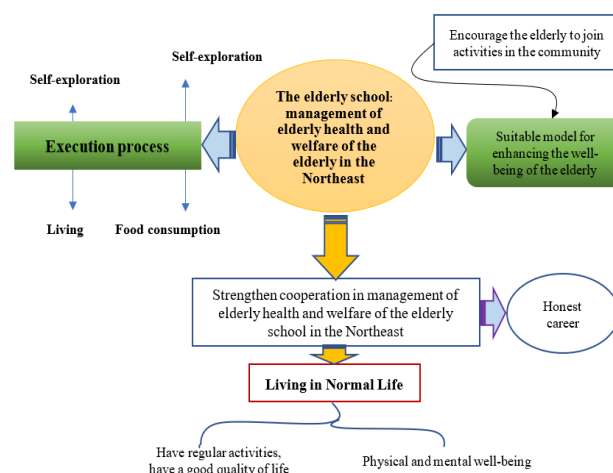


Fig. 3 Management of Elderly Health and Welfare of the Elderly School in the Northeast



## Recommendations

### A. Recommendations for Policy

1) The sector should focus on the community that should set the foundation for alternative services for the care of the elderly in the future is laid provide a surveillance system to recognize the problem of the elderly, their real needs as well as a systematic storage and analysis of community data. For the benefit of planning effectively, the elderly and the disabled in the community by dividing the elderly into cases.

2) Government agencies or related agencies should promote the creation of activities / projects for the elderly in the community to be linked with religious activities such as Songkran Day, Seniors day, or educational activities to visit works in art and culture.

### B. Recommendations for future research

1) Should study the impact on the living of the elderly and the actions on the elderly school from COVID 19.

2) Should study the factors affecting the social activities and the overall well-being of the elderly in Thai society.

## Conclusion

Conclusion from the study of concepts, theories, related research, and data collection from in-depth interviews, the data were analyzed and synthesized according to the research objective. Trend of the elderly in provincial communities will have a strong physical and mental health caused by having a resting place or a center for activities of the elderly, such as a temple. It can be set as a center for doing community activities that will allow the elderly to have activities together directly affect health especially activities that the community or the temple. It is held in various festivals, and the elderly will have activities together. Therefore, the elderly in the community has a variety of activities together, and it is a way of life without stress because they do activities that they like and are good at such as sufficiency economy ingredient farming, gardening, vegetable storage, animal husbandry, mat weaving and grocery stores of the elderly community. They have time to take care of the children. Government agencies and communities should be developed activities for the elderly to suit the operating conditions and to promote ongoing activities. It will have a positive effect on the well-being of the elderly and more importantly, there must be a promotion activity that can generate income for the elderly as well. It will make the elderly proud to have their own income and no need to suffer from their children, it promotes mental and physical well-being

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