HEALTH PROMOTION OF THE ELDERLY IN NAKORNPATOM PROVINCE, THAILAND

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Abstract— Thailand is becoming a "perfect elderly society" in the year 2021.The elderly have changed both body and mind. Health promotion will help slowdown sickness which may happen to the elderly. The purposes of this study are to study the characteristics of health promotion of the elderly, and to study factors affecting health promotion of the elderly in Nakornpatom Province. The sample used to study was drawn by the simple random sampling with the number of 40 persons from the population of the elderly in Nakornpatom Sub-district and Nong-ngooluam Sub-district. The data was gathered between June and September, 2015 by using in-depth interview and group discussion. The technique used for analyzing was the Content Analysis. The research findings are that: the characteristics of health promotion of the elderly mostly used the life-style of eating both food cooked by themselves and food bought from a market, and exercising by doing housework, When the elderly had an emotional problem, they would look for a hobby to do and talked to neighbors. The factors affecting health promotion of the elderly in Nakornpatom Province included their likeness, congenital disease of the elderly, being taken care often by sons, daughters or relatives and advices from public health and staff, including perception of benefits of health promotion.

Keywords— Health Promotion, The Elderly.

I. INTRODUCTION

Health promotion helps slow down elderly people's sickness caused by diseases. So, the study of characteristics and factors affecting health promotion of the elderly will be extremely useful for public health personnel and staff in order to apply to be a guideline for the elderly people's health promotion. Nakornpatom Province is a province located in the Central Region of Thailand. It has a population of 868,375: 417,213 males and 451,162 females. Out of the total number of the population, there are 75,000 elderly people (15.70 %)(Department of Administration, Ministry of Interior, 2013: 165). From the survey, it is founded that most elderly people had congenital diseases. These are caused by in appropriate health behavior. Thus, the researcher was interested in studying characteristics and factors affecting elderly people's health promotion in Nakornpatom Province, Thailand by studying the behavior of eating, exercising, and managing emotion.

II. PURPOSES OF THE STUDY

A. To study characteristics of elderly people's health promotion in Nakornpatom Province.
B. To analyze factors affecting elderly people's health promotion in Nakornpatom Province.

III. METHODOLOGY

With regard to methodology, it is divided into 2 parts as follows:
A. Population and Sample: The population was the total number of the elderly in two sub-districts in Nakornpatom Province: Nakornpatom Sub-district and Nong-ngooluam Sub-district. The sample used to study was drawn by the simple random sampling with the number of 40 persons: 20 persons from the population of the elderly in Nakornpatom Sub-district and 20 persons from the population of the elderly in Nong-ngooluam Sub-district.
B. The techniques of Analysis: The data was gathered between June and September, 2015 by using in-depth interview and group discussion. The technique used for analyzing was the Content Analysis.

IV. THE RESULTS OF THE RESEARCH FINDINGS

A. Characteristics of Population Structure Most elderly people were females (70%). The age of the elderly was mostly 60-69 years (52.5%). The minimum age was 61 years; the maximum age was 82 years. Their family size was mainly an extended family (77.5%). Forty-five percent (45%) of the elderly had enough income, but the income could not be saved. Fifty-two point five percent (52.5 %) was not a member of the elderly club. Eighty-two point five percent (82.5%) had a kind of disease, mainly diabetes. (Table 1) Health Promotion of the Elderly in Nakornpatom Province, Thailand

Table 1 Characteristics of the Elderly (n=40)

Characteristics of the Elderly	No. persons	%
Gender		
male	12	30.0
female	28	70.0
age		
60-69 yrs.	21	52.5
70-79 yrs.	15	37.5
80^{+}yrs.	4	10.0
Characteristics of Family		
Single family	9	22.5
extended family	31	77.5
Adequate Income		
Inadequate Income	7	17.5
Adequate Income but No saving	18	45.0
Adequate Income and Saving	15	37.5
Being Member of the Elderly Club		
Not being a member	21	52.5
Being a member	19	47.5
Disease of the Elderly		
No congenital disease	7	17.5
Having congenital disease (Can choose more than1 item)	33	82.5
-Diabetes	20	60.6
-Hypertension	22	66.7
-Diabetes and Hypertension	16	48.5
-Bone and Osteoarthritis	12	36.4
-Cardiovascular disease	7	21.2
-Thyroid	1	3.0
Total	40	100

B. Characteristics of Health Promotion of the Elderly
With regard to eating, it is found that the half of the elderly (50.0%) cooked food by themselves, as well as buying from markets. From the in-depth interview, it is found that the elderly ate food less than three times a day. For exercising, most elderly people (62.5%) exercised by doing housework (80%). walking fast and riding a bike were the second (60%) and the third (40%), respectively. With respect to managing emotion, most elderly people (87.5%) had stress and worrying about congenital disease. The second one was about their children (50%); the third worrying was about housing or lodging (37.5%). When they had stress or worrying, they solved their problem by looking for a hobby to do (75%), praying (55%), and meditation (42.5%), respectively. (Table 2)

Table 2 Characteristics of Health Promotion of the Elderly (n=40)

Characteristics of Health Promotion of the Elderly	No. persons	%
Eating		
Self-cooked and buying from markets	20	50.0
Self-cook	12	30.0
Buying food from markets	8	20.0
Exercising		
Non-exercise	15	37.5
Exercise (Can choose more than 1 item)	25	62.5
-Housework	20	80.0
-Walking fast	15	60.0
-Riding a bike	10	40.0
-Swinging arms	7	28.0
-Others	3	12.0
Managing emotion		
Stress and worrying		
-congenital disease	35	87.5
-Inadequate income	20	50.0
-Children	15	37.5
-Housing or lodging	10	25.0
-Worrying about being a burden of children and relatives	7	17.5
Problem solving of stress		
-Looking for a hobby to do	30	75.0
-Talking to neighbors	22	55.0
-Praying	17	42.5
-Meditating	5	12.5
-Others		
Total	40	100

C. Factors Affecting Health Promotion of the Elderly
The most important factors affecting health promotion of the elderly about eating was their likeness (82.5%) followed by the congenital disease factor (55%) and the adequate income factor as the third rank (45%). For health promotion of the elderly about exercising, the most important factor was the congenital disease (82.5%) followed by being taken care often by sons, daughters or relatives (70%) and advices from public health personnel and staff, including perception of benefits of health promotion (50%). With respect to managing emotion, the most important factor affecting managing emotion of the elderly was health problem (82.5%) followed by the family relationship factor (70%) and the adequate income factor as the third rank (60%). (Table3)

Table 3 Factors Affecting Health Promotion of the Elderly (n=40)

Health Promotion of the Elderly	No. persons	%
Eating (Can choose more than 1 item)		
Likeness	33	82.5
Congenital disease	22	55.0
Adequate income	18	45.0
Being taken care often by sons, daughters or relatives	12	30.0
Advices from public health personnel and staff	10	25.0
Perception of benefits of health promotion.	9	22.5
Exercising (Can choose more than 1 item)		
Congenital disease	33	82.5
Suggestion from public health staff	28	70.0
Perception of benefits of exercise	20	50.0
Being taken care often by sons, daughters or relatives	15	37.5
Economic status	10	25.0
Managing emotion (Can choose more than 1 item)		
Health problem	33	82.5
Family relationship	28	70.0
Adequate income	24	60.0
Advices from public health personnel and staff	11	27.5
Total	40	100

V. DISCUSSION/ COMMENT

A. Characteristics of Health Promotion of the Elderly
From the in-depth interview and the group discussion, it is found that the elderly in Nakornpatom Province mostly had the characteristics of the elderly people's way of life according to their economy and culture as living with children and relatives. When their sons or daughters went to work, the elderly would take care of babies at home and do housework. Some elderly people still continued working on their own agricultural farm lands where as their sons and daughters went to work in other cities. If the elderly got sick, they would go to a Sub-district Health Promotion Hospital. The reason why the elderly had to cook food by themselves and buying from markets

was that a current social situation has changed. Population in urban areas tended to buy fast food more and more because of availability of the fast food, as well as convenience, saving time, and cheap price. As an elderly person's saying, "most elderly people have to eat food bought from markets because their sons and daughters have to go to work early morning. They do not have time to cook for their parents. So, when they come back home, they will buy food from a market for their parents."

For exercising, the elderly mostly exercised by walking fast, riding a bike and swinging arms in order to stretch muscle as well as preventing a side-effect from congenital disease. However, some elderly people did not exercise because they thought that working was a kind of exercises. As an elderly person's saying, "I get sweat a lot because I work on my farm land every day." "I am more tired than exercising. Elderly people tended to perceive usefulness of exercise that it helped their bodies to be healthier. This is because the government campaigned continuously via several kinds of media in order to urge the elderly to keep exercising continuously. This strategy helped the elderly be strong and happy and had long life, including having immune to prevent from diseases. As an old person's saying, "Doctor at the public hospital teaches me to swing hands regularly because of being easy to do in order to have strong health."

With respect to managing emotion, the elderly were mostly worried about their health, children, housing or lodging, and in adequate income. This is because they had to take care of their families. However, since their way of life was simple, they could manage their emotion. At the same time, their sons, daughters and relatives tried to create good atmosphere in order to help them have normal emotion.

B. Factors Affecting Health Promotion of the Elderly

From the research finding, it is found that congenital disease, being taken care by sons, daughters or relatives, and advices from public health personnel and staff affected health promotion of the elderly. This is because most elderly people who congenital disease had had to see a doctor or public health personnel or staff every month. They had a change to be advised about self-treatment and information of health promotion. As an elderly person's saying, "A doctor advises me to eat vegetable every time for breakfast, lunch, and dinner. So, I eat boiled vegetable with chili sauce (numprikpucktom), Kangliang, sour curry (gangsom), and papaya salad (somtum)." Moreover, the government campaigned via several kinds of media in order to encourage people to exercise continuously. The strategy contributed the elderly to gain knowledge about the principle of nutrition in terms of a five-food group by not eating pickle and unhygienic food anymore. In addition, they learned how to cook by themselves by using vegetables which they grow, including eating fish instead of beef. The strategy was in accordance with the research finding of Ounprasertpong (2005). and Mekwimon Kingkaew (2015). As an elderly person's saying, "A doctor tells me to use an instrument to help exercise." For managing emotion, most elderly people's family in Nakornpatom Province is an extended family. The characteristic of their society is a semi-urban-rural society. People in the society have a close relationship like relatives. They help each other and join activities. When the elderly have a problem, they will have an advice from each other. In conclusion, although the elderly would be able to live peacefully, most of them had congenital disease. The disease can be prevented if the health promotion is applied to the elderly appropriately by using several fields of science, instead of using the traditional way of health promotion.

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