

This file has been cleaned of potential threats.

If you confirm that the file is coming from a trusted source, you can send the following SHA-256 hash value to your admin for the original file.

4e764e791f792bb2186380b41e7deb9eb377ca580ae317bc680b6a975ec4561d

To view the reconstructed contents, please SCROLL DOWN to next page.

GUIDELINE FOR INCREASING INCOME OF THE ELDERLY IN COMMUNITY.

Anchalee Jantapo^{*}, Sunee Aungsupasakorn^{} & Amporn Jeangwirichaikull^{***}**

^{*,**,***,****} *College of Nursing and Health, Suan Sunandha Rajabhat University,
Bangkok, Thailand,*

E-Mail: ^{}anchalee.ja@ssru.ac.th, ^{**}Sunee.au.@ssru.ac.th, ^{***}Amporn.ja@ssru.ac.th*

ABSTRACT

This research aimed to study the needs of the elderly in generating more income, the readiness of the community to promote the income generation of the elderly and guidelines for increasing the elderly income in the community. Qualitative and quantitative research methods were used in this research. Informants include 3 community leaders and 33 seniors in the community. Research tools were interview forms and questionnaires. The results showed that the elderly need to work to increase their income. The work must be a hassle-free task and not take a long time to do. The work should be a job that the elderly have experienced. Making healthy salted eggs is a job that seniors deem appropriate and want to learn to generate income. The community has readiness to support the elderly to learn and produce healthy salted eggs for sale in the floating market in the community. There is a saving group of communities that the elderly can borrow as capital. The elderly who participated in the workshop at the community learning center said that they had the highest level of knowledge to make salted eggs after the training. When comparing to the pre-training level, it was found that the level of the knowledge is significantly different at the level of 0.05. The seniors can make healthy salted eggs on their own. The elderly were satisfied with participating in the activities at the highest level.

Keywords: Elderly, Increasing income, Community

INTRODUCTION

The United Nations predicted that in the years 2001-2100 would be the century of the elderly. Europe has the most elderly population in the world. While Asia has a elderly population at 4th ranked in the world. Thailand has the 4th highest proportion of elderly people in Asia and the 2nd ranked in ASEAN. It is expected to step into the aging society completely during the year 2021 and the super-aged society in 2035. It is an aging society with a population aged 60 years in the area per population at all ages at the rate of more than 10 percent. In the next few years, Thailand will step into the aging society completely (Aged Society) and has a society with a population aged 60 years in the area per population at all ages at the rate that is equal to or greater than 20 percent.

Thailand has entered to the elderly society since 2005 with the proportion of 10% of the elderly population of the entire country. It is expected to be the aging society completely during the year 2021 and the super-aged society in 2035. [1,2,3]

Situation of the Thai elderly in 2017 found that they had health problems due to body changes. 60% of the Thai elderly had income problems because their income was reduced. [4]. Therefore, creating an income for the elderly is very important.

This research is a project to promote income for elderly people by holding a workshop to study the needs of the elderly in generating income and the readiness of the community to support the elderly to increase their income.

OBJECTIVES

1. to study the needs of the elderly to increase their income
2. to study the readiness of the community to promote the elderly in the community for increasing their income
3. to study guidelines for increasing income of the elderly in the community.

METHODOLOGY

This research used mixed methods, which were qualitative research and quantitative research. For qualitative research, it was a participatory action research. For quantitative research, questionnaire was used to acquire the personal data and satisfaction of participant.

The population was the elderly in a community.

Sample was 33 elderly people who voluntarily participated in the project and 3 community leaders.

Research tools were a) an interview form for the community leaders and the elderly and b) satisfaction questionnaire.

Data analysis used content analysis method for qualitative data and statistics of percentage, mean, standard deviation for quantitative data form questionnaire.

RESULTS

1. the needs of the elderly to increase their income

This community has 70 elderly people, accounting for 16.99% of the total people in the community, classified as an aging society. The oldest person in the community is 87 years old. 4 people are over 80 years old. 40 people are between 70 to 80 years old. Most seniors live in their homes with their children. There is only 1 person who lives alone. Most of them do housework and raise grandchildren at home. Most of their income is from their children and the monthly welfare subsidy.

The elderly in the community need to be able to generate income from working at home. They do not want to be a burden of their children. Working to make money must be the work that they can do in their everyday life. It must not be a job that is too heavy or take too long time. The tasks should be something that the elderly know what to do such as cooking, flower

arrangement, and making waste materials to be useful. They want to learn how to make some products for sales from experienced people. The elderly have given a summary that making healthy salted eggs for sale is the most suitable work for them because it is easy to make and can be eaten by people at any age or any household.




2. The readiness of the community to support the elderly to generate income






The community has readiness to support the elderly to have work for increasing income because of the environment of the community, which has a floating market in the community for the elderly to sell their products, the community learning resources for training the elderly, and the trainers with various knowledge. In addition, the community also has a source of loans for the elderly to trade.

3. Training for elderly income generation.

The income generation of the elderly began with a healthy salted egg production workshop. There were 33 elderly people interested in participating in the training. Training summary is as follows:

3.1 Methods for making healthy salted eggs

<p>3.1.1 Materials for making healthy salted eggs consist of duck eggs, white clay, pandanus leaf, salt, plastic sheet for wrapping salted eggs, and container or basket for packing salted eggs.</p>	
<p>3.1.2 How to make healthy salted eggs.</p> <p>1) Wash duck eggs thoroughly, then desiccate them</p>	
<p>2) Pounding the white clay</p>	

<p>3) Sliced pandanus leaves or blended thoroughly</p>	
<p>4) Mix pandanus leaves, salt and white clay together and then slowly add water little by little.</p>	
<p>5) Knead the ingredients together until the clay is damp and then cover the eggs with a moderate thick layer, and leave for 5 minutes .</p>	
<p>6) Cover the eggs with a plastic sheet and store them in the container.</p>	
<p>7) Store them for 15 days for making fried eggs and 20-25 days for boiling to make salted egg</p>	

3.2 Training Workshop Evaluation

3.2.1 Knowledge

The elderly assessed themselves that they had a moderate level of knowledge about healthy salted eggs before training and had the highest level of the knowledge after training. The level of the knowledge before and after training is significantly difference at the level of .05

3.2.2 Use of knowledge

The elderly said that they were use the knowledge to make healthy salted eggs for sales.

3.2.3 Satisfaction

The elderly were satisfied with the practical training at the highest level in all aspects.

DISCUSSION AND FUTURE WORK

1. According to the research, the research area is an aging society, because there are 16.99 % of the elderly. [3] The elderly in the community should be encouraged to have more social activities, especially working to increase income. Working enable the elderly to move physically, bring their knowledge and experiences to cause benefit for themselves, their family and society. Supporting the elderly in the community to work for increasing income is , therefore, promoting the health of the elderly physically, mentally, socially and intellectually [5].

2. The results showed that the elderly who participated in the project had the highest level of satisfaction in all aspects as follows: the content of the training, the training activities, participation in training, the speakers who had the knowledge and ability to teach, training materials and equipment , training atmosphere , training duration ,training location and knowledge gained from training. The results of this research are consistent with that of Patcharapong Chuanchom, Thirawat Chantuek and Phithak Siriwong (2018) [6] which studies the job characteristics suitable for the elderly. It is a job that does not require much energy, but it is a job that requires experiences. In addition, It is very important that the elderly said that they were very happy to participate in the activity. It enhanced their quality of life. This finding is similar to that of Anchalee Jantapo, Ponpun Vorasiha & Euarree Sariga. [7]

3. For suggestions, there should be research and follow-up of knowledge that the elderly have received form training. In addition, there should be research and development on the network of the elderly in various communities in becoming a healthy food entrepreneur that provide a work suitable for the physical, psychosocial, and intellectual characteristics of the elderly. In addition to raising the income for the elderly, it is also a development for the elderly to have good health.

ACKNOWLEDGEMENTS

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

REFERENCES

- [1] United Nations Population Fund: UNFPA, and HelpAge International. (2012). Ageing in the Twenty-First Century: A Celebration and A Challenge.
- [2] Foundation of Thai Gerontology Research and Development Institute, (2019). The Situation of the Thai Elderly Report 2017. Institute for Population and Social Research, Mahidol University and Foundation of Thai Gerontology Research and Development institute (TGRI).
- [3] Office of the Elderly Promotion and Protection. (2007). The Elderly Act 2003. Bangkok: Office of the Elderly Promotion and Protection.
- [4] Sivalap Sukpaiboonwat. (2017). The Role of Population Aging on Economic Growth in Thailand. *Srinakharinwirot Research and Development (Journal of Humanities and Social Sciences)*. Vol. 9, No 17, Pp 176-191.
- [5] Kasem Watachai. Ideal health system. *Journal of Primary Care and Family Medicine*. URL: <http://kb.hsri.or.th/dspace/bitstream/handle/11228/2697/p016.pdf?sequence=2&isAllowed=y>.
- [6] Patcharapong Chuanchom, Thirawat Chantuek and Phithak Siriwong (2018), Job characteristics suitable for elderly. *VRU Research and Development Journal Humanities and Social Science*. Vol. 13, No. 1 107-116.
- [7] Anchalee Jantapo, Ponpun Vorasiha & Euarree Sariga. Activity for health Promotion in the Elderly Club. The 2018 International Multidisciplinary Research Conference. Italy. 28-30 November. 2018