

GUIDELINES OF ELDERS' POTENTIAL DEVELOPMENT IN BANGKOK AND PERIMETER.

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ABSTRACT

The research objectives “Guidelines of Elders’ Potential Development in Bangkok and Perimeter” aimed to study the potential of elders and guidelines to develop elders’ potential for adding economic and social value in Bangkok and perimeter that according with bodies of knowledge and elders’ rights.

The population of the qualitative research represented elders and the participants from relevant institutes in Bangkok and perimeter. The research objectives “Guidelines of Elders’ Potential Development in Bangkok and Perimeter” aimed to study the potential of elders and guidelines to develop elders’ potential for adding economic and social value in Bangkok and perimeter that according with bodies of knowledge and elders’ rights. The finding found that.

1) The aspect of elders’ potential was found that the self-caring of elders represented activities’ style in term of physical, mental, emotional and social including self-worth creation and transferring. Elders had bodies of knowledge and various local wisdoms and transferring them to youth. Supporting factors represented participation, interest, and aptitude of elders and the received benefits, networking and supporting from government and private sectors.

2) The aspect of elders’ potential development guidelines for adding value in economic and social in Bangkok and perimeter, considering the potential of elders both in terms of knowledge, bodies of Knowledge and wisdom of the elders including adding social value, adding economic value guidelines for career creation to elders in Bangkok and perimeter in addition of elders’ rights protection and preservation in Bangkok and perimeter that proposed three according policies to relevant institutes.

Keywords: elders’ potential, elders’ potential development, quality of elders’ life

INTRODUCTION

Thai society began becoming the aging society and aged society in forecasting 2025 that caused health problems of illness and disability of people moving to the aging society including problems of mental that incurred enormous expenditures for the country. To prevent and cope with the mention problems, preventive illness plans were performed and promoted the elders’ health and prepared programs to enter the aging society with potential and good health. Caring and supporting for aging society that was appropriate for the situation and changes occurred in the near future. No preparation, supporting or good plan caused problems or crises in the elders’ caring. (National Statistical Office, 2012; Network of Thailand Elders Association 2013).

In addition Twelfth National Economic and Social Development Plan aimed to support the development in technology and innovation on medicine to serve the aging society to self-reliance and expand to be business for generating national income. In addition the northern economic strategy plan and northern development guidelines represented the crucial aspect that focused on development of elders caring system to support northern aging society ten years faster than national average and according to proposal of Ministry of Public Health

and Ministry of Social Development and Human Security. (Nipon Thepawan, 2001; Kanya Napapongsa et al.2019).

The capability enhancing to be the health service hub for the elderly in Bangkok and perimeter, the development of entrepreneurial potential and personnel related to elders' caring at various levels. The creation and development of potential and well-being center for elders with standard quality that contributed to reduce excessive medical expenses and expand to be the health service business for elders with standards and generating national income. In addition the development in information technology and innovation for aging society could link economic and social issues together by the mechanisms of state to drive for concrete with a cooperation networking between government agencies, academic institutions, private organizations, local administrative organization toward the goal of elders with potential and good health, both physically, psychologically, socially, wisdom, self-reliant with dignity. (Cohen and Uphoff, 1980; Kanya Napapongsa et al.2019).

In addition, the leading number of elders lived in Bangkok and perimeter and moved to aging society faster than other regions that Bangkok region produced the readiness and potential to support these issues due to retaining governmental office, potential private sectors and academic institutes including a plenty of natural resources, regional linkage transportation facilities with ASEAN and also culture and various fascinating local wisdoms. The aforementioned factors would enable the Bangkok region to be ready and have high potential in the development of the caring system and supporting the aging society including expansion to remain business, these reasons led to establish a center for development of elders' potential and well-being in Bangkok and perimeter. (Cohen and Uphoff, 1980; Pachubmoh.2010; Palee et al. 2009).

LITERATURE

The Sociological theory represented the theory that described the tendency of the personal role, relationships and social adaptation at the end of life or the theory that tried to analyze the causes that caused the elders acquired a changed social status and also to live in society with happiness. This theory believed that a society changed rapidly and caused the rapid change of status of the elders as well as the status depended on the number of the elders in that society and the social roles, but elders still needed their roles that resulted the until withdrawal from society. To live with happiness had to have a role and social status at an appropriate level. (Cohen and Uphoff, 1980; Thepawan, 2001; Palee et al. 2009).

The conclusion from theories concerned the conditions of the elders differently in aging.

Biological theories described aging by considering the reduced performance of the body. Psychological theories described the aging by considering from learning, intelligence and emotions.

Sociological theories described the elderly as an ability to maintain their roles and social status which there was no only one theory that explained the sagging behavior of the emotional, psychological, and social conditions of all the elders.

Problems of Thai elders that The Ministry of Social Development and Human Security (2007) studied the problems of Thai elders by group discussion and summarizing the problems of the elders into two issues as following

1. Physical problems included deterioration of health like diseases of the elderly, internal organs deterioration, like heart disease, coronary artery disease, pressure disease, gout, osteoarthritis, tendon disease and fatigue, etc.

2. Psychological problems which represented more violently than physical, economic problems, high living cost, youth problems of children and resulted the elders suffered anxiety, stress, diseases such as diabetes, elevated blood pressure, fat disease, etc.

The conclusion of concepts and theories about the elders could describe that the elders represented people who had changes not only physically, but also changes in various mental, emotional and behavioral issues causing the elders to be embarrassed to able to maintain their ordinary lives as childhood or young that caused lifestyle improved physical conditions in addition to elders had to change their way of life alone, but every sector should be improved and changed to better facilitate the elders with a continuously increasing rate. (Cohen and Uphoff, 1980; Pachubmoh.2010; Palee et al. 2009).

METHODOLOGY

The population of the qualitative research represented elders and the participants from relevant institutes in Bangkok and perimeter. The data collection was obtained by in-depth interviewing and conversation with elders and relevant participants in target areas, after that analyzed them, synthesized data and summarize guidelines to produce bodies of knowledge of elders in Bangkok and perimeter and approach to be proposals on development policy of elders' potential for adding value in economic and social in Bangkok and perimeter.

RESULTS

The finding found that.

1) The study of the potential of the elders found that the self-caring of the elders represented activities that focused on physical, mental, emotional and social health care including self-creating value and conveying. The elders had bodies of knowledge and local wisdom in many areas to transfer to children, youth, general people. The supporting factors represented participation, interest, elders' aptitude, benefits, networking, and supporting from government and private sectors.

2) The proposal for the potential development of the elders for increasing economic and social value sustainably in Bangkok and perimeter that considered the potential of elders both in terms of knowledge, bodies of knowledge and local wisdom including creating social value, guidelines for creating careers to increase economic value. The protection and preservation of the elders' rights in Bangkok and perimeter were proposed to remain policies according to the policies of relevant departments with three levels.

2.1 The village-level policies proposal included the development plan for supporting the elders on the village level by focusing on the elders' participation and people in the community, establishing hygiene and income development plan, transferring bodies of knowledge and local wisdom of the elders to the new generation and the promotion of activities for good relationships by focusing on creating joint activities of family members and communities.

2.2 The local community-level policies proposal included supporting and promoting activities for income generation in order to increase income for elders in the community, promotion of vocational skills for elders in the community in order to transfer bodies of knowledge and local wisdom to create careers for joining activities between the elders and people in the community, supporting the promotion of joint activities in the community including activities and work plans among the elders network in the community and neighborhood, supporting activities to transfer bodies of knowledge and local wisdom to the new generation, encouraging the local government agencies for providing information about the elders and evaluation their needs, other problems and statuses in the family and community including access to basic rights especially allowances and current number of elders including supporting the elders' needs in difficult conditions and providing mobile health services for elders on site. The activities organizing to promote elders value in the

community and encourage elders' morale such as activities day, elderly day, healthy elderly contest, supporting the establishment of the welfare fund and the health fund for the elders on the local level including creating a good attitude towards the elders and preparation to be elders in terms of health, economy and society so that the elders could stay with their families and communities as long as possible.

2.3 The government-level policies proposal included supporting for elders health activities, special policies and social welfare like the free elders transportation, educational and learning service for the elders. Policies were pushed for local administrative organizations to drive the work about elders seriously, continuously and rapid, supporting and promoting the development of the quality of elders' life by integrating activities of people, supporting the budget for integration bodies of knowledge and local wisdom into the school curriculum. To support guidelines in career development and income including plans to establish groups and funds from the elders, support for cultural and traditional preservation and religious preservation programs and activities in Buddhism, the establishment of a learning center to transfer bodies of knowledge and local wisdom of the elders to represent a transferring bodies of knowledge and learning local wisdom center for the current generation and a center for holistic activities for the elders and people in the area including constructing a network of the elderly in the local area and linking activities with parties both inside and outside the area to drive activities related to the elders and people in the community, supporting the expansion of living allowances for the elders widely and sufficient for cost of living.

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