

# Recreational activity behavior of the elderly in Samut Songkhram province Thailand

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## Abstract

The purpose of this research was to study recreational activity behavior of the elderly in Samut Songkhram province Thailand. This cross-sectional study included 400 elderly in Samut Songkhram province who had participated in recreational activities. Data were collected using questionnaires and analyzed using descriptive statistics.

The results revealed that most participants were female (58.0%), aged 60 - 69 years (64.0 %). Most were at the elementary school level (52.5 %), and have non-full-time job (83.0%).

The participants had recreational activity behavior as the following. The reasons for participating in the activity were to meet and greet (58.8%). Number of times participating in activities in the past 1 month were 10 – 15 times (56.0%). Time spent on each activity was 30 – 60 minutes (52.5%). Time period of participation in the activity was in the afternoon (53.8%). Frequency of participation in activities was 3 – 4 times a week (52.0%). Places used for activities were subdistrict health promotion hospitals (60.0%). The information about recreational activity behavior of the elderly may be used for planning and creating suitable recreation activities for elderly people in Samut Songkhram province Thailand.

**Keywords:** recreation activities, elderly, participation, behavior

## 1. Introduction

The elderly population is likely to increase in the future. Data from the National Statistical Office's population of Thailand, surveyed in 2019, showed that Thailand had a total population of 66.56 million people and being older in 55 years about 24.83%. Population structure data of Thailand during 2015 -2030 shows that Thailand is in a situation of “Aged society” (aged society) and in next 10 years it begins to enter the aging society completely (completed aged society) [1].

In 2014, according to elderly report, top four provinces of the highest aging index were Lampang (143.5), Lamphun (143.3), Prael (140.0) and Samut Songkhram (133.7) [2]. Emphasis on this numbers, an aging index of Samut Songkhram will be reached to 231.05 by 2025, and 286.28 by 2030[3].

The change in the population structure affecting the society and economy of Thailand especially in elderly person. The elderly were considered an age with changes in deterioration both physically, mind and psychosocial. It was shown from the report of the survey of the elderly population in Thailand by the National Statistical Office in 2000 that less than half (43.0%) of the elderly assessed themselves as healthy. It was found that the percentage of the

elderly had high blood pressure (3.17%), diabetic (13.3%), heart disease (7.0%), cancer (0.5%), cerebral artery stenosis (1.6%) and paralysis/paresis (2.5%) [4]. Moreover, mental health problems were also found as effects of physical changes such as illness, deterioration of body systems etc.

The psychosocial changes in old age may vary depending on the individual's internal composition such as philosophy of life, attitude towards oneself and others, the ability to face or deal with problems and adapting to the changing environment. If the elderly were unable to adapt to changes, it may cause psychosocial effects. This may be caused by lack of physical ability when sickness requires treatment for a long time and causes a feeling of loss of well-being, loss of independence, loss of mind. It causes stress, anxiety and depression and abnormalities in recognition.

According to Robert Havighurst's activity theory in 1960, it believes that activities are important for people of all ages. If a person is very active, they can only be more adaptable and have satisfaction in life that leads to happiness in continuing to live [5]. This concept exhibited that activities are important in the elderly. When entering old age or retirement, it is easy to find leisure activities, learn new things or serve others. It will lead to satisfaction to make it lively. In fact, various activities can stimulate our lives to flourish. It will help the elderly to develop in different parts of the body to suit their age.

Recreational Activities that should be organized for the elderly include various hobbies, volunteer work, being a consultant to various agencies and is a member of the Elderly Club. Most of the activities on leisure time, there is often a problem in selecting activities. However, if considering activities in leisure for the elderly can be divided into three main principles: recreation, learning and serving others [6].

There are many types of recreational activities for the elderly that can be organized, such as arts and crafts activities, games and sports activities dance activities, hobby and professional activities, music and singing activities, literary activities (reading, speaking, writing) and volunteer service activities. Many recreational activities have the effect of promoting the health of the elderly, such as arts and crafts affecting talent, delicacy, creativity. The relation of physical sensory and develop ideas, ability to work and develop to professional skills were developed in leisure time [7]. Since, recreation is also an activity that promotes physical, mental, and emotional health. It is necessary to consider that appropriateness and safety should be considered. Recreational activities can be easy, convenient to operate locally and choosing activities that are consistent with lifestyle or living conditions of the elderly [8].

In Thailand, there are many agencies, both public and private, organizing recreational activities for the elderly, such as the Department of Physical Education, the Department of Health, the Department of Elderly Affairs. Local government organizations, hospitals and various private sectors. Elderly recreational activities were found, for example, the Department of Physical Education organized various recreational activities in the form of projects such as elderly sports. karaoke singing contest, Department of Health and Hospital In particular, sub-district health promotion hospitals organize recreational activities in the manner of health promotion and prevention. exercise and various exercises. The Department of Older Persons has organized recreational activities into the senior school on the private sector, there are recreational activities in the form of social gatherings belonging to various clubs or associations [9].

In Samut Songkhram province, several elderly clubs have reached fifty-two clubs where they have conducted the different recreational activities for elderly people in each area [10]. Table 1 shows recreational activities for the elderly organized in Samut Songkhram Province, classified by activity type.

*Table 1 Recreational activities for the elderly organized in Samut Songkhram Province, classified by activity type.*

<b>Types of recreational activities</b>	<b>activity</b>
1. Crafts and Arts and Crafts	Making desserts, making face masks, sewing, and sewing
2. Sports games and physical activities	Petong , cycling, woodball, basketball, aerobics
3. Music and singing	Singing contest, karaoke, long drum, Angkrung
4. Dancing, a rhythmic activity	Retro circle dancing, ballroom dancing, baslop dancing, bamboo dancing, long pile dancing
5. Hobbies	Plant trees, make herbal inhalers, plant forests.
6. Social activities	Monthly group party, merit-making on festival days
7. Drama, Movies	Watch TV shows
8. Reading, speaking, writing and literature	Public speaking, reading books
9. Educational tourism	Agricultural tourism, visiting ancient sites, visiting the sea
10. Special activities	Participate in the Songkran procession and organize the event according to tradition.
11. Volunteer Services	Volunteer in social activities, taking care of the elderly in the community

The researcher was therefore interested in study recreational activity behavior of the elderly in Samut Songkhram province Thailand. This information may be used as a guideline for planning and creating suitable recreation activities for elderly people in Samut Songkhram province Thailand.

### **1.1 Objective**

The purpose of this research was to study recreational activity behavior of the elderly in Samut Songkhram province Thailand.

## **2. Method**

### **2.1 Research Objectives**

To study recreational activity behavior of the elderly in Samut Songkhram province Thailand.

## 2.2 Research Design

2.2.1 Sample; The sample group was 400 elderly people who had participated in recreational activities in Samut Songkhram province.

2.2.2 Research tools; The tools used in this research was a questionnaire.

2.2.3 Data Collection Method; The researcher made a request for permission from the provincial governor to collect data from Samut Songkhram provinces between November 2020 – January 2021. The obtained questionnaires were checked for accuracy and completeness for statistical analysis and summarize project findings. The preparing a manuscript of a complete research report.

## 2.3 Data analysis and statistics used;

Data analysis and data processing from the questionnaire was done using a packaged program by statistics used is frequency distribution percentage average standard deviation. Data analysis and data processing from the interview form. The researcher will summarize the issues and individually separated according to the components provided.

## 2.4 Research ethics;

This research study was conducted through human research ethics considerations. by Ethics Committee human research Suan Sunandha Rajabhat University Certificate Number: COA.1-019/2020 project code CE. 63-031-1-2 Approved on 6 months July 2020

## 3. Research results

3.1 Results of general data analysis of personal characteristics of elderly people who had participated in recreational activities in Samut Songkhram province.

The frequency and percentage of 400 respondents divided by personal characteristics were shown in Table 2.

*Table 2 Characteristics of the respondents (n = 400)*

Characteristics	Range	Number (n)	Proportion (%)
Gender	Female	232	58.0
Age	60 – 69 years old	254	64.0
Educational qualification	Elementary school	210	52.5
Job	Non-full-time job	332	83.0

3.2 The results of analyzing recreational activity behavior of the elderly in Samut Songkhram province Thailand.

The frequency and percentage of 400 respondents divided by recreational activity behaviors were shown in Table 3

*Table 3 Recreational activity behavior of the elderly in Samut Songkhram province (n = 400)*

Behavior	Range	Number (n)	Proportion (%)
Reasons for participating in the activity	Meet and greet	235	58.8

Behavior	Range	Number (n)	Proportion (%)
Number of times participating in activities in the past 1 month	10 – 15 times	224	56.0
Time spent on each activity	30 – 60 Mins.	210	52.5
Time period of participation in the activity	In the after noon	215	53.8
Frequency of participation in activities	3 – 4 times a week	208	52.0
Places used for activities	Subdistrict health promotion hospitals	240	60.0

#### 4. Discussion

Analysis of recreational activity behavior of the elderly in Samut Songkhram province, it was found that their reasons for participating in the recreational activities were to meet and greet their friends. Mostly, they participated in the activities in the afternoon and spend 30 – 60 minutes on each activity. They often used subdistrict health promotion hospitals to hold the activities. This information suggested that organizing recreational activities for the elderly in Samut Songkhram Province should focus on activities that allow participants to talk and exchange ideas with each other. In addition, subdistrict health promotion hospitals should have a role in participating in organizing recreational activities. Furthermore, further researches should study how to plan and create suitable recreational activities for elderly people in Samut Songkhram province.

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