

# EFFECTING OF ELDERLY HEALTH PROMOTION PROGRAM NONGYAI COMMUNITY, KHON KAEN MUNICIPALITY\*

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## Abstract

The objective of this study was to study of the effect of Elderly Health Promotion Program, Khon Kaen Municipality. The sample consisted of 47 Elderly Person Methodology research was quasi-experimental research according to the One Group Pre-Posttest Design research model. Research tools were the Opinion in activity in Elderly Health Promotion Program and satisfaction assessment form. Data were analyzed by descriptive statistics, percentage, mean, standard deviation, paired t –test and the qualitative data was analyzed by content analysis. and summarized as inductive data. The results revealed that Component of Elderly Health Promotion Program that story telling about their own happiness, meditation therapy, and rhythmic activities. The sample group had the opinion to post activity in Program higher before participated in the program and they had the highest level of overall satisfaction ( $\bar{x}=4.72$ , S.D.=0.43). Reflection that the elderly have a happiness in activity and can applying to using in daily life to promote to be well-being are ready to develop themselves to be Smart People under Khon Kaen Smart City project.

**Keywords:** Elderly; Health Promotion Program; Khon Kaen Municipality

## Introduction

Year 2016, the Cabinet approved "Smart City Project" Khon Kaen Province According to the policy to drive the economy of Thailand 4.0 by developing smart cities or smart cities in 6 branches, namely Smart Mobility, Smart Living, Smart Citizen, Smart Economy, Smart Environment, Smart Governance, Khon Kaen Municipality has implemented a strategy to achieve the goal by developing a city of Khon Kaen that covers Smart City in 6 such fields (Jennarong Puchantuk and Chan Ruengthamsing, PSU). The distribution of prosperity and development is therefore covered in all areas. every community from the population database. The population in Khon Kaen municipality is 119,256, divided into 55,065 males, 64,200 females (as of December 30, 2017), with a total of 95 communities in 4 districts, divided by community type: semi-urban, 47 communities, urban 22, slums. 12 communities in the slum + semi-urban type, 1 community, 10 communities in the housing estate, 3 government agencies, and Khon Kaen has progressed by leaps and bounds (Khon Kaen Municipality, 2017).

From the study of the needs and conditions of development into a smart community of Nong Yai Community Khon Kaen Municipality found that every community has a need for smart community development in terms of improving the quality of life for health and sanitation. number one followed by sports, English communication Legal knowledge in daily life and economic society and culture, respectively. In addition, the community also provided recommendations on participation between educational institutions and communities. Under the concept of educational management that "Schools are part of the community. The community is part of the school" (Sayan Phanoi, Thidarat Lertwitthayakul, Weena Isarangun Na Ayudhya, Sophit Namkha, Thipawan Sawasdikul Dan and Sawita Onlaor, 2020) reflected

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that Health care is also a trend in community development. and Thailand has completely entered the aging society. According to data from United Nations World Population Aging, Thailand is in the transition to Aged Society, which the United Nations stated Which country has a population aged 60 years and over, accounting for more than 10% of the total population? It is considered that the country has stepped into an aging society and will become a "full aged society" (Aged Society) when the proportion of the population aged 60 years and over increases by 20 percent. It is predicted that in 2021, Thailand will enter a complete aging society. with people over 60 years old, more than 20% of the total population This situation is the result of economic development and national development. Scientific progress technology and medicine make people live longer. Family planning policy or fertility control causing a rapid reduction in fertility and the continued decline in population mortality levels. causing the number and proportion of the elderly population in Thailand to increase rapidly (Jiraporn Karaket, 2019).

At present, Thailand has fully stepped into an aging society with more than 10% of the total population being elderly. This is due to an increase in life expectancy and a decrease in mortality as a result of advancements in medical technology and modern health care services. From statistics, it was found that in 2014, there was a population of Thai elderly people aged over 60. Up to 10 million people or 15.3% of the total population and predicted that in the year 2025 Thailand will have an elderly population of more than 20 percent, or approximately 14.4 million people (Bureau of Policy and Strategy, Ministry of Public Health, 2014). Socioeconomic and the potential development of the elderly (Thai Gerontology Research and Development Institute Foundation, 2012), which the government agrees The importance of such issues has therefore formulated a policy to improve the health of the elderly as an urgent agenda according to the plan's direction. National Economic and Social Development Board No. 12 (2017-2021) (Office of the National Economic and Social Development Board, 2015).

College of Asian Scholars is a higher education institution. It is located next to the Nong Yai community. Operate according to higher education missions in terms of academic services to society along with teaching and learning management according to actual conditions that integrates with neighboring communities by engaging with the community The determination that the college is part of the community The community is part of the College.” It is therefore an important mission to contribute to the development of the community and society. Therefore, the researcher integrated Smart people with the ability to use technology to operate. with activities to develop people in the basic health system, that is, the elderly to become intelligent elderly people have the ability to take care of their own health, be self-reliant and support the readiness to develop into a smart community or Smart Community, support Smart City according to the policy to drive the economy of Thailand 4.0 by developing 6 smart cities.

The effects of the elderly well-being promotion program. Nong Yai Community Khon Kaen Municipality developed in this study It consists of activities talking about their own happiness, meditation therapy, and rhythmic activities. used as a guideline for training the elderly Nong Yai Community Khon Kaen Municipality.

## **Objectives**

Study on the effect of using programs to promote well-being of the elderly Nong Yai Community Khon Kaen Municipality research hypothesis. Opinion scores on activities after using the elderly well-being promotion program Nong Yai Community Khon Kaen Municipality is higher than before using the program. Research Methodology

## Research Methods

Quantitative research (Quantitative Research) Conduct quasi-experimental research according to the One Group Pre-Posttest Design research model.

### 1. Samples

The sample group consisted of 47 elderly people in Nong Yai Community 1-4 who volunteered.

### 2. Research tools

2.1 An opinion questionnaire on activities before and after using the elderly well-being promotion program

2.2 Training satisfaction assessment form

The 5-level rating scale has the following assessment criteria: A score of 5 represents the highest level of opinion and satisfaction. A score of 4 indicates a high level of opinion and satisfaction. A score of 3 means a moderate level of opinion and satisfaction. Score 2 means low level of opinion and satisfaction. A score of 1 represents the lowest level of opinion and satisfaction. and criteria for interpretation Satisfaction level as follows 4.51-5.00 Interpretation with the highest level of opinion and satisfaction. 3.51-4.50 Interpretation with high level of opinion and satisfaction 2.51-3.50 Interpretation with a moderate level of opinion and satisfaction. 1.51- 2.50 Interpretation with low level of opinion and satisfaction. 1.00-1.50 interpreted with the lowest level of opinion and satisfaction.

The Research Instruments

1) Content validity by 3 experts to find the index of the correspondence between the questions with objectives, including 1 community project expert and 2 elderly health care professionals, the IOC value is 0.67- 1.00.

2) questionnaire confidence Using Cronbach's Alpha Coefficient, an opinion questionnaire on activities before and after using the elderly well-being promotion program was 0.81, and the training satisfaction questionnaire was 0.76.

### 3. Data analysis

Data were analyzed by descriptive statistics, percentage, mean, standard deviation. Statistical values compared paired t-test and qualitative data were analyzed by content analysis. and summarized as inductive data

## Research results

### 1. General information of the sample

It was found that most of the sample groups were female, 36, representing 76.60%, followed by 11 males, representing 23.40%. Most of the participants were aged between 60-55 years, 26 people, representing 26 percent. 55.32, followed by the age of 71 years old, 13 people representing a percentage 27.66 Most of the project participants were in Nong Yai 1 community, 19 people, representing 40.43 percent, followed by Nong Yai 3 community, 11 people, accounting for 23.40 percent, as shown in Table 1.

Table 1 General data of the sample

general information		Numbers (person)	percentage
Genders	Male	11	23.40
	Female	36	76.60
	<b>Total</b>	<b>47</b>	<b>100</b>
Age	60 - 65	26	55.32
	66 – 70	8	17.02
	71 Up	13	27.66
	<b>Total</b>	<b>47</b>	<b>100</b>
community	NongYai 1	19	40.43
	NongYai 2	9	19.15
	NongYai 3	11	23.40
	NongYai 4	8	17.02
	<b>Total</b>	<b>47</b>	<b>100</b>

2. Results of using programs to promote well-being of the elderly Nong Yai Community Khon Kaen Municipality after the training

2.1 Effects of opinions on activities before using the elderly well-being promotion program found that the sample group There are also opinions about activities before using the elderly well-being promotion program. The overall picture was at a high level at ( $\bar{x} = 4.50$ , S.D. = 0.64) by sorting the mean from highest to lowest for the first 3 ranks as follows: physical activity. (rhythmic activity) ( $\bar{x} = 4.66$ , S.D.=0.64), cognitive meditation activity ( $\bar{x} = 4.58$ , S.D.=0.67) and other aspects ( $\bar{x} = 4.44$ , S.D.=0.79) as in Table 2.

Table 2 Opinions on activities before using the elderly well-being promotion program

Questions	$\bar{x}$	S.D.	Comment Level
<b>Favorite Activities</b>			
1. Happy when choosing food items and cooking.	4.43	0.80	4
2. Happy when preparing ingredients and cooking equipment.	4.36	0.90	4
3. Build confidence in the skill of cooking savory-sweet dishes.	4.34	0.89	4
4. Be proud when cooking is done.	4.45	0.83	4
5. Feel glad that others appreciate my cooking skills.	4.43	0.85	4
<b>Total</b>	4.40	0.76	4
<b>Activities that tell stories about their own happiness in the past</b>			
1. Excited and happy to be able to tell stories.	4.21	0.95	4
2. It allows them to go back in time to the past that made them impressed and happy.	4.45	0.93	4
3. It gives a feeling of satisfaction when telling a story.	4.40	0.80	4
4. I feel like remembering the stories I used to be happy about.	4.40	0.88	4

Questions	$\bar{x}$	S.D.	Comment Level
5. Feel yourself worthwhile	4.49	0.80	4
<b>Toal</b>	4.39	0.76	4
<b>Mindful meditation therapy</b>			
1. Encourage the mind to be pure, clean, pure, calm, cool and clear.	4.62	0.77	5
2. Have emotional stability, firmness, coolness and self-confidence.	4.55	0.77	5
3. Help relieve stress. and help enhance work efficiency	4.51	0.72	5
4. Make him a person of negligence, solitude, peace-loving and excellent tolerance.	4.55	0.77	5
5. Helps to have better memory and intelligence.	4.68	0.63	5
<b>Toal</b>	4.58	0.67	5
<b>Physical activity</b>			
1. Exercise helps you to have good mental health.	4.53	0.88	5
2. Exercise helps you fall asleep easier.	4.66	0.67	5
3. Exercise makes the mind clear.	4.72	0.63	5
4. Exercise helps to make you feel good.	4.72	0.65	5
5. Regular exercise makes muscles stronger.	4.66	0.76	5
<b>Toal</b>	4.66	0.64	5
<b>Others</b>			
1. The knowledge transfer of the speakers is clear.	4.49	0.95	4
2. The place is clean and suitable.	4.55	0.88	5
3. The duration of the training is appropriate.	4.28	1.17	4
4. Availability of audiovisual equipment	4.36	0.97	5
5. Able to apply knowledge gained to disseminate/transfer	4.53	0.78	5
<b>Toal</b>	4.44	0.79	4
<b>Overall</b>	4.50	0.64	4

From Table 2, it showed that before the activities in the elderly well-being promotion program The overall sample group had a high level of opinion. This reflects that the sample group has experienced and learned a variety of activities to promote the quality of life of the elderly before attending the training.

## 2.2 Effects of opinions on activities after using the elderly well-being promotion program

It was found that the sample group also had opinions about the activities after receiving training in the elderly well-being promotion program. The overall picture was at the highest level ( $\bar{x} = 4.77$ , S.D. 0.40), in descending order of the averages for the first 3 ranks as follows: mindfulness meditation activity ( $\bar{x} = 4.85$ , S.D. 0.30) past self happiness ( $\bar{x} = 4.78$ , S.D. 0.42) and physical activity (rhythmic activity) ( $\bar{x} = 4.75$ , S.D. 0.45) as in Table 3

**Table 3 Opinions on activities after the elderly well-being promotion program.**

questions	$\bar{x}$	S.D.	Comment Level
Favorite savory-sweet cooking activities			
1. Happy when choosing food items and cooking.	4.73	0.57	5
2. Happy when preparing ingredients and cooking equipment	4.76	0.61	5
3. Build confidence in the skill of cooking savory-sweet dishes.	4.73	0.57	5
4. Be proud when cooking is done.	4.76	0.61	5
5. Feel glad that other people appreciate your cooking skills.	4.67	0.60	5
overall	4.73	0.55	5
In terms of activities, tell stories about your own happiness in the past.			5
1. Excited and happy to be able to tell stories.	4.85	0.44	5
2. It allows them to go back in time to the past that made them impressed and happy.	4.82	0.46	5
3. It gives a feeling of satisfaction when telling a story.	4.70	0.53	5
4. I feel like remembering the stories I used to be happy about.	4.76	0.50	5
5. Feel yourself worthwhile	4.76	0.50	5
overall	4.78	0.42	5
mindfulness meditation activities			
1. Encourage the mind to be pure, clean, pure, calm, cool and clear.	4.79	0.42	5
2. Emotional stability, firmness, coolness and self-confidence.	4.82	0.39	5
3. Help relieve stress. and help enhance work efficiency	4.91	0.29	5
4. Make him a person of negligence, solitude, peace-loving and excellent tolerance.	4.91	0.29	
5. Helps to have better memory and intelligence.	4.85	0.36	5
overall	4.85	0.30	5
Physical activity (rhythmic activity)			
1. Exercise helps you to have good mental health.	4.73	0.45	5
2. Exercise helps you fall asleep easier.	4.79	0.42	5
3. Exercise makes the mind clear.	4.76	0.44	5
4. Exercise helps to make you feel good.	4.76	0.61	
5. Regular exercise makes muscles stronger.	4.73	0.63	5
overall	4.75	0.45	5
other side			
1. The knowledge transfer of the speakers is clear.	4.73	0.45	5
2. The place is clean and suitable.	4.79	0.42	5
3. The duration of the training is appropriate.	4.76	0.44	5
4. Availability of audiovisual equipment	4.76	0.61	5

questions	$\bar{x}$	S.D.	Comment Level
5. Able to apply knowledge gained to disseminate/transfer	4.73	0.63	5
overall	4.75	0.45	5
<b>Overview</b>	<b>4.77</b>	<b>0.40</b>	<b>5</b>

From Table 3, it shows that after the activities in the elderly well-being promotion program The sample group as a whole had the highest level of opinion. This reflected that the sample group benefited from increased support from program activities. Learning to apply in activities that promote the quality of life of the elderly continuously.

2.3 The results of comparison of differences before and after using the elderly well-being promotion program. It was found that the effect of the elderly well-being promotion program after training higher than before and have a statistically significant difference of 0.05 as shown in Table 4.

**Table 4 Comparison results before and after using the elderly well-being promotion program**

Compare before and after using the program	Before using the program after using the program		Before using the program after using the program		Paired t-test	sig
	$\bar{x}$	S.D.	$\bar{x}$	S.D.		
	4.50	0.64	4.77	0.40	-11.766	.000

***P-value  $\leq 0.05$***

2.4 Satisfaction effect on using the elderly well-being promotion program It was found that the sample group was satisfied with the elderly well-being promotion program. The overall picture was at the highest level ( $\bar{x} = 4.72$ , S.D. = 54) by sorting the averages from highest to lowest for the first 3 orders as follows: the project results ( $\bar{x} = 4.79$ , S.D. = 0.38); Project ( $\bar{x} = 4.74$ , S.D.=0.50) and process and operational steps ( $\bar{x} = 4.72$ , S.D.=0.54) as in Table 5.

**Table 5 Opinions on activities in the elderly well-being promotion program**

Questions	$\bar{x}$	S.D.	Comment Level
<b>Process and procedures in operation</b>			
1. Organizing activities in research projects	4.76	0.51	5
2. Appropriateness of the format of the activities	4.69	0.54	5
3. Organizing activities suitable for time and occasion	4.62	0.73	5
4. The availability of the working group	4.79	0.49	5
<b>Total</b>	4.72	0.54	5
<b>Project objectives</b>			
1. Basic knowledge	4.79	0.41	5
2. Do can be applied	4.72	0.53	5
3. Can transfer knowledge to other people	4.69	0.60	5
<b>Total</b>	4.74	0.50	5

Questions	$\bar{x}$	S.D.	Comment Level
A speaker or researcher			
1. Have knowledge and understanding of the topics described.	4.72	0.59	5
2. Have direct experience and can transfer knowledge perfectly	4.69	0.66	5
3. Provide opportunities for project participants to ask questions. and answer questions or participate in activities	4.69	0.66	5
4. Lecture content Give knowledge exactly what you want	4.72	0.45	5
5. Organizing activities to honor and recognize the importance of project participants	4.76	0.44	5
<b>Total</b>	4.72	0.48	5
Facilities			
1. Availability of audio-visual media such as the brightness of projectors and microphones.	4.52	0.83	5
2. The suitability of the place	4.72	0.45	5
3. Liaison with research speakers	4.69	0.47	5
<b>Total</b>	4.64	0.52	5
The results obtained from the project			
1. Impression of the project	4.79	0.41	5
2. You benefit from participating in the project. make you more knowledgeable and understanding and the power to change appropriate behavior	4.76	0.44	5
3. You are honored and proud to participate in this project.	4.83	0.38	5
<b>Total</b>	4.79	0.38	5
<b>Overall</b>	4.72	0.43	5

from Table 5, it reflects that activities in the elderly well-being promotion program can support the benefits of applying in the daily life of the elderly and continually promote the well-being of the elderly

### Summarize and discuss the results

from research results. The results of the program to promote well-being of the elderly Nong Yai Community Khon Kaen Municipality found that The effect of using the elderly well-being promotion program after training higher than before and having a statistically significant difference, 0.05 had the highest level of overall satisfaction. reflected that the elderly who attended the training of Nong Yai Community They are ready to develop themselves as the elderly who have a happy quality of life and become a Smart People under Khon Kaen Smart City. reflect that The elderly in the community have the readiness and potential to continuously develop themselves. in self-sufficiency not a burden to others This reflects the Khon Kaen Smart City development model in 4 aspects, comprising Smart People, Smart Living, Smart



Education and Smart Economy, in line with the study of Thailand's smart city development policy. that requires community preparation and there are suggestions that should have the best and most efficient infrastructure and services in the area (Nantawan Wongkachonkitti, 2016). requires holistic preparation for the elderly According to a study by Uthumphon Wanichkham (2019), it was found that the overall preparation for entering the aging society was moderate, but when considering each aspect, it was found that the aspect with the highest average was the secondary residence. The following are social, economic and health aspects, respectively. The hypothesis testing results It was found that people of different sexes There is preparation Entering the elderly society overall was not statistically different at the 0.05 level and the people of different ages. The preparation for entering the elderly society overall differed statistically at the 0.05 level. Therefore, it is a way to help improve the quality of life for the elderly to be diverse. can be applied in different contexts. In addition, from the research results, there are interesting issues. As follows, the elderly gave importance to mindful meditation activities ( $\bar{x} = 4.85$ , S.D. 0.30), activities to tell about their past happiness ( $\bar{x} = 4.78$ , S.D. 0.42) and exercise activities. (rhythmic activities) ( $\bar{x} = 4.75$ , S.D. 0.45) is a design of activities to promote well-being of the elderly. Corresponding to the study of Yupa Thongsuk, Duangjai Wattanasin and Pharapat Hengudomsap (2019), studying factors influencing the mental well-being of the elderly, suggested the design of a program to promote mental well-being in the elderly. by focusing on promoting social support health awareness and self-awareness Therefore, the researcher proposes a critical perspective on the need to develop a variety of holistic health care programs for seniors in order to create intelligent elderly people in all areas in order to use human potential to the fullest extent. in helping people and communities to have good health

## **Suggestions**

### **1. Suggestions for applying the research results**

1.1 Continuously bring research results into practice in the community to develop holistic care and health promotion for the elderly

1.2 Bring the results of research to develop a multidimensional community. That is in line with the Khon Kaen Smart City project.

1.3 Present research results to Khon Kaen Municipality for participation in the development of Smart people

### **2. Recommendations for the next research study**

2.1 Study the implementation of the elderly health care program to create real health in the community

2.2 Study and develop basic data connection with Database of community health care facilities

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workshops and has a goal of self-development to become smart people under Khon Kaen Smart City.

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