



## “Five Community Health” for Developing the Bang Krachao Community, Phra Pradaeng District, Samut Prakan Province

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**Abstract:** *At present, there has been a change in the globalization era. The way of life of people in different levels of society has begun to change their lifestyles, resulting in many people lacking immunity to take care of themselves, especially from a lifestyle that requires urgency to carry out various activities. Daily life is a cycle like a machine, having to work each day to earn money without paying attention to the immune system of life. Thus, making today's society more vulnerable to health threats. Therefore, this research aims to: (1) study the context of "Five Community Health" for local development. (2) Study the pattern of "Five Community Health" for local development. And (3) study the guidelines for applying "Five Community Health" for local development to other areas. This study was conducted in Bang Krachao Community Area, Phra Pradaeng District, Samut Prakan Province using a mixed methodology. The study population consisted of four groups: (1) a merger of provincial government agencies and (2) a group of local government agencies in charge of the research area. (3) Philosophers or social activists (4) People's groups in Bang Krachao community, Phra Pradaeng District, Samut Prakan Province. The results of the research found that: (1) in the Bang Krachao community, the context of five community health for local development consists of five dimensions: body, mind, society, intelligence, and environment. These are the connections with nature that, in the past, people in the community had a way of life that relied on natural resources to complement each other. The emphasis is on eating foods that are natural and safe from chemicals and impurities. Most people's physical health is good health without serious illnesses. When there is an illness, the herbs that are available in the community are used for treatment, with the village healers helping to take care of them. (2) Using the Five Community Health model for local development in the Bang Krachao community, connecting people to the way through activities to learn about local herbs and activities at the Bang Nam Phueng Floating Market, using the Five Community Health development model through the Thai way of life, connecting people to the way through activities at the Bang Nam Phueng Floating Market. (3) Guidelines for applying "Five Community Health" for local development in communities to other areas can be implemented in 5 steps as follows: Step 1: Study the background information and context of the Five Community Health community in the past. Step 2: Gather knowledge from community sages and manage the body of knowledge systematically. Step 3: Increase community participation to find suitable activities. Conducting a Success Assessment and identifying potential problems and roadblocks and the fifth step is for people in the community to share their opinions.*

**Keywords:** Five Community Health; Local Development

### Introduction

The 11<sup>th</sup> National Economic and Social Development Plan (2012-2016) outlines Thailand's vision for a happy society with equality, fairness, and immunity to change. Strategy 2, Developing people towards a sustainable lifelong learning society, by developing people to be immune to changes and enhancing the health of Thai people to be physically and mentally healthy by developing knowledge and skills in the health care of their own family and community. This is to accelerate the implementation of health promotion measures and reduce the risk factors affecting health, the use of modern communication technology to improve service quality and proactively expand health services. It also aims to create a process for participation in the development of public policies that are conducive to health, especially to strengthen local communities in carrying out activities conducive to health promotion (Office of the National Economic and Social Development Board, 2012: 11). By placing

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people as the center of development, giving importance to creating a process of participation of all sectors in society, developing the country towards balance in all dimensions in an integrated and holistic manner. Enhancing the health of Thai people is complete by developing knowledge and skills in taking care of their health, family, and community. Reducing environmental and occupational risk factors affecting health. Development of health security surveillance systems and mechanisms against health-threatening factors that are embedded in the development process. It also aims to create a participatory process in the development of public policies that favor the health utilization of herbal medicines for prevention and primary treatment. And the use of modern technology to communicate to society for proactive health promotion, development of local knowledge from local experts, and systematic management of community knowledge (Office of the National Economic and Social Development Board, 2012: 49). And then, (Draft) The 13th National Economic and Social Development Plan, has the ultimate aim to drive the country's development to achieve the long-term development goals set out in the National Strategy. 2023–2027) serves as a mechanism for pointing out issues of high priority for national development in the next 5 years and to push the country to overcome challenges to drive growth that benefits all sectors equally. (Draft) The 13th National Economic and Social Development Plan establishes the direction and goals of development based on the key principles and concepts of Article 3.1.3, the United Nations Sustainable Development Goals, based on the concept of “No Leave someone behind.” by focusing on enhancing the quality of life for all groups of people in terms of having the necessary factors for adequate basic living, having a good environment, the presence of contributing factors to perfect health both physically and mentally, having the opportunity to use one's potential to create well-being, Including focusing on passing on natural resources and good environment to the next generation (Office of the National Economic and Social Development Council. 2022).

At present, there has been a change in the globalization era. The way of life of people in different levels of society has begun to change their lifestyles, resulting in many people lacking immunity to take care of themselves, especially from a lifestyle that requires urgency to carry out various activities. Daily life is a cycle like a machine, having to work each day to earn money without paying attention to the immune system of life. Thus, making today's society more vulnerable to health threats. Several data points indicate that Thai society is ailing and in need of healing, rehabilitation, development, and preventive preparation for people of all ages. For example, the research of Rojpaisarnkit, K., & Kreingkaisakda, W. (2006: 50–56) found that people in Thailand need urgent action to improve their health behaviors, including management guidelines to reduce the risk of accidents; food hygiene; promoting safe sex behaviors; establishing appropriate dietary patterns for early childhood, and exercising in the workplace. Phrapariyattikijwithan, Rakkhitadhammo, S., & Suandong, S. (2021) found that the problem states of holistic health problems for the elderly in Muang District, Chaiyaphum Province, are based on the deterioration of the body that changes with age; (2) the mental health problems of the elderly are based on being alone, depression, and anxiety; (3) the underlying disease problems of the elderly are caused by behavior, personal habits, and congenital disease; and (4) the problematic emotional state is caused by changes in mood, thoughts, and anxiety.

It also requires a focus on the physical environment consisting of hazardous chemical contamination conditions. Noise level monitoring, air quality monitoring, and age-related development monitoring. It was found that the childhood group had over-nutrition and obesity due to inappropriate consumption behavior. School-age children have health-risk behaviors, leading to an increase in teen pregnancy problems. While the working age group in the 25-59-year-old group is of working age, they still lack physical activity, with only 19.7 percent exercising. In the elderly group, despite the longer lifespan, they experienced an increase in chronic illnesses, with 31.7% suffering from hypertension, 13.3% with diabetes, and 7.0% with heart disease affects the burden of medical care expenses on the government sector (Office of the National Economic and Social Development Board, 2012: 39).

However, there is research about the quality of life such as Kokkhangplu, A. (2021) found that under the current situation, residents consider their life is deteriorating. In addition, the results of quality



of life research show that the impact of quality of life in the future may be the same. While the results of research studies on quality of life, it was found that residents' quality of life in social relations aspect was at a very agreeable level, and in terms of physical, psychological, and environmental were at a level of agreement. To improve the quality of life of people in community-based tourism, the government should focus on physical development and psychological through campaigns to promote the physical aspect and psychological aspects. It will be beneficial for people in the community to have a good quality of life and for residents to be able to develop tourism within the community. They can live happily. Kongsuthjai, S. (2017) found that the factor influencing transparency, participation, accountability, and cost-effectiveness were at a higher level making the quality of people's lives better. The result of qualitative research found that Local Administrative organizations still lacked of efficiency to follow policies, the statute of limitations, and official regulations. The point was the lack of strengthening and community participation in management examination. In addition, Jaitae, S., Warodomrungsimun, C., Maton, T., & Aungudornpukdeec, P., (2015) found the suggested for developing the quality of life that people participate in local activities and learning, formulate community rules on the concept of cultural ecology, understand the concept of water degradation, and explain the idea of water quality through the education of the youth. In addition, LI River utility in the future should be developed by the community, including the improvement of tourism projects by the local government.

Bang Krachao Community, Phra Pradaeng District, Samut Prakan Province, is a community that is in an industrial area and is also considered a community in an urban area, which is one of the communities affected by globalization change. A study of morbidity data from the village health department has observed that people in the community are physically and mentally ill, have higher statistics than in the past, and have begun to behave in ways that put their health at risk. Such as occupations that use chemicals, consumption of food as "junk food," and relying on external factors in living, such as using smartphones, using computers, etc., which affect the public health system differently than in the past, communities with abundant natural resources. The way of life of the people in the community is bound to rely on natural resources for their livelihood, such as food, clothing, medicine, and the habitat and lifestyle do not destroy the environment.

However, to reduce the health impacts of the people in the Bang Krachao community and to increase immunity, the people in the community can improve their physical, mental, social, intellectual, and environmental health. There needs to be mutual support from many sectors, especially people in the community, who need to help each other to seriously and sustainably adjust their daily lives. Because the well-being of a person is the foundation of a person's quality of life. Therefore, it is interesting to continue to improve well-being in the community through learning from the five community health learning resources in five dimensions, including body, mind, society, intelligence, and environment, to provide guidelines for the development of sustainable community health.

## Objectives

1. To study the context of "Five Community Health" for local development in the Bang Krachao community, Phra Pradaeng District, Samut Prakan Province.
2. To study the pattern of "Five Community Health" for local development in the Bang Krachao community, Phra Pradaeng District, Samut Prakan Province.
3. To study the guidelines for applying "Five Community Health" for local development in the Bang Krachao community to apply in other areas.

## Research Conceptual Frameworks

From the literature review of concepts, theories, documents, and related research.

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The researcher has used the data to formulate a research conceptual framework as follows:

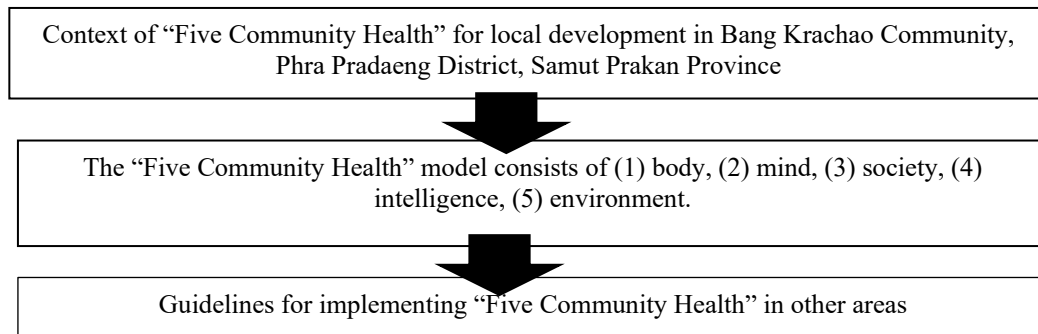


Figure 1: Conceptual Framework

### Methodology

The Study of “Five Community Health” for Local Development in Bang Krachao Community, Phra Pradaeng District, Samut Prakan Province, using Mixed Methodology.

**1) Population:** The population in this study consisted of four groups as follows: (1) a group of relevant provincial government agencies; (2) a group of local administrative organizations responsible for the study area; (3) a group of community leaders/community scholars; and (4) a group of people in Bang Krachao Community, Phra Pradaeng District, Samut Prakan Province.

**2) key informant:** The key informants used for the qualitative research study consisted of 3 groups as follows: (1) a group of relevant provincial government agencies comprised of two representatives from Samut Prakan Province and two representatives from Phra Pradaeng District Public Health. Samut Prakan Province, 1 person. (2) a group of representatives of local agencies, consisting of 3 representatives of the Bang Kachao Subdistrict Administrative Organization. (3) A representative group of community leaders and community sages consisted of 2 representatives of community leaders and 2 representatives of community sages.

**3) Sample:** The research population of people in Bang Krachao Community, Phra Pradaeng District, Samut Prakan Province totaled 8,905 people (Bang Krachao Subdistrict Health Promoting Hospital, 2012). To determine the sample size, use the table of Krejcie & Morgan (1970); Akakul, T., 2000) at the 95% confidence level and the tolerance level (e) of 5%. For the quantitative data collection, this meant that the total number of people in the sample was 368.

#### Data Collection Tools

1. Qualitative Tools: The tools used to collect qualitative data are the question lines used in the In-depth interview.

Part 1 deals with the context of “Five Community Health ” for local development in the Bang Krachao community in terms of physical, economic, social, cultural, environmental, and natural resources.

Part 2 Guidelines for applying “Five Community Health ” for local development in each area to be applied in other areas in terms of physical, mental, social, intellectual, and environmental.

2. Quantitative tool: This is a questionnaire used to collect data from a sample of people in the community consisting of 3 parts as follows:

Part 1 General information of the respondents.

Part 2 Comments on the “Five Community Health” model for local development.

Part 3 Suggestions.

#### Data analysis





1. Qualitative analysis of data: Using Typological analysis, data analysis is appropriate by categorizing the data into simple types and Comparison analysis.
2. Quantitative data analysis: Descriptive statistics analysis methods were used such as frequency distribution, percentage, and mean.

## Results

To answer research objective 1, which is to study the "Five Community Health" environment for local development in the Bang Krachao community, Phra Pradaeng District, Samut Prakan Province. The results were presented by the researcher as follows:

### **1. The context of “Five Community Health” for local development in Bang Krachao Community, Phra Pradaeng District, Samut Prakan Province**

Bang Krachao Community consists of 9 villages as follows:

- Village No. 1, Baan Chai Talay Bang Krachao.
- Village No. 2 Ban Bang Phai Tia.
- Village 3, Ban Mai.
- Village No. 4 Ban Bang Si Kot.
- Village No. 5 Ban Bang Krachao Noi.
- Village No. 6 Ban Bang Krachao.
- Village No. 7 Ban Bang Krachao.
- Village No. 8 Ban Pak Bo.
- Village No. 9, Ban Yan Sue.

"Bang Kachao", also known as "Pork Stomach", is an artificial island formed by the Chao Phraya River and connected by the Lat Pho Canal to the west. Bang Ka Chao is located in the south of Bangkok in Phra Pradaeng District, Samut Prakan Province. The community around Bang Kachao is a mixed society of farmers, employed, traders, and government employees. The Bang Krachao Community has been a green conservation area in Bangkok since 1977. Near the capital city, the industrial area has a natural ecosystem and is the lungs of the city's people. Bang Krachao is a place that, on average, takes in 6,000 tons of carbon dioxide each year and puts out 6 million tons of oxygen each day.

**Five Community Health Initiatives** The condition of happiness in the life of the Bang Krachao community in five dimensions, consisting body, mind, society, intelligence, and environment. In the past, the people in the community had a way of life that relied on natural resources to complement each other. The main occupations were agriculture without chemicals, trading, and wage work. The emphasis is on eating foods that are natural and safe from chemicals and impurities. Most of the people's physical health is good health, with no serious illnesses, and when they get sick, the herbs that are available in the community are used in the treatment, with the village healers helping to take care of the people. The community is a kindred spirit, relying on each other to support each other. At present, the community has entered the era of globalization and has grown a lot in terms of transportation, public utilities, and public health, resulting in people in the community hastening to live life. The traditional way of life is transformed by modern values. The wisdom that in a lifestyle that relies on natural things has changed, people have started to use technology more, and affecting the well-being of people in the community has decreased.

### **2. A model of “Five Community Health” for local development in Bang Krachao community, Phra Pradaeng District, Samut Prakan Province.**

To answer research objective 2, which is to study the pattern of “Five Community Health” for local development in the Bang Krachao community, Phra Pradaeng District, Samut Prakan Province. The results were presented by the researcher as follows:

The knowledge management model of local wisdom is related to Five Community Health for local development. When village sages received knowledge from their ancestors by passing it on from



teaching or passing it on through succession in their relatives, they built their own body of knowledge until they were able to use that knowledge to develop happiness in their physical, mental, intellectual, social, and environmental conditions. And that knowledge can be passed on to many generations using informal methods of transmission such as seeing, hearing, doing, and doing until they are absorbed and brought to use that knowledge and are adapted to suit the times. The Bang Krachao community has developed community health through activities by establishing a learning center for local herbs and activities at Bang Nam Phueng Floating Market.

In this regard, activities to develop Five Community Health by establishing a learning center for local herbs to conserve medicinal plants in the community for sustainability and expand knowledge for future generations. which collects knowledge about herbs from community sages and people who have knowledge and needs about the Five Community Health Developments for themselves and people in the community. Learning resources will talk about the appearance of each herb, its properties, and its use to achieve the integration of knowledge, application, and sustainable development. The Bang Nam Phueng market activity is a lifestyle activity that drives activities through the Thai way of life, emphasizing selling products available in the community, especially rare medicinal plants, which are transformed into easy-to-eat, beneficial foods and sold in the overall market. Both try to protect the environment in the floating market by using natural materials instead of containers that are hard to break down. They also pay attention to how the vendors dress in the Thai market to keep the community's identity.

In this regard, the development of Five Community Health for local development through activities to learn about traditional herbs and Bang Nam Phueng Floating Market activities is to connect people and find ways to bring people together to talk and exchange things, bringing happiness and fun to everyone, more generosity, and care for each other. By eating organic food, new knowledge can be applied to daily life and jointly suggested new activities that should be organized according to the date and time. This causes the gathering of people who have a volunteer mind to believe in a lifestyle that doesn't use money as the main means of living, causing people to come together to do activities with people of many ages. It also reflects that access to resources in the community can be used to improve the health of the family and community, which is a way of life that has existed since the beginning, affecting the well-being of people in the community today. From the evaluation of the use of the Five Community Health development model, the development of Five Community Health from all activities was at the most appropriate level (mean 4.58).

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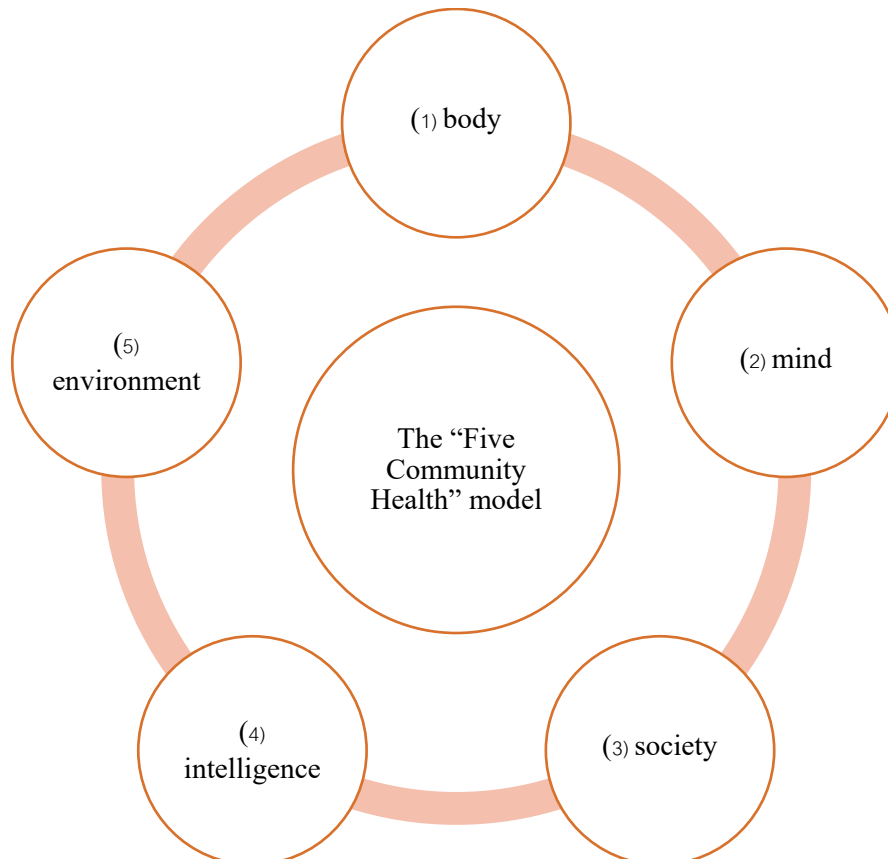


Figure 2: The “Five Community Health” model

### 3. Guidelines for applying “Five Community Health” for local development to other areas:

To answer research objective 3, which is to study the guidelines for applying “Five Community Health ” for local development in the Bang Krachao community to apply in other areas. The results were presented by the researcher as follows:

Guidelines for applying "Five Community Health" for local development to other areas This can be done in five steps as follows: Step 1: Study the background information and historical context of the Five Community Health community and collect written information. Step 2: Collect knowledge from community sages and manage it systematically. Step 3: Build community participation to find activities that are appropriate and consistent with the community context to create an appropriate model and drive the implementation of such activities. Step 4: Conduct an evaluation or replication of the activity to see successes and challenges. And the fifth step is for people in the community to share their opinions on the implementation of such activities and propose guidelines for developing the Five Community Health development model for sustainability.

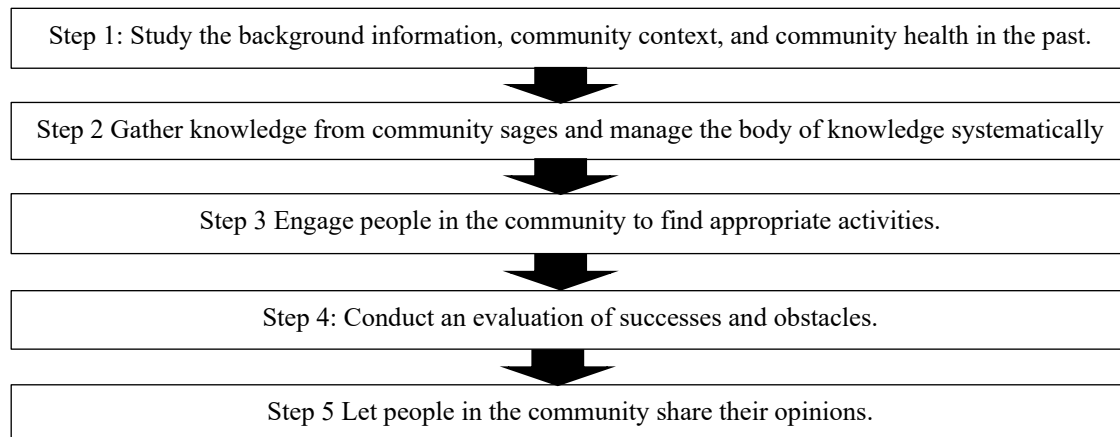


Figure 3: Five Community Health” for local development

## Discussion

That is, when village sages receive knowledge from their ancestors, they create their own body of knowledge and can apply that knowledge to improve their health in physical, mental, intellectual, social, and environmental ways until it becomes a deep-rooted specific knowledge that can be passed down to the next generation. This research is consistent with the words of the Office of the National Education Commission (2002: 15-17). It is said that the first inheritance of wisdom is within the family from parents and children. Close relatives that are passed on to each other to inherit wisdom and knowledge will be distributed to others and are considered the inheritance of the family. For example, most herbal medicine knowledge has some secrets that will be passed on to those who want to be the heirs of the inherited wisdom. The most obvious transmission of wisdom is the transfer of knowledge from a person who is well versed in a subject to another person who may be a descendant or whoever comes to be a disciple. Most of them are inherited in the same way by their teachers, giving them good expertise in one subject.

The model of knowledge management of local wisdom related to Five Community Health for local development is carried out through activities to develop Five Community Health, both learning local herbs and activities at Bang Nam Phueng Floating Market. And the Five Community Health Development model through Thai lifestyle. The results of this research, in line with the 11th National Economic and Social Development Plan (2012-2016), national development strategy, development of people to a sustainable lifelong learning society aims to prepare people to Ready for change. Which emphasizes the quality development of Thai people of all ages to have immunity to enter a society of sustainable lifelong learning and have a mind of morality and ethics. They are persevering and know the value of being Thai, having opportunities, and being able to learn throughout their lives while enhancing the environment in society and social institutions to be strong and conducive to human development. Including promoting the development of local communities to be strong and able to build immunity for people in the community.

Guidelines for applying “Five Community Health” for local development to other areas, this research corresponds to Busayaratsamee, K. (2009: 147) conducted this study. The study of the development of a community model for healthy happiness, a case study of communities in Thap Than District, Uthai Thani Province, found that: Nine characteristics are essential elements or conditions of community well-being and health in the community: 1) Participation in community group activities by members of the community 2) banding together to solve community problems 3) Holding regular meetings to talk and communicate. 4) Financial assistance to local government organizations. 5)





Academic assistance from the government sector 6) the presence of a community learning center 7) Growing rice and non-toxic vegetables for personal use. 8) Consistent physical activity in the community 9) the group leader communicates and learns with the outside community regularly.

### Recommendation

The finding found that the Guidelines for applying "Five Community Health" for local development in communities to other areas can be implemented in 5 steps as follows: Step 1: Study the background information and context of the Five Community Health community in the past. Step 2: Gather knowledge from community sages and manage the body of knowledge systematically. Step 3: Increase community participation to find suitable activities. Conducting a Success Assessment and identifying potential problems and roadblocks and the fifth step is for people in the community to share their opinions. Therefore, the related organization should operate as follows;

1. Communities that are similar to the Bang Krachao community can apply the development guidelines as a guideline for the development of the Five Community Health development plan by applying it to suit the context of each community.

2. Knowledge of indigenous knowledge related to Five Community Health should be upgraded so that it can be applied and adapted to keep up with the changing times.

3. The design of activities for the development of Five Community Health should be analyzed according to the social geography in each community so that people of all ages can learn and develop together.

4. Communities should have public spaces to open spaces for community groups to organize activities together in the field of health.

5. Government agencies and local government organizations should step in to promote and support the sustainable development of the Five Community Health Development.

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