



Role of the Elderly and Local Community Development: A Case Study of Ban Hua Don, Mai Klon Sub-district, Mueang District, Ubon Ratchathani Province

Jirawan Unthong, Sirilak Srisuwan, Pornphimon Yodhor, Satima Masyamas, Amornrat Nongped, Jirapha Oramat, Wichitra Suebuan, Arisa Suphan, Areerat Naphaeng, Songyot Damban, and Prakasit Swedtam*

Faculty of Humanities and Social Sciences, Ubon Ratchathani Rajabhat University, Thailand

*Corresponding author e-mail: ccubru@ubru.ac.th, ORCID ID: <https://orcid.org/0000-0001-6203-4773>

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Abstract: *Encouraging the elderly to do activities is one way to improve their quality of life. This paper studies the role of the elderly in the development of local communities. The collection by survey with the questionnaire with 62 samples of the elderly in local communities in Ban Hua Don Village, Mai Klon Subdistrict, Phana District, Amnat Charoen Province to data analysis by descriptive statistical analysis including mean, and standard deviation. The major findings on the life and living conditions of the elderly in the development of local communities at the level of high levels, and the role of the elderly in the development of local communities such as participating in community activities, helping the community according to their aptitude, making themselves useful to the community, giving advice at the level of high levels. The elderly in the development of local communities include gender, age, education level, status, living conditions, and congenital disease at the level of highest levels. Factors influencing the role of the elderly in community development include being a role model for children and family members, seeing that helping the community is merit, and having a volunteer spirit who wants to help solve problems in the community.*

Keywords: Role; Elderly; Local Community Development

Introduction

The elderly was considered a valuable human resource and are important to society, they rely on their children's minds and deserve to be respected and honored as someone who has the experience and has made contributions to society. When it comes to aging, it can be regarded as another age of human life that can be considered as the junction of life. That is to say, the transition from middle-aged to the elderly faces various changes both physically, mentally, and socially (Phaengsiphon, K., 2015). It is found that the elderly population is a phenomenon that occurs in countries around the world, reflecting that our world today has stepped into an aging society. For the elderly population in Thailand aged 60 and over, the number and proportion are greater and more likely to increase of the total Thai population of 65.9 million, there are approximately 11 million elderly people aged 60 years and over, or 16.5 percent. Meanwhile, Thailand's total population is growing at a very slow rate to just 0.4% per year. Shortly, the number of aging populations will increase, even more, Thailand will become a fully aged society in the next 5 years when the proportion of the population aged 60 and over reaches 20%. The number of aging populations that will increase dramatically in the future is evident as the over a million generations of births per year between 1963 and 1983 (which are now aged 33-53) are about to become older in Thailand soon. In the next 20 years, this huge wave of the population will be 53-73 years old. By then, the proportion of the population aged 60 and over in Thailand will reach 30 percent of the total population. Thailand needs to be prepared to deal with this rapidly aging population. A higher proportion of the elderly means the burden of the state, community, and family health care, the cost of subsistence and proper housing care must also be higher (Yodpet, S., 2017)

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The current society is entering an aging society, with most of the elderly's lifestyle being alone, some of them are poor, having no children to look after and care for them, making it difficult to live. Although the government has pension benefits for the elderly, it is not enough. and problems as Thai society has completely stepped into an aging society (Office of the National Economic and Social Development Board, 2015). In an era where there are many elderly people but few caretakers, Making the elderly able to live independently is probably a good solution, but the main obstacle is that our society still has the image of the elderly as weak, needing care, dependent on others, no value or help. Can be useful. It is therefore depressing to have to stay at home to raise grandchildren alone when there are elderly people who can help and take care of themselves. It also has the potential to help others with the same perspective that society has towards the elderly, making the space or activities for the elderly quite limited. Many elderly people are at home and many suffer from depression (Thunyaporn, S. 2017). From the aforementioned situation, it is necessary to find a way to create a career to add economic value to the aging society to find the hidden potential of the elderly in bringing those potentials out to create benefits for both the elderly themselves., community and have better health. At the same time, helping the elderly have enough income to live without relying on their children and the government will help reduce labor shortage problems, as well as being a force in driving the development of the country as an appropriate approach or process that will allow the community and the elderly to continue to focus on and appreciate the humanity of the elderly as the wisdom of the community To solve poverty problems, as well as to develop careers to increase income and improve the quality of life of the elderly to be self-reliant, it is necessary to join forces in the elderly community to develop careers for the elderly (Kitatron, D., Kamonlimsakun, S., and Watcharakittisak, T., 2017).

Since most people view the elderly as a major problem of the nation, the researcher, therefore, sees that the elderly are people who are fully equipped with knowledge and experience, who have access to qualifications and maturity, as valuable human resources. Even though the elderly is entering the age where the body is weak and deteriorating, you are still ready and able to help your family such as helping to take care of children while their parents are out for work, Help take care of the house according to your strength. In addition, some elderly people also provide advice and counseling in various fields such as career, lifestyle, family, social, and others. Elderly people do not just want to be supported by their children or by society. In fact, they try to help themselves as much as they can, whether it be their occupation, income, livelihood. You will rely on your children only when you can't do it anymore. However, you are willing to help your family, help society as much as you can, whether in terms of physical strength, intellect, skill, or advice as much as you can.

From the above point, the researcher was interested in studying the role of the elderly in the development of local communities in MaiKlon Subdistrict Administrative Organization, Phana District, Amnat Charoen Province. which is located in the west of Phana District Office, the total area of 62.44 square kilometers, or approximately 39,025 rai, Has a total population of 7,488 people, and there are 16 villages according to constituencies which can be classified as follows: Ban Mai Klon, Ban Phon Mueang, Ban Don Chad, Ban Hua Don, Ban Kham, Ban Don Muang, Ban Non-Thung, Ban Na Yung, Ban Chik, Ban Thon, Ban Phon Mueang, Ban Non-Sung, Ban Chik, Ban Don Wai, Ban Khok Klang, Ban Hua Don (MaiKlon Subdistrict Administrative Organization, 2018). Therefore, the researcher is interested in studying the role of the elderly in the development

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of local communities. This research study must be studied as comprehensively as possible. Therefore, only Ban Hua Don Village, Village No. 16 was selected as a sample group for this research.

Objectives

1. Study the living conditions of the elderly.
2. Study the role of the elderly in the development of local communities.
3. To study the factors causing the elderly to play a role in the development of the local community.

Literature Review

The researcher studied the role of the elderly in the development of the local community of Ban Hua Don Community, Mai Klon Sub-district, Phana District, Amnat Charoen Province.

1. Theory of Aging: The phenomenon of aging is complex and there are differences in the dynamics of individual physiological and psychological processes, so it is difficult to explain the aging process with anyone's theory. Therefore, various theories about the causes of aging have been compiled, which can be summarized as follows (Kanchanopas, P., 1998).

1.1 Evolution Theory: It is a theory that describes humans as beings that constantly evolve according to environmental changes so that they cannot survive as they grow older.

1.2 Biological Theory: A theory that attempts to explain the causes of aging or aging of the body based on genetics; (1) Collagen cross-linkage: This theory believes that when entering old age, the constituents of collagen and fibrin protein will increase in number and form a tight bond that does not break down, causing the fibers. (Collagen Fiber) shrinks, various tissues reduce digestion and excretion of waste in the body which is a deteriorating condition when entering old age. (2) Free Radical Theory: This theory believes that the deterioration of cells in the body is a result of the accumulation of free radicals (Free Radical Theory). radical) which is a chemical compound formed by a chemical reaction. The end of the oxygen inside the cells, especially those that are not soluble in fats, thus causing the destruction and leakage of the cell wall easily, This causes so much collagen and elastin that the tissues lose their elasticity, causing the skin to wrinkle. (3) Wear and tear Theory: This theory believes that stress and exposure to any condition, cause deterioration of the body, which increases with the person's age. This deteriorates the functions of the organs until the final stage of life. (4) Autoimmune Theory: It is the theory of immune reactions in the body. It is believed that aging is caused by the body's ability to produce less normal immunity, making the body less good at fighting germs and foreign matter. Sickness is easy and when it occurs is often severe and life-threatening. At the same time, the body produces a self-destructive immune system, which results in self-destructive resistance to the body's cells.

1.3 Psychological Theory: It is a theory related to the mechanism of development in psychology. Studies on aging in cognitive psychology have found that it cannot be concluded that intelligence deteriorates with age, concerning memory and mental retardation. Learning has been studied that memory and learning must go hand in hand. Research has shown that older people have the same learning capacity as younger people,

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but it takes longer. What causes learning difficulties is stress as a result of a person's nervous system and physiology, loss of memory and ability to understand and motivate. Working more than other people of any age, although the elderly has a large number of neurons in the brain, at the same time accumulate a lot of learning experiences as well, so it can be concluded that if the elderly had good experiences in the past Being accepted and having a stable emotional state will also affect the older you are, making you more prudent.

1.4Sociological Theory: Discussing the tendency for the role of the person in relationships and social adaptation in the later stages of life. This theory seeks to analyze the reasons why the elderly has to change their social conditions. Including trying to help people live in society happily, believing that if society changes rapidly, the status of the elderly in society will change rapidly as well. The elderly cannot adapt to the changing social conditions, making them feel lonely and lonely. From the above it can be concluded that the theory of aging is a theory that explains the causes and processes of a person's aging, which can be broken down into four theories; (1) The theory of evolution explains that human development is defined and organized in sequence. (2) Biological theory explains the causes of aging, changes in the structure of organs in the body based on genetics. (3) Psychological theory explains the mechanism of psychological growth of the elderly. And (4) a sociological theory that attempts to analyze the causes of the change in the social status of the elderly, as well as to try to help the elderly live happily in society.

2. Type of elderly: The classification of the elderly is therefore very necessary because each type of elderly person has different needs for social welfare services. The understanding of the elderly welfare services in the past has therefore been limited by the One Size Fits for All service, which cannot meet the actual needs of the elderly. However, Neugarten and others (1968) describe eight types of personality and adaptation of the elderly: (1) Reorganizers are those who seek new activities to replace lost activities. (2) Focal is a picky person who stops doing certain activities while knowing to choose a new activity. (3) Disengaged are those who voluntarily extract themselves from their existing roles and responsibilities. (4) Holding-on Those who try to stay close to middle-aged people. (5) Constricted are those who are increasingly trying to close themselves from the outside world (not interfere with the world). (6) Succorance-seeking are those who are satisfied with their lives as long as they can find a dependable person, they need someone to care for and take care of. (7) Apathetic are self-extracted to stop thinking or lose hope in life relatively early, never changing the self-harming belief that they are unable to manage their environment. And (8) Disorganized: low activity and mental disorder; group 1-3: high life satisfaction, stable personality, 6-8 low life satisfaction.

3. Problems and needs of the elderly: The elderly is a larger group of the population while the younger population is a smaller proportion. Despite having other responsibilities, the elderly faces many problems such as physical health, mental health, social problems, economic problems, housing problems, etc. This problem not only directly affects the elderly but also affects the families of the elderly who have to take care of the elderly and have to adjust to the relationship between the elderly and their children, which affects the relationship between them. It also affects the community and society as a whole that needs to provide care and welfare for the elderly in various fields such as medical treatment, providing many other welfares which is an important national problem highlighting the needs of the elderly based on Clark's concept. It was found that the elderly needs the following (Tantiphlachiva, K., 2001) (1) wanting to be a benefit to society. (2) Want to participate or be part of the community society. (3) I want to use my free time to my

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advantage or self-satisfaction in every way. (4) Want to join in the fun with friends as usual. (5) Want to be respected and respected. And (6) wanting to express their achievements

In addition, the needs of the elderly can be divided into the following areas (Rattanakosol, S. (2004; Petchkrai, T., 2013);

1. The need for family support: Elderly people who are left in isolation lack emotional and mental stability, and the economy has to turn to the help of individuals or social organizations outside the family. The elderly therefore need support from their own families along with outside assistance such as voluntary groups from both government and non-governmental organizations.

2. The need for income insurance, especially social insurance, old-age insurance. When they reach old age and stop working, they will receive an old-age pension to help them live happily and securely according to their status in later life, without burdening their children and society.

3. The need for participation in the community, especially participation in certain activities in society. Society should provide opportunities for the elderly to participate in the improvement of the life of the community, to learn new things for self-improvement, to adapt to the changes in cultural improvement, and to maintain both physical and mental health at all times.

4. The need to reduce self-reliance. If the family and society encourage the elderly to have the opportunity to participate in activities in the family and society, it will help the elderly to know how to be self-reliant and not be a burden to society at the end of life.

5. The social needs of the elderly are; (1) The need is part of the family, social group. (2) The need for recognition and respect from individuals in the family and society. (3) The need is a person who is important in the eyes of the family members of the group of the community and society. (4) The need to have good relations with people within the family, community, and society to be able to adapt to the children in the family and society. And (5) Desire to have the opportunity to do what one desires.

6. Physical and mental needs are the most basic needs in human life. Physical needs are factors 4. Psychological needs include security, especially the need for safe housing, relief from anxiety, and fear. The need to be respected, the need to be recognized as a member of a social group and family. The need for advancement opportunities, especially in regards to the achievement of later-life work.

7. Economic needs, wanting to receive financial assistance from their children to save for their illness, Want the state to help provide careers to increase income. This is for them to play an economic role in helping them get out of the pressure of the economy in the current situation.

From this concept, it can be concluded that the problems and needs of the elderly are caused by changes in the elderly. The need of the elderly is to adapt to the changes that occur in old age, including physical, mental, emotional, and social changes. However, the needs and adjustments of the elderly must be supported by many people, including the elderly, family members, communities, and government policies, by encouraging the elderly to have good health behaviors that will reduce problems and meet the needs of the elderly comprehensively.

Research conceptual framework

A Study on the Role of the Elderly in Local Community Development of Ban Hua Don Community, Village No. 16, Mai Klon Subdistrict, Phana District, Amnat Charoen Province. The researcher has studied the theory of the elderly, the theory of health problems, and the theory of community development to illustrate the role of the elderly in the development of the local community, which are factors from having free time, economic condition, life experience, knowledge, wanting to accept, wanting to have dignity, volunteering, with the following research concepts.

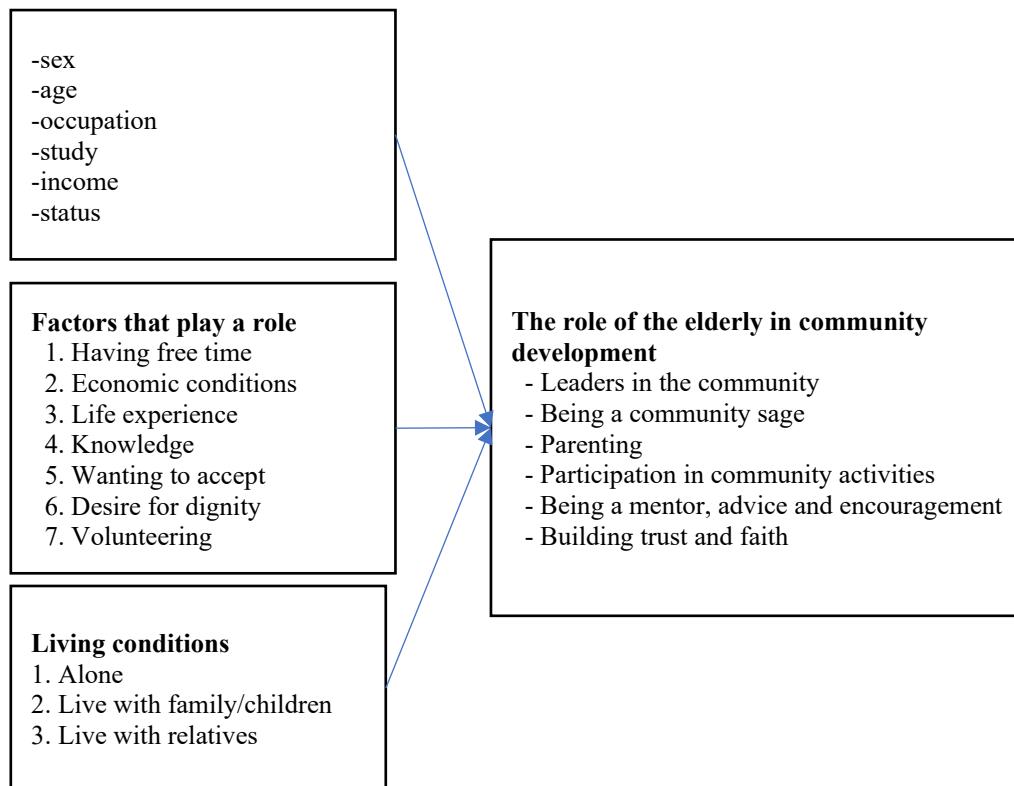


Figure 1 Research Conceptual Framework



Methodology

In this research, the researcher presented the following topics:

1. Content scope: Includes
 - 1.1 Independent variables are gender, age, occupation, level of education, income, status.
 - 1.2 The primary variables are the leisure time, economic condition, life experience, knowledge, acceptance desire, dignity desire, volunteer spirit.
 - 1.3 Dependent variables: The role of the elderly in community development includes: community leadership, becoming a community sage, child-rearing, participation in community activities, Being a mentor, guidance, and encouragement, and Building confidence and faith.
2. Area scope: Ban Hua Don Village No. 16, Mai Klon Sub-district, Phana District, Amnat Charoen Province.
3. Time scope: From July 2019 to October 2019 for a total of 4 months.
4. Population: People aged 60 years and over on the date of data collection or those born on January 1, 1959, both males and females in Ban Hua Don community, Village No. 16, Mai Klon Subdistrict, Phana District, Amnat Charoen Province, 62 people.
5. Sample: The researcher selected a sample of elderly people aged 60 years and over who were listed in the house registration of Ban Hua Don Village, Village No. 16, Mai Klon Sub-district, Phana District, Amnat Charoen Province, using a sample of at least 54 people.
6. Data Collection Tool: The data collection tool was a questionnaire on the role of older adults in the development of local communities.
7. Data analysis: (1) Exploratory data analysis The statistics used in the analysis are: Descriptive statistics (such as frequency, percentage, mean, mathematical mean, standard deviation. Inferential statistics (Inferential Statistics) used statistical values (T-test) and tests (F-test). (2) qualitative data analysis by reading the data carefully and grouping the same or related data, and finding common issues to find information to support important elements in the development of local communities to ensure reliable research results (Trustworthiness). And to make the research more complete, the information obtained will be presented to the informant to confirm and add to the missing parts.

Conclusion

1. Ban Hua Don Village No. 16, Mai Klon Subdistrict, Phana District, Amnat Charoen Province is a village separated from Ban Hua Don Village No. 4, starting to be established as a village in 1994. The villagers live in kinship, based on the family being the people in the area, the family is an extended family, having parents, grandparents living together, Ban Hua Don Village, Village No. 16, Mai Klon Subdistrict, located in the northwest of Phana District, It is 8.5 kilometers from Phana District, has a total area of 2,530 rai, with a total population of 510 people, 171 households, Religion, culture, traditions, traditions, people of Hua Don villagers are mostly Buddhist. The temple is considered the center of the villagers' hearts and plays a very important role in carrying out mental health promotion activities. Villagers carry out activities strictly according to local traditions, there is a clear and long-standing calendar of activities, There are religious activities on important religious days. Occupation Most of the people's occupation is agriculture is farming, followed by raising animals, craftsmen, and all kinds of construction

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work, which is another way to increase family income. As a result, Ban Hua Don has no problem with the villagers being addicted to gambling because people have to work to increase their income. In the current economic situation and at the end of the farming season, the villagers go to work both in their communities and in other villages. The climate is characterized by warm and humid climates that change with the seasons. The soil characteristics are sandy soil or sandy loam, with creeks surrounding the village, important water sources Nong Ngu Boa has water all year round.

2. The role of the elderly in the development of the local community in Ban Hua Don:

2.1 History and history of Ban Hua Don community originally moved from Ban Pak Ao. In the past, there were a lot of forests, the area was a Don called Don Muay, and the location of the village was in the north of the Don, so the community was called Ban Hua Don.

2.2 Conservation of culture and traditions, consulting, recommending, and transferring traditions, beliefs, cultures of the community, and persuading children to practice each other, such as the tradition of Heet Sip Song, Khlong Sib See, Bun Phawet, etc.

2.3 Role in community development by helping to monitor the village, being a consultant, supporting activities in the community, helping a little according to their aptitude. If there are religious activities, they give advice on various rituals such as making Khan Mak Beng, Phakwan, making weaving machines, and conveying religious rituals and beliefs, making Phakwan, making betel nut for grandchildren.

2.4 Guidelines to promote the role of the elderly in the community by establishing an elderly club and organizing activities in the community for the elderly to participate in activities organized by the community to allow the elderly to participate in conducting or acting. Opinions and advisors to people in the community.

2.5 Guidelines of the Sub-district Administrative Organization for promoting the elderly by helping to repair houses, village development, Develop a concrete road in the village entrance, need an agency to come and help with the village's water supply, and increase the salary of the elderly, support low-income people and stimulate the community economy, promote career building and find marketing channels for the elderly, Organize activities for the elderly to meet and talk to relieve stress.

3. The correlation between biosocial factors such as gender, age, educational level, status, living conditions, and the congenital disease affects the role of the elderly in the development of local communities. And the factors that make the elderly play a role in community development is to be a good role model for children and family members, Seeing that helping the community is merit, having a volunteer spirit who wants to help solve problems in the community, the view that local wisdom should be preserved to continue, wanting to see the community develop more, In his spare time, he often finds activities to do with people in the community, wanting to pass on the experience to children, Having (special) knowledge that can be used for community development and the need to preserve the community's culture and traditions affects the role of the elderly in the development of local communities.



Discussion

Discussing the results of this research, the researcher discussed the findings according to each of the following research objectives.

1. 1. The correlation between biosocial factors such as gender, age, educational level, status, living conditions, and the congenital disease affects the role of the elderly in the development of local communities. And the factors that make the elderly play a role in community development is to be a good role model for children and family members, Seeing that helping the community is merit, having a volunteer spirit who wants to help solve problems in the community, the view that local wisdom should be preserved to continue, need to see the community develop more, In his spare time, he often finds activities to do with people in the community, wanting to pass on the experience to children, Having (special) knowledge that can be used for community development and the need to preserve the community's culture and traditions affects the role of the elderly in the development of local communities. The research findings are consistent with the research of (Jardhamrod, A. and Suwannachata, S.2018), which has studied the role of the elderly in community development and study the problems and obstacles in the activities of the elderly in community development in the Srithan Sub-District. In the city, Muang district, Khon Kaen province found that The elders in the Srithan community play a role of thought and spiritual leadership, Be the judge of various disputes in the community. Being a nurturer of children, which is to create a discipline that occurs from childhood to grow up to be a quality person. Elderly people in Sri Than community are good role models, go to temples to make merit in arts and culture and traditions and local wisdom. Play a role in the inheritance of community members to learn. However, the problem and obstacle in community development are health problems due to congenital disease, unable to stand or sit for a long time. Sometimes family conditions are not conducive to participation, such as earning money, having children to support. In addition, the transmission of wisdom is not recorded but uses narrative learning and exemplifies it, thus preventing learning or conservation from being preserved. Therefore, community and family leaders promote healthy behaviors to keep disease away. Local authorities have regular screening tests for the disease. And the community realizes the importance of recording knowledge that is the wisdom of the elderly for learning and passing on.

Consistent with Singhathep, C., Srichand, T., and Chanthasang, S., (2018), the study was conducted on "Role of the elderly in the development of local wisdom according to the philosophy of sufficiency economy, Khok Mang Ngoi Subdistrict, Khon Sawan District, Province. Chaiyaphum". This is qualitative research focusing on using the data collection process and in-depth interviews with the elderly about their role in transferring knowledge, experience, and local wisdom to the community and society. Including the condition of problems and obstacles in the implementation of local wisdom transfer and recommendations for local development as a base for generating income according to the Sufficiency Economy Philosophy to prepare proposals and policies for welfare for the elderly. Therefore, to gain insights and methods of participatory action research, a research model that applies action research and participative research is a combination. The results showed that the role of transferring local wisdom or bringing knowledge to the community. Because the new generation of children sees that inheriting local wisdom is a difficult thing to do, In addition, when finished, the product is still cheap, so the transfer of wisdom to the community is a learning exchange, mostly limited to the elderly.



2. Life conditions and living conditions of the elderly The results of the study revealed that the elderly in Ban Hua Don had a high level of overall living conditions and living conditions. Discussing whether the elderly in Ban Hua Don change old age, the need of the elderly is to adapt to the changes that occur in old age, including physical, mental, emotional, and social changes. However, the needs and adjustments of the elderly must be supported by many parties, including the elderly themselves, family members, and communities, and various government policies by encouraging the elderly to have good health behaviors which will reduce problems and meet the needs of the elderly comprehensively.

3. To study the role of the elderly in local community development, the results showed that the elderly in Ban Hua Don as a whole was at a high level. Discussed whether the elders in Ban Hua Don participated in community activities, helping the community according to their aptitude, making themselves useful to the community, consulting with community leaders, giving advice, and transferring knowledge and experiences to their children.

4. Factors causing the elderly in Ban Hua Don to play a role in the development of the local community as a whole are at the highest level. Discuss how the factor that plays a role in the development of local communities is setting a good example for children and family members, Seeing that helping the community is merit, having a volunteer spirit who wants to help solve problems in the community, the view that local wisdom should be preserved to continue, wanting to see the community develop more, In his spare time, he often finds activities to do with people in the community, wanting to pass on the experience to children, having (special) knowledge that can be used to develop the community, And the need to preserve the community's culture and traditions affect the role of the elderly in the development of local communities.

Recommendation

From the study of the role of the elderly in the development of local communities, Ban Hua Don Village, Village No. 16, Mai Klon Subdistrict, Phana District, Amnat Charoen Province. The researcher has suggestions for utilizing the research results for agencies that can be used to improve methods of development or promote the role of the elderly to meet the needs of the elderly as follows:

1. Suggestions for utilizing the research results: From the research results, it was found that 6 variables were affecting the role of the elderly: gender (60-70 years old), educational level (elementary school), status (married), living conditions (with family), congenital disease (no congenital disease), the researcher, therefore, recommends the use of the research results as follows; (1) Relevant agencies such as the MaiKlon Subdistrict Administrative Organization, local administrative organizations should develop the capacity of the elderly and promote careers that can generate income for themselves. (2) There should be a club or activity that can meet and talk to reduce the stress of the elderly. (3) Assist in the repair of houses, develop villages, develop concrete roads at the entrance to the villages.

2. Suggestions for the next research work: (1) This study examines the role of the elderly in the development of the local community as a whole, regardless of the elderly and those with health conditions such as chronic illnesses that are unable to support themselves. Therefore, the next study should explore the role of community development to suit the differences. (2) The next study should expand the area to cover more, may

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randomly sample the whole sub-district, district, or province. (3) Subsequent studies may add variables to the study following changing local or social conditions. (4) There should be a qualitative study of factors affecting health promotion behavior of the elderly in a socio-cultural context to gain insights as a guideline for further health promotion of the elderly.

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