

***The Development of Psychological Well-Being Enhancement Model for the Elderly
using Family and Community Participation in Nakaew Sub-District***

Wimwipa Boonklin, Lampang Rajabhat University, Thailand

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Abstract

The objectives of the research were to develop a psychological well-being enhancement model for the elderly using family and community participation (PEMEF) and to study the results of using the PEMEF for the elderly people from Nakaew sub-district. The sample used in this research was 5 academicians in psychology and public health with the elderly experiences, 15 people in the community and in the elderly family of Nakaew Sub-district and 24 elderly people from Nakaew Sub-district were chosen by purposive sampling. The research tools were an interview form, a focus group discussion and a psychological well-being evaluation form. The statistics used in data analysis were percentage, mean and standard deviation. After the focus group discussion of 15 people in the community, in the elderly family and the interviews of 5 academicians in psychology and public health with the elderly experiences, the PEMEF was developed into the “Activity 4 Learning Bases for the Elderly onto Psychological Well-being (ALBEP)” each base consisting of 3 activities enhanced self-esteem, life satisfaction, interpersonal relationship and living conditions. After using the ALBEP with 24 elderly people, it was found that the mean score of psychological well-being of the elderly before using the ALBEP was 3.36 which was at medium level and the standard deviation was .22 and the mean score after using the ALBEP was 4.11 which was at high level and the standard deviation was .38. The mean score of psychological well-being of the elderly after using was higher than before using the ALBEP.

Keywords: psychological well-being, elderly, family and community participation

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Background

At the present, Thailand has progressed into the elderly society with the increasing number of the elderly showing the trend of change in the population structure. Since 2012, Thailand has the elderly at 12.7% of the total population or about 8,170,909 persons and in 2014 the number jumped up to 10,014,699 persons. In the 20 years period to come, the number of the elderly will increase 2 times more or about 25% of the country population (Office of National Statistics, 2014). The United Nations specifies that any country with the number of the elderly of more than 10% of the total population is regarded as an elderly society. By this definition, Thailand is now a complete elderly society. With the rapid increasing rate of the elderly, everyone in every sector needs to prepare various sides to meet the changes in body, economy, health, and society to promote good quality of life and assist the elderly to have stability.

Northern Thailand has 1,645,954 elderly persons which is the 3rd highest number following the North Eastern and the Central regions. Lampang province has 114,405 elderly persons or 15.1% of the its total population. Basing on the academic cooperation project entitled “One University, One Province” that Lampang Rajabhat University cooperated with the local government organizations to support and promote the program on working together and local development. From field work in Kokha district, Nakaew Sub-district Municipality, engaging on 3 February 2012, the municipality sent in community leaders to participate in focus groups to find strength, weakness and community needs and wants. It had found the elderly low quality of life, elderly problems and the needs to improve the quality of life for the rapidly increasing number of the elderly in the community. When the rate of elderly increased rapidly, there was a need to promote of quality of life in various sides (Seenuan, 2009) because elderly was the age that faced many changes in body such as sicknesses or the deterioration of different systems in the body, in the social role such as retirement, loss of head of family status, loss of spouse’s, close relatives or friends etc. If the elderly could not adapt to these changes suitably, it could create many psychological health problems. So it is imperative to support the psychological well-being of the elderly (Renugar, 2008) and if a person could adapt and pass over the social crisis well in every step, that person would have strong psychological well-being and can adjust well for social crisis at old age (Erikson, 1964).

From the above information, the author has been interested to study the psychological well-being of the elderly and to develop the model of psychological well-being of the elderly with the participation of the community and families in the Nakaew Sub-district Municipality in Kokha District, Lampang Province as the family has closest relationship to the elderly and its members should involve in the promotion of the psychological well-being for the elderly. Because the elderly must face so many changes in their body, emotion, social and mind, if they cannot adapt to these changes, it could adversely affect their mind. The author has realized the importance of promoting psychological well-being for the elderly expecting that when they have well-balanced psychological well-being, they would have more self-awareness and could cope with the coming changes.

Research Objectives

1. To develop psychological well-being enhancement model for the elderly using family and community participation (PEMEF).
2. To study the results of using a psychological well-being enhancement model for the elderly by family and community participation.

Research Samples

1. Academicians in psychology and public health with the elderly experiences selected through purposive sampling method obtaining 5 persons from Center for Elderly Welfare and Development in Lampang province, Lampang Rajabhat University, Nakornsawan Rajabhat University and, Boromratchonnanee Nursing College in Lampang province.
2. People having been concerned with the elderly in Nakaew Sub-district Municipality, Kokha district, Lampang Province selected through purposive sampling method obtaining 15 persons including the head of administration, Nakaew Sub-district Municipality, a community development officer for Nakaew Sub-district Municipality, 2 public health academicians, 2 village heads, 2 heads of elderly club, and 7 persons from families of the elderly.
3. Experts specializing in elderly psychology and psychological well-being selected through purposive sampling method obtaining 5 persons to evaluate the elderly psychological well-being assessment test and PEMEF.
4. Early elderly aging between 60-65 years who could help themselves and have lived with family in Nakaew Sub-district Municipality selected through purposive sampling method obtaining 24 persons.

Research Tools

Research tools for data collection are:

1. An interview form for interviewing academicians in psychology and public health concerned with the elderly experiences.
2. Elderly psychological well-being test totaling 40 items constructed basing on the analysis of related literatures and adapted from the complete TMHI-55, Development and Testing of Thai Mental Health Indicator Version 2007 inspected for contents the experts and divided the test into 2 parts:
 - Part 1: General demographical data of respondents such as gender, ages, marital status, educational levels, occupations.
 - Part 2: Psychological well-being assessment form composing 40 items including questions about self-esteem, life satisfaction, interpersonal relationship and living conditions in the format of 5 level rating scale.
3. Focus group discussion of persons concerned with the elderly in Nakaew Sub-district Municipality including 15 persons consisting of head of administration, Nakaew Sub-district Municipality, community development officer for Nakaew Sub-district Municipality, 2 public health academicians, 2 village heads, 2 heads of elderly club and 7 persons from families of the elderly to find a way to create the PEMEF.

Data Collection

1. Collecting information from related documents such as books, textbooks, articles, ideas, theories, and researches to review and analyze the related research literatures.
2. Constructing elderly psychological well-being test coming up with 40 items from related documents and adapted from TMHI-55, Development and Testing of Thai Mental Health Indicator Version 2007 inspected for contents by the experts.
3. Interviewing 5 academicians in psychology and public health with the elderly experiences from the Office of Elderly Welfare and Development in Lampang Province, Lampang Rajabhat University, Nakornsawan Rajabhat University, and Boromratchonnanee Nursing College in Lampang Province to find a way to create the PEMEF.
4. Focus Group Discussion participated by 15 persons concerned with the elderly in Nakaew Sub-district Municipality including the head of administration, Nakaew Sub-district Municipality, community development officer for Nakaew Sub-district Municipality, 2 public health academicians, 2 village heads, 2 heads of elderly clubs and 7 persons from families of the elderly to find a way to create the PEMEF.
5. Analyzing data from interviewing the academicians in psychology and public health with the elderly experiences and focus group discussion and using it for constructing PEMEF. Evaluating it for contents and the congruency by calculating the IOC (Index of Item-Objective Congruence).
6. Using the elderly psychological well-being test composed of 40 items to assess the sample group of early elderly ages 60-65 years who were living with family in Nakaew Sub-district Municipality selected through purposive sampling method obtaining 24 persons before using the PEMEF.
7. Trying out the PEMEF with the sample group selected through purposive sampling method.
8. Using the elderly psychological well-being test composing 40 items to assess the sample group after using PEMEF.
9. Concluding the results of experimental the use of PEMEF.

Data Analysis

1. Collecting data from interviewing the academicians in psychology and public health with the elderly experiences and focus group discussion taking part by persons in the community and elderly family members, concluded to find a way to develop the PEMEF.
2. Elderly psychological well-being test had 40 items consisting of questions about self-esteem, life satisfaction, interpersonal relationship and living conditions that constructed from related documents and adapted from TMHI-55, Development and Testing of Thai Mental Health Indicator Version 2007 the format of a 5 level rating scale analyzed data in terms of mean and standard deviation with the following interpretations:
 - Mean scores between 4.50 – 5.00 means having the psychological well-being at the highest level
 - Mean scores between 3.50 – 4.49 means having the psychological well-being at the high level
 - Mean scores between 2.50 – 3.49 means having the psychological well-being at the medium level
 - Mean scores between 1.50 – 2.49 means having the psychological well-being

at the low level

Mean scores between 1.00 – 1.49 means having the psychological well-being at the lowest level

3. The format of PEMEF assessed by experts and verified for contents validity and suitability by calculating for IOC (Index of Item-Objective Congruence).
4. General data of the sample group were analyzed in term of percentage.
5. Experimenting the use of PEMEF was analyzed in terms of mean and standard deviation.

Research Findings

The research entitled “The development of psychological well-being enhancement model for elderly using family and community participation in Nakaew sub-district, Kokha district, Lampang province, Thailand” was a participatory action research with the objectives to study the psychological well-being of the elderly and develop PEMEF and came up with the research findings as follows:

1. Results of the development psychological well-being enhancement model for the elderly using family and community participation (PEMEF).

Results of the development of PEMEF in Nakaew Sub-district Municipality by studying related documents, focus group discussion with concerned persons with the elderly totaled 15 persons consisted of head of administration, Nakaew Sub-district Municipality, community development officer for Nakaew Sub-district Municipality, 2 public health academicians, 2 village heads, 2 heads of elderly club and 7 persons from families of the elderly and interview the experts to create the PEMEF had guided that the PEMEF should be in the form of activity promoting self-esteem, life satisfaction, interpersonal relationship, and environment and living conditions which all were related to the elderly psychological well-being. Consequently, the author developed the “Activity 4 Learning Bases for the Elderly onto Psychological Well-being (ALBEP)” to promote self-esteem, life satisfaction, interpersonal relationship and environment and living conditions with 4 bases each of which had 3 activities totaling 12 activities each of which contained instructions, name of activities, purposes, duration of activity, important points, methods, equipments, medias and conclusion. Afterward, the instrument was verified by the experts for contents validity and the suitability by calculating for the IOC that were more than 0.5 and the ALBEP could be used. Details of “Activity 4 Learning Bases for the Elderly onto Psychological Well-being (ALBEP)” such as name of activities, purposes and important matters are shown in the following table:

The Activity 4 Learning Bases for the Elderly onto Psychological Well-Being (ALBEP)

Base 1 “Activities for the Elderly onto Self-Esteem”

No.	Name of Activity	Purposes	Duration of activity	Important Points
1.	Contemplative Education for Self-esteem	1. To know and understand oneself 2. To create self-esteem	1 hour	Contemplative education is a learning process to reach one’s inside. Learning to change, to reach the truth, the goodness then to reach self-esteem and live happily.
2.	I am a flower	1. To know and understand oneself. 2. To create self-esteem	1 hour	After the person has examined, evaluated and analyzed himself or herself, it would lead to increasingly knowing and understanding oneself including self-esteem and pride in oneself.
3.	Mountain of Truth	1. To create self-awareness. 2.To create the realization of self development	1 hour	After the person has surveyed and studied himself or herself, it would create self-awareness leading onto self-esteem and after developed and improved and changed oneself, it would lead to self-esteem and living happily.

Base 2 “Activities for the Elderly onto Life Satisfaction”

No.	Name of Activity	Purposes	Duration of activity	Important Points
4.	Hands of Success	1. To be aware of own abilities 2. To create Life Satisfaction	1 hour	Every individual has been happy, successful, and disappointed in life. Everybody has abilities in himself or herself and these abilities would lead to success and self-pride including life satisfaction.
5.	Balloon of Goodness	1. To be aware of own goodness 2. To create self-esteem	1 hour	Every individual has goodness and beauty in life. When that person has been aware of his or her own goodness, or surrounding persons talk about his or her goodness, it creates the feelings of self-esteem, self-pride and satisfaction.
6.	Satisfied Life	1. To be aware of good things in life 2. To create happiness and life satisfaction	1 hour	Every individual must have satisfaction and dissatisfaction in life; has good things and has no good things in life. If that person chooses to look at the good things and overlook the bad things in life, it will create happiness and satisfaction in life.

Base 3 “Activities for the Elderly onto having a good interpersonal relationship”

No.	Name of Activity	Purposes	Duration of activity	Important Points
7.	Home of Love	1. To be aware of the importance of having a good relationship in the society 2. To create a good relationship in the family	1 hour	When an individual has a good relationship with others in the society especially the those in the family, it will create love, respect, and cooperation including living happily together in the society because human cannot live alone in the society without relying on one another.
8.	My close friend	1. To be aware of the importance of having a good relationship in the society 2. To create a good relationship with other persons	1 hour	When an individual has a good relationship with others in the society especially when that person has close friends or friends with whom he or she can talk about anything, it will create trust, understanding and a good relationship. It will make the person relax and not worried when talking including having happiness in living.
9.	Participation and help each other	1. To create good relationship among one another 2. To create a teamwork	1 hour	When an individual has a good relationship with others in the society especially when working as a team, having a good relationship among one another would create cooperation in work assuring smoothly and successfully working.

Base 4 “Activities for the Elderly onto a Good living”

No.	Name of Activity	Purposes	Duration of activity	Important Points
10.	The community where I live in	1. To be aware of the importance of the environment he or she lives in. 2.To create a teamwork	1 hour	When an individual lives in a good environment, society, and community, it will create trust and a good relationship in the community that will lead to satisfaction in life including having happiness in living.
11.	Dream House	1. To create a good relationship with persons in the family	1 hour	When an individual lives in a good environment, society, and community, it will create trust and a good relationship in the community that will lead to satisfaction in life including having happiness in living.
12.	Good Health, Happy Life	1. To create awareness of the importance of caring for health 2. To create self-awareness	1 hour	When an individual realizes the importance of living especially concerning food; when a person realizes the benefits of food, eat useful food, it will create a healthy and strong body. When the health is good and the body is strong, it will affect the mind and leads to happiness in living.

The elderly who participated in “Activity 4 Learning Bases for the Elderly onto Psychological Well-being (ALBEP)” they created self-esteem, life satisfaction, interpersonal relationship and environment and living conditions, self-knowing and self-understanding, self-esteem, having good relationships with surrounding people, the exchange of learning among themselves, the realization of having a good environment and a good health. They can develop their psychological well-being and could adapt to the changes while preparing to enter the middle and late periods of elderly life.

2. Results of using PEMEF that the author developed into a format of Activity of 4 learning bases for the elderly onto a good psychological well-being (ALBEP) as follows:

2.1 General data about 24 elderly people who participated in the ALBEP are shown in the following table:

General data of 24 elderly people	N	Percentage
Gender		
Male	4	16.67
Female	20	83.33
Age		
60 – 62 years	17	70.83
63 – 65 years	7	29.17
Status		
Single	7	29.17
Married	9	37.50
Widow	5	20.83
Divorce	3	12.50
Education		
Unschoolled	1	4.16
Primary School	15	62.50
Secondary School	4	19.67
Bachelor Degree	4	19.67
Occupation		
Farmers	9	37.50
Workers	8	33.34
Sellers	6	29.16

2.2 Results of the elderly psychological well-being assessment before and after using the ALBEP are shown with the following details.

1) Mean, standard deviation and level of the elderly psychological well-being assessment before and after using the ALBEP categorized into self-esteem, life satisfaction, interpersonal relationship and environment and living conditions are shown in the following table:

Elderly psychological well-being assessment	Before using the ALBEP			After using the ALBEP		
	\bar{X}	S.D.	Level of psychological well-being	\bar{X}	S.D.	Level of psychological well-being
self-esteem	3.48	.28	Medium	4.12	.42	High
life satisfaction	3.32	.21	Medium	4.16	.28	High
interpersonal relationship environment and living conditions	3.43	.14	Medium	4.02	.41	High
Total average	3.36	.22	Medium	4.11	.38	High

2) Conclusion of mean, standard deviation and level of the elderly psychological well-being assessment before and after using the ALBEP are shown in the following table:

Period	N	\bar{X}	S.D.	Level of psychological well-being
Before using ALBEP	24	3.36	.22	Medium
After using ALBEP	24	4.11	.38	High

The mean score of psychological well-being before using the ALBEP was 3.36 and the standard deviation was .22 or at the medium level. The mean score of psychological well-being after using the ALBEP was 4.11 and the standard deviation was .38 or at the high level. The mean score of psychological well-being of the elderly after using was higher than before using the ALBEP.

Discussion

From the development of PEMEF by studying related literatures, focus group discussion and interview the academicians in psychology and public health with the elderly experiences to find a way to create the PEMEF could be concluded that the PEMEF should be in the form of activity and that the author had developed the "Activity 4 Learning Bases for the Elderly onto Psychological Well-being (ALBEP)" and each base promoted self-esteem, life satisfaction, interpersonal relationship and environment and living conditions relating to the elderly psychological well-being. The activities were clearly carried out. Waro (2010) said that the model must have clear method of operation and criteria that could be used as a guideline to successfully operate and achieve the purposes including the evaluation of the model by experts and improvement and correction were made basing on the suggestions. The model testing and evaluating by the experts through deep analysis and critique concerning the suitability of the model and finally the model was used at Nakaew Sub-district Municipality, Kokha district, Lampang province with 24 elderly participants aging 60-65 years of age.

After using the ALBEP, the results were much higher than and could be explained as follows: the model: “Activity 4 Learning Bases for the Elderly onto having a good Psychological Well-being (ALBEP)” was the development of an activity model and each activity made the elderly know and understand themselves including the exchanges of learning among themselves, with persons of similar ages that created the realization of self-esteem, life satisfaction, relationship with others and a good environment and living. They all was led to a good psychological well-being at the end. Erikson’s theory of personality development (1964) was used as the conceptual framework for the activity development. If a person could adapt and pass over the social crisis well in every step, that person would have strong psychological well-being and can adjust well for social crisis at old age. There was also some contemplative education included to learn with reflective mind to reach the truth, the goodness, and public mind, with full conscience and realization of the value of things through a relationship process, contemplative conversation, deep listening, reflection, note-writing and conversation with inner voice to enable the elderly to adapt to the environment and changes suitably including living happily. As Levison (1977) had pointed out, at the late adult transition time, between the ages 60-65 years old, because we do not grow old all in a sudden, but there are changes in different dimensions including the physical ones, that some elderly might not feel well and affect their form of living and create worries among them. At this age, adaptation is then very important. Seeruen (2010) remarked about the creation of psychological well-being in the elderly as they had to face so many changes. If they could not adapt well to the changes, it would create problems affecting psychological well-being. So it can be seen that the “Activity 4 Learning Bases for the Elderly onto Good Psychological Well-being (ALBEP)” with the participation of families and community could create and promote psychological well-being for the elderly well because the people in the family and community lived with or close to the elderly and could see the development of the elderly and help care of the elderly both on body and mind. This agreed with findings of the research conducted by Wanassanan (2010) who studied the participation of the family in the promotion of quality of life for the elderly that made the family know and understand, have the attitude and be aware of the role of promoting good quality of life for the elderly covering 4 aspects: body, mind, social relationship and environment, and the family had a part in analyzing the problem of living together with the elderly.

The ALBEP could create a good psychological well-being for the elderly because when the elderly participated in the activities, they created self-knowing and self-understanding, self-esteem, having good relationships with surrounding people, the exchange of learning among themselves, the realization of having a good environment and a good health and could adapt to the changes while preparing to enter the middle and late periods of elderly life including having a good psychological well-being and living happily.

Suggestions

Suggestions for people who interested in ALBEP to use with the elderly and for the further research as follows:

1. It was found that when the elderly participated in activities, they were enthusiastic, had good relationships with surrounding people, and engaged in the exchange of

learning among themselves. Consequently, the activities should be applied to people who are being prepared to be elderly.

2. During activities, there should be an observer to observe behavior of the elderly to monitor the elderly when participating in the activities. The observer should note important thing, important situation, ideas or opinion of the elderly while engaging in the activities.

3. There should be some studies for developing the model to enhance other life skills of elderly such as coping with stresses and emotions, and their social quotient (SQ).

4. The further research apply others theories such as behavioral theory, human development theory, and personality theory to develop the models or activities and develop suitable models or activities that best fit the elderly's context.

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My contact email address: wimma74@hotmail.com