

Management of Welfare for the Elderly for a Better Quality of Life According to the Model Thailand 4.0 Policy

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ABSTRACT

This research article aims to study the condition and problems of welfare management for the elderly regarding education, health, and sanitation. Residential work income, social security, social service, and recreation are the factors that the research had considered to study their role in improving welfare management for the elderly. It stressed improving their quality of life. Data were collected from 288 samples and received 249 sets of questionnaires, or 86% of the total. The statistics used in the analysis were: Frequency distribution, percentage, mean, standard deviation, and correlation. These were determined using T-test and F-test statistics. The results of the research can be summarized as follows. The elderly in Charat Subdistrict Municipality, Kong Ra District, Phatthalung Province were more female (51.0%) than male (49.0%), aged 60–69 years (52.6%) were the majority, followed by the age group. 70 – 79 years (45.0%), aged 80 years and over (2.4%) were farmer (59.4%), followed by traders (22.1%), pensioner (10.0%) without occupation (%) 8.4 and earn 2,000 – 4,000 baht (39.4%) the highest amount, followed by higher than 4,000 baht (29.3%), lower than 2,000 baht (23.7%) and no income (7.6%). Education as a whole was at a high level, an average of 3.85, overall health and wellness were at a high, an average of 3.75, housing as a high, an average of 3.82, work and income were at a high level. High level, mean 3.82, overall social security was at a high level, mean 3.79, overall social service was at a high level, mean 3.80, and overall recreation was at a high level, mean 3.86 from the research results. Localities must integrate the elderly society in a collective energy to create a quality of life starting from 1. Local organizations must develop local personnel to attain knowledge. Law states that understanding Elderly Care, including providing appropriate welfare for the elderly in the locality, is necessary. Creating a learning society for the elderly in a group form is important to promote relationship skills and professional skills to generate income for the elderly. Driving the Thai elderly society to be “Active Aging” or “The Power of the Elders” is to achieve quality aging. According to the national plan, it will require cooperation from many parties involved in driving to reach the goal.

Keywords

Elderly, Development, Quality of Life, Welfare, Management

Introduction

In the past, Thai people had a life span of around 50 years. At present, it is 73 years old, and it is expected to expand to 80 years in the future. The death rate of Thai people is 400,000 per year, and it is continuously rising. In the next 20–30 years, it will be increasing to 600,000 per year. It implies that the Thai population number will be stable. [1]. In 2016, there were 10 percent or 9 million 65's year's old elders in Thailand, whose number was increasing continuously. It shows a rapid change in the elderly population. According to several Thai people between 2015–2030, Thailand is becoming an aging society, and in the future, it will be completely a society comprising older people. This change portrays the future image of Thailand [2].

In 2020, the total Thai population was 66.5 million, of which 11.13 million are elderly, or 16.73 percent. Of the 11.13 million older adults, 4.9 million are females, 6.2 million are males, with an average life expectancy of 75 years. Most were in early (60–69) age (57.5 percent), followed by middle-aged (70–79) at 29 percent and late-aged (80 and over) 13.5 percent, according to a National Health Security Administration survey. In October 2019, the survey found that of all the elderly people, 0.39 percent is bed-bound in 1.54 percent of the houses in almost 98.06 percent of society. In the year 2021, Thailand will become a community completely for the elderly. It is ranked among three countries in ASEAN that are aging societies. Singapore occupies the first rank with 18 percent of the elderly population; Thailand is in the second position with 16% of the elderly population. Vietnam is in the third position with 10% of

the elderly population. In these countries, the government has a crucial role. It is important to seriously and systematically support, promote, and provide social welfare for the elderly in these countries by providing the elderly with basic services to living equally and thoroughly, such as medical care and housing. These services may be available either free or at a low rate. Important factors affecting the quality of life of the elderly are a guarantee for working and earning. The elderly should have the opportunity to pursue a career that generates sufficient income for their livelihood without age discrimination. The law ensures this working facility is a part of the welfare scheme for the elderly and not merely meant for coping with illness and accidents. The 'Foundation of the Thai Gerontology Research and Development Institute' has generated a report. This report is based on the situation of the elderly in Thailand in 2019. It states that an important approach to promote working for the elderly is to extend the retirement age. For Thailand, the retirement age of government officials is set at 60 years, which is now the country's social reform committee has decided to extend. The retirement age of government officials has been extended from 60 years to 63 years in response to entering the country's aging society [3].

The quality of life of the elderly has problems, mainly health problems. Their health is not perfect, not as strong as before, and due to their age, they are likely to get sick with various diseases. The lack of knowledge in health care has become a problem that causes chronic illnesses. Most of the elderly tend to be anxious and afraid of things they have never feared before. There are symptoms of forgetfulness, including fear of abandonment and fear of death. They become low-spirited and easily depressed, and some people become irritable, angry, or like to isolate, while some people have a sad mood and want to die early or want to kill themselves. It establishes that the above problems affect the elderly both directly and indirectly. The welfare of the elderly should be promoted; the elderly should be cared for according to their needs in such interest, including physical problems, health problems, housing, income, education, and recreation. The right Granted in the Constitution of the Kingdom of Thailand in 2017, Article 27, states that the rights of the elderly are to be protected. It necessitates the government to devise measures to eliminate obstacles or promote protection or convenience for the elderly [4].

From the Ministry of Public Health statistics, it was found that Phatthalung Province has a population of elderly people who are actually in the area from the survey of 21.69%. The ADL screening results found that in group 1, people can help themselves and/or help others, the community, and society. There are 95.51% of such people in group 1. Group 2 has people capable of self-help and care, and the people of the third group (can not help themselves and comprises 1.13%, elderly people. The elderly was screened. Dementia 49.64% found abnormal, 836 people (1.97%) were screened for fall, 50.20% found abnormal, 2,258 people (5.25%). Desirable and long-term health care promotion for the elderly is in progress. According to the concept of "Sufficiency Economic Philosophy" driven through the "Pracharat" mechanism, it connects to the world community. According to the strategy "Thailand 4.0" operations drive, five technology groups and target industries aim to achieve results within the next 3–5 years. The technology, as mentioned above, and industry groups have related goals. Most importantly, they are directly related to the Ministry of Public Health in group 2, namely the Public Health, Health, and Technology Medical (Health, Wellness, and Bio-Medical) by innovations related to the elderly according to the policy Thai Land 4.0. In 2016, the government had the policy to develop the country into the Thailand 4.0 model through restructuring the economy to an innovation-driven economy (Value-Based Economy), causing a three-dimensional transformation, namely: 1) shift from commodity production to innovative commodities 2) shift from driving the country with industrial sectors to driven by technology, creativity and innovation 3) Shift from focusing on the manufacturing sector to focusing more on the service sector. Therefore, the policy affects all sectors of the country, including the impact on the way of life, quality of life, and the elderly's health. It is because it can meet the demand of the situations of the elderly people at present and in the future and solve the problems that increase rapidly in the case of the elderly. It is an opportunity to develop the health service system of older people in Thailand to be more efficient [5].

Charat Subdistrict Municipality, Kong Ra District, Phatthalung Province, is located at 207 Village No. 5, about 16 kilometers away from the district office. Phatthalung Province is about 23 kilometers away. Charat Subdistrict Municipality, with approximately 26.82 square kilometers or around 1676.25 rai, is the smallest area of the Kong Ra District. There are a total of 9 villages in TambonCharat, with a full administrative area, with villages, population, and population density. From the Civil Registration Office of Kong Ra District, Phatthalung Province found that in Charat Subdistrict Municipality, there is a total population of 7,278 people, divided into 3,588 males, 3,684 females, with a total of 2,189 households, 1,027 elderly population (as of May 28, 2019). The elderly population of Charat Subdistrict Municipality accounted for 14.11 percent of the government's policies that encourage local people to focus on the elderly according to the national strategy and driving Thailand 4.0. The author is interested in studying

Welfare management for the elderly to improve the quality of life: Charat Subdistrict Municipality, Kong Ra District, Phatthalung Province, Thailand.

Objectives

The study aims to analyze the condition and problems of welfare management for the elderly regarding education, health, and sanitation. It highlights the role of residential work and income, social security, social service, and recreation to find ways to improve welfare management for the elderly. Its purpose is to raise the level for a better quality of life according to the Model Thailand 4.0 policy.

Methodology

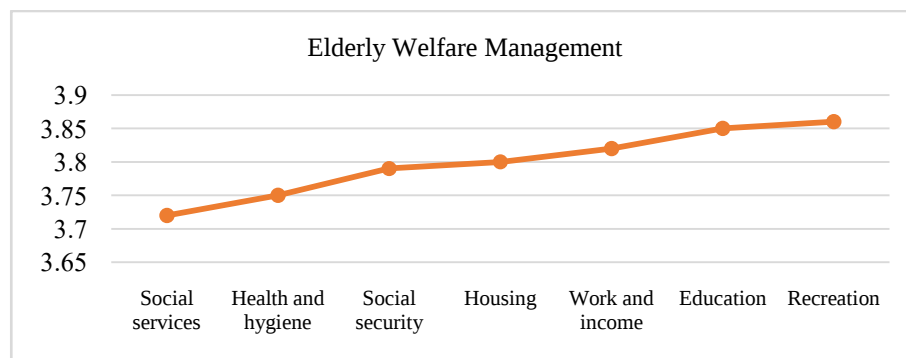
The study aims to analyze the condition and problems of welfare management for the elderly to find guidelines for welfare management for the elderly. To improve the quality of life of the elderly: a case study of Charat Subdistrict Municipality, Kong Ra District, Phatthalung Province, has been considered. There are research issues in education, health, sanitation, residential work and income, social security, social service, and recreation. The sample group of service recipients was the elderly who received social welfare management services meant for the elderly from Charat Subdistrict Municipality. They are aged 60 years and above and are of Thai nationality. They are from the region located in Kong Ra District Phatthalung Province. This province has a population totaling 1,027 people. So, the sample size was calculated as 288 people; 249 sets of questionnaires were returned, or 86 percent, using quota randomization (Quotasampling) and a specific interview with five representatives of the elderly club. Statistics were used to test the tool's confidence (Reliability) using the Alpha Coefficient method according to Cronbach's method Basic statistics Percentage Arithmetic Mean Standard Deviation.

Results

The results showed that in Charat Subdistrict Municipality, Kong Ra District, Phatthalung Province were more female (51.0%) than male (49.0%), aged 60–69 years (52.6%) the most, followed by the age group. 70 – 79 years (45.0%), aged 80 years and over (2.4%) are farmer (59.4%), followed by trader (22.1%), pensioner (10.0%) without occupation (%) 8.4) and they earn 2,000 – 4,000 baht (39.4%) the most, followed by higher than 4,000 baht (29.3%), lower than 2,000 baht (23.7%) and no income (7.6%).

1. Education as a whole was at a high level, with an average of 3.85
2. Overall health and wellness were at a high, with an average of 3.75
3. Social service was at a high, with an average of 3.72
4. Work and income were at a high level, with a mean of 3.82, and overall social security was at a high level, a mean of 3.79
5. Overall, housing was at a high level, with a mean of 3.80, and overall recreation was at a high level, with a mean of 3.86 from the research results. (Graph 1):

Graph 1: shows the factors affecting welfare management for the elderly.



Graph 1: Factors Affecting Elderly Welfare Management

The research results found that the welfare management for the elderly in social services was the least. It reflects the direction of the welfare management of the elderly in the local area, where there is a living allowance for the elderly. It stresses the provision of organizing home visit activities for the elderly Volunteer group for elderly care at home. It also highlights consulting and following guidelines for solving lifestyle problems of the elderly consistent with in-depth interviews. It was found that the elderly still lacked understanding of receiving the pension. They see that the service is still delayed and want the locality to be proactively managed to reduce the steps in operation. The recreational aspect is at the highest level, which shows that Charat Subdistrict Municipality has outstanding actions in this area. It is consistent with in-depth interviews that the elderly is satisfied in supporting tourism activities both in and out of provinces. There is support for folk games activities. There is support for religious day activities. Sunday activities are supported (Family Day), like supporting hobbies such as embroidery, weaving, gardening, etc.

Discussions

Welfare management for the elderly must start with older males., starting with promotion. Elderly people have their own feelings. They need to have the potential to learn behavior modification for building knowledge and understanding, which is the foundation of management of the elderly [6]. Another important factor learned from the research is recreation, which is something that the elderly is satisfied with the local welfare shows the relationship between work skills, leisure time, health, and quality of life. As older adults are more active and engaged with others, they become more satisfied with social interactions. Daily activities will be more effective with recreation and can lead to greater independence correlates physically with mental states, such as life satisfaction, self-esteem, work skills, activities, participation, and social interaction [7].

Conclusion

Maslow's hierarchy of needs theory can describe the results of the research. Maslow's hierarchical theory of needs is a concept in psychology that proposes that human beings are urged to fulfill their basic needs. These conditions develop from the bottom tier and rise to the top

1. Basic needs such as food, water, clothing: Health research results Residential
2. The need for safety: Research findings on work and income social service
3. The need for love and belonging: Recreation Research Results
4. The need for value: Education research results
5. The desire to be able to satisfy oneself: Research results in social security fully

It is similar in the case of Welfare management. It is because it starts from studying the needs before formulating a policy to meet the needs of the elderly. It also aims to lead the local practice in managing government policies that provide welfare to the elderly. Since the policy comes from the real needs of the elderly in the local community, it is important to help the elderly attained confidence in what they will receive through this process. The government wants to adopt the Thailand 4.0 policy to integrate with management, thereby making services to the elderly more convenient, fast, and innovative. This initiative will help local officials to increase their service potential and improve the quality of welfare management to build confidence and trust among elderly citizens.(Figure 1):



Figure 1: Maslow's Hierarchy of Needs

Limitations and Future Studies

Further study of factors contributing to good quality of life both physically and mentally. and the minds of the elderly and analyzed linkages with the government's Thailand 4.0 policy that promotes welfare management for the elderly. to support the entry into the elderly society of Thailand effectively.

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