

Research Title The Development Quality Sustainable Life of Elders  
in Loei Province  
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Year 2014

### ABSTRACT

Sustainable Life Quality Development of Senior Citizen in Loei Province was a qualitative research that aimed at 1) studying the way of life model, 2) studying life quality aspects, and 3) finding the guideline for sustainable life quality development. The investigation was performed at Loei municipality area of Loei province by using structured and unstructured interview as a tool for collecting data. The data gained from structured interview was analyzed with percentage, means, and standard deviation, and presented in the form of table with description. The data gained from unstructured interview, in-group discussion, and content analysis, was presented by means of descriptive analysis. The findings were as follows.

1) The way of life model of senior citizen in Loei can be divided into 3 groups including the group that can be relied on by the youngers they can help the youngers doing family chores, the group that rely on the youngers they are weak and cannot move around by themselves so what they can do is to watch over the house for the youngers, the group that can be relied on themselves mostly they are sellers, and they can earn the income by themselves and they also have good relationship with the community for they participate in the community activities at the temple.

2) Life quality aspects of senior citizen in Loei province as investigated in the following issues. The family issue the family and the senior citizen in the family always talk and discuss which can be counted at 95.50 percent, the family has 3 generations living in the family can be counted at 58.50 percent. The health issue the senior citizen have physical ability which can be counted at 90.00 percent, the senior citizen do not consume strong taste food, raw food, and fast food can be counted at 63.80 percent, the senior citizen do not smoke can be counted at 94.30, the senior citizen do not drink alcohol can be counted at 89.00 percent, the senior citizen have congenital disease at 56.80 percent, and they have gold card for free treatment at the state hospital at 53.80 percent. The economic stability issue the senior citizen

have income lower than 10,001 baht per year which can be counted at 39.80 percent, mostly the senior citizen have enough income and have no debt can be counted at 61.30 percent, the senior citizen do not have enough income but they have no debt can be counted at 18.80 percent. The standard of living place and environment issue the senior citizen live in a strong and stable house can be counted at 95.50 percent, the living place is well ventilated can be counted at 88.50 percent, the senior citizen have enough water to use all year can be counted at 99.80 percent, the senior citizen live in a place without the pollution of sound, smoke, smell, dust, sewage, trashes, mosquitos, and bugs can be counted at 49.00 percent. Getting support from community issue the senior citizen will get help from organization or people in the community when they are in need of help can be counted at 91.80 percent.

The senior citizen in Loei province have an opinion towards their way of life in general at moderate level, and as classified by items, it showed that they are satisfied with their living place, they feel that life has meaning, they are proud of themselves, and they are satisfied with the services provided by state hospital, local health promotion hospital, health service center. They are satisfied with their health, and they feel safe and sound in life and belongings. The mentioned items were rated at high level. For the un-desired feeling such as down hearting, disappointing, anxiety, sadness, it was rated at low level.

3) Guideline for sustainable life quality development of senior citizen in Loei province were as followings. (1) finding community leader for each community who is a volunteer and is ready to take action, (2) using participatory principle for the operation of any activity, (3) making an appointment of the committee according to the ability and readiness of each person, (4) building network with the community that need to develop life quality of senior citizen, (5) building cooperation network with related units in the community, and (6) gaining fund from both government units and private units. The suggestions and guidelines for individual development of senior citizen life quality were (1) the senior citizen have to try to be independent in living life, (2) the family should support the senior citizen to participate in senior citizen club, (3) the related units should provide knowledge and build conscious mind for the family members and the youth to appreciate the senior citizen, and (4) the related units should support and motivate the senior citizen to participate in community activities.