

## Abstract

This research was to study the policy development on health strength network by applying Lanna performing and fighting arts, and study the results of carrying out the policy health strength network of the elderly group, Nong Bua Sub-district, Chai Prakan District, Chiang Mai Province. It is a participatory action research collecting data by setting up the learning exchanging workshop, community forum, focus group discussion, and in-depth interview using semi-structured questionnaire. The data were analyzed in term of content analysis to lead to the policy on strengthening the elderly group, Nong Bua Sub-district Municipality, Chai Prakan District, Chiang Mai Province.

The findings reveal that the policy having been developed to create the policy to build up network for health strength via the application of Lanna performing and fighting arts began to come up in procedural steps, namely, step of policy initiating and decision making, step of planning for putting the policy into practice, step of carrying out the operation along the policy, step of evaluating the policy conforming, and step of presenting the policy to the municipality to consider to put into the municipal operational plans. The process was carried out via collaboration on parts on the elderly, local knowledgeable persons, community leaders, academics, and the municipal office which had provided equipment and budget supports.

Results of the carrying out the activities had strengthened the elderly group whose members had come to realize the significance of Lanna performing and fighting arts for physical exercise to take care of their health and others in the community. They had closely come to get together in groups and collaborative networks in carrying out the community and intercommunity rites and religious activities enhancing cultural leadership in the community to extend results to other communities. The process was facilitated by core leaders of the networks. Part of the activities were done by the youths. The elderly spent their spare time in carrying out recreation activities by which they could earn some income and get a pride from it. They had got involved with learning exchange leading to design the strategy in relevance to the problems and needs of the elderly. In order to upgrade people's life quality, the strategies used included health-concerned, social, economic and cultural strategies aiming at restoring their traditional career to increase income for them. Other activities included admiring the knowledgeable persons, building up the learning center for the elderly, setting up the elderly club, founding the fund for welfare promotion, and promoting health and life

quality of the elderly. All these matters were presented further on to the Chai Prakan Municipality.

The knowledge gained via this research reveals that the development of policy for strengthening the elderly group was successful. One should keep in mind that beside utilizing mechanism of existing traditional culture as the instrument to set up the policy and put it into practice, the policy should be based on the problems and needs of the community. There should be some efforts to mobilize the participation of the community and its partnership to set up the policy. The process included the mobilization of social capital, setting up continuous forums for exchanging learning, using appropriated communication channel, empowering the community, creating leadership in the community, and promoting role of people sector on equality basis, etc. All these processes should bring up the pride onto the elderly and convince them to take part in various activities to help achieve the community common goals.