

**Title** Developing the Quality of Life of the Elderly based on Ways of Esarn Culture under the Changes of the Society to become the Aging Society

**Authors** Kakanang Chorchoo, et al.

**University** Social Development, Faculty of Humanities and Social Sciences, Buriram Rajabhat University

**Year** 2017

#### ABSTRACT

The objectives of this research was to investigate the situation and problems of the elderly, to develop the quality of life of the elderly based on ways of the Esarn culture and to synthesize the model for developing the quality of life of the elderly. The target group included the elderly aged 60 years and above in North and South of Esarn region of Thailand: Kalasin, Mahasarakham, Buriram, and UbonRatchathani province. Eighteen sub research studies were synthesized by utilizing content analysis according to the research objectives.

The results of the study showed that in terms of context and situation of the elderly, it was found that there was an increase of the elderly; the elderly were capable of many aspects. They possessed health problems and debt problems. However, according to the changes of the society, many organizations still placed more importance on the elderly in a policy level as well as a local level. It can be seen from the establishment of elderly communities and elderly schools. Thus, there was a lack of process and the model of activities for developing the quality of life of the elderly in all dimensions. Quality of life of the elderly can be developed in terms of physical, mental, social, and economical aspects through the ways of Esarn culture such as exercising by using loincloth. In terms of mental health, the development can be done via singing Buddha prayer songs, performing local

performances, and making ornaments found in elements of Esarn local culture and traditions. In terms of society, the development can be done via forming groups to do activities such as local performances and making handicrafts from banana leaves. In terms of economy, the elderly had the body of knowledge within themselves, so they could develop their own occupations such as salt farming. The online system was used to increase the products selling channels for the elderly. Suitable activities for the elderly were selected and included in the model for developing the quality of life of the elderly. These activities provided benefits for both physical and mental health. The activities were driven by using the elderly school process. There were participations from every sector in the local area. The Information Technology was also employed. In addition, the leaders were the key factor for the success of the development of the elderly's quality of life.

Keywords: Elderly, Quality of Life, Culture, Esarn