

Research's Title	Approaches for Organizing the Local Arts and Cultural Activities for Elderly Health Promotion in Ban Yang Sub-district Area, Phutthaisong District, Buriram Province
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Abstract

The objectives of the research entitled “Approaches for Organizing the Local Arts and Cultural Activities for Elderly Health Promotion in Ban Yang Sub-district Area, Phutthaisong District, Buriram Province” were to explore the context of the elderly in the community and utilize the findings as the concepts for finding the approaches in organizing the elderly health promotion activities by focusing on the exercises and recreation activities by employing local dramatic arts. The research was conducted in 5 phases: 1) developing the research problem, 2) collecting data from documents and data from the study area, 3) analyzing the data in order to find the distinctive features of the local wisdom and the needs of the community and use the data to design local arts and cultural activities, 4) taking the results of the study and using the results in learning curriculum of Ban Yang Sub-district Administration Organization's elderly school, 5) studying the lesson learned which was the learning exchanges of the research methodology between the researcher, local scholars, community leaders, the elderly, and the officials from the organizations involved.

The results from the study showed that the elderly were interested in music, dancing, singing Buddha prayer songs, and they respected Luang Pho Khao (a famous monk) of Thep Rung Sun Temple which was the temple in their village. The researcher then developed the Buddha prayer song for telling the legend of Luang Pho Khao and designed 4 motor activities: lead-in moves, basic moves, mixed moves, and elderly elegant moves. When taking the activities and using them in the study area, it was found that the elderly participated in the activities with enthusiasm and enjoyment throughout these motor activities. And from the

results derived from the assessment forms showed that the elderly quality of life level in physical health, mental health, and social relationship when comparing before and after participating the activities, the score level of after participating the activities was higher than before participating the activities significantly different at .05 level in all aspects. Therefore, the arts and cultural activities should be developed to be used in elderly health promotion in other communities in the future.

Keywords : Elderly, Health Promotion, Cultural Activities.