

SATISFACTION OF THE ELDERLY PEOPLE TOWARDS “HEALTHY AND HAPPINESS ON THE BUDDHIST DAY PROJECT”, NANGAM SUB-DISTRICT, SELAPHUM DISTRICT, ROI ET PROVINCE, THAILAND

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ABSTRACT: This study aimed to assess the satisfaction level and to identify factors influencing the satisfaction toward “The Buddhist Day Project at Na-ngam sub-district, Selaphum district, Roi-Et province” This project was initiated since year 2006 for promoting healthy aging. Ninety two elderly people who participated in the above project were simple random sampling for face to face interview by trained data collectors using questionnaires. In addition, in-depth interview 3 health care providers were conducted. The results revealed that the majority (67.4%) of the samples reported a high satisfaction level toward the project followed by 22.8% reported a highest level of satisfaction toward the project. The satisfaction level was high among three groups of activity including; meditation, exercise and produce brochure and CD song for physical exercise. The finding from in- depth interview of the health providers revealed that all activities were extremely beneficial and proper as those activities can result a good caring for elderly people for both physiological and psychological aspects. In terms of factor influencing the satisfaction toward s the project, it found that only chronic disease was shown the statistic significant (p value =0.018). A study on health improvement of elderly should be also conducted among various groups that involve with them such as care givers, relative and village volunteers.

Keywords: elderly / satisfaction / Healthy /Happiness/ Buddhist Day

INTRODUCTION: Numbers of elders aged over 60 years-old have been increased compared to other groups. The survey by Institute of Population and Social Research, Mahidol University was conducted on July 1, 2006, revealed that about 8.4% of all population (60.4 million people) were elders. Additionally, life expectancy at birth for male was 66.6 years, while 71.7 years was for female. Life expectancy at 60 years for male and female was 18.8 and 22.0 years, respectively.

In Roi-Et province, the number of population was 1,364,306, residing in with 137,794 elders or 10.1% of all populations. Meanwhile, in Selaphum district, the total population was 119,218 persons and numbers of elders were 18,106 (15.1%). In Nangam district, there are 8,235 people while 1,267 is elderly population which was about 15.3% of all population (Roi-Et Provincial Public Health Office, 2008), this shown the aging society in Nangam district. Elderly people are facing changes in physiological, psychological and social status which can cause a problem related to

physiological and psychological conditions accordingly. Consequently, such problems are considered an economical burden towards their family. The studied about health problems by in Nisa Chuto (1996) found that 14.6% of all Thai elders had a health problem that led them to a bedridden condition. Moreover, only 32.7% had a good health, while another 50.4% reported that they did not have a good health. Therefore, it is necessary for both local government and private organizations for promoting health aging. To respond to the policy ‘Health for All’ by the current government that focuses on health promotion at all ages and all groups, a Phan Keang health center and village health volunteer (VHV) in Nangam sub-district has developed and implemented a ‘Healthy and Happiness on Buddhist Day Project’ focusing on elderly people since 2006 to the current. The project aims¹ to enable elderly people to receive a health promotion in both physiological and psychological as well as to live happily in the society², to gather elderly people in the village to

collaboratively conduct activities with supports from government agencies and village health volunteer³ to promote elderly people to exchange and give a support among the group and⁴ to create an environment/opportunity for elderly people to conduct activities continually and sustainable that can be beneficial for themselves and their society. The researcher, therefore; has paid attention on satisfaction towards activities organized by village health volunteer (VHV) for elderly people residing in the selected villages in Baan Phan Keang, Baan Kut Reau, and Baan Phoe Taklo cated in Nangam sub-district, as part of 'Healthy and Happiness on Buddhist Day Project'. Since the project has not yet been evaluated on satisfaction of elderly people towards the activities organized as part of the project before.

MATERIAL AND METHODS: This study is a descriptive study to find out about satisfaction of elderly people towards 'Healthy and Happiness on the Buddhist Day Project' and to study about correlation between satisfaction and personal factors of elderly people towards 'Healthy and Happiness on the Buddhist Day Project'. To promote a better physical and mental health among elderly Project activities: 3 main activities including 1) Meditation practices, 2) Exercise (using bamboo stick dancing with local song) and 3) Development of written material e.g. Leaflets/brochures regarding healthy aging. Assignment of the Village Health Volunteers (VHVs) based on their responsible areas to encourage the elderly according to project activities. Development of health education materials (meditation leaflets) by VHVs under the supervision of the monk. In the research, satisfaction of elderly people towards 'Healthy and Happiness on the Buddhist Day Project' residing in Baan Phan Keang in Moo 3, 4, 15, Baan Phoe Chan in Moo 5, 14, 16), Baan Kut Reau in Moo 7, 13 and Baan Phoe Tak in Moo 6 located in Nangam sub-district, Selaphum district, Roi Et province. Ninety two elderly people who participated in the above projected were simple random sampling for face to face interview by

trained data collectors using questionnaires. In addition, in-depth interview 3 health care providers were conducted.

The statistic analysis: Personal characteristics (factors) of elderly people by frequency, percentage, average, standard deviation and minimum and maximum value. *In tem of the Satisfaction,* the level of elderly people towards the Healthy and Happiness on the Buddhist Day Project presented by percentage, average and standard deviation. To divide a rating scale for a purpose of interpretation of result, the researcher divided satisfaction into three levels as following: *Satisfaction level Criteria for interpretation of results* Low (mean score 1.00-2.49), Score received is less than $\bar{X} \pm SD$, Medium (mean score 2.50-3.49), Score received is equal as $\bar{X} \pm SD$, High (mean score 3.50-5.00) Score received is more than $\bar{X} \pm SD$

For the comparison on satisfaction level of elderly people by characteristics of population towards the project regarding 3 types of activities which are meditation, exercise, IEC production developed by village health volunteer. Independent sample t-test was used. Comparison on satisfaction level of elderly people by level of accumulated averages towards Healthy and Happiness on the Buddhist Day Project regarding 3 types of activities which are meditation, exercise, IEC production developed by village health volunteer, Pearson Product – Moment Correlation Coefficient was used to determine its correlation. Data was coded and entered by using Microsoft excel 2003 software and data analysis was done by using SPSS version 17 software. Chi-square was used to test the association between dependent and independent variables. Informed consent was obtained from each participant before an interview and an oral exam. The study protocol was approved by The Ethical Review Committee for Research Involving Human Research Subjects, Health science Group, Chulalongkorn University.

RESULTS: Majority (64.1%) of the samples were female and 35.9% were male. Average age was 69.65 years. More than half of the samples

(54.3%) were married and the second rank (40.2%) were widow/divorced/separated. Most of the samples (96.7%) finished primary school and the second rank (2.2%) finished secondary school. 96.7% of the samples were a member of Elderly Club, while another 3.3% were not. 72.8% of the samples have chronic disease, while another 27.2 do not. 73.9% of the samples participated in the project activities 4 times/month, and the second rank was samples (21.7%) who participated 3 times/month. 76.1% received information from VHV and the second rank (20.7%) received from health center.

Table 1 Numbers and Percentage of General characteristics of Elderly People

Population's Characteristics	Number (n=92)	Percentage
Sex		
Male	33	35.9
Female	59	64.1
Age		
60-69 years	56	60.9
70-79 years	36	39.1
Average Age (X) = 69.65 years		
Age Range (min.-max.) = 64-79 years		
Status		
Single	5	5.4
Married	50	54.3
Widow/Divorced/Separated	37	40.2
Education Level		
Primary School	89	96.7
Secondary School	2	2.2
Bachelor	1	1.1
Average Monthly Income		
Less Than or Equal as Baht500	58	63
From Baht501-1,000	6	6.5
From Baht1001 - 2,000	20	21.7
More Than Baht2,000	8	8.7
Member of Elderly Club		
A member of Elderly Club	89	96.7
Not a member of Elderly Club	3	3.3
Social Status		
Village Health Volunteer	10	10.8
TAO member	3	3.3
Community Leader	6	6.5
Others (a member of elderly club)	73	79.3
Congenital Disease		
No	67	72.8
Yes	25	27.2
Frequency of participating in the activities		
2 times/month	4	4.3
3 times/month	20	21.7
4 times/month	68	73.9
Source of Information		
From Health Centre	19	20.7
From Village Health Volunteer (VHV)	70	76.1
From self-study	3	3.3

The satisfaction of the elderly towards the project, it found that the majority (67.4%) of the samples reported a high satisfaction level toward the project. Another 22.8% (second rank) reported a highest level of satisfaction toward the project. High Satisfaction level of the elderly towards the project.

Table: Numbers, Percentage and Level of Satisfaction of Research Samples

Level of Satisfaction	Number	Percentage
Highest (scores= 80- 100%)	21	22.8
High (scores= 60- 79%)	62	67.4
Medium (scores= 40- 59%)	9	9.8
Low (scores= 20- 39%)	-	-
Lowest (scores= 0- 29%)	-	-
Total	92	100

In terms of factors influencing the satisfactions of elderly towards the project, the results revealed that only "Chronic disease" *was associated* with satisfaction of elderly people at 95% (P - value = 0.018) confidence level. The findings from in-depth interview three of public health officials, it revealed that all participants agreed that all instructors who facilitated this project were skillful in what they taught as session of medication was led by a Master Monk and an exercise by a trained village health volunteer (VHV). Appropriateness of time, all participants agreed that it was an appropriate time to conduct the activities on the Buddhist holy day at the temple as elderly people normally go to a temple for making merit on these days.

The advantages from participating in the project, all agreed that the project was very beneficial to elderly people in term of providing both physiological and psychological care. Slow movement of elderly people. Poor memory of elderly people. A stereo speaker could not turn up to the required level. For some temples, playground areas are limited with lots of trees. Small numbers of officials at the health center. Lack in budget for food and drink provision. Problems found in the project were :Memorizing a posture for exercise in the beginning of elderly people. However, when elderly people were provided with close teaching and used of marked stick, the problem was solved. Therefore, the capacity of VHV should be improved continuously in order to provide support and instruction to the elderly. Some temples

were covered with lots of tree limiting space for exercise, therefore; support on a proper space in the community by the local organization should be provided. Therefore, elderly people can conduct an exercise session in long-term period at a more convenient place. However, the participants provided some suggestion such as 1) Meditation: the session should be instructed by Master Monk who is skillful in teaching, 2) Exercise: marking with a tuft in red on left side, while yellow on right side can enable elderly people to exercise and 3) Production of CD and Brochure: additional copies of CD and brochure should be produced with financial support from Nagnam Subdistrict Administrative Organization.

Discussion: Generally, the project was beneficial to elderly people in improving a physical and psychological health through three types of activities (meditation, exercise, production of CD and brochure). Chronic disease was associated with satisfaction level toward the project of elderly people. The chronic diseases such as hypertension and chronic diseases had affected on project's participation. As a result, this limitation should be focused and develop a proper activities for those elder people with the chronic diseases to improve their health. VHV as a community member living in the same community with elderly people, therefore; they are most appropriate to conduct a home visit to elderly people as they are close to them. Public health official should conduct a monitoring visit twice a month to give a moral and technical support to elderly people and VHV. Additional budget should be requested. A group of people/network should be strengthen in order to provide mutual support to the public health officials. A competition of the best 'Elderly Club' should be organized every year. Therefore, to maintain a good health among elderly people in rural area, the project should be continued and sustained with support from local organization.

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