

A Model of Learning Promotion according to the Threefold Training for the Elderly in Sangha Administration Region 1

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ABSTRACT

The purposes of this research were 1) to study the principles, concepts and theory of learning promotion for the elderly, 2) to develop a model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1, and 3) to propose the model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1. Participatory Action Research was designed. Qualitative data were collected using interview from 10 key informants and using focus group discussion with 10 experts. Content analysis was used to analyze qualitative data whereas quantitative data was analyzed by using descriptive statistics. Results indicated that 1) the elderly had opinions on the model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1 in overall was at 4.77 percent. Considering in each aspect, Athipanya Sikka promote learning accounted for 4.65 percent, Atitsilasikha was at 4.71 percent, and Athichittasikha according to the learning promotion process according to the Threefold Training accounted for 4.78 percent by synthesis as a form of learning promotion activities following the Threefold Training for the elderly. 2) Development of a learning promotion model according to the Threefold Training using the 3 happiness activities consisted of 1) physical health activities by practicing 3 minutes of left-hand and right-hand swinging, 3 minutes of up and sitting in a chair. 2) Healthy and enjoyable activities focus on recreational activities, singing or dancing which is to enhance physical health and the mind to have fun. These three healthy activities have brought happy and bright by integrating with religious activities. 3) A model of learning promotion according to the Threefold Training for elderly in Sangha Administrative Region 1 reflected the common concept exchange knowledge and plan for 3 happiness activities which were 1) healthy physical health activities, 2) happy health activities, and 3) bright happy healthy activities integrated with the Threefold Training (Trisikkhā), namely "Athipanyasikkha" to promote learning. "Atisin Sikka" and acted according to the plan observe the results of the "Athipanya" practice, the change of learning, well-being, lifestyles of the elderly in Thai society.

Keywords

Promoting Lifelong Learning, Family Institution, Elderly Society

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Introduction

Situation of the Thai elderly, there is a higher proportion of the total population of the country, with 11.90% in 2010 and it is expected that in 2030 the proportion will increase to 25% of the total population which will make Thailand an elderly society. At the same time, the working-age population of Thailand whose duties to support the elderly will also decrease with a budget to care and maintain health. This causes the performance of various systems to decline and the elderly therefore have health problems. Most of them had health problems from chronic illnesses. (Foundation of Thai Gerontology Research and Development Institute, 2012: 123) found that the elderly had health problems resulting from illness with hypertension, 31.7%, diabetes 13.3%, heart disease 7.0%, ischemic stroke. 1.6 percent of the elderly female had a higher proportion of morbidity with these diseases than the male elderly according to the statistics studied [1].

In current society, there should be a way to care for the elderly in a holistic aspect ranging from physical, social, environmental and mental health with a monk as a leader. It will enable the elderly to receive physical and mental care at the same time and have joint activities in the age group using measure as the learning center of the elderly. Using a model to promote learning according to the principle of the Trisikkha principle for the elderly in the Sangha District 1,

learning is the most important self-development in living, working and living happily with others in society. It is a process that acquires knowledge, skills and attitudes [2]. The elderly can learn from hearing, practice, experience, exchange of knowledge. The use of threefold principles as a development tool learning of the elderly. It is part of a lifestyle that occurs at all times and throughout life. Helping the elderly to change their behavior, thinking, attitude can be useful and guide development [3] especially the Ministry of Human Resource Development or district hospital elderly club such pictures should be used to encourage the elderly to do activities together [4], to develop guidelines for the development of health promotion activities for the elderly according to the threefold principle to develop the true quality of life of the purpose called "freedom", namely the physical health of the elderly, elderly mental health cognitive health for the elderly, elderly social health. In transition to a proactive health service system and focus on promoting sustainable health. It's a challenging role for today's nurses in promoting health is an important factor for behavior change, health promotion for the elderly has sustainable health promotion behavior [5].

Research Objectives

The purposes of this research were 1) to study the principles, concepts and theory of learning promotion for the elderly, 2)

to develop a model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1, and 3) to propose the model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1.

Conceptual Framework

The model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1, to be related to the variables on the promotion of learning according to the Trisikkha principle for the elderly and according to the theory of social role as shown in Fig. 1.

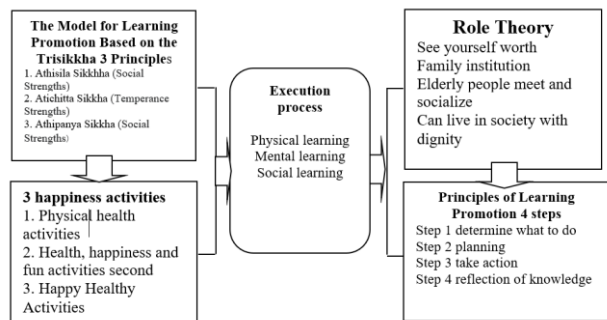


Fig. 1 Conceptual Framework

Research Method

A model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1, the research implementation steps are as follows:

A. Evidence Survey

Step 1: Researcher conducts research using a participatory action research (PAR) model to study concepts, theories, and transform lessons into a body of knowledge, analyze and synthesize into activities for the elderly.

Step 2: this stage is developed as a research tool based on conversation with the elderly by using empirical data from the discussion area with the elderly and create research tools such as interview form, questions for focus group discussion.

Step 3: Develop quantitative research, and data were collected from questionnaires from the elderly from Sangha Region 1 with 120 samples.

Step 4: Collecting data including interviews with 10 experts, and focus group discussion with 10 experts.

B. Research tools

1. Survey guide is a questionnaire from the elderly in the Sangha Administrative Region 1.
2. Interviewing is an interview form for promoting learning according to the Trisikkha principle for the elderly in the Sangha Administrative Region 1.
3. Quiz for participating in learning promotion activities for the elderly before participating in activities and after participating in activities with a test analysis of elderly health from the district hospital doctor to observe and take care of the participants.

C. Data analysis and statistics used to analyze data

1. Descriptive Statistics for describing general characteristics of the sample and descriptive level of opinion and percentage.
2. Qualitative data were analyzed results obtained from interviews with experts, and focus group discussion by using content analysis.

Research Findings

1. Role Theory, a theory that promotes self-worth human needs and family institutions which social theory encourages the elderly to have social gatherings living in society with dignity through 3 happiness activities: 1) physical health activities, 2) happy health activities, 3) health activities. It is the transmission to learning according to the principles of Trisikkha 3, which are 1) Atisilasikha, 2) Athichittasikha, 3) Athipanya Sikkha that is consistent with activities developed for the elderly [6].

2. Develop a model for promoting learning according to the threefold principle for the elderly in the Sangha Administrative Area Region 1, summarizes the statistics of each aspect as in Table 1.

Table 1. Opinions on the Trisikkha learning for elderly in Sangha Administration Region 1

A model for promoting learning according to the Trisikkha principle for the elderly in the Sangha Area Region 1	Opinion level of the elderly	
	Percentage	Rating
1. Athisila Sikkha (Social Strengths)	4.65	2
2. Atichitta Sikkha (Temperance Strengths)	4.71	3
3. Athipanya Sikkha (Social Strengths)	4.78	1
Overall	4.77	

From Table 1, the elderly had opinions on the Trisikkha learning promotion model for the elderly in the Sangha District Region 1, with the overall 3 points, the shy, the most agree, and the mean value was 4.77, the standard deviation was 0.51, all of them agreed sorted in descending order, namely the pattern of learning promotion. "Athipanya Sikkha" mean is 4.89, standard deviation is 0.64. "Atisil Sikkhha" mean of 4.79, standard deviation of 0.64 and the promotion of learning "Atichittasikha" had a mean of 4.78, standard deviation of 0.59, in order of importance of promoting learning according to the Trisikkha principle [7].

3. Propose a model to promote learning according to the Trisikkha principle for the elderly in the Sangha Administrative Region 1 from 3 types of education.

Format 1 in the aspect of Athasilasikkha having physical activity by observing the precepts by Samathan, the precepts of the preliminary setting spend time doing activities on Athisilasikkha integrating the dimensions of the society, the body, about 5 minutes, the form of activities exploring the body, comprehension, verbal and attitudes with all charities is called Athisilasikkhha, and finally revealed mercy call this activity mercy Dharma sustains the world make the elderly happy have joint activities forming a learning society can be used as a center of learning will get the following Figure [8].

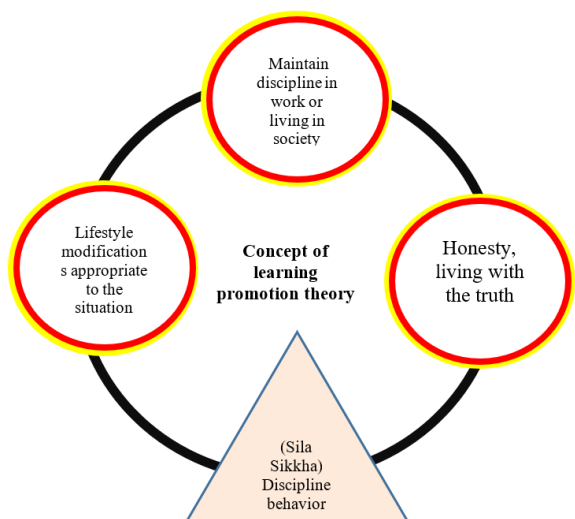


Fig.2 Concept of Learning Promotion Theory (SilaSikkha)

Format 2, the description integration into social dimensions training the mind to be calm and stable as a concentration such as performing public activities or volunteer activities considered self-care, it is the practice of activities that people initiate and take for the benefit of themselves in the maintenance of life, health and well-being. Measure as the center with a monk as a leader developing this Buddha mantra is one of the ways you can bring the strength of faith and wisdom to your life. Because prayer, in addition to the remembrance of the jewels, which is most respected in life then is also a recitation of the teachings in order to remember and take into account the conduct of wisdom as well.

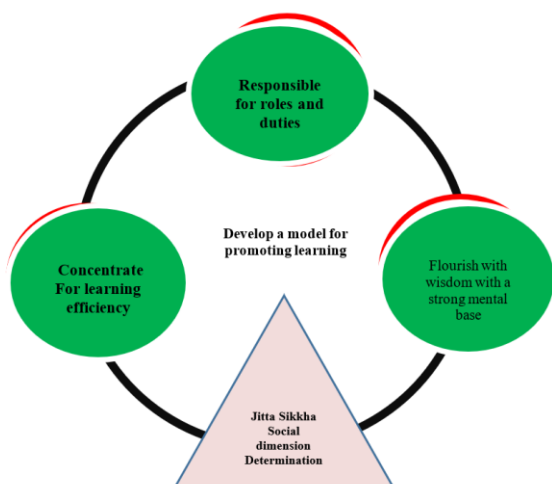


Fig.3 Develop a model for promoting learning (Jitta Sikkha)

Format 3 Athipanya Sikka is to study wisdom, to train oneself to become clear wisdom including meditation. It creates the power of faith confidence admire the grace of the jewels. It is called the creation of the intellectual power of Buddhism, called "Panya Pho" because reciting the truth and teachings of the Buddha in various chantings will affect the mental health of the elderly. Elderly social health and a model to promote healthy learning and life of the elderly and learning theory of the elderly on health [9].

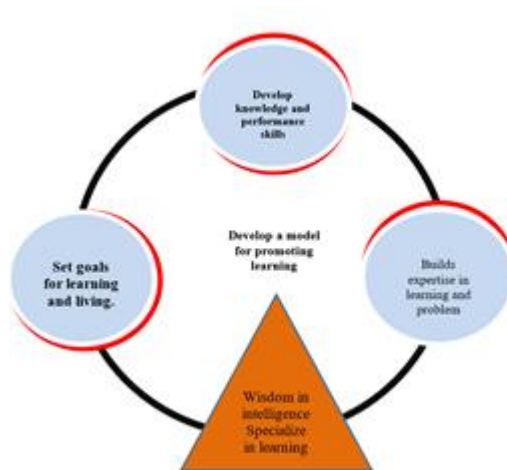


Fig. 4 Develop a model for promoting learning (Wisdom)

Discussions

1. Study the principles, concepts, theories of promoting lifelong learning for the elderly. Social welfare services to the elderly in Thailand. It also emphasizes defensive assistance services rather than proactively working in the community. The role of the public sector remains modular, lacking integration and collaboration at all levels and dimensions. The results of the study were synthesized by different models using the conceptual principles, and social role theory emphasizes self-worth. Family institution needs of the elderly in Thai society. They also want to live with dignity and want their children to be taken out to do outside activities among the elderly passed through 3 happiness activities 1) physical health activities, 2) second happy health activities 3) happy health activities through the principles of learning promotion 5 steps, step 1 determination of actions, step 2 planning, step 3 implementation, step 4 knowledge reflection, emphasize a multifaceted work method, aiming to achieve work in multiple dimensions that are linked to the elderly holistically by integrating both the health and social sectors, integrating the concept of action plan by analyzing data from the three aspects of the exam were 1) Athasilasikha is 4.65, 2) Athichittasikha is 4.71, and 3) Athiyasikha is 4.78. Overall is 4.77 in all areas studied, have a consistent concept. The results from the quantitative analysis of questionnaires from the study samples.

2. Develop a model to promote learning according to the three-fold principle for the elderly in administrative area of the Sangha Region 1.

1) Promote a happy coexistence with other ages in society, reduce the age gap, 2) Provide mental activities such as meditation, outings, hobbies, and 3) Promote activities community traditions such as various merit-making events, 4) organizing a meeting place for meetings of the elderly club and support the participation of the elderly club consistent with the concept (Woranyoon Rirom, 2016: 1) studied social well-being 1) promoting planning Saving among youth and working-age people. The goal is to serve as a welfare when entering the elderly, 2) Develop clubs and networks of elderly activities, build leaders that understand the job, 3) Social networking, caring for each other, friends help friends, 4) Develop rational learning, value awareness

and dignity, 5) Promote family roles in caring for elderly as appropriate, intellectual well-being every activity. It is linked to the Trisikkha principle [10].

3. A model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1.

1) Atthisilasikha, principles that can be used to train and develop oneself to be progressive, happy, able to solve problems in life properly, in accordance with the concept consistent with Nicharee Jaikhamwang's research, 2015: 1). The results of the research "Health Promotion for Sufficient Health of People Affected by Flood, Forest Water and Mud Lands, Lap Lae District, Uttaradit Province" summarizes the problems of the elderly including social, psychological, emotional and physical aspects. There are guidelines for solving the problems of the elderly physically, such as self-care of the elderly, their families and government agencies, psychological and emotional aspects, including the support of the family organizing social activities such as participation in the association of the Elderly Council of Thailand, creating self-care program for the elderly. The creation of occupational groups, health management models and self-preferences of the elderly Uttaradit province has 6 steps: self-planning, self-realization, creating a mentor for the elderly compliance with the elderly network participation plan and monitoring and evaluation [11].

2) Athijittasikkha is a practice for training the mind to achieve virtues such as high concentration. The separation of all things and evil. It is a practice for the elderly to practice meditation and to have activities together on the Dharma day for the elderly to reduce their identity and create love and unity in the group. From learning according to the threefold principle consistent with the concept of Phra maha Witun Siddhimethi (Bangsantia) has researched on "The development model of quality of life in Buddhist philosophy according to the various functions in the Dhammakon commentary", the results of the research found that the four aspects of quality of life development, namely physical, social (precepts), emotional (mind), and intelligence were analyzed through the Buddhist philosophical framework as evidenced by the personification story in the Dharma commentary. It has the main goal of solving life problems without focusing only on theory, but aims to make human beings aware of the implementation of the Dharma substance until it produces qualitative results that are correct and good to see the guidelines learned how to think understand how to follow the implications of various matters in the Dharma commentary until able to fully understand the essence of all conditions.

3) Panyasikkha, education develops clear intelligence in the area of physical health, elderly mental health makes the elderly with compassion, morality, ethics, as a tool for cultivating wisdom from learning according to Trisikkha principles related to Charoen Nuchiyom, 2018: 1) (Putthipat Lertchaowasit, 2011: 1). It was found that 1) the concept and theory of quality of life development through the integrated Buddhist method, develop the quality of life in physical, mental, mental and intellectual capacity to have self-reliance. 2) Developing the quality of life of the elderly through an integrated Buddhist method, and Elderly Health Promotion Center by bringing principles to promote the

development of the quality of life of the elderly adhere to the precepts and psychological aspects, meaning that the elderly has good physical and mental health, 3) the development of the elderly quality of life through the integrated Buddhist method. As a result, the elderly adapt to understand the reality of living with society able to live happily.

The results obtained from this research were used 3 happiness activities, namely 1) physical health activities, exercises stretching carrying out daily activities, and promoting the elderly to exercise improving the physical health of the elderly, and can also lower your blood pressure which activities are held. Therefore, it is suitable for further development for the elderly community in Thai society. It is an activity that promotes health but brings happiness in exercising allowing the elderly to exercise by dancing and using the principles of psychology create a therapeutic laughter activity. It also promotes physical and mental health. 3) Healthy activities, performance by singing activity allowing the elderly to practice living skills together has exercised in the use of sound using music as a medium Later, there will be activities counting from 1 to 10, doing hand gestures, a flirtation, with activities to do each day promote physical and mental health brighten the mood. It is suitable for the elderly and takes advantage of their free time and has been synthesized as a body of knowledge from research as follows [12].

Body Of Knowledge From Research

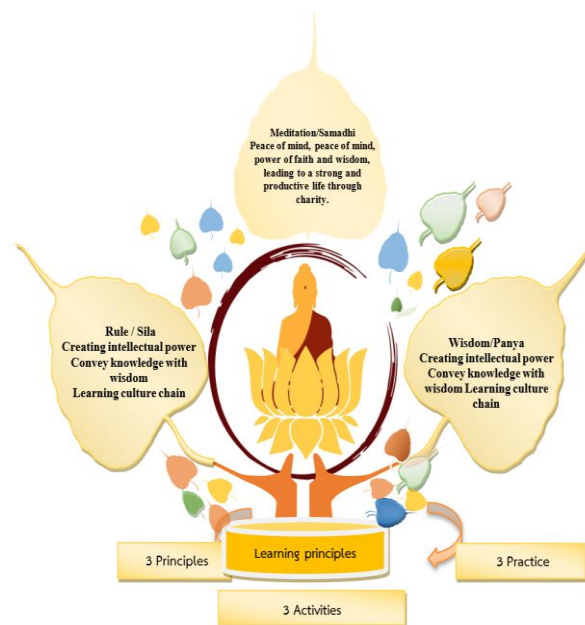


Fig.5 The body of knowledge from the study is "The Trisikkha Learning Promotion Model for the Elderly in the Sangha Area Region 1".

Recommendations

The model of learning promotion according to the Threefold Training for elderly in Sangha Administration Region 1, the researcher has the following recommendations.

Recommendation for policy

1) Responsible and supervisory units are the main agencies with important missions in promoting and developing capacity. Welfare arrangement should enter into action with relevant agencies to coordinate with the local government organization to provide management of care for the elderly in the community public health developing the quality of life by volunteering to care for the elderly and creating a network of the elderly to connect with the elders in other communities or villages.

2) The responsible agency should promote procedures taking into account necessity, physical condition, urgency and safety as well as the knowledge and expertise of the workers or cultural transfer activities or wisdom to enable the elderly to pass on the culture and local wisdom for recreational activities.

Recommendation for further research

1) Should research promoting and supporting mental health and physical health services of the elderly according to the Brahma Vihara IV, Iddhipada IV and the prayer of Dharma IV to promote the elderly to live happily.

2) Should research developing the quality of life of the elderly through the Buddhist method integrated with the elderly lifestyle according to the sufficiency economy philosophy.

3. Should research promoting learning on quality of life for the elderly through innovative processes and learning technologies for physical and mental health care.

Conclusion

Caring for the elderly not just taking care of just the body to be healthy, but it should be viewed in a holistic aspect ranging from physical, mental, social, environmental and mental health with a monk as a leader. It will enable the elderly to receive physical and mental care at the same time and have joint activities in the age group using measure as the learning center of the elderly. "Using a model to promote learning according to the Trisikkha principle for the elderly in the Sangha Area Region 1".

The three 3 principles

Principle 1 consists of principles of organizing merit-making activities of social contribution principles, and the practice of Vipassana and prayer.

Principle 2 refers to maintaining healthy physical and mental health, age-appropriate exercise, such as walking or cleaning temples or the magic garden under the wood create an atmosphere and stabilize the state of mind by determining knowing at all times.

Principle 3 emotional health aesthetics by exchange of knowledge with volunteer activities or Buddhist activities, offering alms to monks, and cultural tourism.

B. Three methods to do it.

Method 1: Join the temple at the temple practice steady meditation with meditation, and peace of mind, it will bring

calmness, able to control the emotional state when there are things that do not wish to affect the mind.

Method 2 is strengthening faith and wisdom to life. Participating in religious activities must have faith in this means believing in something but according to the principles of Buddhism, faith refers to a belief that is rational, not ignorant. The doctrine of faith or belief that consists of reasons and problems, we can think of the cause and effect.

Method 3 is to be strong and grow with wisdom. Trained will not be shaken easily biased especially when there is a certain emotion, for example, if someone gets angry often angry in response to preparing the mind to be ready to use wisdom to consider and enlighten the truth to strengthen the mind must always try and practice because one's mind is a sly state restless. If there is a weak mind or have never been through mental training administration before may waver and fled to find friends.

C. Three Activities

Activity 1 When conducting physical health activities exercise, stretching, carrying out daily activities and promoting the elderly to exercise to reduce the weakness of the body and nowadays, NCDs are a major public health problem for the country. According to the Ministry of Public Health report, the top five community diseases in NCDs are hypertension, diabetes, musculoskeletal and cardiovascular disease. Skeletal and fat embolism, most of the patients found in the workforce and the elderly. From inquiries, it was found that the patients lacked exercise and consumed the wrong food causing health problems of people in the community. If people consume hygienically and exercise regularly, it can reduce the problem and also measure it by walking inside the temple, have activities to do together improving the physical health of the elderly and can also lower your blood pressure events. Therefore, it is suitable for further development for the elderly community in Thai society.

Activity 2 Health, happiness and fun activity second, it is an activity that promotes health but gives happiness in physical exercise or activities that the elderly perform with dances for the elderly to exercise by dancing and using psychological principles to help, create a therapeutic laughter activity. It also promotes physical and mental health because we have our heads and have enjoyed doing these activities.

Activity 3 Happy health activity performance based on singing activities to train memory; allowing the elderly to practice living skills together doing singing activities has exercised in the use of sound using music as a medium when doing this activity make fun of old people laughs, and when singing a wrong song. Later, there will be activities counting from 1 to 10, doing hand gestures, flirting, and having an assessment of depression. To reduce depression among the elderly and assessment of dementia, having activities to do on a daily basis promotes physical and emotional health, makes moods clearer, suitable for the elderly and makes good use of their free time.

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