

The Participation Model of Ageing as an Active Citizen

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ABSTRACT

Thai Population as the aged society in 2021, it is expected to reach in 28 percent in 2031 and will become super aged society. The people engaged to older ages, their ability was decreases, and would be referring to the dependence. The activity theory believes that the elderly was active life-style, and they are more satisfied in life. The researcher was interested in developing a participation model of ageing as an active citizen. We collected data by focus group discussion at three best practice of ageing participation regions. Each region consists the chief of organization, practitioners and Active Aging, all of that about 7-10 people. The result showed the Participation Model of Ageing as an active citizen consisted of 1) the policies for joining elderly, 2) the responsible person, 3) notify to the elderly understanding policies, 4) the process was clearly, 5) the elderly decided to activity joining as problem presentation, problems solving activities for the community and themselves, management, modify and improve actions and joining activity, and 6) to their benefits as increasing ADL, Health, social network, increased self-health satisfaction, income, and self-esteem.

Keywords

Active Ageing, Participation Model, Best Practice

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Introduction

The aging population is a worldwide phenomenon that is the result of declining fertility rates and longer life expectancy. Therefore, the number of elderly people has increased, thus increasing the aging rate. As of 2018, the world had a total population of 7,633 million. There were approximately 990 million elderly people aged 60 years or more or accounting for 13 percent of the total population, causing the world society to enter an aging society. Europe was the continent with the highest proportion of the elderly at 25 percent. As for ASEAN, it had entered the aging society as well, with 10.2 percent of the population aged. Singapore is the country with the highest elderly, at 20.4 percent, followed by Thailand with 17.6 percent of elderly people. [1]

Thailand fully enters the aging society in 2021, and by 2031 it is expected that the proportion will increase as high as 28 per cent towards “the most advanced elderly society” [2]. As a person grows older, the body changes in a way that deteriorates according to the mechanism of aging. The biological aging theory believes that this mechanism arises spontaneously at the cellular level with increasing age, causing the body's organs to lose their function [3]. This causes the elderly to have reduced ability to function and to enter a dependent state at a later time. An assessment of the health screening of 6,394,022 elderly people in 2015 by the Ministry of Public Health found that 79 percent (5 Millions of people) are elderly people who can help and rely on themselves. 21 percent (1.3 million) are elderly people who are dependent and in need of both health and social care [4]. If the elderly who begin to perceive their own body changes in a deterioration or society see them as the age with disengagement theory [3], the elderly are disengage from their work, despite the fact that work is one of the factors

that make them work-ready [5]. This is consistent with the activity theory that the elderly with regular activity are characterized by being active, satisfied in life and adaptable [3]. The socially engaged elderly perceive themselves to be healthy [6], vitality, good health, income, not being a burden to others, self-reliant and self-worth.

The development of elderly participation requires the development of the elderly potential to be able to function effectively, readiness to be involved in successful activities, changing the creative worldview of self and society, sense of self-worth, ability to adapt to environmental activities, potential for social participation [7]. From the Active Aging Index of Thai Elderly survey, it was found that the Active Ageing Index in engagement (0.502) was lower than the others [8]. Participation in activities is the main factor for good health because the body is constantly in motion. It also generates income which will create stability and lead to self-reliance of the elderly and result in the elderly with vitality in life. Therefore, the researcher is interested in studying about “The Participation Model of Aging as an active citizen” by removing good practical lessons on the participation of active elderly people.

Research Objectives

The objectives of this research are 3 as follows.

1. To transcribe the lessons of participation of active elderly people.
2. To develop knowledge about the participation of active elderly people.
3. To develop a participation model of active elderly people.

Literature Review

Old age is an age that has changed in deterioration both physically and mentally. Society causes the deterioration of the functions of the body systems, which results in the elderly having reduced ability to perform daily activities. According to disengagement theory explains that aging is a natural process. When organs are used a lot they can deteriorate and go faster if they work hard, even if humans can repair themselves and keep using them. Disengagement theory believes that individuals, as they reach senior age, accept their declining roles and functions; gradually disengage from society. It also made the relationship with society, income and role less, respectively. The elderly feel that their self-worth decreases, causing disengage from social activities. On the other hand, activity theory believes that older people who are always active have a sense of satisfaction in life and are prepared to perform activities due to their health, lifestyle and ability to do activities that are satisfactory. This includes social activities that are suitable for themselves, such as volunteer activities, social activities, or income-raising activities that provide self-stability. Therefore, encouraging the elderly to participate in activities makes the elderly who are active themselves. Consistent with studies of Haruthai Kongmaha, Kannikar Harnsoongnern, Wilaiporn Rungkawat and Pratum Kongmaha [9] found that the enhancement of active in the elderly consists of 5 components: 1) Creating the faith of the active elderly people 2) Creating a social space to allow the elderly to show their talents 3) Promoting lifelong learning through involvement of the elderly and integrating the concept of people of different ages 4) Integrating people of different ages to participate in activities 5) Creating a conducive and safe environment.

Active elderly people refer to the elderly who are always prepared for activities, satisfaction with their health conditions, their ability to live and do activities that they are satisfied with. This includes social activities that are suitable for one, such as volunteer activities, social activities, or income-raising activities. When the elderly have income and the ability to do activities on their own, they feel secure within themselves. The participatory pattern refers to the practice of individuals engaging in established activities, which can occur intermittently or continuously throughout every step without the need for a definite goal. Success is often dependent on an environmental context if it is likely to be productive and readily available in terms of vitality, competence, intelligence, knowledge and appropriate opportunities of participation. Literature reviews show that participation in the elderly society results in the elderly having the power to carry out their activities and to lead their own lives but most older people tend to feel that their physical ability to perform daily activities is reduced, and they disengage from participating in social activities. Therefore, the researcher is interested in studying lessons that help strengthen the participation of active elderly people from related papers and develop a participatory model of active elderly people.

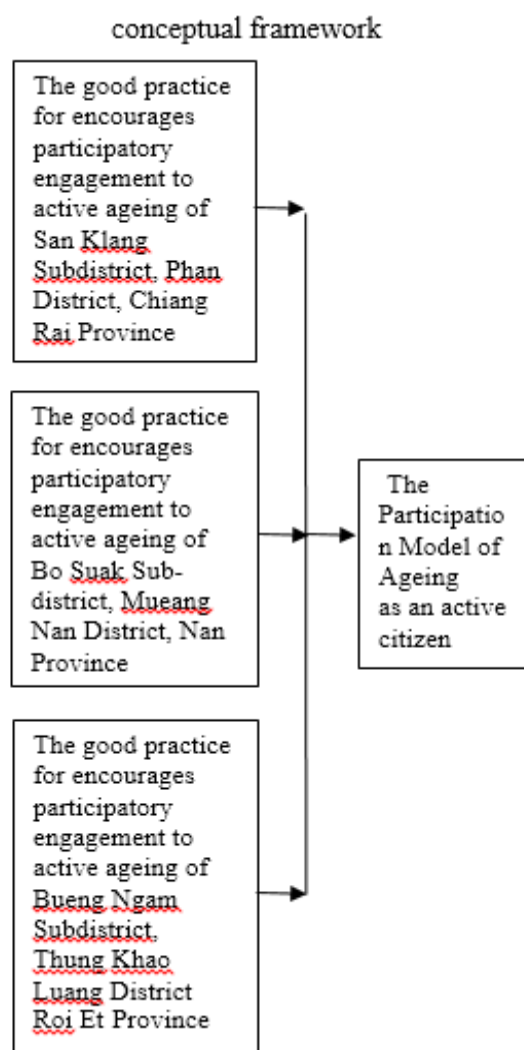


Figure 1 Literature review flow diagram

Research Methods

This research was a qualitative study to study the participation of active elderly people. There were methodologies, divided into 2 steps as follows:

- 1) Study of documented secondary information and research by studying documented data on the participation of the active elderly people. It was researching and collecting general information from academic papers, related research papers, journals, electronic databases, research findings related to implementing good projects / activities to enhance the participation of the elderly for being active elderly people.
- 2) Transcribe the lessons obtained from good practice in enhancing participation of active elderly people in three provinces with Active Aging Index of participation in the top 1-5 provinces in Thailand and select the best practices of each province to consider

Population and sample

The sample used in this study was a good practice area. The researcher selected a specific elderly sample by studying the provinces that had an active index in the elderly

participation that ranked three of the five provinces of Thailand.

Select provinces with high social participation and respected elderly groups in the provinces and were willing to cooperate in this research:

- 1) San Klang Subdistrict, Phan District, Chiang Rai Province
- 2) Bo Suak Sub-district, Mueang Nan District, Nan Province
- 3) Bueng Ngam Subdistrict, Thung Khao Luang District Roi Et Province

Research instruments

Semi-structured question landscape: The researcher builds on a literature review consisting of questions about the background of the elderly, project preparation, project execution, project results, problems found with solutions and suggestions for the next project implementation. These were 11 open-ended questions.

Testing for validity and reliability

The content validity test of the semi-structured questionnaire was performed by five relevant experts to examine content validity, comprehensiveness, completeness in accordance with the research conceptual framework and meets the desired objectives along with considering whether and how to use language that could be easily communicated and suitable for the sample group. When IOC = 0.78 was obtained, it shall be revised to be correct and appropriate according to the suggestion of the expert by having a dissertation advisor who examines the suitability of the expert.

Research ethics certification

Researcher had submitted a request for research ethics to Huachiew Chalermprakiet University Ethics Committee on Human Research, certified document no. 101722563 on 12 October 2020.

Data collection

Data were collected in all 3 areas by focus group discussion. The group discussion consisted of 7-10 executives, practitioners and active elderly people.

Research Results

Secondary data from papers and research and transcription of good practice lessons to enhance the participation of the active elderly people were studied. In the sub-district group discussion, the participants consisted of 1-3 administrators and sub-district administrative organizations, practitioners involved in the work of the elderly 2-3 people and active elderly people number 4 or more, resulting in the following findings:

- 1) The organization had policies and plans to organize various activities related to the elderly in the community, such as social development policy and elderly participation, in line with the saying that

"... I already had a clear policy, and when Monsignor informed me it, we gave the help that the elderly need. As for the operation, he managed himself....but we supported him as requested, such as requesting an IT lecturer, we also provided it..." (G1)

- 2) There was a person responsible for the activities of the elderly group in the area of responsibility with assignments on promoting the building and development of working potential of the weaving group, the basketry group and the herbal group of the elderly by specifying the name at the end of the plan, in line with the saying that

"... Every time I went to coordinate myself, the staff... came to take care, gave assistance and advice. They took good care of us. Like this, I'm happy and ready for the event to the fullest ... "(G2)

"... I had assigned the deputy to be responsible. The staff ... came to look after and visited the elderly almost every week, helping, brought information, brought work. Many elderly people work according to the orders of the staff and they still have good income..." (G2)

- 3) There was publicity found that the elderly leaders in the community were invited to the meeting to acknowledge the policy and to inform the elderly, in line with the saying that "... Second Sister, you went to my village. Told me the details at home. ... I saw that it was interesting, so I tried to look at it first and I wasn't sure. It was really good enough ... "(G2)

- 4) There was a systematic operation and publicizing the operation system to the elderly, along with preparing publicity documents about the activities of the elderly with a system of assistance, care and support for the elderly to run the project continuously and efficiently, in line with the saying that

"... At first, the SAO would invite the community leaders to talk, and after that we invited the various intellectuals to come together to meet on how we should do it. Staff ... will come to help take care and service us. We had something to help each other. Recently, the staff ... rarely come to look for work, they may be busy... " (G3)

"... When the SAO told me ... "There is a budget of 5,000 baht. Community leaders think about how to bring this money to work with the elderly" ... After that, we came together to determine what to take, together think and act with ourselves until it is what you see ... but they don't leave their work even though they don't know what to do. I don't wanted it ... ", " Yes, if going then you won't know what will be ... ", " If you go and don't know what will be like this, it will not go better "(G1)

- 5) The elderly decide to get involved.

5.1) Participation in thinking, presenting problems, presenting solutions and presenting needs of the elderly in the community

".... It started with the problem of people who fooled the elderly at home, tricked them into signing their names, giving them fingerprints and taking all their money away. When the school gave the staff to teach and give knowledge, we were not deceived again ..." (G1)

5.2) Participation in community presentations resulting from seeing the problems that arise together, in line with the saying that

".... I thought I would like to get an elderly school and presented it to the staff ... he agreed and presented it and the

result is that the SAO agrees, so this was the origin of the school. Here are 4 batches " (G3)

"..... I would like children to learn because in the future children may not be able to do It would not be lost to our generation" (G2)

5.3) Participation in project execution, decision-making in terms of corrections, additions, reductions of activities, along with improvement and management of community resources for the effectiveness of the stated goals and ensuring that activities are performed according to demand and quality, in line with the saying that

"... He raised me to be the leader of the group Haha ... Well, I live near here"(G2)

"...Oh... When the project started, they (the elderly) managed themselves. We didn't need much, anything, he (the elderly) came to tell. He was doing better than us "(G3)

".... We said that we would help find a speaker ourselves. We had a volunteer lecturer and we needed someone who knows the law SAO ... Change it for me We had a retired teacher to help teach. We were very happy and he was not accepting compensation. We then took the money to spend other things "(G3)

5.4) Participation in activities from the list of all project operators according to the membership group of each activity such as students, members of basketry and herb groups, etc. Highly interested activities were characterized by easy participation, convenience, suitable for individual elderly health conditions and appropriate experience, past knowledge of elderly and not very long time to attend, in line with the saying that

"... I did too, if I didn't, where do I get my income ..." (G2)

".... I came early to prepare, then I came to train and join in activities. When he got up and danced, I danced too, but it was fine as both a preparer and a student. It was fun and helped others. May be a bit tired ... Well, it was okay, just let everyone have fun and had the knowledge to take care of themselves..." (G3)

"..... Our activities were very easy each day. You could do a lot of things but didn't get bored. We had a lot of fun conversations with many groups of people. Basketry work did not take long to learn. Today studying, tomorrow teaching is fun, the schedule will rotate I'm going to continue knitting leaves, and when finished, show them, and someone will come and buy it " (G1)

5.5) In taking part in benefiting, it was found that the elderly who participated in this activity because they perceived that they would receive many benefits, divided into areas related to the elderly themselves and the elderly community society.

5.5.1) Elderly person on health status, social networking, knowledge, lifestyle ability, self-health satisfaction, self-esteem, income and safety, in line with the saying that

"... ..we .. came and felt healthy. happy and fun ... and also earn income...We would keep coming, and if told to stop coming, we would not stop coming. We"(Saying and rejoicing together as the whole group and laughing with joy" (G1)

".... Since coming to school, we had felt that we have been able to get around more smoothly, do more. It was strange ... Now you can walk better. Like the band on the back here, I forgot it,Yes, I forgot it, Don't, we don't need it again, we've stopped using it" (G1)

".....A royal family came to see the event here.. Doctoral, Master's and Bachelor's students had come to see many generations of our work ... This was the accommodation of the Bachelor's degree and that is for the Master's and the Doctor's degrees (Point to the residence, which was a very beautiful Thai house) I intended to arrange it and I am glad that I have given knowledge" (G2)

"..... In the past I couldn't do anything, knee pain, finger pain, and swollen joints that I couldn't bend at all. When I came here to exercise and dance until now I can write and eat by myself. I can do anything I can do without pain. But only 2 inches left with a little pain, but no redness then "(G2)

5.5.2) For the benefit of society and the elderly community is progress, safety, external recognition, support, care and sharing in the community, in line with the saying that

"..... Our village is now famous, with more tourists coming. We have sold more. We follow the modernism, but use our folk wisdom, which tourists like to make us earn more. Now we can work together to make roads that cars can run. If we and the state work together, we will get a beautiful road ... " (G2)

"..... Now there is no (deception), then our elders are knowledgeable and knowledgeable about IT" We have a network that we can always line up with and no one else can fool. We have a line to tell each other, take pictures and send to each other, which we help each other watch and monitor each other closely. When we first got together we were able to catch a deceitful person. In the past we were deceived and suffered a great deal of damage " (G1)

".... Oh We all knew each other ... There were things to share such as chicken, eggs and vegetables. Now we don't have to buy anything, including rice ... very good and economical. We ate fresh vegetables, and some of us rarely had to buy a side dish, with fish and vegetables to share. The fish here are freshwater fish, it's delicious. Teacher, try eating it, it's delicious "(G3)

6) Ready to activities. (Active ageing) as increase their ability to perform daily activities by oneself, improve their health. There are more social network. Life satisfaction appears to increase. Have more income And have an increased sense of self-esteem. That

"...Not bored, not tired, I was very helpful. I was glad to apply my knowledge and experience to public benefit. Staying at home was useless. When I leaved my home to join activity. I felt happy..." (G3)

Discussions

According to the research, it was found that the participation pattern of active elderly people must start from:

1.The organization had policies and plans for conducting activities on the elderly in accordance with the study and design of the governmental participation of the agency which was an international organization that promotes and develops the participation of the people. It was necessary to provide opportunities for people to participate in the government sector [2]. As the organization did not open opportunities, the elderly would not have the opportunity to work with the agency.

2. Having a person responsible for promoting the activities of the elderly group in the area of responsibility and the

person responsible for public relations and liaising with the elderly to clearly participate to facilitate the provision of information, this would make the elderly feel confident and valuable in their participation. But if things didn't meet their needs or lack adequate support or the unexpected, they may experience a decrease in self-esteem [10] which disengaged them from participating in activities. In line with the studies of Thanakorn Sirisukantha, Raksir Kietbut and Supattra Wansuebchua [11] found that staff behavior was a factor affecting the participation of the elderly.

3. The agency must publicize the elderly on the opportunities and patterns they want to participate, as well as the benefits that the elderly and the community would receive. Consistent with the education of Chintawee Kasemsuk [12] discussed the process of creating participation, and it was necessary to communicate in various ways that are appropriate to the elderly or community for awareness and understanding in order to make the elderly ready to participate in society. It was imperative to be ready in all respects to enable older people to have self-confidence and to accept that they can contribute effectively.

4. The elderly decided to participate in activities based on obtaining information due to public relations of clear and sufficient information, considering their own ability to participate in social activities. They may consider issues including the physical, mental, economic, competence and support they will receive when making decisions. This was consistent with the study of that found that physical, mental, educational and occupational health are factors for the participation of the elderly in community development. [13] This was because the decisions of the elderly Depending on the availability of various aspects. These included knowledge, understanding and technology competence in various contexts related to projects / activities to enable the elderly to be able to confidently participate [14].

5. The elderly were involved in the activities, whereby the elderly decide to participate in different steps according to the availability of each person as follows:

5.1) Participation in thinking, suggesting problems and proposing solutions. The involvement of the elderly begins with providing information, presenting problems, initiating projects, discussing issues and needs; this made the elderly feel that participation is the solution to the problems of their communities and themselves. [14]

5.2) Participation in proposing community activities as a result of seeing the desired problems, mutual change, collaboration and taking responsibility in matters affecting oneself and society for change in the desired direction [12]. The elderly were aware of the various contexts of the area, the environment and the needs of the community and themselves.

5.3) Participation in the implementation of established projects or activities, making decisions, managing, editing activities, adding and reducing activities to be more consistent, the elderly would play a constructive role in order to return the effects of activities to the elderly and the community [15].

5.4) Participation in activities whereby the activity started from participating in different stages, most older people will participate in programs or activities in terms of productivity and self-satisfaction, for example, participating in exercise

to increase physical fitness, joining basketry group to earn more income, participating in teaching and demonstrations to build pride and self-worth.

5.5) In participating in the benefit, the elderly would realize the benefits they arise for themselves and create a continued reliance on those activities. According to Charinya Chansong [16], it was found that the elderly had the highest level of benefit participation, the benefits that the elderly received were as follows:

5.5.1) Elderly aspect: Better health, more social networks, more income, more lifestyle knowledge, sense of self-health satisfaction, increased awareness of self-worth, and increased life safety.

5.5.2) Social aspect: Society had progressed as a result of activities and support to facilitate the participation of the elderly, resulting in safety; it was recognized by the external society in accordance with the available resources, social lifestyles, and the living needs of the elderly [17].

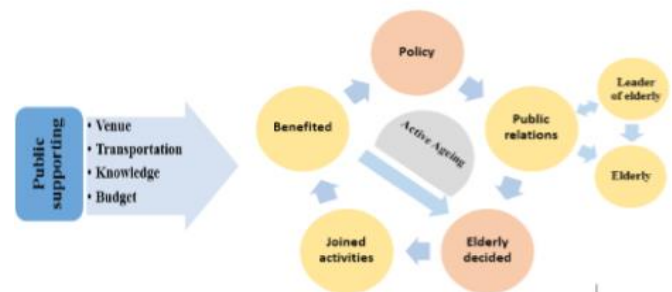


Figure 2 Diagram of The Participation Model of Ageing as an active citizen

Conclusion

When the project runs for a while, it will affect the elderly. The elderly will be able to self-assess themselves on their participation in that activity along with meeting and discussing the project performance and the results of participation in that project / activity [12] to personalize the activity. This step was a self-assessment of the benefits. Participation in community activities was the creation of self-worth among the elderly, making them more readily available and energizing in social activities. As a result of the overall study, it was found that when the elderly who were given the opportunity to participate are activities that benefit the elderly. These included solving problems in life, enhancing stability, earning income, having more social networks and being able to live, etc. This was to allow the elderly to present problems facing the elderly and to propose solutions that are consistent with the elderly lifestyle. The elderly would also take part in that project / activity and as projects / activities run for some time, the elderly would contribute to that benefit in terms of increased social readiness, including social networking, being supported, cared for and shared with each other in the community, increased living ability, self-health satisfaction, increased income, and increased self-esteem. The elderly would have a continuous and lasting participation. The process of community participation came from the operations between the public sector and local administrative organizations jointly develop activities for the development of quality of life and guidelines for community participation. In terms of

the promotion of the state, it was done by bringing local cultures to create a common ground in the strong community integration, increased income and jobs contribute to life stability, life satisfaction and a sense of belonging to the community. Participation in activities made the elderly more readily available to practice social activities [18] [19].

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Recommendations

The recommendations from this research are divided into 2 points:

1. General suggestions

Related organizations should use the research results as a guideline for organizing activities that enhance the participation of the elderly that will empower the elderly as follows:

- 1.1 Establishing policies for the elderly to be clearly involved and responsible persons
- 1.2 Public relations to the elderly to know and understand the policy clearly.
- 1.3 providing opportunities for the elderly to participate in every step
- 1.4 Allowing the elderly to participate in the benefits that arise to the community, society and the elderly in a concrete way.

2. Suggestions for further research

- 2.1 Comparative study on the satisfaction of participating in various types of activities to guide the research results in organizing activities to enhance participation in elderly activities.
- 2.2 A study of patterns to improve the environment that is conducive to the participation of the elderly.
- 2.3 Study of factors affecting the participation of governmental organizations in different social, cultural, traditions and environmental contexts.

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