

Innovation Improvement of the Elderly's Quality of Life in Eastern Economic Corridor through the Folk Sports Wisdom

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Received: July 30, 2024 Accepted: August 31, 2024 Published: September 14, 2024

doi:10.5296/jei.v10i2.22093 URL: <https://doi.org/10.5296/jei.v10i2.22093>

Abstract

According to the increase of elderly population, the development of quality of life of the elderly is essential. So, the researcher decided to create innovations in improving the effective quality of life of the elderly in Eastern Economic Corridor through the folk sports wisdom. The sample was 90 elderly aged between 60-84 years old of the Ban Bueng Municipal elderly school and the elderly school of Map Phai Subdistrict Administration Organization, Ban Bueng district, Chonburi province, participated in innovative activities which created by the research team for a period of 5 weeks, 1 day for 3 hours. Statistical analysis included

Frequency, Percentage, Mean, and Standard Deviation. The results showed that satisfaction on innovations in improving the effective quality of life of the elderly, in terms of location, equipment, and facilities, in terms of staffs organizing activities, and management and operations were at the highest level as well as the quality of life of the elderly after participating in activities, in terms of environment, physical and mental health was good while the social relations was at a moderate level. The elderly was satisfied with their own lives, worked well and got around by themselves, and built good social relationship among friends, and also chose age-appropriate recreational activities.

Keywords: Innovation, Quality of life development, Elderly, Folk sports

1. Introduction

In the past, in the 1990s, our world had 9 % of elderly aged over 60 years old. The proportion of elderly population has gradually increased to 11 % in 2010 and has risen to 13 % in 2019. The UN estimates that by 2040, the world's population will reach 9.2 billion and there will be 1,738 million of elderly population, or 19 % of the world's population. In other words, within these 20 years, 1 in 5 of the world's population will be elderly. In the 1990s, our world had late elderly aged over 80 years old, or 1 %. By 2024, the United Nations estimates that the number of late elderlies will be 305 million, or 3.3 % of the total population (The Foundation of Thai Gerontology Research and Development Institute, 2020).

For Thailand, basing on the information of the Department of Provincial Administration, by 2024, there are a total of 12,071,837 elderly or 18.2 % of the total population: 6,751,724 people are females and 5,320,113 are males. (Forecast Statistics Division, National Statistical Office, 2021). The provisions of the Constitution of the Kingdom of Thailand, the 2nd National Plan on the Elderly 2002-2021 is the long-term plan with a policy that prioritizes “the Life Cycle” and gives the importance for everyone in the society who are related to the elderly people and protect especially the promotion of education and information that are useful for life in order to help improve the quality of life and prepare the elderly in Thailand to become potential because the elderly people are useful for the society and should be encouraged to maintain their values as long as possible. This plan is under the concept of “Elderly as pillars of society”, going together with the creation of a security process through the participation of all sectors with five objectives: 1) to encourage the elderly to have a good quality of life by living a valuable, dignified, self-reliant and stable life; 2) to create awareness for Thai society to recognize the elderly as a useful person for the community and encourage them to maintain their values as long as possible; 3) to make all the population aware of the importance of preparation and prepare to become quality elderly people; 4) to provide citizens, families, communities, localities, government and private organizations to realize and participate in the mission of elderly; 5) to have a framework and guidelines for all relevant sectors that are related to elderly to lead to the integrated work for elderly (National Committee on Aging, Ministry of Social Development and Human Security, 2010).

The improvement of quality of life of elderly is important because of the situation of increasing older population. The most elderly are found as the social bound. Therefore, it is necessary to focus on the elderly in terms of the social bound to slow down the deterioration

of the elderly to the home bound and the bed bound groups respectively. At the same time, it is a development and restoration for alive living, having a better quality of life both physically and mentally, also social and environmental relations. Currently, “elderly school” is established for gathering the elderly in order to organize activities that promote lifelong learning, skill development for a good quality of life. The elderly school is a form of organizing activities that promote lifelong learning, skill development, and informal education for the elderly. The activities of elderly school derive from the interest of the elderly and are important to their lives, help to increase knowledge and necessary life skills managed by volunteer lecturers or from related agencies. At the same time, it is a space for the elderly to show their potential by passing on their accumulated knowledge and experience to others in order to pass on their wisdom to maintain their values with the community (Department of Older Persons, Ministry of Social Development and Human Security, 2017).

Folk sports are activities or games that perform with active physical skills, the ability to move the body as shown in Thai culture, and also a competitive activity with a Thai pattern. There is a systematic way of playing, rules, regulations in a Thai way and benefits from playing both internal and external benefits as the traditional Thai way of life (Komarathat, 2006). Moreover, folk sports are also the activity that help promote Thai arts and culture in inheriting Thai heritage that are developed from Sukhothai period until the present time. Folk sports are especially local that have played in a Thai way with simple characteristics and methods, being a part of life or lifestyle of Thai people. The factors that influenced patterns and styles of playing as follows: seasonal and climatic conditions, natural conditions and social environment (Ammapunt, 2005). These activities promote not only physical health, but also mental and emotional health. Folk sports often emphasize the importance of connecting communities and society by group activities. These shared experiences help build interpersonal bonds. It promotes a sense of belonging and support, which is important for mental health and overall well-being. Folk sports activities significantly improve the quality of life of the elderly, many previous studies have focused on the use of folk sports that helped develop the quality of life of the elderly, as a study of An et al. (2020) found that dancing of female elderly aged 65 years and above improved physical performance, reduced depression and improved the quality of life of older women. Similarly, Mishra and Shukla (2022) found that Indian folk dances helped improve the knowledge, understanding, and quality of life of the elderly, and D. M. Li and X. X. Li (2017) found that folk recreational activities programs can result in the efficiency of work and daily living in people with dementia. It can be seen that the integration of folk sports with elderly care promoted not only physical activity, but also social participation and emotional health by meeting both physical and mental needs. According to the first and second phases of the research project on making data base for the folk sports wisdom from the elderly in Eastern Economic Corridor and the expansion of the folk sports from the database of folk sports wisdom from the elderly in Eastern Economic Corridor, created the basemap database of folk sports wisdom in Eastern Economic Corridor in the form of a smart book entitled “Eastern folk sports wisdom learning resources” which is the wisdom of the elderly in Eastern Economic Corridor and also to promote and improve the quality of life of the elderly in elderly schools in Chonburi province. Therefore, the researcher is interested in creating innovations in improving the quality of life of elderly in Eastern Economic Corridor

through effective folk sports intelligence as well as studying the quality of life of the elderly after participating in the innovative activities. This is to provide information and guide to continue to promote the physical health of the elderly.

2. Method

2.1 Study Participants

The sample size was calculated by using the G*Power version 3.1.9.4 program, the test family was set as t-tests, the test statistics were correlation: Point biserial model, the test parameters were set as two tails with an effect size of 0.3, an alpha value of .05, and a power value of 0.8 for a sample size of 82 people, to prevent data loss, adding 10 percent or 8 samples, making a total of 90 samples. The locations for specific data collection were the Ban Bueng municipal Elderly school, with a total of 50 participants and the elderly school of Map Phai Subdistrict Administration Organization, with a total of 40 participants.

2.2 Study Organization

The researcher surveyed and studied the documents/research and databases, relating to local sports wisdom from the elderly, and then determined the research objectives, and created innovations to improve the quality of life of elderly. After getting a research tool, activities are then organized. The samples will be trained in local sports through physical activity in conjunction with local sports. Retro rhythm activities and physical fitness test activities were created for the elderly, with a total of 5 weeks, 3 hours per week. Each week, activities comprised of introducing local sports through the smart book and local sports wisdom appeared in Eastern Economic Corridor (Julvanichpong et al., 2021). After finishing 9 local activities, rhythmic activities with a retro dance, the researcher collected data from the satisfaction questionnaire with innovations in improving the quality of life of elderly, and the questionnaire on the quality of life of the elderly, and finally analyzed data. As described in detail below:

(1) Folk sports activities were applied to develop the quality of life of the elderly, these folk sports activities were used through the Smart Book (AR Book) entitled “Eastern Folk Sports Wisdom Learning Center”, created by the researcher, with the total duration of 5 weeks, once a week, 3 hours a week. These folk sports activities, applied to improve the quality of life of the elderly, were evaluated by 3 experts, with the Index of Consistency (IOC) of the measurement form between 0.7 and 1.00. The folk sports activities were divided into groups of 10 participants so that all participants could participate in these activities for a period of 5 weeks, once a week. 3 hours a week, including activities to introduce folk sports through the smart book to learn appropriate technology for the elderly, folk sports activities for the elderly to exercise, and rhythmic activities with retro dance as leisure activities and recreational activities for the elderly, and physical fitness testing activities for physical health care for the elderly.

(2) Satisfaction Questionnaire on Innovations in developing the Quality of Life of the Elderly in the Eastern Economic Corridor through Folk Sports Wisdom. Checking the content validity of the questionnaire was evaluated by 3 experts and then revised the contents of

questionnaire to make more completely and more followed by the research objectives. The index of Consistency (IOC) of the questionnaire was 0.7-1.00. The Reliability of the questionnaire was checked from 30 samples to test the consistency of the research tools and measurement used in the research by using Cronbach's Coefficient Alpha formula (Wichian Ketusing, 2002). The issue of satisfaction on innovations to develop the quality of life of the elderly in the Eastern Economic Corridor through Folk Sports Wisdom was 0.97.

(3) Questionnaire on the quality of life of the elderly in the Eastern Economic Corridor through Folk Sports Wisdom showed the reliability of the research tools with the confidence value of Cronbach's alpha coefficient at 0.8406, the value of accuracy at 0.6515, compared to the WHOQOL-100, in Thai version, that WHO accepted officially.

2.3 Statistical Analysis

Descriptive statistics showed the results of the analysis in the form of an explanatory table, with the statistics used: Frequency, Percentage, Mean, and Standard Deviation by analyzing demographic characteristics, satisfaction on innovations, and quality of life of the elderly.

3. Results

In presenting the results of this data analysis, the researcher presented according to the purposes of the study as follows:

Table 1. The number and percentage values, conditions and general data of samples

Conditions and General Information	Samples	
	Number of people	Percentage (%)
Sex		
male	15	16.70
female	75	83.30
Age (years)		
60-64	19	7.8
65-69	34	37.8
70-74	20	22.2
75-79	13	14.4
80-84	4	4.4
Elderly school		
Ban Bueng municipal	50	44.40
Map Phai Subdistrict Administration Organization	40	55.60

Table 1 showed the conditions and general information of the samples as follows:

(1) Gender: Most of them were female, 75 subjects, accounting for 83.30 percent and 15 subjects were male, accounting for 16.70 percent, respectively.

(2) Age: Most of them were 60-65 years old, 34 subjects, accounting for 37.8 percent, followed by 70-74 years old, 20 subjects, accounting for 22.2 percent, and 60-64 years old, 19 subjects, accounting for 7.8 percent, 13 subjects aged 75-79 years, accounting for 14.4 percent, and 4 subjects with the age of 80-84 years, accounting for 4.4% respectively.

(3) Elderly school: 50 subjects from the Ban Bueng Municipal District Elderly School, accounting for 44.40 percent, and 40 subjects from the Elderly School of Map Phai Sub-District Administration Organization, accounting for 55.60 percent, respectively.

Table 2. The mean, standard deviation, satisfaction on innovations of improving the quality of life of the elderly in Eastern Economic Corridor through folk sports wisdom

Satisfaction on innovations	\bar{X}	SD	result
1. Staffs who organized the activity			
1.1 There are enough staffs for the participants.	4.90	0.30	Highest level
1.2 Staffs have a good personality.	4.86	0.35	Highest level
1.3 Staffs can lead activities cheerfully.	4.90	0.30	Highest level
1.4 Staffs have the knowledge and ability to organize activities effectively.	4.83	0.37	Highest level
1.5 All staffs can facilitate and take care of the safety of the participants.	4.87	0.34	Highest level
1.6 Staffs are creative in organizing activities.	4.87	0.34	Highest level
Total score	4.87	0.24	Highest level
2. Management and Operations			
2.1 The organization of activities is various.	4.80	0.54	Highest level
2.2 The organization of activities meets your needs.	4.80	0.43	Highest level
2.3 The organization of activities makes you happy and fun.	4.90	0.30	Highest level
Total score	4.83	0.32	Highest level
3. Location, Materials, and Facilities			
3.1 The organization of activities has enough materials and facilities for the participants.	4.90	0.30	Highest level
3.2 The location can organize various types of activities and suitable for activities.	4.88	0.36	Highest level
3.3 The location is secure.	4.89	0.32	Highest level
Total score	4.89	0.26	Highest level
Total score for satisfaction on innovations	4.87	0.22	Highest level

It can be found from Table 2 that the satisfaction on innovations to improve the quality of life of the elderly in Eastern Economic Corridor through folk sports wisdom included all 3 aspects was 4.87 ± 0.22 , which was at the highest level. When considering each aspect, it showed that all 3 aspects were at the highest level, most of which were in terms of facilities, materials, equipment, and facilities, with an average value of 4.89 ± 0.26 , followed by the aspect of staffs who organized the activities with the average value of 4.87 ± 0.24 and the aspect of management and operations, with the average value of 4.83 ± 0.32 respectively.

Table 3. The quality-of-life scores of the elderly in Eastern Economic Corridor through folk sports wisdom

Factors	Score	Result
Physical health factor	27	Having good quality of life
Mental health factor	25	Having good quality of life
Social Relations factor	11	Having moderate quality of life
Environment factor	32	Having good quality of life
Total score	104	Having good quality of life

From Table 3, it found that the overall score of the quality of life of the elderly in Eastern Economic Corridor through 4 folk sports wisdom factors was 104 points, which meant that they had a good quality of life. When considering each aspect, all 3 aspects had the good quality of life, most of which were environment factor, with 32 points, followed by physical health factor, with 27 points, and mental health factor, with 25 points respectively. The other aspect, social relations factor with 11 points, had a moderate quality of life.

4. Discussion

(1) The study of satisfaction on innovations in improving the quality of life of the elderly in Eastern Economic Corridor through effective folk sports wisdom.

The satisfaction on innovations in improving the quality of life of the elderly in Eastern Economic Corridor through folk sports wisdom base on the results of the research. This reveals the satisfaction in 3 areas that have the average values at 4.87 ± 0.22 , with at the highest level. When considering each aspect, the factor of location, materials, and facilities are at the highest level, with the average values of 4.89 ± 0.26 , followed by the factor of staffs who organized the activities with the average values of 4.87 ± 0.24 , and the factor of management and operations, with the average values of 4.83 ± 0.32 , respectively. This may be due to the four activities: 1) Introduction of folk sports through the smart book to enable the elderly to learn appropriate technology; 2) Folk sports activities to enable the elderly to exercise; 3) Rhythmic activities with retro dance as leisure activities and recreational activities for the elderly; and 4) Physical fitness test for physical health care for the elderly.

Folk sports activities were activities to improve the quality of life of the elderly and to play in free time with satisfaction, fun, enjoyment, and to develop the body, mind, emotions, society, and intellect. These folk sports activities also helped the elderly to relieve stress.

Folk sports activities for the elderly were activities that do not overdo, be fun, festive and enjoyable, and also provide opportunities for the elderly to participate in various activities in order to refresh the body, to challenge, and to encourage people to change their mindset. It also helps to create interaction, help each other, as well as keep the mind alert. Activities that reinforce the characteristics of human relations in various aspects, including 1) Generosity, 2) Communication, 3) Empathy, 4) Responsibility, 5) Self-control. These group activities have resulted in an increase in human relations (Thenwong & Sarayuthpitak, 2019), in accordance with the study done by Likhitlertlum (2008) found the variable that best predicts the quality of life of the elderly is Participation in social activities, as well as the results of Suriyawong (2007) that studied on the quality of life of the elderly in Phetchabun Province. The results showed that the factor of participation in activities of the elderly group had a statistically significant correlation with the quality of life of the elderly. Moreover, this led to the development of feelings in the elderly and changed the norms, values, and self-view of the elderly in a better way. Similarly, An et al. (2020) found the dancing of the female elderly aged 65 years and above improved physical performance, reduced depressive disorder, and improved the quality of life of the female elderly, as well as D. M. Li and X. X. Li (2017) found folk recreation programs can result in work performance and sedentary living in patients with dementia. It can be seen that the integration of folk sports with elderly care not only promotes physical activity, but also social participation and emotional health by meeting both physical and mental needs.

The elderly who participated in the activity paid the most attention to intellectual self-development the most due to adaptation according to the physical mechanism system, emotion, social system leading to comprehension, recognition and happier living, which was relevant to the concept of adaptation. That is when a person tries to use the drive and the motivation to meet physical, mental, and social needs, it leads to goals with understanding, acceptance of reality of life by adjusting the concept, the new pattern of learning management by themselves appropriately with the social development. This makes their life successful and full of happiness (Phongsophap, 2012). In accordance with the study by Pender (2006) that believed a person's health-promoting behavior can occur with a variety of related factors. One of these factors can cause a person to modify their behavior is cognitive and emotional factors to specific behavior, for example, it provides knowledge of exercise and then, the elderly are required to exercise together. According to this activity, the elderly recognize that exercise is beneficial to themselves, and when the elderly has followed it, it makes the elderly feel that body is flexible, fun, not boring, and without any problem, which helps the elderly change their behavior for the better. Moreover, in accordance with the study conducted by of Pattana P. (2019) on the health behavior of elderly people found that the average and standard deviation of the total health behavior score before and after the project participation was better. Elderly people had better physical exercise habits and participated in health promotion activities. The overall quality of life was at a moderate level, good level, and bad level. When

considering another dimension, the elderly had the best quality of life in terms of mental life, followed by the environment, physical health, and social relationships respectively. Improving the capacity of the community and having the elderly a good quality of life can create a participatory process of activities in order to increase health promotion activities for the elderly.

(2) The study on the improvement of the quality of life of the elderly in Eastern Economic Corridor after participating in the innovative activity.

The quality of life of the elderly after participating in innovative activities was at the highest level (104 points), which was divided into 4 areas: physical health, mental health, social relationships, and environment. This can be discussed that:

According to the quality of life in terms of physical health, the elderly was satisfied with this aspect because most of the elderly were 60-74 years old, which classified as the early elderly, so they knew how to take care of their physical health. They felt that they were healthy and rarely sick, although some elderly had underlying diseases or they had to take medication continuously, but it was not an obstacle to work, to live, and to participate in various activities in society. The elderly people also used new media to find answers to show the self-adaptation and self-reliance in their daily routines. Moreover, they were strong to do various activities and can also get around on their own in accordance with the study conducted by Mahatnirankul (1998) which defined the physical life elements as the perception of the physical condition of the elderly which affected their daily life, such as the perception of the health of the body, perception of happiness and no pain, recognition of the body's ability to deal with disease and pain, awareness of strength in daily life, recognition of independence from dependence on others, perception of one's ability to move, recognition of one's ability to perform one's daily routine, perception of competence. Having good physical health made everyone realize that they had a good quality of life. The elderly was more susceptible to diseases than others because the ability to function of various organs of the body deteriorated. If the elderly accepted physical changes and then adapted to the health status, self-assessment of health, indicated the best satisfaction in the life of the elderly (Jane-obrom, 1998). If the elderly were well moved, able to carry out daily routines on their own, they will be happy without illness in accordance with the study done by Aongae (2021) which conducted the quality of life of the elderly in Ban Suan Municipality, Chonburi Province, found that the overall physical health was at a highest level and they were able to be self-reliant in their daily routines, be healthy, and rarely sick, although some elderly had chronic disease. They had to take medicine regularly, but it was not an obstacle to work. They were also a group of early elderly people who had not changed much in their physical and physiological conditions and they can help themselves. There is no workload to take care of and be responsible, so they pay more attention to taking care of their own health. Yulianti (2023) conducted the development of exercise patterns to promote the quality of physical and mental life of the elderly, showed physical activity could help to promote quality of life and made them feel more confident, more energy and less fatigue.

The quality of life in terms of mental health, namely the elderly had the satisfaction on the

quality of life in terms of mental health because the elderly felt that life was meaningful and happy with themselves. They could concentrate on their work and be able to work to help themselves, so that the elderly felt that they were valuable to themselves and others and recognized their self-esteem. They had self-confidence, can adapt themselves all the time, and there was also a group of friends who had the same preference as well as participating in the innovative activities created by the researcher, doing activities together with a group of friends to have fun and relieve loneliness. Therefore, the elderly had a sense of self-satisfaction in accordance with the study done by Mahatnirankul (1998) who defined the elements of mental life as the perception of one's own mental state, such as the perception of positive feelings that a person had towards himself/herself, perception of self-image, awareness of a sense of self-esteem, awareness of self-confidence, awareness of thoughts, memory, concentration, decision-making, and the ability to learn stories, awareness of the ability to deal with sadness or anxiety, awareness of one's beliefs that affect one's life, such as giving meaning to life, and other beliefs that have a positive effect on one's life and on overcoming obstacles and physical changes greatly affect the minds of the elderly. Each person's mental changes are different which depended on the cognitive abilities of each person. If the elderly were stable, understanding themselves and responding to various situations in a good way, solving problems and adjusting the state of mind, accepting the truth, it surely makes the elderly happy. Therefore the above factors can predict the mental state, which may have a direct or indirect effect. So, the mind has an effect on the quality of life (Hunter, 1992). In addition, the elderly who participated in the innovative activities created by the researchers, did the activities together with a group of friends for having fun and relieving loneliness. In addition, the elderly participated in innovative activities created by the researchers, did it together with a group of friends to have fun and to relieve loneliness. Therefore, the elderly had a sense of self-satisfaction in accordance with the study done by Aongau (2021) that studied the quality of life of the elderly in Ban Suan Municipality, Chonburi province, showed overall, the emotional wellbeing was at the highest level. The elderly looked happy, satisfied with their own abilities conventionally, concentrated on their work according to their age, and had self-confidence.

The quality of life in terms of social relationships, that is, the elderly was satisfied with the quality of life in terms of social relationships because they had a good relationship with their group of friends. In addition, they also helped each other in their spare time, and they also made arrangements to go out for doing social activities together. This way of creating a relationship within the group and within the community showed the kindness to help each other. Providing a place for meeting, gathering, physical exercising in order to have regular and continuous interaction with each other can create a good relationship with each other in accordance with the study done by Mahatnirankul (1998) that defined the life element of social relations was the perception of the relationship between the elderly and other people, the awareness of being helped by others in society. The awareness of one's own relationship with other people in society was the important element of quality of life because humans cannot live alone in the world, they must have a family, a community, so life became more meaningful. The elderly who had relationships with other people were happier and more satisfied than elderly who lacked relationships with other groups (Cruz, 1986). The

participation in activities wanted to exchange and learn from each other, or exchange opinion, this was a way to relieve stress, have fun, and have social values. Moreover, this affected mental quality, leading to a good quality of life in accordance with the study done by Thammathikul (2015), said that the elderly had the desire to participate in activities for happiness and a good life, felt that they were still valuable and useful to society on the Activity Theory. Moreover, they were more satisfied with life and adapted better than those who do not have any activities or any roles as well as participating in innovative activities created by the researcher, there were group activities that allowed the elderly to have good relationship. Having good social relationships was another factor that made the elderly have a good quality of life and the use of appropriate technology learning for the elderly was taught in accordance with the activity theory, which Havighurst and Albrecht (cited in Muangsakul, 2015) proposed that the elderly who were successful, they must always do activities, which were activities that were done together with other people, such as friends, family, and society. these activities can make them feel a part of society and can live happily in society in accordance with the study done by Tayati (2017), entitled “the Model of Thai Elderly Learning Management for Information and Communication Technology Literacy”, stated that the elderly Thai information and communication technology competency average was at a medium level on Assessment, Integration, and Management and also in accordance with the study by Aongae (2021) who conducted the quality of life of the elderly in Ban Suan Municipality, Chonburi province, revealed that overall, the social relation was at the high level. Most of the elderly have a good relationship with their family members because most of the samples played the role of family leaders and also lived in an extended family, making them love, warmth, family care and the people within the community were also kind to help each other. There is a place to meet, gather, and exercise. The consistent and continuous interaction create a good relationship with each other.

The quality of life in terms of environment revealed that the elderly was satisfied with the quality of life in terms of environment because most of the elderly had their own jobs and own incomes. They were a moderate economic status, stable, strong and safe to live, as well as convenient to travel to various places. There were roads as one of various utilities that were more comfortable. There was an opportunity to receive news on television, radio, newspapers, and the Internet to consume information accessibly and to search for basic information that they wanted to know by themselves, thus making them felt secure and safe in accordance with the study done by Mahatnirankul (1998), who defined that one of the elements of environmental life was the perception of the environment with life outcomes, that is to say, the perception that they live independently with a safety and a security in life, awareness of being in a good physical environment without pollutants, a good transportation, a financial benefits, health and social work facilities, awareness of having the opportunity to receive news or practice various skills, awareness of doing activities in free time, in accordance with the study conducted by Nanakwat (2007), which revealed that the government and the private sector have provided social welfare services for the elderly, such as nursing homes, health cards, and elderly identification cards, living allowance services for the poor elderly, train fare reduction, etc., in accordance with the study conducted by Kasorn (2017) on the Quality of Life of the Elderly in Nong Khai Province, the results showed the

quality of life of the elderly was at a high level in two aspects: social support and environment in accordance with the study done by Aongae (2021), conducted the quality of life of the elderly in Ban Suan Municipality, Chonburi province. It showed overall, environmental factor was at the highest level. The elderly was satisfied with the surrounding environment, the living environment which is comfortable, safe and secure. This is because most of the elderly have a moderate economic status and live together with their children and grandchildren, so they can build a stable, healthy and safe home. It is convenient to travel to different places. The prosperity of the city where they live help them to travel comfortably as well as various public utilities are more comfortable. They have more opportunity to receive news on television, radio, newspaper, and Internet due to the advanced technology and accessible communication.

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Acknowledgments

The researcher would like to thank the elderly From the Institute for Creating Happiness for the Elderly, Class 2, Ban Bueng Municipality and Map Phai Subdistrict Elderly School and this research is funded by (i) Burapha University (BUU), (ii) Thailand Science Research and Innovation (TSRI), and (iii) National Science Research and Innovation Fund (NSRF). Finally, I would like to thank my family, encouraged this research project

Authors Contributions

Not applicable.

Funding

Not applicable.

Competing Interests

Not applicable.

Informed Consent

Obtained.

Ethics Approval

The Publication Ethics Committee of the Macrothink Institute.

The journal's policies adhere to the Core Practices established by the Committee on Publication Ethics (COPE).

Provenance and Peer Review

Not commissioned; externally double-blind peer reviewed.

Data Availability Statement

The data that support the findings of this study are available on request from the corresponding author. The data are not publicly available due to privacy or ethical restrictions.

Data Sharing Statement

No additional data are available.

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