

# Seniors Citizen and Self-Care Behavior by the Philosophy of Sufficiency Economy in Bang Nang Lee, Amphawa, Samutsongkram

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**Abstract**—This research is to study the attitude of sufficiency economy as the adaptation to use in everyday life of senior citizen in Bang Nang Lee, Amphawa, Samutsongkram. This study was collected data from 301 aging in Bangnanglee Subdistrict Amphawa District Samutsongkhram Province. The findings were summed up. From calculating the data of the questionnaires, the mean value and standard deviation showed that the sample group's attitude toward the philosophy was in the average range ( $\bar{x} = 2.71$ ). When consider into each point, I found that the teaching about growing vegetables in the household garden received the highest score ( $\bar{x} = 3.51$ ), then following by "spending only necessary" ( $\bar{x} = 3.48$ ), "do we really have to buy this thing?" ( $\bar{x} = 3.43$ ), "do we teach our children how to think before buying?" ( $\bar{x} = 3.38$ ). The last point which received the lowest score was "are we going to wastemoney on lotto?" ( $\bar{x} = 1.69$ ). The most of samples were males, primary school graduates and agriculturists. The media sources of the philosophy of the sufficiency economy were Television, Community leaders and newspaper respectively.

**Index Terms**—Senior citizen, sufficiency economics, attitude.

## I. INTRODUCTION

It is considered that family is the first unit of people. As it is very essential, many institutes pay more attention on developing families by the concept that good families lead to good community and good nation. Families consist of members in different roles, including older members. When we consider the role of senior people in families, we can see that they are quite important to families and highly respected by all members, especially in Thai society. The seniors will both take responsibilities in household and be the adviser of the families [1].

In the present day, high technology takes has advanced the medical world to enable it to save more lives. Also, the perfect family planning is very successful. As a result, the death rate is decreased and the birth rate is slowing down. It has affected on the number of senior citizen. From the population record from 2010 to 2012, there were 8.63 millions senior citizen who were older than 60 years old in

Thailand. It might increase to 11 millions people in 2020. The increasing number of senior citizen in Thailand has brought the attention to many people. It is the proof that we have medical support with high technology, but it also implies that there might be another challenge for the senior citizen, too. Older people can face the problem of being neglected by their families. Some olders may have the unsuitable ways to look after themselves. They might have enough money to support themselves, and they can have bad relationship with other family members. All these risks will have a big impact on their lives, and affected on their happiness. Abraham H. Maslow has made the concept of happiness that it can be built upon the response to 5 heirarchy of needs of human beings: Physiological, safety, love and belonging, esteem and self-actualization [2].

From reviewing all related literatures during the research, I believe that the philosophy of sufficiency economy<sup>1</sup> created by His Majesty the King can be a good way for senior citizen to apply to their lifestyle and bring more happiness to their lives. I also believe that the philosophy will get along well with senior citizen's way of life. Therefore, studying deeply about the phisology will enable us to find the way of happiness to apply with senior lifestyle. The sample group of senior citizen in the study were from Bang Nang Lee, Amphawa, Samutsongkram. Senior people in this area have simple lifestyle. There is the learning center by sufficiency economy method in the community. There is also the career groups which supports the local product and handicraft. I feel that the philosophy of sufficiency economy will be perfect for older people in this community to adapt to their lifestyle and be happier everyday.

## II. OBJECTIVE

This research is to study the attitude of sufficiency economy as the adaptation to use in everyday life of senior citizen in Bang Nang Lee, Amphawa, Samutsongkram.

## III. RESEARCH SCOPE

Study field: the research took place in Bang Nang Lee, Amphawa, Samutsongkram.

Content: the research contents consisted of :

- the attitude toward sufficiency economy philosophy among senior citizens;
- the lifestyle of senior citizens relating to sufficiency economy philosophy

Timeframe: the research was performed between March – May 2013.

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<sup>1</sup>Sufficiency economy is a philosophy that stresses the middle path as an overriding principle for appropriate conduct by the populace at all levels.

#### IV. EXPECTED BENEFIT OF THE RESEARCH

We will have the first mindset of sufficiency economy philosophy as the guideline for senior citizen to adapt to their lifestyle.

We will learn about the point of views of senior citizens toward sufficiency economy philosophy as it can be very supportive to senior lifestyle.

#### V. METHODOLOGY

Step 1 was the step which I studied the self-care of senior citizen by sufficiency economy. Theories from several researches were analyzed and adapted to create the set of questions.

Step 2 was the questionnaires step. Part 1 consisted general questions in check-list style about the participants. Part 2 was the questions about the point of view toward sufficiency economy and how to adapt it to their lifestyle. The questions were in rating scale.

Step 3 was the analyzing step. SPSS program was used as the analyzing tool. The research's statistic significance was .05 calculated from 301 sets of questionnaires. The details are below.

##### A. Population and Sample Group

Population in this research were 1,220 senior citizen above 60 years old in Amphawa, Samutsongkram.

##### B. Sample Group Selecting

The sample group was selected by Taro Yamane method at 95% confident level, and the acceptable errors was .05. Here is the formula for sample group selecting.

Taro Yamane:

$$n = \frac{N}{1 + N(e)^2}$$

When

$n$  means the size of sample group

$N$  means size of population

$e$  means error value = 0.05

The result:

$$\begin{aligned} n &= \frac{1,220}{1 + 1,220(0.05)^2} \\ &= 301 \end{aligned}$$

##### C. Sample Group Selection Process

Step 1: I defined to perform the research in 8 communities in Amphawa. There were 1,220 senior citizens living in this area.

Step 2: I set up the sample group following Yamane method. The sample group consisted of 301 citizens

Step 3: The sample group was separated into gender: there were 175 males and 126 females.

##### D. Research Tool

The tool for this research was the questionnaires separated into 2 parts.

Part 1 was the set of general questions in check-list model. The questions consisted of gender, marital status, education, former career, current career, and the source of sufficiency

economy they learn.



Fig. 1. Describe the process of collecting data from questionnaires to a sample.

Part 2 was the rating-scale questions about opinions toward sufficiency economy and how to adapt to use in daily life.

##### E. The Creating Process of Research Tool

- 1) I observed the self-care behavior of senior citizens in the area to see if there is any part related to sufficiency economy philosophy. Then I took all data from observation to synthesize the data and create the questions list on the questionnaires.
- 2) Questionnaires were created and separated into 2 parts. Part one was the check-list style where sample group checked on their personal information: gender, marital status, education, former career, current career and their knowledge of sufficiency economy knowledge. The second part was the rating-scale questions asking about how to adapt the philosophy to their lifestyle.
  - The questionnaires were examined by 3 experts to check the content validity and to edit the wordings. All wordings got IOC of 0.5 and above.
  - The improved questionnaires from 2.1 were used as the try-out among similar group of participants. 30 people answered the questionnaires. The data were analyzed to find the reliability value by Alpha Coefficient formula by Cronbach. The reliability value was 0.87.
  - The questionnaires were printed and ready to use.

##### F. Data Collecting Process

During the research, I collected the data by myself by handing out questionnaires and interviewed one by one. The data was double-checked before analyzing.



Fig. 2. The data were collected from a sample.

##### G. Data Analyzing

The data from questionnaires were analyzed by SPSS for window program. This hypothesis was proved to have the statistical significance at 0.05.

- 1) Personal data of sample group was analyzed and displayed by amount ( $n$ ) and percentage (%).

- 2) The data about sufficiency economy philosophy was analyzed by using mean ( $\bar{x}$ ) and standard deviation (S.D).

#### H. Rating Scale Calculation on Opinion and Attitude toward Sufficiency Economy Philosophy

- Score of 4 was for strongly agree
- Score of 3 was for agree
- Score of 2 was for disagree
- Score of 1 was for strongly disagree

After gathering all information and defining frequency, the attitude score can be divided into 4 levels.

$$\begin{aligned}\text{Class interval} &= \frac{\text{highest score} - \text{lowest score}}{\text{Level of classes}} \\ &= \frac{4-1}{4} \\ &= 0.75\end{aligned}$$

#### I. Rating Score Level and Explanation

- Mean value of 3.28- 4.00 = the attitude was in a very high level
- Mean value of 2.52- 3.27 = the attitude was in a high level
- Mean value of 1.76- 2.51 = the attitude was in a low high level
- Mean value of 1.00- 1.75 = the attitude was in a very low level



Fig. 3. Sample registration.

## VI. FINDINGS

### A. Part 1: General Information of Sample Group

General information of the 301 participants in sample group consisted of gender, marital status, education, former career, current career, income and knowledge of sufficiency economy.

**Gender:** 126 participants were female (41.9%) and 175 were male (58.1%).

**Marital status:** 163 participants were married (54.2%), 81 participants were divorced (26.9%) and 57 participants were single (18.9%).

**Education:** most of the participants, 269 people, only studied in elementary school (89.4%). 27 participants never attended school (8.9%). 5 participants graduated from junior-high school (1.7%).

**Former career:** 144 participants were farmers (47.8%), 76 were unemployed (25.3%), 31 were working for wages (10.3%) and 15 had small business or shops (5%).

**Current career:** 136 participants now have their own land to do farming (45.2%). 110 are unemployed (36.5%). 21 are farmers on rental land (7%) and 14 are working for wages (4.7%).

**Resources of sufficiency economy knowledge:** 167

participants learned about this philosophy from television (55.5%). 106 participants learned from their community leader (35.2%) and 11 learned from newspaper (3.7%).

### B. Part 2: Attitude toward Sufficiency Economy and How to Adapt to Use in Daily Life

From calculating the data of the questionnaires, the mean value and standard deviation showed that the sample group's attitude toward the philosophy was in the average ( $\bar{x} = 2.71$ ). When consider into each point, I found that the teaching about growing vegetables in the household garden received the highest score ( $\bar{x} = 3.51$ ), then following by "spending only necessary" ( $\bar{x} = 3.48$ ), "do we really have to buy this thing?" ( $\bar{x} = 3.43$ ), "do we teach our children how to think before buying?" ( $\bar{x} = 3.38$ ). The last point which received the lowest score was "are we going to waste money on lotto?" ( $\bar{x} = 1.69$ ).

## VII. DISCUSSION

From the analysis above, I discovered that seniors citizen in early age didn't seem to be in bad time due to their slightly physical change. Early seniors could still work and look after themselves, so they felt happy and secured. Senior citizen in middle stage had some difficulties looking after themselves and need assistant in some areas. For senior citizen in later age, they could barely help themselves. Some might have been handicap. I believe that the sufficiency economy philosophy can help guiding the seniors to be happier while looking after themselves. According to Suttipong Boonphadung, the most of senior citizens will need extra work to make money, for spent on their matters. To solve this problem, the quality of life of the senior citizens should focus on professional careers cluttering and / or with appropriated their knowledge and ability. In additional, resources of the four requisites for the poor senior citizen is needed, -example appropriate nutrition, sufficiency economy that a good concept and direction for improve the quality of life of the senior citizen. The principles of sufficiency economy philosophy can be applied by people at all levels, especially the senior citizens [3], and according to Umaporn Udomsubpayakul that the life events are positively correlated with life satisfaction of the senior citizen. Such data suggests that lifestyle Sufficiency Economy Initiative to help the senior citizen continue living in the end can be more happy [4].

## VIII. SUGGESTIONS

### A. Suggestions about Policy

Government should have promoted the local folk wisdom and let the senior citizen be teachers to give instruction in all communities. This can make senior feel they are still wanted, and all the techniques can be applied as career.

Government should apply the sufficiency economy principle to the local folk wisdom, mixing the philosophy

with the local career group to create sustainable jobs and reduce cost of production.

Government should educate the people more about sufficiency economy among people in all communities.

#### *B. Practical Suggestion for Senior Citizen*

Self-Care by sufficiency economy philosophy can be promoted by the local intelligence network.

The life care center in Bang Nang Lee should not stop supporting the program of looking after senior citizen and encouraging them to use the philosophy into everyday life.

There should be the integration of the idea and spread this idea into each communities and local administration. A specific committee group should be set up in order to look after the program. There should be 1 senior from each community to be representative of their community. This group of seniors will work together to run the program.

Local administration should have markets to support products from seniors' career group.

Local administration should have a sample community as the model of sufficiency economy philosophy senior group.

Local administration should also set up the learning center so communities can come to learn about the philosophy in higher level.

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