

Thesis Title Development of Self-Health-Care System in
Local Communities

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Abstract

This study was conducted based on the methods of qualitative research and participatory action research. It aimed at studying the cultures, thinking system and practices of community members about self-health-care system, and also investigation of the community capabilities in solving health problems within the community with participations mutually made by the researcher, villagers and community development workers. This participatory action research was conducted with a special relation to an aweness of the community needs, problems, readiness and local herbal doctors in order to develop the self-health-care system in the community.

The researcher lived with the villagers in the community and employed techniques of participant observation, focus group discussion, interviews, and note-taking to collect data. She and the community members analysed the community by the use of participatory rural appraisal technique. Then, the collected data were grouped classified and interpreted systematically.

The results of this study were as follows :

The culture of thinking system in self-health-care system of the community was related to various social systems such as relationship system, kinship system, mutual helps, thinking and beliefs. Those various systems were the results of the community experiences. Information system helped adjusting generation gap between the old and young people in assisting each other on healthcare issue. Administrative system of the community members was based on seniority, wisdom and reconciliation. The components of local herbal medical system were composed of experienced medical doctors, fortune-tellers and spiritual-based healthcare people.

Readiness of the community in solving health problems was composed of personnel, knowledge and capabilities in solving health problems. Those matters were related to economic readiness. However, when the community members were encouraged to form their own groups, there were more discussions and exchanges of ideas, which were helpful to self-health-care development systematically.

The application of participatory action research in developing self-health-care system resulted in drawing more interests

from people to practise their own health care. There were some matters in existence such as informal leaders, self-health-care services with herbal doctors and ideas' exchanges. However, a series of learning process and real participation in problem solution of the community also existed. Additionally, such process affected the social cultural, health and economic aspects. The development process also helped strengthening the community in making bargaining with outsiders in tradings.