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DISTRICT BANGKOK METROPOLIS

PIENGJAI RAKUNGTHONG : THE RELATIONSHIP OF SELECTED FACTORS
AND LIFESTYLE OF THE ELDERLY AT MINBURI DISTRICT BANGKOK METROPOLIS

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The main objective of this survey research was to determine the association among selected factors which were health condition, economic status and living condition, and life style of the elderly. The subjects were 384 elderly aged sixty and over, who were residing in Minburi district, Bangkok. The Cochran's random sampling technique was applied to select the subjects. Self-administered questionnaire was used to collect the data during November and December 1998. Descriptive and testing statistics namely frequency, percentage, mean, standard deviation and Chi-square test, were computed through SPSS for WIN program.

The results of the study showed that the majority of the elderly subjects were female (64.3% of age between 60-70 years (72.0%). About 58% of the sample had low income and subjects relied largely on their relatives for income (80.0%). Most subjects (90.6%) were under the care of family members and 95% received medical care from physician. It should be noticed that in general, the lifestyle of the elderly was at the low level (73.9%). However, when various aspects of the lifestyle are considered, some measures rate well. Subject's physical health is in good condition (89.3%). They could perform their normal life activities. Their social health and their living conditions were at high level (57.5% and 70.3%) respectively. About 63.9% and 54.7% of the subjects had mental health and income at moderate level. It was also found that social status, income, physical health and living conditions were significantly related to the elderly is lifestyle.

The results of the study suggest that in implementing a health promotion program for the elderly, public health nurses should pay more attention to all three aspects of lifestyle namely physical mental and social aspects. There is an urgent need to promote the social health status of the elderly.