

Thesis Title                    A Study of Social Support and Adaptation of  
                                  the Elderly in Mounq Saraburi Municipal Area.

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### ABSTRACT

An elderly person has to adapt to physical, psychological and social changes due to aging process. The elderly with adaptive response will have a normal life, and those with ineffective response will, on the other hand, experience health problem or illness. Therefore a nurse should know about the factors that influence the elderly adaptation in order to enhance well being in the later life.

The purposes of this study were to determine the correlation between social support and adaptation of the elderly and to compare their social support and adaptation by gender, marital status, family characteristic and income. Based on a multistages sample of 170 elderly persons aged 60 years and above living in Mounq Saraburi municipal area, the demographic data, social support and adaptation were collected using structured interview. Data collected was then analyzed using Pearson's Product Moment Correlation Coefficient and t-test.

The result showed that :

1. A moderate Level of social support and adaptation were found.
2. There was a significant positive correlation between social support and adaptation at the .001 level ( $r = .4218$ )
3. The social support scores of the elderly showed no significant difference in gender and marital status at the .05 level
4. The social support scores of the elderly with extended family were significant higher than those with nuclear family at the .05 level
5. The adaptive scores of the elderly showed no significant difference in gender and family characteristic at the .05 level
6. The adaptive scores of the elderly who had a spouse were significant higher than those without a spouse at the .05 level
7. The social support and adaptive scores of the elderly with adequate income were significant higher than those with inadequate income at the .01 and .001 level respectively

Therefor, it is recommended that a nurse should encourage the social support provided by family members, cousin, friends and neighbor in order to promote the elderly adaptive responses. A study of other factors that influence the elderly adaptation such as ; history health status, attitude about aging, personality and social integration should be furthered.