

THESIS TITLE : QUALITY OF LIFE OF OLD PEOPLE IN THE RURAL
CHIANG RAI PROVINCE

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ABSTRACT

This descriptive study was aimed to explore the Quality of Life of old people and examine the relationships between selected factors and Quality of Life of old people in a rural community in Chiang Rai province. The sample was the elderly aged 60 years or older. They were divided into three groups 1) indepth interviews were conducted among 15 selected old people; 2) survey of Quality of Life was carried out in the sample of 383 who were selected using the multistage random sampling method; and 3) Case study of 6 old people selected from group. Three types of instrument were used to collect data as follows: Guideline for indepth interviews; Questionnaires of Quality of life of old people; and Guideline for case study. The data were analyzed and statistics used were frequency, percentage, mean, standard deviation, Chi-square test and content analysis.

The findings were as follows: The QOL of the aged was considered moderate 66.6 percent, 17.5 percent had low QOL, and 15.9 percent had high QOL. Most old people performed their physical activities of daily living normally except for the activities concerning mobility of the body. In the previous month before the study, over 75 percent of old people who suffered from musculoskeleton pain; and nearly 40 percent had a symptoms of beriberi disease and over 60 percent was addicted to "Meang". In the facet of mental

health, 1 in 3 of old people was facing depression and dementia. For their material well-being, almost all the elderly had high or medium level of QOL. In terms of financial security, they fell into low or medium levels with no saving and had financial difficulties last year. The relation of the aged with other people was relatively good. Most people joined the social activities took place in the community however 43.6 percent of old people did not participate in the old people club. Almost all were satisfied with all 5 domains of QOL and had medium or high level of life satisfaction. Four out of five selected factors were found significantly associated with QOL. These include age, marital status, literacy and care for HIV/AIDS siblings.

This suggests that QOL of old people can be promoted through various activities in the community, including the establishment of old people club. The home health care program should place emphasis on the issue of QOL of old people. More importantly the issue of old people caring for HIV/AIDS siblings needs attention and that further interaction and research are to be explored.