

Research Title	Community Mobilization for Promoting Active Aging in Health Dimension
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ABSTRACT

The purposes of this research were 1. to study the life styles of elderly people in health dimension, 2. to promote active aging activities in health dimension, 3. to do the experiment and evaluate the activities of community mobilization, and 4. to synthesize the impact factors of community mobilization on promoting active aging activities in health dimension. This study was research and development research and based on mixed method approach of quantitative and qualitative research design. The data were collected by questionnaire and interview from the over 60 year-old-elderly people from 400 communities. This research studied from the case study of the best practice of the elderly club of Thuem Tong sub-district, Muang district, Nan province and of the elderly club of Boek Phrai Sub District, Ban Pong District, Ratchaburi Province in order to do the experiment to study and develop the community mobilization activities of the elderly clubs of Chomchan sub-district, Wiang Sa district, Nan province, of the elderly clubs of Nong Ra Wiang sub-district, Phimai district, Nakhon Ratchasima province, of the elderly clubs of Nong Nae sub-district, Phanom Sarakham district, Chachoengsao province, and Wat Kaeo sub-district, Bang Phae district, Ratchaburi province.

The result of the research showed that:

1) Most respondents could take care of themselves and also take care of other people. In physical health dimension, it was found that most respondents had all 5 food groups but respondents never exercised. They went to see the doctor when they were sick. They could sleep well and had daily excretion. They could do the daily activities such as taking a shower,

getting dressed, brushing their teeth, walking, sitting, and travelling by themselves. In the mental health dimension, from the interview, most respondents were happy, and found that their lives were meaningful. They had good relationship with others. They could solve the problems well and could adapt themselves to the changing conditions well. They were content with their lives and had good relationship with their neighbors.

2) The process of community mobilization activities were developed to promote active aging in health dimension in 4 communities: Chomchan sub-district, Wiang Sa district, Nan province, Nong Ra Wiang sub-district, Phimai district, Nakhon Ratchasima province, Nong Nae sub-district, Phanom Sarakham district, Chachoengsao province, and Wat Kaeo sub-district, Bang Phae district, Ratchaburi province, and the activities also were designed for the elderly to learn and share their local wisdoms including to build up the new knowledge for them. There were 6 steps of developed community mobilization activities: 1. surveying the need analysis of the elderly, 2. cooperating with the participants and working team in driving the activities, 3. designing the activities, 4. arranging the activities, 5. running the activities, and 6. summarizing and evaluating the activities.

3) The evaluation and summary of the community mobilization activities for promoting active aging in health dimension in 4 communities showed that the elderly exercised both physically and mentally including muscles, brain, and nerves. Moreover, for the physical health, they also learned how to take care of themselves to have healthy lifestyles including having healthy food. For the mental health, they had high self-esteem, life satisfaction, joy, and mindfulness, good socialization and relation with others, and this could also help reduce and avoid major depressive disorder. The elderly were satisfied with the activities which were suitable for their age and they were willing to share their experiences and this made them happy and healthy.

4) To synthesize the impact factors of community mobilization on promoting active aging activities in health dimension, it was found that the impact factors on motivation on participating in the activities, taking part in mobilization, mobilization conditions, indicators and suggestion for the community mobilization to promote active aging in health dimension which were the input factors of the process of the mobilization, the impacts on the elderly people, impacts on the communities as well.

Keywords Older People, Community Mobilization, Active Aging, Health