

<b>Research Title</b>	Community Mobilization for Promoting Active Aging in Participation Dimension
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<b>Research Grants</b>	Fiscal Year 2018 Research and Development Institute, Silpakorn University
<b>Year of Completion</b>	2019
<b>Type of research</b>	Applied Research
<b>Subjects (based <i>NRCT</i>)</b>	Education

### ABSTRACT

The objectives of this research were; 1) to study active aging life style of the older people in participation dimension in Thailand; 2) to develop activities on community mobilization for promoting active aging in participation dimension; 3) to implement and evaluate activities on community mobilization for promoting active aging in participation dimension; and 4) to synthesis factors and guidelines of community mobilization for promoting active aging in participation dimension. Research and development was applied with mixed methods techniques. The procedures involved; 1) planning the guidelines for research implementation; 2) reviewing the documents and research related to the topic; 3) collecting data of active aging life style of the older people in participation dimension in Thailand by using questionnaires and interviewing of 400 elders, selected from stratified random sampling by region and studying community best practice cases in 3 sites; 4) selecting the site, setting up the team and planning the activities on community mobilization for promoting active aging in participation dimension in the 4 selected sites; 5) Implementing the activities; and 6) summarizing the results of implementation and presenting the guideline of community mobilization for promoting active aging in participation dimension. Content Analysis, frequency and percentage were used to analyze the data.

The research findings were ;

The active aging life style of the older people in participation dimension in Thailand was followings; 33.50% of older people were active in activities with their families, groups and society such as giving advice, teaching, giving blessings to their children and being members of

various organizations; 55.00% of older people received information most from participating in various community activities; 65.50% of older people did not plan about their work or activities that are intended to be done in old age; 66.50% of older people did not use their abilities to participate activities in their community or society. The results of the community case study examples of good practice in promoting community mobilization for promoting active aging in participation dimension were that the context of the area affecting the social conditions and ways to mobilize the elderly in the community. Elderly people played an important role in driving the community by participating in planning, implementation and evaluation.

The results of the development, implementation and evaluation on the activities on community mobilization for promoting active aging in participation dimension were that; The development approaches were five steps namely; 1) Determine the working group and create mutual understanding, 2) Study the problems and needs of the elderly, 3) Decide and plan the activities, 4) Implement the plan, 5) Monitor, evaluate and expand the results by the elderly involving in brainstorming, decision-making, planning, implementing. The significant outcomes were; the older people had more good health, happiness, courage, confidence, and self-esteem, had been able to access various information, had a better relationship with people in the community and had more guidelines to promote the elderly in the community. Supporting factors included the elderly, the elderly group / club, the activities leader, the supporting agency and community context

The guidelines of community mobilization for promoting active aging in participation dimension was a process of creating social relationships between the elderly and those related through group processes and group activities. These were tools to support and enhance older people, community leaders, members, groups or organizations and agencies to work together to create the proper opportunities for older people's participation in improving their quality of life. The elderly were able to take care of themselves and others. Key strategies included; 1) inviting to be volunteer; 2) persuading to participate informal social participation; 3) providing social connection. Key participants included; the primary research team, the research team, the research associate. senior citizens, clubs or community organizations officers from organizations or academic institutes. Significant outcomes from community mobilization in participation dimension should consider promoting the elderly to have 4 S's; small talk, soul mate, self-confidence and self-esteem.

**Keywords** Older people, Community Mobilization, Active Aging, Participation