

The Quality of Life (QOL) Development for Thai Elderly in Nakhon Pathom Province, Thailand

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Abstract- *This research aims to 1) study the quality of life (QOL) level development according to characteristics of Thai elderly demography 2) study the different levels of Thai elderly QOL and 3) study the relationship between QOL development and Thai elderly QOL in Nakhon Pathom province. Mixed methods research was used in this study. The sample consisted of 400 Thai elderly by using questionnaires and statistics used. The data analyzed were frequency, percentage, mean, standard deviation. The statistical t-test, one-way ANOVA analysis, and Pearson's Correlation Coefficient were determined. Found that 1) the QOL improvement, the overall picture is at a high level, social support had the highest average, followed by environmental management, participation and health promotion 2) the elderly QOL, the environment was at a high level, followed by social, psychological, and physical relationships 3) overall QOL improvement was positively related to the elderly QOL according to the statistical significance assumptions at the level. 01 and 4) from the municipal administrators of Nakhon Pathom province interviewing, found that the QOL improvement in various areas municipality affecting the elderly QOL when the elderly are developed, they will have a better QOL.*

Keywords - *Quality of life, Thai Elderly, Nakhon Pathom*

LINTRODUCTION

From the changing of the population structure into an aging society, it is a fact that many countries around the world are paying attention to this matter. Population aging is impacting all aspects of society, including labor markets [1, 2]. The decrease in the number of labor that may affect economic growth due to the labor force is an inverted triangle. That is, the number of labor force entering the labor market is reduced while there are many more elderly entering societies. In 2020, there are an estimated 727 million elderly aged 65 years or over. This number is projected to more than double by 2050, reaching over 1.5 billion persons. The elderly in the global population is expected to increase from 9.3 percent in 2020 to 16.0 percent in 2050 [3]. The United Nations has divided the levels of

entry into the aging society of each country into 3 levels, which are level 1, the aging society, which has a population aged 60 years or more, more than 10 percent of the population. Level 2, level aged society is comprised of over 20 percent of the population aged 60 years and over at level 3 of the elderly. Super aged society, consisting of over 20 percent of the population aged 65 years and over, of the entire country. The world society is becoming a society of the elderly. The process of aging society occurs in different countries at different times depends on environmental factors such as education, economic prosperity, scientific and medical progress, sanitation, nutrition, etc., which all have an effect on the health and longevity of the people [2].

Thailand [3] is in the transition to an aging society, which the United Nations said any country with a population of 60 years or more in the proportion of more than 10 percent of the entire country's population. It is considered that the country has stepped into an aging society and will be an "Aged Society" when the proportion of people aged 60 years and over increases by 20 percent. It is predicted that in 2021, Thailand will enter a complete aging population with people over 60 years old, more than 20 percent of the total population. This situation is the result of economic and national development scientific breakthrough technology and medicine are helping people live longer family planning or birth control policies causing a rapid reduction of fertility and the constant decline in mortality levels of the population causing the number and proportion of the elderly population of Thailand to increase rapidly

From the report on the situation of the Thai elderly, it is found that Thailand has stepped into an aging society since 2005, accounting for 16.5 percent, and is likely that the elderly population will increase in 2021 from the forecast. In 2033, it was found that Thailand will become an aging society at the highest level, with more than 28 percent of the total population. Or the elderly population aged 65 years and over 20 percent [4]. It is expected that Thailand will enter an aging society in 2021 [5].

An increase in the number of elderly in the proportion of the population may make the elderly suffer from a higher difficulty than other ages especially the elderly who lack economic and social security. The lack of children to take care of children due to the deterioration of the body with age and the growing disease that creates conditions. Higher dependence and long-term care needs from society improving the quality of life (QOL) is essential and it is urgent that the government or related agencies should urgently the operation is to support society. Thailand's elderly who have to face poverty neglect being unsupervised patient and causing budget problems in the care of the elderly. The lack of a system to take care of giving help effective protection and development of QOL for the elderly lack of integrated human resource budget and the mission of the relevant agencies will result in the government unable to take care of the elderly thoroughly. This will affect the QOL of the elderly in various fields. Therefore, the government has established a 20-year national strategy framework (2017 - 2036) on the creation of opportunities and social equality with the goal of developing. Giving it is important to bring the power of various sectors together, driven by the support of the unification of the people in joint thinking local authority decentralization to prepare the health, economic, social, and environmental dimensions for quality and self-reliance, where the state guarantees access to services and fair and inclusive quality welfare [6].

According to the Department of Elderly Affairs Current situation of the Thai elderly, Thai elderly population still has health problems. In 2017, the elderly were unable to help themselves. (Unable to perform basic activities, that is, eat by themselves, go to the bathroom by themselves, or able to dress by themselves) up to 5 percent, especially the elderly who are unable to help themselves, there are up to 19 percent of the elderly in the same age. In addition, data show that one-third of Thai seniors have income below the poverty line. This 2017 report shows that elderly people have reduced their primary income from their children from 37% in 2014 to only 35 percent. The elderly have earned less income from work, from 35 percent in 2011 to 31 percent in 2017. The number of elderly who have received a living allowance in 2017 was at 8.2 million, which is about 1.5 times more than the number of the same group in 2552. The elderly who are alone have increased steadily from 6 percent in 2002 to 11 percent in 2017; the proportion of elderly who are alone with their spouses has increased to 21 percent in 2017. These elderly people alone may be classified as "the vulnerability group". However, Thai elderly in 2017 have also health problems with non-communicable diseases such as diabetes, high blood pressure, these diseases may be the result of their earlier routine behavior such as consumer behavior, daily exercise, smoking habit, and alcohol consumption [7].

Survey of the elderly in Thailand in all 77 provinces as of December 31, 2018, the population of the country 66.41 million, with the population of the elderly aged 60 years up 10.67 million people or 16.1 percent, divided into 5 regions, consisting of the central region North, South, Northeast and the eastern region and for Nakhon Pathom province, with details as follows

Table 1: Number of populations in Nakhon Pathom province, 31 December 2018

Data characteristics	Male	Percent	Female	Percent	Total
Total population by gender	439,691	47.95	477,362	52.05	917,053
Elderly population by gender	64,617	42.50	87,413	57.50	152,030

From Table 1 [8] the proportion of the elderly population in Nakhon Pathom Province in 2018, 135,299 people or 17.2 percent (N = 788,450) is an Aged Society, the age index is between 50 and 120. Being older than 100 indicates that the population structure has changed, the population is older than the child population. It can be seen that the population in Nakhon Pathom province is 917,053 people and 152,030 elderly populations or 16.58 percent, which is consistent with the population estimates of the Office of the National Economic and Social Development Board. In the year 2021 Thailand will enter "Complete aging society" when the population aged 60 years and over, accounting for up to 20 percent of the total population and in 2031 Thailand will enter "Super senior society" when the population aged 60 years and over, accounting for up to 28 percent of the total population.

Therefore, improving QOL is essential. It is necessary for the government to have a plan in place. Structural system planning income allocation welfare arrangement the local government organization is an important organization that is close to the people and has a role to play. It is important to promote QOL, care, and assistance for the elderly in the provision of public services. Engage in providing the service of public health and health promotion for the elderly. However, the focus is on disease prevention at the individual level. By studying at the individual level before the onset of the disease, will be able to increase the chances for the elderly to have good health according to the concept of the World Health Organization, which is a process in creating opportunities for the elderly to access the public health system participation in obtaining safety for a better QOL there are 3 main factors, which are good health, life security and participation to prepare the community for long-term care of the elderly in many areas [8].

For this reason, the researcher proposed the importance of preparation for entering Thai society in order to help the population prepare themselves and be able to adjust their lives to be happy. A better QOL in mentally and emotionally economic and income, health, social and acceptance were aimed as well as the government welfare, which will help reduce the family burdens. Government and various organizations will have to bear the cost of taking care of the elderly in the future.

II. LITERATURE REVIEW

2.1. Meaning of the elderly

Hall [9] proposed that an elderly person is a person who is 60 and older. Physical and mental, it is the age of adaptation in many areas to live in a society with pride and a good mind. In addition, Hall has divided aging into 4 characteristics: 1) Elderly by age (Chronological Aging) refers to the aging from the age according to the calendar birth year, can tell at all how old one is 2) Biological aging is a change according to the condition. When the age grows, the process of function degrades, which is according to the human life expectancy 3) Elderly according to mental state psychological aging is the changes in the mind, perception, learning, memory, and personality that appear at different stages of life when the age increases 4) Aging according to social conditions (Sociological Aging) is a change in roles and functions of people who are getting older in the social system including expectations towards individuals and expressions of value towards elderly people.

Understanding the elderly also has criteria for explaining the classification of the elderly. By dividing the age into 4 age ranges as follows [10] 1) the young-old, the age range is about 60-69 years old, entering an elderly age having to deal with all the changes around them, such as quitting work, changing their lifestyle, the departure of relatives, and other changes in general. People at this age are still very healthy and maybe somewhat dependent on others. But if it is a highly educated individual,

adapt, at this age, the elderly will have some characteristics similar to that of middle age by participating in social activities as guidelines that the elderly at this age should adopt 2) the middle-aged old range of about 70-79 years of age, the age of the disease became more apparent including the loss of people around him, it has less activity participation; adaptation during this period is not interfering with family activities anymore 3) the old-old period, about 80-89 years of age, is a period of reduced energy in living life, requiring people to take care of health and lifestyle. The elderly in this period will start to think more about the past and has higher privacy 4) the older age range - about 90-99 years of age is the age of peace and needs a lot of care. Activities to do shouldn't be in a rush, be careful when walking, eating. This age will be a time of peace.

The United Nations does not currently have a definite definition for "Older / Elderly person" but the United Nations uses age 60 and over to present statistics, data, and indicators related to the elderly. Most developed countries use 65 years of age as the criteria for calling "the elderly" [11]. In Thailand, "the elderly" is defined in the Elderly Act 2003, Section 3. "Elderly" means "person over sixty years of age and having Thai nationality". In this report on the situation of the Thai elderly describe the characteristics of the aging society in 4 characteristics: 1) Aging society means a society where the population is aging, noticeable as the percentage of the elderly population is increasing 2) An aging society is a society with a population aged 60 years or more than 10 percent of the total population or 7 percent of the population aged 65 and over 3) A complete-aged society is defined as a society with over 20 percent of the population aged 60 or over, or 14 percent of the population aged 65 and over 4) Super-aged society is a society with more than 28 percent of the population aged 60 and over, or more than 20 percent of the population 65 years of age [11].

2.2. Meaning and theories related to happiness in the elderly

From the literature review on the concept, of happiness was found there are both academic concepts west and east. Both of which give meaning about knowledge as well as knowledge refers to the views or opinions of the assessed person themselves in a positive sense in response to events or situations that have been met, such as having joy, happiness, in a good mood, without negative feelings and can change over time [12].

Many social science theories can be used as a guide to caring for the elderly to be able to live happily. These theories describe the change of relationship, role, function, and adjustment of the elderly in living with others in society when entering old age. Therefore, there should be an understanding of the following social science theory [13], 1) Activity theory, this theory believes that the elderly are happy and suffer, success in life without feeling the need to distant from society when there are always things to do. Because various activities that the elderly do will help the elderly have a good self-concept, feel that they are valued benefit society can coexist in a society with happiness. This theory is believed the elderly are happy to use their knowledge, abilities, and expertise in the past used to do activities that benefit individuals and society 2) Continuity theory, this theory believes that the elders will be happy at the end of life; it depends on their personality and lifestyle in the past. People around should understand the continuity behavior of the elderly as a result of personal personality from a young age including promoting the elderly to take part in making choices and making decisions in order to promote the satisfaction of the elderly and does not conflict with the inner feelings of them 3) Disengagement theory, this theory believes that the elderly will be able to accept their role and function will decrease when entering the elderly. This may be due to the decreased relationship between the elderly and those around them, thus making the elderly feel less self-worth. Providing opportunities for the elderly to engage in activities with others in society or as an act of respect and accept the elderly. Because it makes the elderly feel self-worth, feel part of society, become less isolated and happier.

2.3. Concept of quality of life

One of the important goals of national development is to improve people's livelihoods, good physical and mental health, self-reliance, and a sense of belonging to society. The word for a good QOL is a fairly abstract vocabulary and subjective covering the context of the economy, society, culture, and values [14].

The success of the elderly being a suitable person living in society consist of satisfaction and own desire. This meaning rather emphasizes the concept of psychology and the way of life of the individual. The successful elderly consist of longevity; have good physical and mental health

conditions. There is an awareness of good QOL, a capable society, and an economy, the ability to control oneself and having a satisfying life [15].

Having a good QOL means being a potential elderly person and being able [16] is the ability to depend as much as possible on the elderly. This concept was developed in response to and correcting negative attitudes towards the elderly with the aim of reducing obstacles. That affects the lifestyle of the elderly is a concept that gives the strength of the ability of the elderly to use it.

QOL is a more subjective and multidimensional concept that is increasingly recognized as a useful outcome in health and social care research [17, 18], the World Health Organization Quality of Life Group [19] defines QOL as "the perception of individuals whose positions in life are in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns" (P. 1571). The definition of QOL claims that it can be perceived differently for different people [20, 21] (Bowling, Banister, Sutton, Evans & Windsor, 2002; Skevington, 2002), age, gender, health status, and cultural factors. They are some of the important factors that influence the formulation of concepts [22].

Social Welfare "is one of the keys to promoting all people in Thai society including the elderly able to uphold dignity, value, and good QOL as well as being a tool to promote fairness for the elderly as a part of society. In the past, Thai society has realized the value and benefits of the elderly by aiming to create a society that covers all 4 pillars; social service, social security, social assistance, and support of social partners [11]. There are 7 areas of social service: 1) Education 2) Health 3) Housing 4) Work and income 5) Recreation 6) Justice and 7) General Social Service.

2.4. Conceptual framework

In this research, we have applied the component concept together with a comprehensive review of papers and research on the development of the elderly QOL [23, 24]. It was found that the elderly QOL depends on improving the QOL in four areas, namely health promotion, according to concept of participation Manage [25, 26] the environment in accordance with Lawton's concept [27], and social support based on the concept of Wortman [28] to be used as a guideline for setting up a research framework.

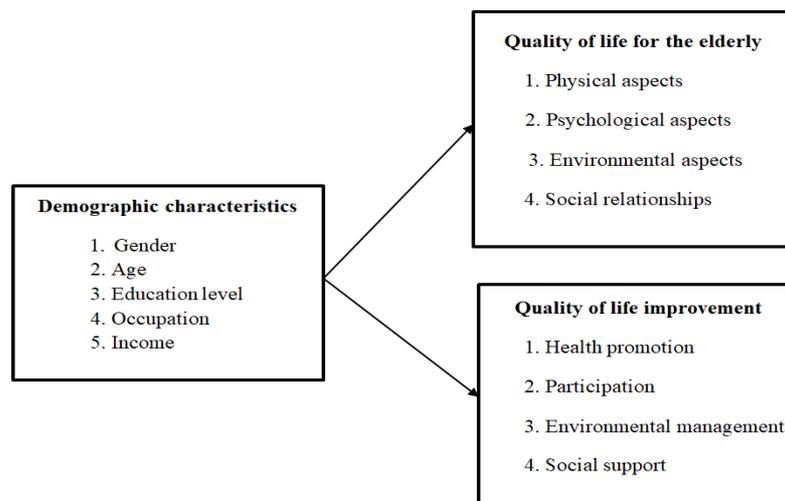


Figure 1: Conceptual framework

III. METHODOLOGY

3.1. Research methodology

The researcher used mixed methods research. The quantitative research was to collect data by using a questionnaire and the qualitative research was to collect data by In-depth Interview.

3.2. Population and sample groups

The researcher determined the specific population groups related to the improvement of the elderly QOL in Nakhon Pathom province is divided into 2 parts as follows;

1. The population is elderly in Nakhon Pathom province, a total of 152,030 people [8] in which the researcher used the accidental sampling technique by determining the sample group using the Yamane formula [29] 400 sample.
2. Key informants are representatives of Nakhon Pathom municipality assigned by the administrators of Nakhon Pathom municipality, 9 people, namely the Director of the Social Welfare Division and Director of Public Health. The information obtained from the interview will support the completion of this research and more reliable.

3.3 Research instruments

1. Quantitative research questionnaires were used to collect information about the level of QOL development and the elderly QOL. Before the actual data collection operation, has been tested for content accuracy suitability of the language used and the confidence of the questionnaire to be used in this study according to the objective of using 3 expert scores. By determining the Cronbach's Alpha Coefficient at the confidence level of the questionnaire is equal to 0.86.
2. The questionnaire was divided into 3 parts: Part 1, the demographic characteristics were surveyed, namely gender, age, education level, occupation, and income. Part 2, the level of QOL improvement consists of health promotion and participation, environmental management in terms of social support, the questionnaire were characterized by Likert rating scales. Part 3, the level of QOL for the elderly consists of physical aspects, psychological aspects, environmental aspects, and social relationships, the questionnaire were characterized by Likert rating scales.
3. Qualitative research, the quality data was collected by using structured interviews for in-depth interviews with key informants who are directly responsible for the work related to the elderly QOL development in Nakhon Pathom province. These questions consisted of improving the elderly QOL in 4 areas: health promotion, participation, environmental management, and social support. The interviewing duration was approximately 30 minute.

3.4. Data collection

1. Quantitative research by distributing 400 questionnaires to inquire about the level of opinions on the elderly QOL development.
2. Qualitative research in which the researcher proceeded to collect the data according to the established procedures, make an interview request letter transcripts of interviews from key informants are transcribed and analyzed in a descriptive way. Summary of information issues regarding the elderly QOL development in Nakhon Pathom province and check the information, data analysis and improve the information to be complete.

3.5. Statistics used in data analysis

1. Quantitative data, the analysis of preliminary data based on personal factor data was used with descriptive statistics including frequency, mean, percentage, and standard deviation. Statistics used to the dual difference test is the inferential statistics, test the hypothesis of the mean difference was based on t-test, One-way ANOVA, and Pearson's Correlation Coefficient statistics.
2. Qualitative data, the researcher carried out the information obtained from the notes and audio recordings, interview to check the completeness of the information. The information obtained was compiled in a text format for easy identification of issues and analysis, categorizing them according to groups of information to obtain information one by one and discussing the results

IV.RESULTS

1. The study results of the QOL development found that the overall level was at a high level ($\bar{x} = 3.91$, $SD = 0.34$). In the mean order, it was found that the first level of social support ($\bar{x} = 4.16$, $SD = 0.51$) followed by environmental management ($\bar{x} = 3.96$, $SD = 0.46$), participation ($\bar{x} = 3.80$, $SD = 0.40$) and health promotion ($\bar{x} = 3.73$, $SD = 0.34$), respectively.
2. The study of the quality of life of the elderly found that the overall level was at a high level ($\bar{x} = 3.97$, $SD = 0.38$). 0.51) followed by social relations ($\bar{x} = 4.21$, $SD = 0.53$), psychological ($\bar{x} = 3.79$, $SD = 0.38$) and physical ($\bar{x} = 3.78$, $SD = 0.41$), respectively.
3. The results of hypothesis 1 test, the elderly QOL according to characteristics demography is not different.

4. Results of hypothesis 2, the relationship between QOL development and quality overall, the life of the elderly was found to be highly correlated ($r = .872$). There was a correlation coefficient ($r = .837$), followed by the environment management, the correlation coefficient ($r = .748$), the participation, the correlation coefficient ($r = .581$) and the promotion. Health has a correlation coefficient ($r = .561$), respectively.

5. Results of the qualitative research study from interviewing 9 representatives of Nakhon Pathom Municipality can summarize the qualitative research results as follows. From the development strategy of Nakhon Pathom Province has established a development policy to achieve excellence in all areas including 1) Infrastructure and public services are a system improvement and development public structures and services such as roads, pathways, and electricity to cover all areas. 2) Development of natural resources and the environment. The establishment of a community network in the care protects the environment to improve environmental conditions to be safe from pollution. 3) Economic development and economic system strengthening, wisdom is promoted and promoted career development and career promotion. 4) Social development, QOL, and the strength of the community. People and communities are encouraged to participate. Promotion and development quality in public health services building health insurance providing assistance to the elderly. 5) Urban efficiency development local personnel administration and development promote public relations. Disseminate information about the municipality; including organizing various activities is something Nakhon Pathom Municipality gives priority to support preparation for entering the aging society. That will have more elderly people in the future by Nakhon Pathom municipality has raised the QOL that emphasizes the improvement of the elderly QOL a holistic approach that focuses on all aspects of well-being, including physical, mental, social, spiritual, economic, and environmental aspects, which improve the QOL of Nakhon Pathom municipality consists of (1) Health promotion, Nakhon Pathom Municipality established a service center for the elderly to be a model health promotion center. To continuously enhance the skills and knowledge of the elderly in health care with volunteer speakers who have the potential to transfer knowledge and there is an activity for the elderly to participate in Nakhon Pathom Municipality, thus giving importance to the health of the elderly. At least once a year for the annual health check to the elderly Public health consultation and health care services for the elderly to have a good physical QOL and not an elderly person with home and bed addiction. (2) Participation in activities and recreation to engage the elderly and be an activity meets the needs of the elderly. There are various forms of joint activities with staff and elderly groups in order to allow the elderly to get to know other people, enhancing strong participation in society, promoting relationships between the elderly and people of all ages. (3) Environmental management is to focus on the elderly in providing facilities that facilitate the life of the elderly and do joint activities. Taking into account the safety of buildings, stairs, toilets, as well as the activity room for the elderly, built as appropriate that the elderly can participate in activities and not as dangerous as building a narrow stepped staircase. With the provision of handrails for the elderly, ramps and toilets are constructed suitable for service and care, adjust the landscape increasing green space in public areas for recreational purposes. (4) Social support is to promote and improve the quality of public health services by building health insurance and providing assistance to the elderly and public relations news on various activities in the area so that the elderly can access and receive information on all channels that are beneficial to the elderly in providing assistance to receive the welfare for the elderly thoroughly.

6. Study results with quantitative research were consistent with qualitative research found that the work of Nakhon Pathom Municipality has adhered to the principles of good governance practices. There is public service in all areas to improve people's QOL with an emphasis on integration from all sectors and public participation. Due to the social situation that has changed, Nakhon Pathom Municipality must be adapted to the changes to ensure the infrastructure together with the development and promotion of the elderly QOL is an important mission of Nakhon Pathom Municipality. In improving the QOL in areas such as public health, education, and environmental management, therefore, policy-making is required to help improve the QOL in various areas. This will make the elderly QOL have better QOL. When the elderly are developed, this will result in the elderly in the area having a better QOL including physical, psychological, environmental, and social relations.

V.DISCUSSION

According to the research, it was found that the elderly QOL in Nakhon Pathom province gives importance to the elderly in the development of infrastructure and the provision of public services, organizing activities that involve elderly assistance in improving the living environment for the elderly and organizing activities that promote health for the elderly, consistent with the research of Arunsiriwong [30] that describes the importance of improving the QOL as the birth of the highest desires of people. Having a good QOL in personal development has led to goals such as education, occupation, income. Therefore, improving the quality of life is important.

The results of the research using quantitative research methods showed that the elderly QOL in Nakhon Pathom province had a safe living condition, have a convenient and fast journey able to survive life without being dependent on other people and able to accept changes in various stories, join activities it allows the elderly to meet with other people to build relationships between them and people of all ages, in line with the UNESCO [31] concept of QOL as a sense of well-being and enjoy the various elements of life that are important to that person. This indicates that the factors related to the QOL are health, sanitation, education, environment, resources, income, buildings, and housing.

Demographic characteristics, including gender, age, educational level, occupation, and income, differing in the level of QOL is no different. It can be said that all the elderly have participated in the activities and receive the welfare of the state thoroughly. In addition, families and children also place importance on the elderly in their care and attention, coupled with education, perhaps from learning that comes from the experience, training, and development of older people aged 60 and over but less than 80 years are often able to get around and live a life independent of others. They have similar work power and vocational resources, thus the demographic characteristics of the elderly do not affect the elderly QOL.

The results of the study on QOL development had a statistically significant positive relationship with the elderly QOL at .01 level found that 1) Health promotion was related to the QOL was moderate since the municipality has organized training and knowledge on promoting the health of the elderly holistically. In which recreation activities are organized annual health check enables the elderly to be aware and able to manage their health and lead to a better QOL by preparing people aged 45 and over to participate in municipal holistic recreation activities. In order to prepare to be older in the future, in line with Pender [25] said health promotion practices must have a responsibility to health in learning about the disease recognizing abnormalities in the body seeking help or advice from doctors and nurses. Regular participation in physical activities always as appropriate and managing stress by finding activities that helps to relax adaptation and expression making good use of free time and having adequate rest. 2) Participation has a relationship with the elderly QOL at a moderate level. This is because the municipality places great emphasis on organizing activities where the elderly can meet and express their opinions that allow the elderly to participate in activities and showing the need for participation in various activities the participation of the elderly is important to motivate the elderly to live more. This is in line with Kasperson and Breitbank [32], who say that citizens' participation is that people are creators in their activities. Process of development, decision making, and participation in activities and to take part in the benefits of that activity to produce results is the result of the activity that has to be reversed on their own. 3) Environmental management has a relationship with quality elderly life at a relatively high-level due to social conditions that have changed the expansion of the city is increasing. Therefore, the municipality is ready for changes in infrastructure. The environment in the community is safe and has recreation places such as parks. Buildings and buildings will be convenient to use. Benefits to the elderly, such as ramps, stairs, and toilets to be appropriate and to facilitate convenience for the elderly who is consistent with the Department of Health Ministry of Health [33] said that the World Health Organization designates an elderly-friendly city. There must be an urban development that can facilitate convenience for the elderly in order to prepare for the changing aging society environmental, physical and social aspects; especially for the elderly who need to adjust to the environment conducive to good health and 4) Social support has a relationship with the elderly QOL in Nakhon Pathom at a high level. Giving assistance to the elderly in various fields with occupational training activities to benefit the elderly to generate income elderly receiving assistance from the government or people in the community will create value for the elderly in line with Wortman

[28], that social support helps people who are exposed to stress able to face and adapt improved change driven by recipients to incentivize behavior change and a greater sense of self-esteem.

VI. CONCLUSION

From this research study, although it was found that the overall of the elderly QOL was at a high level, the quantitative research study found that the QOL development in health promotion, participation, environment management and social support. There is a relationship that affects the elderly QOL. Therefore, the administrators of the local government can bring the results of the study to drive and expand the results of operational development to ensure continuity in policy formulation arrangement of activities and work plan to promote and support activities to be suitable for the needs of the elderly for the elderly to have a good QOL.

Suggestions for further research should study the QOL development in other areas that correlated with the elderly QOL, such as welfare arrangements for the elderly living alone, education promotion, career promotion suitable after retirement age for the elderly. This is important to the aging society. In-depth interviews should be conducted with key informants, namely the elderly living in the said area to know the needs and use the information obtained to formulate guidelines for the QOL development appropriately and in line with the needs of the elderly.

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