

PREPARATION FOR SELF-RELIANCE BEFORE ENTERING AGING IN THAI-MALAYSIA BORDER AREA: CASE STUDY IN SAMNAK KHAM COMMUNITIES MOO1, SAMNAK KHAM, SADAO DISTRICT, SONGKHLA PROVINCE

Suhaimeen Dorloh ¹
Firhana Malinee ²
Abdulkhaliq Arrahimee ³
Sawat Laipaporn ⁴
Jirachaya Jeawkok ⁵

^{1,2,3,4,5} Faculty of Humanities and Social Sciences, Prince of Songkla University Pattani Campus, Thailand, (E-mail: ¹saveeyana@gmail.com, ²Firhana9201@gmail.com, ³apdunkled.c@psu.ac.th, ⁴sawat.l@psu.ac.th, ⁵jirachaya.j@psu.ac.th)

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Abstract: *This research is a mixed method. The main purpose of this study to explore the preparation for self-reliance before entering elderly stage among Ban Samnak Kham Moo 1 Communities at Samnak Kham, Sadao, Songkhla. The population sample group for quantitating aged between 20-59-year-olds are 266 samples were collected. Besides that, 12 respondents are being an in-depth interview. Data were analysed using descriptive statistics and content analysis. The results revealed that the overall image level of preparation for into the elderly was moderate (=3.23) the sample was prepared at a high level to include religion and faith (=3.61) Economic (=3.36) and housing (=3.27) respectively. The research findings content 7 major themes for the purpose of understanding the methods to prepare for the elderly which include (1) Economic, there is a need to saving some money for future use and finding an interesting career in becoming a source of income in the future, (2) Health, It must be continuous exercise and eat five useful foods, (3) Housing, Must be adjusted to suit the age range, (4) Social, There must be a strong incentive to participate in social activities. (5) Religion and Faith, apply religion to daily life to be conscious and makes a calm mind. (6) Education should have studied both ordinary knowledge and religious knowledge to be used as the anchor of the soul. (7) Family, family members need to be prepared to cope with the elderly and the family needs to plan for the elderly.*

Keywords: *Middle Age, Elderly, Preparation, Self-Reliance, Community, Border Area*

Introduction

Thai society has become to "The Elderly Society" since 2009. As a result, from the proportion of the population and the average age of the elderly increased in women around 74.5 years old and in men around 69.9 years old. For the Elderly in Thailand, 2016 found that there were 10,225,322 people aged 60 and over (registration Statistics, Department of Administration, 2016). In the next 10 years, Thailand will become "Completely elderly society" when the population aged 60 and over accounts for as much as 20 percent of the total population (Rossarin Patarakvanich and others, 2015:2). When the elderly population rapidly increases, it will affect both the elderly and the population in working age, such as public health, social welfare and more. Preparing to accept physical and psychological deterioration and adapt to social situations. Environment is important, and it must be prepared for the health, housing, economy and social participation. In order to be able to help themselves the most, depending on the other person, the least will be able to go to seniority with quality (Chanchai Jandee and Teera Ritrod, 2008).

Nowadays, the social situation has rapidly changed from an agricultural country to a highly competitive industrialized country. In particular, the prosperity of the border areas, especially the prosperity of trade same with The Thai-Malaysian border in the south of the country where growing fast in many ways. This is because it is bordered by Malaysia. It is a center of trade of goods and is a source of economic prosperity especially the area in Tambon Samnak kham where designated as a Special Economic Zone, as announced by the National Peace Corps. This is making the district of Samnak kham is known and there are tourists were very interested (Municipal district of Samnak kham, 2018). As a result, the community has a different way of life than any other area but may be similar to other geographic areas. The rapidly growing populations living in the area will have to adapt to the changes in daily life that will translate into social conditions in the area. The researcher considers that the most important factor in supporting this population is the preparation for adolescence to improve the quality of the elderly to reach the elderly. As well as quality of life, it is important to be consistent with the changing culture and society (Teerasak Aranpitak: n.p. 62). Based on the information, the results and the findings of the researcher mentioned above, it reflects the different scenarios that indicate the importance of being prepared for all those who are going to be older. The researcher is of the opinion that the study of self-reliant self-sufficiency to have a good quality of life. This is important for people who are in their early teens especially middle-aged people are considered to be transitional age into adulthood. Therefore, the preparation to deal with such changes is of primary importance in preparing for the future in the future. This article was provided by the researcher. Preparation for self-reliance before entering the elderly will lead to the preparation of self-reliance of the elderly before entering the age and to adapt to other communities in a sustainable way in the future.

Research Methodology

Research Methodology self-reliance preparation before entering the elderly in the Thai-Malaysia border area at Samnak kham Moo 1, Tambon Samnak kham, Sadao District, Songkhla Province which is a mixed method. The population is representatives of households aged 20-59 (Phassana Jullarat,2005). At Samnak Ban Kham Moo 1, Tambon Samnak kham, Sadao District, Songkhla Province, there are 687 households and the samples used in this research is representatives of households aged 20-59 were 266. And the participants is relevant in preparing for adulthood such as education, economics, religion and health by particular selection around 12 persons. The tool is a questionnaire which the content validity was verified by 3 experts. And then analysis the confidence level is .965. The interviews were validated by 3 experts.

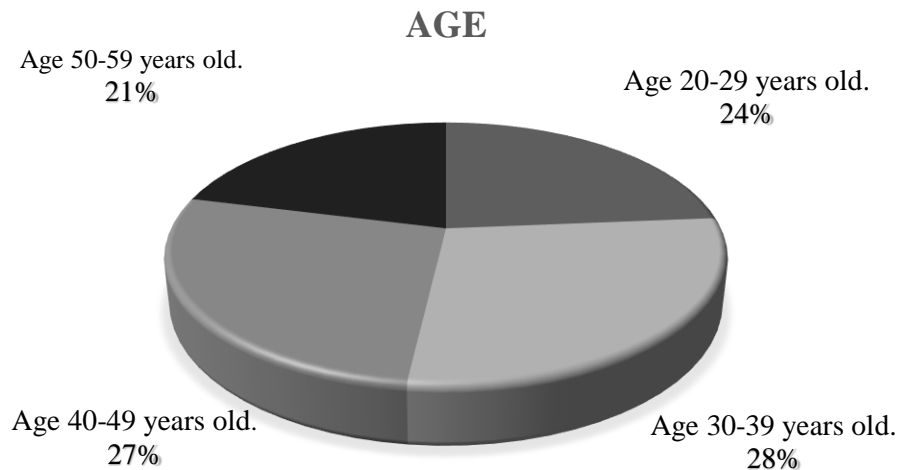
Protection the right of participants in research, the researcher collected the sample data by describing the research objectives, explaining the rights of the sample and ask for cooperation to collect information and interviews. Researchers introduce themselves to interviewees and create a friendly atmosphere by chatting with them. Researchers told the purpose of the interview and bring the results back to the interviewees to review the information. Analysis of data from the questionnaire was performed using descriptive statistics and content analysis.

Research finding

Guidelines for preparation for self-reliance before entering the elderly in the Thai-Malaysian border area. At Ban Samnak Kham Community, Moo 1, Tambon Samnak Kham, Sadao District, Songkhla Province. The researcher has summarized and presented the results of data analysis in 2 parts as follows.

Part 1: Quantitative Data Analysis Of Self-Reliant Before Entering The Thai-Malaysia Border. The Details Are As Follows

Chart 1: Mean, Standard Deviation, and Level of Preparation for Elderly



There were 152 females, accounting for 57.1%. Most of them had a bachelor’s degree of 93, accounting for 35.0%. Mostly in marital status were 190 peoples or 71.4%. The income between 5,001 - 10,000 baht was 162 people or 60.9%. The majority of the respondents live in the family with 241 persons, representing 90.6%. Most of them do not have congenital disease was 236 people accounted for 88.7%. Who have 4 members in family were 79 households, representing 29.7%.

Part 2: Quantitative Data Analysis Of Self-Reliant Before Entering The Thai-Malaysia Border. The Details Are As Follows

Table 1: 1. General Data Analysis Of 266 Participants is as Follows

Preparation guidelines	\bar{X}	SD	Preparation level
Economic	36.3	943.0	moderate
Health	3.15	0.847	moderate
Residential	3.27	0.832	moderate
Social	81.2	047.1	moderate
Religion and belief	61.3	767.0	high
Education	23.3	862.0	moderate
Family	3.18	0.933	moderate
Total	23.3	.0890	moderate

Guidelines for preparation for adolescence in Moo 1, Ban Samnak Kham, Tambon Ban Samnak Kham, Sadao District, Songkhla Province. Following are the 7 main themes or level of preparation for elderly. The highest average of preparation is as follows:

1. Religion and belief, there are the preparation of the mind, using the principles of religion, having learned to understand oneself and trying to correct their own shortcomings and having confident to face the events or changes that will occur in the level of satisfaction. ($\bar{X} = 3.77$, $\bar{X} = 3.67$, $\bar{X} = 3.65$)

2. Economic, there are preparing and planning funds for their children's scholarships, dealing with their existing debts before entering the elders and having plans to use the money in the future. It was occurred in the level of satisfaction. ($\bar{X} = 3.47$, $\bar{X} = 3.42$, $\bar{X} = 3.32$)

3. Residential, there are planning for home improvement to suit the lifestyle of the elderly, housing and community issues are safe. And the issues are planned facilities. It was occurred in moderate level. ($\bar{X} = 3.47$, $\bar{X} = 3.42$, $\bar{X} = 3.32$)

Part 2: Qualitative data analysis of self-reliant before entering the Thai-Malaysia border. The details are as follows:

Economic aspects of the research. Those who are going to go to the elderly should have the savings to use when needed. Financial planning is required from the age of labor to use in the elderly. Elderly benefits may not be just for pay. And in the field of careers, it's not just those who are going to be in the old age that need to be prepared. Choose a career that can feed yourself in the future. But the professional agencies involved be ready to provide career support to these groups as well.

Health, Those who are going to be old must have a continuous preparation. Exercise must be appropriate for fitness and age at least 30 minutes. Choose to eat five groups of health check. Have a physical examination to screen the disease. Avoid food and drink that has a negative impact on disease.

Residential, Research indicates that to improve the spread The home is more convenient and easier to use, such as the bathroom. These various bedrooms are to be

renovated to accommodate the use of people with physical changes. And to prevent accidents that could happen if not safe and appropriate.

The social aspect of research is that. Those who are into adulthood should participate in social activities such as sports clubs, elderly clubs. To create a relationship. Good mental health. It is a development of the emotional and intellectual for him. Preventing Depression When I go to the elderly. His social context is diminishing, but the elderly still has social needs. Therefore, there must be a common activity to replace the missing.

Religion and Belief Research indicates that Who will enter old age of religious principles should be used in everyday life. Because of his lifestyle that goes with the convention. As a result, the mind becomes calm. Releasing the mind from work tired. The mental stability Can act It was a rationalist. The research also found that. In the introduction to the Islamic community and the orphans, the elderly and patients infected bed. Focus on teaching religion in order to gain the knowledge of life after death according to Islamic principles.

Educational Research found. The study can be divided into two issues are the issues of the learners themselves. And wherein the source of knowledge. For those students who will enter old age. Education should be a study of the changing conditions of today to adapt to the changes. Studies have careers that can be used when visiting the elderly to provide a source of income. Prepared by health education. Nutrition so that it can be adapted for use on into old age. And should be studied both common knowledge and religious knowledge. In order to take advantage and as an anchor of the soul. And a source of knowledge about the unit would have to cope with an aging society is increasing. This course is appropriate for learners with access to the activity or project.

The family of research found that. In the family, family members are important persons to take care of the elderly. Therefore, it is necessary to prepare the knowledge for coping with the elderly in the family, with changes in physical, mental, emotional, family members must be planned for the elderly. It is a backward plan to make life in the umbrella with the elderly at the end of life happily. Besides that, love Family warmth is the most important thing that can make the elderly happy. And good mental health.

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