

การวิเคราะห์อภิมานการวิจัยผู้สูงอายุในประเทศไทย

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บทคัดย่อ

การทบทวนวรรณกรรมอย่างเป็นระบบนี้มีวัตถุประสงค์เพื่อสังเคราะห์งานวิจัยที่เกี่ยวข้องกับกรอบการทำงานด้านผู้สูงอายุของสหประชาชาติโดยมุ่งเน้นที่การวิเคราะห์ปัจจัยที่เกี่ยวข้องกับสุขภาพร่างกายของผู้สูงอายุในประเทศไทย งานวิจัยสามสิบสองชิ้นที่ได้รับคัดเลือกให้ทำการสังเคราะห์เป็นงานวิจัยที่ตีพิมพ์ระหว่างปี พ.ศ. 2557 - 2562 เครื่องมือที่ใช้ในการรวบรวมข้อมูลประกอบด้วยแบบฟอร์มที่เลือกศึกษาลักษณะการวิจัยและแบบประเมินคุณภาพ การวิเคราะห์ข้อมูลใช้แนวคิดของ Borenstein, Hedges, Higgins และ Rothstein's Meta-Analysis เป็นฐานในการวิเคราะห์ พบปัจจัยที่แตกต่างกัน 6 ปัจจัยซึ่งเป็นปัจจัยที่เกี่ยวข้องกับสุขภาพกายของผู้สูงอายุในประเทศไทย ได้แก่ (1) ปัจจัยที่เกี่ยวข้องกับระบบบริการสุขภาพและสังคม (2) ปัจจัยกำหนดพฤติกรรม (3) ปัจจัยที่เกี่ยวข้องกับปัจจัยส่วนบุคคล (4) ปัจจัยที่เกี่ยวข้องกับสิ่งแวดล้อมทางกายภาพ (5) ปัจจัยที่เกี่ยวข้องกับสภาพแวดล้อมทางสังคม และ (6) ปัจจัยกำหนดทางเศรษฐกิจ สรุปได้ว่าปัจจัยที่ระบุว่าเป็นปัจจัยที่เกี่ยวข้องกับสุขภาพร่างกายของผู้สูงอายุในประเทศไทยจะเป็นประโยชน์ต่อการวางแผนแนวทางการดูแลตนเองอย่างยั่งยืนสำหรับผู้สูงอายุต่อไปในอนาคต

คำสำคัญ : การทบทวนวรรณกรรมอย่างเป็นระบบ, กรอบแนวคิดเกี่ยวกับผู้สูงอายุ, ผู้สูงอายุ

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Received: August 6, 2021; Revised April 7, 2021; Accepted May 5, 2021

A Meta-Analysis of Active Aging Framework Research of Elderly Persons in Thailand

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ABSTRACTS

This systematic review study aimed to conduct the synthesis of active Aging framework research of elderly persons in Thailand, focusing on analyzing the physical health related factors of the elderly people in Thailand. The thirty-two researches recruited for the analyzing were among those published between the year 2014 - 2019. The instruments used in the data collection included study-selected form, research characteristic, and quality evaluation form were analyzed by using Borenstein, Hedges, Higgins, & Rothstein's systematic review. The result revealed six different determinants, as physical health related factors of the elderly persons in Thailand, including (1) Determinants Related to Health and Social Service Systems: health promotion, prevention of diseases, cures, long term care, and provided mental wellness service, (2) Behavioral Determinants: smoking and drinking behavior, physical activities, food consumption, and wellness of oral cavity, (3) Determinants Related to Personal Factors: biological and genetic mental health conditions, (4) Determinants Related to Physical Environment: clean environment, secure shelter, falling, and getting injured, (5) Determinants Related to Social Environment: social supports, violence, and educational and learning violation, and (6) Economic Determinants: income and social guarantee, and employment. It can be concluded that the determinants identified as physical health related factors of the elderly persons in Thailand will be beneficial for issuing sustainable self-care guidelines for the elderly.

Key words: systematic review, active aging framework, elderly persons

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Introduction

Thailand had become into an aging society and also had a higher proportion of the elderly population than other age groups. The change in demographic structure was caused by a decrease in the mortality rate of the Thai population, resulting in an increase in the life span or life expectancy of the Thai population. The causes were Medical advances, Technology and Innovation for health care.

The situation review and the tendency of developing health from National Health Development Plan Report of the Economic Development Plan and the National Society, Issue 11 (2012-2016) of the Ministry of Public Health showed that the average age of men would increase by 71.1 years and women would have an average life expectancy of 77 years in 2020.¹ Therefore, the issue of the elderly was a challenge for Thailand in implementing measures to look after the elderly to have good quality of life. The elderly in Thai society, when entering the age, there are changes in status, social roles and economics.

Besides, regarding the elderly and health, it was found that the having

good physical health was a desirable goal. The World Health Organization (WHO) defined health at the individual level, meaning that a person had physical, mental, social, and spiritual integrity. Maintaining good health and hygienic helped to reduce the chance of disease or health problems that often occurred when entering the elderly. The first highest physical health problems were physical movements (57.8%) which were the movement disorders, the vision and hearing and the emotional and psychological problems¹ The government should plan the formulating policies on the elderly in health and society for encouraging the elderly to be self-reliant and feeling that they had value with the goal of the elderly good health and participated in society by a stable guarantee.

This research study aimed to conducted of active ageing framework research of the elderly persons in Thailand. These focusing on analyzing the determinations that related to physical health factors of the elderly people in Thailand. The Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age².

This was the study from research published during 2014 – 2019 related to the elderly in Thailand on the issue of promoting vitality for the elderly. The research synthesis investigated to synthesize the researches concerning the Active Ageing Framework, focusing on analyzing the physical health related factors of the elderly persons in Thailand. In addition, the findings on the psycho-social factors that correlate with quality of life among the elderly provide beneficial information for related institutes working with the elderly to apply as policy recommendations on developing and enhancing quality of life among the elderly.

Objective

To analyze the researches concerning The United Nations' Active Aging Framework, focusing on analyzing the physical health related factors of the elderly persons in Thailand.

Methodology

The study with the Active Ageing concept of the elderly used the technique of Meta-analysis. The final research reports which included research articles, thesis

and dissertation were the sample. Thirty-two research reports were studied and included by the following criterion; a) published during 2014 - 2019 and b) searched and downloaded the full-text from the ThaiLis database. Content analysis and meta-analysis described.

Result

The research results were classified to six main parts by following the major objectives.

First, Determinants related to Health and Social Service Systems revealed that physical fitness test, recognition of benefits, awareness of obstacles, self-efficacy, and practice in exercise. The results of the experiment used the health promotion activities model for the elderly founded that the Physical fitness in all 6 areas of the elderly. Most of the criteria are suitable. As, the satisfaction with activities according to the form of health promotion activities for the elderly in Nakhon-Sawan province found that the Sample was satisfied with the activities and had a feeling of better health with a mental health. The elderly promoted self-care to suit the disease or

illness and encouraged continuous activities by oneself according to potential.

Moreover, the modernizing in the database on the elderly was continuous and provided the assistance. The government should improve the health promotion, prevention of diseases, cures, long term care because of the restrictions on accessing to health services and quality of government hospitals.

Second, Behavioral Determinants were healthy food consumption, exercise regularly, the outdoor living travel, smoking and drinking behavior, physical activities, food consumption, and wellness of oral cavity

Third, the determinants related to personal factors were the love and the commitment to the Family. The elderly should meditate and be peaceful mind and Dharma Application.

Fourth, the determinants related to the Physical Environment were resident for preparation the aging society such as biological and genetic mental health conditions.

Fifth, the determinants related to the social environment were transportation and caregiver supports. Other types of violence that may be directed at older

people, such as violence by strangers, street crime, gang warfare or military conflict. It is generally agreed that abuse of older people is either an act of commission or of omission and that it may be either intentional or unintentional. The abuse may be of a physical nature, it may be psychological (involving emotional or verbal aggression), or it may involve financial or other material maltreatment. Regardless of the type of abuse, it will certainly result in unnecessary suffering, injury or pain, the loss or violation of human rights, and a decreased quality of life for the elderly.

Sixth, The Economic Determinant has always been regarded as another significant aspect in the active aging era as suggested by numbers of the research studies. Some important issues concerning this particular determinant included social guarantee, income guarantee, and employment. Starting with the social guarantee, it is claimed to be the source which most of the elderly rely on. Secondly, income guarantee was another issue discussed. The Meta analysis revealed channels including government pension fund for government officials and state enterprise personnel, provident fund,

retirement mutual fund, life insurance, and even social security fund for retirement. These would enable the elderly to afford their daily living expenses without bothering their offspring and other community members, especially for those living alone. Regardless of all the available beneficial income guarantee channels, the implementation of the idea has still been a continuous limitation. In the analysis, some studies mentioned the small amount of average yearly income

of the elderly which could further lead to the discussion of another controversial issue, namely employment. Promoting elderly's working competence could be taken into consideration by both government and private sectors as it could help with problems like shortage of labors and unskilled or inexperienced staff. An example of possible solution suggested by different research conductors were to extend the retirements age from sixty to sixty-five.

The Six major findings of the study as shown in the following table (Table 1)

Table 1 : The result of synthesis by using the technique of Meta -analysis.

Title	Determinants Related to Health and Social Service Systems	Behavioral Determinants	Determinants Related to Personal Factors	Determinants Related to the Physical Environment	Determinants Related to the Social Environment	Economic Determinants
1. Health Care and Health Status of Thai Aging ³	✓					✓
2. A development of health promotion activities model for aging in Nakhon Sawan Province ⁴	✓	✓				

Title	Determinants Related to Health and Social Service Systems	Behavioral Determinants	Determinants Related to Personal Factors	Determinants Related to the Physical Environment	Determinants Related to the Social Environment	Economic Determinants
3. The Concept of Active Ageing and Capacity Development of Ageing Living Alone ⁵	✓				✓	✓
4. A Study of Lifestyle of Active Aging: Narrative Study ⁶		✓	✓		✓	
5. Aging society in Thailand ⁷	✓				✓	✓
6. Health Promotion System for Being Active Ageing Among Elderly People in Non Udom Sub-District, Muangyang District, Nakhonratchasima Province ⁸	✓					
7. Knowledge and Health Care Behavior for the Elderly with Movement Disability of Family Caregivers in Tambon Phayu, Kraseng District, Sisaket Province ⁹	✓					
8. Preparation for Aging Society: A Case Study of Sai Mai District, Bangkok ¹⁰	✓			✓	✓	✓

Title	Determinants Related to Health and Social Service Systems	Behavioral Determinants	Determinants Related to Personal Factors	Determinants Related to the Physical Environment	Determinants Related to the Social Environment	Economic Determinants
9. Educational Concepts for Developing Active Aging in the Elderly ¹¹	✓			✓	✓	✓
10. Health Active Aging of Elder in Japan, United States of America, and Thailand ¹²	✓	✓	✓	✓	✓	✓
11. Development Model of Enhancing Active Aging for Elder Club in Thailand ¹³	✓		✓	✓	✓	✓
12. Development Guidelines the life quality of Elderly with Disabilities in Thamai Subdistrict Municipality, Thamaka District, Kanchanaburi Province ¹⁴	✓				✓	✓
13. Media for elderly in Thailand: Current Situation, Expectation, Future Trends, and Proactive Strategy Planning ¹⁵	✓	✓	✓		✓	✓

Title	Determinants Related to Health and Social Service Systems	Behavioral Determinants	Determinants Related to Personal Factors	Determinants Related to the Physical Environment	Determinants Related to the Social Environment	Economic Determinants
14. The Health Behavior of Elderly of Klongtumru Sub-District, Amphoe Mueang Chonburi ¹⁶	✓	✓	✓			✓
15. Factors related with quality of life of elderly people of the state secondary school teacher, Muang Chumphon, Chumphon ¹⁷		✓	✓	✓	✓	✓
16. The Development of Learning and Occupation for the Elderly: Learning to Enhance Active Aging ¹⁸	✓	✓				
17. Developing the Life Quality of the Elderly by Applying Sufficiency Economy- Based Schooling (Phase I) ¹⁹	✓	✓	✓	✓	✓	✓
18. Quality of Life Among Those Attended Elderly School, Saraburi Province ²⁰	✓	✓	✓	✓	✓	✓

Title	Determinants Related to Health and Social Service Systems	Behavioral Determinants	Determinants Related to Personal Factors	Determinants Related to the Physical Environment	Determinants Related to the Social Environment	Economic Determinants
19.The model of knowledge management for an active aging development a case study of Tumbon Pakpraek Municipality, Changwat Karnchanaburi ²¹	✓		✓		✓	✓
20. Active Aging Index of Thai Elderly ²²	✓	✓	✓	✓	✓	✓
21.Role of the Elder in Community Development ²³	✓	✓		✓	✓	✓
22.Quality of life and health-promoting behavior of the elderly in Thingkhawpuang sub-district, Chiang-dao., Chiangmai province ²⁴	✓	✓	✓	✓	✓	
23. Aging society: Challenges and rebalancing ²⁵	✓	✓	✓	✓	✓	✓
24.Guidelines for managing expenditure budgets on Elderly's Social welfare ²⁶	✓	✓		✓	✓	✓

Title	Determinants Related to Health and Social Service Systems	Behavioral Determinants	Determinants Related to Personal Factors	Determinants Related to the Physical Environment	Determinants Related to the Social Environment	Economic Determinants
25. Factors related to active ageing among middle aged adults in sub-urban area ²⁷			✓		✓	✓
26. Mental Health Status among the Elder Persons in Nakhon Ratchasima Province ²⁸			✓		✓	✓
27. An Analysis of Factors Related to Active Ageing Preparation ²⁹	✓		✓		✓	✓
28. Factors Predicting Active Aging among Middle Aged Adults in Sub-urban Area ³⁰	✓	✓	✓	✓	✓	✓
29. Active Society in Thailand ³¹	✓	✓	✓	✓	✓	✓
30. Project of System construction monitoring and evaluation of National Elderly plan No.2 ³²	✓	✓	✓		✓	✓
31. Intergenerational Programs to Promote Active Aging: The Experiences and Perspectives of Older Adults ³³	✓	✓	✓	✓	✓	

Discussion and Conclusion

The analysis revealed six different determinants, as physical health related factors of the elderly persons in Thailand, including (1) Determinants Related to Health and Social Service Systems: health promotion, prevention of diseases, cures, long term care, and provided mental wellness service, (2) Behavioral Determinants: smoking and drinking behavior, physical activities, food consumption, and wellness of oral cavity, (3) Determinants Related to Personal Factors: biological and genetic mental health conditions, (4) Determinants Related to Physical Environment: clean environment, secure shelter, falling, and getting injured, (5) Determinants Related to Social Environment: social supports, violence, and educational and learning violation, and (6) Economic Determinants: income guarantee, social guarantee, and employment.³³ It can be concluded that the determinants identified as physical health related factors of the elderly persons in Thailand will be beneficial for issuing sustainable self-care guidelines for the elderly.³⁴⁻³⁵

Based on the findings of content analysis and meta-analysis, research scholars in related fields are able to employ results in terms of the Active Ageing concept of the elderly in their research. In addition, the findings on Determinants Related to Health and Social Service Systems, Behavioral, Personal Factors, Physical Environment, Social Environment, and Economic among the elderly provide beneficial information for related institutes working with the elderly to apply as policy recommendations on developing and enhancing quality of life among the elderly.

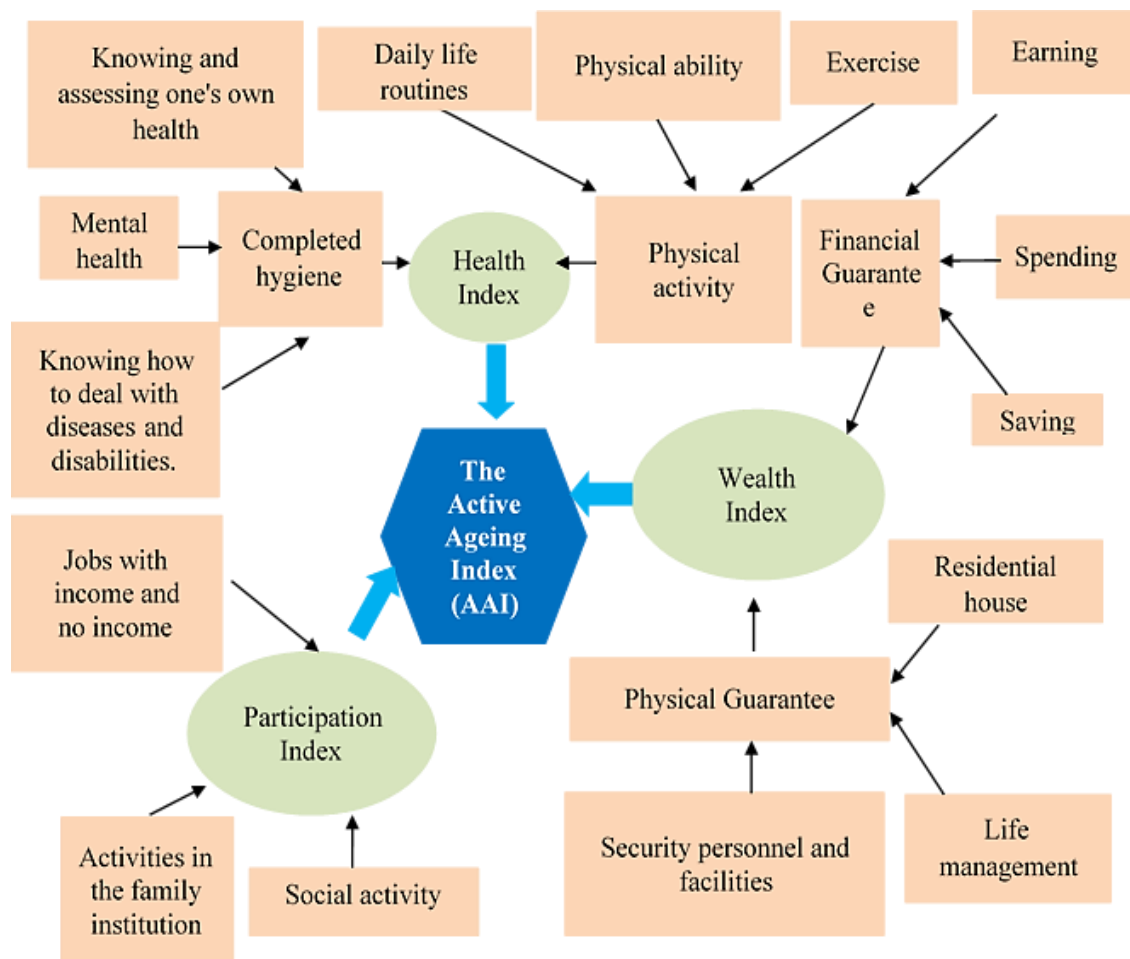


Figure 1 The AAI includes 15 indicators grouped into three domains

The finding built on the outputs of the Active Ageing Index (AAI) project. The AAI includes 15 indicators grouped into three domains was shown in following figure table.

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