

Title Perception of Family Support Factors Affecting Psychological Well- Being of Elders from Elderly Club in Public Health Center 37

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Year 2014

### **Abstract**

The study aimed to (a) study the perception of family support and psychological well-being from Elderly Club in Public Health Center 37, (b) examine the relationship between the perception of family support and psychological well-being from Elderly Club in Public Health Center 37, and (c) explore the regression for predicting psychological well-being from perception of family support factors. This study applied the mixed-method approach by including both qualitative and quantitative research methods. There are two groups of participants in this study. First, participants for the qualitative data collection will be divided into two sub groups: (a) ten out of 60 general elders who are non-members of the Elderly Club in Public Health Center 37 using purposive sampling during May 2014, and (b) ten out of 150 elders who are the membership of the Elderly Club in Public Health Center 37 by using purposive sampling during May 2014. Second, participants for the quantitative data collection include the other 140 elders who are the members of the Elderly Club in Public Health Center 37.

The instruments included (a) Personal Information questionnaire, (b) psychological well-being of elders questionnaire, and (c) perception of family support questionnaire. The statistic analysis included mean, correlation, and multiple regressions. The result showed that (a) the elders had high positive perception of family support and psychological well-being, (b) psychological well-being in general and in each factor had positive relationship with the perception of family support, with emotional, self-esteem, social participation in objects and information, (c) the perception in information had positive effect towards the psychological well-being in peace, acceptance, and respect, the emotional factors towards the psychological well-being in interdependence, and social participation had positive effect towards psychological well-being in happiness with the significance of .05, While the family support had no effect towards the psychological well-being in unity, (d) all five factors in family support can predict the psychological well-being in unity, peace, interdependence, happiness, and respect, and acceptance with the percentage of 5.8, 7.5, 20.2, 8.5, and 12.0 with significance of .05; and (d) all five factors of family support can predict the overall psychological well-being with the percentage of 14.2, with the significance of .001.