

The Development of a Holistic Physical-Psychological Model for Enhancing the Life Empowerment of Elderly in Bangkok Metropolis.

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Abstract

The objectives of this research were 1) to study the life empowerment of elderly, 2) to develop a holistic physical- psychological model for enhancing the life empowerment of elderly, and 3) to assess the satisfaction of elderly towards the developed model.

The research sample were divided into two groups: The first group was qualitatively studied by interviewing the elderly club members of the Public Health Service Centers in Bangkok Metropolis, the second group was purposively selected using the prescribed criteria and the lower than 25th percentile scores of the Life Empowerment rating scale. The 40 selected elderly were randomized into an experimental group and a control group, 20 persons for each group. The experimental group participated in the Holistic Physical-Psychological Model application, while the control group engaged in routine activities of the Center as usual.

The research instruments consisted of 1) The Elderly Life Empowerment rating scale with 0.6-1.0 I O C (Items Objective Congruence), 0896-907 Item discrimination power, and .902 reliability coefficient ; 2) The Holistic Physical-Psychological Model for Enhancing Life Empowerment of the Elderly with 1.00 I O C.

The research results were as follows :

1. The study of The life empowerment of elderly showed that all of the elderly wear affected, both physically and psychologically, by the aging decline. Most of them could cope with the declining effects but still need stimulating activities for their life empowerment to ensure their happiness and healthy long life.

2. The Holistic Physical-Psychological Model for Enhancing the Life Empower of Elderly was developed from three major conceptual framework and techniques of Maslow's Need Hierarchy Model, Gibson's Model of the Process of Empowerment, and DAO DE XIN XI technique. The developed model included 4 stages of activities: 1) the initial stage, 2) the operation, 3) the conclusion, and 4) the assessment, comprising 12 three-hour-sessions during 3 months.

3. The life empowerment total score and aspect scores of the elderly after the experiment were significantly higher than before the experiment at .01 level

4. The life empowerment total score and aspect scores of the experimental group after the experiment were significantly higher than those of the control group at .05 level.

5. Focus group results of the experimental group showed that they increased their satisfaction with the model through the progressive 3 months of activities, from “moderate” in the first month to ‘very much’ in the second month and ‘most’ in the third month.

Regarding the psychological aspect, the elderly expressed their increased relaxation and concentration with the dancing and body movement accompanied with music. They gained more understanding and insights of life actualities together with more calmness.

As for the physical suspect, the elderly felt that they were having genuine exercises which reduced their body pain and enabled them for more healthy walking and flexible body movements.

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Keywords: The elderly, Life empowerment, Holistic physical- psychological model.

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