

The Study of Self-Care Regarding to the Valuable Living in Thai Elderly

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Abstract : Aging is the reality for the future world. An urgent priority for the development of the elderly's quality living is needed. The promotion of quality the elderly to live longer in their dignity and being independence are essential. The objective of this descriptive research was to study the self-care regarding to the valuable living in Thai elderly. The randomized sample was 100 elderly who live in Muang district of Phayao province. The tools included 2 parts; 1) Personal data (gender, age, income, occupation, marital status, living condition and disease), and 2) the self-care regarding to the valuable living questionnaire consisted of 3 domains, physical (21 items), spiritual (13 items) and social domain (12 items). The content validity tool was tested the IOC ranged between 0.60 - 1.00 and the reliability test, Cronbach Alpha was 0.82. The research found that; The most participants were female (60 %), Farmer (37%), and underlying disease (65 %). The range of age was 68 years. Overall of the self-care regarding to the valuable living of physical, spiritual and social were at the high level. The highest level of physical activities was self-taking bath twice a day (morning and evening), and slept at least 5-6 hours at night time. The highest level of spirit activities was a good member of the family, contributions to persons in family, good emotion. Additionally were enjoyable, accepting changes in the body such as the dry skin and the blurred vision, accepting the roles and duties in taking care of house and grandchildren, selecting the applicable activities and practice according to religious Buddhateaching for the happiness and meditated life. The highest of the social activities were the good relationship between other elderly and family members, happy to help social activities as of their capacity, and being happy to help other people who have problems.

Keywords : self-care, valuable living, elderly, Thai

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