

Thesis Title Development of Personal Health Care Abilities in the Elderly of Pong Nuea Village, Hang Dong District, Chiang Mai Province

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ABSTRACT

The target of this research was to develop the Personal Health Care Abilities in the Elderly of Pong Nuea Village, Hang Dong District, Chiang Mai Province which is Participatory Action Research (PAR), using SWOT analysis (Strengths, Weaknesses, Opportunities and Threats) to evaluate the exercise programmes. There were 30 elderly people taking part in this 6 week operation. The research found that the elderly people have developed the ability to take care of their health, and also co-operate, analyse, plan and make decisions. Finally we have got 3 health development method projects such as: traditional herbs project, traditional slow movement stick dancing project and traditional Jeng dancing project. Also we set up committees to be responsible for managing the projects, and after initiating the scheme we found that in week 3 and 6 the elderly people were inviting their friends and family regularly to join in an activity and they are also making more friends and having a good social life style between them. This elderly example group also motivated other elderly people in the village to attend and join in an activity, this result shows that elderly people recognise the importance of caring for their health.