

The Development of Performing Folk Songs Model to Develop Holistic Health in Elderly

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Abstract

This research aims to study the problems and factors in organizing activities to promote holistic health in the elderly, Elderly Social Welfare Development Center, and to develop activities in the art of performing folk songs to promote holistic health in the elderly, Elderly Social Welfare Development Center. It is a study that aims to extract knowledge about the process of organizing activities for the elderly in order to develop a form of folk song performing arts activities to develop holistic health in the elderly as a research and development model. Divided into 3 phases: Phase 1 synthesizes knowledge on organizing activities for the elderly, Phase 2 develops and evaluates traditional performing arts activities to develop holistic health in the elderly, and Phase 3 uses Folk performing arts activity format for holistic health development in the elderly. The research tool used was a structured interview form and satisfaction assessment form for organizing activities. All analysis results are presented as descriptive data and tables with explanations. The findings revealed Problems and factors in organizing activities to promote holistic health in the elderly at the Elderly Social Welfare Development Center. The researcher can summarize into two issues: 1) The current condition of organizing activities to promote the health of the elderly at the 12 Elderly Social Welfare Development Centers has three formats: ordinary elderly, particular types, and centers without elderly residents. In terms of operations for caring for and promoting the elderly, there will be an operation plan for the center that promotes the health of the elderly. There are four areas: physical, mental, and social interaction and intelligence. 2) Factors in organizing activities to promote holistic health in the elderly. The Center for the Development of Social Welfare for the Elderly found that opinions and needs for bringing in local wisdom heritage, in terms of performing arts, all four regions came to organize activities to promote the health of the elderly at all 12 Elderly Social Welfare Development Centers. There were two issues: 1) Perspectives and opinions. It was found that bringing both local performing arts and four regionally organized activities to promote the health of the elderly within the center. It is a good and exciting activity. Most elderly people enjoy fun activities, including singing and dancing. It is also a matter of Folk performing arts that can understand the emotions and feelings of the elderly very well. It also helps promote and stimulate the memory of the elderly. 2) The need to bring local wisdom and heritage. In terms of performing arts, all four regions came to organize activities to promote the health of the elderly at all 12 Elderly Social Welfare Development Centers. It was found that there was a need to organize activities to promote the health of the elderly using all Folk performing arts. The aim is to organize activities that can develop the physical, mental, social, and intellectual aspects. The results of the development of activities in the art of performing folk songs to promote holistic health in the elderly have two crucial points: 1) The uniqueness of the art of folk song performance that has an impact on society is that it reflects the culture of the community, build relationships among people in the community, have fun public relations media and self-development 2) The results of creating and developing an art activity format for performing folk songs to promote holistic health in the elderly. The researcher created and developed a folk song performance art activity model consisting of 6 elements: principles of the form, Objectives of the format, content, activities, promoting factors, and evaluation.

Keywords: *Style Development, Performing Arts Activities, Folk Songs, Elderly Holistic Health.*

Introduction

Elderly age is when many changes in the body, mind, society, and environment exist. At the end of life, that results in high blood pressure, depression, diabetes, arthritis/degenerative joint disease, emphysema/chronic obstructive pulmonary disease, coronary artery disease, myocardial infarction, and paralysis, or, in some cases, there may be memory loss that eventually develops into dementia or Alzheimer's, so it is necessary to take care and promote health in the elderly. World Health Organization (WHO) has a motto for World Health Day or World Health Day that is "Good health adds life to years" (WHO, 2012) and "Health for all ? everyone, everywhere" (WHO, 2019); focusing on it is essential to have

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good physical health, which will help the elderly live entire and quality lives, benefiting both families and communities. Countries should prepare to deal with the population's average age increase, focusing on supporting older adults' care and physical and mental health, having a positive attitude, and having good relationships with those around them. The changes that occur in old age are life changes. It is a time that moves slowly. Some changes occur, resulting in problems in life, including changes in the physical body, mechanical systems of various organs within the body, changes in the mental state that are easily sensitive and difficult to control, social changes in living life with people around, economic changes in the current era, finances, and earning income are essential factors in living life. Therefore, the elderly having less energy will affect occupations that bring income and cultural changes. This change dramatically influences the elderly because various values or ideals change over time. Therefore, such factors change and affect the elderly.

Health promotion in the elderly is the process of increasing the ability to control, care for, and improve health, encompassing activities aimed at accelerating social, environmental, and economic skills to mitigate the effects on the health of the elderly, the public, and individuals. Health promotion care is, therefore, a process of cultivating the ability to control various factors that determine health and help improve it. Health promotion care for the elderly is, therefore, about preventing various diseases and illnesses that often occur quickly in those who have physical and mental health changes due to aging and includes promoting the elderly can carry out suitable daily activities and be able to live in society leading to a good quality of life, which critical health promotion care includes, avoiding risky behaviors, exercising regularly, having proper nutrition, participating in family and social activities, maintaining good mental health, and avoiding disease-specific risk factors. Therefore, it shows that organizing activities should encourage the elderly to be people with health abilities, able to take care of themselves, others, and society, which results in being people who value themselves and have pride, which is a characteristic that The importance of being an elderly person with good physical and mental health (Department of Health, 2017).

The Department of Elderly Affairs, Ministry of Social Development and Human Security is one agency that provides care and develops the elderly in line with the National Elderly Plan No. 2 (2002-2021) for the continuous development of individual potential. Participate in social activities and access helpful information. The Department of Elderly Affairs provides care and development for the elderly who have free time or have problems, including Relatives unable to take care of them, abandoned, homeless, lacking sponsors, and homeless. From statistics on admissions of elderly people in 2019, it was found that most of them lack sponsors, followed by relatives who are unable to take care of them and have problems with congenital diseases, respectively. In addition, there are reports of statistics on congenital diseases of the elderly in elderly homes in Pathum Thani Province. Most of them have high blood pressure and depression, accounting for 70 percent of the total number of elderly people, and the results of interviews with professional nurses who care for these elderly people. It was found that most elderly people have mental and emotional health problems that affect their physical health as well. It is a significant problem that must be revived because each elderly person comes from different places and different families, encounters different stories in life, have stories and memories that are both good and not very good when in old age, they have to change the living situation to live in an elderly home, which causes a depressed state of mind, depression or in some cases unable to accept their condition, isolating themselves from society to the point that some people are so sick that they are unable to live their everyday lives (Ritchaidamrong, 2020). Due to the physical and mental health problems of the elderly, the Pathum Thani Province Elderly Social Welfare Development Center has developed and rehabilitated the elderly by providing elderly rehabilitation activities, vocational training activities, and development activities potential and participation in the community so that the elderly can spend time with activities to develop their bodies and emotions and adapt to a new society. In terms of therapy activities at the home of the elderly, it was found that most elderly people like and enjoy singing, dancing, and exercising, especially during their leisure time. The elderly will ask the caregiver to show a video of the Likay performance or entertainment to watch; from observation, it was found that Elderly people will have happiness, smiles, and laughter from watching such performances (Phranalee, 2020).

Today, there are many ways to reduce physical and mental health problems without the use of drugs, including Music therapy and dance therapy. Studies have shown that music therapy is used in clinical practice for various reasons. The goals vary, such as reducing anxiety, reducing pain, promoting relaxation, and reducing feelings of isolation while being treated. (Coughlan, 1994; Dossey et al., 1995). Music therapy has been widely used since ancient times in various patient groups. The aim is to bring about changes in the physical, mental, emotional, and behavioral aspects of a person (Buck et al., 1985) which in dance therapy is about dance, which is a form of art that creates mental and emotional aesthetics for People in society and have an influence on the lives of people that can reflect the lifestyles and activities of people in society both private and public activities. This can be considered from the role of dance in affecting the lives of humans in various aspects. Many academics and experts use dance to treat and create happiness for people with problems in various areas, namely by using the principles of movement of the body about feelings and emotions in using the body's space and energy as a tool for therapy in order to achieve self-awareness and be able to express the feelings causes the development of a positive self-image, develops a sense of self-worth, reduces stress, anxiety, and depression, reduces chronic illness and muscle spasms. Dance therapy is a form and method of communication that humans choose to use, which satisfies the basic human need to communicate emotions and feelings to others. Therefore, a method must be found to help the receiver. Therefore, therapy has created a unique identity to understand the treatment of this dance therapy, which is to create continuous use of spoken language, a form of group expression and the process of each group, using the rhythm of body movement accompanied by music, using the movement to interpret, discuss, or convey meaning to create unity. Moreover, it helps people with mental problems such as anxiety, depression, or problems with relationships with others, as well as being used to treat some severe pain conditions.

As a result of the above, the researcher is interested in bringing music therapy and dance therapy to help develop and promote holistic health in the elderly: lifestyle, mental health, and emotional aspects and relationships. This aligns with the 17 Sustainable Development Goals (S.D.G.s 17) in point 3 on ensuring people live healthy lives and promoting well-being for all ages. The researcher saw the importance of caring for and developing the elderly to have good holistic health and live, help, and be self-reliant. The researcher, therefore, studied the importance of music therapy and dance therapy by performing various folk songs related to emotions and feelings, with fun music as the basis for creating activity patterns. Promote health in the elderly, Center for Development of Social Welfare for the Elderly, Pathum Thani Province. From interviews with social developers, there are opinions about the researcher regarding the use of folk songs. Being the basis for promoting the happiness of the elderly is considered exciting. It will have significant benefits because the art of performing Thai folk songs can involve every elderly person, emphasizing physical movement and creating aesthetics through singing and dancing. In addition, the elderly also practice using memory and thinking creatively. , exercising muscles from various dance postures, and practicing social interaction. These are things that most elderly people are interested in and are considered activities that are very suitable for them (Uma Sidi, 2020). Therefore, people's research aims to help the elderly have better mental and emotional health, be free from mental health problems, and be happy. The researcher is therefore extremely inspired to use the art of performing folk songs to promote health in the elderly so that the elderly, who are an increasing population in Thai society, have mental and physical health. Good, strong, happy at the end of life.

Research Objectives

To study the problems and factors in organizing activities to promote holistic health in the elderly, Center for the Development of Social Welfare for the Elderly.

To develop a form of activity in performing folk songs to promote holistic health in the elderly, Center for the Development of Social Welfare for the Elderly.

Research Benefits

This research will be a guideline for creating activities and activity formats using the art of performing folk songs. To promote holistic health in the elderly that will result in a change in a good direction, maintaining a life that will create happiness in the physical, emotional, mental, and social aspects of the elderly. It can also be a form of organizing activities to develop holistic health in the elderly who live in the 12 Elderly Social Welfare Development Centers across the country and the elderly who are interested in promoting their own health.

Research Methodology

This research is a study that aims to extract knowledge about the process of organizing activities for the elderly in order to develop a form of folk song performing art activity to develop holistic health in the elderly as a research and development model (Research & Development).) in which the researcher uses a research process that is carried out in 3 phases as follows:

Research in Phase 1: to synthesize knowledge on organizing activities for the elderly.

The researcher aims to synthesize knowledge on organizing activities for the elderly.

There are steps in conducting research:

Target Group

Key informants group: In this research, the researcher needs information from knowledgeable people who are experts and have experience in organizing activities for the development of the elderly. Therefore, a specific selection method was used. The groups and criteria for selection are psychiatrists, therapists, and rehabilitation doctors/physical therapists who are experts and have experience in caring for and developing the elderly, with at least five years of experience, totaling ten people.

Creating and Quantifying the Quality of Tools

Tool: The first phase of the data collection method is an In-depth Interview with

experts in organizing activities for elderly development. The tool used in the interview is a Structured Interview.

Creating and Finding Quality Tools

Study related documents, textbooks, and research.

Set up a structured interview framework.

Create interview questions according to the structured framework.

Bring the interview guide to the advisor for review and improve according to suggestions

Take the interview form to 5 experts to check content validity and validity.

Use the expert examination results to calculate content validity, calculated from the consistency between the questions and objectives (Item Objective Congruence Index: I.O.C.). The results are used to improve and revise the interview questions.

Use the interview form to collect data.

Data Collection

Write a letter from the Graduate School requesting assistance. In collecting data through interviews

The researcher contacts experts. To interview according to the questions

Data Analysis

The researcher proceeded with data analysis by grouping data and analyzing interview content.

Interview transcript

Analyze data using content analysis and categorize it.

Research phase 2: Develop a folk performing arts activity model to develop holistic health in the elderly.

Phase 2: The researcher uses the results of data analysis from Phase 1 to develop a model and evaluate the form of Folk performing arts activities to develop holistic health in the elderly using a focus group to examine the data using different triangulation methods. Phongphan Traimongkolkul (2012) stated that triangulation is essential for confirming data. At the data collection level, where there is more than one method of data collection. to verify each other During this period, the following actions were taken:

Target Group

The group of key informants in the research, development, and evaluation of Folk performing arts activities to develop holistic health in the elderly are experts in organizing activities for the development of the elderly, psychiatrists, rehabilitation medicine physicians, professional nurse physical therapists, and social workers in the Elderly Social Welfare Development Center using a specific selection method. The groups and criteria for selection are as follows:

National artist Performing Arts major

Expert and experienced in organizing activities for the development of the elderly.

Psychiatrist, rehabilitation medicine doctor, professional nurse, and physical therapist. The criteria for consideration is having experience caring for the elderly for at least five years.

The population used in the research and experiment of traditional performing arts activities to develop holistic health in the elderly is the elderly from the Elderly Social Welfare Development Center, Pathum Thani Province, Department of Elderly Affairs Ministry of Social Development and Human Security

Data Collection

Write a letter from the Graduate School requesting assistance collecting information from experts.

The researcher conducted a focus group to evaluate the format for organizing Folk performing arts activities to develop holistic health in the elderly.

Send documents to experts for evaluation and summarize the format for organizing Folk performing arts activities to develop holistic health in the elderly.

Data Analysis

The researcher proceeded with data analysis by grouping data and analyzing interview content.

Analyze data from the assessment form Using descriptive statistics such as frequency, percentage, mean, and standard deviation, interpreting the use of range classification by Bunchom Srisa-at (2014: 4)

Data analysis uses content analysis to categorize and group information.

Phase 3 Research: Using traditional performing arts activity formats to develop holistic health in the elderly.

This is the period in which researchers used the format of organizing Folk performing arts activities to develop holistic health in the elderly developed from Phase 2 to be trialed with the elderly in the Elderly Social Welfare Development Center, Pathum Thani Province, Department of Elderly Affairs Ministry of Social Development and Human Security using the Pre-Experiment format. The steps for conducting the research are as follows.

Population and Samples

The population used in this third research phase is the elderly in the Elderly Social Welfare Development Center. Total number: 420 people

Sample group Elderly people in the Elderly Social Welfare Development Center, Pathum Thani Province, organize Folk performing arts activities to develop holistic health in the elderly. The researcher used a purposive random sampling method, with a total number of 105 people

Creating and quantifying the quality of tools

Tools The tool used is a manual for organizing Folk performing arts activities to develop holistic health in the elderly. It also includes a satisfaction assessment form for traditional performing arts activity formats. The rating scale has five levels.

Creating and finding quality tools: Take the knowledge from the second research phase and study and analyze the concept theory of elderly development to design Folk performing arts activities to develop holistic health in the elderly through a series of activities based on principles and holistic health development in the elderly, study-related documents, choose to use the health assessment form for the elderly and the format for organizing Folk performing arts activities to develop holistic health in the elderly. Questionnaires were also given to advisors for review and correction. Use the format for organizing Folk performing arts activities to develop holistic health in the elderly. Five experts evaluated the questionnaire to check the validity of the content and objective precision, revised it according to experts' suggestions, and used the format for organizing Folk performing arts activities to develop holistic health in the elderly to find the instrument's reliability; the questionnaire was tested with 20 people who were not the sample but had characteristics equivalent to the sample.

Data Collection

The researcher explains the activities and use of the facility for the elderly to participate by allowing the officials to prepare. Then, the researcher prepared the equipment and personnel who will come to do activities Give to the elderly Elderly Social Welfare Development Center, Pathum Thani Province

The researcher experimented by familiarizing the elderly with activities to relax the behavior of the sample group and using a specific random sampling method. The sample group must be willing to participate in the activity, which is under the supervision of the officials

The researcher implements the activity by organizing a plan for the experimental activity. The researcher has scheduled activities for ten weeks, two times a week, for 20 times, 40 minutes each time. The researcher will use Folk performing arts activities to develop holistic health in the elderly as an experimental activity.

The researcher collected data with the sample group after they completed the activity using health status and satisfaction questionnaires. The data were analyzed using a statistical program, and the experimental results were presented before and after the activity. The satisfaction results with the activities are statistical values supporting the experimental results being more comprehensive.

Data Analysis and Presentation

Qualitative data analysis uses content analysis and statistics to analyze the data. The researcher analyzed the data using a ready-made statistical program to find statistical values

according to the consistency between the activities and the research objectives. The researcher then presented the results from all analyses as descriptive data and tables.

Research Results

Development of activities in performing folk songs to promote holistic health in the elderly, Center for the Development of Social Welfare for the Elderly The researcher can summarize it into two main parts as follows.

The analysis of the unique art of performing folk songs found that folk songs can be divided into songs with interactive singing and those without interactive singing. It has the value and duty of reflecting the local culture and creating relationships among people in the community. It is a medium for coordinating activities of people in the community and creating fun. There is a section in practice with the objective of content used to convey meaning through words and expressions in the local language from an interview with a national artist in the performing arts - folk songs. The uniqueness of the art of performing folk songs to society can be summarized as follows: 1) reflects the culture of the community and 2) builds relationships among people in the community. 3) Have fun 4) Public relations media 5) Self-development

From synthesizing guidelines for developing folk song performance art activities to promote holistic health in the elderly. The researcher synthesized data from interviews with four national artists in folk songs, three folk music experts, three doctors, professional nurses, and three experts in organizing activities to promote health in the elderly using art. It was found that the focus should be on increasing the health of the elderly and quality of life; there is a clear objective of developing or promoting each area to intervene (Intervention), developing emotions and thoughts, creating happiness within oneself as well as promoting the topic of self-help in daily life and self-esteem There are no fixed rules and regulations. Various content is used to stimulate learning, train memory, and stimulate the interest of the elderly. Therefore, the principles of the art activity format for performing folk songs to promote holistic health in the Elderly is a process of planning and implementing activities in the arts of performing folk songs combined with recreation to promote the health of the elderly, which must pass through experts in folk songs, care and promotion of the elderly Recreation aspect in evaluating, analyzing activities and designing the environment. Motivation techniques and program planning processes systematically to have high quality and provide efficient services to the elderly, consisting of 6 elements as follows

Principles: The elderly are an age that undergoes physical, emotional, social, and intellectual changes. Therefore, various tools should be used. Come help develop the quality of life physically, emotionally, socially, and intellectually. Elderly people of all genders and all ages can participate in activities. Arts and recreational activities It is considered a third tool that can be used to help improve the quality of life of the elderly because it is an activity that can be chosen according to satisfaction and interest in free time. Doing it creates happiness, joy, and cheerfulness. It relieves stress and creates freshness to prepare to face various problems or apply them in daily routine. For example, using recreational activities and performing arts to promote health in the elderly will help relieve loneliness, enhance skills, develop memory and thinking, create a sense of self-worth, and allow people to live happily and not cause any problems. It is a great way to reduce risk factors for health decline. The model developed by the researcher is suitable for organizing activities with elderly people aged 60 - 75 who can move their bodies independently.

Objective: To promote holistic health in the elderly using the art activity of performing folk songs. This is an activity that the researcher developed to be consistent with promoting and developing the health of the elderly as follows:

To promote physical ability, To enable the elderly to live and help themselves in their daily lives by developing arm and leg muscles, balance, and body movement, and to Carry out daily activities.

To develop positive emotions, make the elderly happy in their lives, understand the changing conditions of the body, see their worth, and control or manage their emotional state.

To support the social integration of the elderly, They Must interact with people around them and know how to live together with others. There are group activities with others, such as religious activities. Activities according to aptitude and interests focus on making the elderly alert to doing activities with others.

To restore intelligence in the elderly, to have the ability to remember, think, and understand matters necessary for living life. So that the elderly will be able to live their lives by appreciating the value and importance of living in the future.

Content: Content of the art activity format for performing folk songs to promote holistic health in the elderly. From the synthesis of information obtained from interviews with national artists. An expert in folk songs and an expert in organizing activities to promote health in the elderly using art. combined with the concept of health according to Adams's concept, Well-being according to Meyer's concept, Wellness according to hedonic and eudaimonic concepts and health according to Rive's concept which has activity content classified into five activity units.

Activity: The researcher created and developed a traditional music performance activity format to promote holistic health in the elderly, with a 5-step activity organizing process: 1) Scrutinizing, 2) Event goal activity, 3) Relationship activity, 4) Implementation of activities, and 5) Evaluation activity consists of 10 activities.

Supporting factor: The researcher has uploaded a set of folk songs used to accompany various activities on social media. 1) Social Media: YouTube and Facebook are groups that post video clips and pictures of participating in each activity. TikTok posts video clips and clips of the activities of the elderly playing folk songs so that the elderly can learn and have greater access to the current social era. However, this depends on the strength and ability of the elderly. 2) Digital media, such as Photos and video clips, help the elderly develop thinking processes and memory. 3) Handmade media is a specific device that corresponds to that activity and is used as a tool to create interest or support the implementation of activities to be effective. Places to organize activities for the elderly should be used in a wide area with ventilation and level and not near sharp materials. Among the necessary facilities is a quality sound system that will allow the elderly to hear the voice of the activity leader.

Evaluation: Three types of evaluation forms are used: the health evaluation form for the elderly classified by area of the Department of Health, Behavioral assessment of participation in folk song performing arts activities to promote holistic health in the elderly, and assessment of satisfaction with the art of performing folk songs to promote holistic health in the elderly.

Conclusion and Discussion

Research has been conducted on developing folk song performance art activities to promote holistic health in the elderly; the research results are discussed below.

Problems and factors in organizing activities to promote holistic health in the elderly. There are 12 Elderly Social Welfare Development Centers. The Elderly Social Welfare Development Center has three forms as follows: 1) Elderly Social Welfare Development Center for protecting the elderly on a normal basis, meaning abandoned elderly people, elderly people who have no dependents to take care of them, Elderly people who were abused Aged 65 years and over, assisting according to rights in the area. Where the elderly

have house registrations include the Ban Bang Lamung Elderly Social Welfare Development Center, Chonburi Province, the Elderly Social Welfare Development Center, Pathum Thani Province, the Thammapakorn Chiang Mai Elderly Social Welfare Development Center, Chiang Mai Province, the Elderly Social Welfare Development Center, Lampang Center for Development of Social Welfare for the Elderly, Ban Buriram Province. Center for Development of Social Welfare for the Elderly, Nakhon Phanom Province. Development Center for Social Welfare for the Elderly, Phuket Province. Phuket Province. Development Center for Social Welfare for the Elderly, Baan Thaksin, Yala Province. Social Welfare for the Elderly, Songkhla Province, Elderly Social Welfare Development Center, Ban Bang Khae, Bangkok Wasanawet Elderly Social Welfare Development Center Phra Nakhon Si Ayutthaya Province, a total of 11 centers, which will receive care for housing, food, and health care, divided into three subgroups: Group A is the elderly who can help themselves, Group B is the elderly who need to use a wheelchair. Moreover, Group C is the elderly who are disabled or bedridden. 2) The Elderly Social Welfare Development Center provides general (normal) and special protection for the elderly, meaning elderly people who voluntarily request to come and take shelter inside the center will have to pay expenses for living within the center for a fee. In terms of operations for caring for and promoting the elderly, there will be an operational plan for the center that promotes the health of the elderly in terms of physical, mental, and social interaction and intellectual, which organizes activities with social workers and mentors at the center. In some centers, additional physical therapists and psychotherapists are also available. But with most centers, it will not. Complete personnel are ready in every area. Department for organizing activities to promote the health of the elderly and for organizing activities to promote the four aspects of the health of the elderly are as follows: 1) Physical aspect: Organize activities in the form of physical movement every morning and in some centers, equipment will be used for exercise, such as using planks, Table of 9 fields for the use of exercise equipment that the National Science and Technology Development Agency (NSTDA) has delivered, which is a research work on the invention of exercise equipment for the elderly. However, it will only be used in some centers. 2) Psychological aspect: Organize activities in the form of recreational activities. In the late morning or afternoon, it consists of playing bingo games. singing karaoke, Opening videos, performing various performances, playing music, and playing television dramas or T.V. programs. Open the sermon to allow the elderly to play in various activities to relax. Moreover, it creates good, happy emotions. 3) Social interaction: Organize recreational activities in the late morning or afternoon, consisting of playing bingo games. singing karaoke and tea-drinking activities (Let the elderly sit in a circle and talk) in order to encourage the elderly to interact with each other. Talk about various stories. 4) Intellectually, activities should be organized using the skills necessary to care for or help oneself. Turn on the television to watch the news, promote modern technology, such as smartphones or tablets, and promote vocational skills for the elderly. Such as making sanitary mask straps, knitting fabric, weaving bags, and promoting and stimulating memory by talking and asking questions with the elderly. The establishment of the center and operations of the 12 Elderly Social Welfare Development Centers are in line with the situation of the elderly in Thailand, and it is said that the elderly need to receive care services from government institutions. This is another group that needs to be given importance. In 2040, if the proportion of elderly people remains the same at 49 percent, the number of elderly people in poverty will increase to 10.07 million, and there will be approximately 98.4 thousand poor and elderly people who have health problems and are bedridden. Being bedridden is a condition that requires caregivers. Moreover, there are quite a few elderly people who need care services. Elderly people in government institutions, due to the lack of caretakers and financial constraints, have no option to use services from the private sector. In 2040, there may be approximately 28.7 thousand elderly people who are bedridden and living alone or living with a spouse (No children are living in the household). Among that number, there are approximately 6,000 people who are bedridden in the house alone or bedridden in a house with only a spouse. There are no children who can help take care of the elderly. Therefore, it can be seen that there will be more obstacles to the care of the elderly in government institutions until they exceed their capacity to support the care of the elderly. There are 12 Elderly Social Welfare Development Centers that currently support state institutions. There are still challenges in providing care services for the elderly to meet the needs of those who will need them in the future. Also, Caring for the elderly in government institutions still has problems due to a lack of resources, workforce, budget, equipment, and network partners. and buildings. In addition, in the future, more problems will arise from the deterioration of the physical abilities of the elderly living in these facilities. Therefore, problems with the quality of care will arise. Elderly people in these government institutions are

still a challenge that must be managed effectively (Khamhom, 2020, p. 38; Senanuch, 2020: 27 Miankerd, 2020: 42).

Factors in organizing activities to promote holistic health in the elderly Elderly Social Welfare Development Center From interviews with key informants, it was found that opinions and needs in bringing local intellectual heritage. In terms of performing arts, all four regions came to organize activities to promote the health of the elderly at all 12 Elderly Social Welfare Development Centers. It was found that 1) views and opinions of the key informants in Group 1 saw the importance of bringing in the performing arts of the four local regions to organize activities to promote the health of the elderly within the center. It is a good and exciting activity. This is because most elderly people like to do fun activities, including various singing, dancing, and Folk performing arts that can reach the emotions of the elderly very well. It also helps to promote and stimulate the memory of the elderly as well, and 2) the need to bring in local wisdom heritage. In terms of performing arts, all four regions came to organize activities to promote the health of the elderly at all 12 elderly social welfare development centers throughout Thailand. It was found that all 12 centers had a desire to organize activities to promote the health of the elderly using All Folk performing arts aims to organize activities that can develop both physically, mentally, socially, and intellectually. It takes approximately 30 - 40 minutes to complete the activity between 10:00 - 11:00 a.m. with a period appropriate to the interests and readiness of the elderly to participate in activities to create better development. Using local performing arts to organize activities with the elderly also allows each center to provide the elderly with skills in performing or to restore the individual's abilities. It also builds confidence and self-esteem. which corresponds to the plan to drive the strategy for elderly work. In general, there is an end goal. Making the elderly live their lives in old age with quality. Theofilou P. stated that quality aging has important elements, including good quality of life of the elderly or well-being of the elderly (Well-being), happiness (Encompassing), Happiness), and feeling satisfied with life (Satisfaction with Life) in academics and internationally. There are many concepts related to the quality of life of the elderly. The important ones are Healthy Ageing, Productive Ageing, Active Aging, Successful Ageing, and Holistic Health Ageing) in terms of health promotion and well-being throughout Life (Health Promotion and Well-being throughout Life), basic strategies for promoting health are clearly announced. in the Ottawa Charter for Health Promotion, 1986, to increase healthy life spans, Improve everyone's quality of life, and reduce death and disease rates. Achieving this goal is necessary to reduce factors that increase the risk of disease and the chance of becoming dependent on the elderly and develop policies to prevent deteriorating health among the elderly. By planning from the beginning To prevent and delay the onset of disease and disability, mental health care for the elderly (Mental Health Needs of Older Persons), mental health problems It is the main cause of disability and poor quality of life. The number of elderly people with mental health problems has increased significantly due to loss and life changes. Often, if not properly diagnosed, this can lead to inappropriate treatment, not receiving treatment, or undergoing unnecessary treatment. Therefore, it is necessary to develop a comprehensive mental health care service system, from prevention to assistance. Housing and the Living Environment encourage the elderly to stay in their community (Aging in Place) and provide affordable housing as an alternative for the elderly. There are various measures, such as investing in infrastructure. Fair housing allocation The residence is easy to get to and friendly to all ages. Improved housing design and an environment to promote self-reliance, considering the needs of the elderly, especially those with disabilities, and improved transportation to make it accessible and affordable for seniors. Care and Support for Caregivers provides continuous care services for the elderly from many sources and assists caregivers By taking measures such as taking care of each other within the community, increasing the quality of long-term care in the community to make the elderly more self-reliant, training information support Caring for the mental, economic, and legal conditions of those in charge of care Research studies have been conducted to compare care systems in different cultures and settings. There are measures and mechanisms for insurance. Quality of service establishments, including supporting caring for the elderly. Especially for elderly women, such as providing care instead. Give information and promote the image of the elderly (Images of Aging), promoting the use of knowledge, abilities, wisdom, productivity, and other contributions of the elderly both by developing relevant policy frameworks and Public relations through mass media to promote an image that emphasizes wisdom, strength, usefulness, courage, and wisdom in solving problems of the elderly, both men and women including people with disabilities by supporting the media to move

beyond presenting a negative attitude. and instead offer a picture that explains the diversity of humanity (Theofilou P., 2013: 150-163) (WHO, 2013: Online)

2. Development of activities in performing folk songs to promote holistic health in the elderly. Elderly Social Welfare Development Center

From the analysis of the unique art of performing folk songs, it was found that folk songs can be divided into songs with interactive singing and those without interactive singing. It has the value and duty of reflecting the local culture and creating relationships among people in the community. It is a medium for coordinating activities of people in the community to create fun. There is a stage in practice. The purpose of the content is to convey meaning through words and expressions in the local language. From the synthesis of guidelines for developing the art activity format for performing folk songs to promote holistic health in the elderly, it was found that the focus should be on increasing the health of the elderly and their quality of life. There is a clear objective of developing or promoting each area to intervene (Intervention), developing emotions and thoughts, creating happiness within oneself, and promoting the topic of self-help and self-esteem in daily life. There are no fixed rules and regulations. Various content is used to stimulate learning, train memory, and stimulate the interest of the elderly. Therefore, the principles of the art activity format for performing folk songs to promote holistic health in the Elderly is a process of planning and implementing activities in the arts of performing folk songs combined with recreation to promote the health of the elderly, which must pass through experts in folk songs, care and promotion of the elderly Recreation aspect in evaluating, analyzing activities and designing the environment. Motivation techniques and program planning processes aim to provide high-quality, efficient services to the elderly. The details are as follows:

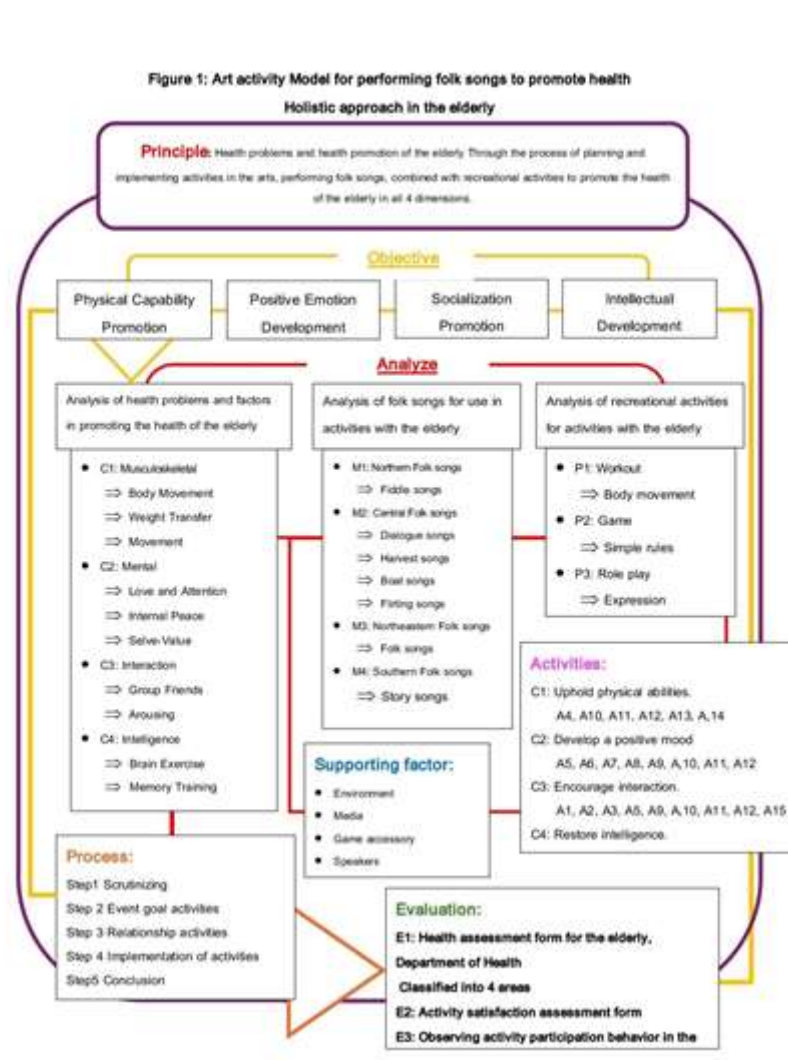
Objectives of the format should be consistent with the development, promotion, and assessment of the health of the elderly to promote physical ability to live and help oneself in daily life, to develop positive emotions to be happy in life, see self-worth To support the socialization of the elderly to interact with those around them, know how to live together with others and do group activities with others and to restore intelligence in the elderly to have the ability to remember, think, and understand matters necessary for living life.

In terms of form of art activities, performing folk songs to promote health. It should include 1) a variety of activity content used To create interest for the elderly in participating in the activity. 2) The simplicity of the content will help create an easy understanding for the elderly. There is straightforward information. Is it a matter close to the elderly, or is it a story from the past that helps promote previous experiences of the elderly? 3) The specificity of the content used with the elderly. Stories that hurt feelings must be avoided. Alternatively, it is a bad experience for the elderly, and 4) independence. The content used for the elderly should have space for the elderly to express their opinions or ideas freely, including the expression of ideas, Emotions, and feelings. Activities such as leading games and recreational activities should be diverse and varied. Physical movement and art are applied and integrated into activities. Activities should be carried out according to the abilities of the elderly, not too fast or too fast. Moreover, there is freedom in expressing one's body and feelings. Essential principles in conducting activities with the elderly are: 1) Consideration (Scrutinizing) means assessing and screening health. The abilities and background of the elderly. 2) Setting activity goals (Event goal activity) is selecting activities and setting objectives and content that will be used to develop and promote the elderly in various areas. 3) Building relationships. (Relationship activity) is creating understanding and building relationships to bridge the gap between activity leaders and participants. So that the activities can be carried out smoothly and with maximum effectiveness. 4) Implementing the activities (Implementation of activities) is carrying out activities with the elderly by the situation and context of the elderly that may change as well as being beneficial to the elderly who can use it in other areas, and 5) evaluation of activities (Evaluation activity) is the evaluation of the results of activities in each activity. A questionnaire or discussion with the elderly will be used after each activity and after completing the activities in each aspect of development

Promoting factors include media, materials/equipment, places, and facilities. It was found that in addition to the activity leaders, they must have the ability, skills, and accurate understanding of the content of

activities with the elderly. Other media may be used to carry out activities: 1) Social media (social media) such as YouTube (Youtube), Facebook (Facebook), and Tik Tok, so that the elderly can learn and gain greater access to the current social era. However, this depends on the strength and ability of the elderly. 2) Digital media (Digital) such as pictures (Photo) and video clips to help the elderly develop thinking processes and memory. 3) Handmade media is a specific device that is consistent with that activity to be used as a tool for creating interest or supporting the implementation of activities to be effective. In terms of places to organize activities for the elderly, there should be good ventilation. Have proper lighting. It is not a different-level area. Conducive to body movement: Do not be near tools, buildings, or sharp equipment that can affect the health of the elderly. A necessary facility is a quality sound system that will help the elderly hear the voice of the activity leader, which affects the attention and understanding of the elderly.

Evaluation of activities The activity evaluation criteria should be clearly defined so that the evaluation can be designed using a Rubric score, which may consist of 1) an evaluation of the content of activities that are beneficial to the elderly and 2) an evaluation of the activities that affect health overall in the elderly



From developing activity formats for performing folk songs to promoting holistic health in the elderly. Elderly Social Welfare Development Center mentioned above. The researcher analyzed and synthesized data from interviews and theoretical concepts to develop activity models. This is consistent with Prasopsuk Ritthidet (2016: 84-90), who said that from the study of learning about folk dance with participation by community organizations. To enhance the health of the elderly, it begins with a survey of the state of

knowledge of folk dances in the Ban Kut Khaen community. Maha Sarakham Province from the past to the present. Then, the implementation of the folk dance of the elderly will be studied with participation by community organizations, and the learning outcomes of folk dances will be evaluated to enhance the health of the elderly physically, mentally, socially, and spiritually. In addition, lessons learned from the folk dance of the elderly were also taken away. From singing folk songs and playing music, it was found that dancing activities in traditional merit-making ceremonies Create unity and fun. The folk dance should be performed in the evening or during the night. However, please do not take it long because the elderly get tired easily. Not being fluent and learning folk dance makes the elderly see their value in participating in making benefits in the community. because he participated in the Folk dance. Elderly people learn folk dance from community scholars. There are three teaching methods: demonstration teaching and teaching in real situations. Moreover, continue teaching. As for the learning methods of the performers, they learn using observation, real situations, and self-learn. The results of learning about folk dance enhance the health of the elderly physically, socially, mentally, and spiritually. There are answers from group discussions. Elderly people view learning about folk dance as a social space that allows young people to get close to the elderly and get physical exercise. Moreover, having a spirit of sacrifice and patience in dancing is a model for children and youth to practice. Moreover, Chutima Sinchaiwanichkul (2018: 92-104) said that by studying the factors related to aging. The health of the elderly in the community in Bangkok found that healthy aging the elderly must include having continuous activities every day to keep them strong. In addition, there must be following the news. Chatting with neighbors is important to have good memories and a good relationship with family. Participating in social activities Helping the elderly to be satisfied with life. In addition, they take good care of themselves, live a simple life, accept that aging is a natural process, manage stress well, and think positively. The basic determinant of healthy aging is the ability to perform daily activities. From basic activities to complex activities. Elderly people who can do daily activities on their own feel that they are not a burden on their children and grandchildren. Moreover, Caroline Bulsara, Christopher Etherton-Bear, and Rosemary Saunders (2016: 132-144) stated that from a study of models for Caring for the elderly in the community. As a result, older Australians choose to live in communities. Many activities or projects have been initiated to enable the elderly to have a better physical and mental life. One initiative is to focus on community-based daycare for the elderly. It began with a review of descriptive articles in various channels. This research found that the Overview of various care services for the elderly in centers is a person-centered approach to care. Emphasis is placed on qualifications, life history, and personal preferences. Characteristics of the elderly Proactive service or well-being that aims to create independence in work Quality of participation in life and society More than relying on services There is also a wide difference between services that focus on the physical health of older people and those that focus on support. Several service models were identified in the review for the psychosocial well-being of the elderly, covering both the mode of operation and the specific services provided. Many services combine two aspects, and Chiu-Yueh and Shu-Li (2020: 104-114) said that from a study of the effects of art and therapy on agitated behavior in elderly people with dementia, It was found that cognitive deterioration and restless behavior from the symptoms of dementia in the elderly are the main causes of disability and incapacity. Anxious behavior symptoms of dementia are a leading cause of patient care-seeking. This study aimed to study the effects of art therapy and the relief of agitated behavior in elderly people with dementia. The study was conducted weekly for 12 weeks, and the results support that art therapy may benefit agitated behavior related to dementia in elderly institutionalized memory therapy. Activities are conducted every week for 50 minutes each. Future studies should consider making art and recognizing the experience as promoting and maintaining good health.

Recommendations

Developing an art activity format for performing folk songs to develop holistic health in the elderly activity formats that are applicable and appropriate for the elderly needs to be developed. Who are between 65 and 80 years old and are elderly people who can move their bodies and be able to help with daily routines. Some elderly people are over 80 and unable to move their bodies. Moreover, it is a bedridden patient. The elderly in this group have health problems and should be cared for, rehabilitated, and developed for good health and have encouragement to continue living life. Therefore, there should be research and development in

the use of artistic science as art therapy to promote the improvement of the health of the elderly in vulnerable groups appropriately for the elderly in the group above.

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