

# Buddhist Promoting Mental Health of the Elderly in the Community.

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## Abstract

The objectives of this research were (1) to study Buddhism with promoting mental well-being of older adults in Umong community. (2) to study the way of temple development and the center of promoting metal well-being of older adults in Umong community and (3) to present the model of promoting metal well-being of older adults. This research is qualitative research, participatory action research : PAR and the effectiveness of the appreciation influence control (AIC) of the community for learning interaction with action and planning. The participation of community leader with operation experience of promoting mental well-being of the community. The instrument for collecting data were interview, observation and focus group discussion – FGD. The result of data analysis research was reliability and consistent with the objective of research. The research results are as below:

Buddhism concerns with various process in promoting mental well-being of older adults both direction way and indirection way. The index instrument evaluation of mental well-being. Overall, the level of mental well-being is better. Point out that Buddhism can promote mental well-being of older adults visibly. The important role of driving process to Buddhism for promoting mental well-being of adult that is temple. Temple then has the way of temple development for being center of taking care mental well-being of older adults by integrating device Buddhism. It concerns with the development of religious place, religious person, Buddha teaching and religious ceremony, these are the taking care of mental well-being of the community.

There are also guidelines for temple management as the center must have the principle and structure of temple management clearly that includes vision, planning, organizing, leading, order, control and the participation of community, temple and various organization that are shared idea, consideration, practice and benefit in promoting temple development for being the center of training care mental well-being of older adults.

To study of Buddhism research with promoting mental well-being of older adults in the community presented the model of promoting mental well-being of older adults by integrating Buddhism and promoting mental well-being. To present the model of temple development integrated with Buddhism, management and the participation of home, temple and government for promoting mental well-being of older adults and present the model of government sector (Local Administration etc.). To make

public policy that support to promote well-being, to change care system of cooperation and promote environment that supports to healthy community.

## **Introduction**

The elderly person who builds the benefit to descendant and nation extremely, those they are the valuable resource that has accumulated the experience of their life. So, those they should be praised in society. At present, Thailand's population is the long live very much. The elderly person that is 60 years old up who is a group population there are increased quantity and higher proportion. When compared with other groups of Thai population in 2010, the number of elderly person is 7.6 million elderly people, as a percentage is 11.36 of the entire populations. According to Umong's sub-district Muang district, Lamphun province. In 2013 found that there are 2,981 elderly persons or 34.21 percent of the entire population.

There are the elderly persons of sub-district that is the topnotch of Lamphun province. The factor that affects to the elderly person there are an increasing number of medical advances and public health. Medical treatment by drugs that highly effective, include the knowledge in the healthcare, information perception and state of economic society that there is the development. As the working-age population has decreased due to the disease, especially, the contraception policy of the population in 30 years ago, there is fertility rates fell sharply. Reducing the number of children and working-age population those who served in the elderly care, while the number of elderly person is still rising that common people should realize and likely to be economic impact and society in the long term.

The elderly person in the community not less there is change of lifestyle from the simple life with the descendants in household. This is dependence the current economic system and essential livelihood of relationship with descendants. Modern parenting plan, making the elderly are overlooked because the lack of modern. The elderly people then have more free time at the same time, the respect of decreased descendants.

The elderly people changes are the change of obviously body, depending on several factors such as genetics, lifestyle and a state of mind as well. It is evident that some are the older, why not look right. But some people look the older than their age, why not. This is because the elements mentioned above and the problems encountered from the elderly people are the mental health. There are high stress and physical changes, the degeneration of organs when much aging, complexion, muscle, sight worse and the elderly people suffer the loss of many lives such as the retirement, lost from friend dies, spouse.

The elderly people have to qualify and into adulthood as mentioned above. The elderly people also suffer the problem from anxiety in relying on, leaving, danger, fear of death, it then appear depression, irritability, the suspicion, willful and inherited behavior that is fussy, complaining, fidgety and poor memory. These problems have to promote and assist them.

The current elderly people in each community are assembled to do more activities. The activity that can meet and change ideas, recreation,

health care, the participation of religious activities and to increase revenue activities. Some activity is a traditional village activities, some arises from the learning outside, another elderly village or other organizations such as elderly association Women's groups ,professional groups and there is development respectively. This may be a part of responsiveness to the solving problems and needs of the elderly and people in the community.

The elderly phenomenon as above, researcher as the religious personnel and there is the role that corresponds to solve problem of the mental health of the elderly in Umong sub-district, Muang district, Lamphun province. There is then interested study the community's Buddhism what promotes the elderly to respond to the problems and needs of the elderly. It also guides the integration between Buddhist mechanism and organizations to correction and further development.

### **Scope of the study**

This study focuses on the area of Umong Municipal district, Muang district, Lamphun province. This area is chosen because it is a community that has driven the local policy. "DistrictHealth" that researcher involved in the promotion committee of the well-being and promotion activities for the elderly of the community that is quite obviously when compared to neighboring communities.

### **Result of the study**

The research studies Buddhism and promoting mental health of the elderly in the community found that the elements include : religious ceremony, religious parties, Buddha teaching and religious places there are relationship with processes of promoting mental health of older people both directly and indirectly. The evaluation of mental health index too. Overall, the level of mental health improved sequentially. It points out that Buddhism can promote mental health of the elderly. Although the evaluation can not expand the mental health of the elderly completely, but Buddhism can promote the mental health of the elderly that is the concrete.

The process of Buddhism, the important role of driving Buddhism in order to promote the mental health of elderly that is temple. The temple then has the development guidelines the temple to mental health centered care of older people with the integration of Buddhism. Including Thereligious places development, religious parties development,Buddha teaching development and religious ceremony in order to care the mental health of the elderly. It also has guidelines for the templemanagement to be the center must have the principles and structure of the temple management clearly, include vision, planning , organization, Leading and Directing and controlling with the participation of community, temples, organizations namely;brainstorming, co-decision, participation and co-beneficiaries. To promote temple development is a centeredcare of mental health of the elderly. The research study of Buddhism and promoting the mental health of the elderly in the community presentedthe promoting the mental health

model of the elderly with the integration of Buddhism in order to promote the mental health.

The proposed model of temple development that integrates Buddhism management and there are the participation of house, temple and government for promoting the mental health of the elderly and the proposed model of government (Local government etc.), with the creation of public policies that support to the promotion of health, Adaptive care coordination and promoting an environment that is supported to the community health .

### **Guidelines findings to good use**

1. The results of the study are guided develop mentacti vities that respond the university mission, including services to the society for the personnels and students have been involved, planned and find the way to promote community.

2. The results of the study into operation the participation of the Buddhist monk in order to integrate with the activities and the Buddhist monk project. To promoting the elderly in the community with integrating of Buddhism.

3. The results of the study into push the policy of the local government by the monastic order has the important role of development and promotion activities that aimed at the health development of the elderly.

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