

Health Care and Social Supports Affecting Life Quality and Satisfaction as Active Aging in Thai Elderly

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Abstract

Active aging is an important condition of the elderly that needs to be set as a target for the government in setting measures to promote active aging for the elderly in the country as well as the private sector that can take advantage of this condition. Thailand has a large number of elderly people and exceeds the World Health Organization's reference criteria. Therefore, Thailand is considered an aging society. This study aimed to examine the factors of health care and social support, namely family and community support, that influence quality of life and life satisfaction as the active aging variables in the Thai elderly. This study involved a sample of 390 people and used quantitative research and multiple regression analysis to prove the hypothesis. The research found that health care, family support, and community support have a significant influence on the quality of life and life satisfaction of the elderly. The research results suggest that the government should emphasize policies that promote health care for the elderly, including activities promotion that create support from families and communities, in order to create a good quality of life and life satisfaction for the Thai elderly. These things will ultimately promote the development of active aging in the Thai elderly.

Keywords: active ageing, family support, health care, life quality, social supports