The Constructing Shandong Folk Song Guidebook for Teaching Elderly Students at Jinan University for the Elderly in Shandong Province

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Abstract

The purposes of this research were 1) To study Shandong folk songs, 2) To construct Shandong folk song guidebook, 3) To teach elderly students by guidebook, and 4) To assess elderly students learning the guidebook. This study uses a mixed-methods approach, combining qualitative and quantitative methods. It focuses on first-year vocal music ten students at Jinan University for the Elderly in Shandong Province. The research uses key informant interviews, literature review, and IOC evaluation forms. Data collection includes literature analysis, interviews, and assessments. The study uses descriptive analysis and statistical methods to analyze the data. The research is conducted between June 2023 and July 2024.

The research results revealed as follows: 1) Shandong folk songs are a rich and varied collection of traditional Chinese songs, categorized into ceremonial, love, children's, life, work, and contemporary politics. These songs serve various purposes, including guiding labor, coordinating movements, and promoting emotions. They also serve as ritual music for sacrificial ceremonies and festivals. 2) The Shandong Folk Song guidebook offers elderly individuals guidance on Chinese folk songs, traditional song characteristics, vocal abilities, vocal exercises, and an examination of folk music samples. 3) The 15-week lesson plan teaches elderly students folk songs, focusing on rhythm, melody, and emotion. The study experiment demonstrated its efficacy in improving adult singing abilities than before at .05 level of significance, and 4) The experiment yielded high average scores in both formative and summative tests, with the most significant improvement observed in students 4 and 10, resulting in an average summative testing score of 4.3, which increased by 1.44, indicating a high level of performance.

Keywords: Shandong Folk Song; Guidebook; Elderly

Introduction

The preservation and transmission of Shandong Folk Songs and Singing face several challenges in the modern era, including the aging practitioners, loss of traditional environments, economic constraints, and the complexity of techniques. The aging population of practitioners threatens the continuity of traditional singing techniques and knowledge. (Wang, 2006) Rapid urbanization and modernization in regions like Southern Shaanxi have led to the loss of traditional environments crucial for the authentic practice and transmission of folk songs. Financial limitations also hinder the ability to support practitioners and organize events promoting these folk songs. (Wang, & Thotham, 2024). The intricate singing techniques of Shandong Folk Songs require dedicated learning and practice, which can be daunting for younger generations who may lack interest or time.

The university for the elderly has progressively gained recognition as an educational platform that is dedicated to offering social opportunities and educational opportunities. The Times created the university for the elderly to address the aging of society, establish a learning society, and meet the requirements of a harmonious society. The purpose of the university's vocal music exercise book for the elderly is to assist the elderly in enhancing their knowledge, enriching their lives, cultivating their sentiments, and engaging in activities that are relevant to them. To address these phenomena, universities for the elderly and choirs for the elderly have been established in various regions of China, one after the other. This has resulted in the positive development of the elderly's physical and mental state. Nevertheless, the vocal music instruction of the geriatric is still in the process of exploration and development, and there are numerous areas that are continuously evolving and improving.

The elderly population in Jinan, Shandong province, is facing prevalent health issues such as chronic diseases, catastrophic health expenditures, and social exclusion. These challenges are exacerbated by factors such as low health literacy, inadequate healthcare resources, and changing family dynamics. To address these issues, a multifaceted approach involving healthcare system reforms, community support, and family involvement is needed. (Stanciu, 2012). Chronic diseases are a significant concern among the elderly in Shandong, with many primary care facilities unable to adequately manage these conditions. A substantial portion of the elderly population experiences catastrophic health expenditures, which negatively impact their quality of life. This financial burden is a critical issue that needs addressing to improve health outcomes. (Li et al., 2024). Social exclusion and low health literacy are also a significant risk for the elderly in Shandong, as it can exacerbate health problems and reduce access to necessary care. Strategies for addressing health issues include implementing integrated health and social services, encouraging adult children to provide daily care and support, and improving health literacy and resource allocation through investments in geriatric training and digital health technologies. However, it is crucial to consider the broader socio-economic context in which these health issues arise, as economic disparities and urban-rural divides in resource allocation can hinder the effectiveness of interventions. Addressing these underlying factors is essential for sustainable improvements in elderly health care in Jinan, Shandong province.

The elderly in Jinan, Shandong Province, face health teaching challenges due to limited awareness and participation in health education, inadequate resource allocation, and the prevalence of chronic diseases. These issues are exacerbated by socio-economic factors and the need for improved community and home care services. To address these challenges, a multifaceted approach is needed, including enhancing community health services, optimizing resource allocation, and promoting self-care and safety awareness among the elderly. (Liu, (2024). Limited knowledge and low participation in health education programs can be addressed by tailoring programs to the specific needs and preferences of the elderly population. Insufficient allocation of community resources can impact the delivery of effective health education and care services. Early prevention and intervention strategies, along with specialized treatment channels, can help manage chronic diseases more effectively. (Zhao et al., 2020). Home and community care needs, influenced by factors like medical time, education, and economic income, can be addressed by enhancing self-care and safety awareness, as well as promoting physical and mental health through community nursing work. (Mi et al., 2022; Wang et al., 2022)

Nonetheless, some older students who have a foundation will believe that they are unable to learn more and that the centralized teaching method is moving slowly. According to the author, given the circumstances, the examination technique may be used to choose the top five students who do well on the test every semester and provide them brief one- on- one sessions as a reward. in order to fulfill their need for knowledge and feel content with it. One of the objectives researcher accomplished by writing the guidebook was this.

Research Objectives

The objectives of this research were:
1. To study Shandong folk songs
2. To construct Shandong folk song guidebook
3. To teach elderly students by guidebook.
4. To assess elderly students learning the guidebook

Literature Review

Shandong Folk Song: Shandong folk songs and singing are a rich tradition of oral and musical expression in the Shandong region of China. These songs are a blend of literature and music, reflecting social life and cultural heritage. They are characterized by their vivid artistic expression and the ability to convey profound thoughts through a blend of literature and music. Shandong folk songs are not only a form of entertainment but also a means of cultural preservation and education. (Wang, 2006) Artistic features of Shandong folk songs include vivid art figures and profound thoughts, adhering to the laws of artistic appreciation. Performances of Shandong kuaishu, or "fast tales," are popular across northern and central China, appearing in various settings such as rural bazaars, holiday shows, and media platforms. The Shandong model emphasizes the inheritance and protection of local opera and folk traditions through government support, market mechanisms, and educational initiatives. (Zhang, 2010) Shandong folk songs are part of a larger anthology of Chinese folk and popular literature, showcasing the mutual influence of orality and literacy in Chinese literary heritage. The integration of folk music into professional education and the use of modern media platforms for performance demonstrate the dynamic nature of this cultural form, ensuring the ongoing relevance and preservation of Shandong's rich musical heritage.

Yang (2024) The study of Zhejiang folk songs is a vital part of China's rich musical heritage, reflecting local culture, traditions, and social dynamics. These songs are characterized by their artistic expression, vocal techniques, and the integration of modern elements to preserve and enhance their cultural significance. The inheritance of Chinese folk songs has a long history, colorful features, unique cultural attributes, diverse functions, and profound cultural accumulation. This book discusses the definition, classification, origin and development, function and characteristics of folk songs, and their profound cultural connotation. It also discusses the vocal methods, decorative song cavity skills, language art, emotional style, and other techniques of Chinese folk songs. The last chapter of the book focuses on Chinese classic folk songs for appreciation, with a focus on painting and calligraphy. Overall, this book is a clear structure, combining theory and case, making it a valuable work.

Sun (2019) Shandong folk songs are a significant part of the Chinese folk music genre, categorized into ancient traditional ditty, modern folk songs, and modern folk songs. The Chinese folk songs are divided into three categories: ancient traditional ditty, modern folk songs, and modern folk songs. The dialect characteristics of Shandong folk songs are analyzed in three different regions (Xiji District, Xilu District, East District 1), focusing on dialect characteristics of the gradual transition from western Shandong to Jiaodong. The minor of Shandong folk songs, such as "Embroidery Bao", "Yimeng Mountain minor", and "Market", are analyzed for their usage and significance of lining words and decorative tones. The singing and dissemination path of contemporary emerging folk songs are also explored, focusing on new tunes, lyrics, accessories, and forms from the four aspects of innovation and development.

Huang (2022) to present paper focuses on the singing style of Shandong folk songs, specifically Cangshan folk song "embroidered bag." It explores the history of Shandong folk songs and Cangshan folk songs, analyzing their content, melody, dialect accent, and aesthetic aspects. The paper emphasizes the importance of understanding the characteristics of the song when singing, rather than just the interval rhythm of the spectrum. It also highlights the need to grasp theme content, style, dialect culture, and other characteristics of folk songs, which are key to singing traditional folk songs and allowing more people to understand their aesthetic significance.

Tang (2021) to present paper focuses on the Singing a Chinese nation: Heritage preservation, the yuanshengtai movement, and new trends in Chinese folk music in the twenty-first century. Chinese folk songs are a rich tapestry of cultural expression, characterized by their unique artistic features that reflect the diverse emotions and traditions of the Chinese people. These songs are deeply rooted in the cultural and social contexts of different regions, showcasing a variety of musical and lyrical elements. The artistic features of Chinese folk songs can be explored through their emotional depth, musical structure, and cultural symbolism. Emotional expression in Chinese folk songs often conveys a wide range of emotions, including patriotism, homesickness, affection, friendship, and love. Advanced techniques like Joint Time-Frequency Analysis (JTFA) can help analyze the emotional nuances embedded in the music. Musical structure in Chinese folk songs is typically based on the pentatonic scale, which contributes to the unique sound and feel of the songs. Unison singing is a common feature, emphasizing the communal aspect of folk music. The rhythm and mode of these songs are designed to evoke specific moods and emotions. Cultural symbolism and metaphors are prevalent in Chinese folk songwriting, often reflecting natural and socio-cultural realities. Traditional motifs, such as monophonic performance and contemplative moods, further enrich the cultural significance of these songs. Chinese folk music has influenced various musical genres, both within China and internationally, with the integration of traditional elements into modern music genres highlighting their adaptability and enduring appeal.

However, Shandong folk songs and singing are a rich tradition of oral and musical expression in the Shandong region of China, blending literature and music to reflect social life and cultural heritage. They are a form of entertainment, cultural preservation, and education, with performances of Shandong kuaishu popular across northern and central China. The Shandong model emphasizes the inheritance and protection of local opera and folk traditions through government support, market mechanisms, and educational initiatives. The study of Zhejiang folk songs is vital to China's rich musical heritage, reflecting local culture, traditions, and social dynamics. Chinese folk songs are deeply rooted in cultural and social contexts,

showcasing a variety of musical and lyrical elements, emotional depth, musical structure, and cultural symbolism.

The elderly in education: Education for the elderly at Jinan University, as part of a broader trend in senior education, focuses on enhancing the quality of life and promoting healthy aging through learning and social engagement. This educational model is designed to address the unique needs of older adults, fostering personal growth, socialization, and lifelong learning.

Elderly universities focus on educational and personal development, incorporating autobiographical and social approaches to help develop personal competence and wisdom. This form of education supports tertiary socialization, allowing the elderly to adapt to societal changes. Programs are closely linked with teaching and research, promoting a transpersonal identity and deeper understanding of self and society. Elderly universities also focus on leisure education, helping members develop interests and hobbies, and teaching leisure skills. (Wang et al., 2017) The concept of "senior life enrichment through education" integrates educational opportunities with community involvement, aiming to develop the spirit and wisdom of the elderly while ensuring a diverse supply of educational resources. However, challenges such as accessibility and inclusivity of these programs remain critical for development.

Wang et al. (2017) The development strategy of "Senior life enrichment through education" in China is multifaceted, focusing on enhancing the quality of life for the elderly through various educational initiatives. This approach is crucial given China's rapidly aging population, which necessitates innovative strategies to support the elderly in maintaining active and fulfilling lives. The strategy encompasses intergenerational learning, vocational and art education, and the integration of technology in community education. These elements collectively aim to create a comprehensive educational framework that addresses the diverse needs of the elderly population in China. The aging population in China is increasing, leading to the establishment of Chinese universities for the elderly in Jinan, Shandong province. The process involves three stages: initial exploration (1983-1988), development (1988-2002), and innovation and development (since 2002). There are two universities for the elderly in Jinan: Shandong University for the Aged and Jinan University for the elderly. Shandong University for the Aged, founded in 1983, is the first university for the aged in China and is a department-level fully funded institution. (Stanciu, 2012) It offers over 100 courses and 900 classes, including calligraphy, traditional Chinese painting, sports, literature, history, music, computer, English, and elderly health care. Jinan University for the Elderly, founded in 1984, is the earliest university for the elderly in provincial capitals in China and has achieved fruitful results in running for 30 years. By 2014, enrollment reached nearly 7,000 people, more than 10 times earlier than in previous years. (Li et al., 2024).Therefore, it is urgent to develop education for the elderly in China.

The retirement scientific continuing education model for elderly adults, as proposed by Veelken (1988) aims to improve quality of life and prevent social exclusion. It emphasizes lifelong learning, cognitive function, social engagement, and overall well-being. Integrating scientific education into senior learning programs can enhance understanding of contemporary scientific issues and improve quality of life. Key aspects of this model include autobiographical and social approaches, fostering personal competence and wisdom. This form of education supports tertiary socialization, allowing elderly individuals to adapt to societal changes. Programs are closely linked with teaching and research, promoting a transpersonal identity and deeper understanding of self and society. Jinan University's elderly education offers social and

psychological benefits, promoting social interaction, self- esteem, and coping with aging challenges. It empowers the elderly by recognizing their competencies and encouraging active participation in society. This enhances their sense of integrity and societal contribution, contributing to successful aging and coping with crises and losses.

However, Jinan University is implementing a senior education model that focuses on enhancing the quality of life and promoting healthy aging through learning and social engagement. This approach aims to foster personal growth, socialization, and lifelong learning for older adults. The university offers courses in various subjects, including calligraphy, traditional Chinese painting, sports, literature, and elderly health care. The model also promotes tertiary socialization and a deeper understanding of self and society. Despite challenges like accessibility and inclusivity, Jinan University's elderly education offers social and psychological benefits, empowering the elderly to contribute to successful aging.

Guidebook for teaching elderly students: A guidebook for teaching elderly students should incorporate innovative and effective educational strategies tailored to the unique needs and capabilities of older adults. The integration of technology, cognitive stimulation, and interdisciplinary approaches are crucial components. These elements not only enhance learning experiences but also promote active aging and self-care. Location-based games and structured ICT education programs can effectively teach seniors about new technologies, such as smartphones, by combining learning with entertainment and providing practical applications. These methods can improve seniors' competence in using new technologies and bridge the digital divide, enhancing their ability to engage with modern technology and access information. (Jurczyk-Romanowska et al., 2019).

Educational guides should promote cognitive stimulation, engaging various cognitive functions and encouraging active participation in learning for older adults. Validated educational materials ensure accessibility and effectiveness for the elderly audience. Incorporating geriatric competencies into the curriculum can enhance the learning experience by addressing the complex health needs of older adults. This approach encourages collaboration among different healthcare disciplines, fostering a comprehensive understanding of geriatric care. Identifying and integrating key concepts from geriatrics and gerontology into educational programs can provide a solid foundation for understanding the aging process and related health issues. (Gonzaga et al., 2022).

Meyer, & Simen. (2020) The book "Geriatric Interprofessional Education: A Practical Guide for Health Professions Educators" by Tina M., Meyer, Janice, and Hoffman, Simen (2020) likely addresses the need for effective interprofessional education (IPE) in geriatrics, a field that requires collaborative practice due to the complex health needs of older adults. The provided papers offer insights into various aspects of geriatric IPE, highlighting its importance, challenges, and potential strategies for implementation. Key concepts for a guidebook on teaching elderly care include understanding the complex health needs of older persons, the importance of interprofessional education (IPE), and the integration of geriatric competencies across healthcare disciplines. The American Geriatric Society's formal geriatric competencies serve as a foundation for curriculum design. Additionally, incorporating commonly occurring geriatric concepts and clinical assessment tools into interprofessional learning activities is essential for effective education in geriatric care.

Interprofessional Education (IPE) is crucial for healthcare professionals to collaborate in geriatric care, improving patient outcomes and understanding different roles. Programs like GOT Care! and Geriatrics Champions Program have shown positive outcomes in student preparedness and patient care. However, barriers to effective IPE include lack of standardized curricula, professional stereotypes, and insufficient understanding of other professions' roles. Addressing ageism in healthcare can help reduce biases among healthcare professionals. Strategies for effective IPE include using innovative teaching tools, direct contact with older adults, exposure to multiple IPE programs, and faculty development programs. These strategies can support the long-term implementation of IPE curricula.

However, A guidebook for teaching elderly students should incorporate innovative educational strategies, technology integration, cognitive stimulation, and interdisciplinary approaches. This will promote active aging and self-care, bridge the digital divide, and enhance learning experiences. Key concepts include understanding the complex health needs of older persons, interprofessional education (IPE), and incorporating geriatric competencies across healthcare disciplines. Addressing ageism and using innovative teaching tools can support the long-term implementation of IPE curricula.

Nevertheless, Shandong folk songs are cultural and social perspectives in China, preserving local traditions and promoting education. Jinan University's senior education model focuses on enhancing quality of life and healthy aging, offering courses in calligraphy, traditional Chinese painting, sports, literature, and elderly health care. The guidebook for teaching elderly students should incorporate innovative strategies, technology integration, cognitive stimulation, and interdisciplinary approaches, addressing complex health needs, interprofessional education, and geriatric competencies across healthcare disciplines.

Research Methodology

Research Methodology: This study employs a mixed method approach, which integrates qualitative and quantitative research approaches to guarantee thorough data gathering and analysis. Qualitative research methods include key informant interviews and literature review. Quantitative: Evaluation form, formative assessment, and summative examination under IOC standards.

Population and samples: The sample group used in the research was students mainly 120 students for the first year students majoring in vocal music in Jinan University for the Elderly in Shandong Province. Select only 1 classroom with 10 students, 3 key informants are used for qualitative research.

Research tools: Key informant interviews form, literature study, Index of Item-Objective Congruence (IOC) evaluation form, formative and summative test, assessment form, guidebook, 15 lesson plan.

Data Collecting: Collection of qualitative research data will encompass: Analysis of literature sources, interviews with important informants The gathering of quantitative research data will involve an assessment of the IOC. Examination forms, evaluation forms for both formative and summative assessments. Conducted between June 2023 to Jul 2024.

Data Analysis: Exploration of qualitative research data using descriptive analysis. Descriptive analysis is a method used to provide a description of the information obtained from key informants. Application of statistical methods to quantitative research data. Applications of statistical analysis in the IOC assessment form and formative/summative tests. This study analyzes the scores of formative and summative assessments using the RUBIRC approach.

Research Scope Location: at Jinan University for the Elderly in Shandong province.
Conceptual framework: From the study, it can be created into a conceptual framework as shown in the picture.
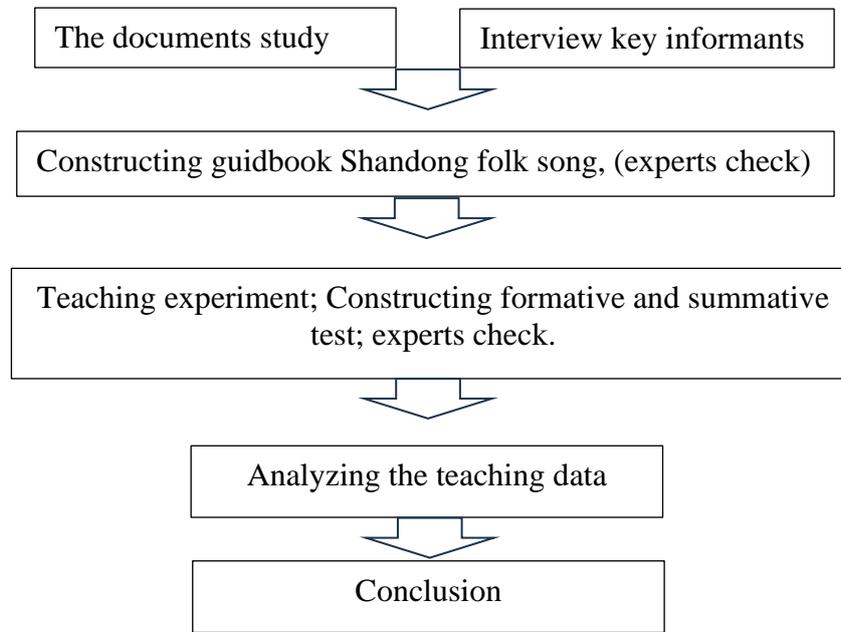
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│   The documents study   │   │ Interview key informants│
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│ Constructing guidbook Shandong folk song, (experts check)│
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│ Teaching experiment; Constructing formative and summative│
│              test; experts check.                       │
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Figure 1: Research Conceptual Framework

Research Results

The Objective research 1: Shandong folk songs: There are many folk songs in China, from traditional Chinese songs found in songbooks to folk songs gathered and made public after freedom. There are many contemporary folk songs and traditional ballads that are still in vogue. The substance of Shandong's folk songs is rich and varied. Folk songs fall into six groups based on their content: ceremonial songs, love songs, children's songs, life songs, work songs, and songs about contemporary politics. (Wang, 2006). The term "labor songs" refers to a variety of songs, such as "tamping songs," "field songs," "miner songs," "logging songs," "moving songs," "tea picking songs," and other folk tunes that reflect or synchronize the speed of work. Hand work is the primary source of this old European tale. (Xin, 2022). Together with labor behavior, it is accompanied by the rhythm of labor and serves unique purposes including guiding labor, coordinating movements, and promoting emotions. The Sichuan folk song "the sun comes out joyous" and the Fujian folk song "tea plucking fluttering butterfly" are two examples. (Shuaijun, 2023) Sacrificial ceremonies and traditional traditions are performed with ritual music. It results from a lack of awareness of the force of nature and a belief in the ability of words to influence the gods, pray, and avert catastrophe. Mo tactic songs, like "heavenly spirit," are sung by witches and gods during witchcraft rituals. Include a medicinal chant like "emperor, emperor" together with "land spirit..." (Wang, 2006) A festival song is a song from a festival or season that is often paired with entertainment and dancing.

The Objective research 2: Constructing Shandong folk song guidebook: Chapter 4 of the Shandong Folk Song Instruction Book features the elderly in the following manner: Chapter 1: Type and Singing of Chinese Folk Songs Chapter 2: Shandong traditional song characteristics and vocal abilities Chapter 3: Vocal exercises connected to Shandong traditional tunes Chapter 4: Examination of Shandong folk music samples

The Objective research 3: To teach elderly students by guidebook: Weeks 1-3 of the 15-week lesson plan concentrate on teaching the fundamentals of folk songs, while weeks 4–13 are devoted to rehearsing the assigned songs. A thorough review is held in week 14, and the final test is held in week 15. Based on the lesson plan of the exercise book, which aims to assist students grasp fundamental concepts such singing with the right rhythm, melody, and emotion, the assessment of this study experiment demonstrated the efficacy of the approach to improve the singing abilities of adult students.

The Objective research 4: This led to a brief assessment to gauge the capability. The 15-lesson workout regimen markedly enhanced the vocal abilities of the pupils, as seen in the following table.

Table 1 Compare the formative testing and summative testing scores.

Students	Formative Mean	Summative Mean	Comparing	Result
1	3.57	4.66	+1.09	Improved
2	2.85	4.66	+1.81	Improved
3	2.29	3.22	+0.93	Improved
4	2.44	4.33	+1.89	Improved
5	3.57	5	+1.43	Improved
6	2.57	4.33	+1.76	Improved
7	3	4	+1	Improved
8	2.71	4.45	+1.74	Improved
9	2.85	4.36	+1.51	Improved
10	2.57	4.25	+1.68	Improved
Mean	2.86	4.3	+1.44	Improved

The most improvement are students 4，improved by 1.89 points. Secondly is student 2, improved by 1.81 points. Thirdly is student 6, improved by 1.76 points. Fourth is student 8, improved by 1.74 points. Fifth is student 10，improved by 1.68 points. Sixth is student 9, improved by 1.51 points. Seventh is students 5, improved by 1.43 points. Eight is student 1, improved by 1.09 points. Nine is student 7, improved by 1 points. Ten is student 3, improved by 0.93 points. The average summative testing score was 4.3, which increased by 1.44, resulting in an improved level of results.

Research Findings

This study examines folk singing techniques via literature, records, pertinent studies, and expert interviews. It examines the form and content of the manual, addressing fundamental aspects of folk singing, including pronunciation skills, rhythm, and mood. The student manual for enhancing folk singing abilities emphasizes vocal techniques aligned with the Chinese folk song tradition. It has four chapters: Chapter 1: Types of Chinese Folk Songs and Their Performance Chapter 2: Attributes and Vocal Techniques of Shandong Folk Songs Chapter 3 Vocal Exercises Associated with Shandong Folk Songs Chapter 4 Examination of Shandong Folk Song Samples. The lesson plan spans 15 weeks, with weeks 1-3 dedicated to foundational understanding of folk songs, and weeks 4-13 concentrating on the practice of singing the designated songs. Week 14 entails a thorough review, while week 15 comprises the final examination. Evaluate the learning of older pupils using the handbook. The greatest improvement is shown in student 4, who increased by 1.89 points. The average summative testing score was 4.3, which increased by 1.44, resulting in an improved level of results.

Discussion

Discussion of research results: Research results of Shandong folk songs are a rich and varied collection of traditional Chinese songs, categorized into ceremonial, love, children's, life, work, and contemporary politics. These songs reflect the rhythm of work, sacrificial ceremonies, witchcraft rituals, and festival songs, promoting emotions, coordination, and synchronization. There are study results in the same direction as Zhao (2018) which are presented about A study on Spring Festival belief activities in coastal areas of Shandong, by finding that during the Spring Festival in Shandong Province's coastal areas, fishermen engage in worship services based on sea-related beliefs. They sacrifice various gods, including old ancestors, God of Wealth, and heavenly grandfathers, for safety, fishing harvest, and other customs. This paper investigates how coastal fishermen strengthen their sense of identity and village identity through deity worship. In addition, it is consistent with the report of Yuhao el al. (2000) which is presented about Bibliometric Analysis of Research Hotspots, Trends, and Prospects on Rural Settlement Spatial Patterns from 2000 to 2024: Based on Web of Science and Citespace. It was found that The coupling effect in Shandong Province combines traditional culture and rural tourism to boost economic growth and rural revitalization. This interdependence is reflected in the high coupling degree model, which shows a significant rise in the development of these sectors over the past decade. Strategies for enhancing this coupling include clustering cultural tourism projects, developing distinctive tourism brands, and improving infrastructure. Analytical tools like spatial syntax models help preserve traditional cultural elements. However, challenges like balancing modern tourism demands with traditional culture conservation require effective governance and strategic planning for sustainable development.

Discussion of research results of constructing Shandong folk song guidebook: The Shandong Folk Song Instruction Book provides elderly guidance on Chinese folk songs, traditional song characteristics, vocal abilities, vocal exercises, and examination of folk music samples. There are similar study results as Jun et al. (2011) which is presented topic, Effects of respiration and oral motor training based on musical elements and singing on voice of healthy elderly. It was found that The study examined the impact of music-combined respiration and oral motor training on the voice of healthy elderly women in Seoul. Results

showed significant improvements in intensity, F0, MPT, and SMR in the experimental group, while only intensity was significant in the control group. This suggests the integration of respiration and oral motor training into elderly care services. The vocal exercises and training are crucial for the preservation and transmission of Shandong folk songs among elderly singers. These exercises enhance vocal health and contribute to the effective transmission of folk songs to future generations. Regular vocal training can improve the vocal capabilities of elderly singers, enhancing their conversational intensity and maximum phonation time. The integration of structured vocal training and cultural preservation efforts is essential for maintaining the vitality of Shandong folk songs.

Discussion of research results for teaching elderly students by guidebook: The 15-week lesson plan focuses on teaching elderly students folk songs, with weeks 1- 3 focusing on fundamentals, weeks 4- 13 rehearsing, and a final test in week 15. The study experiment demonstrated the effectiveness of this approach in improving adult singing abilities. There are results consistent with the report form Jun, & Kim (2011) which is presented about the effects of respiration and oral motor training based on musical elements and singing on voice of healthy elderly, by finding that study examined the impact of music-combined respiration and oral motor training on the voice of healthy elderly women in Seoul. Results showed significant improvements in intensity, F0, MPT, and SMR in the experimental group, while only intensity was significant in the control group. This suggests the integration of respiration and oral motor training into elderly care services. Furthermore, it aligns with Sestito et al. (2022) report from 2022. Methods of Teaching: Use a range of instructional strategies and techniques that accommodate senior citizens' preferred learning styles, such as practical exercises and real-world situations. To improve the learning experience of the elderly, use digital resources that are accessible and suited to their requirements by using mobile learning (m-learning) standards.

Research results success of teaching using guidebooks is consistent with the reports of Gonzaga et al. (2022) The guidebook offers structured content on cognitive stimulation for the elderly, including technical- scientific insights and activity selection guidelines. It emphasizes practical activities and self- care, aligning with World Health Organization recommendations for effective health education, reducing theoretical content and promoting self- care. Engagement and Real- World Application. Incorporate hands- on activities and exercises that improve cognitive abilities and motivate active engagement, creating a feeling of achievement and drive (Gonzaga et al., 2022). Give older pupils clear instructions and encouragement for self-directed study so they may take control of their academic path. While guidebooks are a valuable tool for educating the elderly, it is important to recognize the role of personalized interaction and support. Educators should be prepared to offer additional assistance and adapt teaching strategies to meet individual needs, ensuring a holistic and inclusive learning environment

Recommendations

1. Theoretical Recommendation: The guidebook focuses on cognitive stimulation for the elderly, integrating theory-driven guidelines to address cognitive decline and enhance memory performance. Innovative memory training methods are used to improve cognitive functions, promoting effective cognitive rehabilitation. Multifactorial memory training is also introduced to cater to the unique needs of older adults.

2. Policy Recommendations: The proposed strategies for addressing age-related cognitive decline involve a combination of educational, psychological, and technological approaches. The educational guidebook is developed through a systematic content development process, including narrative literature analysis and expert validation. The guide is then validated using a Content Validity Index to meet the necessary standards for cognitive stimulation educational materials.

3. Practical Recommendations: Understanding cognitive growth and decline is crucial for developing interventions for aging populations. Technology like STIMULEE software can facilitate cognitive stimulation workshops, providing accessible, engaging content for elderly participants.

The guidebook for cognitive stimulation in the elderly uses a structured approach that integrates theoretical frameworks, practical interventions, and validation processes. Combining cognitive stimulation with emotional intelligence training can enhance intervention effectiveness, promoting better life satisfaction and social integration. It emphasizes the importance of cognitive stimulation for enhancing cognitive functions and improving quality of life. Technological and tele-assistance advances offer remote cognitive stimulation, increasing accessibility, reducing costs, and improving comfort for older adults.

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