

THE INFLUENCE OF SOCIAL SUPPORT ON THE HAPPINESS OF THE ELDERLY IN PATHUM THANI PROVINCE, THAILAND

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Abstract

This study aimed to investigate 1) the levels of social support and happiness among the elderly in Pathum Thani Province, Thailand 2) The differences in personal factors affecting the happiness of the elderly in Pathum Thani Province, Thailand, and 3) the influence of social support on the happiness of the elderly in Pathum Thani Province, Thailand. The target population of this research consisted of Thai nationals aged 60 years and above who were members of elderly associations in Pathum Thani Province, with a sample size of 384 participants. The researcher collected data using questionnaires, and the data were analyzed using statistical software with a significance level set at 0.05. The statistical methods employed in this study included frequency and percentage, mean and standard deviation, and multiple regression analysis.

Research findings revealed that: 1) the elderly in Pathum Thani Province perceived social support at a high level, whereas their overall happiness was at a low level. 2) Personal factors significantly associated with happiness included gender, educational level, marital status, and monthly income ($p < .05$), while age showed no statistically significant difference. 3) Social support had a statistically significant positive influence on the happiness of the elderly ($p < 0.05$).

Keywords

Social Support, Happiness of the Elderly, Personal Factors

Introduction

Thailand is transitioning into a fully aged society, with the proportion of the elderly population steadily increasing. According to the National Statistical Office

(2023), individuals aged 60 and over account for 20.1% of the total population, and this figure is projected to rise to 28% by the year 2030. This demographic shift highlights the need to prioritize the quality of life for the elderly, particularly in terms of their happiness. Happiness is a crucial factor that influences both the physical and mental health of older adults. It is not only an outcome of good health but also serves as a protective factor against mental disorders and contributes to a meaningful and dignified life in old age (Damsahara et al., 2023). One of the key determinants of happiness among the elderly is social support, which refers to the help, understanding, and acceptance received from family, friends, or the surrounding community. Social support plays a significant role in enhancing self-esteem, reducing feelings of loneliness, and fostering a sense of belonging (Li et al., 2025). This is particularly important among the elderly, who often face changes in physical health, emotional well-being, and social relationships. Adequate social support can help them maintain emotional stability and experience a higher level of happiness (TP Sharma et al., 2024).

Pathum Thani Province is experiencing rapid urbanization and a growing elderly population. Changes in family structures and urban lifestyles may influence the level of social support received by older adults. Therefore, studying the influence of social support on the happiness of the elderly within the context of Pathum Thani Province is a critical issue that deserves attention. The findings can serve as a basis for developing policies and strategies to sustainably enhance the quality of life for the elderly. Given that Pathum Thani is a suburban area undergoing social and familial transformation, this study is especially important for understanding how such changes affect social support among the elderly. The research will contribute to identifying appropriate types of support and inform the design of policies or services that benefit the well-being of the elderly in this region. As outlined above, happiness results from a combination of both internal and external factors. Thus, promoting the happiness of the elderly requires attention to these interconnected influences and the processes through which they affect well-being. Based on the literature review, the researcher is interested in studying the influence of social support on the happiness of the elderly in Pathum Thani Province, Thailand. The results of this study will provide academic insights into how social support affects the happiness of the elderly in Pathum Thani and can be used to formulate proactive programs and policies that enhance the well-being of older adults. These may include coordination among local communities, health services, and social service networks, and the integration of holistic care models. The findings can also be adapted by relevant organizations across Thailand to promote happiness among the elderly in various regions.

Based on the literature review, it was found that structural changes or modern lifestyle patterns in Pathum Thani Province may diminish the positive effects of social support on happiness. This raises the question of whether social support influences happiness and, moreover, how this relationship is complicated or modified within the context of rapid social transformation in a suburban area such as Pathum Thani.

Research Questions

1. What is the level of life happiness among the elderly in Pathum Thani Province, Thailand?
2. Do differences in personal variables affect the happiness of the elderly in Pathum Thani Province, Thailand?
3. To what extent does social support influence the happiness of the elderly in Pathum Thani Province, Thailand?

Research Objectives

This study, titled "The Influence of Social Support on the Happiness of the Elderly in Pathum Thani Province, Thailand," was conducted with the following objectives:

1. To examine the levels of social support and happiness among the elderly in Pathum Thani Province, Thailand.
2. To compare the differences in personal variables in relation to the happiness of the elderly in Pathum Thani Province, Thailand.
3. To investigate the influence of social support on the happiness of the elderly in Pathum Thani Province, Thailand.

Methodology

In this study, the researcher conducted an extensive review of relevant literature, with a primary focus on international sources, to acquire a comprehensive body of knowledge. This review was used to develop and apply a conceptual framework for the present research. The literature review included studies, theories, concepts, research papers, and academic articles that contributed to the development of the research framework, as detailed below:

Independent Variables:

Personal Variables

These include gender, age, marital status, educational level, and current monthly income.

Social Support Variables

Based on the theories of Schaffer (1981), social support consists of three dimensions (1) Emotional Support – expressions of empathy, love, trust, and caring (2) Instrumental Support – tangible aid and services, such as money or physical assistance and (3) Informational Support – advice, suggestions, and information that help the individual cope with life challenges.

Dependent Variable

The dependent variable in this study is the happiness of the elderly. The researcher employed a happiness assessment tool that is appropriate to the social and cultural context of Thailand. Specifically, the 15-item Thai Mental Health Indicator (TMHI-15), revised in 2007 by the Department of Mental Health, was used. This short-form tool was derived from the full version of the Thai Mental Health Indicator (TMHI-54) developed in 2004, which contains 54 items (Mongkol, 2009). Based on a review of existing tools used to measure happiness, it was found that such tools have been developed and adapted to suit the Thai context and culture. Moreover, happiness is a complex concept that includes multiple dimensions. Therefore, the researcher also incorporated a simplified approach for assessing happiness, particularly suited for the elderly population, by using a Numerical Rating Scale with a maximum score of 10 points (Mongkol, 2009). From the review of literature, textbooks, and previous research mentioned above, the conceptual framework of this study was developed accordingly.

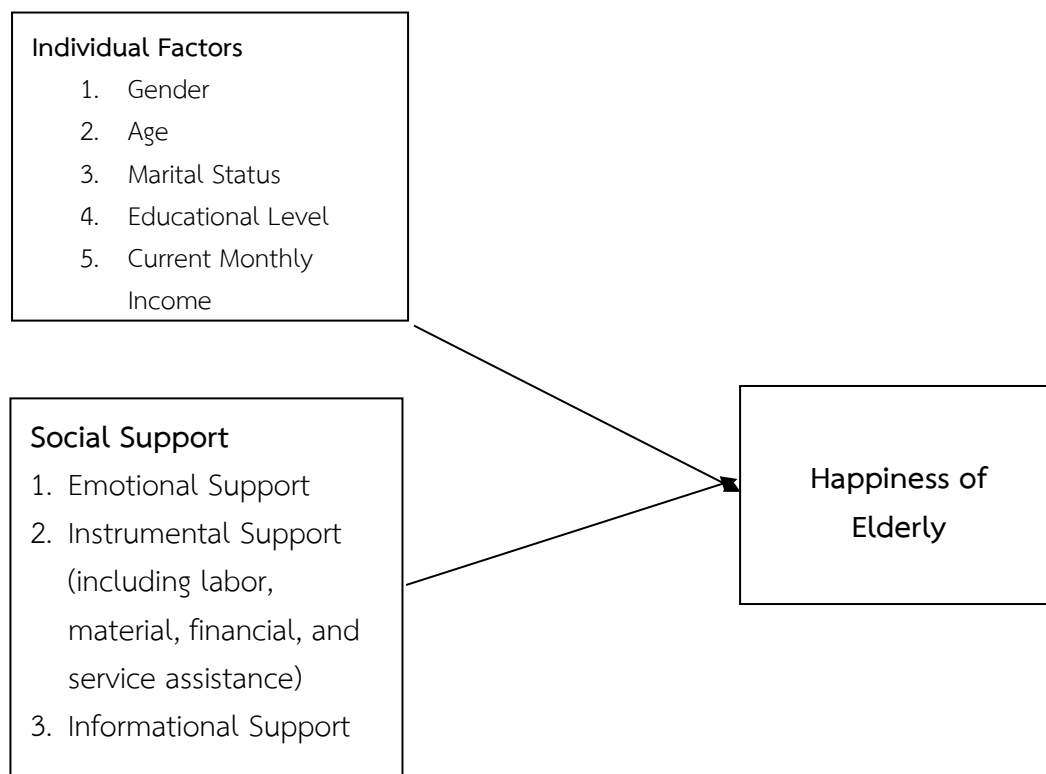


Figure 1 Research Conceptual Framework

The population in this study consisted specifically of Thai elderly individuals aged 60 years and above residing in Thailand. The study focused on the population of Pathum Thani Province, which has a total of 178,546 elderly people. (National Statistical Office, 2025).

The researcher determined the sample size for this study to include only Thai elderly individuals aged 60 years and above who were members of elderly clubs in Pathum Thani Province. The margin of error was set at 0.05, corresponding to a 95% confidence level. The sample size was determined using the sample size table of Krejcie and Morgan (1970), resulting in a total of 400 participants included in the study.

Research Instrument

The researcher used a questionnaire as the research instrument. The questionnaire consisted of one version, divided into three sections. All the questions used to measure the variables were derived from a literature review. Therefore, the content of the questionnaire covered concepts obtained from the literature review to ensure relevance and alignment with the research objectives. The questionnaire included questions regarding the respondents' personal factors, social support, and the well-being of the elderly. Each question was designed as a rating scale using a 5-point Likert scale. The weight criteria and interpretation of the mean scores were

defined as follows: 5 = strongly agree, 4 = agree, 3 = neutral, 2 = disagree, and 1 = strongly disagree.

Statistics Used for Data Analysis

In this study, the researcher analyzed the collected questionnaires using a statistical software program, with the significance level set at 0.05. The statistics used to analyze the data in this study were as follows:

1. Frequency and Percentage – used to analyze basic personal factors, including gender, age, marital status, educational level, and average monthly income, in order to address Research Objective 1.

2. Mean and Standard Deviation – used to analyze the levels of social support, quality of life, and well-being of the elderly in Pathum Thani Province, in order to address Research Objective 1.

3. t-test – used to compare the differences between the means of two groups, specifically male and female participants, in order to address Research Objective 2.

4. One-Way ANOVA – used to compare differences among more than two groups, including age, educational level, marital status, and average monthly income. If significant differences were found, pairwise comparisons were conducted using Scheffé's method, in order to address Research Objective 2.

5. Multiple Regression Analysis – used to analyze the factors influencing the well-being of the elderly in Pathum Thani Province. The statistical significance level for this analysis was set at 0.05, in order to address Research Objective 3

Data Collection Method

Since the sample group consisted of elderly members of elderly clubs in Pathum Thani Province, and these clubs organize monthly activities for their members, the number of elderly participants attending these activities was very limited. This made it difficult to collect the required number of responses. Therefore, the researcher, along with eight research assistants—each of whom had received training in research methodology—collected the data according to the following steps:

Data Collection from the Sample in Pathum Thani Province

The researcher and research assistants collected data from elderly participants by visiting various temples within the study area on Buddhist holy days, when a large number of elderly people would come to make merit. The questionnaire was read aloud to the elderly, and they were asked to respond according to their own

opinions until the required number of completed questionnaires was obtained. A convenience sampling method was used.

Data Analysis

The researcher analyzed the 400 completed questionnaires as follows: The researcher checked the collected questionnaires for accuracy and completeness. The researcher assigned codes to the verified questionnaires. The researcher analyzed the data using statistical software to examine the “Influence of Social Support on the Well-Being of Elderly People in Pathum Thani Province.”

Research Results

Analysis of Data to Address Research Objective 1 The researcher analyzed the data regarding social support and the well-being of the elderly. The results of the analysis are presented in Table 1 and Table 2.

Table 1 Mean ($\bar{X}$), Standard Deviation (SD), Interpretation, and Ranking of Social Support among the Elderly (n = 400)

Social Support Dimension	$\bar{X}$	SD	Interpretation	Rank
1. Emotional Support	3.91	0.63	High	1
2. Instrumental Support (including labor, material, financial, and service assistance)	3.37	0.69	Moderate	3
3. Informational Support	3.68	0.71	High	2
Overall Social Support	3.65	0.55	High	–

Criteria for Interpretation

Mean Score	Interpretation
4.21–5.00	Very High
3.41–4.20	High
2.61–3.40	Moderate
1.81–2.60	Low
1.00–1.80	Very Low

Table 1 presents the levels of social support among the 400 elderly respondents in Pathum Thani Province. Overall, the respondents perceived social support at a high level ($\bar{X}$ = 3.65, SD = 0.55), indicating that the elderly generally received sufficient support from their

family members, friends, and surrounding communities. Among the three dimensions of social support, Emotional Support obtained the highest mean score ($\bar{X} = 3.91$, $SD = 0.63$) and was ranked first. This finding suggests that the respondents perceived strong emotional care, empathy, trust, and encouragement from significant people in their lives. Such support may contribute to psychological security and emotional well-being among older adults. The second highest dimension was Informational Support ($\bar{X} = 3.68$, $SD = 0.71$), which was also rated at a high level. This result indicates that the elderly generally had access to useful advice, health information, and guidance that enabled them to make appropriate decisions and effectively manage everyday challenges. In contrast, Instrumental Support, including assistance in terms of labor, financial resources, material support, and services, received the lowest mean score ($\bar{X} = 3.37$, $SD = 0.69$) and was interpreted as being at a moderate level. Although practical assistance was available to some extent, it appeared to be less consistent than emotional and informational support. Overall, these findings indicate that the elderly in Pathum Thani Province perceived stronger emotional and informational support than tangible support. This pattern suggests that while family members and communities provide considerable psychological and informational assistance, greater attention should be given to improving practical support services, financial assistance, and community-based care programs to better meet the daily needs of the elderly.

Table 2 Mean ($\bar{X}$), Standard Deviation (SD), and Happiness of the Elderly (n = 400)

Happiness Indicators	$\bar{X}$	SD	Interpretation	Rank
1. I feel satisfied with my life.	3.76	0.72	High	3
2. I feel relaxed and comfortable.	3.64	0.69	High	5
3. I rarely feel bored with my daily life.	3.41	0.78	Moderate	8
4. I rarely feel disappointed in myself.	3.28	0.83	Moderate	11
5. I rarely feel that life is full of suffering.	3.17	0.86	Moderate	15
6. I can accept difficult situations.	3.53	0.70	High	6
7. I can control my emotions during difficult situations.	3.47	0.74	High	7
8. I am confident in facing life challenges.	3.43	0.77	High	9
9. I sympathize with people who are suffering.	3.38	0.76	Moderate	10
10. I feel happy when helping others.	3.82	0.68	High	2
11. I help others whenever possible.	3.59	0.72	High	4
12. I feel proud of myself.	3.25	0.81	Moderate	12
13. I feel secure in my family.	3.95	0.61	High	1

Table 2 (cont.)

Happiness Indicators	$\bar{x}$	SD	Interpretation	Rank
14. My family will take care of me when I am seriously ill.	3.52	0.75	High	6
15. Family members love and care for one another.	3.21	0.84	Moderate	14
Overall, Happiness	3.49	0.52	High	–

Table 2 presents the overall level of happiness among the 400 elderly respondents in Pathum Thani Province. Overall happiness was found to be high ($\bar{x}$ = 3.49, SD = 0.52). This finding indicates that most elderly respondents experienced a satisfactory level of psychological well-being and life satisfaction. Among the fifteen indicators, feeling secure within the family received the highest mean score ($\bar{x}$ = 3.95, SD = 0.61), followed by feeling happy when helping others ($\bar{x}$ = 3.82, SD = 0.68) and feeling satisfied with life ($\bar{x}$ = 3.76, SD = 0.72). These findings suggest that family relationships and opportunities to contribute to others play important roles in enhancing happiness among older adults. Conversely, the lowest mean score was found for rarely feeling that life is full of suffering ($\bar{x}$ = 3.17, SD = 0.86), followed by family members love and care for one another ($\bar{x}$ = 3.21, SD = 0.84) and feeling proud of oneself ($\bar{x}$ = 3.25, SD = 0.81). Although these dimensions were rated at a moderate level, they indicate areas where interventions could further strengthen the psychological well-being of the elderly.

Table 3 Multiple Regression Analysis of Social Support Predicting Happiness among the Elderly (n = 400)

Predictor Variables	B	β	t	Sig.
Constant	0.864	-	2.916	.004
Emotional Support	0.382	0.431	7.864	.000*
Instrumental Support	0.146	0.172	3.415	.001*
Informational Support	0.268	0.296	5.721	.000*

Model Summary

R	R ²	Adjusted R ²	F	Sig.	SEE
0.758	0.575	0.571	178.432	.000	0.416

* $p < 0.05$

Table 3 presents the results of the multiple regression analysis examining the influence of social support on happiness among the elderly. The regression model was statistically significant ($F = 178.432$, $p < .001$), indicating that the three dimensions of social support jointly predicted the happiness of the elderly. The model explained 57.5% of the variance in happiness ($R^2 = 0.575$), suggesting a substantial explanatory power. Among the predictor variables, Emotional Support was the strongest predictor of happiness ($\beta = 0.431$, $p < .001$), followed by Informational Support ($\beta = 0.296$, $p < .001$) and Instrumental Support ($\beta = 0.172$, $p = .001$). All three dimensions significantly and positively influenced happiness, indicating that higher levels of social support were associated with greater happiness among elderly individuals. These findings emphasize the importance of strengthening emotional relationships, improving access to useful information, and enhancing practical support services to promote the well-being and happiness of older adults in Pathum Thani Province.

Data Analysis for Research Objective 2

The researcher analyzed data from the questionnaires to compare the levels of happiness among the elderly according to personal variables. The personal variables included gender, age, educational level, marital status, and current average monthly income, as follows:

1. Gender

An independent samples t-test was conducted to compare the happiness levels of male and female elderly participants. The results showed that male respondents ($\bar{X} = 3.58$, $SD = 0.49$) reported slightly higher happiness than female respondents ($\bar{X} = 3.43$, $SD = 0.54$). The difference was statistically significant ($t = 2.81$, $p = .005$). Therefore, gender was significantly associated with happiness among the elderly in Pathum Thani Province.

2. Age

A one-way ANOVA was conducted to compare happiness across four age groups (60–65, 66–70, 71–75, and 75 years and above). The mean happiness scores were as follows:

Age Group	$\bar{x}$	SD
60–65 years	3.41	0.56
66–70 years	3.46	0.50
71–75 years	3.52	0.47
75 years and above	3.57	0.49

Although respondents aged 75 years and above reported the highest level of happiness, the overall differences among age groups were not statistically significant ($F = 2.14$, $p = .095$). Therefore, age did not significantly affect happiness among the elderly.

3. Educational Level

A one-way ANOVA revealed that happiness differed significantly according to educational attainment ($F = 5.87$, $p = .001$)

Educational Level	$\bar{x}$	SD
Less than High School	3.33	0.56
Junior High School	3.42	0.51
Senior High School	3.49	0.48
Bachelor's Degree or Higher	3.71	0.44

Post hoc comparisons using Scheffé's test indicated three statistically significant pairs:

- Less than High School vs. Bachelor's Degree or Higher ($p = .002$)
- Junior High School vs. Bachelor's Degree or Higher ($p = .008$)
- Senior High School vs. Bachelor's Degree or Higher ($p = .031$)

4. Marital Status

A one-way ANOVA indicated significant differences in happiness according to marital status ($F = 4.62$, $p = .010$)

Marital Status	$\bar{x}$	SD
Single	3.31	0.58
Married	3.61	0.46
Widowed/Divorced/Separated	3.45	0.51

Scheffé's post hoc test revealed that married elderly respondents had significantly higher happiness than single respondents ($p = .012$). No statistically significant differences were found between the remaining groups.

5. Average Monthly Income

A one-way ANOVA showed that happiness differed significantly according to average monthly income ($F = 6.21, p < .001$)

Monthly Income	$\bar{x}$	SD
Less than 5,000 Baht	3.28	0.55
5,001–10,000 Baht	3.61	0.47
10,001–15,000 Baht	3.50	0.49
15,001 Baht or More	3.69	0.43

Scheffé's multiple comparison test revealed three statistically significant pairs:

- Less than 5,000 Baht vs. 15,001 Baht or more ($p = .001$)
- Less than 5,000 Baht vs. 5,001–10,000 Baht ($p = .018$)
- 5,001–10,000 Baht vs. 15,001 Baht or more ($p = .041$)

The remaining comparisons were not statistically significant.

Data Analysis for Research Objective 3

To investigate the influence of social support on the happiness of the elderly in Pathum Thani Province, Thailand. The researcher analyzed the questionnaire data to investigate the influence of social support on the happiness of the elderly in Pathum Thani Province, Thailand. Multiple Regression Analysis using the ENTER method was employed to examine the predictive effects of the three dimensions of social support, namely Emotional Support, Instrumental Support, and Informational Support, on the happiness of the elderly. The results are presented in Table 4.

Table 4 Multiple Regression Analysis of Social Support Influencing the Happiness of the Elderly (n = 400)

Predictor Variables	B	S.E.	β	t	Sig.	VIF
Constant	0.864	0.296	–	2.916	.004	–
Emotional Support	0.382	0.049	0.431	7.864	.000*	1.53
Instrumental Support	0.146	0.043	0.172	3.415	.001*	1.36
Informational Support	0.268	0.047	0.296	5.721	.000*	1.47

Model Summary

R	R ²	Adjusted R ²	Std. Error of Estimate	F	Sig.
0.758	0.575	0.571	0.416	178.432	.000*

Significant at the 0.05 level.

$$\hat{Y} = 0.864 + 0.382(X_1) + 0.146(X_2) + 0.268(X_3)$$

Where:

- $\hat{Y}$ = Happiness of the Elderly
- X_1 = Emotional Support
- X_2 = Instrumental Support
- X_3 = Informational Support

Table 4 presents the results of the multiple regression analysis examining the influence of social support on the happiness of the elderly in Pathum Thani Province. The regression model was statistically significant ($F = 178.432$, $p < .001$), indicating that the three dimensions of social support jointly explained a significant proportion of the variance in elderly happiness. The coefficient of determination showed that social support explained 57.5% of the variance in happiness ($R^2 = 0.575$, Adjusted $R^2 = 0.571$), while the remaining 42.5% could be attributed to other variables not included in the model. The relatively high R^2 value suggests that social support is an important determinant of happiness among the elderly. Among the predictor variables, Emotional Support had the strongest positive influence on happiness ($\beta = 0.431$, $t = 7.864$, $p < .001$). This finding indicates that receiving empathy, affection, trust, and emotional encouragement from family members, relatives, and friends substantially enhances the happiness of older adults. The second strongest predictor was Informational Support ($\beta = 0.296$, $t = 5.721$, $p < .001$). Elderly individuals who received useful

information, advice, and guidance regarding health, daily living, and problem-solving tended to report higher levels of happiness. Instrumental Support, including financial assistance, material support, and practical services, also had a statistically significant positive influence on happiness ($\beta = 0.172$, $t = 3.415$, $p = .001$). Although its influence was weaker than that of emotional and informational support, it remained an important factor contributing to elderly well-being. The Variance Inflation Factor (VIF) values ranged from 1.36 to 1.53, indicating that multicollinearity was not a concern in this regression model because all VIF values were well below the recommended threshold of 5.00. Overall, the findings demonstrate that all three dimensions of social support significantly and positively influenced the happiness of the elderly in Pathum Thani Province, with Emotional Support emerging as the strongest predictor, followed by Informational Support and Instrumental Support.

Research Summary

The findings of the study entitled "The Influence of Social Support on the Happiness of the Elderly in Pathum Thani Province, Thailand" can be summarized according to the research objectives as follows:

Research Objective 1 To examine the levels of social support and happiness among the elderly in Pathum Thani Province, Thailand.

The findings revealed that the overall level of social support among the elderly was high ($\bar{X} = 3.65$, $SD = 0.55$). Among the three dimensions of social support, Emotional Support had the highest mean score, followed by Informational Support, while Instrumental Support received the lowest mean score and was rated at a moderate level. Regarding happiness, the elderly reported an overall high level of happiness ($\bar{X} = 3.49$, $SD = 0.52$). The highest-rated aspect of happiness was feeling secure within the family, followed by feeling happy when helping others and feeling satisfied with life. These findings indicate that family relationships and emotional well-being are important contributors to the happiness of older adults.

Research Objective 2 To compare the differences in personal variables in relation to the happiness of the elderly in Pathum Thani Province, Thailand.

The findings indicated that personal variables affected the happiness of the elderly differently.

- Gender: Male elderly participants reported significantly higher happiness than female participants ($p < .05$).

- Age: Although respondents aged 75 years and above reported the highest mean happiness score, no statistically significant differences were found among the age groups ($p > .05$).
- Educational Level: Happiness differed significantly according to educational attainment ($p < .05$). Elderly respondents with a bachelor's degree or higher reported higher happiness than those with lower educational levels.
- Marital Status: Married elderly participants had significantly higher happiness than single participants ($p < .05$), whereas no significant differences were found among the remaining marital status groups.
- Average Monthly Income: Happiness differed significantly according to monthly income ($p < .05$). Elderly respondents with higher monthly income generally reported greater happiness than those with lower income.

Research Objective 3 To investigate the influence of social support on the happiness of the elderly in Pathum Thani Province, Thailand.

The findings showed that social support significantly influenced the happiness of the elderly ($F = 178.432$, $p < .001$). The regression model explained 57.5% of the variance in happiness ($R^2 = 0.575$). Among the three dimensions of social support, Emotional Support was the strongest predictor of happiness ($\beta = 0.431$), followed by Informational Support ($\beta = 0.296$) and Instrumental Support ($\beta = 0.172$). All three dimensions had statistically significant positive effects on happiness ($p < .05$), indicating that greater social support contributes to higher levels of happiness among the elderly in Pathum Thani Province.

Recommendations

1. Policy Recommendations

1.1 Promote Family and Community Participation: Families and communities should be encouraged to play an active role in caring for the elderly. Activities that strengthen relationships between the elderly and their family members, such as community events and the creation of social support networks, should be organized. These efforts can enhance the sense of self-worth and reduce feelings of loneliness among the elderly.

1.2 Develop a Comprehensive Social Welfare System for the Elderly: A comprehensive social welfare system should be developed, including accessible

healthcare services, financial support, and the provision of useful information. Such initiatives can enhance the happiness and overall quality of life of the elderly.

1.3 Establish Policies to Promote Elderly Self-Care: Policies should be implemented to support the elderly in maintaining their independence and self-care abilities. Examples include training programs for health management skills and the promotion of physical and mental activities. These measures can increase the elderly's ability to care for themselves while reducing the burden on their families.

2. Management Recommendations

2.1 Develop Personnel Caring for the Elderly: Training and development programs should be provided for personnel working with the elderly, such as public health officers, volunteers, and caregivers. This would ensure that they possess the knowledge and skills to provide effective social support and health care for the elderly.

2.2 Establish Community Support Networks: The creation of community support networks should be promoted, such as forming elderly groups and fostering collaboration between government and private agencies. This will help ensure that elderly individuals receive appropriate and adequate support.

2.3 Evaluate and Monitor Implementation: Continuous evaluation and monitoring of elderly care services should be conducted, such as surveying the satisfaction of the elderly and analyzing health data. These measures will help improve and develop services to better meet the needs of the elderly.

3. Recommendations for Future Research

3.1 Examine the Impact of Social Support on the Mental Health of the Elderly: Further research should be conducted on the effects of social support on the mental health of the elderly, such as reducing stress, depression, and anxiety. This would help in developing appropriate policies and programs.

3.2 Conduct Comparative Studies within Pathum Thani Province: Research should be carried out to compare different areas within Pathum Thani Province, such as urban and rural regions, in order to analyze differences in levels of social support and happiness among the elderly.

3.3 Develop Social Support Models Suitable for Local Contexts: Studies should be conducted to develop social support models that are appropriate for local contexts, such as utilizing information technology for communication or organizing online activities. These approaches would enable the elderly to access support more easily and conveniently.

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