Elder Mental Management in Elder State Foster Home: Concept, Application and Practical Manual

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Abstract

This research has 3 objectivities which were: (1) to study the concept of elder mental management aligned with Dharma principle in Buddhism; (2) to identify major concept for application with elder mental management in elder state foster home, and; (3) to create elder mental management manual aligned with Dharma principle in Buddhism for elder state home officials. There were 32 key informants (24 elder state foster home director and official and 8 academics and specialists with integrated knowledge about elder mental management aligned with Dharma principle in Buddhism). A qualitative method is used. The documentary analysis table, open ended questionnaire and group discussion record was research tool by the content analysis.

The results of this study indicated that

- The elder mental management concept aligned with Dharma principle in Buddhism from analysis and synthesis in brief as follows: Elder suffering caused by 4 significant causes: separation, sorrow, disappointment and 8 World Matters. Thus, they must having mind training approach as follows: psychological karma mercy, dedication, doing good deed, patience, forgiveness, conscience of pain and death, merit making, suffering, acknowledgement, precaution, uncertainty, conscience of 4 Noble Truths, no additional feeling, meditation, 4 principles of virtuous existence, conciliation, self-mind consideration by not sending out, present thought without past and future attachment, awareness of Lord Buddha, Dharma, Abbot, Suffering (Suffering is unable to remain but must be changed), Non-self, conscience of good deed, loyalty and gratitude to the nation, religion, and king, doing oneself the best, not letting mind being distracted, reasonable thought with the truth and integrity which will result in happiness, clear mind, and comfortable feeling.

- The major concept applied with elder mental management in elder state foster home: in general is being able to adjust oneself in physical, psychological, emotional, social, and thinking aspects and along with Buddhist Moral Code by forgiveness.

- The manual of elder mental management aligned with Dharma principle in Buddhism for Elder State Foster Home human resources officers. It has been mostly found that the manual should be created from detail summary from the research.

Keywords: mental health, mental management, elder state foster home

INTRODUCTION

Background and Significance

The change could be regarded as a common issue which is always related to human under time and place conditions. Society could be regarded as the source gathering human in which several aspects of change circumstance could not be avoided. Therefore, any society or any human could find knowledge or even attempt to adjust their perspective as well as figuring out practical approach aligned with each change condition. The other society could not acceptance, adjustment, or searching for solution approach, this might lead to destruction and could not be further developed.

Thai Society is like other human society in this world which is not constant, dynamic, and changes at all times. Since the previous time to present, the change has been obviously appeared in several circumstances through political, economic, and social aspects particularly the social term which has been dramatically changed comparing with other society at similar level as most people in society could not adjust themselves properly as shown by following several problems which should not be solved at all times. As Thai society was regarded as traditional style or agricultural society in which manufacturing has been dramatically changed dependent on high technology with investment and land utilization. Industrial society dramatically increased population caused by immigrants from outside particularly relocation of farmers from upcountry area to be industrial manufacturing plant labors as well as employee in services resulted in social problems; for instance, depressed congested community, deteriorated area, and unemployment (Suparuekchaisakul et al, 2014).

As previously mentioned problems, they could be regarded as current Thai society problems which still exist and found dramatically worse. Furthermore, Thai society steps into modern society as well as other countries which became elderly society. Being effective modern society is survived and developed society being able to adjust with previously mentioned changes. It has been indicated by National Statistical Office that Thailand has been entitled as the elder society since 2005. The aging society has an increasing trend. Various sectors must see the importance of the problem and have to find a way to solve the problem urgently.

For the government sector that has elder foster home for the elderly, it is the core of the practice to solve such problems. However the strength of the elder foster home to respond to elder physical need quite well but the limitation is being unable to meet elder psychological and spiritual need (Jongsathitman et al, 2000). Therefore, this research is like blocking the gap to have proper elder care administration and for the maximum satisfaction which made Thai society transforming into elder society to be further quality and developed by studying elder mental management concept aligned with Dharma principle in Buddhism. As Buddhism is the national religion which aims at considering and solving oneself by identifying major concept applied with elder mental management in elder state foster home in

which those who are directly related create elder mental management manual aligned with Dharma principle in Buddhism for elder state foster home officials to apply and practice practically.

LITERATURE REVIEW

At that time, since 2005 Thailand has elderly population 10.4% of overall population (those with age over 60 years old and more than 10% of overall population which could be regarded as the elder society country (Shryock, 2004). Apart from that, Thailand population has been predicted that the number of the elders will be increased to 14.9 million in 2025 and will be increased to 17.8 million approximately in 2030 (National Statistical Office, 2010). There might be negative impact toward the country if without proper practical approach toward social change. The impact of population structure change will have both economic and social impact toward the country in the future unavoidably. If considered the consequences, the population structure change toward the elderly society will result in such a great impact at macro level which the consequence in terms of gross domestic products (GDP), personal income, saving amount, investment, government and financial budget, labor productivity, and employment and in terms of micro level, the consequence toward products and services particularly financial and health aspects (Phrompak, 2013).

As the elder social state has tendency to increase constantly, it has been realized by each division regarding to problems state importance and find the new public policy to change has been acknowledged to figure out the approach to adjust direction toward any procedures promptly. As cited by Muangsakul (2015) that the solution should begin with the elder; for instance, if living alone they should be encouraged to be active ageing or able to take care of themselves properly with diseases or ailments as well as doing any activities themselves aligned with their capability constantly and belong to social group dependent technology connected with society by being encouraged to do more social activities by not feeling alone or lonely. In terms of family, the elder should be accepted and respected as well as being visited from time to time if living alone. In terms of community, there should be community area for the elder to do activities together or multi ages to enhance community relation as well as other activities to enhance capability and generate income for the elderly living alone. Besides, government should plan for all the divisions to support the elderly society living alone practically particularly in terms of health and income.

Regarding to government support or other special privileges for the elder regarded as very significant matter as most elders encounter poverty without any caretakers and unable to support themselves as well as being dependent on government support. Several welfares provided by government to support more elderly population with several elder privileges; for instance, personal income tax exemption for the elder, accommodation welfare increase (National Statistical Office, 2010) in which the elderly social welfare system comprises:

- Social Service could be defined as fundamental service provided by government to all the people which is integrated welfare; for instance, monthly life pension for all the elder age over 60 years old.

- Social Security or Safety Net could be defined as the system enabling life insurance for people in case of facing any problems.

- Social Assistance System could be defined as the system focusing on taking care of or supporting underprivileged elders in society. Above 2 systems should be considered under specified conditions or particular welfares will be provided if some conditions are true which is specified welfare or specified target (targeting); for instance, providing additional monthly life pension for the poor elders.

- Encouraging Social Partnership System is additional administration management ensuring social welfare system more effectively as social welfare management should not be solely under government. Instead, this should be collaboration from several sectors like local government, community, non-government organization (NGO), and private sectors; for instance, encouraging corporate social responsibility (CSR).

(Thailand Research and Development Institute, 2012).

Apart from policy approach or as previously mentioned welfare system, supporting divisions set up by government. Currently divisions administering business related to the elderly in several divisions categorized by responsibility; for instance, Department of Elder Support and Protection under Ministry of Social Development and Human Security, Social Security Office under Ministry of Labor, Elder Medical Science Institute, Department of Medical Services, Ministry of Public Health, Local Administration Promotion Department under Ministry of Interior particularly Elder Union Department which is public sector as department under Ministry of Social and Human Security Development with obligation supporting and developing welfare management capability and elder privilege protection by proposing policy of academic development in regulation, mechanism, integrated knowledge, and work operation innovation. Besides, supporting the elder practically with location providing foster care service regarded as Elder State Foster Home.

Elder foster home is a division aiming to support the elder. Each foster home got obligation taking care of underprivileged and poor elders without any caretakers or independent by providing accommodation as well as service and other social services; for instance, Healthcare, Rehabilitation Therapy, Public Work Service, Entertaining Activities, Religious Activities, encouraging learning and information access includes funeral procedure in case of no relative contact for doing charitable deed. Most elders who use elder foster home service in terms of physical activities (eating, sleeping, hygienic body cleaning, and accommodation cleaning) but very few response in terms of psychological aspect (Wattana, 2014). Elder foster homes belong to both public and private sectors as follows:

- Elder State Foster Home under Public Work Department with total 20 elder state foster homes in 3 categories: Normal Category: Free of charge, Dormitory Category: Monthly payment, and Special category: home could be built by elders aligned with the plan specified in elder state foster home area.

- Elder service center is the service provided for general elders who need service from public sector by not living in elder state foster home and supporting the elders living with family happily.

- Elder Private Foster Home divided into 2 categories: Providing service as well as elder state foster home of Public Work Department by providing accommodation, food, and activities for elders, and Providing service in terms of other supports as the service aligned with each foundation or club objective; for instance, finance, food, essential health necessities, and other activities both knowledge and entertainment. (National Statistical Office, 2014)

In this research, seeing the importance of such remedies through the use of Buddhist principles, therefore, using mental management concepts for adults according to Buddhism principles as the core of this research.

OBJECTIVES OF THE STUDY

This research has 3 objectives as follows: (1) to study the concept of elder mental management aligned with Dharma principle in Buddhism; (2) to identify major concept for application with elder mental management in elder state foster home; (3) to create elder mental management manual aligned with Dharma principle in Buddhism for elder state home officials.

RESEARCH METHODOLOGY

This research is conducted through the following means: (1) To respond the first objective with document analysis characterized as visualized document analysis created for analysis and synthesis of elder mental management aligned with Dharma principle in Buddhism regarding to the royal composition subject: Elder mental management of Somdej Phra Yarnnasangworn Somdej Phra Sangkaraja Sakolmahasangkaparnayok (Charoen Suwattano) The Supreme Patriarch of Thailand; (2) To respond the second objective with open-ended questionnaire to identify major concept for application with elder mental management in elder state foster home by having 2 major questions as identification of general concept related to making elders in elder state foster home happy living life and identification of Dharma principle in Buddhism or Development center for elder social welfare for living life happily;

(3) To respond the third objective with specialized group conversation record to create elder mental management manual aligned with Dharma principle in Buddhism for elder state foster home officials.

Sample group (major data provider) is aligned with target population and objectives: (1) To respond the first objective, major data analyzed from document related to the issue of elder mental management aligned with Dharma principle in Buddhism following the royal thought of Somdej Phra Yarnnasangworn Somdej Phra Sangkaraja Sakolmahasangkaparnayok (Charoen Suwattano) The Supreme Patriarch of Thailand, studied from the royal composition subject: Elder Mental Management; (2) To respond the second objective, major data provider from population is those who are directly related to mental management in elder state foster home from the data of Ministry of Human and Human Security Development categorized by 2 major responsible departments as follows: 11 Elder State Foster Homes under Social and Welfare Development Department and 12 Elder State Foster Homes under Local Administration Organization and altogether with 24 Elder State Foster Homes who are directly related to mental management procedure in Elder State Foster Home, 3 Persons each (1 Director and 2 Officials each). Sample size has been specified by selecting sample group from 50% of elder foster home and major data provider has been specified from selected divisions; 2 persons each with 1 elder foster home director and 1 elder foster home official directly related to elder mental management. Therefore, major data providers are officers of 6 elder state foster homes under Social and Welfare Development Department and 6 elder state foster homes under Local Administration Organization (Altogether: 12). Each elder state foster home has 2 major data providers (elder state foster home director and official) so that total major data providers are 24; (3) To respond the third objective, major data providers are academics and specialists with integrated knowledge about elder mental management aligned with Dharma principle in Buddhism for 8 elder state foster home human resources with 4 academics with integrated knowledge in terms of elder mental management aligned with Dharma principle in Buddhism and 4 academics with integrated knowledge in terms of elder behavior in elder foster home.

In collecting research data by using tool to consolidate data in 3 categories as follows: consolidating data from the document, open-ended questionnaire, and specialized group conversation with data and content analysis.

RESULTS

Research results could be divided into 4 parts as follows:

- Status of major data providers as studied are 32 altogether: (1) 24 major data providers: 6 Elder State Homes under Social and Welfare Development Department and 6 Elder State Homes under Local Administration Organization, and 12 Major Data Providers each with Elder Foster Home Director or Elder Welfare Development Center Director and Elder Foster Home Official or Elder Social Welfare Development Center Official; (2) 8 academics and specialists with integrated knowledge about elder mental management aligned with Dharma principle in Buddhism from 8 elder state foster home human resources with 4 academics with integrated knowledge in terms of elder mental management aligned with Dharma principle in Buddhism and 4 academics with integrated knowledge in terms of elder behavior in elder foster home.

- Analysis result toward Elder mental management concept aligned with Dharma principle in Buddhism from analysis and synthesis of mental management concept aligned with Dharma principle in Buddhism for Royal composition subject: Elder Mental Management Concept of Somdej Phra Yarnnasangworn Somdej Phra Sangkaraja Sakolmahasangkaparnayok (Charoen Suwattano) The Supreme Patriarch of Thailand. Some excerpted writing in brief as follows: Elder suffering caused by 4 significant causes: Separation, Sorrow, and Disappointment, 8 World Matters: luck-no luck, rank-no rank, admire-gossip, happy-unhappy as human nature truth which could not be avoided. So they must having mind training approach as follows: psychological karma mercy, dedication, doing good deed, patience, forgiveness, conscience of pain and death, merit making, suffering, acknowledgement, precaution, uncertainty, conscience of 4 Noble Truths, no additional feeling, meditation, 4 principles of virtuous existence, conciliation, self-mind consideration by not sending out, present thought without past and future attachment, awareness of Lord Buddha, Dharma, Abbot, Suffering (Suffering is unable to remain but must be changed), Non-self, conscience of good deed, loyalty and gratitude to the nation, religion, and king, doing oneself the best, not letting mind being distracted, reasonable thought with the truth and integrity which will result in happiness, clear mind, and comfortable feeling.

- Analysis result from identifying major concept applied with elder mental management in elder state foster home as reported in 2 issues: (1) General concept issue for elder foster home or elder social welfare development center for living life happily; (2) Buddhist Moral Code issue for elder foster home or elder social welfare development center for living life happily. Regarding to the first issue, it has been mostly mentioned by major data providers that general significant concept is being able to adjust oneself in physical, psychological, emotional,

social, and thinking aspects. The latter has been mentioned that acceptance to change both external (environment and others) and internal (self) which is participation in several activities to reduce conflicts in living together. Major issue of Buddhist Moral Code for elders in elder foster home or elder social welfare development center should be followed to live life happily. It has been mentioned by most major data providers that major Buddhist Moral Code is forgiveness and the latter is conscience of 4 Noble Truths and 4 Principles of Virtuous existence.

- Analysis result from specialized group conversation has been found that academics and specialists with integrated knowledge about elder mental management aligned with Dharma principle in Buddhism for Elder State Foster Home human resources officers. It has been mostly found that the manual should be created from detail summary from the research. In detail specialized group thought such manual got detail as follows: cover page, forward, content, introduction, objective, potential benefits, and terminology. The content includes elder attitude toward Buddhism, analysis result of elder mental management aligned with Dharma principle in Buddhism of Somdej Phra Yarnnasangworn Somdej Phra Sangkaraja Sakolmahasangkaparnayok (Charoen Suwattano) The Supreme Patriarch of Thailand, and analysis result of major concept applied with elder mind management in elder state foster home, bibliography, and index (Royal Bibliography of Somdej Phra Yarnnasangworn Somdej Phra Sangkaraja Sakolmahasangkaparnayok (Charoen Suwattano) The Supreme Patriarch of Thailand).

CONCLUSION

- The elder mental management concept aligned with Dharma principle in Buddhism from analysis and synthesis in brief as follows: Elder suffering caused by 4 significant causes: separation, sorrow, disappointment and 8 World Matters. Thus, they must having mind training approach as follows: psychological karma mercy, dedication, doing good deed, patience, forgiveness, conscience of pain and death, merit making, suffering, acknowledgement, precaution, uncertainty, conscience of 4 Noble Truths, no additional feeling, meditation, 4 principles of virtuous existence, conciliation, self-mind consideration by not sending out, present thought without past and future attachment, awareness of Lord Buddha, Dharma, Abbot, Suffering (Suffering is unable to remain but must be changed), Non-self, conscience of good deed, loyalty and gratitude to the nation, religion, and king, doing oneself the best, not letting mind being distracted, reasonable thought with the truth and integrity which will result in happiness, clear mind, and comfortable feeling.

- The major concept applied with elder mental management in elder state foster home in general is being able to adjust oneself in physical, psychological, emotional, social, and thinking aspects and along with Buddhist Moral Code by forgiveness.

- The manual of elder mental management aligned with Dharma principle in Buddhism for Elder State Foster Home human resources officers. It has been mostly found that the manual should be created from detail summary from the research.

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