

## **The Buddhist Elderly Welfare Model of the Khon Kaen Elderly Social Welfare Development Center**

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**Abstract -** The objectives of this research were: 1) to study the Dhamma principles related to Buddhist welfare provision; 2) to study the problems in welfare provision of the Khon Kaen Elderly Social Welfare Development Center; 3) to study the Buddhist elderly welfare model of the Khon Kaen Elderly Social Welfare Development Center. This study was carried out by means of qualitative research by conducting the interviews of 25 key informants. The obtained data were interpreted by the descriptive analysis. The research results were as follows: Dhamma principles related to Buddhist welfare provision: it is the development of quality of life according to the Four Bhāvanā Dhammas: Kāya-bhāvanā, which can be made by physical development activities, walking meditation / meditation activities, Thai music activities, Thai dancing activities, etc.; Behavioral aspect (precepts), which can be developed by observing the Five Precepts, etc.; Mental aspect which can be developed through meditation to make the quality mind; Intellectual aspect which can be practiced by dhamma listening activities and service activities of the learning center, etc. Problems in welfare provision of the Khon Kaen Elderly Social Welfare Development Center were divided into 4 aspects: personnel management which is a lack of a position of professional nurse; Finance, budget that has been allocated insufficiently for management; Welfare provision, there were restrictions on facilities particularly building; Development of welfare, there is a promotion of learning for the elderly in the community, etc. The Buddhist elderly welfare model of the Khon Kaen Elderly Social Welfare Development Center consisted of 4 models: physical welfare is provided to the elderly through health services, first aid relief, immediate assistance, behavioral welfare (precepts) of the elderly by meeting different age communities to exchange experiences, providing mental welfare for the elderly by enhancing good mental quality, and creating good mental performance, providing intellectual welfare for the elderly through learning and giving advice on how to live with oneself and others.

**Keywords—** Causal Relationship Model, Integrated Buddhist Effectiveness of Management, Sub-District Administration Organization

### **I. INTRODUCTION**

Khon Kaen Elderly Social Welfare Development Center is an agency that takes care of the Khon Kaen elderly welfare. Welfare management services relate to protection, problem-solving, development, elderly welfare services, knowledge services, social work services, protection services for the rights of the elderly. And it is also the elderly social welfare

development center as well as taking care of various aspects related to activities for the elderly which is an important place to take care of the elderly so that they can live happily. Because Thailand tends to change the demographic structure into an elderly society. It has started since 2005 and it will enter the elderly society completely in 2020 due to the increasing number of the elderly and longer life while the number of newborn children is decreased, group of preparation promotion for the elderly (2016: 1). It causes the population in Thailand to move into a phase known as “elderly population” which will have the elderly up to 20% of the total population, is that the elderly will increase. It is in accordance with the Buddha’s teaching that “jiranti ve rajaratha sucitta, atho sarirampi jaram upeti” “A splendid royal chariot can still get old, the body can also get old, khuddakanikaya jataka (Thai) 25/151/79. And this increase in the number of the elderly will cause various effects from getting older.

Because the elderly will have changes in physical, mental social and most of them often have several health problems and underlying diseases. The ability to perform physical functions and brain capability is decreased, it affects the mind, economy, and society both for the elderly, families, communities. In the government, the Buddhist elderly welfare service of of the Khon Kaen elderly social welfare development center has organized training and activities related to the health care of the Buddhist elderly in propagation and planning for living to enter a quality of the elderly, change in population structure, the trend of the number of elderly people is continuously increasing. The researcher who studies Buddhism realizes the importance of Buddhism that it has a relationship with the processes in promoting the mental health of the elderly consisting of happiness and comfort, Phra Brahmaganabhorn (P.A. Payutto) (2011:453) in a concrete way, both directly and indirectly such as the principle of development (Bhavana) which is an important principle of Buddhism to take care of the health of the elderly in Buddhism of the Khon Kaen elderly social welfare development center. This is an important aspect of preparation for people to realize the necessity of preparation in various fields, including physical, mental, social, and intellectual as well as ways to promote and help dependency, generosity, and harmony, there is creative energy in solving the problems of the elderly in the community by themselves. The important role of the Buddhist mobilization process that will help promote well-being in all 4 areas are: physical, mental, social, and intellectual well-being, health systems research institute (HSRI) (1998) of the elderly with Buddhist principles.

## **II. RESEARCH OBJECTIVES**

- 1) to study the Dhamma principles related to Buddhist welfare provision;
- 2) to study the problems in welfare provision of the Khon Kaen Elderly Social Welfare Development Center;
- 3) to study the Buddhist elderly welfare model of the Khon Kaen Elderly Social Welfare Development Center.

## **III. RESEARCH METHOD**

This research was qualitative research. It was determined as follows;

1. The data were collected from document research. The documentary study was collected by the primary source and secondary source concerning Tipitaka, textbooks, thesis, dissertation, research report, document as well as academic data concerning The Buddhist Elderly Welfare Model of the Khon Kaen Elderly Social Welfare Development Center, This study was carried out by means of qualitative research by conducting the interviews of 25 key informants. The obtained data were interpreted by the descriptive analysis.
2. The data were collected from the primary source and secondary source and fieldwork.
3. The data were presented from the analysis of the descriptive explanation.

#### IV. RESEARCH RESULTS

The research title of “The Buddhist elderly welfare model of the Khon Kaen elderly social welfare development center”, the researchers aims to answer the research problems set in the three objectives, which can be summarized as follows:

##### 1.) The Dhamma principles related to Buddhist welfare provision

Guidelines for improving the quality of life according to the principle of development (Bhavana) and the elderly welfare are as follows;

**The physical development welfare**, the development of quality of life according to the principle of development is self-training by using mindfulness as training and self-development. The elderly who received the services of the Khon Kaen elderly social welfare development center will be developed through physical health activities such as activity for walking mediation / sitting mediation, Petanque for health, ground golf / gateball, Thai music, Thai dance, basic health checking, health promotion, training and development to promote careers for the elderly.

**The moral development welfare**, it is the Buddhist education system that focuses on self-training in a step-by-step to lead to the cessation of suffering. It is important both as a principle and as the cornerstone of behavioral patterning in a discipline that aims to act from immodesty to delicacy. And it is a method of practice that helps a person from ordinary people to noble ones. They will be developed on the moral development through the activities of the center with the invitation of monks to sermon the Dhamma on various occasions such as activity for the Buddhist important day, obtaining the five precepts, and listening to Dhamma of the five precepts, etc., Guidelines for promoting and improving the quality of life for the elderly according to the moral development can be divided into 3 parts: 1) interaction 2) proper right livelihood 3) discipline.

**The mental development welfare**, it is mind development, training the mind to be strong and stable and flourishing with virtues such as loving-kindness, compassion, diligence, patience, tolerance, joyfulness, purifying the mind, etc., It creates memories and impressions of good things, merit, charity, relaxation. It can be divided into 3 things: 1) quality of mind 2) competent mind 3) happy mind.

**The intellectual development welfare**, it is mind development, develops the knowledge that we have to grow and develop further, knowing to solve problems, knowing to analyze, research, good attitude towards fellow human beings through the activities of the center with the invitation of monks to sermon the Dhamma on various occasions such as activity for the Buddhist important day, intellectual development, listening to Dhamma in order to have wisdom, activity for the learning service center, etc.

**2.) the problems in welfare provision of the Khon Kaen Elderly Social Welfare Development Center could be divided into 4 parts as follows:**

**Personal management of the Khon Kaen elderly social welfare development center:** There are 2 offices. Manpower was not full according to the structural framework, it was lost registered nurse 1 position, finance officer 1 position, regular employees and irregular employees were hired to lighten the load of various missions of the center, an individual development plan is prepared according to the career advancement plan to enhance the morale and morale of service personnel in order to upgrade the personnel's capabilities and prepare them for the future missions.

**Finance management of the Khone Kaen elderly social welfare development center:** It was the management according to the regulations of the department of elderly affairs, Ministry of Social Development and Human Security. The allocated budget was insufficient for the center's management. Budgeting for elderly care was still not considered to cover the needs of the elderly as they needed. Because the center had 6 main missions, there was a model for providing welfare as a model activity for local government organizations and municipalities in service areas in 7 provinces to study and visit. In operations, there were important variable factors that caused total management costs, particularly in social welfare such as elderly's house repairment, it coordinated the local government to be responsible for the labour, and the center was responsible for the cost of materials according to the financial amount.

**Welfare management of the Khon Kaen elderly social welfare development center:** It was the only elderly social welfare service out of 12 that did not have service recipients. Service was a form of group activity of the day center, they used the service for the morning-evening return due to the limitations in building, and the present, the government does not have the policy to build a regular welfare home for the elderly. Instead, it focused on local government organizations, families, and communities to look after and protect the elderly. The center serves to promote, support, drive, coordinate and develop using the network such as provincial administrative organization, subdistrict administrative organization, municipality, village health volunteer, and various elderly clubs came to work together according to the national agenda on the elderly society, the elderly's life quality at center for quality of life development and occupational promotion for the elderly was established at least 1 place per district.

**The development of welfare management of the Khon Kaen elderly social welfare development center:** The current social situation is increasing. It makes the effect in providing welfare to the elderly, particularly concerning the physical health care for the elderly is decreased. The center has seen strategies to build stability and reduce economic and social

inequality by organizing a training programme to educate on the rights of the elderly for the elderly and the network, the project to promote cooperation between the public for the development of the elderly's potential to promote and develop products from the elderly group, the project to develop capacity and promote learning for the elderly in the community (Elderly school) by encouraging local government organizations to establish schools for the elderly to solve problems in the development of welfare for the elderly, etc.

**3.) Buddhist elderly welfare model of the Khon Kaen Elderly Social Welfare Development Center.** It could be found as follows:

**Physical welfare management model:** The development of the person in physical development represented the adaptation of the person's behaviour in accordance with society and lifestyle in society. At the same time, Buddhism has evolved in several stages until the final goal that was happiness, wisdom to know the world, and to live a good life. It focused on the relieving of physical people's suffering. There were three types as follows: 1) model of health service management consisting of basic health checking, providing knowledge about the health 2) model of basic suffering relief, screening unit, reservation bed for elderly who needed to stay in the emergency center. There were three meals for the elderly 3) model for immediate support and referral coordination consisting of office shift in holiday in emergency situations and providing assistance in the event of physical abuse, referrals for medical treatment, and legal proceedings.

**Behavioral and expressive welfare management (precepts) model:** It could be divided as follows: 1) good citizenship model was a principle that prevented actions causing exploitation or suffering, trouble for other people in society 2) right livelihood model purified the life within the framework of society as well as learning how to live with others for the benefit of each other 3) social rule model was a practice within the framework of the rules of society and was a practice for abstaining from acts that caused suffering or distress to oneself and society 4) heedlessness was the basis for training mindfulness. The principle of mental development was, therefore, a quality that added value to individuals and was a value that was very important to society.

**Mental welfare management model:** It focused on moral support because the mind of the elderly was fragile, anxious, and stressed. This was done in the form of providing social welfare services for the elderly in the community. It could be said that promoting supporting activities and developing the capacity of the elderly, promoting local communities and community volunteers to participate in the welfare of the elderly could be divided as follows: 1) good mental quality enhancement model, a mind has been developed or trained through stations of mental exercises. It was a mind consisting of concentration that had the following qualities: concentration, purification, cheerfulness. It should be used in work, it must not be anxious. This quality was needed for the Buddhists 2) good mental performance model, there were promotion activities. There was a promotion to support the activities and development of the capacity of the elderly, encouraging local communities and community volunteers to participate in the welfare of the elderly through various projects of the elderly social welfare

development center. It allowed the elderly to be cared for by the people in the community causing good mental health and strength

**Intellectual welfare management model:** It emphasized the knowledge and using technology in order to bring to life a better quality of life and more convenience. It created equality in society and was given the opportunity to learn news and things in order to keep up with the realities of today's world through a project to promote network cooperation in product development and information corner with computers for serving the elderly. The welfare was organized into three models 1) service model of the learning center, the arrangement of the learning center room was to be a learning area, there was responsible staff for the main learning center which could be a lecturer within the center and lectured on the body of knowledge outside the center 2) service model of the learning and counseling center for the elderly, services and support for study visits were provided, practical training, training course service through the project to empower the elderly to develop Thai people to be well-being and there was a consulting service through various channels by social workers 3) service model of the counseling center, the preparation of consulting work processes was to be a guide to consulting operations. Consulting personnel consisted of a social worker who was licensed to practice social users could come to receive advice in many ways.

## V. DISCUSSIONS

Dhamma principles related to Buddhist welfare provision is a guideline for improving the quality of life according to the four developments as follows: The physical development welfare, the personal development in physical development, it represents the adaptation of the person's behavior in accordance with society and lifestyle in society, the behaviour welfare (precepts) is a training for one's conduct, discipline, honesty, self-control according to moral rules and social rules. The mental development welfare, mindfulness meditation is a way to develop a good quality mind. It is divided into three things 1) quality of mind 2) capacity of mind 3) happy mind etc. The intellectual development welfare, there is development wisdom and listen to the Dhamma talks to obtain wisdom, service activities of the learning center. It was in accordance with Phramaha Suthit Aphakaro (2015) studied "The creating and developing Buddhist happiness indicators according to the Buddha's principle of teaching". It was a research study in the form of an integrated project that the Buddhist Research Institute has carried out the project to build a body of knowledge based on Buddhism. It was found that the principle of four developments consisted of physical happiness, social happiness, mental happiness, and intellectual happiness.

Problems in welfare provision of the Khon Kaen Elderly Social Welfare Development Center is divided into four parts: personal management of the Khon Kaen elderly social welfare development center, Finance of the Khone Kaen elderly social welfare development center, Welfare management of the Khon Kaen elderly social welfare development center, The development of welfare management of the Khon Kaen elderly social welfare development center. It was in accordance with Phramaha Chaowarit Narintho (Sapsawat) (2018) studied "A study of the development of the quality of life for the elderly in accordance with the Bhavana 4: case study of the elderly in Baan Huai Hoi, That Thong sub-district, Phu Khiao district,

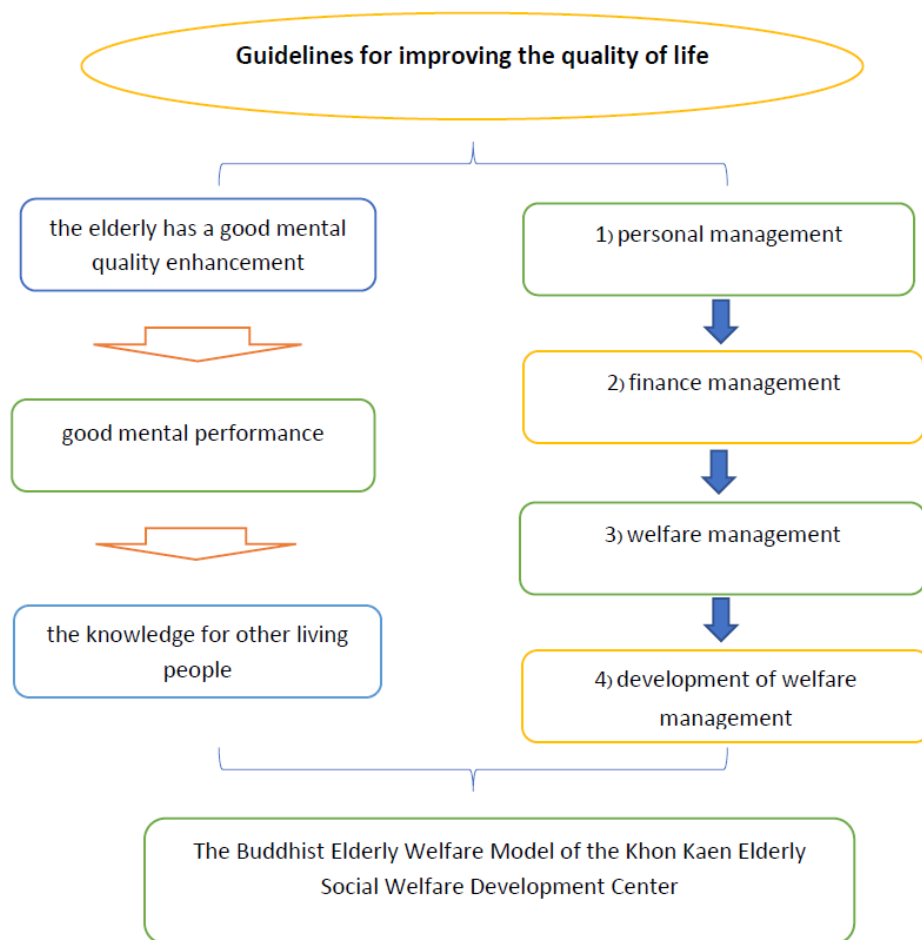
Chiyaphum province”. Most of the Baan Huai Hoi’s elderly were Buddhists, making merit, preserving 5 precepts, preserving the eight precepts observed by lay devotees on Uposatha days in Buddhist lent day, and practicing Dhamma, self-training in a good way, no punishment, flourishing wholesome, building a good social relationship, self-awareness, happy living, good health. The elderly practiced the moral principles in Buddhism and lived happily with others in society. The problems and obstacles to develop the quality of life for the elderly were: 1) the growth of the modern economy 2) the coming of modern culture which the elderly had to adjust their way of life in daily life so that they were balanced and consistent with daily life 3) diseases caused by the old age, this caused the problems and obstacles to the way of life of the elderly and affected the daily activities.

The Buddhist elderly welfare model of the Khon Kaen Elderly Social Welfare Development Center according to the four developments as follows: 1) physical welfare management model consisted of three types 1.1) model of health service management 1.2) model of basic suffering relief 1.3) model for immediate support and referral coordination 2) behavioral and expressive welfare (precepts) management model consisted of four types 2.1) good citizenship model 2.2) right livelihood model 2.3) social rule model 2.4) heedlessness. These were the basis of mind training in order to have mindfulness 3) mental welfare management model consisted of two types 3.1) good mental quality enhancement model 3.2) good mental performance model 4) Intellectual welfare management model consisted of three types 4.1) service model of the learning center 4.2) service model of the learning and counseling center for the elderly 4.3) service model of the counseling center. It was in accordance with Phramaha Niphon Mahadhammarakkhito (2014) studied “Developing the forms of metal praying in Buddhism and take care of elder’s health”. It was found that the approach of the elderly health care in Buddhism focused on the process of mental development by tranquility and insight. Because when the mind was well developed, the body, wisdom, and society would also develop. The forms of metal praying in Buddhism and take care of elder’s health was to bring the mental development to apply with the elderly appropriately such as mindfulness on breathing, loving-kindness, meditation, mindfulness of death, etc., These were brought to integrate with modern science to organize training activities according to appropriate time frames that would help take care of the elderly’s health in four aspects, physical, mental, social and intellectual development.

## **VI. BODY OF KNOWLEDGE**

Guidelines for improving the quality of life according to the principle of development (Bhavana) consist of four types as follows: 1) physical development 2) moral development 3) mental development, intellectual development. Problems situation of the welfare management of the Khon Kaen elderly social welfare development center can be divided into 4 parts as follows: 1) personal management 2) finance management 3) welfare management 4) development of welfare management. Buddhist elderly welfare model can be divided into 4 types: 1) Physical welfare management is a model for health service management of the elderly, basic suffering relief, immediate support 2) behavioral and expressive welfare management (precepts) makes the elderly behaves themselves in the society, right livelihood, social rules and heedlessness 3) mental welfare management makes the elderly have a good mental quality

enhancement and good mental performance 4) intellectual welfare management makes the elderly are able to learn, consult the knowledge for other living people.



**Fig. 1** Body of Knowledge from research

## VII. RECOMMENDATIONS

- 1) An analytical study on the care of the elderly of the Khon Kaen elderly social welfare development center.
- 2) An analytical study of the roles of the center for the development of quality of life and promoting the elderly career in the community.
- 3) An analytical study of Dhamma principles in the elderly welfare development of the Khon Kaen elderly social welfare development center.

## CONCLUSION

The Buddhist principle regarding Buddhist welfare is a guideline for improving the quality of life according to the principle of development (Bhavana 4) as follows: physical development welfare, moral development welfare, mental development welfare, intellectual development welfare. Problems situation of welfare management of the Khon Kaen elderly social welfare development center can be divided into 4 parts: 1) personal management, finance management,



welfare management, development of welfare management. Buddhist elderly welfare model of the Khon Kaen elderly social welfare development center can be divided into four parts: 1) physical welfare management is divided into three types 1) model of health service management, basic suffering relief, immediate support and referral coordination 2) behavioral and expressive welfare (precepts) management model, good citizenship, right livelihood, social rule, heedlessness in order to have mindfulness 3) mental welfare management model, good mental quality enhancement, good mental performance 4) intellectual welfare management model, the learning center service, the learning and counseling center for the elderly service, the counseling center service, etc.

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