

## **A Model for Promoting the Buddhist Potential's Elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaeo District, Udon Thani Province**

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Abstract - The objectives of this were: 1) to study the problem condition of the potential of the elderly in Buddhism; 2) to study the promotion of the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province; 3) to study the model of promoting the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School. The research results were as follows: The problems of the potential of the elderly in Buddhism were divided into 5 aspects: 1) Physical aspect: degeneration and physical illness; 2) Social aspect (precepts): lack of precepts among the elderly; 3) Mental aspect: participation in activities of the Elderly Club such as listening to sermons; 4) Intellectual aspect: going to the temple to bring the Dhamma principles to develop the occurred situations; 5) Economic aspect: inadequate income for expenditure and finding additional careers. The study of the promotion of the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province found that there is the use of Four Bhāvanā Principles to promote the development of Buddhist potential. In terms of Kāya-Bhāvanā, meditation, exercise and yoga practice were used. In terms of the social aspect (precepts), group therapy, generosity group and a group of friends who practice dhamma together were used. In terms of the mental aspect, different relaxation methods, breathing exercises and musical therapy were used. In terms of the intellectual aspect, chanting, spreading loving kindness and Vipassana meditation were applied. The model of promoting the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School: a learning plan has been developed to practice skills for enhancing the life potential of the elderly in 4 models: the model for promoting physical potential including exercise activities; the model of promoting social potential (precepts) including an activity to improve quality of life skills, a model to promote mental potential including the practice of Vipassana meditation, a model for promoting intellectual potential including a training to improve the ability to analyze the right or wrong.

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

## I. INTRODUCTION

Thai culture has now fully transitioned into an aging society with people aged 60 and up. Thailand's National Statistical Office reported in 2010 that there were 8.0 million elderly people in the country, accounting for nearly 11% of the overall population (Economic and Social Statistics Bureau, 2017:13) This growth in the number of senior people is attributable in part to the country's progress in development, which includes medical advancements that can help people recover from ailments. In society, enjoy longer and happier lives. The missions that must be addressed to the aged population are specified in Section 54 and Section 80 of the Kingdom of Thailand's Constitution, B.E. 2540 (1997), and the Thai Elderly Declaration was prepared in 1999, which is a mission that society and the state should have towards the elderly. For the reasons stated above, there are nine crucial tasks that must be accomplished in order to achieve the goal of social security. Issue 2 of the National Plan for the Elderly (2011-2021) (Ministry of Social Development and Human Security: 2010; 1). It is the most important strategic plank in the elderly's functioning. This is a long-term plan that began in 2002 and focuses on the "Life cycle" and the role of everyone in society who is connected to the aged in some way. To lead service management and cope with the ever-increasing predicament of the elderly and must enter the aging phase in accordance with the inevitable life cycle. There is even a National Aged Plan, which establishes parameters for the country's elderly policy. Following a review of the Elderly Plan's implementation, the Elderly Act was passed, emphasizing the importance of the elderly's job (Wiphan Prachuapmoh and group: 2009; 19-20) The first five years of the original edition (2002-2006) was considerable changes in legislative provisions, policies, and programs relating to the aged, including: 1. Government policies on the elderly 2. Various laws on the elderly 3. The National Economic and Social Development Strategy's tenth edition 4. Obstacles to the Elderly Plan's Implementation.

The 2nd National Elderly Plan (2011-2021) has been amended and drafted into the 1st revised edition, B.E. 2009, and the Board National Elderly has been presented to the Cabinet for consideration. The Cabinet approved the National Elderly Plan, No. 2, Revised Edition, No. 1, B.E. concerned, which appears in the action plan for the prescribed measures on April 27, 2010. (Ministry of Social Development and Human Security: 2009; 4). Plan for the elderly Moderation and synthesis have resulted in this revised edition. Brainstorming and multistage criticism, as well as the findings of an evaluation of the National Elderly Plan, No. 2, implementation over the first five years (2002-2006), which included data collecting and synthesis of current demographic data, During the years 2006-2009, data-driven economic, social, and state initiatives were implemented. This is the time after the National Elderly Plan 2 has been

assessed, when these elements are expected to have a substantial impact on the Elderly Plan's implementation (Wiphan Prachuapmoh and group: 2009; 31). Currently, the government has mandated that Thai society be prepared for an aging society. It is one of the policies in the National Economic and Social Development Plan, for which the 2nd National Elderly Plan (2002–2021) has already been established. That By having an elderly person (aged 60 years and over) in the country's demographic structure, which clearly shows that Thailand is entering an aging society (Siriwan Siribun and Chanetti Milinthangkool: 2008; 13), account for more than 10% of the overall population according to Thailand's demographic projections between 2000 and 2030, the number of senior persons in Thailand will climb to 14.9 million, or be accounted for, in the following 15 years, or in 2025. Siripanich et al., 2010; 21. where the senior population is quickly growing in both quantity and proportion. The elderly requires the assistance of a caregiver as they grow older, particularly a psychological caregiver. Buddhism teaches people to understand the truth about nature. And, in order to know oneself, consider resolving problems using the four principles of meditation, which are teachings that inspire individuals to learn how to help themselves accept the human potential in resolving problems as well as to know the conditions, factors, and techniques that include all steps in accordance with the guide principles." 1991, Phra Thep Vedi (P.A. Payutto). Those who follow the Buddhist Dharma will experience a behavioral condition or way of life known as "having commandments but doing good acts." That is, greed, anger, delusion, ignorance, lust, and prejudice do not exist. or lead to the wrong location and act without thinking. As a result, the practitioner is in good physical shape. There is no disease, no disease, no robust vigor in and of itself. In terms of the mind, there will be a state described as "full of joy, clear, and light." It will be a one-of-a-kind experience that only the practitioner will have access to (Raphiphon Kamhom, 2004).

Therefore, the researcher is interested in the Elderly Potential Promotion in Buddhism of the Elderly School in Nonthong-in Subdistrict, Kuaeo District, Udon Thani Province. By looking for issues affecting the elderly in the area after that, convene a joint meeting. In order to react to the need to encourage quality preparation when entering the elderly and effective, design activities in schools for the elderly and develop rules for activities in schools for the elderly in caring for the elderly.

## **II. RESEARCH OBJECTIVES**

- 1) to study the problem condition of the potential of the elderly in Buddhism;
- 2) to study the promotion of the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province;
- 3) to study the model of promoting the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province;

### 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 Model for Promoting the Buddhist Potential's Elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaeo District, Udon Thani Province, This study was carried out by means of qualitative research by conducting the interviews of key informants. The obtained data were interpreted by the descriptive analysis.

3. The data were collected from the primary source and secondary source and fieldwork.

4. The data were presented from the analysis of the descriptive explanation.

### IV. RESEARCH RESULTS

#### 1) The problems of the potential of the elderly in Buddhism

**Physical issues** Participating in activities that boost the body's potential causes problems in general, illness Degenerative bone disease develops as the body deteriorates as it approaches old age. Knee osteoarthritis, back discomfort, lumbar pain, and muscle ligament pain make it difficult to participate fully in activities. Most senior individuals are interested in meditation, and some are still ashamed of having inherited disorders like diabetes and high blood pressure. when engaging in a body-relaxing activity in the absence of some preparation, such a practice is rarely tough. because eating is too convenient, resulting in a lack of knowledge and awareness to utilize Dhamma principles to adjust development of the body to balance with daily life.

**Social issues** In Buddhism, the aged community is a powerful society. tradition and historical culture, but there's also the issue of physical health and illness to consider. As a result, some persons are unable to function in society. Most of them adhere to the teachings. Occasionally, some people believe it must be firmly enforced. To prepare it in such a way that it does not occur to oneself that it might be used as a foundation Coexistence with people who hold differing points of view. People take advantage of each other in many ways. more self-centered Failure to apply the concepts correctly will result in stress. Some people experience bodily discomfort because of their work. And development will continue to emphasize new things as the primary mode of operation. Few people attend social gatherings.

**Mental problem** most of them lack training, mental development, genuine community support, and, most importantly, skilled professionals to provide training. There is a dearth of desire and staff to help the elderly practice or practice vipassana meditation. As a result, the development of the mind's internal growth has a significant impact. There is a group of senior

people who go to the temple daily to meditate for mental and emotional difficulties of the elderly who are terrified of being abandoned in Nonthong-in Subdistrict. Grandparents who are single or married and parenting grandchildren Forgetfulness, sadness, loneliness, and a lack of activities to do are some of the issues that people face.

**Intellectual problem** most of the issues arise from the practice, which is based on an intellectual approach. Lack of awareness, tenacity, and faith, as well as a lack of academic knowledge and practical guidelines I'm not sure how much anxiety will be caused by living and the actual world. Some people are plagued by depression, and others find it difficult to let go of themselves. A difficult choice to make Some advances follow the standard procedure. Some people are unable to let go of their anxiety and stress. What occurred to me is something I can't accept. Some senior Dharma practitioners have a better understanding of letting go. Have self-awareness, reflect with wisdom, and practice all the time. Training to acquire wisdom to create information, concepts, and understanding to know, organize, think, consider and solve problems with intelligence.

Economic issues It's a problem of not having enough money to pay for necessities. There is no extra employment available to the elderly. relying on the subsistence stipend and money supplied to them by their children Their children are currently unemployed because of the COVID-19 pandemic. People and their children are forced to work in foreign nations or in the capital due to the current economic crisis. Elderly people are more inclined to look after themselves. As a result, economic development is hindered by the poor physical environment. Nonthong-in School for the Elderly They have pushed extra revenue in Subdistrict, such as creating a broom out of a coconut shell. However, there is a scarcity of markets for marketing to the elderly.

**2) The study of the promotion of the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province according to the 4 prayer principles as follows:**

Using the notion of body meditation to help people reach their full potential (Practice Dhamma to promote health) The majority of old people spend their lives in accordance with Buddhist precepts. There are many other external variables that help people live longer. including health care, food, and well-being Avoiding bodily harm is a good thing to do. The mind can be calmed, concentrated, and mindful without becoming negligent via the practice of sitting meditation. Don't be stressed, and don't overthink things. Because the mind is clear, the body can become strong. Developing oneself to the fullness of morality, focus, and insight by using Dharma principles as a guide in life.

Adopting the precepts to use with the promotion of potential (keeping the precepts for health) It's like another sort of health treatment to follow Buddhist teachings when it comes to

observing the commandments. Some people believe that precepts are forbidden, yet they help to good health care. Upholding the principles entails abstaining from harmful deeds such as killing animals or stealing. Not indulging in sexual misconduct, lying, or imbibing alcoholic beverages. Another significant life guideline is the Five Precepts. Observing the Five Precepts is an attempt to keep physical and verbal punishment at bay so that defilements do not take over. The advantages of following the precepts are helpful to both oneself and others.

Adopting the principle of meditation for the purpose of maximizing potential (meditation and behavioral treatment) is one aspect that contributes to a long life. superiority Because the practice of meditation necessitates the mind becoming motionless and concentrated on a single object. There is serenity and consciousness when the mind is still. Because our mind is focused on one subject until it is concentrated, there will be no neglect. We are not going to be sidetracked. It will only focus on what is happening in the present moment, allowing us to act deliberately. The foundation for further development to gain wisdom is the avoidance of mistakes and concentration. In addition to the ideas of equality, they seek to make their lives more valuable and of higher quality of Buddhism as the principle of living for a long life.

Adopting Buddhist guidelines to employ wisdom in the development of prospective health promotion for the elderly. Discuss the tripartite principles as they apply to life's aspects. Morality, attention, and wisdom are the three components of wisdom. The interaction between the physical environment and society is referred to as virtue. Physical and mental control must be linked to good health care. Meditation is a state of mind. Controlling one's thoughts so that one may focus on the knowledge that has come through, and wisdom is the consciousness of knowing, knowing, acting, and leading one's actions in the appropriate direction. The tripartite principle governs both physical and mental behaviors, and it can be used to geriatric health care. Panna Bhavana is a health-care system that employs analytical thinking in all elements of its operations. As a result of following Buddhist guidelines when caring for the old, the elderly's quality of life improves. They'll be able to live happily ever after now.

### **3) The model of promoting the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province:**

**1) The model for improving the ability of the aged in terms of physical (Kayabhavana)** physical, physiological, and physiological development is the practice of employing biological matter for the benefit of life rather than for the detriment of life. As a result, living life necessitates physical meditation, which not only teaches the body to grow, be strong, and be in good health, but also to grow, be strong, and be in good health. However, in addition to developing various abilities through the third fall prevention activity, growing strength and utilizing the body to work overload, eating one's own thoughts, and lesson plan, it must be developed to use organic materials. 23, vocational training activities or crafts (OTOP depending

on the context of the location) for learners to put their interests and aptitudes into practice. So that students can use them for their careers or to earn extra income. Always be careful to take care of your physical health. Every time, listen to the advice of a doctor or someone who comes to educate the elderly.

**2) The model for promoting the potential of the elderly in social aspect (Silabhavana),** a model of behavior in keeping the 5 commandments by refraining from acting in a way that harms others. With love and generosity, we assist each other. They are mostly kind and will peacefully participate in various development efforts, whether it is a charity event or not. The curriculum for developing skills in social life skills development for the elderly has been prepared, and a lesson plan has been used, the 24th lesson plan, a study tour of the environment suitable for the elderly, the 20th lesson plan, laws and benefits for the elderly, and the lesson plan at 25. Volunteer for the sake of life and society (Public activities to visit bedridden patients). Religious activities, people with disability Plan 21 of the lesson: Sufficient economic activity allows the elderly to coexist peacefully with others, maintain excellent human relations, be polite, disciplined, and know how to assist others.

**3) a model for promoting geriatric mental potential (Cittabhavana),** a mental development model, or a mental development model It is mental development training that focuses on virtues like as kindness, diligence, patience, concentration, and mental development to produce a strong, stable, and successful mind. Mind training trains the mind to only imagine positive thoughts. It's a mind that cares. The mind can also have a beneficial effect on the body, such as preventing anger, stress, and promoting wellness. There is a lesson plan in place to teach the skills necessary to help the elderly realize their social potential. The following lesson plans were used: 1) Understand the five dimensions of happiness to support the mental health of the elderly in Lesson Plan 13: Mental Health Promotion Activities for the Elderly. So that the old have the skills to promote the five dimensions of happiness: 1. happiness, 2. happiness, 3. happiness, 4. happiness, and 5. happiness, and so that a learning plan and curriculum have been developed to practice skills for increasing the elderly's social potential. Lesson Plan # 13: Activities to Support Elderly Mental Health.

**4) A model for enhancing the elderly's wisdom potential (Panabhavana)** The model for developing wisdom or wisdom development is Training to build understanding so that knowledge might become as obvious as it is. The state can free the mind by knowing and understanding things as they are, knowingly viewing the world and living appropriately. Purify oneself of all defilements and enjoy a pain-free existence. Is it possible to overcome the problem by training, self-study, and knowledge? The following lesson plans were utilized to practice skills to increase the life potential of the elderly in social elements, according to the lesson plan: 1) Lesson Plan 8, Dementia Prevention Exercises Program, which uses Microsoft Power Point to teach dementia prevention activities. 2) Lesson plans with nine dementia prevention activities

(No. 3 Program) to prevent dementia by creating household accounts in Microsoft Office Excel and presenting them in graphs. 3) No. 4 Line, Calendar Passed Smartphone, Lesson Plan 10, Alzheimer's disease preventative activities.

## V. DISCUSSIONS

Research subject A model for promoting the potential of the elderly in Buddhism of the Elderly School, Nonthong-in Subdistrict, Kuaeo District, Udon Thani Province The results can be discussed as follows:

**The problems of the potential of the elderly in Buddhism are divided into 5 areas:** Physical issues; Those who reach old age will get degenerative bone disease as their bodies deteriorate. Knee deterioration, back pain, waist discomfort, and other social issues Coexistence with various people, differing viewpoints, people taking advantage of one another, being more selfish, and psychological issues most of them are untrained. a lack of mental growth Lack of qualified employees to give training, motivation, and personnel to assist the elderly in their fear of abandonment, as well as intellectual issues Inability to develop wisdom to attain information and understanding Lack of awareness, tenacity, and faith, as well as a lack of academic knowledge, suggestions for action I'm not sure how much anxiety will be caused by living and the actual world. Depression and economic problems followed. Insufficient income and expenses are a concern. There is no extra employment available to the elderly. relying on the subsistence stipend and money supplied to them by their children Their children are currently unemployed because of the COVID-19 pandemic. People and their children are forced to work in foreign nations or in the capital due to the current economic crisis. Consistent with the research of Somsri Sajjasakulrat's study, "The Health Management Model of the Elderly with Integrative Buddhism: A Case Study of Ban Tom Sub-District Municipality Phayao Province," challenges, impediments, and a lack of health management time mismatch were discovered. There is a lack of cohesion in the plan. Inadequate care is the limit of the passive budget. Problems in the family the elderly are quite reliant. With aging, the body deteriorates. There are fewer social interactions. Irritability, loneliness, tension, memory loss, and other symptoms are common.

**The study of the promotion of the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province,** using the Bhavana 4 for the Elderly (Practice Dharma to promote health). Exercise in healthcare, putting the principles into practice with the goal of promoting potential (keeping precepts for health) Health-care services Some people believe that precepts are forbidden, yet they actually help to good health care. It is advantageous to oneself and others to uphold the principles. Meditation can be used to help people reach their full potential (Meditation and Mindfulness Therapy). Meditation can help you live longer and with a higher quality of life. to be put to good use in



promoting potential Pannabhavana is a thorough health-care analysis based on Warangkana Thiampakdee's study. According to a study published in the book *Four Foundations of Mindfulness: Buddhist Methods for Enhancing Holistic Health*, holistic health in Buddhism entails both bodily and mental excellence. Buddhist ways for enhancing holistic health in the Buddhist approach, using the four foundations of mindfulness as a guideline, according to the four meditation principles, namely physical development in terms of morality, spirituality, and wisdom by using the 4 foundations of mindfulness as a guideline.

**The model of promoting the Buddhist potential of the elderly in Non-Thong-In Subdistrict Elderly School, Ku Kaew District, Udon Thani Province**, has developed a model for fostering the elderly's potential in Buddhism: Based on the principles of Bhavana 4: The concept for enhancing elderly people's physical capabilities (physical bhavana) The process of employing organic matter for the benefit of life rather than hurting it is known as organic development. preventative measures Strengthening and vocational training activities or crafts (OTOP depending on the circumstances) for learners to perform vocational training based on their interests and aptitudes. By refraining from acting in a way that harms others, you can practice following the five commandments. The curriculum for developing skills in social life skills development for the elderly has been prepared, and a lesson plan has been used, the 24th lesson plan, a study tour of the environment suitable for the elderly, the 20th lesson plan, laws and benefits for the elderly, and the lesson plan at 25. Volunteer for the sake of life and society (Public activities to visit bedridden patients). Religious activities of disabled individuals Plan 21 of the lesson: Sufficiency economy aides the elderly in coexisting well with others, having good interpersonal relations, being considerate, gracious, having discipline, and knowing how to serve others through activities. Mental development in the elderly (Cittabhavana) is a type of mental development. It is mental conditioning that teaches you how to establish a strong, steady, and focused mind. Kindness, kindness, diligence, patience, attention, and mental development are all virtues that will make you happy and prosperous. There is a lesson plan in place to teach the skills necessary to help the elderly realize their social potential. The following lesson plans were used: 1) Mental Health Promotion (Lesson 13) Activities for the Old to learn about the 5 Dimensions of Happiness conceptual framework, the Panabhavana model for strengthening the wisdom capacity of the elderly, and training to enhance their wisdom to prosper. Program com, according to Mr. Charoen Nuchniyom's research, is used to prevent dementia activities, among other things. The study "Developing the quality of life for the elderly using the Buddhist integration method" discovered that the Buddhist integration method at the Elderly Health Promotion Center, Boromarajonani College of Nursing, Nakhon Lampang, can improve the elderly's quality of life by making them physically, morally, mentally, and intellectually strong, allowing them to be self-reliant. As a foundation for acting in accordance with the moral principle, it is necessary to refrain from all forms of evil, both physically, verbally, and

intellectually. It is the process of changing one's behavior to improve one's psychological well-being.

## VI. BODY OF KNOWLEDGE

Nonthong-in School for the Elderly KuKaeo District, Udon Thani Province, Subdistrict Administrative Organization To enhance the development of the elderly's life potential, a curriculum learning plan with 25 programs for improving quality of life has been created based on the Bhavana 4 concept. In Buddhism of the Aged School, Nonthong-in Subdistrict, there is a paradigm for boosting the potential of the elderly. The following are the Bhavana 4 principles: Physical development is the practice of employing biological matter to help life rather than to damage it; social development (Silabhavana) is the practice of following the five precepts; and mental development (Cittabhavana) is a pattern of development. Mental or mental development in the field of wisdom (Pannabhavana) training to develop wisdom to grow until the knowledge is clear as it really is, etc.

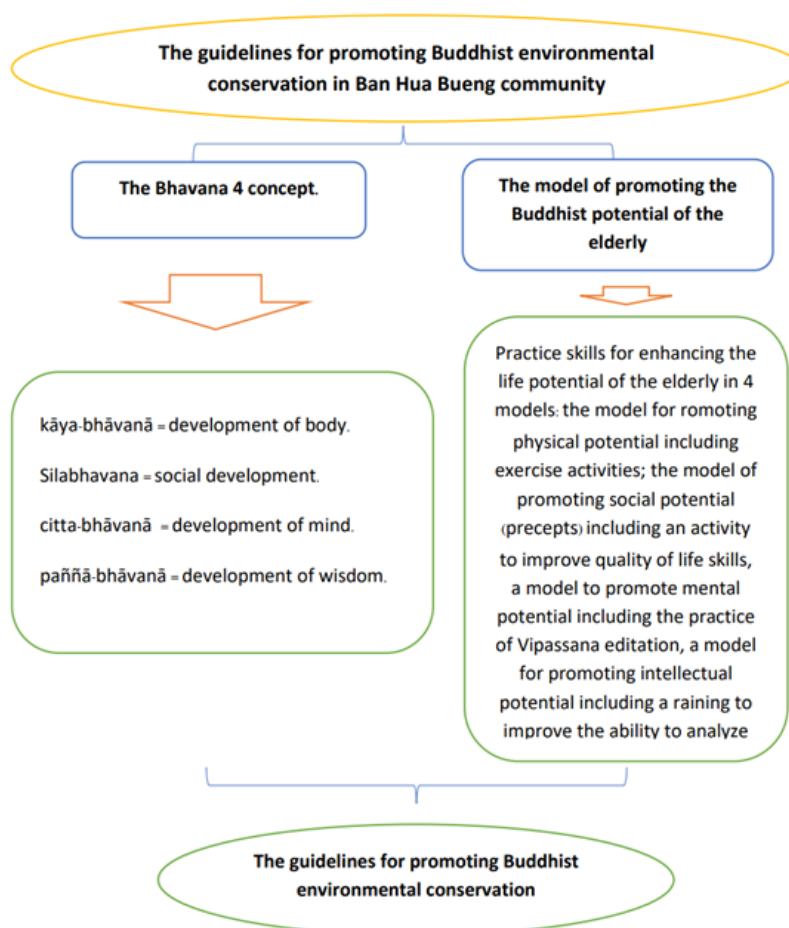


Fig. 1 Body of Knowledge from research

The Elderly School, Nonthong-in Subdistrict, Kukaao District, Udon Thani Province, can be summarized using the Buddhist paradigm of fostering the potential of the elderly: The promotion of the elderly potential in Buddhism of the School for the Elderly in Nonthong-in Subdistrict, Kukaao District, Udon Thani Province, according to the principles of Bhavana 4, which is the conduct of body meditation to use for the promotion of potential, can be divided into 5 areas: physical problems, social problems, mental problems, intellectual problems, economic problems, and the promotion of the Buddhist elderly potential of the School for the Elderly in Non Thong In Sub-District Adopting the precepts of prayer to employ for the advancement of potential and practicing Dharma to promote health Observing the rules of health, a meditation technique that can be used to boost one's potential. Meditation therapy and truth therapy are therapies that use the ideas of wisdom and meditation to help people reach their full potential. At Nonthong-in Subdistrict School for the Elderly, Pannabhavana is a health care model for analytical thinking and promoting the potential of Buddhist elders. Based on the following four meditation principles: a model for maximizing the physical capabilities of the elderly Organic development is the use of organic matter for the benefit of life rather than for the harm of life. It's a paradigm for boosting the elderly's social potential (Silabhavana), as well as a form of behavior that follows the five commandments by abstaining from acts. The way of not encroaching on the elderly, the model of promoting the elderly's mental potential (Pannabhavana), the model of mental development or mental development, the model of promoting the elderly's wisdom potential (Pannabhavana), training to develop their wisdom to grow until they are born, I know what it truly is, and so on.

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