International Academic Multidisciplinary Research Conference 2017

Proceeding of

INTERNATIONAL BUSINESS ECONOMIC TOURISM SCIENCES TECHNOLOGY HUMANITIES SOCIAL SCIENCES AND EDUCATION RESEARCH CONFERENCE

Zurich, Switzerland
10 – 12 July, 2017

THE 2017 ICBTS

Edited by **Chayanan Kerdpitak, CK Research, Thailand**
Kai Heuer, Wismar University, Germany
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Gilbert Nartea, Lincoln University, New Zealand
Vipin Nadda, University of Sunderland, United Kingdom

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Conference Three Themes

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The International Education Social Sciences and Humanities Research Conference

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INTRODUCTION

We would like to welcome our colleagues to the International Business Tourism Transport Technology Social Sciences Humanities Education Research Conference. It is the seven series in 2017 of Conference on Business Tourism and Apply Sciences was held in Amsterdam. As always many members of the ICBTS 2017 community look forward to meeting, sharing and exchanging their research ideas and results in both a formal and informal setting which the conference provides. Likewise, the concept of alternating the international conference every one month on April to November between Europe and the rest of the world is now well established. This year's event in London (UK) Paris (France) Munich (Germany) Amsterdam (Netherlands) Boston (USA) Toronto (Canada) London (United Kingdom) Zurich (Switzerland) Berlin (Germany) Tokyo (Japan) and another continues with the cultural following the very successful and productive event held in London-Zurich in August 2017 in the field of various types for international academic research conference on Business Economics Social Sciences Humanities Education and Apply Sciences. As usual The ICBTS 2017 brings together leading academics, researchers and practitioners to exchange ideas, views and the latest research in the field of Business Tourism and Apply Sciences.

The theme of this event The 2017 ICBTS International Business Tourism Social Sciences Humanities and Education Research Conference is "Opportunities and Development of Global Business Economics Social Sciences Humanities and Education" It is also represents an emerging and highly challenging area of research and practice for both academics and practitioners a like, The current industrial context is characterized by increasing global competition, decreasing product life cycles, Global Business, Tourism Development, Social Sciences Humanities Education Apply Sciences and Technology collaborative networked organizations, higher levels of uncertainties and, above all, and customers. In our view holding this event in Tokyo represents a timely opportunity for academics and researchers to explore pertinent issues surrounding Business Economics Tourism Social Sciences Humanities Education Sciences and Technology.

Potential authors were invited to submit an abstract to the International Conference Session Chairs. All abstracts were reviewed by two experts from the International review committee and final papers were further reviewed by this volume with 30 contributing authors coming from 18 countries. This book of proceedings has been organized according to following categories:

- Business
- Management
- Marketing
- Accounting
- Financial
- Banking
- Economic
- Education
- Marketing
- Logistics Management
- Social Sciences
- Supply Chain management
- Industrial Management
- Information Technology
- Sciences Technology
- Transport and Traffic
- Tourism Strategic
- Tourism Management
- Tourism Marketing
- Tourism Development Policy and Planning
- Technology Application
- Communication and Sciences
- Humanities
- Health care Management
- Hospitality Management
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SPEAKER BACKGROUND

Professor Dr. Ebrahim Soltani

Prof. Dr. Ebrahim Soltani is a Professor of Business School at University of Kent Canterbury in England and he is Department Chair - Quality & Operations Management at Hamdan Bin Mohammed Smart University Dubai of United Arab Emirate. He was appointed associate professor in business management, total quality management, and operation management in 1989 at the University of Kent, he continued his research in the field of operation management, business management. He has published over 50 papers and reports in such journals as International Journal of Technology and Production Research. He supervised a considerable number of PhD theses and is a consultant on industrial and production industry in England and United Arab Emirate.

SPEAKER BACKGROUND

Professor Dr. Kai Heuer

Prof. Dr. Kai Heuer is full professor for business administration at the Business Faculty of Wismar University in Germany. Before, he served as a full professor at the Environmental Campus of Trier University of Applied Sciences. He studied business administration in Germany and the U.S.A. and holds an MBA and a doctoral degree. He has management experience from leading positions in different companies and as business consultant. His research areas are management accounting, organizational development, and international management where he has published numerous papers, reports and textbooks. He is the head of Master Program in Business at Wismar University and a member of the Schmalenbach-Society for Business Economics, Cologne; managing director of the Institute of Health-, Senior- and Social Management; and a former member of the board of the Centre for Aviation Law and Management.

SPEAKER BACKGROUND

Dr. Tariq Khan

Dr Tariq Khan is a Lecturer and Director of Postgraduate Programmes of Business School in Brunel University, Uxbridge, London, United Kingdom. He received his BEng in Aerospace Engineering from Kingston University, his MSc in Manufacturing Technology from University of Warwick, and his PhD in Intelligent Education Systems from University of Salford. He subsequently worked as a research associate in Heriot-Watt University Edinburgh and as a senior lecturer at London Metropolitan University. He has specialist teaching in Business Process Modelling, Web Programming ,Software Engineering, Classical Logic, Human Computer Studies. He has Book and published over 20 papers and reports in such journals as Information Systems Evaluation and Integration (ISEing). He supervised a considerable number of PhD theses and is a consultant on business and supply chain and engineering industry in England and United Kingdom.

SPEAKER BACKGROUND

Dr. Chayanan Kerdpitak

Dr. Chayanan Kerdpitak is a Lecturer and management committee of Doctor of Business Administration Programmes of College Management Innovation in Valaya Alongkorn Rajabhat University in Thailand and a management committee of CK Research Consultant in Bangkok. I was a Lecturer of Principle Marketing, Sales Management, Consumer Behavior, and Marketing Research at The Suan Dusit University in Thailand. She received a Ph.D. in the field of Business Logistics within Industrial at Ramkhamhaeng University, Thailand. She has published over 20 proceeding paper and some reports in such journals as International Journal Business and Economics Research. She has been a consultant on Import Automobile Industry from Germany for International Marketing and Marketing Research. Chayanan graduated a B.B.A and M.B.A in Business Administration from The Ramkhamhaeng University, Bangkok, Thailand (Major in Marketing).

2017 ICBTS CONFERENCE ZURICH PROGRAM

The 2017 ICBTS International Multidiscipline Research Conference Zurich	
10 July 17 8.20 – 09.00 (M)	REGISTRATION & WELCOME Welcome meeting at Novotel Zurich Airport Messe
	Session Chair ***Professor Dr. Kai Heuer, Wismar University, Germany*** ***Professor Dr. Ya-Chen Su, University of Science and Technology, Taiwan*** ***Assoc. Professor Dr. Mahuya Bhaumik, University Kolkata, India***
10 July 17 09.15–10.30 (M)	**Session A1** **Paper 1** MENTAL HEALTH OF THE ELDERLY Nitaya Srijamnong **Paper 2** RELATIONSHIPS BETWEEN NUTRITIONAL STATUS AND CHILD DEVELOPMENTS OF PRESCHOOL AT SAMUT SONGKHRAM KINDERGARTEN SCHOOL IN THAILAND Dr. Muntanavadee Maytapattana **Paper 3** FAMILY PROBLEMS OF SEX-RISK FEMALE ADOLESCENT STUDENTS IN A HIGH SCHOOL AT SAMUT SONGKRAM PROVINCE, THAILAND Dr. Premwadee Karuhadej **Paper 4** THE RESULTS OF NUTRITIONAL MONITORING PROGRAM AT ROUMATUL COMMUNITY BANGKOK Asst. Prof. Dr. Boonsri Kittichottipanich **Paper 5** EVALUATION OF NURSING CURRICULUM Dr. Ponpun Vorasiha
10.31 – 10.45	Morning Break
10.46 – 12.00	**Session A 2** **Paper 1** ANALYSIS ABOUT SEQUENTIAL PATTERN OF DISEASE BY KOREAN·S HEALTH INSURANCE CLAIMS DATA Yoonju An and Wan-Sup Cho and Jisoo Jeong **Paper 2** MULTI-DIMENSIONAL ANALYSIS AND VISUALIZATION OF MOUNTAIN ACCIDENTS Jihyeon Lee and Dara Penhchet and Sujin Jung and Seung-Hyun Jung and Kyung-Hee Lee and Wan-Sup Cho **Paper 3** HEALTH PROMOTION FOR THE ELDERLY Dr. Anchalee Jantapo **Paper 4** HEALTH BEHAVIOR OF THE ELDERLY Asst. Prof. Lakana Yodkolkij **Paper 5** THE PATTERN OF DAILY EXERCISE FOR THAI COMMUNITY DM. AT PREMRUTHAI PRAVATE COMMUNITY BANGKOK Assoc. Prof. Tipapan Sungkapong
12.01-13.15	Lunch and Join Academic Network
13.15-15.00	**Session A 3** **Paper 1** SELECTED FACTOR RELATED TO FOOD COMSUMPTION BEHAVIOR AND HEALTH STATUS IN BUDDHIST MONKS WITH NON – COMMUNICABLE DISEASES Dr. Kanchana Kiatkanon

	Paper 2 THE STUDY OF DAILY FOOD CONSUMPTION AND NUTRITIONAL STATUS OF SCHOOL-AGE IN SAMUT SONGKHRAM PROVINCE Wipakon Sonsnam **Paper 3** THE QUALITY OF LIFE OF REHABILITATED PATIENTS WITH DRUG-TAKING FROM REHABILITATION CENTER IN TEMPLES Dr. Tipvarin Benjanirat **Paper 4** THE RELATIONSHIP BETWEEN KNOWLEDGE AND COMPLIANCE OF STANDARD PRECAUTIONS AMONG SENIOR NURSING STUDENTS Orathai Rungvachira **Paper 5** THE EFFECT OF FALL PREVENTION PROGRAM ON FALLS AMONG ELDERLY AT BAN LOPBURI RESIDENTIAL HOME Monrudee Popijan **Paper 6** COGNITIVE STUDY AND TREATMENT PROCESSES OF PARESIS AND PARALYSIS BY THAI TRADITIONAL DOCTORS Dr. Supalak Fakkham **Paper 7** PROPERTIES AND METABOLITES FROM SUAN SUNANDHA PALACE HERBAL MASK UP RECIPE Thanya Promsorn
15.01 – 15.15	Afternoon Break
15.16 – 17.15	**Session A 4** **Paper 1** AWARENESS OF LEARNING ENGLISH CORRELATED WITH LEARNING BEHAVIOR Phannee Rojanabenjakun **Paper 2** THE ASSERTIVE, UNINHIBITED INDIAN WOMAN: RECENT BOLLYWOOD MOVIES SAY IT ALL! Associate Professor Mahuya Bhaumik **Paper 3** A BLUEPRINT FOR REFORMING HONGKONG'S PERSONAL INJURY COMPENSATION Felix W.H. Chan and Wai-sum Chan **Paper 4** MANAGING DIVERSITY IN SOUTH AFRICA: DYNAMICS, CHALLENGES AND PROSPECTS Estelle Bruhns **Paper 5** APPROPRIATE OCCLUSION PROPORTIONS FOR CHINESE CHARACTERS Ching-Chih Liao **Paper 6** THE DISCOURSE OF THAI IDENTITIES IN LOTTERY RITUALS Parinyaporn Sinnoo **Paper 7** A TAILORED LANGUAGE LEARNING GAME FOR DEVELOPING EARLY ENGLISH READING SKILLS HyeSung Ji and Dr. Danial Hooshyar and Heuiseok Lim **Paper 8** A DATA-DRIVEN LANGUAGE LEARNING GAME FOR ADVANCING EARLY ENGLISH READING SKILLS OF YOUNG CHILDREN Dr. Danial Hooshyar and HyeSung Ji and Heuiseok Lim
	SESSION B
10 July 17 09.15 – 10.30 (M)	**Session B 1** **Paper 1** TOWARDS A MORE COMPREHENSIVE BUSINESS COMMUNICATION COURSE THROUGH PRAGMATICS Professor Satyakesavarao Dronamraju **Paper 2** MAINTAINING THE OCCUPATION ON THE EMBROIDERY OF PANTOMIME AND THAI DANCE-DRAMA COSTUMES OF THE ELDERLY IN KHIAN NIWAT COMMUNITY, TROK KAI CHAE, PHRANAKORN DISTRICT, BANGKOK Assoc. Prof. Saowapa Phaithayawat **Paper 3** AN ANALYSIS OF THE AFFECTED DEMAND FOR INTERNATIONAL TOURISTS' EXPENDITURE OF ASEAN COUNTRIES IN THAILAND

	Veerapon Vongprasert **Paper 4** ENGLISH INFLECTION IN PLURAL NOUNS WITH -F AND /F/ ENDING Asst. Prof. Dr. Suwaree Yordchim **Paper 5** CREATING THE FLIPPED CLASSROOM: EFL READING COURSE DESIGN FOR ACTIVE LEARNING Hsin-Chou Huang
10.31 – 10.45	**Morning Break**
10.46 – 12.00	**Session B 2** **Paper 1** A DIFFERENT WAY TO BE WHITE: VALUING DIVERSITY IN EDUCATION, DEMOCRACY, AND TRUMP'S AMERICA Dr. Taharee A. Jacks **Paper 2** FACTORS PREDICTING K-12 TEACHERS' APPROACH TO DEEP LEARNING IN ICT ENVIRONMENTS Cheeraporn Sangkawetai and Jariya Neanchaleay and Ravinder Koul **Paper 3** THE EFFECTIVENESS OF LEARNING CRISIS RESPONSE STRATEGIES THROUGH MOVIES Proud Arunrangsiwed **Paper 4** THE NONLINEAR MODEL OF ALCOHOLISM WITH EFFECT OF AWARENESS PROGRAMS BY MASS MEDIA OF THAILAND Dr. Piyada Wongwiwat **Paper 5** EFL HIGH SCHOOL TEACHERS' INTERCULTURAL SENSITIVITY AND THEIR BELIEFS ABOUT INTERCULTURAL LEARNING Professor Ya-Chen Su **Paper 6** ENGLISH AS A COMPULSORY SUBJECT AT THE ELEMENTARY LEVEL IN TAIWAN EFL TEACHERS' REFLECTIONS Professor Ya-Chen Su
12.00 – 13.15	**Lunch**
13.16 – 15.00	**Session B 3** **Paper 1** CONSUMER BASED BRAND EQUITY MODEL IS IT THE SAME FOR DIFFERENT DESTINATIONS OR DIFFERENT MARKETS Asli D. A. Tasci **Paper 2** ROUTE OPTIMIZATION FOR TRAVELLING BY HIRING A CAR Chien-Che Huang and Rong-Chang Chen and Da-Yi Yanc **Paper 3** DELAYED GRATIFIATION AND ITS RELATIONSHIP WITH BUSINESS STUDENTS' ETHICAL PERCEPTIONS OF CHEATING ACTIONS Rafik Elias **Paper 4** A DEVELOPMENT OF 3-D WEB APPLICATION TO PROMOTE HERITAGE TOURISM OF SURAT THANI PROVINCE Dr. Kittikhun Meethongjan **Paper 5** HOUSEHOLD SAVING POTENTIAL SUPPORTING TO FINANCIAL STABILITY IN SAMUT SONGKRAM Asst. Prof. Dr. Krisada Sungkhamanee **Paper 6** CUSTOMER RELATIONSHIP MANAGEMENT IN NAKHONPATHOM PROVINCAIL WATERWOKS AUTHORITY Lamphai Trakoonsant **Paper 7** A CORRESPOND TO EFFICIENT MANAGEMENT MODELS FOR AGRITOURISM BUSINESS IN EASTERN REGION OF THAILAND Dr. Chatchai Kongkul
15.01-15.15	**Afternoon Break**
15.16-17.15	**Session B 4** **Paper 1** POLITICAL ECONOMY OF MEDIA DEVELOPMENT AND MANAGEMENT OF THE MEDIA IN THAILAND

	Dr. Pichet Treewai **Paper 2** EMPLOYEES' PARTICIPATION IN CORPORATE SOCIAL RESPONSIBILITY OF THE ELECTRICITY GENERATING AUTHORITY OF THAILAND Asst. Prof. Dr. Sudabhorn Arundee **Paper 3** POLICE AND PUBLIC PARTICIPATION MECHANISM FOR TRAFFIC PROBLEM-SOLVING DEPARTMENT STORE, SCHOOL AND MARKET AREA IN METROPOLITAN POLICE BUREAU THAILAND Asst. Prof. Pol.Gen.Lt. Dr.Narong Kulnides **Paper 4** THE ADAPTTION OF THAI INDUSTRY TO ENTER ASEAN ECONOMIC COMMUNITY Dr. Natnaporn Aeknarajindawat **Paper 5** PERCEPTION AND AWARENESS OF THAILAND SMART CITY Dr. Jetsarid Angsukanjanakul **Paper 6** POTENTIAL FOR DEVELOPMENT AS A TOURIST ATTRACTION OF THE THAISONGDUM COMMUNITY, BAN PAISINGH, CHUMSAENG DISTRICT, NAKHORN SAWAN PROVINCE Wanchak Noichan **Paper** 7 THE APPLICATION OF KARANDA FRUITS *(CARISSA CARANDAS LINN.)* FOR AN ICE CREAM MAKING Ampornsri Pornpitakdamrong
11 July 17 (TU)	**SESSION C**
11 July 17 09.15 – 10.30 **(TU)**	**Session C1** **Paper 1** THE DEVELOPMENT NETWORK OF INFECTIONS CONTROL: ACTION RESEARCH Nareelux Suwannobol and Srikiat Anansawat and Jintana Tapin **Paper 2** FACTORS AFFECTING TO LOW BIRTH WEIGHT NEWBORN Natchira Winitchai **Paper 3** PROBLEMS OF TRANSFERRING ARABIC HOMONYMOUS LEXICAL VERBS INTO ENGISH: A SEMANTIC STUDY Msy f. Al.Shaikhli and Reem salah **Paper 4** EXAMINATION OF THE LEVELS OF ETHİCAL DECISION-MAKING IN DISASTER TRIAGE OF EMERGENCY HEALTHCARE PROFESSIONALS WORKING IN IZMIR ÜLHAN SEN **Paper 5** STRESS LEVEL AND READINESS TO PRACTICE IN THE FUNDAMENTALS LABORATORY OF NURSING STUDENTS OF SURANAREE UNIVERSITY OF TECHNOLOGY Sirikon Khaobunmasiri
10.31 – 10.45	Morning Break
10.46 - 12.00	**Session C 2** **Paper 1** THE SHIFT OF CONTAINERISATION INFLUENCE: LOGISTICS INNOVATION IN INTERNATIONAL BUSINESS Sherlita Nurosidah **Paper 2** THE USING OF COOPERATIVE LEARNING (JIGSAW TECHNIQUE) TO ENHANCE LEARNING ACHIEVEMENT IN PSYCHOLOGY FOR TEACHERS SUBJECT OF STUDENT TEACHERS IN SURATTHANI RAJABHAT UNIVERSITY Putthachart Vuori **Paper 3** USA VOTING RIGHTS FOR AFRICAN AMERICANS IN THE USA Serdar Ornek **Paper 4** TEACHERS DECLARED INTENTIONS TO INCORPORATE SLA THEORY INTO TEACHING PRACTICE Paul Markham **Paper 5** WOMEN ENTREPRENEURS IN INDIA: ISSUES AND POLICIES

	Dr.Arisha Fatima Rizvi
12.00	**Conference Close**
11 July 17 09.15 – 10.30 (TU)	**Session C 3** **Paper 1** DETERMINANTS OF FARMERS INVESTMENT ON SUSTAINBLE AGRICULTURAL PRACTICES: EVIDENCE FROM AMHARA REGION, ETHIOPIA Atinkut Haimanot **Paper 2** CAN A FILM STAR CREATE A STAR FASHION DESIGNER? Nilay Ulusoy **Paper 3** TRANSLANGUAGING IN AN ACADEMIC WRITING CLASS: IMPLICATIONS FOR A DIALOGIC PEDAGOGY Hlaviso Motlhaka and Leketi Makalela **Paper 4** ATTAINMENT GAP OF BLACK ASIAN MINORITY ETHNIC (BAME) STUDENTS Professor Charles Wild **Paper 5** TRAUMATIC PERFORMANCE OF MANHOOD: RECEP IVEDIK 4, DUGUN DERNEK Murat Iri
10.31 – 10.45	Afternoon Break
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12.00	**Conference Close**
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12 July 2017	**Free day to Join Academic Network by Participants**

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HEALTH BEHAVIOR OF THE ELDERLY

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ABSTRACT

This research is a documentary research. The purpose of this paper is to study research relating to health promotion in the elderly in these following aspects; 1) Research method used to conduct health behavior of the elderly research, 2) Health behavior of the elderly. Data collection was from online research between February 7-12,2017. The research instrument is data record form which was created in accordance with research purposes. Quantitative data was analysed by using frequency and percentage. Qualitative data was analysed by content analysis and typology. The result showed that the research about health behavior of the elderly that was searched has 18 topics. There was 100% of survey research. There were 40,918 elders participating which their age are 60-89 years old. Research area was a study in all regions of Thailand covering 39 provinces. Research instrument were questionnaire and interview form about health behavior of the elderly. Most of the elderly have moderate level of health condition and average level of health care. The elderly have good level of knowledge and average level of consuming proper food, but they don't have exercise regularly. Most of the elderly have average level of stress and stress management. Some of the elderly took part in community activities include merit making, travelling, and being a volunteer in their community.

Keywords--Elderly, Health Behavior, Elderly Health Behavior

INTRODUCTION

Thailand's population structure has changed rapidly in the last 3-4 decades. The number of elderly people has increased which leads the country to ageing society. In 2000-2001, more than 10 percent of Thai population is 60 years old. From the Thai population projection, from 2015 to 2030, Thailand will be in "ageing society" condition which is the situation that the country has elderly people who are 60 years old or older more than 10 percent compared to population in other age ranges in the same area. In the next 10 years, the country will become completed ageing society which more than 20 percent of population is elderly people who are 60 years old or older when comparing to population in other age ranges in the same area. The country is expected to be super ageing society in less than 20 years when elderly people are more than 28 percent. (1)

The elderly are considered being a vulnerable group. Their bodies gradually deteriorate and have both physical and mental changes such as having dry skin, slower response to stimulus, degenerative eyesight, poor nervous system, delicate bones, poor muscle strength, and having degenerating organs. (2) The nationwide survey about health condition in the elderly (3) indicated that a number of the elderly have experienced some types of ailment such as hypertension, diabetes, knee Osteoarthritis and others. The survey also showed that some of the Thai elderly have negative health behaviors. Contrary to negative health behavior, positive health behavior includes exercising at least 3 times a week, drinking 8 or more glasses of water per day, consuming vegetable and fruit regularly, avoiding drinking alcohol and smoking. Ministry of Public Health has a health development plan which its purpose is to make the elderly live their lives properly (4). Therefore, health promotion in the elderly is necessary. The elderly should be promoted to be an active ageing. World Health Organization (5) has defined three elements of being an active ageing which are 1)

being healthy ageing. 2) having security in life. 3) having participation. Having negative health behavior results in several risk factors in physical health. Researcher has been interested in studying some research which relates to health behavior of the elderly for collecting knowledge, using it as basic information for applying in health promotion in the elderly and making them an active ageing, all of which lead to better quality of life.

OBJECTIVES

To study the research about health behavior of the elderly in these following aspects;

1. Research method used in health behavior of the elderly research.
2. The activities for health promotion in the elderly
3. The result that the elderly have gained from promotion of exercise

LITERATURE & THEORY

This research has reviewed the concept that relates to the exercise promotion and will concisely present as follows;

1. Situation of the elderly in Thailand

Nowadays, Thailand is an ageing society which its population has increased rapidly since 2000 when the proportion of the elderly (60 years or older) reaches 10 percent of country population and the country will become "completed ageing society" when percentage of the elderly population reaches 20 in 2021. Moreover, the country is expected to be a super ageing society in less than 20 years when percentage of the elderly population is 28 percent of all country population. (6) Now that the elderly have some changes in both physiological and mental health resulting from degenerating systems in their bodies, promotion of exercise is necessary. One of the proper activities is exercise promotion for good health in the elderly.

2. Health behavior of the elderly

The Government's policy is to focus on taking care of the elderly's health by imposing strategy about building strength and emphasizing participation of local, community, and related sectors. One of the important things is to encourage the elderly to have a good health, to slow down ageing, and to live their routine lives on their own. (7). World Health Organization (5) has mentioned three elements to improve an active ageing in the elderly which are 1) being healthy ageing. 2) having security in life. 3) having participation. Healthy ageing means having good physical and mental health in these following aspects; eating clean and proper 5 food groups, drinking pure water, avoiding strong-flavoured food, smoking, and alcohol, having regular exercise, having adequate sleep which is 7-8 hours a night, and practicing mind to embrace reality in life (3). Moreover, healthy ageing includes being responsible for one's health and having health checked regularly. Another element is having security in life which covers economic security, saving for living, accommodation, and health insurance. The third element is having participation which means taking part in social activities, having relationship with family or community, and being a member of favourite organization. This research is the study of related research about health promotion in the elderly.

3. This research collected and analysed data from 18 researches about health promotion for elderly.(3,8-24)

METHODOLOGY

1. Research Method

This research is a documentary research which analysed the related work about promotion of exercise for the elderly publishing online and was searched between February 7-12, 2017 . The samples were research reports and research articles which researcher searched from online system in 18 topics about " health behavior of the elderly research"

2. Research Instrument

Instrument used in this research is record form which was created in accordance with research purposes. The research instruments include note taking issues as follows; 1) Research method, samples, research area, research instrument, year of publishing 2) Health behavior of the elderly.

3. Construction of the instrument

3.1 Study data from documents, textbooks, related research about situation of the elderly, health problems in the elderly and health behavior of the elderly

3.2 Determine the structure of record form in accordance with the research purposes

3.3 Create issue that have to be studied in record form for writing down findings from each topic that have been read and analysed in research

3.4 Check the accuracy which must cover the issues as purposed by the expert of the qualitative research

3.5 Improve record form to be clearer and more comprehensive in accordance with the expert

4. Data collection

4.1 Carry out the research in topic relating to the health promotion for the elderly

4.2 Read and analyse each topic carefully

4.3 Record findings that are acquired from research following the record form created by researcher in accordance with each issue of research purposes

5. Assessment and data analysis

5.1 Assess all of data from record form in each issue in accordance with research purposes

5.2 Analyse and synthesise the findings in each issue from record form by qualitative research method consisting of content analysis and typology. Analyse by quantitative research method consisting of simple statistics which is frequency and percentage, presenting each issue in accordance with research purposes.

RESULTS

1. Research methodology that was used to conduct health behavior of the elderly research

1.1 Research methodology - There was 100% of survey research.

1.2 Sample - all of 18 topics of research were conducted among the elderly whose age are more than 60 years old. There were 40,918 elder people who are 60 - 89 years old participating in this research.

1.3 Research area - Research was conducted in all regions of Thailand covering 39 provinces; 9 provinces in the northern part, 10 provinces in the northeastern part, 5 provinces in the southern part, 4 provinces in the eastern, and 10 provinces in the central part of Thailand and Bangkok.

1.4 Research instruments were questionnaire and interview form about health behavior of the elderly.

1.5Year of publishing - There was research published in 2007-2016; 1 research in 2007, 2 research in 2010, 2 research in 2011, 1 research in 2012, 1 research in 2013, 4 research in 2014, 6 research in 2015, and 1 research in 2016.

2. Health behavior of the elderly can be categorized as follows;

2.1 Health condition - There were 7 research (38.89%) that studied about the elderly's health condition and found that;

2.1.1 Health condition - Most of the elderly have moderate level of health condition and more than half have their health checked constantly.

2.1.2 Most of the elderly have healthy body weight while one-third have obesity which was found more in women than men. Most of them wear glasses, have clear hearing without hearing aid, don't smoke and don't drink alcohol.

2.1.3 Among the elderly with chronic disease, Hypertension is found most often, followed by diabetes, hypercholesterolemia (High level of cholesterol in blood), Osteoarthritis, muscle aches and others.

2.2 This research aimed to study about physical, psychological, and social aspect of health behavior.

2.2.1 Physical aspect - There were 18 topics of research (100%) that studied physical health behavior in the elderly. The results are as follows;

1) There were 7 topics of research about personal health care and sanitation that studied about health behavior in the aspects of cleanliness, practice when having illness, disease prevention, accommodation sanitation, and doctor seeing constantly. It was found that most of the elderly have average level of health care.

2) There were 6 topics of research about diet (33.33%) that studied about consumption behavior. It was found that the elderly have good level of knowledge and average level of consuming proper food. Most of them consume vegetable and fruit regularly, drink adequate amount of water while minority of them prefer salty food.

3) There were 10 topics of research about exercise (55.56%). It was found that most of the elderly don't exercise regularly and take only 10 - 15 minutes to do exercise. Most of them prefer walking or arm swinging since they don't know other proper ways to do exercise. Only a few do exercise regularly.

2.2.2 Psychological aspect - There were 8 topics of research that studied psychological health behavior including anxiety, stress, stress management, self-esteem. It was found that most of the elderly have average level of stress and stress management. In addition, they have the presence of mind as stress management when facing change during old age.

2.2.3 There were 4 topics of research about social relationship of the elderly (22.22%). It was found that some of the elderly took part in community activity, elderly club. Those activities include merit making, travelling, and being a volunteer in their community.

CONCLUSION AND FUTURE WORK

1. The result showed that, in the study of physical health behavior of the elderly, they don't do exercise regularly with only 10 - 15 minutes of exercise. Moreover, most of them exercise by walking and arm swinging only. Therefore, next research should focus more on motivation of exercise in the elderly since it is important and necessary and can help improve the elderly's health. According to Anchalee Jantapo (25), from the conclusion of exercise in the elderly research, it was found that regular exercise which means 3 - 5 times a week with at least 30 minutes can improve muscle strength, together with upper body, core muscle, and limb muscle strength. It can also improve moving agility and balancing skill, elasticity of muscle and joint in the elderly.

2. The result indicated that, in the study of health behavior in the elderly, researcher has focused on psychological and social relationship aspect less than physical aspect. However, those psychological and social health behavior are still important since they can lead to the elderly's happiness and good health. World Health Organization (WHO) has imposed 4 elements of quality of life which are physical domain, psychological domain, social relationships domain, and environmental domain. Moreover, WHO developed a tool that can be used to measure life quality which is WHOQOL-100 in 1996. This tool has 100 questions or indicators. WHO had adapted this tool to 26-indicator version known as WHOQOL – BREF – THAI which has two types of questions consisting of Perceived objective and Self-report subjective with 4 elements; physical, psychological, social relationship, and environmental aspects. As Anchalee Jantapo (26) has studied about quality of life in female prisoner in the 4 aspects of quality of life.

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