WHAT KIND OF IMPACT FACTORS TO PROMOTE RESILIENCE IN OLDER ADULTS

Nattiya Peansungnern, MNs
Haruethai Kongmaha, MNs
Viliporn Runkawatt, PhD
Partoom Kongmaha, MNs

Boromarajonani College of Nursing Nakhonratchasima, Thailand

ABSTRACT

Background: Thailand become an Aging society, there is a trend to increase elderly population every year. In addition, adults age 60 years and older are rapidly growing age group in NakhonRatchasima. Resilience may be one factor that helps elderly adjust to difficult times and promote quality of life by themselves. There are various factors related to resilience that impact the qualities of older people.

Objectives: To identified impact factors to promote resilience in older adults at NakhonRatchasima, Thailand

Methods: This study used qualitative research. The sample was divided into two groups. Thirty in-depth interviews were conducted with older people who had high score of resilience. On the other hand, another thirty in-depth interviews were conducted with older people who had low score of resilience. Data was analysed by using content analysis.

Results: The results found that the resilience in older adults is from recognition from important people and positive psychology. A positive thinking and perceived health status were found to be significantly association with high resilience levels. The source of strength to resilience is the relationship with their relatives and friends. Especially, the opportunities to anticipate with their families are significantly impact on the resilience. Although older people with physical disability face many barriers in their life, they perceived that they are valuable and belief about their competence. Therefore the internal and external source of life strengths might have as strong effects on increasing resilience levels. All of older adults who stay alone indicate that they accepted their valuable said this made it possible for them to increase resilience.

Keywords: Resilience, impact factor, older people

1 Financial support for this research is provided by Boromarajonani College of Nursing NakhonRatchasima, Thailand.

2 Correspondence concerning this article should be addressed to Haruethai Kongmaha at E-mail: haruthai@knc.ac.th
Introduction

Change of Thai population structure causes rapid and continual increases numbers and proportion of the elderly 14.9 percent of the country population in 2014 (National statistics office, 2014) and it is considered as the aging society. According to this incident, it is essential to develop various systems concerning with the elderly. This is particularly to those who can take care of themselves since they have to confront current change such as deteriorated body, cultural diversity, and progress in technology, social participation, and life security relationships with friend, social change, government policy, social welfare, culture / tradition and concerned international organization in the elderly. All of these have direct and indirect effects on livelihoods of the elderly (Windle, 2011).

To confront these various incidents, each older adult must have different capability to overcome it. However some of them may have problems in health, body and mind which will result in obstacles. Meanwhile, some others can confront problems and learn from experience leading to a positive change or it is call “resilience”. Resilience can be understood as capability of an individual to stand firm and overcome various crises. In other words, any person who can fight against difficulties since he is strong enough to manage those difficulties (Haley Harris, Fowler, and Pruthi, 2011) Stalwartness in life is Self-feeling having readiness in 3 main components: “I have...” obtained from external supporting sources; “I am...” Strength occurs in and individual; and “I Can...” skills in problem tacking and interpersonal relationship (Grotberg, 1996).

According to a study on “Resilience among older people living in Rural, Suburban and Urban Areas at NakhonRatchasima, Thailand” it was found that most old people (30%) in NakhonRatchasima province had stalwart life at a high level where 25 percent were found at a low level (Kongmaha, Rankawalt, kongmaha & Peansunanern, 2016). Therefore, the team of researchers decided to conduct this study under Thai cultural and social contexts which are different in each area. Results of the study will be data for developing a model of Stalwart life promotion of old people leading to success and good quality of life.

Objective of the study

Specifically, this study aimed to identify impact factors on resilience promotion of older adults in Thailand.

Conceptual framework

The team of researches constructed a structured interview schedule based on resilience concept concluded by a study of Grotberg (1997, 1999). This implied that stalwart life is gained from the enhancement of an individual to feel that he has the three main components: “I have...”; “I am...” and “I can...”
Research methodology

Population and Sample Group

The sample group in this study comprised 60 old Adults obtained by purposive sampling based on required qualification as follows;

1. Male (30) or female (30), aged 60 years old and above lived in Muang district, NaknonRatchasima province.

2. Passing an assessment from on stalwart life (State Traits Resilience Inventory: STRI). It was in the form of 5 rating scale (1= least agree up to 5 =most agree) with 33 items. The obtained score range was 33-165 which was considered as a high level. The sample group was classified into 2 groups based on obtained score; highest (30 persons) and lowest (30 persons)

Research instrument

A structured-interview schedule was used for in depth data collection. The instrument was constructed based on review of literature under the concept of stalwart life of Grotburge (1997, 1999) and checked by 3 scholars. As a whole, the instrument includes: 1) Personal data record from, 2) Non-participatory observation form. 3) Interview schedule, and 4) field note.

Data collection

1. The team of researcher submitted the study proposal to Boromrajonnani college of Nursing, NakhonRatchasima and data were collected during December, 2016 - July, 2017.

2. The team of researchers visited the Sample group at home, introduced themselves, informed them purpose of the study and explained steps of data collection.

3. The team of researcher asked for coordination without any obligation and the sample group could quit coordination without giving any explained. There was no indication of name/surname of the participants.

4. Non-participatory observation was conducted during the interview. Facial expression, manner, voice tone, personality, and environment of the participants were observed.

5. The participants told their stories, feeling, and needs covering objective of the study. It lasted about 45-60 minutes for each interview and there was voice record.

6. For field note, it was done together with the interview. The record was based on facts or truth.

7. Daily data interpretation. Data from the tape recorder were written and checked the correctness. This was done for many times and the interview would be conducted again if obtained data were not clear enough.

8. Checking data for credibility or truth of findings. After that triangulation method was conducted by reviewing the obtained data and asking concerned persons such as closer friends, relatives and the care-taker of the participants.

Data analysis

Descriptive statistics were employed in this study i.e. frequency, percentage and mean. Besides, there was content analysis by data checking and sorting.
Research findings

The informants or participants in this study comprised 30 males and 30 females. They were 70 years old on average with an average monthly income of 7,124 baht and they live in their own houses.

Results of the study reflected important factors of stalwart life of old elder as follows:

1. "I have…”

It is the external supporting source enhancing stalwart life. It was found that people who were accepted and respected from an individual who older adults put the importance on life is an important variable enhancing old adults feel that they are valuable. Bedsides, it is found that old adults supported by people around them are self-confident. However, family acceptance enhances old adults to feel that they still play roles in society. (family recognition)

Positive ways

“I am sick and poor but everyone thinks I’m important.”
“Only accepted by someone makes me feel confident in my life.”
“Since I am a breadwinner and disabled but it makes me stalwart when I am with people whom I love.”
“Now I cannot do many things due to my ailment, but my family still love me. My beloved nephew told me to wait for his success; I do love him.”

Negative ways

“I do not want anything, just talk and listen to me.”
“I do not want anything, but I want my offsprings to talk and listen to me.”
“No one cares an old man like me. I looked after my offsprings when they were young and hoped that they would take care of me but now they ignore me.”
“I must keep watching my offsprings’s house. They do not like me to exhort them. They even don’t salute me.”

2. “I am…”

It is the internal supporting source of an individual. According to the study, it was found that stalwart old adults are optimists, good tempered and good mental health. In this case, the participants keep smiling when they talked about their life happily

Positive ways

“My offsprings need not take care of me. I can keep watching their house so they are not worried about me.”
“This age is changing a lot. It seems that my conversation with offsprings is not smooth, but I only tell my offsprings that I love them and I know that they also love me.”
“I am always good tempered, seldom angry with someone.” I know that I am old now.”

Negative ways

“I think that it is not to be old because I am getting weak and forgetful.
“I have friends, but some of them do not feel sincere to me, and they prefer me to buy something for them. I do not want to go out... I am afraid.”
3. “I can…”

It is skilled in problem tackling and interpersonal relationships. According to the study, it was found that old adults had a high level of stalwart life. They participated in family and social activities. Making merit at the temple was an activity which they could do happily, and they would lack confident if they did not go to the temple. Besides, it was found that the participants had good relationships with their family, friends, and people around them. Not good relationships had an effect on poor learning and skills in problem tackling particularly on health problems.

Positive ways

“I would like to do something beneficial to the society as king Bhumibol taught us.”
“I do not mind about my ailment since I learn to be with it. I always do what the doctor tells me.
“I have met many things in my life. I can go to the temple every day although I get sick.”
“I can do nothing, but I am happy to make merit with a tiny sum of money.”

Negative ways

“I am a big burden to my family because I am a sick old man. I am not allowed to do anything for them because they want me to take a rest.”
“I cannot do anything since I have no money even to make merit.”
“I am too old to do anything.”

Discussions

Impact factors on the promotion of resilience in older adults, NakhonRatchasima province, involved external and internal factors as follows:

External factors support the occurrence of “I have…” The external factors consist of recognition by beloved in essential persons. It can be said that the enhancement of older adults to have a good quality of life has a good effect on stalwart life. (De Paula Couto, Kolker, and Novo, 2011; Fry and Keyes, 2010) It was found that factors on social and spiritual aspects are essential to stalwart life (Windle,2006). In other words, older adults gaining responsiveness on spiritual aspect makes them stalwart although they are sick.

Internal factors support the occurrence of “I am…” A stalwart old adult is normally an optimist with good mind and temper, and he accepts to be an older adult (Windle, Woods and Markland, 2010). In contrast, an older adult who is in grief will have an effect on decreased perception and efficiency in problem solving. (Beuted, Glaseman, Wiltink, Mariass and Brater, 2010) “I can…” happens when the external factors and internal factors are together then older adults will be confident in themselves.

Findings of this study show that value support makes older adults have a good spirit be able to learn and create good things to the public. (Windle,2012). Besides, they will be able to solve problems resulting in there stalwart life (Cheung and kam, 2012; Ramsey and Bliegher, 2013). When the older adults have a high level of stalwart life, they will be able to join family and community activities. Regarding interpersonal relationships, it is found that this kind relationship enhances the stalwart life of older adults (Blane, Wiggins, Montgomery, Hildon and Nefuveli, 2011).

Suggestions

1. It should have a study on stalwart life development in the older adult.
2. It should have a quantitative study on a factor system affecting stalwartness of older adults in Thai context.

References:


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