



The Effectiveness of Recreation Program on Self-Esteem of Aging in the Elderly Club of Danmeakhammon Subdistrict, Uttaradit Province, Thailand

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Abstract

This research aims to study and compare the effects of recreation on aging and self-esteem of the elderly at the Elderly Club of the Danmeakhammon sub-district in the Uttaradit Province, Thailand. This was a quasi-experimental study with one-group pretest-posttest design. The population is the 458 elders from the age of about 60-69 years old who is a member of the elderly club, Dan Mae Khamman Sub-district, Uttaradit Province, Thailand. The respondents were fifty people between sixty to sixty-nine years old from the Elderly Club in the Danmeakhammon sub-district, Uttaradit Province, Thailand. The respondents were selected purposively with inclusion condition of passing some preliminary medical examinations. The exclusion condition was not willing to participate in recreational programs as treatment. The recreational program was held twice a week for 8 weeks (totally 16 times). Self-esteem evaluation form with Coopersmith Concept and all tools for holding recreational program were listed as instruments of this study. Data were analyzed with paired t-test. The result of the study was that after participating the recreational program, the respondents significantly had better self-esteem ($p = 0.0001$).

INTRODUCTION

Elderly means people aged 60 years and older, both women and men, and it is the age of biological, psychological and social changes that deteriorate over time (Tounchaame, 2002). Thailand is entering the elderly society, it should be prepared to support. Being elderly, the proportion of working will decrease. Overall productivity will decrease. Resulting in the lower income of the country can cause economic problems in the country. The elderly have to retire from work because income is not required. Income from living allowance for the elderly that the state has allocated. And saving money if there are not enough

savings, it will result in living problems. In addition, the elderly had to face changes that are due to progress, and changes in economic, social, cultural, population structure changes as well as the form of the family. These things are all related to each other, affecting the lifestyle and the quality of life of the elderly (Boonyao, 2011). Both face the senile of the body at an increased age (Louiyapong, 2010), and sometimes the concept of "disease" was considered that senility will tell the degenerative disease such as arteriosclerosis, cancer, dementia, obesity, menopause, insomnia, osteoporosis, osteoarthritis, and dermatitis (Chavalithamrong, 2008). Most of the physical

development of the elderly will deteriorate. The noticeable from the external is gray hair, wrinkled skin, as well as the internal such as brittle bones, senses decline and lead to various diseases, etc. Disengagement theory is most seniors will gradually withdraw from society, reduce social roles due to the deteriorating physical condition. The elderly should be kept quiet, not to be confused with the activities of the society and their families (Kaewkangwan, 2006). According to reference, the role of the elderly is decreased as well. In the past, the elderly used to be family leaders, have the authority to work. If they are older, they retire, so their authority has decreased. As for those who have personal occupations, they must let their children take over their behalf causing the elderly to play a smaller role. Loss of physical control and social authority can affect the self-esteem of the elderly. If the elderly see their negative side, the self-esteem will decrease (Klaewthanong, 2009).

Self-esteem refers to the feeling of a person who has confidence in himself and sees that he is strong, valuable, capable, skilled in performing various tasks (Maslow, 1970). Which is a person's self-evaluation of their ability, importance, success, and self-worth, which results in an individual's acceptance of self-satisfaction and self-confidence (Tanyawong, 2011). Self-esteem is important because It is the recognition of self-worth as according to the reality of life and is the basis for a valuable life (Ligkachai, 2012). If the elderly sees self-worth in a good way, the elderly is more confident, accepts their value, and was accepted by others such as strength, knowledge, expertise, being a winner, having wealth, and confident in facing different situations. The composition of self-esteem is divided into two parts. First, self-esteem that is perceived in their own value, self-respect and self-evaluation such as strength, knowledge, ability, expertise, being a winner, wealth, and confidence in facing various situations. Second, the desire to respect or want others to appreciate that is a requirement that involves being judged by others that they are valuable such as in social conditions, they are accepted, received others attention and others admiration. People who are high self-esteem will be confident in themselves, feel that they are valuable, and have the ability to be accepted by others, achieve their goals. And can face the world in various situations. In the other hand, people who are low self-esteem will not be self-esteem, do not believe in yourself, do not dare to face the problem, and do not happy in life (Klaewthanong, 2009).

Recreation is an activity or a method that

leads to a good quality of life of humans (Tang-sujjapoj, 2004). Recreation is an experience development process or the improvement in the quality of life of people or society. It can make all ages, all elementary and all social classes are enjoying. Recreation activities are important and essential to the health of the elderly enhancing the health, both physically, mentally and socially. It is a strategy that helps the elderly to be healthy and able to live happily in society because recreation is a process or experience that a person receives by using recreation activities during free time. The media contributes to the prosperity and development of physical, emotional, social, and intellectual people (Semamon, 2013). Participating in recreational activities will lead to a satisfying experience and be a meaningful free time. It will cause self-awareness, positive attitude, and social interaction (Tangsujiapoj, 2006). Social interaction creates intimacy and acceptance that can develop interpersonal relationships and connect as a part of the group and leads to more self-esteem and self-worth (Kline & William, 2003). Because recreation activities are anything that you do and feel Enjoy or make you feel super happy again (Bammel & Bammel, 1996). Recreation activities for the elderly must be activities that promote health and help the elderly feel that they are still important to modern society, and recreation activities must be activities that help bridge the generation gap for the elderly and children (Keawvichai, 2011). From the mentioned reasons, the researcher is interested in studying the effects of using recreational programs to develop the self-esteem of aging that is the starting point to develop the quality of life for the elderly in Dan Mae Kham Man Sub-district. The results of the research can be a guideline for the elderly health care organization including the quality of life of the elderly. The elderly will develop their potential to see their self-esteem. They can also be a quality human resource. Moreover, they can convey wisdom through many children in order to continue to create value for society and the nation.

Creating the recreation program for developing the self-esteem of aging is something importance. The aging can develop their self-esteem, can be the potential being human, be the source which accumulated long experience, and convey wisdom to many children in order to further create value for society. This study aimed to study the effect of using recreation program on self-esteem of aging in the elderly club of Dan Mae Khammon Sub-district, Uttaradit province and to compare self-esteem of aging in the elderly

club of Dan Mae Khammon Sub-district, Uttaradit province before and after participating the recreation program.

METHODS

This was a quasi-experimental study with one-group pretest-posttest design. The population is the 458 elders from the age of about 60-69 years old who is a member of the elderly club, Dan Mae Khamman Sub-district, Uttaradit Province, Thailand. The respondents were fifty people between sixty to sixty-nine years old from the Elderly Club in the Danmeakhammon sub-district, Uttaradit Province, Thailand. The respondents were selected purposively with inclusion condition of passing some preliminary medical examinations. The exclusion condition was not willing to participate in recreational programs as treatment. The recreational program was held twice a week for 8 weeks (totally 16 times). Self-esteem evaluation form with Coopersmith Concept and all tools for holding recreational program were listed as instruments of this study. The researchers use the self-esteem measurement model which was developed using the concept of Coopersmith (Cooper-

smith, 1981). That addresses the origins of self-esteem and the 4 criteria of importance, power, ability, and virtue. The independent variable of this study was recreational program, and the dependent variable was self-esteem of aging in the elderly club, Dan Mae Khamman Sub-district, Uttaradit Province, Thailand.

Researcher had the following steps to collect data: (1). The researcher contacted Chairman of the Elderly Club, Dan Mae Khamman Sub-district, Uttaradit Province, Local government organization, and the related agencies for cooperation in collecting data. The researcher explain the objective and detail of the research, and also request to self-collect the data; (2). Pre-experiment, aging fills self-esteem form before participating in recreational program which the research created; (3). Experimental procedure, the researcher used recreational program which the research created for total of 8 weeks, 2 times per week, 90 minutes each Saturday, and Sunday; and (4). The researcher records attendance of recreation activities every time. At the end of the experiment, the elderly fill in the self-esteem form to evaluate the operation. Then the data were analyzed, summa-

Table 1. Condition and general information of the sample

Condition and general information		f	%
Age (years)	60.00	7	14.0
	61.00	12	24.0
	62.00	10	20.0
	63.00	7	14.0
	64.00	6	12.0
	65.00	4	8.0
	66.00	3	6.0
	67.00	1	2.0
Gender	Male	16	32.0
	Female	34	68.0
Religion	Buddha	50	100.0
Marital Status	Single	1	2.0
	Married	34	68.0
	Widowed	8	16.0
	Divorced	6	12.0
	Separated	1	2.0
Level of Education	Lower- Primary	3	6.0
	Primary 4	23	46.0
	Primary 6	19	38.0
	Secondary education	3	6.0
	Other	2	4.0

rized and discussed.

Statistics for analyzing the score of Self-esteem measurement model of the elderly was with mean and standard deviation. Data were analyzed with paired t-test. It was used to compare the mean of pre-score of the self-esteem measurement model of the elderly and post-score of the self-esteem measurement model.

RESULTS AND DISCUSSION

Table 1 shows that majority of the respondents were aged 61 (24%). Female was 68%, and male was 32%. They are Buddhism. Their status were married (34%), and their educational background was majority *Prathomsuksa* 4 / Primary 4 (46%).

According to Table 2, the 50 respondents were examined with self-esteem assessment form. The mean score before participating the recreation program was at 76.36 and after participating the recreation program was 78.62 which showed that the respondents had developed their self-esteem after participating in a recreational program, the average of the increasing was 2.26 which was statistical significantly different from before participating the recreational program with $p=0.0001$. Thus, it is supporting the hypothesis that self-esteem of the elderly, the elderly club, Dan Mae Khamman Sub-district, Uttaradit Province before participating in the recreation program and after participating in the recreation program is different.

Based on the hypothesis of the research that is the self-esteem of aging of the elderly club in Dan Mae Khamman Sub-district, Uttaradit province before and after participating in the recreational program is different. The result showed that the elderly who participated in getting higher self-esteem than before participating in the recreational program with statistical significance at 0.05 level. The research is based on the hypothesis. It corresponds to the research of (Tanyawong, 2011) whose research aims to study the effects of recreational activities which enhance the self-es-

teem of orphans affected by AIDS. It aims to study the effects of recreational activities to enhance self-esteem for orphans affected by AIDS. The research is a 2-group experimental which is measured before and after the experiment. The sample which is the orphans affected by AIDS in Baan Gerda, Lopburi Province has 20 persons and the control group has 20 persons which derived from cluster random sampling. The instrument is Cooper Smith's self-esteem measurement model. The statistic that is used to test the hypothesis is the t-test. The results showed that recreational activities enhancing self-esteem can make orphans that are affected by AIDS get higher self-esteem with significantly greater than the control group at 0.05. In accordance with the research of (Sinsu, 2007) the research study the effect of using self-esteem development activities of aging in the Elderly Health Promotion Center, Boromarajonani College of Nursing, Lampang. The sample group that was elderly in the elderly health promotion center, Boromarajonani College of Nursing, Lampang Province is 15 persons. The research instrument is a self-esteem measurement model and 10 group activities. The research instrument is a self-esteem measurement model and 10 group activities which research collects the data before and after. The statistics used for data analysis are frequency distribution, Percentage, standard deviation, and t-test. The research found that after participating in the group activities, the elderly perceived self-esteem increased significantly at the level of 0.01. Moreover, this research also consistent with Biel's research (Beal, 1986). Studying the effects of dance or movement programs on improvement for the elderly who exercise aged 65 years and over. It is single group trial and post-trial interview which studied the effects of dance or movement programs on improvement for the elderly who exercise aged 65 years and over. The elderly exercise program helps to improve both physical and mental work. Especially the rhythmic exercise of large muscle groups can help reduce anxiety and pressure. Same as the rese-

Table 2. Comparison between pretest and posttest score of self-esteem

Tests	n	Mean (\bar{x})	Standard deviation (SD)	The average of the difference (d)	Standard deviation of the average of the difference (SDd)	t	p
Pretest	50	76.36	2.746				
Posttest	50	78.62	2.955	2.26	2.481	6.441	0.0001

arch of (Petchkong, 2015). The research aims to study and compare the effects of recreation programs on the quality of life of the elderly in the elderly club, Prachomklao Hospital, Phetchaburi Province. The sample is the members of the elderly club in Phrachomklao Hospital, Phetchaburi Province. The researcher selected 50 people to be the purposive sample group who can participate in the recreational program. The duration of attendance is six weeks, two times per week, the total is twelve times and the sample can participate all times. The instruments are (1) recreation programs affected the quality of life of the elderly and (2) the quality of life measure for the elderly. Data analysis is the mean, standard deviation, and comparison before and after the experiment which the level of statistical significance is at 0.05 level. The research found that after participating in recreational programs, the quality of life of the elderly in the elderly club King Mongkut's Hospital Phetchaburi Province is better than before participating in the recreation program significantly Statistical at the level of 0.05. As mentioned above, it can be the reason that advocate, the result of the research results that found that the recreational program affects the self-esteem of the elderly.

CONCLUSION

This research showed that the recreational program affected the self-esteem of aging. The Organization was concerned with elderly care that can be used as a guideline for the development of activities to develop self-esteem. Next research should study general information, environment, local traditions, and the needs of the recreational activities of the sample before creating a recreational program in order to get more the effective recreational program. Since it is the activity genuinely matched the needs of the participant.

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