

ผลการศึกษาพบว่า

1. ผู้สูงอายุมีคะแนนการเข้าร่วมกิจกรรมทางสังคมอยู่ในระดับปานกลาง ($\bar{X} = 75.96$, $SD = 7.10$)
2. ผู้สูงอายุมีคะแนนความพึงพอใจอยู่ในระดับปานกลาง ($\bar{X} = 41.31$, $SD = 4.04$)
3. การเข้าร่วมกิจกรรมทางสังคมมีความสัมพันธ์ทางบวกกับความพึงพอใจของผู้สูงอายุในระดับปานกลางอย่างมีนัยสำคัญทางสถิติ ($r = .553$, $p < .01$)

ผลการวิจัยครั้งนี้เป็นข้อมูลพื้นฐานสำหรับบุคลากรที่มสุขภาพที่เกี่ยวข้องในการดูแลผู้สูงอายุ ใช้เป็นแนวทางในการวางแผนส่งเสริมการเข้าร่วมกิจกรรมทางสังคมของผู้สูงอายุ เพื่อการสนับสนุนอย่างเหมาะสมให้ผู้สูงอายุเกิดความพึงพอใจต่อไป

Thesis Title Social Activity Participation and Psychological Well-being of the Elderly

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Abstract

Changes in social status and roles of aging have an effect on decreasing social activity participation which may have an impact on psychological well-being of the elderly. The purposes of this study were to investigate the level of social activity participation and psychological well-being and to examine the relationship between social activity participation and psychological well-being of the elderly. Study subjects, selected by purposive sampling method, were 200 elderly enrolled to be members of Chiang Khong senior citizen club, Chiang Rai province and data collection were conducted during July 9 to 27, 2001. Instrument used for data collection was a questionnaire consisted of 3 parts : the Demographic Data Record Form ; the Social Activity Participation Questionnaire approved by a panel of expert which the content validity index was .96 and the reliability was tested with a value of Cronbach' s alpha coefficient was .86 ; and the Life Satisfaction Index A (LSIA) to assess the psychological well-being which

the reliability coefficient was .82. Data were analyzed in terms of frequency, percentage, range, means, standard deviation and correlation between variables was analyzed by using Pearson product moment correlation coefficient .

The major results of this study revealed that :

1. The social activity participation score of the elderly was at a moderate level ($\bar{X} = 75.96$, $SD = 7.10$) ;
2. The psychological well-being score of the elderly was at a moderate level ($\bar{X} = 41.31$, $SD = 4.04$) ; and
3. There was a moderate positive statistical significant relationship between social activity participation and psychological well-being of the elderly ($r = .553$, $p < .01$).

These findings provide baseline information for healthcare providers in planning for encouraging social activity participation of the elderly and appropriately support the elderly to assure their psychological well-being.