

## THE FACTORS AFFECTING THE WELL-BEING OF RETIREES IN KRABI PROVINCE

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### Abstract

The research on factors affecting the happy living of retirees in Krabi Province aims to study the elements contributing to the well-being of the elderly in this region. It involves a literature review on factors influencing the happiness of seniors, along with a survey of opinions from a sample group residing in Krabi. This qualitative study employs in-depth interviews, targeting key informants, including 10 health and wellness business operators and 10 retirement specialists. The researcher outlines the methodology based on various aspects such as social, economic, health, and activities impacting happiness. The findings reveal that crucial factors for fostering happiness include physical activities, social interactions, the creation of value and benefits, and a supportive environment. The research results contribute to the development of a happiness model for retirees and suggest strategies to enhance the quality of life for seniors in Krabi. Recommendations include formulating policies that address the needs of the elderly, such as organizing health-promoting activities and encouraging creative endeavors in the community, including establishing social networks to facilitate interactions among seniors.

**Keywords:** model development, happy living of the elderly, retirees in Krabi Province

### Introduction

The elderly population is a large and growing demographic worldwide due to advancements in medical and public health, which have led to increased life expectancy (World Health Organization, 2021). Consequently, the number of elderly individuals is rising, prompting many countries, including Thailand, to become more proactive in preparing to care for this population. Caring for and promoting the health of the elderly is a crucial mission for families and society (United Nations, 2020). Enhancing the quality of life for older adults is of great importance, as they desire and deserve to live fulfilling and high-quality lives (Bowers et al., 2019). Countries around the world are facing the reality of aging societies, and studies have shown that governments recognize the importance of improving the quality of life for seniors, particularly in terms of social inclusion, which involves facilitating social gatherings and participation in community activities (Takahashi & Tanaka, 2021). The living environment also influences social interactions and roles in daily life, including lifestyle choices and behaviors that may affect their way of living (Wong et al., 2020). Supporting and assisting the

elderly is as crucial as promoting their physical quality of life, focusing on safe facilities, good health, leisure time, and daily recreational activities (Kirkland et al., 2022). Therefore, caring for the elderly should always prioritize their safety, comfort, and overall well-being (Martin et al., 2019).

Krabi Province is a region known for its distinctive geography and diversity, which facilitates the development of tourism and investment, particularly in promoting health tourism for the elderly. The phenomenon of retirees choosing to reside in Krabi is intriguing, as there are several reasons related to their quality of life. Krabi boasts high-quality hospitals and healthcare facilities, ensuring that elderly residents receive standard healthcare. Access to good medical services is a crucial factor that instills confidence in their lives in this province (World Health Organization, 2021). Moreover, Krabi is renowned for its natural beauty and opportunities for engaging in various activities that promote health and happiness. The province features a stunning coastline stretching 160 kilometers, along with more than 130 famous islands, such as Phi Phi Island and Railay Beach, which are major attractions for tourists worldwide. The beauty of the beaches, clear waters, and diverse landscapes make Krabi an ideal place for relaxation and health rejuvenation (Tourism Authority of Thailand, 2024).

In addition to its coastal allure, Krabi is home to beautiful limestone mountains and caves, like Khao Ngon Nak and Phra Nang Cave. These sites not only attract tourists but can also be developed into areas for physical exercise, such as hiking and rock climbing, which are beneficial for both physical and mental health (Takahashi & Tanaka, 2021). However, retirees in this age group also need to be encouraged to participate in physical activities and social interactions, which are vital for their well-being, as these activities not only promote physical health but also support good mental health among the elderly.

In an era where society is rapidly transitioning into an aging population, policies and guidelines serve as tools to promote the well-being of retirees. Key factors include physical activities and social interactions, the creation of value and benefits, and the establishment of a supportive environment conducive to a happy life. Promoting physical activities, such as walking, cycling, or participating in various sports, enhances both the physical and mental health of the elderly. Additionally, social interactions through activities like joining clubs or volunteer groups help reduce feelings of loneliness and depression. Furthermore, fostering good relationships within the community positively impacts the quality of life, making seniors feel valued and part of society. Therefore, the researcher believes that understanding the various factors affecting the happy living of retirees is essential for developing a model for a fulfilling life for the elderly. The insights gained from this research can be effectively applied to plan and develop policies related to elderly care.

## Research Objectives

1. To study the factors that affect the happy living of retirees in Krabi Province.
2. To propose guidelines for a happy lifestyle for retirees in Krabi Province.

## Scope of the Research

The research on the factors affecting the happy living of retirees in Krabi Province has the following scope

1. **Scope of Population** The research will focus on retirees living in Krabi Province, selecting a sample of 150 individuals who are elderly retirees

2. **Scope of Study Area** The research will be conducted in Krabi Province, including various local communities both in urban and rural areas, to gather comprehensive data on the social and economic context

3. **Scope of Study** The study will examine various factors that influence the happiness of retirees, including physical activities, social interactions, a good environment, health, economics, and access to services

4. **Scope of Time** The research will define a timeframe for data collection and analysis within a period of 6 to 12 months.

## Literature Review

The research on "Factors Affecting the Happy Living of Retirees in Krabi Province" includes a literature review as a crucial step in building comprehensive knowledge and data regarding the various factors that influence the happiness and quality of life of the elderly. This can be categorized into several main topics:

1. **Factors Affecting Happiness in Retirement** This involves studying various elements that impact the happiness of retirees, including physical activities that play a vital role in promoting both physical and mental health. Activities such as walking, sports, and social interactions help build and maintain positive relationships with family and friends, reducing feelings of loneliness and fostering a sense of belonging in society. Additionally, a supportive physical environment, such as safe spaces for outdoor activities, and a social environment that encourages joint activities, are factors that significantly affect the quality of life of the elderly.

2. **Theories of Happiness and Quality of Life** Studying theories related to happiness, such as Happiness Theory, sheds light on various components affecting happiness, including life satisfaction and self-worth. Simultaneously, Well-Being Theory emphasizes factors that promote a good quality of life in physical, mental, and social aspects. This segment of the research helps to understand that the happiness of the elderly is not derived from a single factor but is a culmination of multiple interconnected elements.

3. **Factors Influencing Elderly Happiness** The elements that influence the happiness of the elderly can be divided into several areas, such as physical activities and exercise, which are crucial for both physical and mental health. Social interaction and the establishment of social networks are equally important as they help reduce feelings of isolation and enhance the sense of connection to the community. Additionally, both physical and social environments play a significant role in the quality of life for the elderly, with good environments promoting health and a sense of well-being.

4. **Health Care and Access to Services** Health care and access to services are critical factors that directly impact the quality of life for the elderly. Studying the effects of health care and community services will highlight pathways to support the elderly in maintaining good health. Analyzing community support is also essential, as it plays a role in providing necessary assistance and access to services. A well-structured health care system can reduce medical expenses and enhance the convenience of life for retirees.

5. **Health Tourism** Health tourism is another factor that can promote the happiness of the elderly. Exploring ways to enhance health tourism for the elderly, along with the benefits to mental and physical health, will provide guidelines for developing activities that support the quality of life for seniors in Krabi Province. Opportunities to experience nature and participate in enjoyable activities can create positive feelings and happiness among the elderly.

6. **Case Studies and Related Models** Studying successful lifestyle models for the elderly in other areas can provide insights into approaches that can be implemented in Krabi. Comparing models from different regions can offer new perspectives for developing suitable strategies for the local context. Presenting successful models will help improve the quality of life and happiness of the elderly.

7. **Relevant Policies** Analyzing policies that are significant for the elderly in Thailand will aid in developing policies that address the needs of seniors in Krabi. Understanding

appropriate policy development strategies is crucial for supporting the quality of life for the elderly in the community. Good policies will facilitate effective resource allocation and create opportunities for sustainable development in the lives of retirees.

## **Research Methodology**

### **1. Research Methodology**

This study employs a qualitative research approach using purposive sampling to select participants who have sufficient knowledge and expertise to provide information (Marshall, 1996). In-depth interviews are conducted with key informants, consisting of 10 health and wellness business operators and 10 retirement specialists in elderly care. This method aims to gather comprehensive data aligned with the objective of developing a model to enhance the quality of life for retirees in Krabi Province

### **2. Research Steps are divided as follows**

2.1 Problem Identification Define the main issues that affect the happiness of retirees in Krabi Province.

2.2 Literature Review Conduct a review of existing literature regarding physical activities, social interactions, supportive environments, health, economics, and access to various services that influence happy living.

2.3 Sampling: Identify the target population, consisting of 10 health and wellness business operators and 10 retirement specialists in elderly care.

2.4 Tool Development Create tools for data collection, including interview guides.

### **3. Data Collection**

Data is collected using interviews with the selected sample group to gather information about various factors affecting the happiness of retirees.

3.1 Sampling Method Stratified sampling is employed to ensure diverse representation across different demographic groups (age, gender, economic status).

3.2 Qualitative Data Collection Semi-structured interviews are conducted with selected participants to explore their experiences, feelings, and perspectives on happiness.

3.3 Focus Groups Group discussions are facilitated to encourage participation among participants, yielding in-depth insights into the community's views on happiness and well-being.

### **4. Data Analysis**

Qualitative data analysis involves transcribing interviews and focus group discussions, utilizing thematic analysis to identify common themes, patterns, and insights from the qualitative data. The results from the analysis of both qualitative data will be summarized to determine the factors necessary for creating a comprehensive model to promote happiness for retirees.

## **Research Results**

The research on the factors influencing the happy living of retirees in Krabi Province focuses on the elements affecting the happiness and quality of life of the elderly. The findings summarize the development of a model comprising five key areas, as illustrated in Figure 1

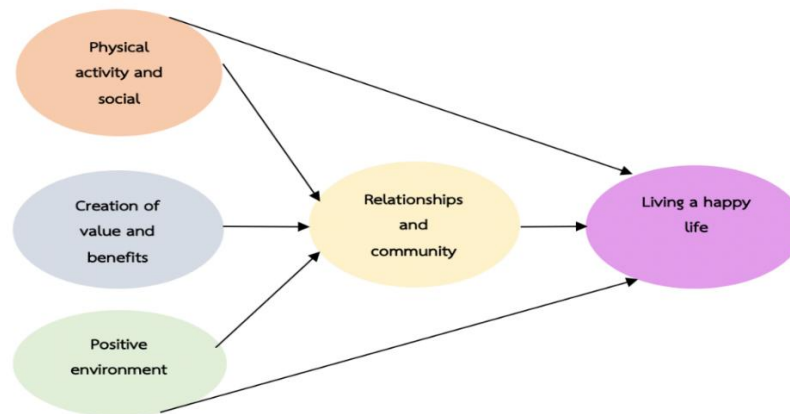


Figure 1 Factors for a Happy Life for Retirees Impacting Happiness

Figure 1 illustrates the factors contributing to a happy life for retirees that influence their happiness, which can be explained as follows:

1. Physical Activities This includes promoting activities such as communication, collaboration, and knowledge enhancement.
2. Creating Value and Benefits This encompasses emotional, economic, and social benefits and values.
3. Good Environment This involves the physical environment, social environment, and technological environment.
4. Relationships and Society This includes promoting happiness, life satisfaction, and participation in activities.
5. Living Happily This consists of physical and mental health, social stability, and social interaction.

The factors influencing a happy life for retirees play a significant role in promoting their well-being. Physical activities are essential as they foster communication and collaboration, helping to create new knowledge and enhance various skills. Participating in these activities not only brings joy to the participants but also improves their ability to work well with others. Creating value and benefits can be divided into several dimensions, such as emotional value, which leads to feelings of satisfaction and happiness; economic value, which promotes financial growth; and social value, which strengthens positive relationships within the community. Additionally, a good environment is crucial for living well, encompassing a clean and safe physical space, a social environment that supports positive interactions, and a technological environment that facilitates various activities. Relationships and community connections are vital for creating happiness and life satisfaction. People with strong ties to others tend to be happier than those who isolate themselves. Participation in different activities also helps foster this sense of connection. Ultimately, living happily depends on several factors, including good physical health, strong mental well-being, social stability that provides a sense of security, and social interactions filled with love and support. All these elements combine to contribute to a fulfilling and high-quality life.

## Discussion

The research on "Factors Influencing a Happy Life for Retirees in Krabi Province" summarizes key variables according to the research objectives as follows:

Objective 1 To summarize the factors affecting a happy life for retirees in Krabi Province, with the following points for model development:

1. Physical Activity is crucial for promoting social participation. It includes effective communication, such as exchanging opinions and collaborating on various projects, which not only fosters new knowledge but also strengthens interpersonal relationships. Collaboration enhances knowledge improvement through sharing experiences and viewpoints, allowing everyone to learn from each other more effectively.

2. Creating Value and Benefits encompasses multiple dimensions that impact individuals' quality of life. This includes emotional benefits and values that generate feelings of satisfaction, happiness, and love in daily life, as well as economic benefits and values that create job opportunities, increase income, and promote good resource management, providing financial stability. Social benefits and values involve building positive relationships within the community, mutual support, and participation in social activities.

3. A Good Environment is vital for living well, divided into physical, social, and technological environments. The physical environment includes cleanliness, safety, and facilities; the social environment involves fostering a supportive community with mutual respect and active participation in various activities; and the technological environment incorporates the use of technology for communication and work, enhancing the efficiency of daily life.

4. Relationships and Community promote happiness and life satisfaction. Interacting with others helps foster a sense of belonging to the community. Additionally, participation in various activities, whether recreational or social, strengthens relationships and connections with others.

5. Living Happily consists of several important factors, including good physical health, which enables effective engagement in activities; strong mental health, such as maintaining a positive mindset and managing stress; social stability, which provides safety and community support; and social interactions filled with love and support from friends and family, all of which contribute to daily happiness.

Objective 2 To propose guidelines for happy living for elderly foreigners in Krabi Province

The findings of this research can be applied to develop policies and programs that meet the needs of the elderly in the area. This includes organizing health-promoting activities by encouraging exercise classes or creative community activities; establishing social networks by forming groups or communities that promote interactions among the elderly, consistent with Victor et al. (2018), which emphasizes the importance of health-promoting activities and recommends supporting exercise classes or creative activities in the community; and improving the environment by ensuring that public spaces are safe and easily accessible for the elderly, aligning with Baker et al. (2003), which states that enhancing the environment by making public areas safe and accessible for seniors is crucial.

## Recommendations

### 1. Recommendations for the application of research results

1.1 Develop and improve policies related to elder care, such as allocating budgets to support health-promoting activities and the participation of older adults.

1.2 Create supportive networks by developing groups or clubs that promote interaction among older adults to foster a sense of connection and reduce loneliness, such as organizing social gatherings or group meetings.

1.3 Present guidelines for improving public spaces, such as creating safe and easily accessible areas for older adults, which may include developing suitable walking paths and community amenities.

## **2. Recommendations for future research**

2.1 Disseminate knowledge by publishing research findings in the form of articles, journals, or on social media platforms to provide information.

2.2 Use these research findings as a foundation for further studies to explore other factors affecting the quality of life and happiness of older adults in different contexts.

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