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## Application of Cultural Capital to Create Thai Phuan Dance Performance: An Approach to Promote the Health of the Elderly in the Community

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### Abstract

*This research explores using community cultural capital to develop a Thai Phuan dance performance for elderly health promotion in Prachin Buri. Twenty informants, including local scholars, artists, and community leaders, were purposively selected. Data was collected through interviews, observation, and performance analysis, guided by the ADDIE model (Analysis, Design, Development, Implementation, Evaluation). The performance design integrated local Thai Phuan arts and culture, maintaining traditional melodies for familiarity while incorporating Lam Nam songs to enhance communication and evoke emotions. New lyrics raise awareness about stress reduction and muscle strengthening for the elderly. Movements blend Northeastern folk dance with music-related independent actions, incorporating recreation and exercise principles in warm-up, exercise, and cool-down phases.*

**Keywords:** Cultural Capital, Create Thai Phuan Dance, Approach to Promote the Health in the Community, Health of the Elderly.

### Introduction

Thailand is a country with many ethnic groups living together, perhaps due to roundups after wars, being a slave, or even fleeing from their own countries and coming to live in Thailand. Since our country has had the movement of ethnic groups to live in Thailand, every area in Thailand has a variety of cultures, traditions, and performing arts that come with the ethnic groups that have immigrated. The Thai Phuan ethnic group is another ethnic group that has immigrated to Thailand. There is evidence of traces of the Thai Phuan ethnic group in many regions, such as the North, Central, South, and Northeast. Historically, the Phuan people have immigrated to Thailand many times since the late Thonburi period until the reign of King Rama I in 2324. When they immigrated to Thailand, they chose to build houses along rivers and canals. Each time they immigrated, they moved to different areas of Thailand and settled in different places, causing the Thai Phuan ethnic groups that immigrated to Thailand to be scattered almost all over Thailand. The Thai Phuan groups living in various provinces of Thailand include

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Sukhothai Province, Saraburi Province, Nakhon Nayok Province, Prachin Buri Province, and Chachoengsao Province, Lopburi Province, Ratchaburi Province, Phetchaburi Province, Nan Province, Phrae Province, Singburi Province, Phichit Province, Suphanburi Province, Udon Thani Province, Uttaradit Province, Nong Khai Province, Phayao Province, Chiang Rai Province, Chon Buri Province, Nakhon Sawan Province, Uthai Thani Province, Kanchanaburi Province and Phetchabun Province (Silabut, 2015)

When modern society has changed, the performing arts must adapt to meet the needs of people in society who want to know and creators who want to communicate and express themselves. The use of cultural capital to develop works to add value begins with an analysis based on economic theory, which defines the word “capital” as a factor of production or something created by humans to be used together with other factors of production in the production of goods and services. Therefore, cultural capital is considered to be the importance of the value of culture in various forms as input through the process of development or investment, such as the creative thinking process, cooperation in various activities. The development and investment are to respond to social and economic needs in the form of output of that culture, income distribution to society, and outcomes from the development of cultural capital (Aneksuk, 2015). However, if we analyze it carefully, we will find that in fact, culture has not disappeared. It is just that some areas of art and culture have not been adapted to the current world because at one time, cultural works were valued as something that had to be preserved, which led to a loss of connection with the world that was changing all the time. Therefore, what we need to understand is that “Art and culture are a reflection of the way of life (Culture is a way of life)”, which means that art and culture must be fluid and adapt to the way of life of people in each era in order to develop and develop art in all branches and for the advancement of performing arts, it is necessary to develop works to be up-to-date with the context of today’s changing society by creating works of performing arts with the idea of giving importance and aiming to use art and culture as a medium to show the evolution of the way of life of society in each era that has been passed down through traditions, customs, and various traditions that people in society have practiced and passed down (Ministry of Culture. 2009, Rittibul, 2015). The concept of creating dance works has been based on the principles learned by people in the past as a concept for communication, as follows: 1) Concepts from traditions and cultures 2) Concepts from lifestyles 3) Concepts from imagination 4) Concepts from beliefs (Wisutthiphon, 2021). But how can the changes be creative and create a balance between the old and the new? How can local arts and culture survive if they are created to create value and have value that allows local artists to make a living to create value for society? (Boonserm, 2022). Using local arts and culture as a medium for cultural tourism is an interesting form of tourism and plays a significant role in the overall tourism industry. This is because tourists are often interested in and want to understand the cultures of different countries through viewing and experiencing all forms of art and culture (Academic Resource Development Center, Maha Sarakham University, 2014). This can be seen from the research of Jaiwisuthansa (2009), who found that Thai performing arts are a type of product. They play a role in expressing identity and promoting the conservation of arts and culture. It plays a role in creating entertainment, plays a role in creating interest in tourists, and plays a part in deciding for tourists to visit more arts, culture, and history events, which is linked to the concept of tourism marketing that mentions the importance of surveying consumer needs because the data can be used to manage products that meet needs and create maximum satisfaction, leading to continuous use of services (Boontonglek, Rittibul, Boonsong, Orachun, Soontranon, & Senamontree, 2024; Rittibul, Boontonglek, Ngerndang, Orachun, & Nasom, 2025).

Thai society has changed into an aging society since 2005. Countries that have entered an aging society will face more health problems. Emphasizing the development of the quality of life of the elderly, especially physical health, is important. The main health problems of the elderly are caused by physical deterioration that changes according to the laws of nature (Prasartkul, et al, 2014). Developing and promoting the quality of life of humans is an important goal in national development according to the 12th National Economic and Social Development Plan, 2017-2021, which has a policy to develop Thai people of all ages to be good people, have good health, morality, ethics, discipline, have a good sense of society as a whole, have skills, knowledge and the ability to adapt to rapid changes around them. In order to develop people to have knowledge in taking care of their health, have good health consciousness, and designate creative activity areas in science, art, culture, music, sports, cultural learning resources, and safe green spaces within the community that are conducive to organizing learning experiences (National Economic and Social Development Board, 2023).

Performing arts is considered a body movement with delicately invented gestures. There is an organization of the body and the rules of the performance format by combining body movement with music with graceful dance moves and harmony between different parts of the body, especially hands, arms, feet and torso. There are lyrics and Thai music rhythms that help to relax (Klamcharoen, 1999). In addition, folk and local dances are one of the dance performances that have body movement that emphasizes the rhythm of the hands and feet. The unique characteristics of the local area are free postures and hand characteristics that are different from Thai dance, such as finger wagging that does not appear in Thai dance. Foot characteristics, such as tiptoeing, can be unique to the local identity (Seesupon, 2015). As mentioned, performing arts is considered a very beneficial activity because it helps with physical health. It is a body movement that makes you healthy and strong, and it also develops movement skills. Because during the performance, the body moves all the time, it makes you healthy. It also helps to promote personality and improves mental health. Because the structure of the dance posture must always stretch the back to be straight. It is therefore a development of personality in a good way (Upramai, 1981), which can be seen from various research reports, such as The muscular exercise in the elderly by using therapeutic dance activities for the Thai Puan community, Nakhon Nayok province by Piansithong, Inchan, & Phakdeeronnachit (2018), The development of Thai Puan therapy dancing activities with aerobic principles to solve the problem of poor sleep quality of the elderly by Junsawek, Wanwichai, & Nimnatephan (2019), Guidelines for organizing local arts and culture activities to promote the elderly health by Wongaree (2018), The Effects of Nora Dance Training on Strength and Balance in the Elderly by Khunthong (2011), The effect of exercise with applied ancient boxing dance on performance body in the Thai Elderly: A Pilot Study by Srisamai, et al. (2017), The effects of Exercise using dance postures with Isan folk music applied on balance ability and leg muscle strength in the elderly, Maha Sarakham province. Srimuang, Phusri, Supakwarakun, & Nachairit (2019), The effect of exercise by dancing postures accompanying applied Isan folk songs on maximal oxygen consumption and satisfaction in the elderly of Manimanakorn, Manimmanakorn, Tonkamnerdthai, & Sangphongsanon (2001). It can be considered that the main movement process is integrated with psychiatry. DMT is one method that can be used to solve problems from social, emotional, cognitive, and physical aspects. In terms of many cultures that use various forms of movement or dancing, whether in traditional or contemporary forms that are appropriately applied and are built on the basis of systematic human development, emphasizing human-centered development, developing behavior, mind, and intellect to be aware of the problem situation. These activities are activities that can develop humans to be complete humans

and are sustainable development.

From the above information, it can be seen that important physical, mental and social problems may affect the quality of life of humans. Therefore, the researcher is interested in and sees the importance of applying dance and music to develop exercise activities for the elderly who are interested and have needs (Rittibul & Chaiyasung, 2024). It also reflects the role and importance of applying dance and music science and art by using the principles of body movement to express themselves to create physical, emotional, social and intellectual development or development, and importantly, it is the creation of relationships within society between individuals. In creating activities to be used in solutions that will result in changes in a good direction, they can adjust their own conditions in doing activities with others to create well-being in living together with others. Therefore, the researcher is interested in studying the characteristics of local arts and culture (dance and music), Thai Phuan dance performances in Prachin Buri Province to stimulate and support creativity or Soft Power to enhance and develop the abilities, knowledge, abilities and creativity of people in the community to create value in music, melodies, lyrics, movement styles, and traditional local performances. It is analyzed and developed to be consistent with the concept, principles, roles, and importance of applying the profession of dance and music together with nursing science to create innovation and transfer to develop a good quality of life of the community sustainably. The folk dance of the Northeast or Isan can be called a form of body movement because the folk dance of Isan is considered an activity of moving different parts of the body, such as the torso, arms, legs, and hands, in harmony with the rhythm of the music. Therefore, practicing Isan dance helps promote skills of movement, balance, and muscle strength by using the principles of dance therapy, which are principles of free body movement, related to emotions, feelings, and surrounding space to help express feelings that cannot be expressed in words. It is considered a positive development of one's own personality, developing a sense of value, reducing stress, anxiety, and reducing incurable illnesses and reducing muscle tension in the body (Wanwichai, 2011). It is also a search for a mechanism to pass on the way of life of the community to remain in society, which can be used to develop and elevate arts and culture to create value, as well as create added economic value and strength that focuses on driving, expanding influence, and changing ideas that can make people participate or the change in behavior of "Soft Power" that uses knowledge (Knowledge), education (Education) and creativity (Creativity) based on the roots of art and culture (Rittibul, Boontonglek, Ngerndang, & Nasom, 2025).

## **Objectives**

To apply the community's cultural capital to develop and create Thai Phuan dance performances as an alternative approach to promote the health of the elderly.

## **Literature Review**

The changes that occur in the elderly are changes in life that are a period of time, moving slowly. There are changes that occur, resulting in problems in life, including changes in the physical system, the mechanisms of the organs in the body, changes in mental states that are easily vulnerable and difficult to control, changes in social aspects of living with people around, changes in the economy, in which in the present era, earning income is an important factor in life. Therefore, changes that greatly influence the elderly are because values or ideals change over time. Therefore, giving importance to developing the quality of life of the elderly, especially in terms of health and hygiene, is important. The main health and hygiene problems of the elderly are problems caused by physical deterioration when the body changes according to the laws of

nature inevitably. Cells and organ systems of humans change both in appearance and function in a progressively deteriorating direction. The ability to function in all organs will decrease when they are 30 years old or older (Institute of Geriatric Medicine, 2002; Thongcharoen, 2005; Praditsuwan, 2012; Thanupapransan & Lertsaksakornsiri, 2016).

Exercise is beneficial for all ages. In addition to slowing down aging, exercise can also help the elderly become more active and improve the physical functions of various parts of the body. The elderly often understand that exercise is not possible as they get older (Kongsib, 2006, Dutsadeemetha, et al, 2015). Regular exercise will benefit the body. The body's systems will work better, be stronger, and be more ready to do activities. The benefits of exercise in the elderly will affect the heart and circulatory system to work better, making the heart muscles stronger and pumping blood better, reducing the heart rate while resting and exercising, making it less likely to tire, reducing resistance in the peripheral blood vessels, lowering blood pressure and reducing the risk of hypertension, reducing the amount of triglyceride and LDL cholesterol, and increasing HDL cholesterol, thus reducing the risk of coronary artery disease and cerebrovascular disease. The digestive system works better in both digestion and absorption of nutrients, controlling weight to prevent obesity, helping insulin hormones to work better, preventing diabetes, and reducing the amount of medication used in diabetic patients. It makes the muscles and systems coordinate better, helping with balance, reducing the risk of falls, and helping to slow down aging and making people more active. It has a stronger immune system to prevent illnesses, better mental health, reduces anxiety, relieves stress, has concentration in work and is in a good mood, recovers from depression, feels depressed, feels that life is more valuable, and sleeps well (Institute of Geriatric Medicine, 2002; Chodzko-Zajko, 2014).

At present, there are more advancements in various technologies, especially in medical treatment technology. Currently, the role of dance has been integrated with the principles of therapy known as Dance Movement Therapy (DMT), a branch of science that integrates the main processes of movement with psychiatry. Medical reports mention movement therapy or dance therapy (DMT), using movement as a tool for therapy to promote emotional, cognitive, physical, and social development of each individual (ADTA, 2013). DMT, which is a concept and form, has spread to Thailand through dance therapy to help treat successfully in many aspects of almost every age of humans, whether it is children who are mostly children with special needs who are in schools or special education centers, adults who are patients in hospitals or rehabilitation centers, and the elderly. Most of the people who receive therapy are people with chronic diseases, balance development, and muscle management (Niyomtham, 2005; Hwang & Braun, 2015).

Dance is an ancient aesthetic of the prehistoric world. It is considered a tool to express feelings by using the body and mind to express various stories with natural gestures or invented by emotions and feelings to perform various functions in their society. In promoting wisdom and thinking (Wanwichai, 2011), it is a good indicator of the cultural identity of society. Dance is a dancing that continuously combines the gestures of three body parts: the body parts include hands, arms, legs, feet, fingers, head, body parts and face (Wirunrak, 2004, Prompuay & Adisaipharadee, 2014, Rittibul, 2015).

## Conceptual Framework

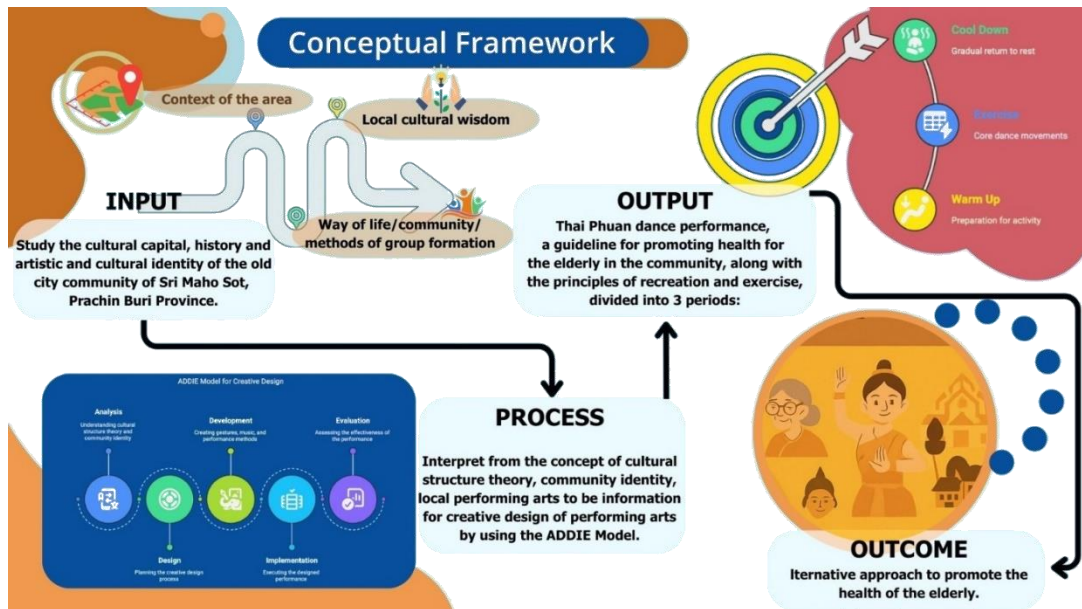


Figure 1: Conceptual Framework

## Methods

### Determination Of the Population/Informants Used in the Research

The population/informants used in this research were local scholars, local artists, community leaders of the old city of Sri Maho Sot, and the elderly in Prachin Buri Province. A purposive selection method was used to select 20 people.

The criteria for selecting volunteers to provide information for the research were as follows:- 1) Elderly people aged between 60-70 years old. 2) Able to walk by themselves without using a walking aid. 3) Able to carry out daily life as normal. 4) Have normal cognitive status. 5) No medical contraindications to exercise.

1) People with ischemic heart disease or heart surgery in the past 3 months. 2) People with pulmonary embolism or deep vein thrombosis in the legs. 3) People with acute infections, such as viral or bacterial fevers, which prevent them from exercising. 4) People with medical contraindications related to underlying diseases that affect exercise.

### Research Instruments/Techniques Used for Data Collection

The research instruments consisted of non-structured interviews, focus group interviews, observation, qualitative data analysis using content analysis, data development in performance format, and descriptive analysis presentation.

### Methods of Conducting Research

The researcher went to the field to collect data using research tools, consisting of interviews, focus group discussions, and studying books, academic documents, textbooks, and related research to analyze the data. This was used to develop and create a Thai Phuan dance performance by defining the concepts, principles, roles, and importance of applying the

community's cultural capital together with professional knowledge in dance and music to develop and create innovative Thai Phuan dance performances as an alternative approach to promote health and develop a good quality of life for the elderly in the community sustainably through a participatory process. The researcher used the ADDIE Model to determine the steps in the operation as follows:-

### **1. Analysis Step**

Prepare for research activities and study data from documents, textbooks, research related to cultural studies, cultural identity of the old city community of Sri Maho Sot, and local performing arts of Thai Phuan dance, Prachin Buri Province, to compile data as initial ideas and principles to create tools for data collection, examine the appropriateness of the tools by experts, and prepare personnel, materials, and equipment for data collection, including coordinating and requesting cooperation from various agencies.

The researcher went to the area to build relationships with the community by making appointments with the key informants. The people in the community participated in the learning, organizing the data according to the issues to be studied and analyzed, including the identity of the performing arts that are unique to the community's arts and culture, and the continuation of the community's customs, traditions, and ways of life.

Finding needs and expectations by describing and brainstorming opinions of people in the community from the problem of reducing stress and strengthening muscles in the elderly to analyze and develop a model together with finding what the elderly want to use.

### **2. Design Step**

Study the characteristics of local arts and culture (dance and music), Thai Phuan dance performances in Prachin Buri Province in terms of music, melody, lyrics, movement patterns, and traditional local performances. Analyze the development to be consistent with the concepts, principles, roles, and importance of applying dance and music professions together with nursing science to create innovations to develop a good quality of life for the community sustainably through a participatory process.

### **3. Development Step**

In the development, the researcher used the form of the Thai Phuan dance performance of Prachin Buri Province, which is a local art and culture, to stimulate and support creativity or Soft Power to enhance and develop the knowledge, ability, and creativity of people in the community to create value by using applied dance postures in designing dance moves and movements used in the performance using symbols in body language, playing the lines according to the lyrics, along with natural gestures and gestures in imagination to imitate the movement gestures to be a unique identity in the performance, and movements and performances that convey emotions mixed with contemporary movements to present the form and communicate the meaning clearly, combined with creating a balance of images and moves (Post) by using them as symbols to communicate in the performance by using the body of the elderly as a shape with continuous movement moves (Simulator) linked to the rhythm and melody of the music to be used in the performance by designing the sound and music. The researcher designed and created the melody of the performance music by maintaining the Thai Phuan melody to create familiarity, combined with the Lam Nam song to be consistent with the communication and promote different emotions in each stage of the performance format, emphasizing the communication of emotions and

creating imagination to recognize emotions in each stage of the performance. In addition, new lyrics were composed to be used as a medium to create awareness of the importance of innovation development in reducing stress and strengthening muscles in the elderly. The development was done during the movement using Thai dance postures, integrated with the concept of recreation and exercise, divided into 3 stages: warm-up, exercise, and cool-down. The principles of independent movement that are related to emotions and feelings with accompanying music to control the rhythm of the movement were also used to express and the group process was used in creating activities.

#### **4. Implementation Step**

Presenting the creative performance of Thai Phuan dance to the elderly and youth leaders of Prachin Buri Province to jointly criticize the appropriateness of the form, dance moves, music, lyrics, and songwriting in order to make improvements according to the suggestions to make it complete before actually using it.

#### **5. Evaluation Step**

The developed Thai Phuan dance creative performance was disseminated and tested with the elderly to measure stress reduction and muscle strength, and disseminated to the youth leaders of Prachin Buri Province to be used as a cultural medium to support creativity or Soft Power to enhance and develop the knowledge, skills, and creativity of people in the community with participation to create value, including the conservation, restoration, and further development of arts and culture, and the promotion of local wisdom.

### **Results**

Applying community cultural capital to develop and create Thai Phuan dance performances as an alternative approach to promote the health of the elderly. The results of data analysis in the joint debriefing from basic interviews with elderly people who are interested in and need to use local arts and culture (dance and music) such as Thai Phuan dance performances also reflect the role and importance of applying arts and culture in dance and music by using the principles of body movement in expression to create physical, emotional, social, and intellectual development or development. Importantly, it is the creation of relationships within society between individuals in creating activities to be used in solutions that will result in changes in a good direction. They can adjust their own conditions in doing activities with others to create health in living together with others by using knowledge in various fields of study to create new innovations to promote better health for the elderly by integrating arts, design, performing arts, music, together with nursing. It also supports creativity or Soft Power to enhance and develop the knowledge, abilities, and creativity of people in the community to create value, including the conservation, restoration, and further development of arts and culture and the promotion of local wisdom in Thai Phuan dance to promote health. The researcher used the creative principles from the concept of Nat Pradit (Wirunrak, 2004), to design the performance as follows:- The use of applied dance postures in designing dance moves and movements used in the performance by using symbols in body language, interpreting the lyrics along with natural gestures and gestures in imagination to imitate the movement postures to be unique in the performance and movement and performance that conveys emotions, combining contemporary movements to present clear forms and meanings, combined with creating a balance of images and movements (Post) by using them as symbols to communicate in the performance by using the body of the elderly as a shape with continuous movement movements (Simulator) linked to the rhythm and melody of

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music to be used in the performance by designing sounds and music. The researcher designed and created a melody of music to accompany the performance, maintaining the Thai Phuan melody to create familiarity, combined with the introduction of the Lam Nam song to be consistent with the communication and promote different emotions in each period of the performance format, emphasizing the communication of emotions and creating imagination to perceive emotions in each period of the performance. In addition, new lyrics were composed to be used as a medium to create awareness of the importance of developing innovations to reduce stress problems and strengthen muscles in the elderly. There was development during the movement using Thai dance postures. Integrating with the concepts of recreation and exercise, it is divided into 3 periods: warm up, exercise, and cool down. It also uses the principles of independent movement that are related to emotions and feelings with music to control the rhythm of the movement to express and use the group process in creating activities. The researcher analyzed the dance postures as follows:-

Hand gestures, setting up circles, flirting, rolling the wrists, stretching the arms back, stretching the arms high, and waving the wrists up and down.



Figure 2: Hand Skills

Foot Skills Crossing the front and back, tiptoeing, lifting the foot, and stepping to the side



Figure 3: Footwork

Body and movement characteristics, body shaking and rhythm, leaning, rocking, alternating foot tapping steps back and forth



Figure 4: Characteristics of Body Use and Movement



Figure 5: Creative Media for Thai Phuan Dance Performance

## Discussion

The results of applying the community's cultural capital in developing and creating the Thai Phuan dance performance as an alternative to promote the health of the elderly found that it was a study of the characteristics of local arts and culture (dance and music), Thai Phuan dance performances in Prachin Buri Province to stimulate and support creativity or Soft Power to enhance and develop the abilities, knowledge, abilities and creativity of people in the community with participation to create value in music, melodies, lyrics, movement styles, and traditional local performances to analyze and develop them to be consistent with the concepts, principles, roles and importance of applying the profession of dance and music together with nursing science to create innovation and transfer to develop a good quality of life of the community sustainably (Keeves, 1988; Koch, 2017), including the conservation, restoration and development of arts and culture and the promotion of local wisdom of Thai Phuan dance to promote health. The use of applied dance postures in designing dance postures and movements used in performances using symbols in gesture language. The interpretation of lyrics along with natural gestures and imaginative gestures in imitating gestures, movements and emotional performances combined with contemporary movements as symbols to communicate in the performance by using the elderly's body as a shape linked to the rhythm and melody of music to be used in the performance through sound and music design (Chuayna, Nakmareong, Yonglitthipagon, Sirtaratiwat, Auvichayapat, Sawanyawisuth, & Janyacharoen, 2020; Plangklang, Wanwichai, & Aramrussameekul, 2023). The researcher designed and created the melody of the performance music by maintaining the Thai Phuan melody to create familiarity, combined with the introduction of the Lam Nam song to be consistent with the communication and promote different emotions in each period of the performance format, emphasizing the communication of emotions and creating imagination to recognize emotions in each period of the performance. In addition, new lyrics were composed to be used as a medium to create awareness of the importance of innovation development in reducing stress and strengthening muscles in the elderly (Lindner, 1979; Niyomtham, 2005; ADTA, 2013; Seesupon, 2015; Hwang & Braun, 2015). The development was done during the movement using Thai dance postures integrated with the concepts of recreation and exercise, divided into 3 periods: warm-up, exercise, and cool-down. The principles of independent movement that are related to emotions

and feelings with music to control the rhythm of the movement were also used to express and the group process was used in creating activities (Wetchapet, 1998; Institute of Geriatric Medicine, 2002; Rattanai, 2012; Junsawek, Wanwichai, & Nimnatephan, 2019). From the creation of Thai Phuan dance postures, the movement process will start from the upper part of the body and continue to every part of the body. This makes the practitioners have to use a lot of strength and concentration in the movement by exercising the muscles, including the neck muscles, arm muscles, thigh muscles, calf muscles. The muscles are contracted and stretched continuously and held all the time. It exercises various joints, wrists, shoulders, elbows, fingers, wrists and joints, ankles. If the postures that require movement of the whole body are included in the initial training process, it will cause a risk of injury because the practitioners will become tired and will not be able to control the movement of the postures correctly and efficiently (Koch, Kunz, Lykou, & Cruz, 2014; Koch, Riege, Tisborn, Biondo, Martin, & Beelmann, 2019).

### **Suggestion**

1. The operator of the activity must have knowledge and understanding of the system and the format of the activity in every step. They should be well prepared and coordinate with the area. They must have public spirit, be patient in accessing, and take care of the activity in every step with intention and have the knowledge and readiness to transfer knowledge from the basic level and develop in order for the activity to achieve the intended goals.
2. Implementing the activity model should study and understand the sample group, study the type of activity, and then incorporate all the tools that the researcher uses in the research to achieve the most appropriateness and efficiency in the activity. Those responsible for developing the elderly or those interested in developing health in other areas can use the results of the situation study from this study as basic information for use in future development.
3. In using this activity, it is used with a sample group of elderly people who are vulnerable and must be under the supervision and care of an officer or a team of doctors and nurses who are experts only.

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