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THE EIGHTH NATIONAL SYMPOSIUM AND THE FOURTH INTERNATIONAL SYMPOSIUM

*“Research and Innovation for the Development
of Society toward Sustainability”*

ONLINE CONFERENCE PROGRAM, APRIL 26TH, 2020 BETWEEN 9.00 AND 17.45
BANGKOKTHONBURI UNIVERSITY



THE EIGHTH NATIONAL SYMPOSIUM AND THE FOURTH INTERNATIONAL
 SYMPOSIUM BANGKOKTHONBURI UNIVERSITY
 “RESEARCH AND INNOVATION FOR THE DEVELOPMENT
 OF SOCIETY TOWARD SUSTAINABILITY”

ONLINE CONFERENCE PROGRAM

APRIL 26TH SUNDAY, 2020

BANGKOK THONBURI UNIVERSITY IN COLLABORATION WITH

NATIONAL RESEARCH COUNCIL OF THAILAND	THE ASSOCIATION OF RESEARCHERS OF THAILAND
SPORT AUTHORITY OF THAILAND	RAJAMANGALA UNIVERSITY OF TECHNOLOGY RATTANAKOSIN
CHANDRAKASEM RAJABHAT UNIVERSITY	PHANOMWAN COLLEGE OF TECHNOLOGY
KENT STATE UNIVERSITY	FO GUANG UNIVERSITY
GUIZHOU NORMAL UNIVERSITY	UNIVERSITAS NEGERI MEDAN,
RIGA TECHNICAL UNIVERSITY	WESTERN SYDNEY UNIVERSITY
BAUMAN MOSCOW STATE TECHNICAL UNIVERSITY	

THE FACULTIES SHALL HAVE THE CONFERENCE PROCEEDINGS AND POSTER PRESENTATIONS.

- HUMANITIES AND SOCIAL SCIENCES
- SCIENCE AND TECHNOLOGY
- HEALTH SCIENCES

PREFACE

Bangkokthonburi University is the institution of education that focuses on increasing the academic knowledge by supporting the researchers, scholars and the graduate students to create and develop their works for developing the new knowledge in the community and country level which responds to the objective of creation the academic strength, and to support for creating the development, spreading the knowledge, exchanging the experiences, and creating the cooperation in creating the interdisciplinary.

Bangkokthonburi University shall arrange the eighth national symposium and the fourth International symposium Schedule of online conference program. under the title of “**Research study and innovation for the socially sustainable development**” which will be cooperated from the public and private section, such as, National research council of Thailand, The association of researchers of Thailand, Rajamangala university of technology Rattanakosin, Chandrakasem rajabhat University, Phanomwan college of technology, Sport authority of Thailand, Kent state University, Fo guang University, Guizhou normal University, Universitys negeri medan, Bauman Moscow state technical University, Riga technical University, Western Sydney University.

Bangkokthonburi University hopes that this conference will be the opportunity in creating the beneficial knowledge for developing the interdisciplinary in various fields, and lead to the academic development in the future.



(Associate Professor Dr. Bangon Benjatikul)

President of Bangkokthonburi University

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Enhancing the Life Quality of the Elderly

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Abstract

This study was designed to determine the factors favorable to the enhancement of the life quality of the elderly. The study was qualitative in nature. In other words, the researcher collected the needed data from a variety of sources such as books, journals, the internet and the like. The obtained data were analyzed by means of categorizing, systematizing, interrelating, synthesizing and summarizing. The data analysis has revealed the following facts :

To live long and healthy, the elderly must lead their lives in the following fashion : 1) exercise regularly; 2) eat healthful food and avoid eating processed foods; 3) attempt to associate with relatives and close friends; 4) eat foods that contain magnesium, potassium, sulfate, and so on; 5) live in good environment; 6) manage your stress; 7) make all possible efforts to avoid suffering from preventable diseases such as cancer, heart disease, and hypertension, 8) avoid alcoholic beverages; 9) nurture your mind; in other words, try to maintain your peace of mind; and 10) nurture your spirituality.

Keywords: longevity; healthy living; the elderly

Introduction

The objective of the study was to determine the factors conducive to healthy living and longevity of the elderly in Thailand. The life expectancy of Thai women is 80 years; whereas the life expectancy of Thai men is 73 years. The number of the elderly in Thailand is on the increase trend. As a matter of fact, the life span of human beings is 120 years. Based on official records, Japanese people live the longest life in the world. In Okinawa itself, 50 elderly people out of 100,000 people are centenarians (100 years or over). But some unconfirmed reports claimed that Hunza people living in the Northern region of Pakistan near the Himalaya Mountains

have the highest life expectancy of the world; a great number of people living there are centenarians or super centenarians (110-120 years).

Living a long life is highly desirable for most, if not all, of the elderly. But, above all, they should be healthy and be free from some chronic diseases. In other words, they should “age smart”.

As a result of the analysis of data from various sources, the researchers has discovered the following factors conducive to the quality of life of the Thai elderly people living long and having good health.

1) Exercise.

The elderly should exercise regularly particularly walking, swimming and having some types of dancing at least three times a week.

2) Eat healthful foods.

The elderly should eat foods rich in fruits and vegetables. Above all, try to eat a variety of foods; and try to avoid eating foods that might cause obesity.

3) Try to associate with your relatives and close friends so that the elderly will not feel lonely.

These people could give moral support to the elderly and could give some help if need be. To live with their sons or daughters is far better than living in a public nursing home.

4) Eat foods that contain some elements necessary for our body.

These include calcium, magnesium, potassium, sulfate, carbonate and so on. Sometimes, eat some dietary supplements as well. More importantly, make efforts to refrain from eating processed foods and all kinds of junk foods.

5) Live in places which are surrounded by good environment.

If possible, the elderly should live in suburban or rural areas because the environment is far better than that of the large cities. In case they are wealthy, they should live near the sea or the mountain. In these areas there are no noise pollution, air pollution or any other kinds of pollution.

6) Manage your stress.

As is widely known, stress causes several diseases such as peptic ulcer, high blood pressure, heart diseases, etc. For this reason, the elderly people should manage stress wisely. The teaching of Lord Buddha is of great help to reduce stress. So the elderly should pay great attention to the teachings of Lord Buddha and behave themselves in line with the Buddha’s teachings.

7) The elderly must make great efforts to avoid suffering from some diseases that are the leading causes of death.

They are, among others, cancer, heart disease, diabetes, and hypertension. If the elderly lead their lives properly, they would not suffer from these diseases. Above all, please keep in mind that : “You are what you eat.” So they must take great care in eating foods and drinking some alcoholic beverages.

8) Save your money.

The elderly would suffer to a great extent if they do not have enough money to spend during their old age. In fact, they should begin to save money when they start working. On money matter, the elderly should not expectancy assistance from their sons or daughters or the government. Try to be independent.

9) Have enough sleep.

The elderly should sleep about eight hours a night. During the daytime they should take a nap at least 15 minutes after lunch. Enough sleep plays an important role in maintaining our good health.

10) Try to nurture your mind and your spirituality.

In other words, the peace of mind is of great help to your real happiness. No doubt, all religious could help the elderly have peace of mind.

11) Last but not least.

The elderly should avoid energy drainers and have energy enhancers.

In a nutshell, the energy drainers are the following: sugar, caffeine, arguing with spouse, stress, interruptions, being overweight, oversheduling my day, overworking, not taking play time, taking abuse, worry, trying to change other people, stressing out, mindless television, etc.

In regard to the energy enhancers, they are, **inter alia**, the following : quality time with kids, being honest, following through, reading good books, being grateful, prayers, eating healthful foods, taking supplements having date night with spouse, focusing on the positive, having quality time with friends, having faith, expressing gratitude, getting chiropractice care, good posture, massages, saving money, being involved in things you believe in, and celebrating special occasions.

12) Provide your body with extra Protection from harmful Substances.

12.1 Use Air and Water Filters

Today, we can buy the air and water filters from markets in Bangkok with ease. In case you cannot afford to buy these filters you can filter the air by opening

all the windows and doors to let the house air out. As far as I am concerned, my house is located in the suburban area of Bangkok Metropolis and it is surrounded by a variety of trees and plants. When I open the windows, all fresh air would come in and dirty air would go out. As regards water, I can get pure water from the water filter.

It is noteworthy that in Bangkok Metropolis there are a wide variety of airborne toxins which can deadly affect your health. So you, as the elderly person, should take great care of and avoid from those airborne toxins which appear in many ways and come in a variety of forms:

1. Ozone:

The major component of smog and most pervasive air pollutants, this poisonous allotrope can cause severe coughing, shortness of breath, lung and eye irritation and greater susceptibility to bronchitis, and other respiratory illnesses.

2. Dioxin:

It is one of the most potent animal carcinogens ever tested. Dioxin can cause secure weight loss, liver problems, birth defects, and death.

3. Nitrogen Oxide:

It is a major component of acid rain. It can cause damage to your lung.

4. Volatile Organic Compounds:

These compounds come from power plants, motor vehicles and waste combustors. In Thailand, people living in crowded areas such as Yaowaraj and Hualampong areas are highly vulnerable to cancer and might have neurological and reproductive problems.

5. Natural Allergens:

Allergens appear in various forms such as pollen and fungal spores; these allergens can cause asthma, allergies and respiratory conditions.

Drink Purified Water

To be healthy, you should drink purified water. This means investing in water filters for your home and investing in highly purified bottled water. Living near the Himalayan Mountains (Hunza people) can drink clean water flowing from the Himalayan Mountains. They need not to have any water filters and most of them live a long life. A great number of them live up to 100 or 120 years old and do not suffer from dangerous diseases like heart disease or cancer. According to UNICEF, a child

dies every 15 seconds from diseases attributable to unsafe drinking water, deplorable sanitation, and poor hygiene.

Avoid Toxin Chemicals

Your body is a collection of chemicals - from hydrochloric acid that break down the food in your stomach to the oxygen that converts it into energy and the minerals that nourish your organs. When these processes are balanced and regulated by your nervous, immune, and hormonal systems, your body has the ability to minimize the effects of these toxins and fight off all kinds of diseases. Unfortunately, the acid, pH, iron and other chemical levels in your body can become out of balance, adversely affecting your health. Many irritants and toxins are invisible and we do not want them to enter our bodies. For this reason, you must make all possible efforts to keep your body strong and healthy with great self-care and health care. As a result, your body will be in the best condition to resist their negative impacts and cleanse them from your system.

Tobacco, alcohol and illegal drugs all cause chemical toxicity that can interfere with the body's natural ability to be healthy. Likewise, you should avoid over-the-counter drugs, Over-the-counter drugs can cause adverse side effects such as organ deterioration, organ dysfunction and possible death. It is highly unfortunate that, unlike Americans in the USA, the Thais in Thailand are free to use over-the-counter drugs without doctors' prescriptions. In my view, try to use the over-the-counter drugs to the minimum extent if need be.

Avoid from Preventable Death

The leading causes of death in Thailand are accidents, heart disease and cancer. It is deemed highly appropriate to provide basic strategies for use in preventing the causes of death from these three kinds of death.

1. Heart Disease

According to the American Heart Associations, your total cholesterol should remain below 200 mg/DL. Your blood pressure should be below 120/80. Stay up on the latest "normal" numbers, as they will occasionally change, and most important, keep your body functioning at its optimum level with healthy habits.

Here are some other basic guidelines:

- Don't smoke or use other tobacco products.
- Eat a varied diet, rich in fruits, vegetables and low – fat foods.
- Maintain a healthy weight.

- Get at least 30 minutes of aerobic exercise three to five days per week.
- Keep your cholesterol levels in normal ranges.
- Control your blood sugar if you have diabetes.
- Control your blood pressure and cholesterol with diet and exercise before committing to a lifetime of medication.
- Eliminate all physical and emotional stressors.
- Monitor your blood chemistry, heart rate, and blood pressure.

2. Cancer

Cancer is the second leading cause of death for men and women in the USA. Lung cancer is the most common type of cancer. Approximately 164,000 Americans are diagnosed each year. Around 87 percent of lung cancer is linked to cigarette smoking. Prostate cancer is also very common. In fact, 80 percent of men over the age of 80 now develop it. Scientists believe that hereditary prostate cancer accounts for just 9 percent of all cases. A high – fat diet is believed to be a contributing factor. Prostate cancer is very rare in places like Okinawa, where the diet tends to be low in fat.

Some basic guidelines:

- Don't smoke or use other tobacco products.
- Eat a varied diet, rich in fruits, vegetables, fiber and low-fat foods.
- Maintain a healthy weight.
- Get at least 30 minutes of exercise three to five days per week.
- Avoid overexposure to the sun and use sunscreen.
- Drink alcohol only in moderation, if at all.
- Be aware of potential cancer-causing substances (carcinogens) in your home and workplace and take steps to reduce your exposure to these substances.
- Have regular preventive health screenings.
- Know your family health history and review it with your doctor.

3. Accidents

Thailand, like the US, accidents are a leading cause of death. In fact, accidents rank third among the leading causes of death for men. Let's wake up! Certainly there are many unavoidable dangers in the world. Things happen. But you have to look no further than a mountain biking trail to see how many men are wired. We love to test our limits, and then some. Although car accidents remain the most

pervasive risk for accidental deaths, men are almost twice as likely as women to drive drunk – another avoidable risk. To reduce your chances of a fatal crash:

- Wear your seat belt.
- keep your speed down.
- Practice defensive driving.
- Don't drive while sleepy or under the influence of drugs or alcohol.

In the US, poisoning is the second leading cause of fatal accidents to men.

To reduce your risk of poisoning:

- Place carbon monoxide and smoke detectors near bedrooms in your house.

- Have fuel – burning appliances inspected each year.
- Store household products in their original containers.
- Read and follow label instructions for household products.

- Beware of pill popping. Stop the destructive pattern of popping a pill every time you feel a symptom. Let your body heal itself. If you absolutely have to take medication, make sure you follow label instructions carefully and practice self – care and health care strategies to minimize their need and offset potential side effects.

- Ventilate areas where you use chemical products.

- Install air and water filtration systems in your home and replace the filters regularly.

Falls and drowning are also leading causes of fatal injury. Commonsense precautions include using a safety ladder, placing nonskid mats in showers and tubs, and never swimming alone. Also, many fatal injuries happen at work. So please follow all necessary precautions while on the job. Everyone say, “This can't happen to me.” Use common sense. If you say to yourself, “I shouldn't be doing this,” don't.

Live Long and Strong Exercise

Endurance: Do at least 30 minutes of cardiovascular training three to four times a week. Exercise with a heart monitor and monitor your baseline. Get a personal trainer or other health professional to monitor your progress and get you started on the right track.

Strength: Evaluate the strength of your major muscle groups, including your chest muscles, back muscles, arms, and legs. Set goals for building your strength in

each of these areas and get a personal trainer or other health professional to get you started on the right track.

Structure: Measure your neck, chest, waist, hips and thighs. Evaluate your posture and your weight balance. Set goals for your shape in each of these areas and get a professional trainer, chiropractor, or other health professional to start you on the right track.

Finally, measure your endurance, strength, and structure (Your ESS) on a regular basis.

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