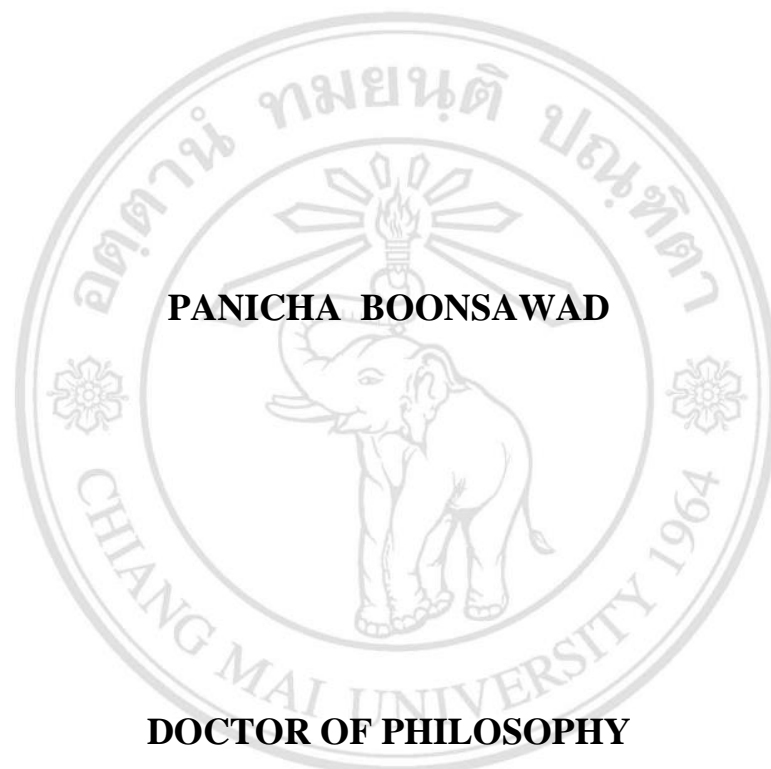


**MAINTAINING ELDERLY HEALTH BY USING
CENTRAL THAI LOCAL WISDOM**



PANICHA BOONSAWAD

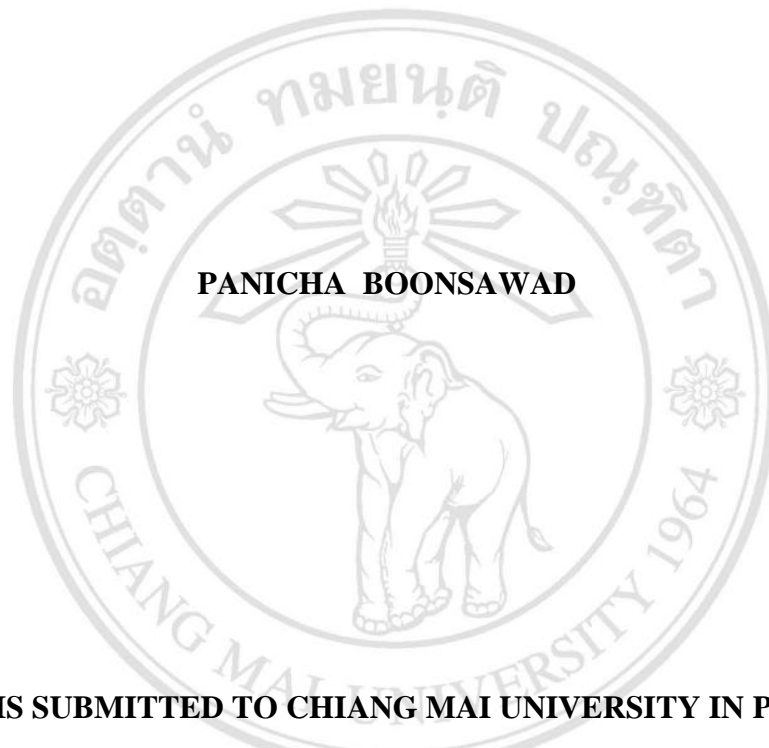
DOCTOR OF PHILOSOPHY

IN NURSING

ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่
Copyright© by Chiang Mai University
All rights reserved

**GRADUATE SCHOOL
CHIANG MAI UNIVERSITY
DECEMBER 2015**

**MAINTAINING ELDERLY HEALTH BY USING
CENTRAL THAI LOCAL WISDOM**



PANICHA BOONSAWAD

**A THESIS SUBMITTED TO CHIANG MAI UNIVERSITY IN PARTIAL
FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE OF
DOCTOR OF PHILOSOPHY
IN NURSING**

ลิขสิทธิ์ © by Chiang Mai University
All rights reserved

**GRADUATE SCHOOL, CHIANG MAI UNIVERSITY
DECEMBER 2015**

**MAINTAINING ELDERLY HEALTH BY USING
CENTRAL THAI LOCAL WISDOM**

PANICHA BOONSAWAD

THIS THESIS HAS BEEN APPROVED TO BE A PARTIAL FULFILLMENT OF
THE REQUIREMENTS FOR THE DEGREE OF
DOCTOR OF PHILOSOPHY
IN NURSING

Examination Committee:

Warunee Fongkaew
..... Chairman
(Prof. Dr. Warunee Fongkaew)

H. Sethabouppha
..... Member
(Lect. Dr. Hunsa Sethabouppha)

Duangruedee Lasuka
..... Member
(Assoc. Prof. Dr. Duangruedee Lasuka)

Marjorie Muecke
..... Member
(Prof. Dr. Marjorie Muecke)

R. Chontawan
..... Member
(Assoc. Prof. Dr. Ratanawadee Chontawan)

P. Songwathana
..... Member
(Assoc. Prof. Dr. Praneed Songwathana)

Advisory Committee:

H. Sethabouppha
..... Advisor
(Lect. Dr. Hunsa Sethabouppha)

Duangruedee Lasuka
..... Co-advisor
(Assoc. Prof. Dr. Duangruedee Lasuka)

Marjorie Muecke
..... Co-advisor
(Prof. Dr. Marjorie Muecke)

18 December 2015

Copyright © by Chiang Mai University

ACKNOWLEDGEMENT

I am grateful to many people who have always been beside me in different ways throughout my dissertation journey. They helped and supported me in many ways during the dissertation process. I would never have been able to finish my dissertation without the guidance of my committee members, encouragement from colleagues, help from friends, and support from my family.

I would like to express my sincere gratitude to Dr. Hunsa Sethabouppha, my major adviser, for her inspiration. She taught me to be mindful, patient, humble and conscious. Moreover, I really appreciate to my co-advisor Dr. Duangrudee Lasuka, to be a model in educational technology and providing suggestions as well as support. My deeply grateful appreciations go to Dr. Marjorie Muecke, for her invaluable supervision, for assisting me in developing critical thinking, and for her consistent support which helped me go through those rough years of PhD study. She is a great ethnographer with passion, kindness, and spirit of life. She taught me to believe in myself and always provided opportunity for me since I was a visiting doctoral student at the University of Pennsylvania until the present.

In particular, I am very grateful to Professor Dr. Warunee Fongkaew, Chair of the Thesis Examination Committee. Also, I would like to gratefully thank to all of experts in the examining committee who gave scholarly guidance to complete my dissertation, including Associate Professor Dr. Ratanawedee Chontawan, Associate Professor Dr. Chawapornpan Chanprasit, Associate Professor Dr. Preneed Songwattana.

I am truly indebted to all elderly and villagers at Makhamlom sub-district, a community in Suphunburi province, new friends, and wonderful family- “Emsombun family” for their time and warmly welcomed me to live my life there for two years. I was a stranger, but they were so nice to me. My research would not have been possible without their help. In addition, I would like to acknowledge the Thai Red Cross Society and the Thailand Nursing and Midwifery Council for their financial support of this study.

I would also like to thank my director, the administrative team of Collage of Nursing Thai Red Cross, colleagues at the Department of Fundamental and Administrative of Nursing, the Thai Red Cross College of Nursing in Thailand, my friends at CMU and UPENN, Dharma's friends, and the master of Dharma who provided their words of wisdom of encouragement.

Finally, my heartfelt gratitude and appreciation is extended to my beloved teacher Assistant Professor Ankana Sriyaporn and Assistant Professor Chulepon Chawmathagit, my parents, sisters, brothers, and Assistant Professor Peerasak Chantngarm for their love, for believing in me, for being there for me, and support and encouragement during my study. They were always there cheering me up and stood by me through the overcome the bridge of life.

Panicha Boonsawad



ลิขสิทธิ์มหาวิทยาลัยเชียงใหม่
Copyright© by Chiang Mai University
All rights reserved