

Guidelines for Managing Social Capital in Chiang Rai Special Economic Zone by Active Aging.

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Abstract

The objectives of this research was to find the ways to manage social capital for preparing elderly people in Chiangrai, Special Economic Zone. This qualitative research used Rapid Rural Appraisal and Participatory Action Research, then analyzed with the components of the 6 Active Aging conditions corresponding to the context of the study area which can be used as a base for empowerment of the elderly and seek the guideline for management by stakeholders.

The research found that social capital in the study area consisted of Handicraft, Giant catfish hunter, Local Food, Arts and Culture, Health, Agriculture, Handicrafts and Artifacts, Local Literature, Environmental Management, Local style Tailoring, Religious Leaders, Volunteer and Organization and Sufficiency Economy. From the point of view of communities', there are recommendations for social capital management in four main components as follows; "Man" which intelligence, development and adaptation, "Institutional" which supports the development networks, "Culture" and "Management" as indigenous knowledge for sustainable living.

Keyword : Social Capital, Active Aging, Chiangrai Special Economic Zone

Introduction

Social capital gathering to find guidelines for social capital management in preparation for the aging society in this study were in Chiang Rai Special Economic Zone in Chiang Khong District consisting of Rimkhong Sub-district Administrative Organization, Khrueng Sub-district Municipality, Bunrueng Sub-district Municipality, Wiang Sub-district Municipality, Sa-Tan Sub-district Municipality, Sri-Don-Chai Sub-district Municipality, and Huay-Sor Sub-district Municipality. The research team started with Rapid Rural Appraisal (RRA) to learn about rural conditions correctly and to help better understand the condition of the study area especially data "Social Capital" with Participatory Action Research – PAR process from the planning process to seeking ideas, prevention and solution. The research also studied resources that the community has with the Social Learning Process (SLP); a concept that focuses on the ways students learn and have skills by using various techniques such as brainstorming, group operations, etc. to lead the management of "Social capital" to build immunity for the elderly to protect themselves. (Eknon, Y., 2018)

As a result of changes with dignity safely including deleting negative concepts for the elderly, this will support the elderly group or club to have a role and strength which the

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research team believed that it would be a supporting factor for the elderly to have stable, wealthy and sustainable life amidst social change.

The aging society in Thailand began in 2005 and has been becoming Aged Society completely in 2021 and Ultimate Aged Society in 2031. The result of becoming a senior society has caused one of the following impacts such as health problems and psychological problems. The elderly tend to live in a smaller family, alone and live in poor households more increasingly. Due to people living longer, the costs of the state and the family used to look after the health of the elderly become more important.

Therefore, the government sector has a direct responsibility to propose guidelines to prepare for the problems that may occur. One of the guidelines is to adjust the perception of entering the aging society into an Active Aging society or “Pruettha Palang” instead.

As for the cause of changing into the aging society such as coverage of welfare for the elderly, readiness or adaptation to support the aging society as shown in Chinese and American society, the government has prepared to enter the aging society since 1995 with the preparation of social capital, both monetary and non-monetary, to support it in an appropriate condition. The cultural activities are being added to the elderly with memory impairment and the caregivers of amnesia. The results of the activity found that art and culture affect health and better well-being and overall quality of life. (Decharak, T., Chuonwan S., & Somboonying P., 2015; Sawasee, 2016)

Therefore, it can be seen that cultural resources and costs in various forms have the power and value that can be used to drive social processes and help reduce the social burden budget due to the transition to an aging society (Pongsapich, A., 2000). Finally, it is a social process that can help strengthen society as well. This relates to the Active Ageing Concept of the World Health Organization. It realizes the important elements of being an elderly person with 3 forces which are good health, stability or security in life and participation. Therefore, part of the preparation is to give priority to physical health care along with the people of different ages in the community as well as providing an opportunity for the elderly to participate in activities based on the funds that the community should have and develop the capacity and quality of life of the elderly in social development cooperation.

Objectives

1. To study and collect social capital from the area that can be used as a base for the situation of the aging society.
2. To find guidelines to manage social capital with stakeholders for preparing for the transition to an aging society with the Active Aging Concept.

Methodology

In this case, the researcher used the Active Ageing Concept of the elderly consisting of 6 important elements; 1) Being self-reliant 2) Being actively engaged with society 3) Developing spiritual wisdom 4) Maintaining a healthy lifestyle 5) Engaging in active learning 6) Strengthening family bonds to ensure care in later life, which is a form of finding the meaning of potential aging from a Thai elderly perspective (Thanakwang, K., Isaramalai, S., & Hatthakit, U. 2014) ; a study of participation in social capital management.

Under the Active Aging Concept of the elderly in the study area, Rimkhong Sub-district Administrative Organization, Khrueng Sub-district Municipality, Bunrueng Sub-district Municipality, Wiang Sub-district Municipality, Sa-Tan Sub-district Municipality, Sri-Don-Chai Sub-district Municipality, and Huay-Sor Sub-district Municipality were designated as Chiang Rai Special Economic Zone for Chiang Khong District, Chiang Rai province. The sample of the study was selected from the elderly who was the stakeholder in Chiangrai Special Economic Zone under the criteria as follows: (1) having knowledge about indigenous herbs (2) religious and tradition knower (3) knowing the arts and folk culture (4) agricultural knower (5) having knowledge about natural resources and environment management (5) ability to weave (6) knowing Lanna's language and literature.

Data collection methods were divided as follows;

(1) Before doing the research; it is an urgent assessment of rural conditions in order to learn about the condition and understanding of the community by using a semi-structured interview in accordance with the "Question Box" or "Question Guideline" with the above research sampling group, along with observation and photography.

(2) During doing the research, the researchers used participatory action research techniques emphasizing community education in the areas of physical, economic, social and political environment. Then the social learning process was used to work with each elderly to select social capital that aligns between the contexts of the study area. The current situation is:

- (2.1) being aware of the problem
- (2.2) finding alternatives to solve problems
- (2.3) deciding on alternatives
- (2.4) learning and implementing alternatives

and (2.5) improving to find ways to manage capital social with the Active Aging Concept with the following indicators: (a) Being self-reliant (b) Being actively engaged with society (c) Developing spiritual wisdom (d) Maintaining a healthy lifestyle (e) Engaging in active learning and (f) Strengthening family bond to ensure care in later life. This was a model that emerged from seeking for the meaning of potential aging from a Thai perspective (Thanakwang, et al, 2014) as the main conceptual framework for the study of participation in management capital society by the elderly in the study area.

(3) Analysis phase of the study results and returning the information to the community: This was to focus on all parties involved in preparing for the problems of the community.

Results of the study

The researcher also studied social capital and believed that it could be used as a support for the elderly in the study area to live stable, wealthy and sustainability amidst social change according to research objectives mentioned above. The results were presented into 2 parts, which was the study results and social capital collection of the area and the results of using the Active Aging ideas to find ways to manage social capital with stakeholders. The details were as follows:

1. Study results and social capital collection

Data were collected from social capital and it found that the communities in the study area were all various types of social capital that carried out activities, with the elderly being the main operators. There was also a way to carry out appropriate activities to the context of the area, such as the activities of students at the Elderly School, Wiang Sub-district Municipality. There is a regulation for all students to be members of the Elderly Patient Fund. The activity is in the form of a visit to bedridden patients for 500 baht/person in case of death, 1,000 baht/ person, or the joint activities of the Tai Lue Weaving Group at the Tai Lue Textile Museum, Rimkhong Sub-district which has more than 60 members, with Mae Sukawadi Tiyaatha as the group president The museum was supported by the Rimkhong Sub-district Administration Organization registered as OTOP products and often go to trade shows at the department. The development of the community has been invited to join since 1993 - present or the exchange of wisdom between the elderly in Huai Sor Sub-district and the students of Huai Sor Witthayakhom School., etc.

From studies and collecting social capital, the researcher can classify social capital into 19 categories, with 518 elderly people who are knowledgeable of social capital, as follows: (1) Folk handicrafts (2) Catfish hunter (3) Local and contemporary food (4) Art and culture (Thai dance) (5) Health, folk medicine and herbs (6) Agriculture (7) Crafts (flowers, paper, lanterns) (8) Language and literature (9)The Environmental Management (10) The garment. (Needlework, pillow blowing, flower needle, hairpin and moon flower making folded the ribbon into various shapes such as flowers, various flower patterns) (11) Banana leaf crafts (Baisri) (12) Sufficiency Economy Philosophy (13) Volunteer Spirit Group (14) Beliefs Religion and tradition (15) Organization management (16) Fine arts (17) Local weaving (18) Local and international music and (19) Multi-purpose detergent and social capital, and location. The researcher has divided both types of social capital into categories and distributed according to different communities as shown in Table 1 and 2.

Table 1 shows classification of social capital by district (Person type)																			
Area	Social capital category																		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
1. Wiang																			
1.1 Wiang	✓	x	✓	✓	✓	✓	✓	✓	✓	x	x	x	x	x	✓	x	x	x	x
1.2 Wiang Chiang Khong	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	✓	x	x	x
2. Bun Rueng	✓	x	x	✓	✓	✓	x	x	x	✓	x	x	x	✓	✓	x	x	x	x
3. Huay Sor	✓	x	✓	x	✓	x	✓	x	x	x	x	x	x	✓	✓	x	✓	x	x
4. Sa Than	x	x	✓	✓	x	✓	x	x	x	✓	x	x	✓	✓	✓	x	✓	✓	✓
5. Rim Khong	✓	x	x	x	✓	✓	x	x	x	x	x	x	x	x	✓	x	x	✓	x
6. Krueng	✓	x	✓	✓	x	✓	x	x	✓	x	✓	x	x	✓	✓	x	✓	x	x
7. Sri Don Chai	✓	x	x	x	✓	✓	x	✓	✓	x	x	x	x	✓	x	x	x	x	x

Source: Kongsuwan, D., 2018.

Table 2 shows classification of social capital by sub-district (Location type)						
Area	Social capital category					
	Elderly School	Invention Group	Women's Group	Religious place	Community Forest	Local Weaving Group
1. Wiang						
1.1 Wiang	✓	x	x	x	x	x
1.2 Wiang Chiang Khong	x	✓	✓	x	x	x
2. Bun Rueng	x	x	✓	✓	✓	x
3. Huay Sor	x	✓	✓	x	x	x
4. Sa Than	✓	x	x	x	x	x
5. Rim Khong	x	x	x	x	x	✓
6. Krueng	✓	x	x	x	x	✓
7. Sri Don Chai	x	x	x	x	x	✓

Source: Kongsuwan, D.. 2018.

2. The results of the study of guidelines for managing social capital by using the Active Aging Concept.

Based on Thanakwang K, Isaramalai S., & Hatthakit U., (2014) studies, they used the ways to manage capital social under the concept of the Active Aging Concept. The studies also found that; the elderly in Chiang Khong can live by self-reliant with the actively engaged in their community and they can develop spiritual wisdom for maintaining a healthy lifestyle, engaging in active learning and finally they can strengthen their family bonds to ensure care in later life, same as a model that emerge from seeking for the meaning of potential aging from a Thai perspective.

Discussion

From the definition of “social capital” given by many scholars and educators in many dimensions brought together with the results of the study of the research team, it found that social capital from the study area of 15 categories, 28 types, 518 people and 17 locations was all combined with the thinking system, value, culture, trust, common awareness of ownership of the belonging and community and natural resources.

The research team set up a forum to get information and brainstorm ideas to find guidelines to manage community capital together in Chiang Khong District, Chiang Rai province. The studies of guidelines for managing social capital by using the Active Aging Concept were such as; Being self-reliant, Being actively engaged with society, Developing spiritual wisdom, Maintaining a healthy lifestyle, Engaging in active learning, Strengthening family bonds to ensure care in later life which is a form of finding the meaning of potential aging from a Thai elderly perspective Thanakwang K, Isaramalai S., & Hatthakit U., (2014) The guidelines were as follows;

Kuruprachayamak, P. (Interview, June 26, 2018) a committee of Bunrueng Forest Conservation Group, Bunrueng Sub-district, said that he had collected the data about the elderly since 2014. Regarding the elderly in Chiang Khong at that time, it was 17.2 percent of the total population. But when looking at the number of elderly people of Bunrueng about 19.20 percent, at that time it had about 1,113 elderly people. In the past, there were still no groups that allowed the elderly to join together. However, nowadays there are schools for the elderly and volunteer groups. They would like to make the elderly have a role in the community. In the past, seniors used to have important roles as a leader in the family, when at the age of 60 - 70 years, the children did not give importance to these roles as in the past. The school of the elderly has connected the role of the elderly. The roles of the elderly have been developed in the form of individuals and groups through the cooperation of the elderly and the municipality.

Knowledge in communities where the elderly have social capital whether the past used to be a teacher or the traditional healers would like to have this knowledge disseminated to schools or communities, it would be useful and successful. At present, they have tried to gather the knowledge and bring the information to the Health Promotion Sub-district Hospital for the elderly or Municipality and there is a database of community history regarding Ban Bunrueng.

And the other thing is the cultural values and traditions which determine to a large extent how a given society views older people and the ageing process. When societies are more likely to attribute symptoms of disease to the ageing process, they are less likely to provide prevention, early detection and appropriate treatment services. Culture is a key factor in whether or not co-residency with younger generations and is the preferred way of living.

The number of elderly people from Sathan Sub-district in the area of Chiang Khong district is about ten thousand. Each person has different skills and experiences in their life. Therefore, in various categories that have been classified in the document is insufficient due to not being able to find the talents, expertise and experience of each elderly. How to bring the skills and abilities of each person to a stage that can be expanded to carry on and preserve the traditions of various abilities and social capital of the elderly. Therefore, , there should be an opportunity to be able to search and interview for the various skills of the elderly, especially in the elderly themselves to inherit and continue to grow. The amount of information is approximately five hundred people but the research data is insufficient. It needs to find more accurate information.

Roi-Kaew, N. (Interview, June 26, 2018), a Chairman of Rak Chiangkhong Group, he realized that social capital was important. However, in the past, the driving of social capital for the economic development of the community has not been obvious. “When I went to collect data from many areas, I agreed that this was important because the data obtained from the research field with approximately five hundred people were similar. One of the tasks that we have done is 1 strategy in 2 cities. The important thing that we want to see the most is the knowledge process. I have done this task regarding the use of content and information for driving Chiang Khong. In the future, when the work is done, I want to see its success. The educational institutions can use research data related to social capital to help the local drive seriously. Whether the civil society, local, municipality or district realized that this was important and Chiang Khong people, including those who are involved in driving Chiang Khong must be aware of that. Because it is important information about Chiang Khong people Without knowing it, we cannot develop it forward. He would like the Chiang Rai Rajabhat University to further extend the use of research results clearly in promoting development seriously.”

Especially Active Active Ageing policies and programs recognize the need to encourage and balance personal responsibility (self-care), age-friendly environments and intergenerational solidarity. Individuals and families need to plan and prepare for older age, and make personal efforts to adopt positive personal health practices at all stages of life. At the same time supportive environments are required to “make the healthy choices the easy choices.”

Asawathongkam, D. (Interview, June 26, 2018), a Sub-district Municipality Officer. “She suggests that “there are lots of social capitals of the elderly. The reason for social capital data classification elderly that one should not overlook is the capital of the elderly leadership. It is a leader in various fields because this capital can be used to solve problems in the area whether it is the leader of any cultural change, such as the president of the cultural council or whether it is a scholarship related to volunteering. If there is another category, it should be good. As for Sathan district, we have conducted research on finding funds but ours will be searching for social capital at all 6 levels. All of them are at the general level, not specific to the elderly but they were collected from all citizens in the group of leaders and elderly

groups. The social capital of the sub-districts is the network that connects the network between the sub-districts; it is the capital at the district level. Sathan Sub-district has information about the number of elderly people, local scholars in various fields, group leaders, chairman groups, especially leaders who are elderly group leaders; this capital is important because it is the leader of change and is a leader of the elderly group as well.”

Wimonwan, S. (Interview, June 26, 2018), a volunteer teacher at Bunrueng Sub-district, she gives suggestions on the social capital that there should be focused on children as well by allowing the elderly to transfer knowledge and skills to the children to inherit social capitals in the Chiang Khong district area further.

Urai, S. (Interview, June 26, 2018), a volunteer teacher in Wiang Sub-district, Wiang Chiang Khong Sub-district Municipality. In the past, she used to teach the elderly in Wiang and Sathan Sub-districts. Currently, she just teaches in Wiang Sub-district. The teaching will be about the invention. Many of the elderly students in Wiang Sub-district are knowledgeable and capable. Some people are almost better than teachers. Sometimes the teacher will do a survey that each elderly has the ability in what area. “I also ask them to help as a guest speaker because the elderly are worth. Sometimes we don't know, we have to ask them. Some seniors don't want to show us, so we have to ask individually and record the information.”

In summary, the proposal for guidelines to manage social capital must be based on the four key elements that play a role and were linked to the creation of these social capital together: (1) people: focusing on the role of the person who owns the social capital way to have intelligence to develop to have more potential, including readjustment to keep up with global changes by using components (2) institutions to support until having the development of a network (3) culture and (4) manage these social capitals in the form of local knowledge both science and art of for the community's lifestyle further. That mean “Active” refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to participate in the labour force. Older people who retire from work and those who are ill or live with disabilities can remain active contributors to their families, peers, communities and nations. Active ageing aims to extend healthy life expectancy and quality of life for all people as they age, including those who are frail, disabled and in need of care. “Health” refers to physical, mental and social well-being as expressed in the WHO (1999) definition of health. Thus, in an active ageing framework, policies and programmed that promote mental health and social connections are as important as those that improve physical health status.

Conclusion and Implication

1. To realize an attitude towards the aging society, that is to say, the aging society is inevitable. It is, therefore, necessary to prepare all stakeholders. (Government, civil society, private sector, communities, and families) to cope with the increasing number of elderly people which may be done by rising the level of understanding, building capacity at both the

local and national levels and the development of social economy and political reform that is needed to adjust society in accordance with the world of the elderly.

2. The community study area ensures that all elderly people can live proudly and steadily. They can access to necessary health services and have at least a minimum income by relying on social protection at the national level and other social investments to extend the time that seniors are free and independent. They are protected from poverty in old age and help the elderly to be healthier. These actions should be based on a long-term vision. However, there must be a strong political commitment and have a reliable budget that prevents the negative impact of the crisis or the transition of government.

3. Create values that encourage communities and families to develop a support system that guarantees that the elderly who are physically weak and vulnerable will receive needed long-term care. It also encourages the elderly to be healthy and active at the local level in order to be able to stay in their usual place.

4. Communities see the benefits of social capital; there are guidelines to invest with young people today by promoting good health habits and guarantee educational and employment opportunities, access to health services and social insurance for all workers as the best investment in improving the lives of future generations of seniors. The flexible employment should be promoted, as well as lifelong education and repeat training opportunities in order to allow the current teenage elderly to be in the labor market.

5. The communities can ensure that all national policies and development programs will cover the elderly and their needs.

6. The development of an elderly culture based on rights has created and changed the beliefs and attitudes of the society towards the elderly and the elderly from those who have been helped to become members who are diligent in helping society. To do this, there must be at least working to develop international human rights tools and transformation to national laws, including measures that challenge discrimination due to age and accept the elderly as independent citizens.

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