

# ความฉลาดทางจิตวิญญาณ พหุพลัง การเรียนรู้ตลอดชีวิต และความพึงพอใจในชีวิตของผู้สูงอายุ ในตำบลกุดดินจี่ อำเภอนากลาง จังหวัดหนองบัวลำภู

## Spiritual Intelligence, Active Ageing, Lifelong Learning and Life Satisfaction of The Elderly at Kuddinjee Subdistrict, Na Klang District in Nong Bua Lum Phu Province

นิพนธ์ต้นฉบับ

Original Article

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### บทคัดย่อ

**วัตถุประสงค์:** เพื่อศึกษาระดับความฉลาดทางจิตวิญญาณ พหุพลัง การเรียนรู้ตลอดชีวิต และความพึงพอใจในชีวิตของผู้สูงอายุ เปรียบเทียบความพึงพอใจในชีวิตของผู้สูงอายุจำแนกตามปัจจัยส่วนบุคคล และทดสอบความสัมพันธ์ระหว่างความฉลาดทางจิตวิญญาณ พหุพลัง และการเรียนรู้ตลอดชีวิตกับความพึงพอใจในชีวิตของผู้สูงอายุ **วิธีการศึกษา:** งานวิจัยเชิงพรรณนามีกุ่มตัวอย่างเป็นผู้สูงอายุใน ต.กุดดินจี่ อ.นากลาง จ.หนองบัวลำภู 300 คน เครื่องมือที่ใช้คือแบบสอบถาม ทดสอบสถิติโดยใช้ค่าสัมประสิทธิ์สหสัมพันธ์แบบเพียร์สัน **ผลการศึกษา:** พบว่าความฉลาดทางจิตวิญญาณ พหุพลัง การเรียนรู้ตลอดชีวิต และความพึงพอใจในชีวิตของผู้สูงอายุอยู่ในระดับค่อนข้างสูง คะแนนความพึงพอใจในชีวิตแตกต่างกันตามเพศ สถานภาพการครองคู่ จำนวนบุตร และสถานภาพทางการเงินอย่างมีนัยสำคัญทางสถิติ ( $P$ -value < 0.05) ความพึงพอใจในชีวิตสัมพันธ์ทางบวกกับความฉลาดทางจิตวิญญาณ พหุพลัง และการเรียนรู้ตลอดชีวิตอย่างมีนัยสำคัญทางสถิติ ( $P$ -value < 0.01) สรุป: การเสริมสร้างความฉลาดทางจิตวิญญาณ พหุพลัง และการเรียนรู้ตลอดชีวิต สัมพันธ์กับความพึงพอใจในชีวิตในผู้สูงอายุ บุคลากรสาธารณสุขอาจนำผลการศึกษานี้ไปใช้เพื่อส่งเสริมความพึงพอใจในชีวิตของผู้สูงอายุต่อไป

**คำสำคัญ:** ความฉลาดทางจิตวิญญาณ, พหุพลัง, การเรียนรู้ตลอดชีวิต, ความพึงพอใจในชีวิต

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### Abstract

**Objective:** To determine the level of spiritual intelligence, active ageing, lifelong learning and life satisfaction of the elderly, to compare life satisfaction of the elderly by personal factors, and to test correlations between spiritual intelligence, active ageing, lifelong learning and life satisfaction. **Methods:** In this descriptive research, the sample was 300 elderly at Kuddinjee sub district, Na Klang district in Nong Bua Lum Phu province. The data were collected using a questionnaire. Pearson's product moment correlation analysis was used to test the correlations. **Results:** It was found that spiritual intelligence, active ageing, lifelong learning and life satisfaction were at a relatively high level. Life satisfaction scores were different by gender, marital status, number of children, and financial status significantly ( $P$ -value < 0.05). Life satisfaction score was significantly positively correlated with spiritual intelligence, active ageing and lifelong learning ( $P$ -value < 0.01). **Conclusion:** Life satisfaction score was significantly positively correlated with spiritual intelligence, active ageing and lifelong learning. The results could be used for promoting life satisfaction among the elderly.

**Keywords:** spiritual intelligence, active ageing, lifelong learning, life satisfaction

## Introduction

Nowadays, Thailand has stepped towards an aging society with the number of elderly increasing rapidly. According to statistics, the number of elderly in Thailand increased from 17.10% in 2017 to 18.30% in 2021. This trend is coupled with the rapid decline of working-age people while aging. Many rural elderly have insufficient income, and most of their revenue comes from their adult children. In addition, the health problems of the elderly face more chronic diseases which greatly affect the satisfaction of the life of the elderly.<sup>1</sup> Therefore, the government has prepared the 2nd National Elderly Plan (B.E. 2002 - 2021) to support the transformation of the elderly population, which is powered by a strategy to prepare the people for quality elderly. The elderly health is

promoted with the goal of giving them a good quality of life with the family and community.<sup>2</sup> Quality of life reflects the feeling of satisfaction or dissatisfaction in life.<sup>3</sup> Life satisfaction is the assessment of feelings and attitudes towards one's life span, both positively and negatively.<sup>4</sup> The person, who is satisfied with life, will increase the efficiency of psychosocial functions, such as being open to new experiences, being open to participating in a variety of activities associated with others compromise, provide assistance, daring to make decisions by oneself, concentrating on, promoting work increase social capital promote mental well-being while preventing negative emotions mood swings and prevent selfish behavior<sup>5</sup>

From the literature review, there are many factors that affect life satisfaction, such as personal factors, health conditions, financial status, self-efficacy, life events, social roles, and personal activities<sup>6</sup>, including spiritual intelligence, active ageing, and lifelong learning<sup>8,9,12</sup> Spiritual intelligence is the most important and the basis of all forms of intelligence. It helps the elderly adapt to various situations.<sup>7</sup> Elderly with spiritual intelligence could live with understanding and life satisfaction.<sup>8</sup> Active ageing is to improve the quality of life of the elderly at the individual and social levels so that the elderly can live happily physically and mentally, feel secured, and participate with others.<sup>9</sup> Active aging is an important mechanism to promote and develop the potential of the elderly population to live happily in society, have a good quality of life, and minimize the time of dependency. According to the aging process<sup>10</sup>, the person who has a positive attitude toward aging will have the energy or behavior to prepare in terms of health, security, or life insurance and participation. There was a decrease in depression and anxiety during old age and higher satisfaction with life upon entering old age.<sup>11</sup> Active ageing is to improve the quality of life of the elderly at the individual and social levels so that the elderly can live happily physically and mentally, have security, and participation.<sup>9</sup> Active aging is an important mechanism to promote and develop the potential of the elderly population so they can live happily in society, have a good quality of life, and minimize the time for dependency. According to the aging process<sup>10</sup>, the person who has a positive attitude toward aging will have the energy or behavior to prepare in terms of health, security, or life insurance and participation. There was a decrease in depression and anxiety during old age and higher satisfaction with life upon entering old age.<sup>11</sup>

Lifelong learning is the change that takes place in an individual throughout his or her life as a result of the process of intellectual development, encompassing learning from formal education, non-formal education, and self-study.<sup>1,2</sup> Lifelong learning is important because today's society is changing quickly. The education obtained at one time or situation is insufficient to be useful in other occasions and places. It is necessary for a person to acquire additional knowledge in every stage of life and every situation of living.<sup>13</sup> Lifelong learning helps seniors understand the dynamics of life including natural aging, social adaptation, participation in activities, and self-improvement resulting in satisfaction and potential of society.<sup>14</sup> Therefore, there is a need to understand

more about factors related to satisfaction in the life of the elderly, including personal factors, spiritual intelligence, power, and lifelong learning.

This research examined personal factors, spiritual intelligence, active aging, lifelong learning, and life satisfaction. In this regard, the researcher was interested in studying a sample of the elderly in Kuddinjee sub-district, Na Klang district, Nong Bua Lum Phu province from the operational plan for the fiscal year 2020 in the strategy to develop the quality of life of the people. There was a project to promote the health of the elderly in the community of Kuddinjee Subdistrict Municipality. The objective was to provide the elderly with knowledge and understanding of correct and appropriate physical, mental, social, and environmental health care in order to encourage the elderly to feel self-worth and to participate in community activities.<sup>15</sup> The researcher viewed that the issue to be studied was useful for the current aging society and was consistent with the action plan in the said community. The findings can also be used as a guideline for planning the development of the elderly in Thailand to become a quality aging society.

Specifically, this study aimed to determine level of spiritual intelligence, active aging, lifelong learning, and life satisfaction of the elderly, to compare the life satisfaction of the elderly classified by personal factors, and to determine the correlations of life satisfaction with spiritual intelligence, active aging, and lifelong learning of the elderly.

### **Conceptual Framework**

A review of the literature and related research reveals that many factors affect life satisfaction, such as personal factors, health status, financial status, self-efficacy, life events, social roles, personal activities, spiritual intelligence, active aging, and lifelong learning.

Spiritual intelligence correlates with life satisfaction. The concepts of King and DeCicco consists of four components. First, critical existential thinking is thinking analytically about the reasons for living according to reality and being able to understand human nature. Second, personal meaning production is the realization of the value of life by having goals in life, and being able to create and control things to meet the specified goals. Third, transcendental awareness is the understanding of the relationship between one's mind and body and the external environment, being able to consider the

surroundings holistically, and making one understand yourself and things deeply. Fourth, conscious state expansion is the access to stable consciousness resulting from the practice of one's mind, making it possible to recognize one's own thoughts and actions, to think carefully, to be able to control the mind to be calm, which every element is the ability to receive, know and understand the value of life, understand yourself and others, leading to adaptation in daily life in terms of actions and solving problems, understanding the purpose of life, being able to maintain balance inside and outside the mind and gaining satisfaction in life.

Active ageing is associated with life satisfaction because active aging is an important mechanism to promote and develop the potential of the elderly population to live happily in society, have a good quality of life and shorten the time to enter society, minimize dependence according to the person's aging process.<sup>10</sup> The person who have positive attitudes toward aging will have active aging or behaviors preparing for aging in terms of health, security, insurance, and participating. There was a decrease in depression and anxiety during old age and higher satisfaction with life upon entering old age.<sup>11</sup> The criteria for consideration are as follows. First, for health, there is prevention and reduction of risk factors for chronic disease and mental illness. The elderly has access to preventive health services and effective treatment in a safe environment. Second, for participation, there are policies, programs on education, and training that encourage the elderly to participate in activities according to their needs and abilities. The elderly is fully involved in the political process that affects the lives of the elderly in the community. Third, for security, the elderly is socially, financially, and physically safe by stimulating preparation for the aging process in terms of health, social and financial matters in receiving social justice, helping the elderly in the areas to live when conflicts or crises arise, and providing income to support the elderly with low retirement income.

Lifelong learning is associated with life satisfaction, according to research by Oddi<sup>19</sup> classifying the personality traits of learning into three aspects as follows. First, proactive learning drive is consistent with internal characteristics of learners such as motivation, perseverance, self-confidence, self-worth, and self-efficacy. Second, cognitive openness emphasizes the ability of learners to adapt desire and open to the opinions of others openness to new knowledge to keep up with the changes of the current situation. Third, commitment

to learning was participation and enjoyment in the pursuit of knowledge. There is the enthusiasm to make the most of your free time. From the consideration of all three aspects, it was found that lifelong learning will help the elderly to understand life changes such as natural aging, social adaptation, participation in activities, and self-development resulting in satisfaction and capable of society.<sup>14</sup>

This research uses the framework of King and DeCicco<sup>16</sup>, Wongkini<sup>11</sup>, and Oddi.<sup>17</sup> The above statement suggests that the relationship between personal factors, spiritual intelligence, active aging, and lifelong learning may directly affect life satisfaction. The researcher summarized the relationship pattern of the variables to study, in the research as shown in Figure 1.

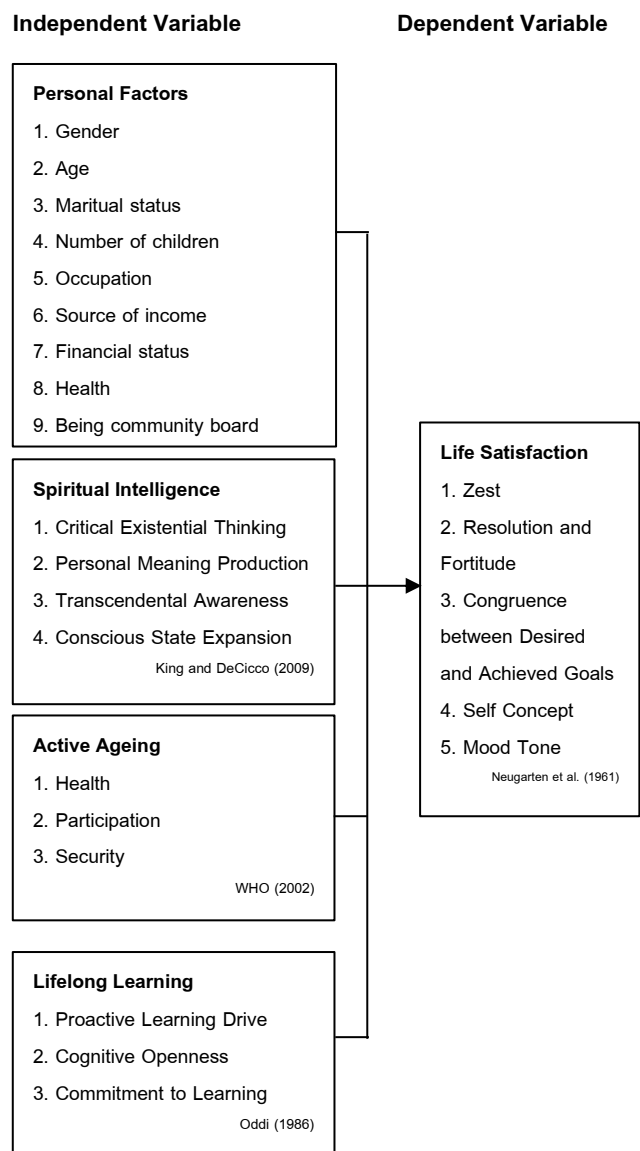


Figure 1 Conceptual framework.

## Methods

This was descriptive research studying elderly individuals in the Kuddinjee sub-district. There was a total of 872 elderly individuals in the sub-district. Sample size was based on Yamane formula. With a 95% confidence interval and a 5% sampling error, a total of 275 participants was required. Prospective participants were divided into 8 groups according to the 8 administrative areas of Kuddinjee sub-district municipality. In each area, participants were randomly selected with the number of participants proportional to the population size. To compensate for a 10% incomplete questionnaire, 303 participants were approached. In the actual data collection survey, a total of 300 people were recruited.

To be eligible, the elderly had to be 60 years old or older, be living in Kuddinjee sub-district, Na Klang district, Nong Bua Lum Phu province, and be willing to participate in the research. Participants with incomplete questionnaire were excluded.

### Research instruments

The questionnaire consisted of 5 parts as follows. The questionnaire was tested for internal consistency reliability in 30 elderly individuals with characteristics comparable to the participants.

The first part collected demographic characteristics of the participants including gender, age, marital status, number of children, occupation, source of income, financial, health status, and community board membership.

The second part assessing spiritual intelligence using a questionnaire based on King and Decicco's concept.<sup>16</sup> It consisted of 20 questions covering four areas of critical existential thinking, personal meaning production, transcendental awareness, and conscious state expansion. Response was a 5-point rating scale ranging from 1-lowest, to 2-low, 3-moderate, 4-high, and 5-the most. The questionnaire has a high internal consistency reliability with a Cronbach's alpha coefficient of 0.905.

The third part assessed active ageing using a questionnaire based on the WHO concept.<sup>18</sup> It consisted of 15 questions covering three aspects of health, participation, and security. Response was a 5-point rating scale ranging from 1-lowest, to 2-low, 3-moderate, 4-high, and 5-the most. The questionnaire has a high internal consistency reliability with a Cronbach's alpha coefficient of 0.872.

The fourth part assessed life-long learning questionnaire of based on the of Oddi.<sup>17</sup> It consisted of 15 questions covering three aspects: being an active learner, cognitive openness, and commitment to learning. Response was a 5-point rating scale ranging from 1-lowest, to 2-low, 3-moderate, 4-high, and 5-the most. The questionnaire has a high internal consistency reliability with a Cronbach's alpha coefficient of 0.902.

The fifth part assessed life satisfaction using the Satisfaction Questionnaire of Neugarten.<sup>19</sup> It consisted of 25 questions covering five aspects of zest, resolution and fortitude, congruence between desired and achieved goals, self concept, and mood tone. Response was a 5-point rating scale ranging from 1-lowest, to 2-low, 3-moderate, 4-high, and 5-the most. The questionnaire has a high internal consistency reliability with a Cronbach's alpha coefficient of 0.802.

### Ethical considerations for participant protection

This study was approved by the Ethics Committee for Human Study of Kasetsart University (Approval number: COA64/025).

### Data collection procedure

The researcher approached the community leaders for permission. Eligibility screening was performed. Prospective participants who met the eligibility criteria were informed about objectives, process and voluntary nature of the study. They could withdraw from the study at any time. Once a written informed consent form was obtained, the research asked the participants to complete the questionnaire in a private area. The self-administered questionnaire took about 20 minutes to complete.

### Data analysis

Descriptive statistics including mean with standard deviation and frequency with percentage were used to summarize demographic characteristics and study factors. To compare mean scores of life satisfaction with each of personal factors, independent t-test or analysis of variance was used. Pearson's product moment correlation analysis was used to examine the relationship between life satisfaction and spiritual intelligence, active aging, and life-long learning. Statistical significance was set at a type I error of 1% and 5% (P-value < 0.01 and < 0.05, respectively). All statistical analyses were performed using SPSS software program version 20.0.

## Results

Of the 300 participants, more than half were female (59.67%). Majority of them were in their 60 – 69 years of age (54.00%), were married (64.33%), had more than 4 children (41.11%), were retired or not working (43.67%), had income from their children (32.33%), had sufficient income (58.33%), had no chronic illnesses (50.67%), and were not on community committee (88.00%).

Life satisfaction scores regarding differences on these demographic characteristics were not statistically significant, except for the fact that male elderly had significantly higher life satisfaction than female counterpart (P-value < 0.05), elderly who were married had higher life satisfaction than those who were single, widowed, divorced, or higher life satisfaction (P-value < 0.01), elderly with savings had more life satisfaction than those with sufficient income and those with debt (P-value < 0.05 for both) (data not shown).

For **life satisfaction**, the elderly had overall life satisfaction at a relatively high level with an overall mean of 4.10 points and 4.10 points for zest, 4.09 points for, 4.11 points for, 4.12 points for self-concept, and 4.08 points for mood tone.

For **spiritual intelligence**, the overall mean was 4.04 points. For each aspect of spiritual intelligence, mean scores were relatively high with 4.08, 4.03, 4.05, and 4.01 points for critical existential thinking, personal meaning production, transcendental awareness, conscious state expansion.

Overall and every aspect of spiritual intelligence was significantly positively related to overall and very aspect of life satisfaction (P-value < 0.001 for all) (Table 1).

**Table 1** The correlation coefficient between spiritual intelligence and life satisfaction of the sampled elderly (N = 300).

Spiritual intelligence	Life satisfaction					
	Zest	Resolution and fortitude	Congruence between desired and achieved goals	Self-concept	Mood tone	Overall
Critical existential thinking	r 0.458*	0.481*	0.439*	0.505*	0.492*	0.540*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
Personal meaning Production	r 0.529*	0.482*	0.504*	0.545*	0.593*	0.601*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
Transcendental awareness	r 0.469*	0.516*	0.535*	0.557*	0.584*	0.605*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
Conscious state expands	r 0.535*	0.573*	0.605*	0.613*	0.608*	0.667*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
<b>Overall</b>	r <b>0.582*</b>	<b>0.601*</b>	<b>0.612*</b>	<b>0.650*</b>	<b>0.666*</b>	<b>0.706*</b>
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001

\* P-value < 0.01.

For **active ageing**, the overall score was 3.95 by average.

For each aspect of active aging, they were relatively high with 3.95, 3.90, and 3.98 points for health, participation, and security, respectively.

Overall and every aspect of active aging was significantly positively related to overall and very aspect of life satisfaction (P-value < 0.001 for all) (Table 2).

**Table 2** The correlation coefficient between active ageing and life satisfaction of the sampled elderly (N = 300).

Active ageing	Life satisfaction					
	Zest	Resolution and fortitude	Congruence between desired and achieved goals	Self-concept	Mood tone	Overall
Health	r 0.442*	0.469*	0.446*	0.487*	0.493*	0.531*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
Participation	r 0.553*	0.548*	0.552*	0.541*	0.571*	0.628*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
Security	r 0.545*	0.554	0.552*	0.563*	0.603*	0.639*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
<b>Overall</b>	r <b>0.580*</b>	<b>0.590*</b>	<b>0.583*</b>	<b>0.596*</b>	<b>0.625*</b>	<b>0.675*</b>
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001

\* P-value < 0.01.

For **life-long learning**, the overall score was 3.83 by average.

For each aspect of life-long learning, they were relatively high with 3.82, 3.84, and 3.82 points for proactive learning drive, cognitive openness, and commitment to learning, respectively.

Overall and every aspect of life-long learning was significantly positively related to overall and very aspect of life satisfaction (P-value < 0.001 for all) (Table 3).

**Table 3** The correlation coefficient between lifelong learning and life satisfaction of the sampled elderly

Lifelong learning	Life satisfaction					
	Zest	Resolution and fortitude	Congruence between desired and achieved goals	Self-concept	Mood tone	Overall
Proactive learning Drive	r 0.510*	0.482*	0.487*	0.505*	0.541*	0.573*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
Cognitive openness	r 0.565*	0.555*	0.557*	0.596*	0.589*	0.650*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
Commitment to learning	r 0.531*	0.480*	0.494*	0.552*	0.554*	0.592*
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001
<b>Overall</b>	r <b>0.589*</b>	<b>0.556*</b>	<b>0.564*</b>	<b>0.606*</b>	<b>0.618*</b>	<b>0.666*</b>
	P < 0.001	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001

\* P-value < 0.01.

## Discussions and Conclusion

The researcher discusses the research results according to the objectives of the study as follows:

It was found that the elderly of different genders had different life satisfaction. The overall life satisfaction of the male elderly was higher than that of the female elderly. This

may be due to males in rural society had activities or working outside the home, discovered friends at the same age, and allowed meeting outside society. Physical, and mental development affects the happiness of male elderly. This is different from the female elderly in rural areas who tend to do family activities or have a career that can be carried out in a home or accommodation for the most part. So female elderly rarely meets, talks or socializes with friends of the same age. According to Akethong<sup>20</sup>, the elderly feel they are valued, and useful to their family members and are satisfied with their roles when helping their families. This is different from Aunkamol<sup>21</sup> which studied participation in social activities, self-worth, and life satisfaction among the elderly in Chatuchak, Bangkok and found no difference in life satisfaction regarding gender.

The elderly of different ages had no difference in overall life satisfaction. This may be because in the study area, culture and values towards the elderly are respected and loved by their children, making the elderly feel self-worth, self-esteem, and encouragement. When looking back, they feel proud of what they have done as self-fulfillment, and success in life. In line with Syed's psychosocial theory<sup>22</sup>, the elderly are the last stages of life. Older people who accept themselves that they have lived a good life and have done their best accept that they are older and will live happily and satisfied with their lives. As a result, the elderly of different ages had no difference in life satisfaction. Based on Aunkamol<sup>21</sup>, they found that the elderly of different ages had no difference in life satisfaction, which was different from Musiksirijirakun.<sup>23</sup> The study on the life satisfaction of the elderly found that the elderly of different ages had different life satisfaction.<sup>23</sup>

The elderly with different marital statuses had significantly different overall life satisfaction. The married elderly had higher overall life satisfaction than the single, widowed, divorced, and separated elderly. This is probably because spouses were the person who had the closest relationship with the elderly, unless one of them dies first or divorced or separated. Marriage gives a person love and understanding. This is consistent with Ghimire et al<sup>24</sup> who studied the life satisfaction of elderly patients with illness in Nepal. The study found that life satisfaction was positively correlated with marital status.<sup>24</sup> On the other hand, life satisfaction was inversely related to the loneliness. Kolosnitsyna et al<sup>25</sup> studied factors determining life satisfaction among the elderly in Russia. The study found that marital status was correlated

with the life satisfaction of the elderly, so the married elderly had higher life satisfaction than those who were single, widowed, divorced, or separated.<sup>25</sup>

The elderly with different numbers of children had overall life satisfaction significantly different, possibly because the elderly with children were loved. The warmth and respect of the children make the elderly feel happy, self-worthy, proud, and encouraged. Having children affects the economic and social support among family members. This is consistent with Akethong<sup>20</sup> who said that the elderly who have children have family support. Thus, the elderly with different numbers of children had different life satisfactions. However, Lapha et al<sup>26</sup>, who studied happiness and factors related to happiness in the elderly in urban communities in Udon Thani Province found that elderly with fewer children tended to be happier than those with many children.

The elderly with different occupations had no difference in overall life satisfaction. This might be because when the elderly got older, their body's capacity to work was not as full as when they were younger. Adjustment to work to suit increasing age or may not have a career. The elderly in the study area, although they do not have a profession, participate in social activities, and there are always activities for the elderly to participate in. In addition, most of the elderly have financial status and income that fits their expenditures. Therefore, the elderly with different occupations have no difference in life satisfaction. This is different from Pongsanae<sup>27</sup> which studied the life satisfaction of the elderly, Non-Sung Sub-District Municipality Elderly Club, Khun Han District, Sisaket Province, the study found that the elderly with different occupations and income sufficiency have different life satisfaction.

The elderly with different sources of income had no difference in overall life satisfaction, probably because most of the elderly in the sample had income from children and subsidies. Most of the elderly have financial status, and their incomes fit their expenditures. They can have the strength to maintain their health and buy enough necessities to meet their income. In addition, the study area is rural, so the cost of living is different from urban society, so the study elderly with different sources of income have no difference in life satisfaction. This is different from Pongsanae<sup>27</sup>, which studied the life satisfaction of the elderly. The Elderly Club of Non-Sung Sub-District Municipality, Khun Han District, Sisaket

Province, found that the elderly with occupations and the adequacy of different incomes. Similarly, Ghimire et al.<sup>24</sup> studied the life satisfaction of sick elderly in Nepal have a high ability to earn money.

The elderly with different financial statuses had different overall life satisfaction at statistical significance at the .01 level. This may be because seniors with high incomes tend to be physically happier, have more purchasing power than seniors with low incomes, and be able to save up according to their income. They were able to choose activities and hobbies that they liked and had financial security for themselves and their families. The elderly with different financial statuses had different life satisfactions, which was in line with Ghimire et al.<sup>24</sup>, who studied the life satisfaction of sick elderly in Nepal. They found that life satisfaction was positively correlated with high family income and earning ability, as Chen et al.<sup>6</sup> said, factors related to the satisfaction of the elderly included absence of illness, good financial status, non-conflict with senior citizens, and social role.

There was no difference in overall life satisfaction among the elderly with different health conditions, probably due to the number of elderly without underlying diseases that were not different from those without underlying diseases. Most of the elderly can accept that physical illness can happen. The body is impermanent and deteriorates over time. The elderly study with different health conditions had no difference in overall life satisfaction, which corresponds to Musiksirijirakun<sup>23</sup> that studies flexibility of family relationship participation in social activities and life satisfaction of the elderly in the elderly club, Bang Rak Phatthana Subdistrict, Bang Bua Thong District, Nonthaburi Province. They found that the elderly with different health conditions had no difference in life satisfaction, which was different from Kolosnitsyna et al.<sup>25</sup> Studying factors determining life satisfaction of the elderly in Russia found that healthy relationship with life satisfaction of the elderly.

The elderly with different community committee members had no difference in overall life satisfaction, probably because the study area shows that most of the elderly were not members of the community committee. The elderly did not play a role in the community committee or be a leader and working group. From questionnaire data collection, the study found that the elderly participated in various community-organized activities such as senior citizen schools, vocational training, agricultural knowledge training, and annual festival

participation. Therefore, the study of the elderly, who are members of the community committee is different. There was no difference in overall life satisfaction, consistent with Aunkamol<sup>21</sup>, a study of participation in social activities and self-worth perception. Life satisfaction of the elderly in Chatuchak district Bangkok found that participation in social activities was positively correlated with the life satisfaction of the elderly.

Spiritual intelligence was positively correlated with overall life satisfaction among older adults. and life satisfaction in each aspect was statistically significant at the .01 level with a correlation coefficient of .706, which was in line with the hypothesis. We can explain that the sample elderly understands the uncertainty of life. able to accept changes in the body, and when it's time to die as well, able to accept the loss that can occur when faced with various events, able to control the mind to be calm and able to live a meaningful life. Thus, spiritual intelligence was positively correlated with the life satisfaction of the elderly. This is consistent with Madhu and Prema<sup>8</sup>, who said that older people with spiritual intelligence will be able to adapt and able to live with wisdom, understanding, and balance on the outside, and within the mind to various situations, encouraging the elderly to have better well-being and satisfaction in life. This is in line with research by Munawar and Tariq<sup>28</sup> on the relationship between spiritual intelligence, religion and life satisfaction of older Muslims in Pakistan. They found that spiritual intelligence, religion, and life satisfaction in the elderly have a significant correlation. Another Reinsch<sup>29</sup> study was looking at the relationship between lifelong learning, emotional intelligence, and life satisfaction among older adults was studied in St. Louis, United States. They found that emotional intelligence was most strongly associated with life satisfaction, and Jafari and Hesampour<sup>30</sup> studied predicting life satisfaction based on spiritual intelligence and mental capital among older adults. According to the study, the components of spiritual intelligence and mental capital can significantly predict life satisfaction, to increase the level of life satisfaction, it is necessary to promote spiritual intelligence and mental capital.

Active Aging was positively correlated with the overall life satisfaction of the elderly and life satisfaction with a statistically significant aspect at the .01 level with a correlation coefficient of .675, which explains that the sample group of elderly people have self-care, physical activity, sedentary

activities, Relieve stress, participate in community activities, prepared to take care of your health that changes according to your age, be aware of your benefits, receive life and property safety protection from the community, and can ask for help when needed. Active aging was positively correlated with life satisfaction. This is in line with Wongkini<sup>11</sup>, who said that people have a good attitude towards the elderly. Will have power or behavior to prepare for the elderly in terms of health Security or security in life and involvement in social activities There was a decrease in depression and anxiety during old age and higher satisfaction with life upon entering old age. This is consistent with a study by Buedo et al.<sup>31</sup> studying an active aging program among seniors in a nursing home in Spain on its effects on psychological well-being and life satisfaction. Mean improvement in mental health and life satisfaction and is in line with the research of Marsillas et al.<sup>32</sup> studying whether being an elderly person with a functional condition affects life satisfaction in the elderly: testing a functional program found that the increased functional resulted in increased life satisfaction and performance status and life satisfaction were moderately correlated but had high predictive power.

Lifelong learning had a positive correlation with overall life satisfaction and life satisfaction of the elderly at the statistically significant level of .01 with a correlation coefficient of .666. The elderly sample group took the initiative to learn on their own. The sample group of elderly volunteered to participate in community-organized learning, thinking that they still had the potential to be able to learn and understand things. The elderly can follow up on new knowledge, follow up on news that happens each day, and follow up on knowledge that is beneficial to life, which is in line with the Institute for the Development of Non-Formal Education and Informal Education in the Southern Region<sup>14</sup>, which said that lifelong learning will help the elderly understand the life changes, including natural aging, social adaptation, participation in activities and self-development. It has resulted in the satisfaction and potential of society. This is consistent with research by Reinsch<sup>29</sup> that examined the relationship between lifelong learning, emotional intelligence, and life satisfaction of older adults. A study in St. Louis, United States, found that lifelong learning was associated with and Chaisena<sup>33</sup> studied the promotion of lifelong learning among the elderly in the northeastern region, revealing that the elderly needs lifelong learning promotion in mind, health, economy, and income.

The results of this study can be referred to studies of elderly living in rural areas of Thailand with similar social characteristics such as housing, customs, culture, lifestyle, and community activities as factors affecting satisfaction in life. Like this research are spiritual intelligence, power, and lifelong learning.

The strength of this research is to study the relationship between spiritual intelligence and satisfaction among the elderly in Thailand. Relatively few research studies in Thailand have been found. The weakness of this research is that the elderly in Thailand and abroad may have different social contexts. There may be restrictions on use. This research studies the context of a specific area that is only a part of Thailand.

The findings could be useful for future research. Spiritual intelligence was positively correlated with life satisfaction in the elderly. Therefore, the elderly should be encouraged to have relatively high or high spiritual intelligence. This can be done by encouraging the elderly to understand and accept physical illness as something that can happen. Things that happen in life are uncertain, and when illness can control their mind to be calm. In addition, the family of the elderly has the effect of promoting the spiritual intelligence of the elderly by supporting and giving them opportunities to the elderly to create new ideas that are useful in life. Have a life plan and solve problems in everyday life when the elderly is spiritually intelligent, elderly will be able to adapt and live with wisdom, understanding, and balance on the outside and within the mind to various situations, encouraging the elderly to have better well-being and have life satisfaction.

Active ageing had a positive relationship with the life satisfaction of the elderly. We should continue to encourage the elderly to have relatively high or high levels of energy, and this can be done by encouraging them to prepare themselves for entering the elderly working age. There is a preparation plan in all three areas: health, having annual health check-ups, taking care of their health regularly from working age to senior age, including exercising regularly, eating nutritious food suitable for age. In addition to taking care of physical health, mental health is also important. There must always be activities that relieve self-stress.

As for the participation of the elderly, even though some people are getting older, some are not professionals. They can participate in activities organized by the community or be



elderly committee, and community volunteers. Participating in activities regularly will affect the mental state of the elderly to feel self-worth, be happy in participating in activities, or talk to people of the same age and security. The elderly should have a financial plan from the working age to achieve financial stability. In addition, the housing must be prepared to suit the increasing age for the safety of life.

Lifelong learning was positively correlated with the life satisfaction of the elderly. Therefore, it should continue to encourage the elderly to have lifelong learning at a rather high level or high level. This can be done by encouraging the elderly to feel that they still have the potential to learn and understand things, providing access to new sources of beneficial information and knowledge. In addition, the family also contributes to the promotion of lifelong learning for the elderly by teaching and giving advice on the use of communication tools or information retrieval tools for the elderly, and the community can promote lifelong learning of the elderly by teaching and learning in senior schools and organizing training such as agricultural knowledge, and vocational training. After completing the training, there are awards announcements for the elderly to encourage and to encourage the elderly to have self-esteem.

The limitations of the research were 1) Research related to spiritual intelligence in Thailand, which was found only in ages other than the elderly. 2) Physical limitations of some elderly such as blurry eyes, can't hear, can't read, can't to write. 3) Unable to modify the data collection format due to limitations of the elderly in the area in accessing or using technology. 4) During the COVID-19 situation, causing Difficulties in data collection, coordination, and restriction of people entering and exiting the area resulted in data collection, being inconsistent, and taking longer.

Other personal factors that may affect satisfaction should be studied, such as personality traits, housing characteristics, social roles, etc. Other variables that may correlate with life satisfaction, such as health quotient, digital quotient, and public mental behavior, should be studied. To obtain more useful research results for the development of the elderly, research studies on spiritual intelligence, active aging, lifelong learning, and life satisfaction among the elderly in other provinces or regions should be studied to be a guideline to promote satisfaction in the elderly comprehensively. A qualitative research study on spiritual intelligence, active aging,

lifelong learning, and life satisfaction of the elderly should be known to provide in-depth, comprehensive information on these variables and to be useful and continue to promote the elderly.

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