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The main components of a non-formal education program using neo-humanist moral principles to enhance ethics in caring the elderly for the foreseen aging society

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Abstract

Change in population structure would cause social problems, particularly in the foreseen aging society will directly affect the elderly in the near future. Most senior people will meet degenerative changes including physical, psychological, emotional and social resulting in health problems. The social change from extended family to single family and health problem cause the rapid growth of elderly caretaker career. Nursing care to seniors nowadays are various problems and conflicts between elderly caretakers and the elders especially ethics in caring the elderly. The purpose of this research is to develop a training program to enhance ethics in caring the elderly and to study the effects of the training program. The design of this research was qualitative study, which data were triangulated by attending class of training, reviewing literature and depth interviewing. The result showed that the program by using Boyle’s non-formal education model (1.Determine service customers 2.Identify content of the subjects 3.Design leaning methods 4.Implement the education activity plan 5.Evaluate the program) combined with 10 elements of Neo-humanist moral principles (1.Ahimsa 2.Satya 3.Asteya 4.Brahmacarya 5.Aparigraha 6.Saoca 7.Santosa 8.Tapas 9.Savadhyaya 10.Isvvara) was suitable. In conclusion, it appropriates for training in ethics of caring the elderly due to the flexibility, diversification, timelessness and calmness. Furthermore, the universal love will be a sustainability of ethics in caring the elderly.

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1. Introduction

The impact of demographic change is bringing the negative social impact, especially on health issue. Based on the National Office of Statistic (2008), it stated that the elderly-age trend is increasing. The labour age people will have to take responsibility and care of the elderly people more. Finally both the elderly-age and labour age will be weak. Some elderly people will possibly be abandoned finally. Besides, the nation will encounter the situation of increasing overpaid for health because the majority of elderly people encounter the negative physical, mental, and social changes, especially the negative changes on their health (Banlu Siriphanich et al., 1988) such as problems on their food chewing, loss of hearing, loss of eyesight, weak bone, back pain, joint pain, and so on (Amphorn Otrakul, 1995). Also the chronic illnesses were found in the three quarter of the elderly people (Nimnual Sirichard, 1998). The nursery for elderly people is facing diverse of problems; for instance impolite care takers and money stealing. The study of Duanghatai Oibamrung (2012) on “Problems Found in Opening the Nursery Delivery Service” found that many officers neglected their duties. Many petitions to the Committee of Consumer Consumption Protection were found for example; the broker fee was collected in advance and then the contracts were broke, care takers stole properties or money from the customers, care takers lied and disrespected the customers. The results of this study are similar to the information from the Committee of Consumer Consumption Protection that was shared the statistic of petition on care takers for elderly people in the seminar on “The Problem Solving of Delivery Services on Elderly Nursery and Care Takers Providing”. From 2005-2007, there were 157 petitions to complaint on the 44 care taker service entrepreneurs. This number seems to be not many, but in reality there are many cases that not submit the petitions. The entrepreneurs charged around 6,000-8,000 THB from the customers before they look for the care takers for customers. In reality, there are many cases negatively happen to the customers for instance the care takers lack of nursery services and not able to take care of the employers. Some care takers requested to go home with the improper reasons. When the customers contact the brokers or entrepreneurs, some high responsible brokers send new care takers; some not even pay attention on the customer request or even no refund to customers. For the latter case, when customers contact the Ministry of Commerce they found out the those brokers of entrepreneurs never registered with government. There are many underground entrepreneurs fraud the customers. Dr. Siriphan Vetchprasit, the Director of Piyamint Kunaraka mentioned that many training centers on care taking, child nursery or elderly people nursery were setting up without the quality control or any standardization by the government. This is one reason of no harmonization or standardization of the effectiveness of care takers. Some entrepreneurs not even provide the training for care takers before sending them to perform duties. This leads to many problems for instance; not be able to use equipment, not be able to take care of customers, and not enough patience. Some child or elderly customers have different thoughts and behaviors, some even get sick; so the care takers need to have basic knowledge of first aid providing (Manager Online Newspaper, 2007).

According to the information mentioned above, this is showing the dramatically declines of ethic relationship between nursery providing and customers or patients. The nursery service become business matter and increase more ethic problem (Sivali Sisilai, 2005). This phenomenon reflect the education management which emphasis on transferring the vocational knowledge rather than the ethic development as well as the mental and wisdom development among learners. The motto of the Education Act 1999 is “Dual Learning of Knowledge and Morality". In article 23 of the Act mentioned both formal, informal, and non-formal education have to emphasis the development of knowledge, morality, learning process which suitable for each level. Even though the education institutes intend to teach more about morality but still the more violence problem on this issue are found. The problem of patients is more complicated due to the serious illness and the treatment process, so taking care of these people need more professional effectiveness and morality strengths. Currently there are more concerns on the effectiveness and efficiency, cost even in terms of human resource, budget, timing, other resources, so the indicators if quality control of this service have to cover physical, mental, social and spiritual of the patients. The type of service will be more open in terms of more participation between patients and their relatives to be able to get enough information, to take care of patient, as well as to follow-up the improvement of treatment and decision making at all levels. Especially, the concept of integrated treatment is getting attention from people. This concept provides chance for patients and their families to examine and follow-up the quality and accurate treatment. The quality control or quality assurance is time consuming and also the rapid cultural changes in Thailand indicate that building the occupational morality for elderly care and treatment will be one option to cope with this situation. The occupational
morality will inspire care takers to realize about the significance of their career and love all lives in this world. During the past few years, there were researchers, and many stakeholders studied about the Morality in Elderly Care Takers, especially the study of Komsan Kaewraya(1997) focused on Personal Factors and Capacity to Live in Daily Life of the Elderly Person: The Relation of Care Takers to Elderly Person and the Stressfulness. This study applied the multi-variables to forecast the stressfulness as care takers of elderly people in the Municipality of Petchburi. There were 210 samples were selected by the multi-stages random sampling method. The research tools are questionnaire about capacity to live the daily life of elderly people and the relation of care takers and elderly people. The research found that: 1. Elderly care takers got stress in performing their roles at the low level in every aspects2. Age of care takers and capacity to live in daily life of elderly person; and the relation of care takers and elderly people was inverse affecting the stressfulness of performing care taker role 3. Relation of care taker and elderly person, capacity to live the daily life of elderly person, and age range of care takers were able to forecast the stressfulness from performing the care taker role. Based on the findings of many researches, the problem of moral or ethics declining among care taker of elderly person is very significant and it also provides negative influence to other problems. Accordingly, this study aims to enhance the ethic or morality in taking care of elderly people by applying the concept “Morality of Neo-Humanist”. The aim of this concept is to bring animals, human, and all lives to live peacefully under the same origin of this universe (P.R. Sarkar, 2006).

1.1. Objective

To analyse the main components of a non-formal education using neo-humanist moral principles program to enhance ethics in care takers for elderly people caring

2. Methodology

The design of this study was qualitative study, which triangulated rapport data by literature reviewing, class for elderly care taker attending and depth interview to develop the program to enhance ethics for elderly care takers. The steps of the study were

Step1 the study by literature reviewing for care takers of elderly people, the research population were documents, article, textbook, and thesis relating to the issue of education program development based on the Neo-humanist’s morality principle in taking care of elderly people (during 20 years range, 1993-2013).

Step2 the study by intensive course of elderly care taker attending at Tropical Medicine Hospital, Mahidol University, Bangkok, Thailand for 3 months, the observation and experience data were collected.

Step3 the study by depth interviewing, the research population are divided into 3 groups: 1) Senior academic will be interviewed to examine the appropriate developing of non-formal education program based on Neo-humanist’s morality principle2) Target population including care takers to take care of elderly in the villages all over Thailand (altogether 30 representatives from 2 provinces of each 4 regions were selected) and 3) elderly caring specialists.

3. Result

From literature reviewing:

The principle of Neo-humanist is able to enhance and develop capacity of individual to increase and sustain their mental health. This concept was firstly initiated by P.R. Sarkar – a Great Yogi from India. He applied the Yoga, meditation, and praying to set the good environment encouraging human to pull their high capacity out as a completed human beings work and live peacefully as well as have the physical, mental, spiritual balance and academic efficiency. Besides, Neo-humanist concept emphasizes on thinking, using words, and acting to bring happiness to the other (Kiatiwan Amatayakul, 1987). Organizing activities based on Neo-humanist concept can be classified into 4 steps: To slowdown the brain wave, to emerge the brain cell, self-image and love sharing, friendly atmosphere and respect each other, self-confidence and the friendly environment for discussion (Kiatiwan Amatayakul, 2003). The major principles of Neo-humanist are based on the following morality: spiritual and physical practices with the realization of the universe. The theorists of this concept believe that these practices will
bring peace to every life in society. Neo-humanist concept is including Yama and Niyama principles. Yama means the self development to live with others comprising of: 1) no bad intention to other lives 2) using words, phases, and action with the intention to bring benefit and happiness to others 3) not think or act to grab belongings of others to be ours 4) good treat to everything we are involving as if they are the beauty in different materials, and 5) live the simply life and share the surplus in live with others. Niyama means principle to develop physical and spiritual balance of human comprising of: 1) to cleanse body, mind and environment 2) keep ourselves away from anxiety, but live with relaxation and peaceful mind 3) neglect self-comfortable to help society or reduce suffering of the others without any expectation 4) clear understanding on what could improve our mind to have more love and mercy 5) getting good target of life through mind development and meditation. This will bring real happiness to body and mind (Kiatiwan Amatayakul, 1999). The morality principle of Neo-humanist is significant to enhance morality among elderly care takers because this career need high tolerance and high understanding that elderly person need love and care, in terms of body and mind (Nuntaka Suksumitr, 2010). Those who practice Neo-humanist concept will have positive thinking (Kiatiwan Amatayakul, 2003) and will be able to provide smooth, sympathize and understanding care to elderly person. This concept will encourage elderly person to life the rest of their life with well-being.

Learning by doing is the learning for problem solving. The current problems, works, or existing issue in organization will be presented, then the next step is problem identification, and the last step is planning for solving those problems based on possibility, existing resource, and responsibility of the group, reality, and real timing. In problem solving process, the significant method is asking for the root cause of that problem. Asking the root cause not aim to fine absolute answer immediately but try to dig deeper into the real root cause of problem. This process was done through analyzing the past experiences to find the root cause and seek for the new practical option to solve problem. In selecting the problem solving methods, team members need to cooperate their ideas and propose the options. This process could be done by focus group, discovery, and learning with each other. The most possible solution will be selected and the next step is planning in details how to solve problem as well as how to evaluate and monitor the process. The evaluation need to be done after implementing the problem solving in real situation, in order to improve and propose the best solution later on Marquardt (1999). Elderly care takers will be able to learn and apply their learning to solve problems.

The qualified elderly care takers must be person who has knowledge, capacity and develop proper skills to take care of elderly person (Schumacher and Meleis, 1994). Beside, good care takers need to have positive attitude and thinking to taking care of elderly person. They have to feel proud to take care of elderly person and have good relationship with elderly person (Komsan Kaewraya, 1997). At present the number of elderly care taker is very small. Hence, the Office of Elderly Person Promotion and Protection, Office of Welfare Promotion, Protection and Empowerment of Vulnerable Groups, Ministry of Social Development and Human Security implemented the project “Volunteer to take care of elderly person at home”. This project aims to promote the voluntary system to take care of elderly person which is the community mechanism to solve problem. The project provides training, and positive attitude activity to increase capacity of the volunteers. The volunteers need to apply knowledge, positive attitude and practices to take care of the elderly person who are disability, poor, and have been abandoned from family.

Education is significant to develop volunteer work with good skills and morality for taking care of elderly people. Providing education for volunteer to take care of elderly people at home need to be flexible. Content and curriculum have to relevant to the current problems and needs of volunteer. Accordingly the informal education is suitable and responds to the need of volunteer due to its flexible pattern. This is in accordance with Neo-humanist concept which aims to develop person to rely on their decision, self learning, and liberate from environment (Kiatiwan Amatayakul, 1990). The learning activities are designed under informal education concept to develop preferable skills, knowledge, capacity and attitude among the target group (Achana Rattana Ubon, 1997). Informal education is flexible, it can determine clear purpose, education pattern, timeframe, and proper evaluation methods based on the reality and needs of people involved. It emphasis on building the knowledge, morality, integrated learning process according to the different level of education. Most of the knowledge is about self-realization, relationship with society, knowledge and skills to work and live happy life (National Education Act, 1999).

Based on literature review about the morality building for elderly care takers and the study of Neo-humanist concept, researcher of this study aims to develop the informal education program by applying morality principle of Neo-humanist to enhance morality among the volunteer to be elderly care takers. Finally, the researcher also aims to
see the volunteer be able to apply methods and knowledge to effectively take care of elderly people. This will ensure the elderly people have well-being and satisfy the rest of their lives. The volunteers will increase more morality and take care elderly people with love, care, mercy and understand their situation well. This is one effective way to reduce social problems.

We concluded from literature reviewing to develop the program as figure 1.

Figure 1. Conceptual framework of training program to enhance ethics in elderly care takers

From intensive course of elderly care taking by experience and observation, the activities of elderly care taking for instance: nasogastric tube feeding, bed bathing, wound dressing, stool passing, urine voiding, carrying the elder showed that ethics was very important. The procedures were should not be invasive, pay attention to the consequence, respect to autonomous, think of rights, virtue such as honesty and mercy, not forget equality.

The learning activities should include learning by doing, role playing, simulating, and lecturing of reflecting to enhance ethics in elderly care taking.

The atmosphere in calmness was essential, so meditation and positive mind set making in the program should be included also.

The samples of learning activities are showed in the pictures as figure 2.
From depth interviewing, some statements are showed.

The elderly care taking teacher said “This occupation can earn a lot of money for you. You can afford your life and the tendency of dependence elder is increase, so you come to the right way. But you should keep in mind that this is a hard work. The endurance is very important and first of all giving the heart to this work comes before anything.”

The elderly care taking specialist said “Health is completely equilibrium relationship of physical, mental, social and spiritual well - being. The elderly has a degenerative of physical, mental and social health; you are on duty to help them. On the opposite the youth are strong but they should be have spiritual health to help other people especially the elderly.”

The elderly said “I don't want anything just someone to help me in some part of active daily life.”

The other elderly said “I feel happy when someone respect to me, and tenderly doing with me”’

The elderly relation said “I like elderly care taking who is honesty and has responsibility, because I trust to leave my parent with them.”

The caretaker said “It sometimes hard to me to manage stool passing and urine voiding, but I think It’s good to me to help people and when I am old, there will be someone to help me due to the way I done, It’s O.K.”

The other caretaker said “When I am tired, I go to meditation, listen to the soft music, and reflect of the life. After that I come to the situation, I can work on duty again.”

4. Discussion

The foreseen aging society will be the social problems in the near future due to population structure transformation. The old people will meet degenerative changes including physical, psychological, emotional and social resulting in health problems. The social change from extended family to single family and elderly health problems cause the rapid growth of elderly caretaker career. There nowadays are various problems and conflicts between elderly caretakers and the elders especially ethics in caring the elderly. The ethics in caring the elderly comprises of pay attention to the consequence, respect to autonomous, think of rights, virtue such as honesty and mercy, not forget of equality. From this research, data were triangulated by attending class of training, reviewing literature and depth interviewing. The result showed that the program by using Boyle’s non-formal education model (1.Determine service customers 2.Identify content of the subjects3.Design leaning methods 4.Implement the education activity plan5.Evaluate the program) combined with 10 elements of Neo-humanist moral principles consists of Yama (principles of practice to the other): 1.Ahimsa(kindness) 2.Satya(honesty) 3.Asteya(responsibility) 4.Brahmacarya (unity) 5.Aparigraha (simplicity) and Niyama (principles of practice to oneself) : 6.Shoaoca (cleanliness) 7.Santosa (acceptance) 8.Tapas (sacrifice) 9.Savadhyaya (understanding) 10.Iishvara Pranihama (spirituality) and action learning (1. Present problems 2. Determine and prioritize problems 3.Consider root cause of problems 4.Develop options to solve problems 5.Evaluate and select solutions 6. Solve problems)is suitable to enhance ethics in caring the elderly. The activities should be included nasogastric tube feeding, bed bathing, wound dressing, stool passing, urine voiding, carrying the elder by demonstration, doing, simulation, role playing and reflecting. The atmosphere is important, the meditation and positive mind set making should be included in the program too.

5. Conclusion

The program by using Boyle’s non-formal education model combined with 10 elements of Neo-humanist moral principles based on universal love and action learning is suitable to enhance ethics in caring the elderly. Because of its flexibility, diversification, timelessness and calmness. The physical, mental, social and spiritual of the care takers are essential as well as the elderly. 10 elements of Neo-humanist moral principles based on universal love leads to good health of care takers. Then the training program will enhance ethics in caring the elderly due to the good health of care takers especially spiritual health.
Remark

This is a part of “Development of a Non-Formal Education Program Using Neo-Humanist Moral Principles to Enhance Ethics in Caring the Elderly for The foreseen aging society” Research

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