

Planning For Intergenerational Recreation Program For Thai Elderly

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Abstract

Purpose: The purpose of this research was to explore attitude, behavior and needs towards recreation activities among Thai elderly and to find out the guidelines for Intergenerational Recreation Program for elderly. Mixed methods was used in this research consisted of the attitude and need toward recreation activities of Thai elderly survey collected from 470 Thai elderly and in-depth interview focused on 8 elderly and 8 children (age 5-12) of Muban Laem Thong Niwet to understand recreation participation behavior, interested and attitude towards intergenerational recreation activities. The researcher found that, the most popular recreation activity is the cultural special events 67.8% and the most wanted activity for elderlies to do is volunteer activities 31.5%. All elderly and children have a good attitude towards the intergenerational recreation program and want to be a part of the program. The suitable activities used in the program are the activities that the elderly and the young can have fun together and can improve all dimensions of holistic health including physical health, mental health, social health, spiritual health and also improve elderly's quality of life. The outcomes of the study were used as basic information and guidelines for establishing an intergenerational recreation program for elderly which suitable for Thai society. There are many studies in Thailand about a recreation program for elderly, but no study used the benefit of Thai culture and lifestyle that young children and old spend time together, to create a program before.

Keywords Intergenerational Activity, Recreation, Recreation Program, Elderly

Introduction

Old age is the age that is likely to have a risk of health problems. The World Health Organization (WHO) has defined the word "health" as a state of complete physical, mental, social and spiritual well-being. "Holistic Health" is a concept of health that sees all humans as "the whole people" or "life balance", so this total health is made up of interrelated and interdependent parts. They can't be separated because if any part is destroyed, the relationship between the parts is broken and imbalanced and will cause other parts to be destroyed as well. The health of a human being consists of body (Physical), mind (Mental and Emotional), Society (Social) and Spirit (Spiritual). If one element loses its function, it affects the other parts and affects the lives of those people as well (Kannika Panyawong and Panas Phrueksunan, 2012). Therefore, in the elderly, there are changes in various aspects in a way that deteriorates physically, including physical fitness, the reduction of work roles family on the social aspect the separation of their children as well as the deaths of those intimate people causing the effects on mental and spiritual health which are loneliness, worthless, lack of self-esteem and resulting in a decrease in the quality of life of the elderly.

"Quality of Life" World Health Organization defines the quality of life as an individual's perception of his or her life status (WHO, 2009) is a measure of a person's overall life satisfaction. It consists of 4 components of quality of life: (Department of Mental Health, 2002), Physical Domain, Psychological Domain, Social Relationships, Environment. Therefore, as holistic health deteriorates, it is not easy for those who have reached old age to live the rest of their lives with a good quality of life, thus it is a matter to focus on and take care. As statistics from the United Nations (UN) and the World Health Organization (WHO) showed that the aging population in many countries around the world is increasing rapidly and outpacing the growth rate of other aged populations, so the global society is inevitably entering an aging society. Thailand has already entered a completed aging society by 2021. The important thing is not to keep these elderly people living longer but how can these elderly people continue to live happily? They can help themselves and not be a burden to the family and community. Lastly, one thing that will help these elderly people have good holistic health and quality of life is recreational activities. Recreation can improve the health and quality of life of people of all ages, especially the elderly. Organizing recreational activities in accordance with the current living conditions of the elderly can contribute to the development of all components of holistic health. This is a challenge in which the concept of

recreational activities between the ages (Intergenerational Recreation Activities) are done together between two ages, usually young and old. This will bring about the value of recreation in a variety of areas while participating such as emotional development, social relations, self-worth (Soga et.al., 2017), and people of two ages, especially the elderly with kindergarten and elementary school children can also share their values with others of another age. Childhood is bright and energetic, it is making people at that old age come back to have energy and freshness again and the elderly also have knowledge and life experiences that can be passed on to childhood (Park, 2015). In addition, participating in the Intergenerational Recreation Program can enable them to re-engage in social activities and to feel connected and be a part of society and community again (Uhlenberg, 1996). Hence, it should be an activity that contributes to the development of holistic health in all aspects and has the effect on the quality of life of the elderly. Therefore, the researcher has developed an intergenerational recreation program to promote and develop the holistic health and quality of life of the elderly.

Literature Review

Elderly

Population ageing resulting from declining fertility and extended life expectancy has been occurring rapidly throughout the world. Older adults are faced with multiple physical, psychological and social changes that challenge their sense of self and capacity for healthy ageing. Gadudom (2018) state that older persons are a segment of population facing various changes. Physical changes, both in structural and functional of all organic systems, and mental changes, which are always related and connected with physical and social changes. Under new status of "retirement", older persons need to cope with lower income, no power as previous, in a complex way where this often creates pressure and mental problems. The change in social status leads to changes in habits and emotions. These could result in difficulties on how to belong to society and effect elderly quality of life. Family plays a major role in quality of life of older persons. It covers 4 dimensions. The first one is "Physical care" such as proper food, suitable cloth, safe and suitable place of living, good rest, proper equipment, and regular health-check. The second dimension is "Mental care" such as regular communication, take good care with suitable respect, taking out for site seeing at suitable places and events. The third dimension is "Social care" such as willing to support older persons to join suitable social events. The forth one is "Economical care" such as willing to be a

financial sponsor as regular support, no taking money from older persons. Older persons should feel equal and be part of social and family.

Elderly are at particular risk of social isolation. This condition significantly affects other dimension of holistic health; on the contrary, social involvement can be extremely advantageous. (Maruyama et.al.,2014) as mentioned in Eakapol Crause (2018) research found that the quality of life (QoL) of the elderly varied according to their social context and environment. The meaning and key domains of QoL were indispensable and could be categorized into four dimension: pride in living, physical competence and health, social interaction and activities, social participation and access to physical and social environment including cyberspace. There were two conditions that cause QoL among the elderly: internal and external conditions. To develop quality of live in elderly, we have to improve all dimension.

Jodie Butler and Joseph Ciarrochi (2007) investigated the influence of psychological acceptance (PA) on quality of life in elderly. A sample are 187 elderly from a home nursing service, a retirement village and various community groups. Average age was 78 years old with a range from 65 to 96 and manage measure of psychological acceptance and the Comprehensive Quality of Life Scale (COMQoL). As hypothesised, people higher in PA also had higher quality of life in the areas of health, safety, community participation and emotional well-being. In addition, individuals high in PA had less adverse psychological reactions to decreasing productivity. Interventions that increase PA may lead to improved quality of life and resilience amongst the elderly.

From research above shown that elderly are the stage that risk of poor quality of life and there are many components that effect elderly's quality of life. To maintain or develop their quality of life we need to organize activities or program to full fill their needs and recreation are one thing that can develop people quality of life.

Recreation

Recreation is the action of refreshing or entertaining one self through a pastime (Hurd, 2021) We know for a long time that it can develop people health and quality of life. For physical health, there is research found that recreation sport has beneficial effects on muscle strength, physical performance, and body composition, and is a potent activity to improve health in older adults. The research compared twenty older male regular recreation table tennis players (RTTP) and twenty age- and weight-matched sedentary participants (SP). Body composition (LM, lean mass; FM, fat mass; BMD, bone mineral density), physical function, and muscle strength were analyzed with dual-energy X-ray absorptiometry, short

physical performance battery (SPPB) and a hand-held dynamometer, respectively. The result found that, the RTTP had a higher elbow flexor, knee extensor and plantar flexor muscle strength than the SP. The RTTP had a higher total, regional (arm, leg and lumbar spine), and site-specific (trochanter and Ward's triangle) BMD, and a lower fat mass, in total and regional terms (arm, leg, and trunk) as well as percentage of body mass, than the SP. RTTP had a higher SPPB score and performed the 400-m walk in a shorter time than SP. (Naderi et.al.,2018)

State of California Resources Agency's research studied about the health and social benefits of recreation found that recreation activities and state recreation area can help people reduce degenerative disease. Physical activities can create people life goal. Both active and inactive recreation activities can improve mental health and emotion, reduce stress and depression, improve self esteem that can cause better holistic health. (Schwarzenegger et.al.,2005)

The benefit of recreation to develop Mental health, Therapeutic recreation can be an effective method to treat depression in elderly home care patients. Untreated depression carries an enormous risk and cost. Therapeutic recreation is an ideal psychosocial treatment for use in the home care setting because of its effectiveness and versatility. Certified therapeutic recreation specialists use various interventions such as poetry, music, and exercise as part of a treatment team. In addition to effectively managing depression, therapeutic recreation can be beneficial in reducing the effects of many concurrent physical conditions. (Johnson, 2000)

Roy Hunter and Mark C.Gillen (2011) studied about stress coping mechanisms in elderly adults found out that the most common coping responses were prayer, reading, watching television, listening to music, and talking to friends and family which are recreation activities. All the study shown that recreation is an important mechanism to develop holistic health and quality of life in elderly.

Intergenerational Recreation Activities

intergenerational program is the program which consist of the activities that improve interactions between different ages. Intergenerational program (IGP) in communities have been developed to address a variety of social issues brought about by the population ageing which focus on promoting intergenerational social contact, supporting educational programs, and facilitating intellectual and/or physical activities in the older adults. (Leong et. al.,2021) Over the past 40 years, there has been a growing trend for intergenerational initiatives worldwide. Intergenerational program (IGP) aim to facilitate cooperation and exchange among different age groups. The program involved artistic

activities, educational activities, health, open-ended activities, and the activities organized around a citizen's project. Concerning the benefits of IGP for children and older adults, some studies highlighted significantly differences in positive attitudes, behaviors, confidence, and competence for the children, and significant differences in mental and physical health, and quality of life for older adults. (Giraudeau et.al., 2019) Intergenerational activities can improve brain function, emotion, and social adaptation of elderlies (Park, 2014) Sakuma et al (2016) found out that there are many benefits of Intergenerational activities for elderlies and young children such as 1) Created Intergeneration Engagement 2) Intergeneration Relationship Building 3) Lifelong learning. As a research of Powers et al. (2013 as cited in Teater, 2016) founded that The university students who participate in Intergenerational exercises has better attitude towards elderly. And Hannon & Gueldner (2008 as cited in Teater, 2016) research found that children aged 6-12 years has better attitude toward elderly after participated in the intergeneration program for 9 hours. Also, Meshel & McGlynn (2004 as cited in Teater, 2016) found that the elderly has better attitude toward young children and higher Life satisfaction score after participated in school intergenerational activities for 6 weeks. Teater, (2016) examined the extent to which participation in an intergenerational program enhanced the perceived health and well-being of older adults. Older adults (N = 70) reported that their participation in the intergenerational program enhanced their confidence, self-esteem, and social skills, contributed to their emotional and overall health and well-being, and enabled them to learn about others and feel connected to their community. The study supports the promotion of intergenerational programs as an option for older adults to actively age.

Participating in the intergenerational recreation activities can also improve elderly mental health. A study about the effect of intergenerational program on the mental health of elderly adults evaluated an intervention research project in which volunteers age over 65 years old read picture books to children in a school setting. Eventually, 26 participants in the intervention group and 54 in the control group with not significantly different in age and gender between the intervention and control groups were included for data analysis. From the study showed that sense of meaningfulness significantly increased for members of the intervention group at all terms, with no changes in the control group over time. Multiple mediation analysis revealed that participation in the intergenerational program was associated with a sense of manageability which was also significantly related to depressive mood. We can conclude that Intergenerational programs could serve as key health promoters among elderly by decreasing the risk of social isolation and loneliness due

to the greater sense of meaningfulness. (Maruyama et.al.,2014) There is also a study about an Intergenerational Program to Promote Active Aging. Survey methodology using open and closed-ended questions examined the extent to which participation in an intergenerational program enhanced the perceived health and well-being of older adults. Older adults (N = 70) reported that their participation in the intergenerational program enhanced their confidence, self-esteem, and social skills, contributed to their emotional and overall health and well-being, and enabled them to learn about others and feel connected to their community. The study supports the promotion of the intergenerational program as an option for older adults to actively age. (Teater, 2016) And from a study about the impact of an intergenerational program on children and older adults found that, for children, Intergenerational program has positive impact upon children's perception of elderly. The effects on older participants were variegated considering well-being, depression, self-reported health, and self-esteem. Similar activities resulted feasible even in case of older adults with dementia. (Gualano et. al.,2018) One of the most important benefit of intergeneration program is to create the dynamic social interaction between two generation that can furfure develop elderly health and social skills. A study of older adults' perspective of intergenerational program at senior day care center in Singapore explores the perception of community-dwelling older adults towards an IGP in four themes (1) IGP enhances memory and strength; (2) social interaction between older adults and younger generation (3) emotional responses to IGP and (4) attitudes and perception towards the younger generation. The relationship formed between the two generations entailed companionship, mutual care, trust, and affection. Participation in the IGP provided the elderly an opportunity for active engagement in society and development. A significant physical, emotional, and psychosocial outcome could benefit the older adults and the younger generation. (Leong et. al.,2021) In conclusion Intergenerational programs are reported as one type of social activity that may promote active aging among older adults.

Materials & Methods

Study design & Participants

This research is a Mixed Methods Research (MMR). The objective is to develop an intergenerational recreation program that affects the holistic health and quality of life of the elderly. It is divided into 2 steps.

Step 1: To study the need for recreational activities among the elderly in Thailand by using a questionnaire. The sample group in step 1 is an elderly person living in Thailand, aged 60-75 years old, living a normal

life and having literacy. The number of samples using Taro Yamane's prefabricated table at a significance level of .05, a total of 400 persons were sampled, but a total of 470 actual data were collected including 235 males and 235 females. The researchers obtained stratified random sampling (Stratified random sampling) by the number of samples from the central provinces were collected from 5 provinces, 25 people per province, total of 125 people, in the north, from 4 provinces, 25 people in each province, total 100 people, in the northeastern region, from 4 provinces, 35 people in each province. a total of 140 people, the southern region collected from 3 provinces, 20 people in each province, a total of 60 people, and Bangkok, 45 people, totaling a total of 470 people. The researcher and research assistants took the questionnaire to collect data from community sources such as provincial parks or factories, provincial hospitals or using randomness.

Step 2 To develop an intergenerational recreation program for the elderly. This step is qualitative research by using the Focus Group method for the elderly and using an in-depth interview for children to discover information to develop an intergenerational recreation program that is suitable for the elderly. The survey from phrase 1 will be used to help the phrase 2 Group by using the Focus Group in elderly people residing in Laemthong Niwet community who had retired from work and had no other permanent job for 8 males, 4 persons age 60-65 years old, 2 persons age 70-75 years old, 4 females, 2 persons age 60-65 years old, and 2 persons age 70-75 years about the need for Intergenerational Recreation Program. This method was conducted at the Laem Thong Niwet Community Activity Ground by the researchers for approximately 1 hour.

Children who were key informants in the in- depth interview about the need for recreational activities with the elderly were selected from children living in Laem Thong Niwet community; both males and females, aged between 5-12 years, live in families with the elderly and families without the elderly, a total of 8 people, 4 males and 4 females. The interviews were conducted by the researchers at the Laem Thong Niwet community area and took 7-10 minutes each to collect the data. The data were analyzed by using content analysis methods and the data obtained from Step 1 and step 2 to create an intergenerational recreation program that affects the holistic health and quality of life of the elderly. The duration was 5 weeks, 3 times a week, 60 minutes each time. Then the recreational activities were divided into 5 groups as follows: Physical health activity group, mental activity group, intellectual development activity group, social activity group and emotional development activity group.

Instrument & Procedure

Step 1 is a questionnaire on attitudes and needs for recreational activities of the elderly, created by the researchers. It divided into 3 parts: Part 1 information on bio-social characteristics of the elderly, part 2 attitudes of the elderly towards recreational activities, part 3 the need to participate in Intergenerational Recreation Program which contains multiple-choice questions and 40 items of the 5-level assessment form and got the Index of Conformity (IOC) of 0.93 and the confidence value (r-value) of 0.97.

Step 2 The guidelines of questions to use in the group conversation for the elderly. The question frame consists of thoughts and feelings towards spending time with young people, activities that can be joined together with young people, interesting recreational activities, the convenience of the community in organizing recreational activities, the appropriate date and time to organize activities for children and the elderly to join together and an in-depth interview for children aged 5-12 years. The activities frame is about the children's free time experiences of living with the elderly, the feelings of spending time with the elderly, children's leisure time and convenient days for recreational activities, and interesting recreational activities to do with the elderly.

Data Analysis

When the researchers obtained the data from step 1 then analyzed the data by using statistical methods and the percentage value to create a conceptual framework in Focus Group and in-depth interviews. The method for analyzing data using content analysis methods to create a model of Intergenerational Recreation Program that affects the holistic health and quality of life of the elderly.

Ethical approval

Ethical approval for the study was obtained from the Research Ethics Review Committee for Research Involving Human Research Participants, Health Sciences Group, Chulalongkorn University, Thailand (079.1/2019). All participants were informed about the objectives of the research and provided informed consent prior to data collection.

Result

The general information of the sample of 470 people were elderly in the age range 60-65 or 52.5% were males (41.7%) and females (58.3%). Most of them are living with relatives 62.5% and the sample group 67.9%. not living with children.

The attitudes of the elderly regarding recreational activities. The elderly agreed at the highest level that participating in recreational activities made

them more active. Accounting for 48.2%, most are convenient to participate in recreational activities during 3:00 PM - 6:00 PM on weekdays, Monday - Friday, 43.2%. The appropriate time to participate in each activity should be 60 minutes at most, 46.5%.

The elderly had the highest desire to do recreational activities with their peers at the highest level (45.5 percent) and 35.5% of the elderly wanted to do recreational activities with young children (age 5-12 years) accounted for 27.6%.

Table 1: Recreational activities participation in percentage level Percentage of activity participation level

Experience and participation behavior recreational activities (Physical development activity group) Participating in the future	Participating the activities in percentage level		
	Participating in the past		Participating in the present
Physical development activity group			
1. Outdoor exercise activities such as jogging fitness, aerobics, etc.	28.3	42.8	11.7
2. Water sports activities such as swimming, boating, etc.	35.3	14.7	22.0
Emotional Development Activity Group			
1. Hobby activities such as watching television, reading books, collecting things, etc.	9.6	65.9	17.0
2. Cooking or baking activities such as healthy cooking, cake baking mixing drinks, etc.	17.4	37.9	30.5
Social Development Activity Group			
1. Traditional and cultural activities	9.8	67.8	15.7
2. Activities to join groups with the same interests	19.8	35.4	24.1
Intellectual Development Activity Group			
1. Reading or writing activities	18.3	45.5	21.3
2. Nature study activities	22.6	21.1	28.7
Mental development activity group			
1. Religious activities	9.6	61.8	18.3
2. Volunteer activities	17.1	31.3	31.5

From Table 1, the recreational activities that the elderly are most interested in participating in the future in various aspects are as follows:

physical development activities and the most physical activity was water sports 22.0%. The most recreational activity for emotional development was cooking or baking activity 30.5%. For the most social activities in social development was joining groups with the same interests 24.1%. For the most participating in recreational activities in intellectual development, the elderly were most interested in participating in the future were nature study activities 28.7%. For the participation in recreational activities in mental development, the most activity that the elderly would like to join the most was volunteer activity for 31.5%.

The results of focus group management of the elderly about the need for Intergenerational Activity, the participants in the discussion group commented on joining the activities with children aged 5-12 years. They said that for safety reasons, children are not allowed to play alone and adults must be present. ...most people in this village of Laem Thong, children and adults must live together because children are very active, so the adults have to sit and watch... However, they never do any well organized activities together due to lack of knowledge and leaders in organizing activities that both ages can do together in a fun way ...and they said they want to be able to play both children and adults at the same time and also to do an exercise and take care of the children too... ...If there is an activity like this, most of the members are interested and want to try and will think it is good... ...We agree with it... Activities that seniors are interested in doing with children in the community are often activities that they do on holiday regularly such as New Year and Children's Day activities. Other types of activities include easy outdoor sports, outdoor exercise, drawing I'd like to suggest the easy exercises and sports... ...this is also good; for example, they will draw by using English vocabulary... ...singing together or singing karaoke... For religious activities, they will pray or give alms together and listen to sermons ...find monks who are good at preaching and have fun preaching with children... There is also a dance ... It is good to dance with children... and have a group relationship to play games and tell stories to the children. ...Telling stories to your grandchildren is like teaching, sometimes they tell us, sometimes we tell then then they will sit and listen...Put us out of bored.... Also, the volunteer and donations activities...

For the children's in-depth interview, children who lived with grandparents experienced activities with the elderly and did not feel uncomfortable doing activities together. On the other hand, children who have no experience living with elders will not be able to express their opinions but both groups of children are interested in trying to do it and seeing it as fun but never had the opportunity before. ...I feel bored

because there are no fun activities, grandparents don't have free time... .. I want to play hide and seek and grandma and grandpa don't play with me, thus if we try to do activities together...it would be good... Interesting recreational activities to do with the elderly such as telling the elderly stories or doing some skills for teaching various sports, dancing, drawing, and practicing life skills such as doing housework, cooking. ...When I visit my aunt, 60 years old....., most of them teach me to read, teach school work and do homework together... .. Me and my grandmother usually don't do anything together but cook... Finally, a challenging and fun activity in the minds of children when working with adults is playing various games. The time when the elderly and children can do activities together must be out of school hours or after school or holidays. The community members agreed that it should be Friday, Saturday, and Sunday after 4:30 PM and the activities can be completed no later than 19:00. ...The time that can be done is in the evening after school and holidays as well. Friday, Saturday, Sunday starts at four o'clock or half past four. Let's finish it no later than 7 PM...

From the two phases of the research, the first phase was the study of the need for recreational activities among the elderly in Thailand and the second phase was the discussion of the elderly group and from the in-depth interviews with children, so the researchers came up with a guideline for the management of recreation programs between 10 weeks, 3 times a week, 60 minutes each time, the time when children and the elderly are convenient to join the activities together is Friday, Saturday, Sunday from 5:00 PM - 7:00 PM.

However, both children and the elderly must be arranged to interact with each other in order to make adjustments in learning and exchanging experiences and mutual thoughts. Therefore, activities that can be organized into groups are as follows:

Physical health development activities were organized in a total of 8 sessions consisting of Yoga and stretching, Cover Dance Tai Chi Brain Based Activities, elastic exercise, and organizing sporting events.

Mental health development activities were organized 12 times. Stringing beads, drawing, cooking, singing, and acting game

Social health development activities organized 6 times, consisting of game group activities, walk rally, dancing project together with the community party.

Spiritual health development activities are organized 4 times, consisting of Neo-Humanist Activity, service activities, religious activities, and contests.

Discussion

This research found that the majority of elderly people in Thailand have a good understanding of the value and necessity of recreation activity. They understand that recreational activities can make them more active, help to slow down the degeneration of the brain and make the elderly relax. In addition, recreational activities can increase social opportunities for older people and make them feel self-worth. (Karnjanakit,2014) [7]. The family in this era is often a single family with only father, mother, child or adult who do not have a family and still live with their parents, this may be the reason why today's elderly people are abandoned during the day. This is the time when people in 2nd generation who are in adulthood have to go to work outside the home, resulting in loneliness, a chance to have mental problems as Phra Maha Phuen Kitisobhano et al. said that the structure of Thai families has changed from the past as the size of the family is smaller from the former, an extended family to a single family. This situation reduced the support and psychological care among family members (Phuen Kitisobhano, 2017) [8]. Therefore, in order to improve the quality of life of the elderly, the researchers used recreational activities to organize a program based on the concept of intergenerational recreation (Intergenerational Recreation Program) which is a recreation activity done together between people of two ages, often in childhood and the elderly, in order to obtain the characteristics of recreation that are suitable for the lives of Thai people and give more value. General recreation programs such as emotional development, social relations, self-worth (Masashi et.al., 2016) [4] will result in the elderly adjusting in many aspects resulting in the development of complete holistic health. All aspects are physical health, mental health, social health and spiritual health as Andrea J. Fonte Weaver et al said that recreational activities between the ages are valued to the elderly and it is different from other types of activities. [9] It can improve elderly's health and wellbeing, help elderly to keep up with modern and global trends, develop elderly's body, intellect and creativity, improve the functioning of the brain in aspects of feelings of isolation, emptiness and loneliness diminish, increase opportunities for social participation and make fun. This study also found that older adults are more interested in transferring their knowledge and experiences to both same age and younger group which will make the elderly feel valued, proud and important again.

For the children themselves, this study found that they have no experience of engaging in a patterned activity with the elderly before. Therefore, if children have the opportunity to participate in activities with the elderly since an early age, children will understand and have respect for the elderly and learn live knowledge from the elderly, as Andrea J. Fonte

Weaver et al. have discussed the benefits of intergenerational activities for children as follows: learned the value norms and the right responses to older people with different backgrounds in the society, developed skills in working with the elderly. This is an opportunity to learn that the elderly were formerly children who had interesting life experiences that could be passed on as lessons. Learned the truth of life cycle and nature and learning in an environment outside the classroom (Fonte et al., 2018) [9]. It was found that the elderly and children in Laemthong Niwet community were interested in participating in the program but had not been actively participating in the activities that the elderly engage with children yet. Therefore, this intergenerational recreation program is organized according to the interests of both children and the elderly. It consists of group activities to improve physical health, mental health, social health and spiritual health. It will be a recreational program between two ages that will affect both the holistic health and quality of life of the elderly.

Conclusion

This intergenerational recreation program is in accordance with the lifestyle of Thai people that working parents tend to leave the elderly to take care of their children. It is the nature of children and the elderly to be able to fulfill each other. The government can use it to create an active aging for Thai elderly. To use this program with other communities have to modify the program to fit their differences. This intergenerational recreation program is therefore a new form of recreation that will effectively help the elderly improve their holistic health and quality of life.

Conflict of interest

There is no conflict of interest in this study.

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