

Abstract

Research topic : Thai Traditional Medicine Diabetic Health Care of Older Adult

Attitudes Donmanora Bangkhonti District Samut Songkhram Province

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The objective of this research is to study the attitudes of the Older Adult towards using Thai traditional medicine to take care of diabetic health in the Samut Songkhram Province. The samples and population are selected from 123 members of the Older Adult Club for Health Promotion in Baandonmanora Sub-district, Bangkhonti District, Samut Songkhram Province. The research methodology is through interviews and the research instrument is using questionnaire for a period of 2 months. The exploratory data are analyzed and presented statistically in percentage, average, and standard deviation. From the studies it was found that the attitudes of taking care of the health by using Thai traditional medicine is in both physical and spiritual with the attitude of mostly agreeing to the positive results. As for the attitude of yoga posture of 'ruesridadton', meditation, retreat and consuming local foods and vegetables, herbal food, herbal tea including the cognition of the negative results of consuming fried, grilled and smoked food as well as food with very sweet taste.

Key words: Attitude, Older Adult , Thai traditional medicine, diabetes