

Integrating Quantitative and Qualitative Insights: Addressing Mental Health Challenges Among Thai Elderly Living Alone in Bangkok

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Abstract

This research investigates at how living conditions affect the mental health of Thai elderly people who live alone in Bangkok. This research uses a mixed-methods approach. A survey of 64 participants found that the important factors that affect mental well-being, such as living arrangements, social support, financial stability, and access to healthcare. Most participants emphasized that home modifications and community engagements can improve their quality of life. In-depth interviews revealed key findings, such as the reliance on spiritual practices and community centers as coping strategies for loneliness, distrust in formal mental health services, and emotional struggles related to aging and isolation. A very important finding is a strong desire for aging in place, even though there is concern about safety and accessibility.

This study emphasizes the interrelationship of social, psychological, and physical factors in shaping mental health outcomes. The results suggest the need for culturally tailored interventions, including enhanced social networks, improved housing designs, and accessible mental health support systems. These findings contribute to a better understanding of the challenges faced by the Thai elderly and provide some practical recommendations which may improve their mental health and quality of life.

Keywords

Living environment, mental well-being, aging-in-place, Thai elderly, quantitative and qualitative integration.

