



The Psychological Well-being of People in Samakkee Community, ThungKhru District, Bangkok

Wipawee Iemworamate¹ and Riruegrong Ratanavilaisakul²

^{1,2}Social Sciences and Humanities Department, the School of Liberal Art

^{1,2}King Mongkut's University of Technology Thonburi, Thailand

¹E-mail: wipawee.iem@kmutt.ac.th, ²E-mail: riruegrong@gmail.com

Abstract

The objectives of this paper was to study the level of psychological well-being of people in Samakkee community, ThungKhru district and its affecting factors. This study was the basic information of the community to develop people's qualities of lives. The examples were people from 84 households living in Samakkee community, ThungKhru district. The tool used in this study was a set of questionnaires containing 70 questions. It consisted of (1) 19 questions about background information of the samples (2) 12 questions about environmental well-being of the samples. (3) 9 questions about physical well-being of the samples. (4) 15 questions about social well-being of the samples and (5) 15 questions about psychological well-being of the samples. All questions were 51 choices rating scale ranging from 0=do not show behavior to the maximum of 5=do the best. This questionnaire had the reliability of 0.881. Data regarding factors that affect psychological well-being of people in Samakkee Community analyzed by using multiple regression analysis. The results showed that the subjects have psychological well-being in good level. Factors affecting the psychological well-being which is statistically significant at .01 level were environmental and social well-being. Approximately 69 percent of all these variables can indicate psychological well-being level of people in Samakkee community.

Keywords: Environmental Well-being, Physical well-being, Social Well-being, Psychological Well-being.



1. Introduction

Samakkee or Samakkee Bumrung community is one of the 29 communities of Bang Mod sub-district, ThungKhru district, Bangkok. The community is founded in 1972 and located in Soi Pracha Uthit 69.

Back in 1972, the community was still small and the people stayed in the area temporarily rather than establishing permanent settlement. The houses were then built for temporary usage. Due to its suitability for growing orange, the first settlers in the area are mainly orange growers who rented the land for orchards. The first migrants to arrive mainly migrated from the suburbs of Bangkok. By 1992, the infrastructure in the area began developing. Currently, the community houses an estimate of 875 members including 323 men, 552 women with a total of 167 households and 215 families (ThungKhru District Office, Bangkok, 2008). Eighty percent of the population is Muslim while the remaining 20 percent practice Buddhism and other religions. The main occupation of the community members includes freelancing, trading, and self-employing. The average monthly income of members is approximately 10,000 baht while level of education in the community ranks from uneducated to a bachelor's degree (Community Data Management Unit, 2009). Religious institutions in the area includes a Buddhist temple, Wat ThungKhru, and an Islamic mosque, Marion. Issues that the community is facing include illegal drugs, slum, mosquitos, gamble, litters as well as smoke and noise pollution.

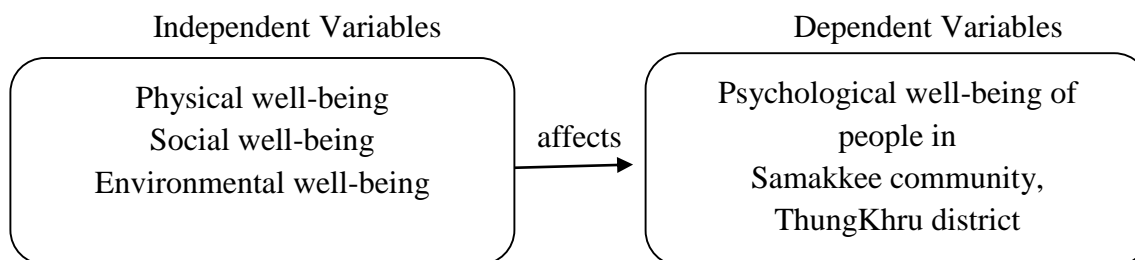
In 2009, Community Data Management Unit, School of Liberal Arts, King Mongkut's University of Technology Thonburi conducted field survey and collected data from 38 households, which equals 60% of all household, in Samakkee community. The survey illustrates that the average number of members in each household equals 3-5 and that approximately 53% are female. The majority of the members are Muslims and their average educational level is primary school. The community's average income ranges from 5,001-10,000 baht per month. Main occupations are independent contractor and most of the members do not have extra job. Common chronic diseases among the members include hypertension and asthma. The community members engage in gambling and smoking at a moderate level. As for savings, the research found that 42% of all households have savings while 20.9% have over 15,000 baht of debts. The majority of the residents have been living in the community for approximately 11-20 year. As per housing, 57.9% of all the houses are rental houses and 52.6% are detached two-storey houses. In terms of environmental security, 63.2% believe that their security is at a medium level, 47.4 % believe that they suffer from litter, 28.9% believe that are disturbed by the noise, 44.7% suffer from traffic jam, and 42.1% suffer from dust and smoke pollution. As for, community activities, 60.5% agree that the community has no activities that promotes health and well-beings of the community members, 50.0 % thinks there is no activity that promotes accident/disaster protection, 55.3% points out that there are no activity for the elderly, 50.0% agree that there are no activity which promotes antitheft, and 55.3% agreed that there was no activity which supports the disadvantaged (Community Data Management Unit, 2009). Due to these, the researcher is interested in studying the psychological well-being of people in Samakkee community, ThungKhru district, as a basis to further improve the quality of life of the people in the community.

2. Objectives

1. To study the level of physical, social, psychological and environmental well-being of people in Samakkee community, ThungKhru district, Bangkok.
2. To study the factors affecting psychological well-being of people in Samakkee community, ThungKhru district, Bangkok.

3. Research Framework

The term "well-being" means a human's state of being physically, mentally, and socially sound in the secure environment (preaw prawn, 2011). Phra Paisal Visalo (source: http://www.visalo.org/article/health_sukapabkabMiti.htm) believes that psychological well-being is intimately bound to the physical health of an individual as well as the society and the environment such individual lives in. A person's psychological issues may affect his social relationship with others and he may become ill without a known physical cause. Therefore, a person with psychological well-being needs to have sound physical well-being along with friendly social and environmental factors. The study outcome from the research on the physical, social and psychological well-being of people in Prachauthit76community, ThungKhru district conducted by Riruengrong Ratavilaisakul (2014) indicates moderately positive correlation between psychological well-being and physical and social well-being. In additional, Somchai Jakkrapan (2015) found in his study that the psychological well-being of a person is inseparately linked to the environment psychological well-being often swings according to the situation. Benign environment brings peace of mind while polluted environment may cause distress and result in mental disability. Therefore, the genuine quality of life of an individual is a result of healthy mental state, healthy body, relationship with others and safe environment (Riruengrong Ratavilaisakul, 2011). Based on these, the researcher formulated the framework of the research as follows:



4. Method

4.1 The target population consists of 167 households in Samakkee community, ThungKhru district. The sample subjects includes 84 households in Samakkee community, 50% of the target population (Teeravut Ekkakul, 2000).

4.2 The instruments used in the study include a questionnaire of 70 questions: 12 questions in regards to general information of the respondents, 7 questions about the healthcare of the respondents, 12 questions about environmental well-being in the community, 9 questions about physical well-being, and, finally, 15 questions about social well-being. The questionnaire has the reliability value of 0.881.

4.3 The researcher collected the data between September-October 2014 from a representative from each of the 84 households.

4.4 Data Analysis:

4.4.1 Basic data from the subjects: analyze using frequency distribution and percentage.

4.4.2 Data on environmental, physical, social and psychological well-being: analyze using mean and standard deviation, while also applying Multiple Regression Analysis to analyze the factors influencing the psychological well-being of people in Samakkee community, ThungKhru district, Bangkok.

4.5 Interpretation of data: The researchers divided the rating scales as followed:



The average score of	0.00	to	0.99:	poor
The average score of	1.00	to	1.99:	low
The average score of	2.00	to	2.99:	fair
The average score of	3.00	to	3.99:	good
The average score of	4.00	to	5.00:	very good

5. Results

5.1 Basic information of Respondents

Form the total of 84 subjects, 64.6% are female. Of all the subjects, the average age is 46.12, 87.7% are Muslims while 12.3% are Buddhists, 66.2% have lower level of education than high school, 49.2% are married and staying with their spouse, 33.8% are single, the average number of family members is 5.43, and the average time staying in the village is 12.83 years. As for occupation, 56.9% are in selling and merchandising, 18.5% are employees of companies/ shops/ factories, 15.4% are independent contractors, the remaining are employed by the government or state enterprise, and the average monthly income is 10,638.46 baht. The study also found that 56.9% of the houses in the community are detached two-storey houses, 30.8% are detached one-storey house, and the rest are townhouses, shophouses, and rental house. In terms of savings 55.4% have savings while 60.0% are in debt. Lastly, 64.6% do not suffer from chronic disease.

5.2 Level of environmental well-being of people in Samakkee community.

The result shows that the subjects have a fair level (mean=2.37) of environmental well-being. Easy access of community, environment, life security, litter, waste water, and noise pollution are perceived to be at a fair level (mean= 2.69-2.80). Finally, crime, robbery/theft, gamble, community activities, recreational places within the community, exercise initiative, community security system, community broadcasting tower, annual health check-up are perceived to be at a low level (mean = 1.58-1.97).

5.3 Level of physical well-being of people in Samakkee community.

The analysis states that the overall physical health of the subjects are at a fair level (mean = 2.58). Easy commute and life quality that is still not changed from 10 years ago are perceived to be at a good level (mean = 3.17 and 3.46). Being able to sleep soundly is at a fair level (mean = 2.34). Physical illness from unknown cause, admission to the hospital on a regular basis, chronic disease, vacation in other cities and body aches until unable to perform daily work are at low level (mean = 1.11-1.68).

5.4 Level of social well-being of of people in Samakkee community.

The result shows that the overall social well-being are at a good level (mean = 3.20). Feeling happy when the family reunites is at a very good level (mean = 4.03). Concerns for children who have to travel back home after 20:00, participation in the decision or the issues of family, eating dinner together regularly, having good relationship with neighbors, receiving financial support from families, being accepted by the neighbors, being able to perform religious activities with the family, being able to count on the neighbors in time of emergency or illness scaled at a good level (mean= 3.09-3.68). Participating in community activities, receiving healthcare services, receiving support from the government, feeling insecure of life and property, adequacy of income, stability or opportunities in the current career scale at a fair level (mean = 2.03 to 2.92).

5.5 Level of psychological well-being of people in Samakkee community.

The analysis indicates that the overall psychological well-being of the subjects are at a good level (mean=3.04). Feeling secure when in a family, feeling loved and connected with family members, being ensured that they

5.6 Factors affecting the psychological well-being of people in Samakkee community. According to the outcome of Multiple Regression Analysis, the psychological well-being of people in Samakkee community depends on two variables significantly, at the significant level of 0.01: environmental and social well-being. On the other hand, physical well-being does not contribute to the emotional well-being of the members at the significant level of 0.01. All variables together can 69% explain the level of the emotional well-being of the community members as can be seen in Table 1.

Model	B	t	Sig
(Constant)	18.869	5.681	.000
environmental well-being	0.436	4.729	.000*
physical well-being	0.149	1.648	.104
social well-being	0.319.	3.108	.003*
* significant level: 0.01 R = .836, R2 = 0.699			

6. Discussion and Conclusion

The outcome of the study shows that the subjects have social and psychological level in a good level while environmental and physical well-being is only at a fair level. The psychological well-being depends on two variables being environmental and social well-being. This reflects that the elements of society including family, neighbors as well as the environment of the community including issues like crime, robbery, theft, gamble, community activities, for instance, contribute to emotional well-being to a great extent. The finding illustrates that sound emotional well-being are caused by having a happy family where members are part of the decision making or problem solving process, having dinner with family regularly, receiving financial support from the family, being able to perform religious activities with the family, having good relationship with the neighbors, being accepted by the neighbors, being able to count on the neighbors in time of emergency or illness and being in a good environment with less crime, robbery, theft, and gamble. However, the study also finds that the community members have concern about insufficient income, instability of job and difficulty in career advancement. Therefore, in order to improve quality of life for people in the community, the emphasis should be on career development and support to ensure sufficient income, savings and life and family stability for the community members.



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