



ARTÍCULOS

UTOPIA Y PRAXIS LATINOAMERICANA. AÑO: 26, n.º extra interlocuciones 2, 2021, pp. 148-160
REVISTA INTERNACIONAL DE FILOSOFÍA Y TEORÍA SOCIAL
CESA-FCES-UNIVERSIDAD DEL ZULIA. MARACAIBO-VENEZUELA
ISSN 1316-5216 / ISSN-e: 2477-9555

Elderly participation in music and art activities: satisfaction assessment

Participación de los ancianos en actividades artísticas y musicales: evaluación de la satisfacción

N. SOONTORNTANAPHOL

<https://orcid.org/0000-0002-5748-788X>

nuttikas@g.swu.ac.th

Srinakharinwirot University, Thailand

This research is deposited in Zenodo:
DOI: <http://doi.org/10.5281/zenodo.4678866>

ABSTRACT

The objective of this research is to assess satisfaction with the participation in music and art activities of the elderly. The research results revealed that the satisfaction on participation in music and overall arts activities was at the highest level due decision-making, of the elderly people on what they wanted or liked. In practice, the elderly participated in music and art activities by joining in the thinking, planning, acting, and solving problems process. Regarding the benefits, the elderly benefited both physically and mentally. In the assessment, the elderly participated in self-assessment and satisfaction with music and art activities.

Keywords: Music and art activities, participation, elderly, satisfaction.

RESUMEN

El objetivo de esta investigación es evaluar la satisfacción sobre la participación en actividades musicales y artísticas de las personas mayores. Los resultados de la investigación revelaron que la satisfacción de dichas actividades en general estaba en el nivel más alto debido a que las personas mayores toman decisiones sobre lo que quieren o les gusta. En la práctica, los ancianos participaron en actividades de música y arte al unirse al proceso de pensamiento, planificación, actuación y resolución de problemas. En cuanto a los beneficios, los ancianos se beneficiaron tanto física como mentalmente. En la evaluación, los adultos mayores participaron en la autoevaluación de su satisfacción en las actividades musicales y artísticas.

Palabras clave: Actividades musicales y artísticas, participación, mayores, satisfacción

Recibido: 27-02-2021 Aceptado: 24-03-2021



INTRODUCTION

Thailand is entering the aging society completely. In 2021, people over 60 years old will be more than 20% of the total population. By 2035, it is expected that the aging population will increase to 30% of the total population. In order for Thai society to enter an aging society effectively, the driving force from the government is required to formulate policies to support the aging society emphasizing the plans for the development of quality of life at all ages. A stable foundation should be guaranteed with sustainable welfare provision and the involvement of families. Misawa & Kondo (2019) studied the factors supporting the participation in social activities of the elderly in Tokyo, Japan. It was found that the government had a clear policy and 3-year plan. All activities were centered on the elderly with the provision of place and budget to support the organization of activities of the elderly in the community (Misawa & Kondo: 2019, pp. 1423-1432). The elderly association and an elderly club were established. The elderly applying for membership of the elderly association and the elderly club in each district jointly planned the social activities and organized various activities to suit the conditions of the elderly, including; 1) activities for the healthy elderly, 2) activities requiring equipment to help exercising, 3) activities based on aptitudes or demands, and 4) voluntary activities. In encouraging the participation in activities of the elderly, the families are involved in promoting the social activities of the elderly by supporting their participation costs. Therefore, factors that support participation in social activities of the elderly are from various ways, including from government policy formulation and programs. The important factor is the support of communities and families.

The elderly-centric activities should focus on the involvement of the elderly in the role of the service user, not as a recipient of service. With the principles of participation, the elderly are allowed to play an important role in creating activities from start to finish as well as assessing the results of activities by joining in planning, taking part in the practice/operation. They should involve in the allocation of benefits, monitoring, and assessment of the results. There must be three elements of participation; there must be clear objectives or purposes, target activities, and person or target group (Hanna-Pladdy & Mackay: 2011, pp. 378-401). Music and art activities are activities that the elderly can easily participate in because they already have basic knowledge, understanding, familiarity, and closeness. Thus, the chance for the elderly to be involved in the shared manner of music and art activities is easy. Music can be effectively used in therapy and creating musical activities for the elderly. Music helps to improve self-confidence. It helps in the movement of the muscles, the use of the eyes, the use of the senses, listening, touch, and learning about the left-right direction, which alleviates various imperfections. Therefore, music is an activity that can create happiness and create a sense of self-worth to the elderly (Hicks & Streeten: 1979, pp. 567-580.). Regarding art activities, when the elderly do art activities, it will have a positive effect on their mind which is a channel for the elderly to understand themselves by expressing their feelings and thoughts through artistic activities especially things that cannot be described or communicated in spoken language. Music can help older people gain self-awareness and promote problem-solving skills to allow the elderly to accept the changes that occur to them (Lavey & Reddick: 2020, pp. 101-127; Weiss: 2013, pp. 237-256). Physically, the art activities help to strengthen muscles, movement, sensory stimulation, training of dexterity, and hand-eye coordination. Regarding the emotional and intellectual aspects, the brain potential in cognitive processes in the elderly can be promoted (Zhou et al.: 2019, pp. 753-770).

From such background and importance, it can be seen that the elderly can participate in music and art activities in 4 key areas. The researcher focused on music and art activities that allowed the elderly to participate as much as possible. The greater the participation of the elderly was, the greater the feeling of satisfaction they had. This study on the satisfaction of the elderly participation in music and art activities will help to determine the level of satisfaction with participation in activities and to develop the guidelines for the improvement of participation in other recreational activities for the elderly.

LITERATURE REVIEW

Regarding the participation in music and art activities of the elderly, the theoretical concepts of participation in music and art activities were studied to be used as a guideline in setting the study scope and assessing the satisfaction of the elderly with the participation in music and art activities.

(Atiwithayapom & Suwanno: 2018, pp. 53-64) Stated that Cohen & Uphoff's participation theory (1981: 130) identified four aspects of participation.

(1) Participation in decision-making. This type of decision-making is the center of the emergence of choices judging a variety of ideas. The options and choices are made and evaluated. This is comparable to planning for guiding the choice into action.

(2) The participation in implementation can be divided into three ways:

(2.1) The resource contribution can be considered in various ways in the contribution of materials, equipment, information, news, knowledge, ideas, labor, etc. This participation will help to create the impetus for a smooth operation.

(2.2) Participation in Project Administration and Coordination is that the volunteer members are responsible for coordinating the project activities with the training on the knowledge and techniques of working in the project.

(2.3) participation in enlistment is not always for advantages. They must consider how they respond to what they can do without losing anything.

(3) Participation in Benefits is what happens after participating in the practice. The project participants will receive benefits in 3 areas.

(3.1) Material benefits are basic needs of a person, such as the increase in consumption, income, properties, etc.

(3.2) Social benefits are fundamental public needs such as services or satisfaction from public utilities using a combination model to enhance the quality of life of the poor. It is necessary to define the participation in the benefits in terms of quantity, benefit-sharing, service quality, and satisfaction.

(3.3) Personal benefits are feelings towards oneself and society. This creates a sense of self-worth and feeling that they are working effectively. To participate in benefits, the negative effects that will occur later should be studied.

(4) participation in Evaluation is divided into two types; direct participation and indirect participation. In the evaluation on budget, person's Satisfaction with the project, participation, how to participate, expression of opinions through various media or through elected representatives to benefit from their opinions.

The art of music is the knowledge of all human races. The use of music for therapy has different reasons depending on the environment. The own traditional culture mainly aimed at restoring, maintaining, and enhancing physical health, emotional, social, and mental health. Music therapy is a tool in building a good relationship between the therapist and the patient. In doing music therapy, the two main types of activities can be divided. The Receptive is the oldest form of music therapy, namely, listening to music, bird sound, forest sound, flowing water, relaxing music, using a technique called a sound journey. The Active is to let the patient play an instrument using Improvisation. The purpose of playing music as therapy is to use music instead of language to tell a person's story. The use of musical instruments and the fundamental elements of music include rhythms, melodies, pitches, and patterns. It is like a symbol that we use instead of spoken language, which is a common style in Europe (Allen: 2013, pp. 43-64; Panchaya Atiwannaphat et al. 2016). Purdie et al. (1997) stated that music was not for bringing happiness and aesthetics in the mood to players and listeners or causing pleasure from listening. It is used for therapy as music therapy. It is the use of musical activities in listening to, playing music, singing, and writing songs to heal illnesses, physically rehabilitate, emotionally heal, and intellectual condition heal. Music therapy is often used in hospitals, rehabilitation centers, schools, nursing homes, or even in residences. Public hospitals where many people receive treatment have bands of volunteer groups to sing to the patients and the public to relieve their illnesses or reduce the stress in waiting for using services in the hospitals (Purdie et al.: 1997, pp. 325-328).

Art activities are activities that promote the elderly self-worth. When the elderly do art activities, it will have a positive effect on their mind. It is a channel for the elderly to understand themselves by expressing their thoughts through artistic activities, especially things that cannot be described or communicated in spoken language. It helps the elderly to have their own perceptions and promote problem-solving skills so that the elderly can accept the changes that occur to them. Physically, the art activities help to strengthen muscles, movement, sensory stimulation, training of dexterity, and hand-eye coordination. Regarding the emotional and intellectual aspects, the brain potential in cognitive processes in the elderly can be promoted (Jois et al.: 2006, pp. 1566-1569; Liebmann: 2004, pp. 34-58; Weiss: 2013, pp. 237-256; Zhou et al.: 2019, pp. 753-770; Schore & Marks-Tarlow: 2018, pp. 135-152). Ruisoto & Contador (2019) developed 15 activities for art and drug addiction treatment, such as the activities to write the story explaining the feeling valuable in life. The objectives are to motivate and encourage the sample population to revise their feelings. They can write out what is wrong or what is expected in life. They can write about their own goodness or draw from imagination. The objective is to express the stories from life experiences or the feeling that arises while living with current events. It helps to release memories into pictures in order to understand their own feelings. There is the clay molding activity from a remembered design with the objective to create new experiences from clay molding. It can practice meditation, pattern recognition, concentration, and modeling efforts. The activity helps to regulate the emotions and being committed to accomplishing the task. The tense muscles can be relaxed with pride when the work has been completely done. The objective of the free color painting activity is to express emotion, feelings, and perception through the use of colors. They can know how to solve problems and deal with color control. They can concentrate on controlling their emotions while working. With the use of color, sometimes they have to wait for the colors to meet the needs. It contributes to learning from new experiences and knowing how to control their emotions. The objective of the collage technique activity is to create excitement and new perspectives in both thinking and creative process as well as helping to remember the memories of the past through material media. They can know how to work step by step to help to regulate emotions and focus on work. The objective of the color and music activities aims at creating enjoyment. In doing the activities, there should be moved along with music to help to relieve stress. The objective of the self-reflection activities through art is for self-review to cause an idea both positive and negative. Importantly, it is to find their pros and cons with art, media, and artistic creation materials to be a bridge to self-reflection, etc.

The music and art activities organized by the researcher employed the concept of music activity patterns of Allen (2013), Penchaya Atiwannaphat, et al. (2016), focusing on the form of music activities of Receptive and Active) for the therapy and rehabilitation on the patients and the elderly. Regarding the concept of art activity patterns of Ruisoto & Contador (2019), 15 activities were applied to study the use of art for stress treatment of drug addicts. The researcher led the activity to write stories describing the feelings that were valuable to life. Drawing activity from imagination, clay molding activity from a remembered design, free coloring activity, collage technique activity, dance activities of colors and music, and activities to consider themselves through art were used as a guideline in creating music and art activities with the adoption of Cohen & Uphoff's theory in 4 aspects. Decision-making means that the elderly play a role in choosing and presenting activities such as presenting songs of their interest in karaoke singing activities. They can choose their favorite note in the Angkalung activity, choose the plaster doll pattern in the doll painting activity, choose the pattern in the activities to create a picture with colored sand, etc. Participation in the practice means that the elderly can plan to do every step of the activity by themselves, such as where to start painting the plaster dolls first, what colors to be mixed, where to start drawing, they should do the pre-sketch, or draw and paint or not, etc. For the participation in asking for help and the participation in benefits, it means what the elderly enjoy when doing music and art activities is the psychological and physical benefit for the elderly. This includes participation in the evaluation, meaning that the elderly participated in the evaluation in 2 parts; feelings of work/piece of work and perfection of work. When seeing their own work or showing in their own ability, they could show how they are satisfied with their work. The evaluation of activities was to assess the satisfaction of participating in music and art activities through questionnaires and expressions of opinion.

METHODOLOGY

The researcher organized music and art activities according to 8 plans for music and arts activities focusing on the participation of the elderly. It was divided into four music activities and four art activities. The activities were arranged for 40-60 minutes each. The nature of music and art activities focused on the participation of the elderly in various fields. 1) For the participation in decision-making, the elderly played a role in choosing and proposing things that they want or were interested in as part of their activities, such as presenting songs that they were interested in singing for karaoke activities, choosing their favorite notes in the Angkalung activity, choosing a plaster doll pattern in the doll painting activity, choosing the pattern in the activity to create a picture with colored sand, etc. 2) For the participation in practice, the elderly could make plans to begin activities according to their own aptitudes and readiness. They participated in activities and sought help from friends or caregivers of the elderly in various forms. The elderly had the opportunity to express their thoughts, feelings, and abilities through music and art activities until creating works for others to join in appreciation. 3) The participation in benefits was what older people get when doing music and art activities. It was the psychological benefit of the elderly who felt about participating in activities or how they feel about their own work and the work of their friends. For physical benefits, the elderly could move their wrist, arm, and leg muscles as well as their vision and hearing from music activities, Karaoke playing, Angkalung, exercising Body Percussion. 4) For the participation in the evaluation, the elderly participated in 2 assessments. In assessing the work, it was the feeling that arose when seeing their own work or showing in their ability, how they were satisfied with their work, how complete the workpiece was, what they wanted to improve. The evaluation of the activities was to assess the satisfaction of participation in music and art activities through questionnaires and expressing the opinion. The satisfaction was considered in 4 areas; satisfaction of the elderly on the participation in music and art activities as a whole, participation in music activities, participation in art activities, and advantages of participating in music and art activities.

Data Collection

(1) The study was conducted on the documents and researches related to music and art, organization of music and art activities for the elderly, principles of music, and art concepts. The principles were used in organizing music and art activities applied in planning the activities, selecting the equipment, selecting music in each activity plan, and studying the principles, concepts, and theories of satisfaction.

(2) The study was conducted on the context, characteristics, and environment of the places used for the activities. The basic information of the elderly was studied, including physical attributes, emotions, pain, or limitations, including living conditions, daily routine, relationship with friends, etc.

(3) The weekly activity plan was developed to be consistent and suitable for the elderly with a focus on participation, fun, and relaxation. The organization of music and arts activities was planned to focus on the participation of the elderly. Each plan included objectives, equipment, and activity actions (introduction, activity, and summary). Each activity plan took between 40 minutes and 60 minutes or approximately up to 1 hour.

(4) The organization of music and arts activities was planned to focus on the participation of the elderly, having the relevant persons examine the suitability of the activities and equipment. The questionnaire was conducted on the satisfaction of the elderly on participation in music and art activities. The Semi-Structured Interview forms were also done for participation in music and art activities, having the experts review, recommend the tools, and return for improvement.

(5) The population and sample groups used in this research were 30 elderly people aged 65-85 years and caregivers of the elderly of Baan Sudthavas Chalerm Phra Kiat Foundation, Ongkharak District, Nakhon Nayok Province, using the Purposive Sampling Method by exploring basic information from the Foundation.

(6) Due to the coronavirus disease 2019 (COVID-19) control situation, the researcher and the team must comply with the measures to safeguard the health of the elderly. The Foundation permitted only four members

of the research team to arrange the activities consisting of 1 research team leader, one moderator who conducts the activity, and two research assistants. About the roles, the research team leader and the activity instructor only had a practice area in front of the activity area to describe activities only through speaking with a microphone. The distance from the elderly must be as much as possible. In case of encountering any problem or question while doing the activity, an elderly caregiver would inquire and bring the information to correct or solve it properly. The two research assistants would take photos and take notes from observing the behavior, facial expressions, eyes, and posture of the elderly. In case of any doubt, it would be brought to talk to the caregiver staff later. At the end of each activity, a structured interview was made to collect the data from the elderly caregivers. There were four caregivers to take care of a group of 7-8 elderly each. The elderly caregivers would always participate in music and arts activities as a research assistant to conduct music and art activities, take care, facilitate, align seating for the elderly, move the seats of the elderly both wheelchairs and chairs, prepare, provide some equipment requested by the elderly, participate in discussions and inquire about the needs of the elderly on a case-by-case basis, manage and distribute the music and art equipment, negotiate for the exchange of equipment or color to facilitate other elders, make decisions and solve immediate problems, join in the discussion about the story, reasons, and feelings of the elderly that arise during music and art activities, observe the behaviors of talking and solving problems directly to the elderly. The information was then transmitted through interviews, participation in music and art activities by having a group chat later at the end of each activity in order to obtain clear, correct, and timely information to jointly plan and improve the organization of the next activities.

(7) The music and arts activities were organized eight times according to the music and art activities plan to emphasize the participation of the elderly. Each time it takes about 40-60 minutes. When completing all activities, the researcher will interview the four elderly caregivers using the interview form to record information about the facial behavior of the elderly, dialogue between the caregivers and the elderly, a situation that occurs while doing an activity, and solution of problems of the caregivers to know the nature of participation of the elderly while doing activities.

(8) At the end of 8 times of music and art activity organization, the elderly caregivers collected information with the elderly after participating in music and art activities by using questionnaires on the satisfaction of the elderly participants in music and artistic activities. Then, the researcher interviewed the elderly caregiver chief. The participatory interview in music and art activities was used for studying the overall opinions on the participation of older people in music and art activities.

(9) The researcher took the data to transcribe the interviews and present the information in descriptive characteristics of the elderly participation in music and art activities. This was classified into four areas of music activity participation and four areas of art activity participation together with the satisfaction of the elderly with participation in music and art activities. The level of satisfaction was analyzed from the mean and standard deviation, and the results were reported in tabular form and described in the table.

RESULTS

From studying the satisfaction of participating in music and art activities for the elderly, it was found that the satisfaction of the overall participation in music and art activities was the highest. Various activities allow the elderly to participate in expressing opinions, expressing their own needs, and taking part in solving problems that arose. The developed activities were flexible and created opportunities for every activity period. The activities were fun and enjoyable. The music and musical instruments were suitable for the elderly resulting in elderly satisfaction at the highest level. The elderly feel relaxed when listening to music. They felt happy when singing, felt fun when they came out and danced. They were happy when they could create a picture with colored sand. They felt fun when coloring dolls and plaster. The elderly felt happy or relaxed when coloring to express their impression. The level of satisfaction was the highest in every item. The elderly mentioned the advantages of participating in music and art activities. They felt that different activities helped them move the

body, muscles and felt that they were valued when participating in activities or taking action. The elderly felt exhilarated when they get involved in activities with their friends. They felt that different activities would heal them from feeling bored and fatigue at the highest level of satisfaction in all items.

The results of the interviews with the elderly caregivers found that the elderly were satisfied with the four aspects of participation in music and arts activities. The nature of participation of the elderly can be considered from the interviews with elderly caregivers as follows:

(1) Participation in decision making: It was found that the elders had made decisions in choosing the karaoke song that they wanted to sing and decided to choose which note they wanted to play Angkalung. In addition, the elderly also took part in presenting songs that they would like to play Angkalung, choosing the sit in a working group according to their needs, jointly deciding to choose a piece of work, equipment, plaster doll pattern, picture, colored sand, the color of clay following their favor or presenting their own needs. From the results of the interview on the 3rd elderly caregiver, the grandmother said, "... Next time I want to play the Happy Bird Day song because I can play it and I want to play for my moderator..." the grandmother said, "...I choose the green clay because Green (Khiao) is my name. So, I choose an only green color..." (Interview with the 2nd elderly caregiver) "...For the colored sand equipment, it was chosen according to the needs of each elderly. The staff placed the workpieces in the middle of the group and let the grandmothers choose the pattern according to their needs..." (Interview with the 5th elderly caregiver).

(2) Participation in practice: It was found that the elderly were able to sing with their friends. Those who did not know this song would help by clapping their hands following the music rhythm. When the song had a fun melody, the elders danced all together. A healthy elderly person who could walk normally persuaded the friends to dance in the middle of the activity area. Some elderly who did not have the strength to walk or have to sit in a wheelchair would try asking for help from the caregiver to help to push the wheelchair out in the middle of the dance area. The result of the interview of the 5th elderly caregiver revealed, "... Some people said they wanted to go out and dance. Then, we would push the cart out to the middle of the dance area..." In the art activities, the elderly had planned before taking action. They studied and looked for examples. They talked and inquired from their mates so that they could start creating work out according to their needs. The result of the interview of the 2nd elderly caregiver revealed, "... The grandmother knew what we should bring to the temple, but she did not know how to start painting. I told her to draw first. However, when the grandmother began to draw, there was a more visual outline. I told her that she did not have to be worried about drawing a beautiful picture or not. When I looked at her again, she could draw pieces of rice, flowers, bananas..." "... Some elders look at the friends next to them and copy the method from friends ..." (Interview with the 3rd elderly caregiver). Moreover, the elderly requested some help from a moderator in some cases. Some of them provided assistance to their friends within or across groups. Both the elderly caregivers and the elderly work altogether to solve the problem. They relied on helping one another. The result of the interview of the 2nd and the 5th elderly caregiver revealed, "...During the activities, sometimes the grandmother requested help such as finding examples or designs that the grandmother wanted to draw..." "...They shared with each other, shared the colored sand, shared the paint. The atmosphere was very good ..." (Interview with the 2nd, 3rd and 5th elderly caregivers) "...In doing colored sand activities, some elderly wanted more paints. They asked for the paints from their friends. The grandmother handed them out because she did not use them. Many paints were gathered in the center of the table for friends to use ..." (Interview with the 2nd elderly caregiver). "... The grandmother requested me to draw a picture of a cat because she could not draw it, but she wanted the picture of the cat..." (Interview with the 2nd elderly caregiver).

(3) Participation in benefits: It was found that the elderly were benefited in two areas. 1) In physical aspects, it helped to stimulate the efforts of the elderly with limb weakness or semi-dependable. They would try to create works out as intended. The elderly who had the ability could exercise the body as well. The result of the interview with the 2nd elderly caregiver revealed, "... Some elderly could use one hand and arm,

therefore, they made simple shapes such as plant pots and paddles. There was no reason or story from the past ...” "... The organized activities allowed the elderly to relax fully. In various activities, the elderly had to move. They could concentrate the body, danced, or shook the Angkalung resulting in them sleeping soundly and relaxed. When they participated a lot, they could rest better ...” (Interview with the 4th elderly caregiver). "...Several of the elderly could use both arms and hands at the same time. The activities were usually organized by the Foundation. They were about physical therapy to stimulate the use of both arms and legs, both the strong side and the weak side at the same time. Some elderly used the weak arm to support the workpiece and used the other hand to sculpt the pattern ...” (Interview with the 1st and the 2nd elderly caregiver). Mentally, the karaoke singing activities made the elderly recollect the past when they sang or heard the song. They could practice meditation and eyesight. Some of them could describe feelings and the stories occurring during that time for the moderators to listen to. Some of the elderly would talk about pictures that took place in the music video, such as telling the names of flowers, names of the places. They told about the activities that they had done to their friends or caregivers. The elderly would directly benefit mentally. They could practice their feeling and be able to exercise while dancing. The result of the interview with the 5th elderly caregiver revealed, "...Some grandmother was not interested in the content of the song. She was interested in music illustrations in the video, such as flowers. She would tell me what this flower was, what that flower was, etc..." It was the same as the art activities expressing the feeling of the elderly on the pieces of work representing the stories, thoughts, experiences, and perspectives of the elderly. Previously, some of the elderly were sitting and did not know what to do. But when doing music and art activities, they smiled and felt happy. They could dance and had a good time..." (Interview with the 1st elderly caregiver). "... The storytelling happened. The elderly conveyed what they think or their own experiences..." (Interview with the 2nd elderly caregiver). "...The art activity was an incentive for the elderly to show and tell the stories through various forms of art until being able to speak or explain..." (Interview with the 4th elderly caregiver).

(4) Participation in the assessment. It was found that the elderly participated in the assessment of their own works through conversation and exchange of feelings with one another. Self-esteem could be created among them. The result of the interview with the 2nd elderly caregiver revealed the words repeated in both activities. The grandmother said, "... She was proud of her work ...” "... She gave full marks for her work because she liked art ...” "... 2-3 grandmothers walked and showed their work to their friends at other tables ...” (Interview with the 4th elderly caregiver). "...She appreciated her friends' work, and they appreciated one another ...” (Interview with the 5th elderly caregiver). "... They had pride in appreciating their works and the work of others. They could look at and compare their own works with friends. They found themselves wondering why some picture was so beautiful. The colors were very blended. The friend said that she put in a lot of colored sand so it would get very intense and obvious..." (Interview with the 4th elderly caregiver). The assessment was done on the level of satisfaction of the elderly with their participation in music and art activities. The elderly answered the satisfaction questionnaires in 5 levels according to the opinions of all elderly persons individually.

DISCUSSION

The satisfaction of the elderly with their participation in music and artistic activities require a basic understanding at the elderly context. The strategies are needed to persuade participants to be interested in and want to cooperate. Before the activities, there must be a plan to have good preparation, including the need to consider the evaluation to measure the satisfaction, illness of the elderly, and the success of the activities. This provides opportunities for the elderly to participate voluntarily. It is the primary factor that promotes the successful participation of the elderly in performing music and art activities. When the elderly are given opportunities in different processes of activities to participate in decision-making, to participate in the practice of activities, to participate in benefits, and to participate in the assessment through these four processes, the

elderly will feel that they are part of the activities. Being open-minded to the activities will positively affect the practice of the activities. The elderly will benefit from participation in activities and joint assessments. According to the concept of Ciasca et al. (2018), it was said that in organizing art activities for the elderly, the condition and interests of the elderly should be taken into account. The consideration of voluntary participation in activities is important. It should be started with simple activities and then gradually adjust the difficulty as appropriate. For this reason, the elderly can be involved in music and art activities on the basis of their own happiness, needs, or interests, helping them to create a positive satisfaction with the elderly feelings on their results of work towards musical and art activities. All elderly have equal opportunities for participation. When any person has insufficient potential, they will always be assisted by their friends or caregivers, who always help. This creates the feeling of attachment and a sense of value for the elderly to live in the aging society altogether (Ciasca et al.: 2018, pp. 256-263).

The elderly are satisfied with their participation in music and art activities. The organizers of the event have to provide opportunities for the elderly to participate in four important areas; decision making, practice, benefits, and evaluation with the details as follows:

(1) For the participation of the elderly in decision-making, the elderly play a role in deciding what they wanted following their interests or their skills to help to motivate the elderly to want to be involved, to do, to try and to serve as a channel for the elderly to show their abilities. One important thing is to create a stimulus for interest in participating in art activities. The moderator must explore the experiences that the elderly have had along with looking for examples of symbolic objects, such as images or works of art of what is relevant to the impression to connect and inspire the creation of art. Then, the old experiences and new examples can be brought to be integrated with their idea (Nan et al.: 2020, pp. 131-140). When allowing the elderly to participate in the decision-making, some problems possibly occur, such as choosing the same colors, same patterns, insufficient number of pieces for the needs. These can be solved by allowing the elderly to raise their hands. If anyone raises the hand first, that elderly will get the piece. "...Giving an opportunity to choose colors of clay, some elderly wanted the same color as their friends chose. The staff then walked to find colors from other groups that had not been used or changed color with other people who were considered to talk and understand..." (Interview with the 3rd elderly caregiver). By participating in the decision-making, the elderly people must seek their own needs and ways in which they can be a part of the activity. It will help the elderly to see the concrete that will take place in the future.

(2) Participation of the elderly in practice: When the elderly are initially involved in the decision-making, it will result in full participation in actions or activities following their abilities as the driving force for the elderly to carry out their activities. Elderly people can be more active with activities that are rarely or never done before. For example, in the activity to craft pictures with colored sand, as the colored sand is light, it can be handled by the elderly they can create the works easily. The lines and patterns of the picture are large and clear. All the elderly can participate in the way they act, create their work, and express their abilities. Even the elderly with semi-dependent conditions tried to use their whole body to perform various activities. They used their strong hand to paint, draw the picture, or sprinkle with colored sand and used the other weak hand to support the workpiece until the work of art could be created successfully. This is as same as in clapping following the rhythm of the music. The elderly donated things and equipment mutually. It is a process of participating in the sacrifice of resources and asking for cooperation that the elderly are not concerned with what they can get. Instead, it is the concern of others who do not have or have an obstacle in their work. The elderly see that what they have is too much, or they can use something else or another color instead. They know how to solve problems and deal with color control. They can be concentrated on controlling their emotions while working, causing them to learn from new experiences and knowing more about controlling emotions (Atiwithayaporn & Suwanno: 2018, pp. 53-64; Ruisoto & Contador: 2019, pp. 62-68). However, for the Angkalung activities, some problems still occurred. Many elderly had poor eyesight and poor vision. They were hard to hear. This made shaking the notes to the rhythm of the music quite

difficult and confusing. The activity leaders need to assign note leaders in each row to help to care for the elderly with health issues. This can reduce anxiety while doing activities. They also give advice to the elderly to reduce stress or anxiety. The results contradict the research of Downey (2014), which found that playing the Angkalung is an activity that can lead the elderly to learn from inside. It results in changes in the self-esteem of the elderly. Therefore, playing the Angkalung is an effective method for promoting the health of the elderly (Downey: 2014, pp. 40-59). The results of this different study may be due to the underlying cultures of the elderly who have different experiences. As most of the elderly of the Foundation lived in Bangkok and surrounding areas, they did not experience much Angkalung playing as the research sample of Downey who studied the elderly in Mahasarakham Province. Thus, in choosing an instrument for the elderly, it is necessary to study different social behavior, livelihoods or experiences in each locality in order to select the appropriate equipment which is not too difficult. This creates a familiar feeling of the elderly that makes it possible to perform activities happily. It is correspondent to the research results of Nuttika Soontorntanaphol (2018, p.76), studying the effect of music activities on the feeling of the elderly in the outpatient department. It was found that the elderly liked the music activity the most. The music equipment they liked most was the note bell because it has the right size, color, and weight. There are adjustments to suit the physical condition of the elderly.

(3) For the elderly's participation in benefits, it is something that the elderly benefit both socially and personally. The elderly can show their abilities and indicate themselves. When the elderly have expressed their own identity, it affects social acceptance. It helps to promote positive feelings as well as building good relationships among one another. For the Karaoke activity, it should be done in the group. It is useful for building a social and collaborative relationship, making fun, eliminating stress, and creating enjoyment. Participation in music activities focuses on building a good relationship with one another until the elderly can work altogether (Masika et al.: 2020, pp. 1892-1910). Personal benefits are the physical benefits of the elderly in exercising, clapping to the music rhythm, using headphones to listen to music, rhythms, or vocals, focusing and concentrating on the work done and the artwork. By picking up the materials, touching things, drawing the lines around, it is an effort to force the body to use the visual nerve in the perception of color, observing and setting the space in the composition of the objects in the picture. The use of hand and finger muscles together in playing clay is the creative handwork of art. It is considered to be mental happiness. The state of mind is the use of art as a base to make people happy until being able to live altogether in society. Telling stories about past impressions and their own stories also promote cognitive wellness. It creates self-esteem, self-worth, and self-acceptance in learning and exchanging feelings with friends (Kanokwan Kanjananikom et al. 2018, Malchiodi: 2003, pp. 16-24, Basting: 2006, pp. 16-20; Kinney & Rentz: 2005, pp. 220-227).

(4) For the participation of the elderly in evaluation, it can be considered in 2 aspects. 1) For the work or workpieces, the satisfaction of their work must be rated following the expectation and where they want to change. When the elderly perceive the beauty from the works of art that the elderly have done and from looking at the colors that happened, it will cause positive feelings for them to be appreciated and happy (Positive well-being). They are happy to show the work to friends to admire, talk, or tell stories that have happened through art. The aesthetics of art can help the elderly to have a better mood. The positive feelings can be increased, causing a feeling of pride and self-confidence (Self-control). The performance of music of the elderly can create self-worth through the presentation of music and performance for music enthusiasts. Each group of elderly has different levels of happiness and enjoyment of music for a good living (Kanokwan Kanjananikom et al. 2018; Manomayangkul: 2012, pp. 363-373). 2) For assessing the satisfaction of participation in music and artistic activities, the elderly would be assessed from questionnaires. Most of them gave the consistent opinion that the eight events of activities held were appropriate and complete. It could create great participation of the elderly. Busakorn Binsant (2010) said that for the key component of music therapy activities influencing the success, the evaluation must be considered to measure satisfaction, illness of the participants, and the success of the activities. Thus, the

efficiency in organizing such activities can be known. This is in line with the results of the study of Kume (2017), finding that after practicing art therapy activities, the elderly were also satisfied with this activity at the behavioral level most. They had physical behavior at the most behavioral level. The psychological/emotional level was at the high to highest behavioral level. The social behavior was at the moderate to high behavioral level (Kume: 2017, pp. 1377-1387).

General Recommendations

- (1) From this research, the event organizer should always provide more equipment than the number of participants. Allowing participants to participate in material selection decisions will generate more than one demand or the need for the same things. In order to reduce the problems that may arise among the elderly, the prerequisites for participation should be defined to ensure the smoothness of the activities.
- (2) In playing Angkalung instrument, most elderly will not be able to play because of their physical health. Some of them cannot hear or see. Their arms and wrists are weakened. Therefore, the moderator should classify the Angkalung notes into different colors, adjust the size of the Angkalung to be smaller or lighter. Prescribing the note leaders in front of the seat row can reduce the anxiety of the elderly in order for the elderly to look after the line leaders not just looking at the notes on the front of the board and having to listen to the Angkalung sound from their friends to play the song.
- (3) With the situation of the control on Coronavirus Disease 2019 (COVID-19), the data collection is more effective than collecting data directly from the elderly. The elderly caregivers understand the elderly more than the researcher, and the elderly will be considerate or do not dare to argue rather than if the researcher asks the elderly directly. As a result, collecting data for the study should allow persons involved in the sample to collect the data, and the researcher can collect the data at the same time. The data collector should be selected to be appropriate for the context of the situation and the research objectives.

CONCLUSION

The elderly were satisfied with their participation in the music and art activities organized by the researcher because the researcher allowed the elderly to participate in various forms independently. From the start of the activity, the seniors could choose different things that they were interested in or specialize in. For example, in the music activities, the elderly could choose to sing karaoke according to their preferences following one's aptitude. In practicing the Angkalung instrument, they could choose their favorite notes. In dancing, the elderly could decide whether or not to join in the dance or sing the songs with friends. They could choose a plaster doll pattern or choose different colors according to their own preferences. While performing activities, the elderly were involved in taking action according to readiness and individual aptitude. Some of the elderly liked to sing. They came out to sing to lead their friends to join in the dancing. Some of the elderly who were weak or semi-dependent would join in singing the song or clapping their hands following the rhythm. Some elders would look to create works of art from friends. Some of them planned for painting, choosing the color to paint the plaster dolls. The elderly people helped one another during the activities. They shared the equipment with their friends, and assistance was provided between the elderly and the caregivers. They participated in benefits. Once the elderly had participated in the activities, the elderly would benefit both physically and mentally, including the final participation of the assessment. The elderly would be involved in the evaluation of workpieces or results. This evaluation would help the elderly to exchange ideas, experiences, transfer knowledge and feeling with their friends through chatting all together. Some of them could bring their past experiences to create more beautiful, detailed, and interesting works of art. The evaluation was made on the satisfaction of the elderly on the participation in music and art activities through the satisfaction questionnaire generated by the researcher.

BIBLIOGRAPHY

- ALLEN, J (2013). "Guidelines for music therapy practice in adult medical care". *Barcelona Publishers*, 32, pp. 43-64.
- ATIWITHAYAPORN, C, & SUWANNO, P (2018). "Comparative study on school administration between thailand and brunei darussalam. In *TSU-AFBE International Conference*, 10(1), pp. 53-64.
- BASTING, A, D (2006). "Arts in dementia care:'this is not the end... it's the end of this chapter". *Generations*, 30(1), pp. 16-20.
- CIASCA, E, C, FERREIRA, R, C, SANTANA, C, L, FORLENZA, O, V, DOS SANTOS, G, D, BRUM, P, S, & NUNES, P, V (2018). "Art therapy as an adjuvant treatment for depression in elderly women: a randomized controlled trial". *Brazilian Journal of Psychiatry*, 40(3), pp. 256-263.
- DOWNNEY, L (2014). "Abstracts from the 2013 48th Annual American Dance Therapy Association Research and Thesis Poster Session". *American Journal of Dance Therapy*, 36(1), pp. 40-59.
- HANNA-PLADDY, B & MACKAY, A (2011). "The relation between instrumental musical activity and cognitive aging". *Neuropsychology*, 25(3), pp. 378-401.
- HICKS, N, & STREETEN, P (1979). "Indicators of development: the search for a basic needs yardstick". *World development*, 7(6), pp. 567-580.
- JOIS, R, N, LEEDER, J, GIBB, A, GAFFNEY, K, MACGREGOR, A, SOMERVILLE, M, & SCOTT, D, G, I (2006). "Low-dose infliximab treatment for ankylosing spondylitis—clinically-and cost-effective". *Rheumatology*, 45(12), pp. 1566-1569.
- KINNEY, J, M & RENTZ, C, A (2005). "Observed well-being among individuals with dementia: Memories in the Making©, an art program, versus other structured activity". *American Journal of Alzheimer's Disease and Other Dementias*, 20(4), pp. 220-227.
- KUME, Y, MAKABE, S, SINGHA-DONG, N, VAJAMUN, P, APIKOMONKON, H, & GRIFFITHS, J (2017). "Seasonal effects on the sleep-wake cycle, the rest-activity rhythm and quality of life for Japanese and Thai older people". *Chronobiology international*, 34(10), pp. 1377-1387.
- LAVEY-KHAN, S, & REDDICK, D (2020). "Painting together: A parent-child dyadic art therapy group". *The Arts in Psychotherapy*, 70, pp. 101-127.
- LIEBMANN, M (2004). "Art therapy for groups: a handbook of themes and exercises". *Psychology Press*. 12, pp. 34-58.
- MALCHIODI, C, A (2003). "Art therapy and the brain". *Handbook of art therapy*, 12, pp. 16-24.
- MANOMAYANGKUL, P (2012). "A study of factors of social network media affecting attitude towards brand advertising and purchase intention: A case study of Facebook users in Bangkok área". In *International Conference on Business Management and Environment (ICBME)*, 10(3), pp. 363-373.
- MASIKA, G, M, YU, D, S, & LI, P, W (2020). "Visual art therapy as a treatment option for cognitive decline among older adults. A systematic review and meta-analysis". *Journal of advanced nursing*, 76(8), pp. 1892-1910.
- MISAWA, J, & KONDO, K (2019). "Social factors relating to depression among older people in Japan: analysis of longitudinal panel data from the AGES Project". *Aging & mental health*, 23(10), pp. 1423-1432.
- NAN, J, K, M, PANG, K, S, Y, LAM, K, K, F, SZETO, M, M, L, SIN, S, F, Y, & SO, C, S, C (2020). "An expressive-arts-based life-death education program for the elderly: A qualitative study". *Death studies*, 44(3), pp. 131-140.

PURDIE, H, HAMILTON, S, & BALDWIN, S (1997). "Music therapy: facilitating behavioural and psychological change in people with stroke—a pilot study". *International Journal of Rehabilitation Research*, 20(3), pp. 325-328.

RUISOTO, P, & CONTADOR, I (2019). "The role of stress in drug addiction. An integrative review". *Physiology & behavior*, 202, pp. 62-68.

SCHORE, A, & MARKS-TARLOW, T (2018). "How love opens creativity, play, and the arts through early right-brain development". *Journal of advanced nursing*, 14(8), pp. 135-152.

WEISS, J, C (2013). "Expressive therapy with elders and the disabled: Touching the heart of life". *Routledge*, 23(8), pp. 237-256.

ZHOU, S, ZHANG, Y, KONG, Z, LOPRINZI, P, D, HU, Y, YE, J, ... & ZOU, L (2019). "The effects of tai chi on markers of atherosclerosis, lower-limb physical function, and cognitive ability in adults aged over 60: a randomized controlled trial". *International journal of environmental research and public health*, 16(5), pp. 753-770.

BIODATA

N. SOONTORNTANAPHOL: Assistant Professor Dr. Nuttika Soontorntanaphol is a lecturer division of music, Faculty of Fine Arts, Srinakharinwirot University, Thailand. Her teaching classes include Piano Practicum, Music Therapy, History of Asia, Western areas and ASEAN, Music research. Furthermore, she is also a lecturer of Master of Education Program in Special Education and Doctor of Education Program in Special Education, Faculty of Education, Srinakharinwirot University. Her focused research is related to music therapy

BEWARE! DON'T BE SCAMMED

This is a table of contents checker. It is an anti-scam system. Clicking on the TOC checker logo will open in your browser a preserved file with the table of contents: AÑO 26, N.º extra 2, 2021. TOC checker, to ensure the reliability of your registration, does not allow editors to make changes to the tables of contents after they have been deposited. Check that your paper is present in the registry.

User: ei22021

Pass: ut10pra04at021

Click logo

