

Guidelines for Improving the Quality of Life of Students Enrolled for Community Development Professional Experience during the 2019 Coronavirus Situation

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Abstract: This paper attempts to present guidelines for improving the quality of life of students who are enrolled for the community development professional experience in Nakhon Si ThammaratRajabhat University during the 2019 coronavirus pandemic. The results of the study identified some guidelines based on the basic needs of the students. Students are advised to buy food from stores that follow strict preventive measures, eat homemade meals, and use separate eating utensils. If they are unable to cook food for themselves, they can order food from online platforms. They are advised to wear clean clothes. Used clothing should be washed immediately with disinfectants and dried in the sun. Houses should be cleaned frequently, and students should refrain from visiting friends and relatives. They should take care of their health, listen to the news, and enhance knowledge on the current crisis. Students should exercise daily at home, and if suspected of infection, they must coordinate with the community leaders to be transported to the nearest hospital. On the income front, they receive tuition fees from their parents, and some of them work for extra income to save enough for unexpected expenses. Despite the pandemic, students have managed to maintain social relationships. However, they should focus on the online mode of communication. While attending work in the community, body temperature should be checked and a face mask should always be worn. Washing hands frequently and social distancing are the key measures.

Keywords: Guidelines for improving the quality of life of students, students in community development, professional experience, the new coronavirus disease situation 2019

1. Introduction

Learning is a lifelong process. To establish and sustain a well-developed society, we must commit to a learning process that is integrated into the human way of life. Knowledge and learning, including hands-on training, are essential to life and professional work, as well as to positive social changes. Training and constant learning contribute to making the learners realize the importance of continuous learning (Charoen, 2015). Continuous learning helps improve and transform oneself into a modern person. It is important to remain up-to-date with guidelines for developing oneself and participating in the continuous learning process. These include the development of basic skills such as listening, speaking, reading, writing, and thinking. It is essential to study and practice these basic skills and learn about innovation. To fit into modern society, one must improve information skills development (media and technology) as well as develop skills related to lifestyles to adapt to the changing ways of society (Promthong, 2016).

Nakhon Si ThammaratRajabhat University is a higher education institution in the southern region of Thailand, which focuses on learning according to academic and professional standards consistent with community changes and development, thus developing knowledge based on the philosophy of sufficiency economy (Nakhon Si ThammaratRajabhat University, 2015). The university aims to produce graduates who are trained in community development, including hands-on experience in community life and development. Therefore, the university offers students practical community development professional experience so that they gain lifelong learning skills and adapt to the changing digital world. They are taught leadership skills and knowledge, and skills necessary for living a stable family and community life. They are taught critical-thinking skills to enable them to contribute to community innovation and are encouraged to be creative and solve problems in the community. They are encouraged to become strong and courageous individuals and to protest against wrong actions. They are also taught acceptance and can work with others amid cultural differences and diversity (Office of the Education Council, 2018).

The ongoing situation of the COVID-19 outbreak continues to impact life at the community level. It also affects different dimensions of the quality of life of all people, including students (Algahtani et al., 2021). The quality of life of students is measured based on the basic daily necessities of Maslow. These necessities include food, clothing, health and medicine, accommodation, income, and social relations (Maslow, 1970). Further study

is needed for information on how the quality of life of people has been impacted by the recent pandemic, specifically that of college students (Panayiotou et al., 2021).

This paper attempts to study and present guidelines for improving students' quality of life who are enrolled in the community development professional experience program during the coronavirus situation. This qualitative research provides access to detailed information and is one of the first studies that focuses on the southern region of Thailand. This paper aims to obtain information to help improve students' quality of life, academic practice, professional development, and community development amid the new coronavirus crisis.

2. Objectives of the Study

- To present guidelines for improving the quality of life of students who are enrolled for the community development professional experience in Nakhon Si ThammaratRajabhat University during the 2019 coronavirus pandemic.

3. Design and methodology

Details of the qualitative research to present a guideline for improving students' quality of life in the community development professional experience program during the new coronavirus situation are as follows. Key information contributors in 3 groups to talk, consisting of (1) 66 community development professional experience students. Only students who participated in the community development professional experience program between January 21, 2021, and April 20, 2021, were selected for the study. (2) 3 graduates who select only the heads of the departments and social enterprises that accept students for internships in 2021 and have worked together for at least 3 months, Groups of alumni are selected. Only alumni working in community development for at least 5 years after graduation, and (3) 1 teachers, select only the person responsible for managing community development professional experience. The research instrument was an interview record form that had relevant questions on the guidelines for improving students' quality of life during the new coronavirus pandemic. The quality examination procedure of tools is as follows: (1) Create a line of questions in the interview record (2) seek advice from experts and inspect the quality of the built-in tool (3) take the interview for trial and collect data (4) check and improve the interview questions accordingly. During the data collection process, participants are personally contacted by the researcher, and the purpose of the interview is explained. The benefits of the interview and procedures for cooperation are explained. The interview date and time are arranged in advance to conduct an online interview. During the interview, if the participant does not wish to provide certain information, that information will not be recorded. The information gained from the interviews is analyzed, and the findings are presented in descriptive form. (Figura 1):

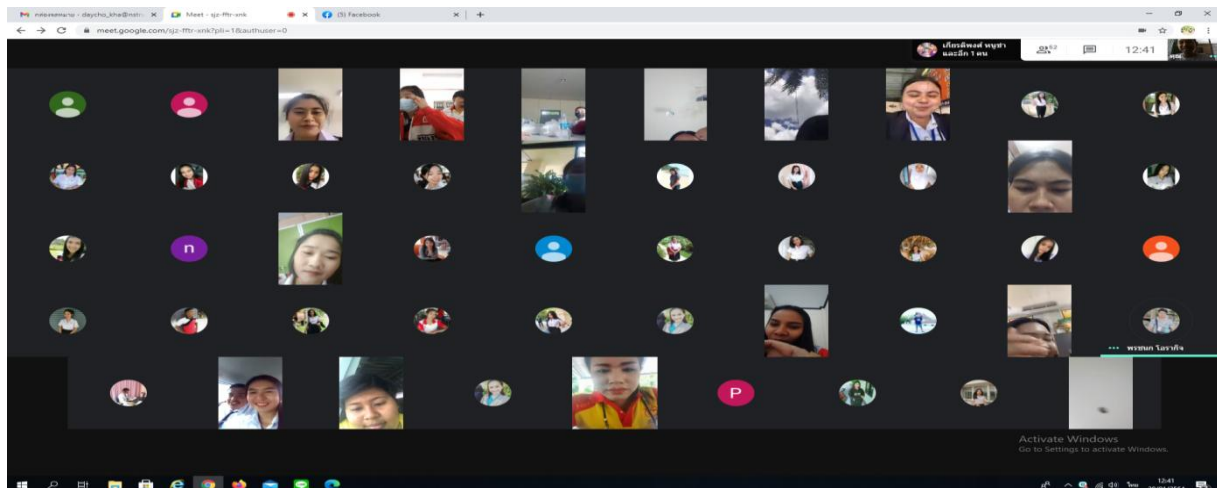


Figura 1. To conduct an online interview.

4. Results

Guidelines for improving the quality of life of students enrolled for the community development professional experience during the new coronavirus situation can be summarized as follows:

- Food consumption: Students bought food from the community store, markets, and convenience stores that follow strict guidelines to protect against the virus. Using a hand sanitizer is essential. Students should avoid contact with each other and wear a mask every time they leave the house. If students are

unable to go to the market, they can find vegetables in the garden to cook. Students should focus on self-catering during vacation and eat fresh and clean food. If it is a working day, they must cook and bring food and drinking water to eat at work. They are advised to sit away from each other and dispose of or pack up utensils after meals. In case students are unable to cook, they should order food from online platforms like foodpanda and foodman.

- **Clothes and garments:** Students were found to be focused on keeping their clothes clean (e.g., washing their clothes every day). They are advised to wash clothes by themselves and use a disinfectant while washing clothes. Clothes should be dried in the sun completely. If they are going to a vulnerable area, they should wear tight clothing and a face mask. After coming back, they should throw the mask into the trash and immediately wash the used clothes. Students should not share clothes with others and use existing clothes to save money. Since many kinds of clothing are required in the university, such as student uniform, faculty uniform, branch uniform, or clothing with the Nakhon Si ThammaratRajabhat University badge, if new clothes are required, they can be ordered online.
- **Residence:** Students were found cleaning their shelters every day. They are advised to sweep the residential area and throw garbage appropriately. The living area, as well as the cleaning equipment, should be sprayed with a disinfectant regularly. Air conditioners should not be used. Instead, doors and windows should be opened for proper ventilation and to allow the rooms to receive sunlight. Always put on a face mask before leaving the Residence, and wash hands with disinfectant products before entering the house. Refrain from socializing and visiting friends and relatives for the safety of yourself and your family members.
- **Health and medicine:** Students were found to be generally aware of the measures to be taken in case of infection as they are exposed to news and knowledge on disease prevention from community leaders and village volunteers. They are also exposed to guidelines available on social media platforms such as Facebook and Line. Also, they have access to information from community press releases, television, hospitals, pharmacies, and knowledge from friends and agency members. To protect oneself from the novel coronavirus disease, one must focus on exercises that can be performed in one's shelter, such as aerobic dancing with music from a cell phone or jogging with an automatic treadmill for at least 30 minutes per day. Students should avoid exercising in parks or areas where there are many people. If a student has symptoms of the disease or has recently returned from a foreign country with high COVID-19 cases, he/she should request a diagnosis at the nearest hospital. If infected with the virus, they should inform the community leaders and volunteers in the village public health center or call the hotline as announced by the Department of Disease Control, such as 1169, to ask for help in the implementation of the correct and safe treatment in a nearby hospital.
- **Income:** Most of the students have no source of income but receive tuition fees from parents in the amount of 500–2,000 baht per week. Most parents have a career in rubber plantation and trading, and some students receive a small amount of their student loan program. Therefore, they need to save to meet their daily needs. Sometimes their income is not enough to take care of family and work. Some students work in government projects such as the "1 Tambon 1 University Project." Some earn by selling products like to sell face masks, alcohol, and hand sanitizers through online platforms. Some students have to work during the night for extra income. A few of them work as salespersons at petrol stations and sell products at the market. They try to save 5–10 baht a day to meet unexpected expenses (e.g., illness).
- **Relationship in society:** Students were able to work with others and function in society albeit with caution. Before starting work, body temperature is taken, and a mask is worn at all times. They are advised to wash their hands frequently and leave a distance of about 2 meters between each other. Workplaces do not have air conditioning and windows and doors act as modes of ventilation. They are also advised to focus on work by communicating online. They should avoid going to the field, but precautions must be taken if necessary. They should refrain from socializing and, instead, focus on social responsibility.

5. Conclusion

Guidelines for improving students' quality of life in the community development professional experience program during the new coronavirus situation are based on the basic needs of students. (1) Food consumption: Purchase food from stores or markets that follow preventive measures against the current pandemic or source vegetables from the kitchen garden. Eat fresh and clean cooked food. On working days, cook and eat by oneself. Sit apart while eating and dispose of or pack up eating utensils; order food online when one is not in the position to cook. (2) Clothes and garments: Wear clean clothes and use disinfectants while washing clothes. Dry clothes in

the sun, and do not share clothes with others. Wear proper clothing and a face mask when going to high-risk areas. After coming back, throw the mask into the trash and immediately wash the used clothes. Use your existing clothes to save money, and if new ones are needed, purchase online. (3) Residence: Clean the shelter every day. Sweep away garbage and dirt. Spray and wipe devices with disinfectants. Do not turn on the air conditioner and open the windows and doors to ventilate or let the sunlight in. Refrain from visiting friends and relatives for the safety of yourself and your family members. (4) Health and medicine: Get updates on news and knowledge about healthcare and disease prevention from all communication channels. Exercise at the residence for at least 30 minutes per day. In case a student is at the risk of contracting the virus, notify the community leaders or dial hotline 1169 for help or refer to the nearest hospital for treatment. (5) Income: Most of the students receive tuition fees from their parents. Some students receive a small amount of their student loan scheme and work in the government project “1 Tambon 1 University.” Some income enhancement means include selling products online, selling gasoline, and selling products at the market to save money for unexpected expenses. (6) Relationship in society: Before starting work, always check body temperature and wear a mask. Wash hands frequently, and keep at least 2 meters apart from co-workers. Communicate online as much as possible. Avoid going to the field and refrain from socializing. Focus on social responsibility.

Guidelines for improving the quality of life of students in community development professional experience during the new coronavirus disease situation 2019, Consists of food consumption, Clothes and garments, The residence, Health and medicine, The income, and the relationship in society. Which is consistent with the theory of fundamental necessity of Maslow (Maslow, 1970), See that each human being has a need to meet their own needs Human beings have many needs and one basic need is Physical needs Which is essential to human life for survival Which can be compared to food and clothing Housing and medicine. Also consistent with the Teppitaksak&Sukimanin (Teppitaksak, &Sukimanin, 2015), it was found that the basic needs and problems of students using Maslow's theory of needs were the most common, which is comparable to Residential side Food and other services, such as fitness facilities and sports arenas Health and service system and student internship activities. Despite the COVID-19 situation this year, the panic situation is often associated with the uncertainty of the COVID-19 situation. And it makes many people think the future is not bright and panic about the dangers of COVID-19 (Jiniato, 2021). Interns can improve their quality of life in the areas of food, shelter, linens and clothing, health, income and social relationships. Among the understanding and safety for themselves and their families, such as wearing a healthy face, washing hands frequently, not going to places that are vulnerable to disease. Clean clothes and accommodation regularly. Along with following news and spacing social distances. (Figura 2):

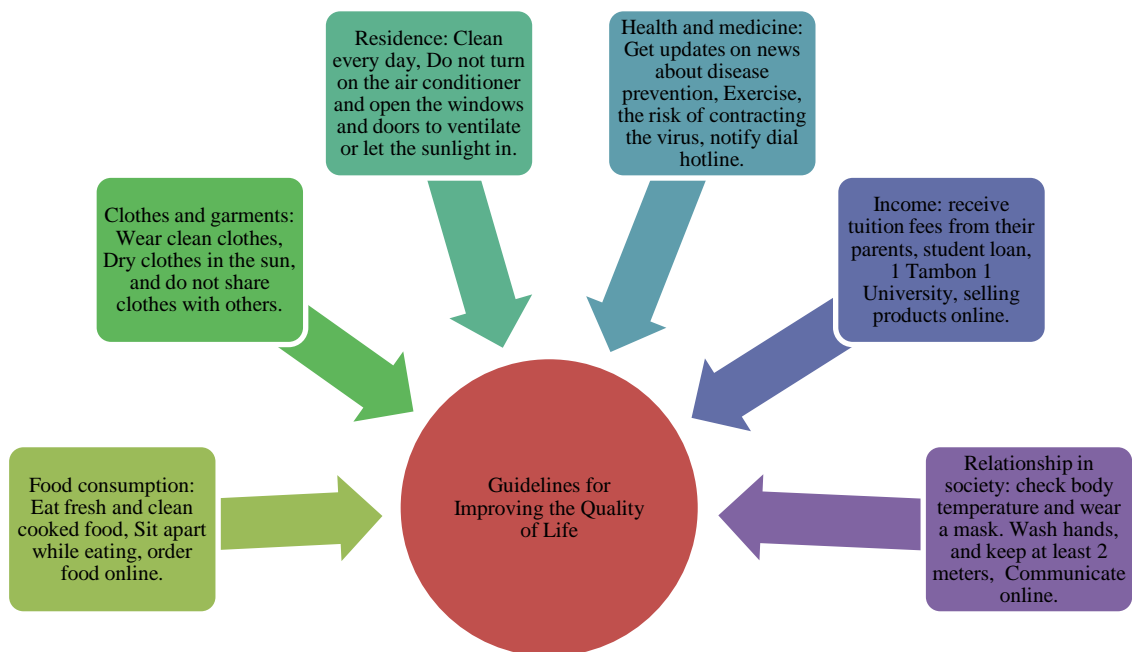


Figura 2. Guidelines for Improving the Quality of Life of Students Enrolled for Community Development Professional Experience During the 2019 Coronavirus Situation

6. Acknowledgment

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