

## QUALITY OF LIFE OF HOMELESS PEOPLE IN BANGKOK

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### Abstract

The research objective is to study the quality of life of homeless individuals in Bangkok. It is a quantitative research study. The population includes 1,271 homeless individuals in Bangkok, and the sample consists of 304 participants, selected using Taro Yamane's formula. The research instrument was a questionnaire. Data were analyzed using statistical software with frequency distribution, percentage, mean, standard deviation, and Pearson Product Moment Correlation Coefficient. The findings revealed that the overall quality of life of homeless individuals in Bangkok was at a low level. When considering each aspect separately, the highest level was found in the psychological aspect, followed by the social relationship aspect, and lastly, the physical aspect.

**Keywords:** quality of life, homelessness, Bangkok

### Introduction

Currently, there is a growing number of reports about homeless people in Bangkok. Although it is the most developed city in Thailand, it ironically has the highest number of homeless individuals in the country. These include people living in slum communities, garbage collectors, and those without any place to live—considered the poorest in society. Their way of life is distinctly different from that of the general population, as they do not have a permanent residence. Instead, they often sleep in public spaces, alleyways, or even on sidewalks. These individuals are commonly referred to as “homeless people.” This phenomenon is a consequence of urban development (Atchara Sarawan, 2021).

The problem of homelessness is the result of broader structural issues, including lack of access to welfare systems, social exclusion driven by prejudice, and national development policies. Economic, social, and political development that fails to provide inclusive and equitable support for all citizens contributes directly to the growing number of homeless people. Additional contributing factors include economic downturns, an aging population, and vulnerable groups who lack opportunities in life—ultimately forcing them into homelessness and leaving them without support or shelter (Office of Agricultural Economics, 2013).

It is important to promote and provide education on the concept of sufficiency economy within low-income households to encourage practical implementation. The sufficiency economy is an approach that effectively addresses poverty, particularly for Thai agricultural households. It focuses on self-reliance, reducing dependence on the market, and promoting the consumption of household-produced goods, which helps reduce household expenses. Developing a personal-level database that identifies individual characteristics and socio-

economic status can be used to identify target groups, such as low-income individuals, disadvantaged members of society, and other groups, for policy implementation. This will help address poverty, reduce social inequality, and have a direct impact on the target groups, ultimately ensuring the most effective use of budget expenditures (World Health Organization, Department of Mental Health, n.d.).

## Objectives

To study the quality of life of homeless people in Bangkok.

## Methodology

### 1. Population and Sample

The population in this study consists of 1,271 homeless individuals in Bangkok.

The sample group includes 304 homeless individuals in Bangkok, selected based on Taro Yamane

$$\text{Equation } n = \frac{N}{1 + Ne^2}$$

n = sample size

N = population size

e = acceptable

N = 304

### 2. Research tools

The research instrument used was a questionnaire, which was divided into two parts.

Part 1: consisted of general information about the respondents. This section used a checklist format with 5 items: gender, age, marital status, educational level, and support received from organizations. This format was designed to ensure the continuity of the collected data.

Part 2 of the questionnaire focused on the quality of life of homeless people in Bangkok. It used a rating scale format with 20 questions,

### 3. Research method

3.1 The researcher developed the questionnaire and then pre-tested it with a group similar to the sample group, consisting of 30 individuals. The questions were then revised to ensure they were appropriate.

3.2 The researcher collected data from 304 homeless individuals in Bangkok using paper questionnaires, as this method was more suitable for the homeless than using technology.

3.3 Once all the data was collected, the researcher reviewed the completed questionnaires and input the data into a computer program.

3.4 The data was then processed using statistical software.

### 4. Statistical analysis

The study of the quality of life of homeless individuals in Bangkok employed descriptive statistics, including frequency, percentage, mean, and standard deviation.

## Results

This research found that the majority of the sample group were male, accounting for 50.70 of the total, followed by females at 49.30 In terms of age, the largest group of respondents

were between 61–70 years old, accounting for 29.90 followed by those aged 51–60 years at 28.90 and those aged 71 years and above at 15.10 Regarding marital status, the majority were single, accounting for 47.70%, followed by divorced or separated individuals at 31.25, and married individuals at 21.05. In terms of education level, the largest group had completed primary education, accounting for 28.00, followed by those with lower secondary education at 23.70 and upper secondary education at 22.00 When categorized by whether they had received assistance, it was found that the majority had received support from organizations, accounting for 57.60 while 42.40 had not received any support. The research results are summarized as follows

1. The Study of the Quality of Life of Homeless People in Bangkok

Table 1: Information on physical aspects, mental aspects, social relationships, and environmental aspects.

<b>Independent variable</b>	<b>Mean</b>	<b>Standard deviation</b>	<b>interpretation</b>
Physical health	2.57	0.290	Low
Mental health	2.78	0.372	Moderate
social relationship	2.69	0.608	Moderate
environmental aspect	2.04	0.449	Very high

Table 1 it was found that the sample group scored highest in the mental health aspect, which was at a moderate level, with an average score of 2.78. This was followed by the social relationship aspect, also at a moderate level, with an average score of 2.69. The physical health aspect came next, at a low level, with an average score of 2.57, and lastly, the environmental aspect was at the lowest level, with an average score of 2.04, respectively at a moderate level, with an average score of 2.69. The physical health aspect came next, at a low level, with an average score of 2.57, and lastly, the environmental aspect was at the lowest level, with an average score of 2.04, respectively.

**Discussion**

The study of the quality of life of homeless people in Bangkok found that mental health scored the highest at a moderate level, followed by social relationships, physical health, and the environment, respectively. Overall, the quality of life is low due to limited access to healthcare, safe housing, education, suitable living conditions, and government support.

This research was a study on the quality of life of homeless people in Bangkok. It was found that, overall, the sample group’s participation in their quality of life was at a low level. When considering each aspect individually, the highest level of participation was in the mental health dimension, followed by social relationships, and then physical health. Therefore, relevant agencies aiming to assist the homeless should create supportive measures that promote access to employment and should encourage the participation of homeless individuals in developing such policies. This would help ensure that the measures effectively meet their needs and provide sustainable solutions. For example, social workers should be dispatched to visit and assess the situations of homeless individuals in public areas to provide appropriate support.

## Recommendations

1. Conducting field interviews or completing questionnaires and accessing the needs of homeless people in Bangkok posed challenges, as the researcher was located far from the data collection sites. This made the research process difficult and caused delays.

2. When working on issues related to the homeless, it is essential to promote a broader understanding of homelessness in society to reduce the stigma and prejudice toward homeless individuals. Such biases often hinder the personal development and reintegration of homeless people into society. Therefore, if society becomes more accepting of them, they will have better opportunities for a brighter future.

## References

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