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Conference Proceedings

**INTERNATIONAL BUSINESS ECONOMIC TOURISM SCIENCES TECHNOLOGY
HUMANITIES SOCIAL SCIENCES AND EDUCATION RESEARCH CONFERENCE**

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INTRODUCTION

We would like to welcome our colleagues to the International Business Tourism Transport Technology Social Sciences Humanities Education Research Conference. It is the seven series in 2016 of Conference on Business Tourism and Apply Sciences was held in Amsterdam. As always many members of the ICBTS 2016 community look forward to meeting, sharing and exchanging their research ideas and results in both a formal and informal setting which the conference provides. Likewise, the concept of alternating the international conference every one month on April to November between Europe and the rest of the world is now well established. This year's event in London (UK) Paris (France) Munich (Germany) Amsterdam (Netherlands) Boston (USA) Toronto (Canada) London (United Kingdom) Zurich (Switzerland) Berlin (Germany) Tokyo (Japan) and another continues with the cultural following the very successful and productive event held in London-Zurich in August 2016 in the field of various types for international academic research conference on Business Economics Social Sciences Humanities Education and Apply Sciences. As usual The ICBTS 2016 brings together leading academics, researchers and practitioners to exchange ideas, views and the latest research in the field of Business Tourism and Apply Sciences.

The theme of this event The 2016 ICBTS International Business Tourism Social Sciences Humanities and Education Research Conference is "Opportunities and Development of Global Business Economics Social Sciences Humanities and Education" It is also represents an emerging and highly challenging area of research and practice for both academics and practitioners a like, The current industrial context is characterized by increasing global competition, decreasing product life cycles, Global Business, Tourism Development, Social Sciences Humanities Education Apply Sciences and Technology collaborative networked organizations, higher levels of uncertainties and, above all, and customers. In our view holding this event in Tokyo represents a timely opportunity for academics and researchers to explore pertinent issues surrounding Business Economics Tourism Social Sciences Humanities Education Sciences and Technology.

Potential authors were invited to submit an abstract to the International Conference Session Chairs. All abstracts were reviewed by two experts from the International review committee and final papers were further reviewed by this volume with 30 contributing authors coming from 18 countries. This book of proceedings has been organized according to following categories:

- Business
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COMPARISON OF SKIN APPEARANCE WITH APPROPRIATE TIME IN SELF REFLEXOLOGY AREA WITH THAI TRADITIONAL MEDICINE IN GERIATRICS

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ABSTRACT

Wata (Wind) in Thai Traditional Medicine were the symptoms of dizziness, numbness, dizziness appearance there was the elderly often and easier, difficult recovery and sometime fainted. Self-resuscitation first aid is the vital signs stimulation with the reflexology ankle, it is a sensitive area. Pressing the long and often, to changed skin appearance at reflexology area. Aim: To study appropriate time (10 or 15 or 20 second), that does not make the change skin but has a stimulating effect on resurrection of the elderly with Thai Traditional Medicine. Quasi- experimental research used the elderly 28 samples, assessment of observing skin appearance at self-reflexology area, Pearson Chi-Square, the press time 10, 15 and 20 seconds. The test compares by implied 1(normal skin), 2(redness), 3(dent press), 4(green) and 5 (redness and dent Press), and a translation of 0/1 value (0=no change, 1= change), intervention by before and after fifth Inner Leg Signal reflexology at 10 second 15 second and 20 second. Data were analyzed using frequency, percentage, mean (\bar{x}), and Pearson Chi-Square. Results: The most seniors mean 71.82 years old. Skin appearance before the trial is normal skin 96.4% (\bar{x} =1.036); after treatment for 10 seconds are normal skin 82.1% (\bar{x} = 1.321), 15 and 20 seconds are normal skin 64.3 % & 24.9% (\bar{x} = 1.679& \bar{x} = 2.714) respectively. Pearson Chi-Square test, during the three-time results in change on the skin appearance of age and mood the elderly a statistically significant no difference 0.10. Conclusions: Fifth Inner Leg Signal Reflexology, ten seconds press, have appropriate time to stimulating affect the skin appearance at self-reflexology area of Thai Traditional Medicine in Geriatrics.

Keywords–Appropriate, Time, Reflexology Area

ABBREVIATIONS

p = p-value; sec. = seconds; n = number; min = minimum; max = maximum; \bar{x} = mean; S.D. = Standard deviation; V = Coefficient of variation; % = percentage.

INTRODUCTION

Wata (Wind) in Thai Traditional Medicine (Pennapha thamcharent & faculty, 2006) were the symptoms of dizziness, numbness, dizziness, more or less wind up to brain and more or less wind down the lower appearance there (Jerasak Jareanpan, 2010) was the elderly often and easier, difficult recovery and sometime fainted. Self-resuscitation first aid is the vital signs stimulation with the reflexology ankle (Fifth Inner Leg Signal Reflexology); it is a sensitive area, lack of skin elasticity, less moisture, decreased subcutaneous fat according to age (Prasert Assantachai, 2013). Pressing the long and often may affect the appearance of the skin around the spot. The previous studies on reflexology to stimulate the vital signs that the area can increase systolic blood pressure and respiration rate at press time 10 seconds, compared to the five seconds are no different. This study for appropriate time to press the reflexology stimulation of vital signs for 10 seconds, 15 seconds and 20 seconds, which does not make the changed skin appearance, but it, has a stimulating effect on the resurrection of the elderly. And ensure that the pressure does not harm the skin of the elderly self- reflexology.

1.1. Objective

To study appropriate time at 10 or 15 or 20 second in self-reflexology area of Thai Traditional Medicine in Geriatrics.

1.2. Hypothesis

Appropriate time at 10 or 15 or 20 second in self-reflexology area of Thai Traditional Medicine in Geriatrics has difference.

LITERATURE & THEORY

The reflexology ankle (Fifth Inner Leg Signal Reflexology); of seniors have fragile skin that lacks of skin elasticity. Prasert Assantachai (2013) found that the perception of pain, skin down. Damage to the skin and cartilaginous joints is thinner ability to impact reduction.

1.1. The observations of skin anomalies

The observations of skin anomalies (Wachira Kasikosan, 2000) are a tablet or a rash, swelling, pale. Skin may be hot or cold than usual on hand to experience depressed mood, irritability, anger (Pongsri Srimorakot, 2008) is sometimes not very flattering or flattering innocent confusion.

1.2. The self-reflexology in Thai Traditional Medicine

The self-reflexology in Thai Traditional Medicine is used the main line, call "Prathan 10 line". Fifth Inner Leg Signal Reflexology (Pronnapa Kijnitshe & Kitti Lisiam, 2009) is on Sahassarangri line (one of Prathan 10 line). A line that runs through can cause signal reflection of reflexology in the left feet, legs and ankles, to the cardiovascular system, cause stimulation of vital signs.

1.3. The Fifth Inner Leg Signal Reflexology

The Fifth Inner Leg Signal Reflexology in Thai Traditional Medicine is a point below the inner leg ankle. That plans to use it for urged the resurrection of syncope symptoms.

1.3.1. How massage

Patients lay right leg straight, knee bent 90 degrees left leg, the massage couple kneeling behind the patient. Use the left hand side of the massager, press the offending inches wide by tip of the thumb facing towards you. Massage for the scale used by the three major sessions (one session is breathing in and out deeply the Doctor first time about three seconds).

1.3.2. Benefits of massage

Benefits of massage such as heating into the ankles to feet out; cure sprain ankle, dislocation ankle, inflammation of ankle pain or spasms. Toe cramps, Hypertension, cure convulsions. Good cure epilepsy or heart attack or temporary coma or abdominal cramps.

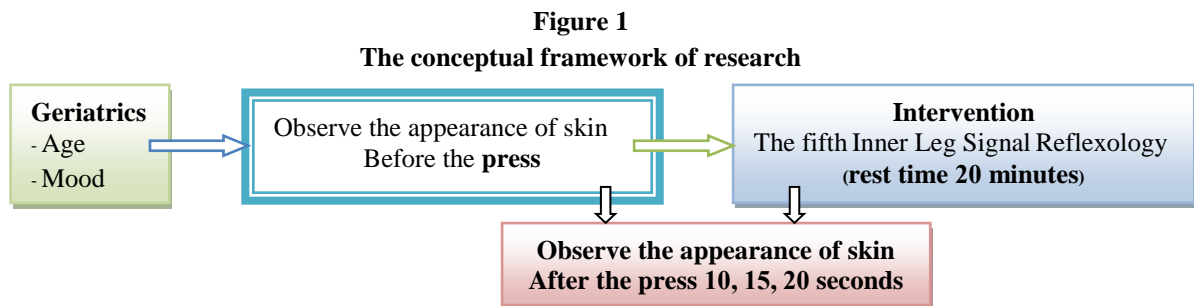
RELATED WORK

1.1. First Aid with Thai Traditional Medicine: Self Resuscitation with Both Hands in Geriatrics Comparison of Vital Signs

Natsinee Sansuk and Panee Yongjaiyuth (2015) found that the fifth Inner Leg Signal Reflexology, ten seconds press, have been a stimulating effect on vital signs as systolic blood pressure and respiration rate, which showed a statistically significant difference.05 (p=0.018, 0.007 respectively) and higher than before the experiment, but five seconds press found a statistically significant no difference .05(p=0.242).

1.2. Comparison of Skin Appearance at Self Reflexology Area with Thai Traditional Medicine in Geriatrics

Natsinee Sansuk (2016) found that the fifth inner leg signal reflexology, after press time 10 seconds, calculated by Pearson Chi-Square, resulting in changes on the skin appearance of male and female was a statistically significant difference 0.10 ($p = 0.07$).



METHODOLOGY

Research is quasi experimental research. The samples were selected based on inclusion and exclusion criteria, the experimental group of 28 elderly samples, assessment of observing skin appearance at self-reflexology area, Pearson Chi-Square, the press time 10, 15 and 20 second, each rest time 20 minutes. The test compares by implied 1(normal skin), 2(redness), 3(dent press), 4(green) and 5 (redness and dent Press), and a translation of 0/1 value (0=no change, 1= change), intervention by before and after fifth Inner Leg Signal reflexology at 10, 15 and 20 second. The comparative analysis of skin appearance at self-reflexology area finds out appropriate time (10 or 15 or 20 seconds).

1.1. Inclusion criteria: Orawan Plankong, (2010) & Siripran sasat, (2008) & Tamtim wongprayu & porntip kompo, (2008); Elderly Older than 60 years old, both male and female, can do daily activities as usual, Resting blood pressure less than 200/100 mmHg and Voluntary Program

1.2. Exclusion criteria: Ankle swelling, fever higher than 38.5 °c, dermatology and infectious diseases

1.3. Precautions Massage: Careful or under the control of specialists

1.4. Posture in self-reflexology; Sitting meditation on the floor, except the elderly do not feel right, they can sitting in a backrest chair.

Figure 2
Posture in self-reflexology



1.5. Data Collection

Interview and Recording form for assessment of observing skin appearance at self-reflexology area in the elderly by research assistant, researcher and specialists of reflexology, teaching self-reflexology of the elderly was correct. The study areas were Watt Swat Wari Sima Ram and Nakhon Chai Si community, Dusit, Bangkok, Thailand.

1.6. Data analysis

Analysis of experimental data (Sin Panpinij, 2009) using frequency, percentage, mean, standard deviation, coefficient of variation. Pearson Chi-Square Test results comparison of processing skins appearance for appropriate time to observe a two varieties (age and mood of the elderly).

1.6.1. Data representation; the test compares skin appearance at self-reflexology area by implied 1(normal skin), 2(redness), 3(dent press), 4(green) and 5 (redness and dent Press).

1.6.2. Data translation; Statistics Chi-Square Tests translated into 0/1 (0 = no change, 1 = change).

RESULTS

1.1. General information of the elderly

Seniors, 28 samples, who are interested in participating have the average age 71.82 years, standard deviation 6.85, coefficient of variation 46.89.

1.2. Data of Observing skins appearance at self-reflexology area

Data distributions are normal curve.

Table 1
Number minimum maximum mean Standard deviation Coefficient of variation

reflexology	number	min	max	□	S.D.	V
Before	28	1.00	2.00	1.036	0.189	0.036
After 10 sec.	28	1.00	3.00	1.321	0.723	0.522
After 15 sec.	28	1.00	5.00	1.679	1.156	1.337
After 20 sec.	28	1.00	5.00	2.714	1.384	1.915

Table 2
Number frequency percentage before and After 10, 15, 20 seconds

skin appearance	Number (n)	Before		After 10 seconds		After 15 seconds		After 20 seconds	
		n	%	n	%	n	%	n	%
1.normal	28	27	96.4	23	82.1	18	64.3	7	24.9
2.redness	28	1	3.6	1	3.6	5	17.9	5	17.9
3.dent press	28	-	-	4	14.3	3	10.7	10	35.7
4.green	28	-	-	-	-	-	-	1	3.6
5.redness&dent Press	28	-	-	-	-	2	7.1	5	17.9
total	28	28	100.0	28	100.0	28	100.0	28	100.0

1.3. A comparison of skin appearance at self-reflexology area in the elderly (Variable of age and mood) on before and after 10, 15, 20 seconds self-reflexology

Statistics Pearson Chi-Square Tests, comparison of skin appearance with the three-time on before and after 10, 15, 20 seconds self-reflexology each rest 20 minute, translated into 0/1 (0 = no change, 1 = change) to result in change the skin appearance of age and mood Variable of the elderly a statistically significant no difference 0.10.

CONCLUSION

Skin appearance before the trial is normal skin 96.4% (mean 1.036); after treatment for 10 seconds are normal skin 82.1% (mean 1.321), 15 seconds and 20 seconds are normal skin 64.3% and 24.9% (mean 1.679

and 2.714) respectively. So that Fifth Inner Leg Signal Reflexology in Thai Traditional Medicine, ten seconds press, has appropriate time to stimulating affect the skin appearance at self-reflexology area in Geriatrics. That does not make the change skin appearance but has a stimulating effect on resurrection of the elderly with Thai Traditional Medicine.

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