

A Comparative Study to Assess the Psychosocial Problems of Elderly People Living in Old Age Home and Selected Families at Hassan to Develop an Information Guide Sheet

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Abstract:- A man's life is usually categorized into five steps: infancy, childhood, adulthood, and old age. In this age group, older adults suffered many problems like depression, anxiety, loneliness, social withdrawal, Etc. Old age is not without any issues. In old age, physical, physiological, psychological strength deteriorates, mental stability diminishes, money power becomes bleak coupled with negligence from the younger generation.

Objectives

To assess the psychosocial problems of older adults living in old age homes, To assess the psychosocial problems of older adults residing in selected families, To compare the psychosocial issues between the more senior people living in old age homes and living in families chosen, To associate the psychosocial issues with their selected socio-demographic variables.

Methods

A descriptive approach design used to assess the psychological problems between older adults residing in nursing homes and selected families at Hassan. In this study, Non-probability, convenient sampling technique was adopted. A structured interview schedule was determined based on the objectives of the study. The data were analyzed using the Computation of mean and standard deviation and inferential statistics. Karl Pearson correlation coefficient test, chi-square test both tested. The data represented by using various graphical devices, the bar diagram, pie diagram, Etc.

Results

The study findings revealed that 70.56% in selected families and 51.23% in old age homes Considering overall aspect that older adults who live in families chosen had more psychosocial problems than in old age homes. The result findings show that there will be a significant association between the psychosocial issues of older adults with their selected demographic variables.

Keywords:- Comparative, Psychosocial problems, Old Age Home, Information Booklet.

I. INTRODUCTION

Aging is a process of becoming older. "old age is an incurable disease." However, more recently, Sir James sterling Ross Commented," you do not heal old age, you protect, promote it, and you extend it. These are the principles of Preventive Medicine¹. Some psychosocial problems include impaired memory, the rigidity of outlook, cognitive impairment, irritability, lack of interest, social withdrawal, depression, harassment, exploitation, separation from dear ones, loneliness, Etc. Immediate medical care may not be enough. We need to spare some time with them showing genuine concern towards older adults. They expect love, affection, and respect for the simple reason that they were brought up with a load of problems and sacrifice². Older adults are like children with their mood swings, occasionally too quickly, not allowing us adequate time to grasp. Older adults need attention at home, and if we do not give it, they start demanding it. When the elders begin to feel neglected, they embrace ways to attract attention from us and, at times, irritating. Restlessness, falling sick often, and even suicide attempts could be just reactions to this neglect by family members³.

Statement of the problem

"A Comparative Study to Assess the Psychosocial Problems of Elderly People living in Old Age Home and Selected Families at Hassan to Develop an Information Guide Sheet."

Objectives

To assess the psychosocial problems of older adults living in old age homes, To assess the psychosocial problems of older adults residing in selected families, To compare the psychosocial problems between the older adults living in old age homes and living in families chosen, To associate the psychosocial issues with their selected socio-demographic variables.

II. METHODS AND MATERIALS

Hypothesis: -

There will be a significant difference between the psychosocial problems of older adults living in old-age homes and selected families. There will be a significant association between the psychosocial issues of older adults with their selected demographic variables.

Research approach

Research design: -Descriptive research design used

Population: - The population consists of adults between the age group of 60 –80 years in old age homes at Hassan

Sample: - 60 sample selected for this study

Sample size: - A total of 60 elderly people

Sampling technique: - In this study Non-probability convenient sampling technique was used.

Research Variables: - Older adults and psychosocial problem

Method of data collection:

The data collection scheduled from 5th December to 3rd January 2013 prior permission was obtained from the concerned authority verbal consent obtained from each sample, Appropriate orientation given to all the samples about the aim of the study, the nature of the tool, and adequate care is taken for protecting them from potential risk including maintaining confidentiality, security, identity, Etc. A structured interview was used to assess psychosocial problems among older adults. The researcher estimates the psychosocial issues of older adults who reside in old-age

homes at Hassan.

Tools used for the study:

Section – 1: A structured interview scheduled for collecting demographic variables.

Section – 2: Consist of psychosocial problem inventory

Plan for Data analysis:

Karl Pearson correlation coefficient test and chi-square test both tested 0.05 level of significance to determine the relevance between the level of psychosocial problem score about demographic variables. The collected data were statistically analyzed and tabulated by applying descriptive and inferential statistics—the data represented by using various graphical devices, the bar diagram, pie diagram, Etc.

III. RESULTS

Analysis of the study finding is categorized and presented under the following headings:

SECTION-I Distribution of the subjects according to socio-demographic Variables

SECTION-II- Assessment of psychosocial problems among older adults.

SECTION-III-Comparison of psychosocial problems scores between residents of old age home and family

SECTION-IV- Association between the level of psychosocial problems and their demographic variables

SECTION-1-Distribution of the subjects according to socio-demographic Variables

TABLE 1A: Demographic Profile

Demographic variables		Residents of old age home (N=30)		Residents of the family (N=30)	
		Number	Percentage	Number	Percentage
Age	60-69 years	16	53.3	16	53.3
	70-79 years	7	23.3	8	26.7
	80-89 years	7	23.3	6	20.0
Gender	Male	19	63.3	17	56.7
	Female	11	36.7	13	43.3
Educational status	No formal education	7	23.3	7	23.3
	Primary education	5	16.7	10	33.3
	Secondary education	7	23.3	6	20.0
	Higher secondary education	3	10.0	2	6.7
	Graduation	3	10.0	2	6.7
	Post-graduation	3	10.0	2	6.7
	Others	2	6.7	1	3.3

TABLE 1B: Demographic Profile

Demographic variables		Residents of old age home N=30		Residents of family N=30	
		Number	Percentage	Number	Percentage
Occupational status	Retired	12	40.0	9	30.0
	Private agency	1	3.3	4	13.3
	Self-employed	4	13.3	7	23.3
	Agriculture /domestic work	7	23.3	6	20.0
	Others	6	20.0	4	13.3
Marital status	Married	12	40.0	13	43.3
	Unmarried	3	10.0	2	6.7
	Widow/widower	8	26.7	9	30.0
	Divorced/separated	7	23.3	6	20.0
Monthly income	Nil	17	56.7	10	33.3
	Up to Rs 2000	7	23.3	5	16.7
	Rs 2001-5000	6	20.0	4	13.3
	Rs 5001-10000	0	0	7	23.3
	Above Rs 10000	0	0	4	13.3

TABLE 1C: Demographic Profile

Demographic variables		Residents of old age home N=30		Residents of family N=30	
		Number	Percentage	Number	Percentage
Type of family	Joint	-	--	12	40.0
	Nuclear	-	-	15	50.0
	Extended	-	-	3	10.0
Duration of stay at old age home	Less than one year	12	40.0	-	--
	1-5 years	11	36.7	-	-
	More than five years	7	23.3	-	-
Reason for institutionalization	Lack of care and support by family	12	40.0	-	--
	Conflict with family	7	23.3	-	-
	Mental illness	2	6.7	-	-
	Physical illness	2	6.7	-	--
	No caretakers	5	16.7	-	--
	Economic insecurity	2	6.7	-	-

SECTION- II

ASSESSMENT OF PSYCHOSOCIAL PROBLEMS AMONG ELDERLY PEOPLE.

TABLE: AREAWISE ASSESSMENT OF PSYCHOSOCIAL PROBLEMS AMONG ELDERLY PEOPLE.

Area Of Psychosocial Problems	No of items	Residents of old age home N=30			Residents of family N=30		
		Mean score	S.D.	Mean %	Mean score	S.D.	Mean %
Anxiety	5	7.83	1.487	52.2	10.93	1.461	72.87
Stress	5	7.77	1.813	51.8	10.07	1.574	67.13
Depression	6	8.40	1.589	46.67	13.13	1.383	72.94
Loneliness	4	6.77	1.194	56.42	8.50	1.253	70.83
Social isolation	3	5.33	1.061	59.22	6.27	.907	69.67
Neglect by family members	3	3.87	1.106	43	6.93	1.172	77
Social support	4	6.17	1.085	51.42	7.67	1.124	63.92
Overall	30	46.13	4.191	51.23	63.50	4.006	70.56

SECTION III

COMPARISON OF PSYCHOSOCIAL PROBLEMS SCORES BETWEEN RESIDENTS OF OLD AGE HOME AND FAMILY

N=30

AREA OF ASSESSMENT	Residents of old age home N=30		Residents of family N=30		DIFFERENCE		“t”-test for independent groups
	Mean	SD	Mean	SD	Mean	S.E.	
Anxiety	7.83	1.487	10.93	1.461	3.1	0.381	t=8.145
Stress	7.77	1.813	10.07	1.574	2.3	0.438	t=5.246
Depression	8.40	1.589	13.13	1.383	4.733	0.385	t=12.308
Loneliness	6.77	1.194	8.50	1.253	1.733	0.316	t=5.485
Social isolation	5.33	1.061	6.27	.907	0.933	0.255	t=3.661
Neglect by family members	3.87	1.106	6.93	1.172	3.067	0.294	t=10.422
Social support	6.17	1.085	7.67	1.124	1.5	0.285	t=5.257
Overall	46.13	4.191	63.50	4.006	17.367	1.059	t=16.405

VHS,P-0.000, df=58,

Table 4: DISTRIBUTION OF SUBJECTS ACCORDING TO LEVEL OF PSYCHOSOCIAL PROBLEMS.

LEVEL OF PSYCHOSOCIAL PROBLEMS	Residents of old age home N=30		Residents of family N=30	
	Number	Percentage	Number	Percentage
Severe	0	0	17	56.7
Moderate	16	53.3	13	43.3
Mild	14	46.7	0	0
Total	30	100.0	30	100.0

TABLE: COMPARISON OF AVERAGE PSYCHOSOCIAL PROBLEMS SCORE PERCENTAGE BETWEEN RESIDENTS OF OLD AGE HOME AND RESIDENTS OF FAMILY

AREA OF ASSESSMENT	Residents of old age home N=30	Residents of family N=30	DIFFERENCE
Anxiety	52.2	72.87	20.67
Stress	51.8	67.13	15.33
Depression	46.67	72.94	26.27
Loneliness	56.42	70.83	14.41
Social isolation	59.22	69.67	10.45
Neglect by family members	43	77	34
Social support	51.42	63.92	12.5
Overall	51.26	70.56	19.3

SECTION IV

TABLE A: ASSOCIATION BETWEEN LEVEL OF PSYCHOSOCIAL PROBLEMS AND THEIR DEMOGRAPHIC VARIABLES

Ho: There is no significant association between the psychosocial problems and demographic variables of elderly people residing in old age homes.

N=60

Demographic variables Residents of old age home (N=30)		N	LEVEL OF PSYCHOSOCIAL PROBLEMS		Chi-Square Test
			Moderate	Mild	
Age	60-69 years	16	7	9	Chi-Square value=3.848 P=0.146 df=2 NS
			43.8%	56.2%	
	70-79 years	7	6	1	
			85.7%	14.3%	

	80-89 years	7	3 42.9%	4 57.1%	
Gender	Male	19	9 47.4%	10 52.6%	Chi Square value=0.231 P=0.631 df=1 NS
	Female	11	7 63.6%	4 36.4%	
Educational status	No formal education	7	5 71.4%	2 28.6%	Chi-Square value=4.515 P=0.607 df=6 NS
	Primary education	5	3 60.0%	2 40.0%	
	Secondary education	7	4 57.1%	3 42.9%	
	Higher secondary education	3	1 33.3%	2 66.7%	
	Graduation	3	1 33.3%	2 66.7%	
	Post-graduation	3	2 66.7%	1 33.3%	
	Others	2	0 .0%	2 100.0%	

NS-No significant The chi-square test indicates there is no significant relationship between psychosocial problems and demographic variables.

TABLE B: ASSOCIATION BETWEEN LEVEL OF PSYCHOSOCIAL PROBLEMS AND THEIR DEMOGRAPHIC VARIABLES

Ho: There is no significant association between the psychosocial problems and demographic variables of older adults residing in old age homes.

N=30

Demographic variables Residents of old age home N=30		N	LEVEL OF PSYCHOSOCIAL PROBLEMS		Chi-Square Test
			Moderate	Mild	
Occupational status	Retired	12	6 50.0%	6 50.0%	Chi-Square value=3.836 P=0.429 df=4 N.S.
	Private agency	1	0 .0%	1 100.0%	
	Self-employed	4	3 75.0%	1 25.0%	
	Agriculture/ domestic work	7	5 71.4%	2 28.6%	
	Others	6	2 33.3%	4 66.7%	
Marital status	Married	12	7 58.3%	5 41.7%	Chi-Square value=5.367 P=0.147 df=3 NS
	Unmarried	3	0 .0%	3 100.0%	
	Widow/widower	8	6	2	

			75.0%	25.0%	
	Divorced/separated	7	3 42.9%	4 57.1%	
Monthly income	Nil	17	9 52.9%	8 47.1%	Chi-Square value=0.069 P=0.966 df=2 NS
	Up to Rs 2000	7	4 57.1%	3 42.9%	
	Rs 2001-5000	6	3	3	
			50.0%	50.0%	

NS-No significant The chi-square test indicates there is no significant relationship between psychosocial problems and demographic variables.

TABLE C: ASSOCIATION BETWEEN LEVEL OF PSYCHOSOCIAL PROBLEMS AND THEIR DEMOGRAPHIC VARIABLES

Ho: There is no significant association between the psychosocial problems and demographic variables of older adults residing in old age homes.

N=30

Demographic variables Residents of old age home N=30		N	LEVEL OF PSYCHOSOCIAL PROBLEMS		Chi-Square Test
			Moderate	Mild	
Duration of stay at old age home	Less than one year	12	6 50.0%	6 50.0%	Chi-Square value=1.249 P=0.536 df=2 NS
	1-5 years	11	5 45.5%	6 54.5%	
	More than five years	7	5 71.4%	2 28.6%	
Reason for institutionalization	Lack of care and support by family	12	7 58.3%	5 41.7%	Chi-Square value=0.545 P=0.99 df=5 NS
	Conflict with family	7	4 57.1%	3 42.9%	
	Mental illness	2	1 50.0%	1 50.0%	
	Physical illness	2	1 50.0%	1 50.0%	
	No caretakers	5	2 40.0%	3 60.0%	
	Economic insecurity	2	1 50.0%	1 50.0%	

NS-No significant The chi-square test indicates there is no significant relationship between psychosocial problems and demographic variables.

TABLE A: ASSOCIATION BETWEEN LEVEL OF PSYCHOSOCIAL PROBLEMS AND THEIR DEMOGRAPHIC VARIABLES

Ho: There is no significant association between the psychosocial problems and demographic variables of older adults residing in selected families. **N=30**

NS-No significant The chi-square test indicates there is no significant relationship between psychosocial problems and

Demographic variables Residents of the family (N=30)		N	LEVEL OF PSYCHOSOCIAL PROBLEMS		Chi-Square Test
			Severe	Moderate	
Age	60-69 years	16	10	6	Chi-Square value=0.475 P=0.789 df=2 NS
			62.5%	37.5%	
	70-79 years	8	4	4	
			50.0%	50.0%	
	80-89 years	6	3	3	
			50.0%	50.0%	
Gender	Male	17	10	7	Chi-Square value=0.074 P=0.785 df=1 NS
			58.8%	41.2%	
	Female	13	7	6	
			53.8%	46.2%	
Educational status	No formal education	7	6	1	Chi-Square value=10.899 P=0.092 df=6 NS
			85.7%	14.3%	
	Primary education	10	5	5	
			50.0%	50.0%	
	Secondary education	6	2	4	
			33.3%	66.7%	
	Higher secondary education	2	2	0	
			100.0%	0.0%	
	Graduation	2	0	2	
			0.0%	100.0%	
Post-graduation	2	2	0		
		100.0%	0.0%		
Others	1	0	1		
		0.0%	100.0%		

demographic variables.

TABLE B: ASSOCIATION BETWEEN LEVEL OF PSYCHOSOCIAL PROBLEMS AND THEIR DEMOGRAPHIC VARIABLES

Ho: There is no significant association between the psychosocial problems and demographic variables of older adults residing in selected families. **N=30**

Demographic variables Residents of family N=30		Number	LEVEL OF PSYCHOSOCIAL PROBLEMS		Chi-Square Test
			Severe	Moderate	
Occupational status	Retired	9	4	5	Chi-Square value=1.412 P=0.842 df=4
			44.4%	55.6%	
	Private agency	4	2	2	
			50.0%	50.0%	

	Self-employed	7	4 57.1%	3 42.9%	NS
	Agriculture /domestic work	6	4 66.7%	2 33.3%	
	Others	4	3 75.0%	1 25.0%	
Marital status	Married	13	8 61.5%	5 38.5%	Chi-Square value=0.275 P=0.965 df=3 NS
	Unmarried	2	1 50.0%	1 50.0%	
	Widow/widower	9	5 55.6%	4 44.4%	
	Divorced/separated	6	3 50.0%	3 50.0%	

NS-No Significant, The chi-square test indicates there is no significant relationship between psychosocial problems and demographic variables.

TABLE C: ASSOCIATION BETWEEN LEVEL OF PSYCHOSOCIAL PROBLEMS AND THEIR DEMOGRAPHIC VARIABLES

Ho: There is no significant association between the psychosocial problems and demographic variables of older adults residing in selected families.

N=30

Demographic variables Residents of family N=30		Number	LEVEL OF PSYCHOSOCIAL PROBLEMS		Chi-Square Test
			Severe	Moderate	
Monthly income	Nil	10	5 50.0%	5 50.0%	Chi-Square value=1.988 P=0.738 df=4 N.S.
	Up to Rs 2000	5	2 40.0%	3 60.0%	
	Rs 2001-5000	4	2 50.0%	2 50.0%	
	Rs 5001-10000	7	5 71.4%	2 28.6%	
	Above Rs 10000	4	3 75.0%	1 25.0%	
Type of family	Joint	12	8 66.7%	4 33.3%	Chi-Square value=1.222 P=0.543 df=2 NS
	Nuclear	15	7 46.7%	8 53.3%	
	Extended	3	2 66.7%	1 33.3%	

NS-No Significant, The chi-square test indicates there is no significant relationship between psychosocial problems and demographic variables.

IV. DISCUSSION

This study shows that older adults who live in selected families had more psychosocial problems than in old age homes at Hassan.

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