Effectiveness of Assertive education Program on Assertiveness among the old age persons.

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ABSTRACT

A Study to evaluate the Effectiveness of Assertive education Program On Assertiveness Among old age persons in selected old age home at Karaikal. The Pre-experimental - one group pretest and post test design was used to assess the level of assertiveness. The study has been conducted in Sapthaswaram home for aged at, Karaikal. A convenient sampling technique has been adopted to select the desired sample. The sample size was 40. A assertiveness questionnaires was used to assess the level of assertiveness among old age persons. The post test was conducted by using same tool after the assertiveness training program. The results showed that pretest, 31 (77.5%) samples had non assertiveness, 7 (17.5%) samples had moderate assertiveness and 2 (5%) samples had good assertiveness. In post test 4 (10%) samples had non assertiveness, 32 (80%) samples had moderate assertiveness and 4 (10%) samples had good assertiveness.

INTRODUCTION

Assertive behavior is an ability of an individual to honestly express their positive as well as negative feeling and thoughts. Assertive behavior is the skill to seek, maintain or enhance reinforcement in on interpersonal situation.

Assertion varies from individual to individual Strong foundation leads healthy assertion. So assertiveness training is essential for the all age group persons, especially old age persons.

Assertive attitudes and behaviors are at the heart of effective advocacy. A person with an assertive attitude recognizes that each individual has rights. These rights include not only legal rights but also rights to individuality, to have and express personal preferences, feelings and opinions. The assertive individual not only believes in his or her rights but is committed to preserving those rights.

An assertive attitude is important in recognizing that rights are being violated. The passive person is so concerned with being liked and accepted that he or she may never recognize the need to advocate. The assertive person clearly expresses his or her rights or needs. They tend to face problems promptly and they focus on solutions rather than problems.
NEED FOR THE STUDY

The “old age” population is growing at an accelerated rate all over the world and India is no exception. Many old age persons do not let their ideas out which is inside them because it may go wrong. Many studies revealed that assertive training helps to improve the assertive behavior. The old age people face so many problems, especially in physical as well as psychological aspect. It is not easy for them to cope up with the problems like other age group persons.

Assertiveness is the ability to say yes or no when you want to. It is the freedom to be yourself in all circumstances. Assertiveness is a valuable skill.

In 1991, the population of 60 years and above was 56 million (6.8%). In 1999, it has crossed 70 million and is expected to reach 177 million by 2025. The growth rate of elderly population (37.3%) is twice that of general population (16.8%). One out of seven elderly in the world is an Indian. Average expectation of life from 60 years in 1991 is expected to reach 70 years by the year 2025. And there were around 354 old age homes in 1997. By 2001 the number of old age homes in the country has grown to 969.

It is a dearth need that old age persons needs to have a good level of assertiveness to lead a productive life. Many therapies exist and one among them is assertive education program (AEP). So the investigator felt that assertive education program (AEP) will have an influence on the future of old age persons

STATEMENT OF THE PROBLEM:

A study to evaluate the effectiveness of Assertive Education Program On Assertiveness Among the old age persons in selected old age home at Karaikal.

OBJECTIVES:

- To assess the pretest score of assertiveness among old age persons in selected old age home at Karaikal.
- To evaluate the effectiveness of Assertive education Programme (AEP) among old age persons in selected old age home at Karaikal.
- To assess the posttest score of assertiveness among old age persons in selected old age home at Karaikal.
To find out the association between the level of assertiveness of old age persons with their selected demographic variables.

HYPOTHESES:

H1: There will be a significant difference in the level of assertiveness among old age persons before and after administration of Assertive education programme at (P<0.05 level)

H2: There will be a significant association between the level of assertiveness among old age persons with their selected demographic variables at (P<0.05 level).

OPERATIONAL DEFINITIONS:

Effectiveness:
Refers to the outcome of the teaching of assertiveness of old age persons.

Assertive Training:
Refers to the behavior therapy procedure in which an individual is instructed, coached, trained and supported in taking positive assertive action in situation.

Old age persons:
The persons who were above the age of 60 yrs.

PROJECTED OUTCOME:

- This study will help the to practice Assertive education among old age persons in selected old age home at Karaikal

- This study will help the health professional to plan for further research.

RESEARCH METHODOLOGY

RESEARCH DESIGN:
The research design chosen for this study was Pre experimental design (one Group pretest posttest design)
DESCRIPTION OF SETTING:

This study was conducted at Sabthaswaram old age home at Karaikal. It is run by a private welfare trust, it was started in the year of 1998, Totally 50 old age persons are staying in the centre.

VARIABLES:

Independent variable: Assertive education programme (AEP).

Dependent variable: Level of assertiveness.

POPULATION:

Old age persons

SAMPLE:

The sample of this study was old age persons those who were staying in selected old age home at Karaikal.

SAMPLE SIZE:

The sample size of the study was 40.

SAMPLING TECHNIQUE:

The technique adopted for this study was Convenience sampling technique.

CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

- Old age persons aged between 60-75 years.
- Old age persons who can speak and understand Tamil.

Exclusion criteria

- Old age persons who are not willing to participate.
- Old age persons who were ill at the time of data collection.
- Old age persons who underwent Assertiveness education Programme (AEP) previously.
DESCRIPTION OF THE TOOL

Part I: Demographic variables.
Part II: Self-administered Questionnaire for assessing the level of assertiveness.

Part I:

It consists of demographic characteristics of old age persons such as such as age, sex, religion, educational status, marital status, previous income, reason for staying in old age home, duration of staying in old age home.

Part II:

Includes questionnaires for assessing the level of assertiveness among old age persons. Each question had 2 options (yes/no). The total score of each subject was converted into percentage and interpreted as follows.

Score interpretation

The score for each item in the questionnaire is as follows

Yes – 1  No – 0

The total score is converted into percentage and categorized as

01% -50% - Non Assertiveness
51%-75% - Moderate Assertiveness
Above 75% - Good assertiveness

DATA COLLECTION PROCEDURE:

Prior Permission was obtained from the concerned authority to conduct the study. The researcher personally visited the selected home and introduced herself to the concerned authority and explained the purpose of study. The investigator introduced him to the respondents and willingness of the participants was ascertained. First Pretest was conducted to respondents and Assertive education program was given to group. After one week of assertive education programme the post test was conducted.
RESULT

The above Figure shows in pretest, 31 (77.5%) samples had non assertiveness, 7 (17.5%) samples had moderate assertiveness and 2 (5%) samples had good assertiveness. In post test 4 (10%) samples had non assertiveness, 32 (80%) samples had moderate assertiveness and 4 (10%) samples had good assertiveness.

MAJOR FINDINGS OF THE STUDY

Level of assertiveness among old age persons during pretest and posttest.

In pretest, 31 (77.5%) samples had non assertiveness, 7 (17.5%) samples had moderate assertiveness and 2 (5%) samples had good assertiveness. In post test 4 (10%) samples had non assertiveness, 32 (80%) samples had moderate assertiveness and 4 (10%) samples had good assertiveness.

Effectiveness of assertive education program (AEP)

In pre test, the mean assertiveness score was 17.38 +/- 5.69 where as in post test, the mean assertiveness score was 24.20 +/- 4.60. The calculated ‘t’ value shows that assertive education program (ATP) was effective in improving the level of assertiveness.
Association between the level of assertiveness among old age persons and their selected demographic variables.

There is no significant association found between the level of assertiveness with demographic variable among old age persons.

RECOMMENDATIONS

1. Similar study can be conducted with only male or only female to find out the effectiveness of assertive education program on gender basis.
2. A similar study could be conducted for old age persons those who are staying at home.
3. Similar study can be replicated using a large sample for a large duration for generalization.

CONCLUSION

A study was conducted to evaluate the effectiveness of assertive education program (AEP) among old age persons. Most of the samples had poor and moderate level of assertiveness. After the implementation of Assertive education Program (AEP) the level of assertiveness got improved among old age persons.

REFERENCES


