

A DESCRIPTIVE STUDY TO ASSESS THE LONELINESS AND SOCIABILITY AMONG ELDERLY WOMEN IN SELECTED COMMUNITY AREA AT PUDUCHERRY.

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ABSTRACT

Descriptive survey was conducted to assess the loneliness and sociability among elderly women at selected community area in Puducherry. Elderly women who fulfill the inclusion criteria they were selected as a study sample. The study was done at Narambai community area in Kirumampakkam, Puducherry. Total 60 elderly women were used as a study sample through convenient sampling technique. Data was collected by using a loneliness UCLA scale and one dimensional scale for sociability. The study findings reveals that the majority of the elderly women had lower level of loneliness 49(81.7%) and majority of the elderly women had average level of sociability 35(58.3%). There was significant association between elderly women of loneliness and sociability with education and occupation, no significant with demographic variable like age, sex, religion, residence, and marital status, type of family and period of stay.

KEY WORDS: Descriptive, Loneliness and Sociability, Elderly Women.

BACKGROUND OF THE STUDY

“I have never met such a sociable partner as loneliness”

- *Henry Thoreau*

Loneliness is common among older people. It is related to several characteristics that impair the quality of life of older people, like depressive symptoms and decreased subjective health (Parpura-Gill 2007). Loneliness may lead to cognitive decline, increased need of help and use of health services, as well as early institutionalization (Jylhä 2004). According to World Health Organization (WHO) statistics, older people are the fastest-growing age group worldwide. By 2050, two billion people – or nearly one out of every four people – will be older than 60 years. As people age, they are more likely to have mobility difficulties and chronic conditions such as cancer, stroke and dementia. They are also vulnerable to depression, as many face loneliness and poverty. Mental illness, low morale, poor rehabilitation and admission to residential care have all been found to be correlated with either social isolation or loneliness or both .

NEED FOR THE STUDY

Loneliness has been identified as a significant risk to health. However, our health care system and nursing care have limited means to recognize older people who may suffer from loneliness and to alleviate loneliness with nursing intervention. Wenger and Burholt suggest that there is a direct relationship between social isolation and loneliness which means the increases in social isolation cause more cases of loneliness. Demakakos, Nunn & Nazroo argue that the level of loneliness during most of the lifespan shows almost stability, but increases among the socially isolated oldest old age. Ghanbaran (2014) on undergraduate students showed a significant negative relationship between feelings of loneliness and mental health. Thus a study on loneliness and sociability was felt needed to realizing the increased current prevalence, incidence of sociability, causes of loneliness risk factor increased mortality regarding in loneliness and sociability. The study also fulfills the need to avoid loneliness and sociability among elderly women to promote a healthy life among in elderly women. So the investigator felt the need to choose the study to assess the loneliness and sociability among elderly women in selected community area at Puducherry.

STATEMENT OF THE PROBLEM

A descriptive study to assess the loneliness and sociability among elderly woman in selected community area at Puducherry.

OBJECTIVES

- To assess loneliness and sociability among elderly women.
- To associate loneliness and sociability with selected demographic data.

METHODS AND MATERIALS

Research Approach : Quantitative approach

Research Design : Descriptive survey design.

Setting Of The Study : Narambai community area , puducherry.

Population : The population of the present study comprises of above 60 years of age group at selected community area, puducherry.

Sample Size : The sample consists of 60 Elderly women were selected for this study.

Sampling Technique : Non probability convenient sampling technique was used for this study.

DESCRIPTION OF THE TOOL

The tool was prepared based on the literature search and expert's opinion.

SECTION A - DEMOGRAPHIC VARIABLES

SECTION B - LONELINESS SCALE

| Category | Level of loneliness score |
|---------------|---------------------------|
| Superior | More than 71 |
| Above average | 61 – 70 |
| Average | 51 – 60 |
| Lower level | 0 – 50 |

SECTION -C : SOCIABILITY SCALE

| Category | Level of sociability scale |
|-------------|----------------------------|
| Superior | 41- 50 |
| Moderate | 31 – 40 |
| Average | 31 – 20 |
| Lower level | 0 – 20 |

RESULTS & FINDINGS:

- ❖ Maximum participants (60%) were belongs to the age group of 40 to 70 years above.
- ❖ Maximum majority of participants (100%) were female.
- ❖ Majority of participants (100%) were from rural area.
- ❖ Most of the participants (81.6%) were belongs to hindu religion.
- ❖ Most of the participants (45%) were from primary education.
- ❖ Majority of participants (80%) were 4 years and above.
- ❖ Majority of participants (51.7%) were type of nuclear family.
- ❖ Maximum of participants (65%) were from married.
- ❖ Majority of participants (46.7%) were from unemployed.

FIG. Percentage wise distribution of loneliness among elderly women's according to their level of loneliness.

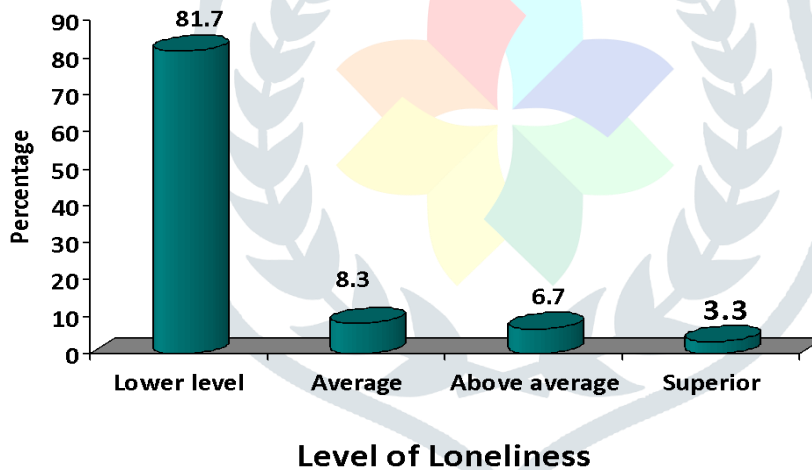


Fig. shows that 49 (81.7%) of them were lower level of loneliness, 5 (8.3%) of them were average level of loneliness, 4 (6.7%) of them were above average level of loneliness and 2 (3.3%) of them were superior level of loneliness.

Table. Frequency and percentage wise distribution to assess the sociability among elderly women at selected area in puducherry.

| Level of sociability | Score | |
|----------------------|-------|------|
| | f | % |
| Lower | 12 | 20 |
| Average | 35 | 58.3 |
| Moderate | 10 | 16.7 |
| Superior | 3 | 5 |
| Total | 60 | 100 |

Table. Shows that Level of sociability shows that 35 (58.3%) of them were average level of sociability, 12 (20%) of them were lower level of sociability, 10 (16.7%) of them were moderate level of sociability and 3 (5%) of them were superior level of sociability.

Association between knowledge with selected demographic variables

There was significant association between elderly women of loneliness and sociability with education and occupation, no significant with demographic variable like age, sex, religion, residence, and marital status, type of family and period of stay.

Karl pearson correlation between level of loneliness and level of sociability among elderly women at selected area in puducherry.

| Correlation | 'r' value | p-value |
|--|-----------|------------|
| Level of loneliness and level of sociability | 0.2992 | 0.0202 (S) |

****p<0.001 Highly significant**

The overall mean percentage of loneliness was 53%, standard deviation was 11.73% and obtained 't' value (0.001) and overall means percentage of sociability was 52%, standard deviation was 7.55%. This shows level of loneliness and sociability was effective in improving the knowledge and loneliness and sociability level of the elderly women.

CONCLUSION

The overall mean percentage of loneliness was 53%, standard deviation was 11.73% and obtained 't' value (0.001) and overall means percentage of sociability was 52%, standard deviation was 7.55% this shows the level of loneliness and sociability was highly significant level of elderly women. It was evident that 81.7% of elderly women in lower level of loneliness 8.3% of elderly women average loneliness 26.7% had above average loneliness and 3.3% of elderly women superior level of loneliness. It was evident that 58.3% of elderly women average level of sociability 20% of elderly women lower level of sociability 16.7% of elderly women had moderate sociability 5% of elderly women superior level of sociability. Thus the study was concluded that loneliness and sociability level there was significantly improved regarding elderly women.

RECOMMENDATIONS:

- ❖ The study can be duplicated among all the group of person in the family of loneliness and sociability.
- ❖ Study can be organized to promote the loneliness and sociability among elderly women in community set up.

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