# A STUDY TO ASSESS THE LEVEL OF STRESS AMONG SENIOR CITIZENS AT SELECTED COMMUNITY AREA IN PUDUCHERRY.

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# ABSTRACT

A study to assess the level of stress among senior citizens at selected community area Nallavadu in puducherry. This study was conducted at Nallavadu community area in puducherry which is located 5km away from our institution at Cuddalore to pondy main road. Total of 100 samples were selected the senior citizens in nallavadu through convenient sampling technique. The data was collected by using perceived stress scale. The collected data from subjects were complied and analyzed by using descriptive and inferential statistics. The research findings reveals that the majority of 42% senior citizens were in the age of 51-52 years, 55% were females , 88% of them were hindu,100% were living in rural areas, 53% were illiterate, 70% were daily wages, 85% of them had monthly income of Rs. 2000-3000, 78% were married, 81% were nuclear family,66% of them have not received any information regarding stress, 61% of them had mental problem. Assessment level of stress shows that mild level of stress (0%) moderate level of stress (96%) and severe level stress (4%). However, there was significant -$p<0.05$ and -$p<0.01$ & -$p<0.001$ was highly significant.

**KEY WORDS:**

Descriptive, Stress, Senior, Citizens.

**BACKGROUND OF THE STUDY**

Stress is a common problem that affects almost all of at some point our lives learning to identify when you are under stress, what is stressing you, and different way of coping with stress can greatly improve both your mental and physical well being . Many seniors still manage to sail through their later years. " successful agers " tend have a few things in common : They stay connected to friends and family, they exercise and keep active, and above all, they find ways to both reduce and manage the stress in their lives.

**NEED FOR THE STUDY**

The number of persons over age 65 in the united states is increasing dramatically. The elderly population at million in 1990, is predicted to be at 39 million in 2010 and at 66 million in 2050. Accounting for 4% population in 1900, the percentage of elderly will increase 23% by the year 2030. The largest growth occurring among those over the age of 85 year.

The prevalence of stress is higher than we would like it to be. There is an estimated 30% of mental problem which are related to stress. It is therefore useful here to know more about the prevalence of stress, because it often worsens symptoms of other physical issues or can even trigger them. For example 10% of the Dutch population would be affected by burnout symptoms.. World wide, the prevalence of stress increased by 18% from 2005 to 2015. At present, there are 322 million people with stress in the world.

**STATEMENT OF THE PROBLEM**

A descriptive study to assess the stress level among senior citizens at selected community area in puducherry.

**OBJECTIVES**

★      To assess the level of stress among senior citizens.

★      To associate the level of stress among senior citizens with selected demographic variables.

**METHODS AND MATERIALS**

**RESEARCH APPROACH :** Quantitative approach

**RESEARCH DESIGN :** Non- experimental survey design.

**SETTING OF THE STUDY :** Nallavadu community area , puducherry.

**POPULATION :** above 60 years of age group at selected community area , puducherry.

**SAMPLE SIZE :** 100 Senior citizens.

**SAMPLING TECHNIQUE :** Non probability convenient sampling technique

**CRITERIA FOR SAMPLE COLLECTION**

 **INCLUSION CRITERIA :**

- ★ Those who have above 45-60 years of age group.

- ★ Those who can speak and understand tamil.

- ★ Those who are willing to participate in the study.

 **EXCLUSION CRITERIA :**

- ★ Those who are very sick.

- ★ Those who absent at the day of data collection.

- ★ Those who have significant physical & mental disorders.

**DESCRIPTION OF THE TOOL**

The tool used for data collection was structured teaching questionnaire consists of two parts .

**PART  1** :  It includes demographic variables which includes age, sex, religion, education. occupation, monthly income, marital status, type of family, residence, source of information, history of any illness regarding level of stress.

**PART 11 :** Perceived stress scale consists of 10 qusetions was used to collect data which is required for the

stuy to assess the level of stress among senior citizens at selected community area in puducherry.

 **SCORING**

- ★ Mild — 0 - 13

- ★ Moderate — 14 -26

- ★ Severe — 27-40

**METHOD OF DATA COLLECTION**

Structured questionnaire and perceived stress scale was used to collect the data which is requires for the

study to assess the stress level among senior citizens at selected community area in puducherry.

## RESULTS

- ❖ Highest (42%) of them were 51-55 years of age & gender.
- ❖ Majority (55%) of them were females
- ❖ Majority (88%) of them were Hindu
- ❖ Majority (100%) of them were living in rural areas.
- ❖ Majority (53%) of them were illiterate.
- ❖ Majority (70%) of them were daily wages.
- ❖ Majority (85%) of them were earns Rs.2000-3000.
- ❖ Majority (78%) of them were married.
- ❖ Majority (81%) of them were nuclear family.
- ❖ Majority(66%) of them no sources of information and
- ❖ Majority (61%) were had mental problem.

Level of stress showed that

- ❖ Mild - 0%
- ❖ Moderate - 96%
- ❖ Severe - 4%

**Fig. Frequency and percentage wise distribution to assess the level of stress among senior citizens at selected community area in puducherry**
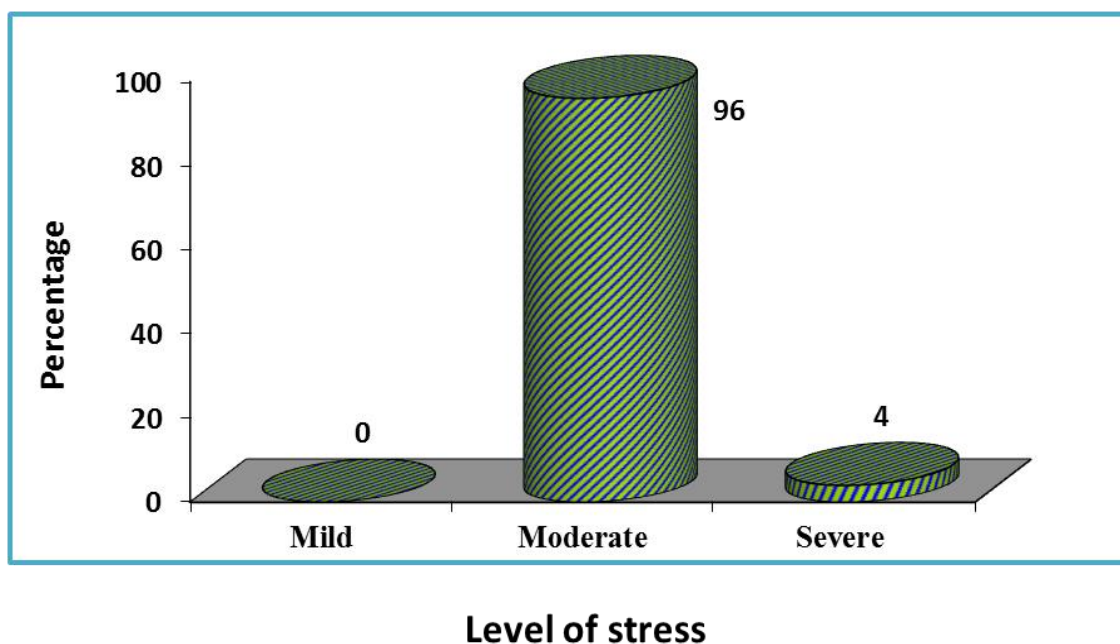
**Fig:** Shows that  level of stress 0% of them had mild level of stress, 96% of them had moderate level of stress and 4% of them had severe level of stress.

**Association between level of stress  and selected demographic data.**

It shows that the association between the demographic variables among senior citizens.  It shows that there is no association between demographic variable level of stress like Age, Sex, Religion, Residence, Education, Occupation, Monthly income, Marital status, Type of family, The source of information regarding stress and History of any illness.

**CONCLUSION**

Conclusion of present study was drawn from the findings of data collection is mentioned as below as: Maximum participants (42%) were 51-55 years, (55%) were females, majority (88%) were Hindu, majority (100%) were living in rural areas, (53%) were Illiterate, (70%) were daily wages, majority (85%)were earns Rs.2000-3000, majority (78%) were married, majority(81%) were nuclear family, majority(66%) of them no sources of information and majority (61%) were had mental problem.The values showed that there is no significance association between age, sex, religion, residence, education, occupation, monthly income, marital status, type of family, previous source of  information and  history of any illness.

-$p<0.05$ , significant and -$p<0.01$ & -$p<0.001$, highly significant.

**RECOMMENDATIONS:**

On the basis of findings of the study, it is recommended that

★        Smaller study can be conducted for a large sample to generalize the findings

★        A comparative study can be done to evaluate the level of stress among senior citizens between orphanage people.

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