



COGNITIVE STIMULATION AND ITS EFFECTIVENESS ON COGNITIVE FUNCTIONS AND QUALITY OF LIFE AMONG ELDERLY- PILOT STUDY

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INTRODUCTION: With aging, there is a definite loss in Numbers and functioning of neurons (Murray et.al 2009) and also cognitive function starts lessening from the age of 50 and speeding after the age of 65 years. Indian society is facing a significant jump in senior residents. India is expected to have more than 19% elderly by 2050.

AIM: This study was conducted to gain understanding about the cognitive functions and quality of life among elderly population and to promote and strengthen the cognitive functioning and quality of life in elderly.

METHODOLOGY: .A pilot study similar to main study by following mixed Method approach was done. In study Randomized control study by taking 10 percent of main sample that is total of 10 samples were selected, 5 in each control and experimental group with the help of cluster sampling and the study was conducted in the rural community centre of selected village, Panipat, Haryana. The data was collected using semi structured interview schedule, MMSE and QOL-AD.

RESULTS: There was no significant difference found among various demographical variables. NLCSP was significantly effective found on cognitive functions and quality of life among elderly in the experimental group i.e. pretest mean 17.4 while posttest mean 23.2. While no difference was found in the cognitive functions and quality of life among elderly in the control group where NLCSP was not used.

CONCLUSION: Thus NLCSP was found significantly effective in improving the cognitive functions and quality of life among the elderly.

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