



“A study to assess the psychological problems and coping strategies of elderly persons residing in selected old age homes, Gobindgarh (Punjab).”

AUTHOR : Pooja Devi PhD (Nursing) Scholar Desh Bhagat University off to NHI, Mandi Gobindgarh District, Fatehgarh Sahib ,Punjab 147301,India. Bishlaypooja@gmail.com

CO-AUTHOR 1 : Dr. Priyanka Chaudhary Professor Desh Bhagat University off to NHI, Mandi Gobindgarh District, Fatehgarh Sahib ,Punjab 147301,India.

CO-AUTHOR 2 : Dr. Rajwant Kaur Randhawa Professor (CHN) Desh Bhagat University off to NHI, Mandi Gobindgarh District, Fatehgarh Sahib ,Punjab 147301,India.

ABSTRACT : The demographic characteristics of the sample, majority 36.0% of them were in the age group of 60-64 years. Regarding the gender majority 55% of them were males. Eighty percentages of them were married people resided in the old age home. Considering the type of family 86.0 % of them were lived in nuclear family. Regarding the number of children majority 44.0% of them had > two children. Considering the income status majority 51.0% got supported from their relatives and family. Regarding the type of support majority 50.0% of them were supported by their son/ daughter. In psychological problems assessment scale, reveals that majority 60% of the elderly had moderate level of psychological problems. 31% of them had severe level of psychological problems and 9 % had mild psychological problems. In psychological problems assessment scale, analysis shows that majority 43% of the elderly were had fair level of coping strategies towards psychological problems. 29 % of the elderly persons were having good level of coping strategy towards psychological problems. 28 % of the elderly persons were having poor level of coping strategy towards psychological problems.

The result shows that, there was negative correlation between Psychological problems score and coping strategy score. It means if their coping increases psychological problems decreases. Result shows that there was significant association between psychological problems and demographic variables of marital status and income status of elderly persons residing in the old age home. It was confirmed by using chi square test p value 0.01. Result shows that there was significant association between the level of coping strategies and the

demographic variables of age and those who had more than two children.

KEY WORDS : Psychological problems ,Coping strategies, Elderly and Old age home.

INTRODUCTION : Ageing is a natural process and it is considered as a normal biological and an inevitable process. The process of ageing is classically depicted as one of constant and inexorable decline after reaching a peak of bodily function & efficiency around the second decade of life. "Old age is an incurable disease". But more recently Sir James sterling Ross commented "you do not heal old age, you protect it, you promote it and you extend it". Aging is a major life change includes physiological & psychological changes. Old age should be regarded as a normal inevitable biological phenomenon.¹

Traditionally, the family has been the primary source of care and material support for the older adults throughout Asia. And, the Indian family system is often held at high position for its qualities like support, strength, duty, love, and care of the elderly. The responsibility of the children for their parents' wellbeing is not only recognized morally and socially in the country, but it is a part of the legal code in many states in India. But urbanization, modernization, industrialization, and globalization have brought major transformations in the family in the form of structural and functional changes As a result of these socio-demographic changes, older adults at times are forced to shift from their own place to some institutions/old age homes.⁵

Older persons constitute one of the most vulnerable sections of the society. They are not only physically weak but also lack in economic resources, self esteem and social status. Under the changing socio-economic and demographic conditions family is unable to provide support and care to the older persons and some are also feeling elderly are useless. Thus, old age put more wrinkle on one's mind than on his face. According to word of Seneca "Old age is an incurable disease". It cannot be prevented rather it can be protected and promoted.

The general characteristics of old age are physical and psychological changes which bring disabilities. They face number of problems such as dependency, ill health, absence of social security, loss of social role and recognition and non availability of opportunities for creative use of leisure. With the advent of the nuclear family, urbanization, influence of western culture and changes of lifestyle there is no space for elders in the family and may go for institutionalization. Separation from or loss of assistance from their children makes them physically and emotionally neglected that lead to psychological problem like anxiety, depression, loneliness, feeling of insecurity, social isolation etc.⁸ Long life is a sign of good health; and aging is a natural process that influences the individual, family and society in different ways. Ageing is not disease but the final stage of normal life. The ageing of the world population in developing and developed countries is an indicator of improving global health. Since the beginning of century, the number of people over 65 years of age has increased Globally older people constitute 11.7% in 2013 and the share of older persons aged >80 was 14%. Presently, about 2/3rd of the world's older persons live in developing countries. In India 7.5%

population belong to age group above may projected to rise to 12.4% of population by the year 2026. There is sharp rise in age- specific death rate of 20/1000 persons in the age group of 60-64 years, 80 among 75- 79 years and 200 for persons aged more than 85 years.¹⁰

Objectives of the study:

The objectives of the study are to:

1. Assess the psychological problems of the elderly persons residing in old age home as measured by structured interview schedule.
2. Assess various coping strategies used for psychological problems by elderly persons as measured by structured interview schedule.
3. Find the correlation between the psychological problems and coping strategies adopted by the elderly persons.
4. Find the association between psychological problems and demographic variables.
5. Find the association between coping strategies and demographic variables.

Hypothesis:

The following hypotheses will be tested at 0.05 level of significance.

H₁: There will be significant relationship between the psychological problems and coping strategies

H₂: There will be significant association between psychological problems and demographic variables.

H₃: There will be significant association between the coping strategies and demographic variables. and relationship can be discerned and validated, and hypothesis can be tested.

MATERIAL AND METHODS

This chapter deals with the analysis and interpretation of the data collected from old age people in old age home. This chapter also represents the findings of the study. The data collected from the subjects were tabulated, analyzed and presented in the tablets and interpreted under the following sections based on the objectives and hypothesis of the study.

Section A: Description of sample according to demographic variables.

Section B: Level of Psychological Problems of elderly persons residing in the old agehome.

Section C: Level of Coping Strategies of elderly persons residing in the old agehome.

Section D: Correlation between psychological problems and coping strategies adopted by the elderly people.

Section E: Association between psychological problems and demographic Variables of elderly persons residing in the old age home.

Section F: Association between Level of coping strategies and demographic variables of elderly persons residing in the old age home.

Section A: Description of sample according to demographic variables.

Table: 1 Frequency and percentage distribution of demographic variables of elderly persons.

N=100

| Demographic variables | | No. of Elderly Person | Percentage |
|-----------------------|-----------------------------------|-----------------------|------------|
| Age | 60-64 Years | 36 | 36% |
| | 65-69 Years | 30 | 30% |
| | 70-74 Years | 20 | 20% |
| | >75 Years | 14 | 14% |
| Gender | Male | 55 | 55% |
| | Female | 45 | 45% |
| Marital status | Married | 80 | 80% |
| | Unmarried | 5 | 5% |
| | Divorced | 3 | 3% |
| | Widowed | 12 | 12% |
| Type of family | Nuclear family | 86 | 86% |
| | Joint family | 14 | 14% |
| Number of children | No children | 5 | 5% |
| | One children | 15 | 15% |
| | Two children | 36 | 36% |
| | >Two children | 44 | 44% |
| Income status | Pension | 25 | 25% |
| | Support from relatives and family | 51 | 51% |

| | | | |
|-----------------|-----------------------|----|-----|
| | Rent from property | 6 | 6% |
| | No resource of income | 18 | 18% |
| Type of support | Son/Daughter | 50 | 50% |
| | Relatives | 33 | 33% |
| | Old age home | 17 | 17% |

Analysis and interpretation of data of this study was done using descriptive and inferential statistics.

Section B: Level of Psychological Problems of elderly persons residing in the old agehome.

Table: 2 Level of Psychological Problems of elderly persons residing in the old agehome.

N=100

| Level of Psychological Problems | No. of elderly people | Percentage |
|---------------------------------|-----------------------|------------|
| Very severe | 0 | 0.0% |
| Sever | 31 | 31.0% |
| Moderate | 60 | 60.0% |
| Mild | 9 | 9.0% |
| Total | 100 | 100.0% |

Table 2 reveals that majority 60% of the elderly had moderate level of psychological problems. 31% of them had severe level of psychological problems and 9 % had mild psychological problems.

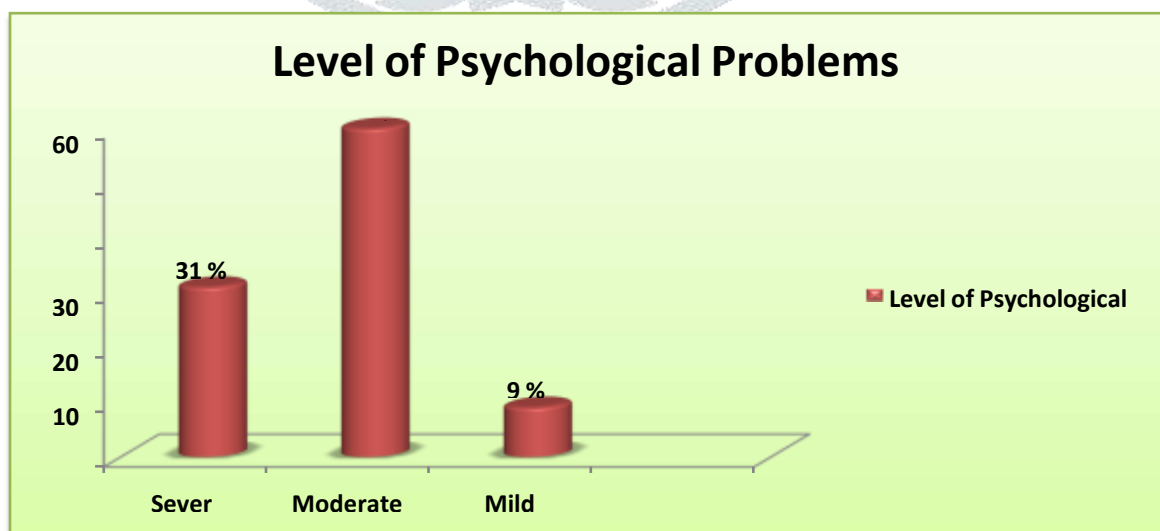


Figure 1 : Level of Psychological Problems of elderly persons residing in the old age home Table 3: Level of Coping Strategies of elderly persons residing in the old age home.

N=100

| Level of coping strategies | No. of elderly people | Percentage |
|----------------------------|-----------------------|------------|
| Very Poor | 0 | 0.0% |
| Poor | 28 | 28.0% |
| Fair | 43 | 43.0% |
| Good | 29 | 29.0% |
| Total | 100 | 100% |

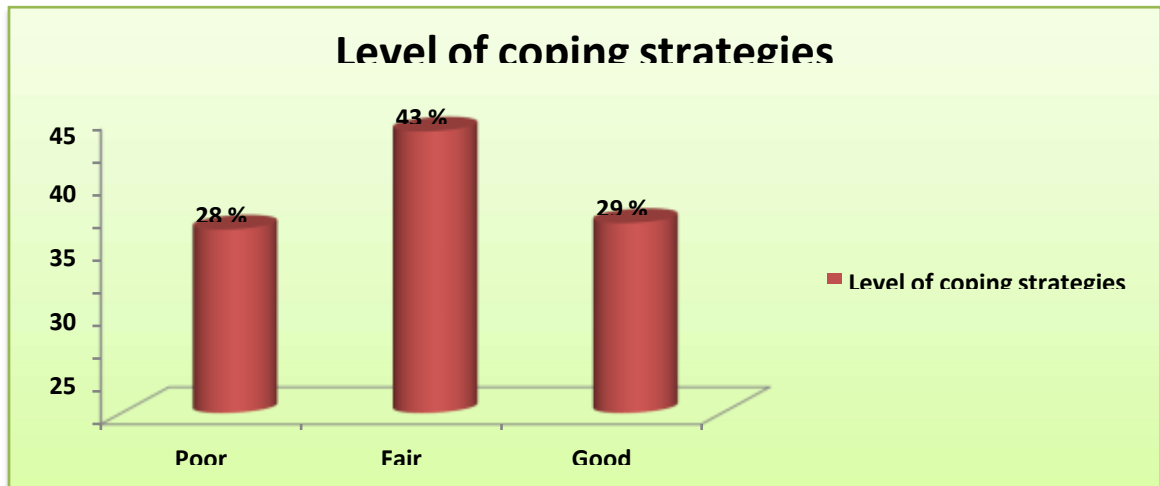


Figure 2: Level of Coping Strategies of elderly persons residing in the old agehome.

Table 4: Correlation between psychological problems and coping strategies adopted by the elderly people. N=100

| Score | Mean | Standard deviation | Karl Pearson correlation coefficient |
|------------------------------|-------|--------------------|--------------------------------------|
| Psychological problems score | 65.21 | 12.21 | r=- 0.44 |
| Coping strategies Score | 43.11 | 10.10 | |

Section E: Association between psychological problems and demographic Variables of elderly persons residing in the old age home.

Table 5: Association between psychological problems and demographic variables of elderly persons residing in the old age home.

N = 100

| Demographic Variables | | Level of psychological problems | | | | | | Total | Chi square test |
|-----------------------|-----------------------------------|---------------------------------|-------|----------|-------|--------|-------|-------|---|
| | | Mild | | Moderate | | Severe | | | |
| | | N | % | n | % | n | % | | |
| Age | 60-64 Years | 10 | 27.8% | 25 | 69.4% | 1 | 2.8% | 36 | □ 2=5.04 p=0.54 DF=6 not significant |
| | 65-69 Years | 10 | 33.3% | 15 | 50.0% | 5 | 16.7% | 30 | |
| | 70-74 Years | 7 | 35.0% | 11 | 55.0% | 2 | 10.0% | 20 | |
| | >75 Years | 4 | 28.6% | 9 | 64.3% | 1 | 7.1% | 14 | |
| Gender | Male | 17 | 30.9% | 34 | 61.8% | 4 | 7.3% | 55 | □ 2=0.47 p=0.78 DF=2 not significant |
| | Female | 14 | 31.1% | 26 | 57.8% | 5 | 11.1% | 45 | |
| Marital status | Married | 24 | 30.0% | 51 | 63.8% | 5 | 6.3% | 80 | □ 2=21.80 p=0.01 DF=6 Significant |
| | Unmarried | 1 | 20.0% | 2 | 40.0% | 2 | 40.0% | 5 | |
| | Divorced | 0 | 66.7% | 1 | 33.3% | 2 | 66.7% | 3 | |
| | Widowed | 6 | 50.0% | 6 | 50.0% | 0 | 0.0% | 12 | |
| Type of family | Nuclear family | 26 | 30.2% | 52 | 60.5% | 8 | 9.3% | 86 | □ 2=0.20 p=0.90 DF=2 not significant |
| | Joint family | 5 | 35.7% | 8 | 57.1% | 1 | 7.1% | 14 | |
| Number of children | No children | 1 | 20.0% | 4 | 80.0% | | | 5 | □ 2=3.57 p=0.73 DF=6 not significant |
| | One children | 4 | 26.7% | 9 | 60.0% | 2 | 13.3% | 15 | |
| | Two children | 11 | 30.6% | 20 | 55.6% | 5 | 13.9% | 36 | |
| | >Two children | 15 | 34.1% | 27 | 61.4% | 2 | 4.5% | 44 | |
| Income status | Pension | 9 | 28.0% | 16 | 64.0% | 0 | 0.0% | 25 | □ 2=16.74 p=0.01 DF=6 Significant |
| | Support from relatives and family | 16 | 31.4% | 32 | 60.8% | 3 | 7.8% | 51 | |
| | Rent from property | 2 | 33.3% | 4 | 66.7% | 0 | 0.0% | 6 | |
| | No resource of income | 4 | 33.3% | 8 | 50.0% | 6 | 16.7% | 18 | |
| Type of support | Son/Daughter | 16 | 32.0% | 29 | 58.0% | 5 | 10.0% | 50 | □ 2=16.74 p=0.01 DF=6 Significant |
| | Relatives | 9 | 27.3% | 22 | 66.7% | 2 | 6.1% | 33 | |
| | Old age home | 6 | 35.3% | 9 | 52.9% | 2 | 11.8% | 17 | |

Section F: Association between Level of coping strategies and demographic variables of elderly persons residing in the old age home.

Table 6: Association between Level of coping strategies and demographic variables.

N = 100

| Demographic Variables | | Level of coping score | | | | | | Total | Chi square test |
|-----------------------|-----------------------------------|-----------------------|-------|------|-------|------|-------|-------|--|
| | | Poor | | Fair | | Good | | | |
| | | N | % | n | % | n | % | | |
| Age | 60-64 Years | 5 | 13.8% | 25 | 69.4% | 6 | 16.7% | 36 | $\chi^2=12.70$ $p=0.05$ $DF=6$ Significant |
| | 65-69 Years | 10 | 33.3% | 17 | 56.7% | 3 | 10.0% | 30 | |
| | 70-74 Years | 9 | 45.0% | 11 | 55.0% | 0 | 0.0% | 20 | |
| | >75 Years | 7 | 50.0% | 7 | 50.0% | 0 | 0.0% | 14 | |
| Gender | Male | 17 | 30.9% | 34 | 61.8% | 4 | 7.3% | 55 | $\chi^2=1.78$ $p=0.48$ $DF=2$ not significant |
| | Female | 14 | 31.1% | 26 | 57.8% | 5 | 11.1% | 45 | |
| Marital status | Married | 24 | 30.0% | 51 | 63.8% | 5 | 6.3% | 80 | $\chi^2=6.39$ $p=0.38$ $DF=6$ Not significant |
| | Unmarried | 1 | 20.0% | 2 | 40.0% | 2 | 40.0% | 5 | |
| | Divorced | 0 | 66.7% | 1 | 33.3% | 2 | 66.7% | 3 | |
| | Widowed | 6 | 50.0% | 6 | 50.0% | 0 | 0.0% | 12 | |
| Type of family | Nuclear family | 26 | 30.2% | 52 | 60.5% | 8 | 9.3% | 86 | $\chi^2=0.66$ $p=0.71$ $DF=2$ not significant |
| | Joint family | 5 | 35.7% | 8 | 57.1% | 1 | 7.1% | 14 | |
| Number of children | No children | 4 | 80.0% | 1 | 20.0% | 0 | 0.0% | 5 | $\chi^2=13.82$ $p=0.05$ $DF=6$ Significant |
| | One children | 7 | 46.7% | 8 | 53.3% | 0 | 0.0% | 15 | |
| | Two children | 13 | 36.1% | 20 | 63.9% | 3 | 8.3% | 36 | |
| | >Two children | 7 | 15.9% | 31 | 70.5% | 6 | 13.6% | 44 | |
| Income status | Pension | 9 | 28.0% | 16 | 64.0% | 0 | 0.0% | 25 | $\chi^2=5.12$ $p=0.58$ $DF=6$ Not significant |
| | Support from relatives and family | 16 | 31.4% | 32 | 60.8% | 3 | 7.8% | 51 | |
| | Rent from property | 2 | 33.3% | 4 | 66.7% | 0 | 0.0% | 6 | |
| | No resource of income | 4 | 33.3% | 8 | 50.0% | 6 | 16.7% | 18 | |
| Type of support | Son/Daughter | 16 | 32.0% | 29 | 58.0% | 5 | 10.0% | 50 | $\chi^2=0.90$ $p=0.92$ $DF=4$ not significant |
| | Relatives | 9 | 27.3% | 22 | 66.7% | 2 | 6.1% | 33 | |
| | Old age home | 6 | 35.3% | 9 | 52.9% | 2 | 11.8% | 17 | |

Table 6 reveals that there was significant association between the level of coping strategies and the demographic variables of age and those who had more than two children.

Summary of the Study

The summary includes objectives of the study, procedure, major findings, conclusion and recommendations for further research study. “A study to assess the psychological problems and coping strategies of elderly persons residing in selected old age homes, Punjab .”

CONCLUSION

From the result of the study it was concluded that the level of stress is high among old age those who are residing at old age homes. They require some interventions to reduce the level of stress. The finding of the study reveals that, there is no significant association between demographic variables and level of stress among old age people. Result shows that there was significant association between the level of psychological problems and coping strategies and the demographic variables of age and those who had more than two children.

LIMITATION

- Since there were very few studies done on the effectiveness in national level, the investigator had difficulties in collecting the study materials for the review.
- The sampling size was only 100.
- The data collection period was only one month.

ACKNOWLEDGEMENT

First of all, I thank **God almighty** for his grace and abundant blessings. He has showered on me throughout the course of study. His felt presence gave me the strength to successful completion this study. I owe my special thanks to all the **Participants** who enthusiastically participated in the study and without whose co-operation the whole study would not have been possible. thanks a lot for this work.

REFERENCES:

Book References:

1. Ann MarrinerTomey. (2006). *Nursing Theorists and their work*. Missouri: Mosby Publication
2. Basavanthappa, B.T. (2003). *Nursing Research*. New Delhi: Jaypee brother's medical publishers (P) Ltd.
3. Basavanthappa, B.T. (2007). *Psychiatric Mental Health Nursing*. New Delhi: Jaypee brothers.
4. Blazer, D., (2003). *Geriatric text book of clinical psychiatry*. The American psychiatric publishing.
5. Charlotte Eliopoulos. (1997). *Gerontological nursing*. Philadelphia: lippincott.

6. Dorothy. (1995). *Fundamentals of nursing research. USA*: Jones and Bartlett publication.
7. Elizabeth M.Varcolis. (1998). *Foundation of Psychiatric Mental Health Nursing* Saunders publications.
8. Fortinash,et.al.,(1996). *Psychiatric-Mental health nursing.. Missouri*: Mosby publications.
9. Gail W.Stuart,(2009). *Principle and practice of psychiatric nursing*. Mosbypublications.
10. George, J.B. (2011). *Nursing Theories*. NewDelhi: Pearson Publishers.Kothari, C.R. (2004). *Research methodology methods and techniques*. New Delhi: New age international (p) Ltd publishers.
11. Gurumani.N,(2005). *An introduction of biostatistics*.Chennai: MJP publishers.
12. Lalitha.k, (2007) *Mental Health and Psychiatric Nursing- an IndianPerspective*. Bangalore: V.M.G. Book Publishers.
13. Mahajan, B.K. (1991). *Methods in Biostatistics*. NewDelhi: Jaypee BrothersMedical Publishers.
14. Niraj Ahuja, (2009). *A short text book of psychiatry*. New Delhi: JaypeeBrothers Medical Publishers (P) Ltd.
15. Polit. (2004). *Nursing Research Principles and Methods*. Philadelphia:Lippincott Williams and Wilkins Company.
16. Polit. D.F. (2008). *Nursing research Generating and assessing evidence fornursing practice*. *New Delhi: Wolters Kluwer India Pvt limited*.
17. Sharma,S.K. (2011). *Nursing Research and Statistics*.NewDelhi: Elsevier.
18. Sreevani, R. (2009). *A Guide to Psychiatric and Mental Health Nursing*. NewDelhi: Jaypee Brothers Publishers.
19. SundarRao, (2004). *An introduction to Biostatistics*. New Delhi: Prentice-Hallof India Private Ltd.
20. Townsend, M.C. (2005). *Mental Health and Psychiatric Nursing-ConceptsBased on Evidence Based Practice*. New Delhi: Jaypee Brothers.



AUTHOR : Pooja Devi PhD (Nursing) Scholar Desh Bhagat University off to NHI, Mandi Gobindgarh District, Fatehgarh Sahib ,Punjab 147301,India. Bishlaypooja@gmail.com

CO-AUTHOR 1 : Dr. Priyanka Chaudhary Professor Desh Bhagat University off to NHI, Mandi Gobindgarh District, Fatehgarh Sahib ,Punjab 147301,India.

CO-AUTHOR 2 : Dr. Rajwant Kaur Randhawa Professor (CHN) Desh Bhagat University off to NHI, Mandi Gobindgarh District, Fatehgarh Sahib ,Punjab 147301,India.