



“A Study to Assess the Effectiveness of Meditation therapy on mental illness among geriatric people residing in old age home shirdi with view to prepare informational leaflet.”

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Abstract

Background of the study: Meditation therapy is one such holistic approach that has been recognized for its positive impact on mental health. It involves practices of mindfulness, relaxation, concentration, and breathing techniques, which help in reducing stress, calming the mind, and enhancing emotional stability. Studies have shown that meditation improves mood, decreases symptoms of anxiety and depression, improves sleep quality, and enhances overall well-being among older adults (Goyal et al., 2014). Moreover, it promotes self-awareness, emotional regulation, and resilience, which are essential for coping with age-related challenges. Meditation is an age-old self-regulatory strategy that is gaining more interest in mental health. Meditation is considered as a type of mind-body complementary medicine. **Materials and methods:** In current study research design is a experimental and control group pre and post-test quasi experimental design. The study is a conducted among 50 geriatric populations. The data was collected by using the modified perceived stress scale. Frequency and percentage distribution, mean, standard deviation, paired t- test and chi-square were used for data analysis. **Result.** The calculated ‘t’ value was found to be 4.224 with ‘p’ value 0.0001* which is highly significant concluding that the meditation therapy was found to be effective in minimizing level of anxiety among geriatric populations in selected old age home, There is a moderate positive correlation between post-test stress and post-test anxiety among geriatric populations in experimental group, There was no any significant association of post-test level of stress among geriatric populations in experimental and control group with their selected demographic variables., There was no any significant association of post-test level of anxiety among geriatric populations in experimental group and control with their selected demographic variables. **Conclusion:** The study was conducted to evaluate effectiveness of meditation therapy on mental illness among geriatric people residing in old age home. The study findings concluded that the meditation therapy was found to be effective in minimizing level of stress and anxiety among geriatric populations in selected old age home.

Keyword: Meditation therapy, mental, geriatric people

CHAPTER -I

INTRODUCTION

“Mental disorder is a psychological factor reflected in the behaviour, which affect the normal development of a person's culture. Mental and behavioural disorders are found in people of all regions, countries, and societies. It may be associated with functions of the brain or nervous system. The personality disorders are emerging in childhood or at least by adolescence or early adulthood. Personality disorders incorporate a mixture of acute dysfunctional behaviour's that may resolve in short periods”¹

A mental disorder is characterized by a clinically significant disturbance in an individual's cognition, emotional regulation, or behaviour. It is usually associated with distress or impairment in important areas of functioning. There are many different types of mental disorders.²

In India at present the elderly population constitutes 7.6% of total population within three decades the number of old age population is more than doubled. National Health interview survey shows that 39% of people over 65 years of age suffer from limitation of activity due to chronic conditions and ill are unable to carryout major activities because of their anxiety towards illness and also, they suffer from some kind of anxiety disease were alarmingly.³

Depression is the most common psychiatric problem among elderly in both developing and developed countries. Depression in elderly can be of multifactorial cause and it does not produce any objective symptomatology. The course is insidious may masked by physical symptoms. Especially the elderly residing old age home that is away from their family may experience more depression than others. Results: majority 66.66% of elderly in the old age home had mild depression and 20% had mild depression in the comparison group.⁴

People at or over the age of 60, constitute above 7.7% of total population. Geriatric age is usually Connected with the different types of problems encountered by the aged. It has been observed that physical diseases, psychological illness and adjustment problems are quite common during this phase of life.⁵

Life expectancy has increased even in developing countries like India. This increase in life expectancy has brought about a demographic increase in aging population. In the current day of civilization and industrialization, integrity of a society and social norms is loosening day by day. The community survey in various parts of the world has shown that there is a high prevalence of serious mental illness in old age, much of which is not treated in hospital. India, being the second most populous country, the population aged more than 60 years has increased to 8% in census 2011.⁶

Statement of the problem

“A Study to Assess the Effectiveness of Meditation therapy on mental illness among geriatric people's residing in old age home shirdi with view to prepare informational leaflet.”

Objectives

- 1) To assess the level of mental illness, score among the geriatric people residing at old age home in both groups.
- 2) To evaluate the effectiveness of meditation therapy on mental illness of geriatric peoples residing in old age home.
- 3) To find out association between mental illness score with selected socio demographic variable of geriatric people in experimental group.
- 4) To prepare information booklet on meditation therapy.

HYPOTHESIS

H1: There will be significant difference in pre-test and post-test level of mental illness score after implementation of meditation therapy among the geriatric people in comparison with experimental and control group.

H01 There will be no significant difference in pre-test and post-test level of mental illness score after implementation of meditation therapy among the geriatric people in comparison with experimental and control group.

H2: There will be significant association between the level of mental illness score with the selected demographic variable of geriatric peoples in experimental group.

H02: There will be no significant association between the level of mental illness score with the selected demographic variable of geriatric peoples in experimental group.

CHAPTER III

RESEARCH METHODOLOGY

Research Approach: A quantitative-evaluative approach was used.

Research Design: In current study a quasi-experimental pre-test post-test with control group design was taken into consideration.

Dependent Variable: Stress and anxiety among geriatric peoples.

Independent Variable: Meditation therapy to relieve stress and anxiety.

Extraneous Variables: In current study the extraneous variables used are age, gender, religion, education, occupation, marital status, any mental illness.

Setting of the Study: This current study was conducted in selected old age homes Dwarka Mai of Rahata taluka.

Population: The target population for the study was the geriatric peoples in selected old age homes

Sample: In current study samples were the geriatric peoples in selected old age homes who were fulfilling inclusion criteria for sample selection.

Sample Size: The minimum sample size is 25 geriatric peoples in selected old age homes.

Sampling Technique: A non-probability convenience sampling technique was used for the study.

Criteria for Sample Selection

Inclusion Criteria

Geriatric populations who are residing in Dwarka Mai old age home shirdi.

- Age above 60 years
- Willing to participate both male and female of orders.
- Available during time of data collection.
- Understands and speaks languages English, Marathi or Hindi.
- Provide written informed consent for study participation.

Exclusion criteria

Geriatric populations who are residing in Dwarka Mai old age home shirdi.

- Who are having co-morbid illness like neurological and psychiatric disorder.
- Who are having vision and physical disabilities.

Description of the Tool

The tool consisted of four parts;

Part: I: It comprised of socio-demographic variables such as age, gender, religion, education, occupation, marital status, any mental illness.

Part: II: It comprised of perceived stress scale (perceived stress scale)

Part: III: It comprised of Hamilton anxiety rating scale.

Part: IV: Pre-test: Day -1 Introduction of researcher and exploration of the study.

Intervention: the researcher demonstrates the meditation therapy.

Post-test: conducted after 15 days by using Hamilton anxiety scale and perceived stress scale in experimental and control group.

Data Collection Procedure

Ethical approval was obtained from IEC of PIMS/CON/IEC/PG/01/2024. Date 10/03/2025 a permission head of the old age home. The participants under the study were introduced about the nature and purpose of the study and an informed consent were obtained from the subjects. Pre-test was done for assessment of anxiety and stress among geriatric peoples in both experimental and control groups. A meditation therapy to relieve stress and anxiety was provided as an intervention only among geriatric persons in experimental group and no any intervention is given to the control group. Post-test was done on the 5th day before after intervention to assess post-test stress and anxiety.

CHAPTER - IV

ANALYSIS AND INTERPRETATION

Section I: Distribution of socio-demographic variables of geriatric peoples

Table No IV: Frequency and percentage wise distribution of socio-demographic variables of geriatric population in experimental group n=25

SN	Parameter	Frequency	Percentage
1	Age		
	61-65 years	11	44
	66-70 years	11	44
	71-75 years	2	8
	More than 75 years	1	6
2	Gender		
	Male	8	32
	Female	15	60
3	Religion		
	Hindu	7	28
	Muslim	9	36
	Christian	5	20
	Other	4	16
4	Education		
	Illiterate	3	12
	Primary	4	16
	Secondary	12	48
	Graduate or above	8	32
5	Occupation		
	Unemployed	1	4
	Private	4	16
	Govt	10	40
	Self	10	40
6	Marital status		
	Married	22	88
	Unmarried	0	0
	Widowed	2	8
	Divorced	1	4
7	Any mental illness		
	Yes	0	0
	No	25	100

Table No V: Frequency and percentage wise distribution of socio-demographic variables of geriatric peoples in control group

n=25

SN	Parameter	Frequency	Percentage
1	Age		
	61-65	13	52
	66-70	11	44
	71-75	1	4
2	Gender		
	Male	13	52
	Female	12	48
3	Religion		
	Hindu	9	36
	Muslim	3	12
	Christian	3	12
	Other	10	40
4	Education		
	Illiterate	3	12
	Primary	7	28
	Secondary	5	20
	Graduate or above	10	40
5	Occupation		
	Unemployed	7	28
	Private	10	40
	Govt	6	24
	Self	2	8
6	Marital status		
	Married	23	92
	Unmarried	1	4
	Widowed	1	4
	Divorced	0	0
7	Any mental illness		
	Yes	0	0
	No	25	100

Section II: Pre-test and post-test level of stress score among geriatric peoples in experimental and control group

Table No VI: Frequency and percentage wise distribution of pre-test and post-test level of stress score among geriatric populations in experimental group.

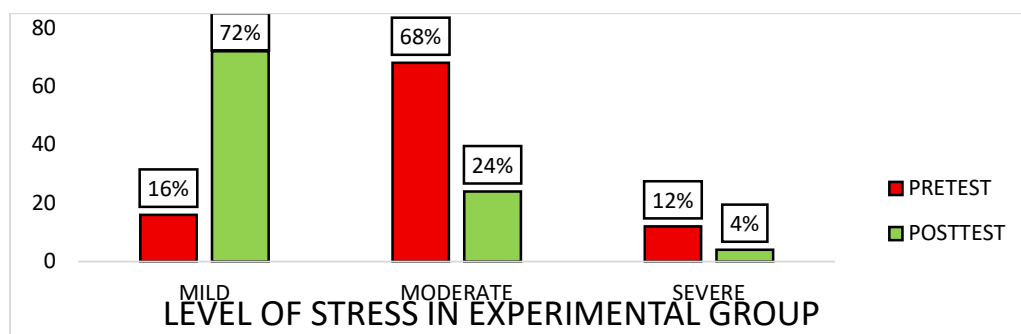


Figure No 1: Bar diagram showing percentage wise distribution pre-test and post-test level of stress score among geriatric populations in experimental group.

Table No VII: Frequency and percentage wise distribution of pre-test and post-test level of stress score among geriatric peoples in control group

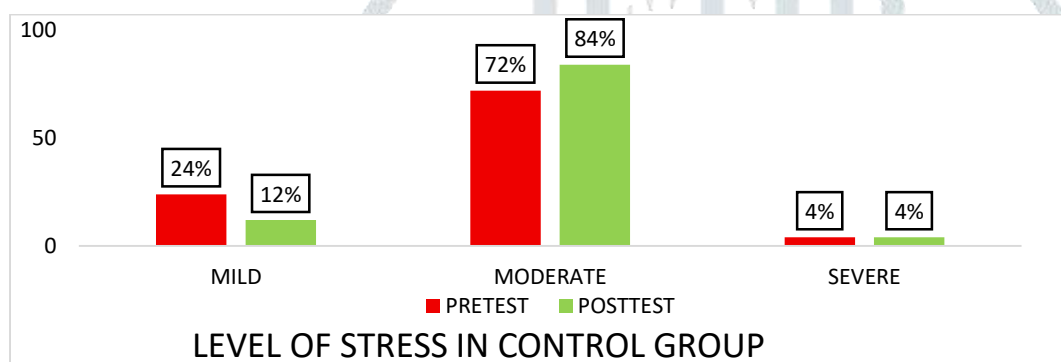


Figure No 2: Bar diagram showing percentage wise distribution pre-test and post-test level of stress score among geriatric population in control group

Section III: Pre-test and post-test level of anxiety score among geriatric populations in experimental and control group

Table No VIII: Frequency and percentage wise distribution of pre-test and post-test level of anxiety score among geriatric population in experimental group.

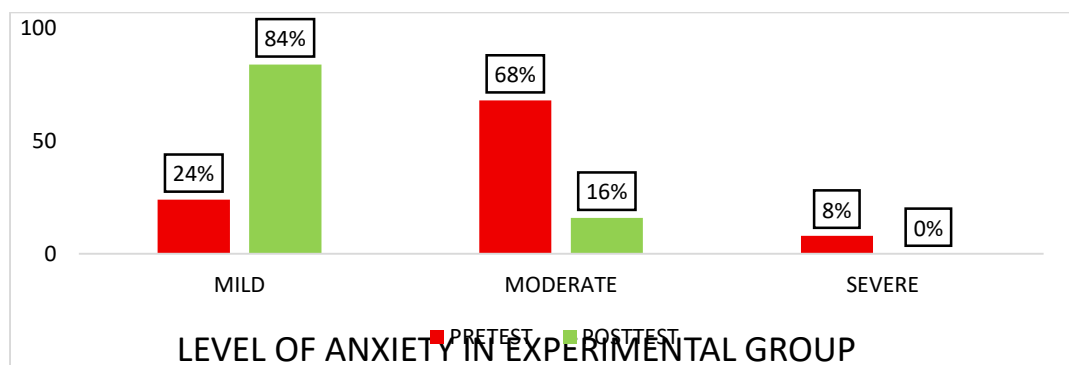


Figure No 3: Bar diagram showing percentage wise distribution pre-test and post-test level of anxiety score among geriatric population in experimental group

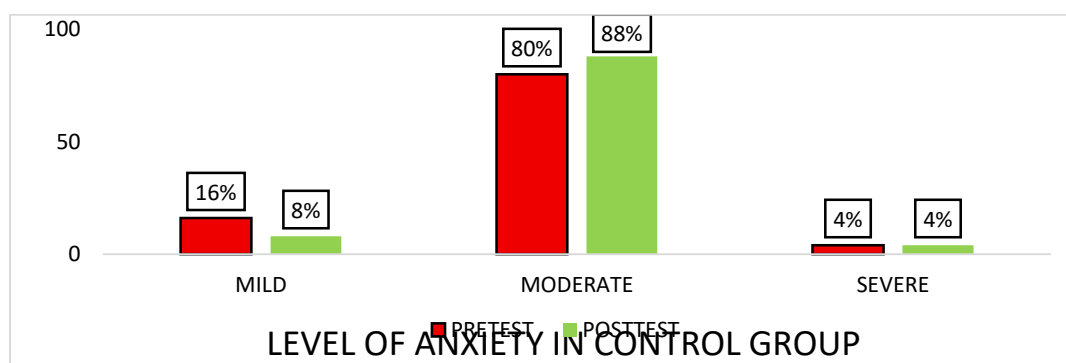


Figure No 4: Bar diagram showing percentage wise distribution pre-test and post-test level of anxiety score among geriatric population in control group.

Section IV: Effectiveness of meditation therapy on level of stress score among geriatric populations in experimental and routine daily activities in control group

Table No X: Effectiveness of meditation therapy on level of stress score among geriatric populations in experimental group

N=25

	Mean	S.D.	Mean difference	SD (Mean difference)	't' test value	P value	Inference
Post test	13.16	±3.05	4.12	±1.02	4.224	0.0001*	S*
Pre-test	17.4	±4.13					

(*P<0.05, significant and **P<0.01 &*** and P<0.001, highly significant)

The above table no VII shows the effectiveness of meditation therapy on level of stress score among geriatric population in experimental group where the mean pre-test score was 17.4 ± 4.13 whereas the mean post test score was 13.16 ± 3.05 .

Table No XI: Effectiveness of routine daily activities on level of stress score among geriatric populations in control group

N=25

	Mean	S.D.	Mean difference	SD (Mean difference)	't' test value	P value	Inference
Post test	18.08	±3.87	0.72	±1.06	0.67	0.251	NS
Pre-test	17.36	±3.65					

(*P<0.05, significant and **P<0.01 &*** and P<0.001, highly significant)

The above table no VIII shows the effectiveness of routine daily activities on level of stress score among geriatric population in control group where the mean pre-test score was 17.36 ± 3.65 whereas the mean post test score was 18.08 ± 3.87 .

The mean difference was found out to be 0.72 with the standard deviation of mean difference was found out to be ± 1.06 . The calculated 't' value was found to be 0.67 with 'p' value 0.251 which is not significant concluding that the daily routine activities was not found to be effective in minimizing level of stress among geriatric persons in selected old age home.

Section V: Effectiveness of meditation therapy on level of anxiety score among geriatric populations in experimental and routine daily activities in control group

Table No XII: Effectiveness of meditation therapy on level of anxiety score among geriatric populations in experimental group

	Mean	S.D.	Mean difference	SD (Mean difference)	't' test value	P value	Inference
Post test	16.6	± 1.9	2.08	± 0.574	4.224	0.0001*	S*
Pre-test	18.68	± 2.15					

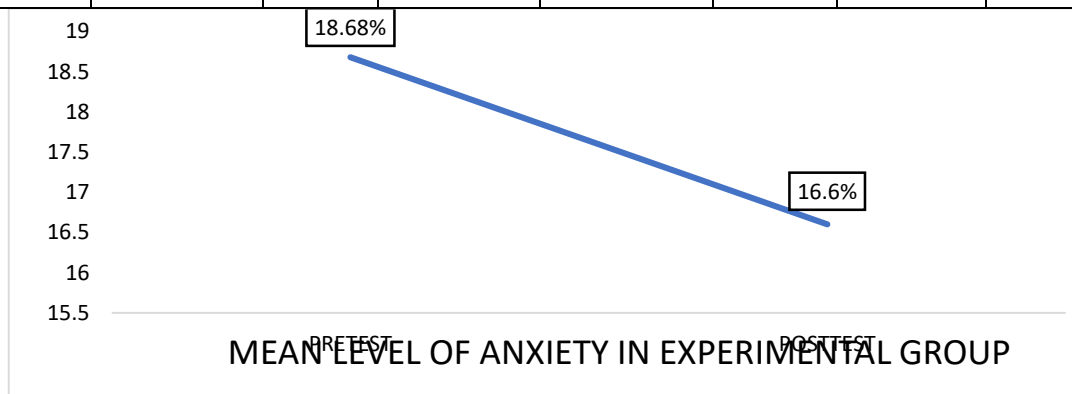


Figure No 23: Bar diagram showing mean level of anxiety score among geriatric populations in experimental group

Table No XIII: Effectiveness of routine daily activities on level of anxiety score among geriatric populations in control group
N=25

	Mean	S.D.	Mean difference	SD (Mean difference)	't' test value	P value	Inference
Post test	20	± 1.93	0.84	± 0.536	1.567	0.623	NS
Pre-test	19.16	± 1.86					

(*P<0.05, significant and **P<0.01 &*** and P<0.001, highly significant)

The above table X shows the effectiveness of routine daily activities on level of anxiety score among geriatric population in control group where the mean pretest score was 19.16 ± 1.86 whereas the mean post test score was 20 ± 1.93 .

Section VI: Correlation between post-test anxiety and post-test stress score among geriatric populations in experimental group.

Table No XIV: Correlation between post-test anxiety and post-test stress score among geriatric populations in experimental group

N=25

S N	Parameter	Karl Parsons coefficient	P value	Significance
1	Correlation between stress and anxiety	0.784	< .00001	Significant showing strong positive correlation

The above table shows that there is a moderate positive correlation between stress and anxiety score among geriatric persons in experimental group i.e. if the stress of geriatric person increases will significantly cause rise in the level of anxiety

Section VII: Association between with selected demographic variables level of stress score among geriatric population in experimental group.

S N	Demographic Variables	Chi Square Value	Df	P Value	Significance
1	Age	2.93	6	0.816	Not Significant
2	Gender	0.64	3	0.724	Not Significant
3	Religion	2.81	6	0.831	Not Significant
4	Education	3.14	6	0.79	Not Significant
5	Occupation	2.47	6	0.871	Not Significant
6	Marital status	3.11	6	0.794	Not Significant
7	Any mental illness	3.74	2	0.153	Not Significant

Table No XV: Association between the post-test level of stress score among geriatric persons in experimental group with their selected demographic variables.

N=25

The above table: Chi square analysis was used to find out the association. The results conclude that there was no any significant association of post-test level of stress among geriatric persons in experimental group with their selected demographic variables Hence the hypothesis H4 was rejected.

Table No XVI: Association between the post-test level of stress score among geriatric persons in control group with their selected demographic variables. N=25

S.N	Demographic Variables	Chi Square Value	Df	P Value	Significance
1	Age	5.65	6	0.463	Not Significant
2	Gender	0.29	3	0.895	Not Significant
3	Religion	1.1	6	0.981	Not Significant
4	Education	2.54	6	0.863	Not Significant
5	Occupation	2.39	6	0.875	Not Significant
6	Marital status	4.81	6	0.567	Not Significant
7	Any mental illness	4.19	2	0.122	Not Significant

The above table Chi square analysis was used to find out the association. The results conclude that there was no any significant association of post-test level of stress among geriatric persons in control group with their selected demographic variables.

Section VIII: Association between level of anxiety score with their selected demographic variables of geriatric population in experimental group.

Table No XVII: Association between the post-test level of anxiety score among geriatric persons in experimental group with their selected demographic variables.

N=25

N	Demographic Variables	Chi Square Value	Df	P Value	Significance
1	Age	3.74	6	0.71	Not Significant
2	Gender	1.17	3	0.551	Not Significant
3	Religion	0.65	6	0.995	Not Significant
4	Education	3.79	6	0.704	Not Significant
5	Occupation	2.47	6	0.871	Not Significant
6	Marital status	3.11	6	0.794	Not Significant
7	Any mental illness	3.74	2	0.153	Not Significant

The above table Chi square analysis was used to find out the association. The results conclude that there was no any significant association of post-test level of anxiety among geriatric persons in experimental group with their selected demographic variables.

Table No XVIII: Association between the post-test level of anxiety score among

S N	Demographic Variables	Chi Square Value	Df	P Value	Significance
1	Age	1.61	6	0.95	Not Significant
2	Gender	0.64	3	0.724	Not Significant
3	Religion	1.18	6	0.961	Not Significant
4	Education	2.83	6	0.881	Not Significant

5	Occupation	2.93	6	0.817	Not Significant
6	Marital status	5.95	6	0.428	Not Significant
7	Any mental illness	4.95	2	0.83	Not Significant

geriatric persons in control group with their selected demographic variables.

The above table predicts outcomes of association Chi square analysis was used to find out the association. The results conclude that there was no any significant association of post-test level of anxiety among geriatric persons in control group with their selected demographic variables.

CHAPTER V

DISCUSSION

The present study was conducted to evaluate effectiveness of meditation therapy on mental illness among geriatric people residing in old age home. In order to achieve objectives of the study researcher adopted a quasi-experimental pretest post-test control group design with non-probability convenience sampling technique to select 50 geriatric populations for the study. A structured questionnaire on demographic variable and structured scales were used to assess stress and anxiety among geriatric populations among selected old age homes.

CONCLUSION: The study was conducted to evaluate effectiveness of meditation therapy on mental illness among geriatric people residing in old age home. The study findings concluded that the meditation therapy was found to be effective in minimizing level of stress and anxiety among geriatric populations in selected old age home

CHAPTER-VI

REFRANCES

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