

To Assess Effectiveness of Clapping Therapy among Elderly People for Selected Physical & Psychosocial Health Improvement in a Selected Old Age Homes at Indore City

Sushma Yohan¹, Dr. Rajni Thakur²

Ph.D. Scholar, JJTU University, Jhunjhunu, Rajasthan, India
yohan.sushma[at]gmail.com

Research Guide, Vice principal, SAIMS College of Nursing, Indore, M.P, India
rajniudeniya[at]yahoo.com

Abstract: *The elderly in world population is expected to register an increase from 605 million (9.9%) in 2001 to 1.9 billion (20.7 %) in 2050. Among the elderly, that is an increase of 224 percentage since 1975. Currently as per WHO estimates there are about 580 million older people in the world. In present study one group pre-testpost-test design was used. Non probability purposive sampling technique was adopted. Total number of samples are 60 selected with the help of inclusive, exclusive criteria. After administration of clapping therapy majority of elderly people (82.8%) were promoted to good (21-30) category reflected the effectiveness of clapping therapy among elderly people for selected physical & psychosocial health improvement.*

Keywords: Effectiveness, Clapping therapy, Elderly people, Physical & Psychosocial health

1. Introduction

India is the second largest country in the world, with 76 million elderly persons above 60 years of age according to 2001 Indian census. 72% of the population live in rural areas. There were 77 million older people in 2001 (male 37million & female 40million) in India and the number will increase up to 177 million in 2025. Clapping hands is a simple and very effective way to raise and move body's Yang energy. It does not only make you feel more energetic, but also ease or cure many chronic diseases such as asthma, heart, lung and kidney problems if you can persistently do this every day 1 hour after a meal. There are 39 acupuncture points and reflection areas for almost all the organs. This simple routine only takes 8 to 10 minutes for 1000 claps. People will feel warmth even sweat on both hands and feet, this is a process to normalize the organ functions, people will see the better results after about two months.

2. Objectives of the study

- To assess the pretest on selected physical & psychosocial health aspects among elderly people at selected old age homes.
- To assess the effectiveness of clapping therapy selected physical & psychosocial health aspects among elderly people at selected old age home.
- To find out the association between effectiveness of clapping therapy with selected demographic variables.

3. Hypothesis

H₀₁ - There will be no significant difference between the pre-test and post test score of physical & psychosocial health aspects of elderly people.

H_{A1} - There will be significant difference between the pre-test and post test score and physical & psychosocial health aspects of elderly people.

H₀₂ - There will be no significant association between the pre-test score with selected demographic variables.

H_{A2} - There is significant association between the pre-test score with selected demographic variables.

4. Methodology

A qualitative research approach was adopted with one group pre-test post-test design. The researcher made inclusive criteria and as per the inclusive criteria 64 elderly people residing in old age home Indore selected for research purpose. A written consent was obtained from the samples and old age home authority to minimize the ethical issues. Pilot study was conducted on 10% sample and the reliability was obtained from the coefficient of correlation. The test value of correlation coefficient to project the physical and psychosocial health aspects among elderly people between pre-test and post-test was 0.881 which was statistically ($p < 0.02$) significant. This statistical agreement for reliability coefficient clearly showed that the instrument (questionnaire) prepared for the identification of the effectiveness of clapping therapy for selected physical and psychosocial health improvement among elderly people.

5. Result

Table 1: Frequency and percentage distribution of sample characteristics

- It was easily seen that approximately half (46.9%) of the population of elderly people were most commonly under age group of 70-75 years followed by 31.3% elderly people belonged to age group of more than 75 years. The

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age group of 58-63 years consisted of few (6.3%) elderly people but the age group of 64-69 years observed with 15.6% elderly people.

- The group-wise gender distribution of studied elderly people. It was easily seen that less than two-third (64.1%) of the subjects selected from population of elderly people was male but female elderly people were more than one-third (35.9%).
- The educational qualification of elderly people and it was noted that approximately half (46.9%) of the population of elderly people got primary or middle level of education. Less than one-fourth (21.9%) elderly people weren't being at school as they were illiterate. 18.8% elderly people got either high school or higher secondary level of education. The higher education such as a graduate degree and above was acquired by few (12.5%) elderly people.
- Marital status was more frequently either widow or widower as 62.5% elderly people were either widow or widower. 12.5% elderly people reported that they got married but 20.3% elderly people revealed that still they were unmarried. The elderly people who were divorce were few (4.7%).

Demographic Variables	Frequency (N)	Percent (%)
Age in years-		
58-63 years	4	6.3
64-69 years	10	15.6
70-75 years	30	46.9
> 75	20	31.3
Gender-		
Male	41	64.1
Female	23	35.9

Educational Qualification-		
Illiterate	14	21.9
Primary/Middle	30	46.9
High School/Higher Secondary	12	18.8
Graduate and above	8	12.5
Marital Status-		
Married	8	12.5
Unmarried	13	20.3
Widow/Widower	40	62.5
Divorcee	3	4.7
Total	64	100.0

Table 2: Comparison between pre-test and post-test perception scores

Perception scores	95% CI of the Mean		Mean Diff	Z-value	p-value (LOS)
	Lower Bound	Upper Bound			
Pre-test	67.27	74.39	34.33	15.68	p<0.001 [#]
Post-test	100.25	110.06			

[#] The mean difference is highly significant at the 0.001 level of significance. [Degrees of freedom are 63; CI-Confidence Interval; LOS-level of significance]

Elderly people's mean perception score after administration of clapping therapy at post-test was 105.16±19.64 points (CI: 100.25 to 110.06) was much higher as compared to initial stage was 70.83±14.26 points (CI: 67.27 to 74.39) noted at pre-test. This large difference in mean perception scores between pre-test and post-test was highly significant (p<0.001) that was confirmed statistically.

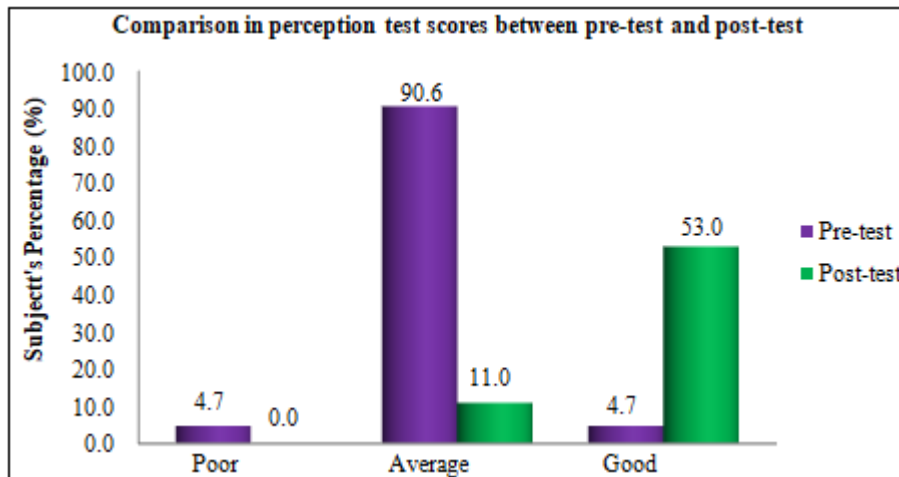


Figure 1: Multiple Bar diagram showed the proportion of pre-test and post-test perception scores of elderly people

6. Conclusion

The statistical agreement showed that pre-test and post-test scores are different and significantly improved physical and psychosocial health of elderly people measured at post-test stage. Overall, almost all elderly people got advantage in order to assess the gain in physical and psychosocial health after the administration of clapping therapy which reflected that clapping therapy is effective.

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