

The Psychosocial Problems of Institutionalized Elderly

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"Ageing is not lost youth but a new stage of opportunity and strength." - Betty Friedan

"A study to assess the psychosocial problems faced by the institutionalized elderly persons in selected old age home at Moradabad, UP."

Abstract: *Introduction:* Aging is normal part of human development. Various changes takes place as part of the normal aging. Urbanization, nuclear family and more people seeking jobs outside the country make people to leave the elderly to old age homes. Institutionalization brings a lot of adjustment and life pattern changes in their day to day life. They undergo a lot of psychosocial problems as they are abandoned by their children and relatives. Therefore the investigator is interested to find out the psychosocial problems of institutionalized elderly. *Materials and Methods:* Descriptive research design used for this study. Sample for the study consist 86 institutionalized (both men and women) selected through non - probability purposive sampling. Data collected using rating scale and analyzed by descriptive and inferential statistics. *Results:* Findings of study showed 47.7% of samples had mild psychosocial problems, 46.7% of the samples had moderate psychosocial problems, 3.5% of the samples had severe psychosocial problems and 2.3% of the samples had no psychosocial problems. *Conclusion:* This study has shown that in general all the institutionalized elderly persons had some psychosocial problems and these psychosocial problems are dependent on age, religion, length of stay in the institution. Some relaxation techniques and coping strategies should be taught to institutionalized elderly persons to reduce their psychosocial problems.

Keywords: Institutionalized elderly, psychosocial problems, old age home, demographic variables

1. Introduction

Aging is normal part of human development. Various change takes place as part of normal aging. When individual grows, become varied rather than more similar, various physical, social, and environmental aspects. Genetic factor influence more than the environmental factor in examining the large differences among different individuals in aging process. [1]

The aging process affects the human beings in terms of physical, psychological, social, spiritual in all aspects. As the individual age progress, people become physically less active and sensory functions such as hearing, vision, touch, taste, and smell also gets deteriorated. Sensory functions such as loss of hearing and vision are more problematic, as they directly put effect on ability to do daily activity, and also put harm on the safety, and hamper the interaction process which eventually develops tendency of being dependent among others. [2]

Common problem faced by elderly are lack of economic provision, ill health condition, decreased emotional support and illness in later stages of life. Inadequate income after being retired from a job, breakup of spouse or loved ones, ill health, isolation from society, weak familial relations, physical and financial dependency. Urbanization and fast modern life is biggest contributor to this problem. Moreover, deterioration of moral value has also ignited this burning issue. Further breaking trend of combined families, problem of caring for elderly has become a serious concern as nowadays husband and wife both are working, where found more suitable to put elderly in old age homes. [5]

Institutionalized elderly experiences various anxiety issues about their current and future scenarios. They feel tensed about their children and grandchildren. These emotional disturbances lead to frustration which in turn cause distress

and affect sleep and health. Physical problems like pain, breathing difficulty, and institutionalized elderly are experiencing poor quality of sleep and psychological wellbeing. For improving quality and quantity of life of aged population, it is obligatory to take special steps to implicate for well - being of elderly. [5]

Urbanization, nuclear family and more people seeking jobs outside the country make people to leave the elderly to old age homes. Institutionalization brings a lot of adjustment and life pattern changes in their day to day life. They undergo a lot of psychosocial problems as they are abandoned by their children and relatives. Therefore the investigator is interested to find out the psychosocial problem of institutionalized elderly.

2. Material and Methods

A Descriptive research design was used for this study. Research variable used in the study were Psychosocial problems of institutionalized elderly and demographic variables were Age, Gender, religion, marital status, duration of stay in institution, reason for institutionalization and degree of dependence. The sample for the study consist 86 institutionalized (both men and women) through non - probability purposive sampling technique. Inclusion Criteria comprised of elderly persons who are staying in the old age home, who are above 60 years, can read and write in Hindi or English. Exclusion Criteria comprised of elderly men and women who all are very sick, who are having hearing/speech impairment, who are mentally retarded. Psychosocial assessment rating scale consists of four domains psychological, social, environmental and spiritual and have 17 items on psychological aspects (47.5%), 14 items on social aspects (35%), 3 items on environmental aspects (7.5%) and 4 items on spiritual aspects (10%). Each item has four options: Always, Sometimes, Rarely, Never. The score ranged from 0 to 3. The total maximum score is 120. The

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items were prepared in both Hindi and English language. There are 21 positive scoring items and 19 negative scoring items. Psychosocial assessment rating scale consists of 40.

3. Result

Finding of study showed 47.7% of samples had mild psychosocial problems, 46.7% of the samples had moderate psychosocial problems, 3.5% of the samples had severe psychosocial problems and 2.3% of the samples had no psychosocial problems. The mean score was 61.46 ± 1.26 . Age, religion and length of stay in the institution are significant at 0.05 level of significance.

Mean, median, mode and SD of psychosocial problems.

N=86

Psychosocial problems	Mean	Median	Mode	Standard deviation
	61.465	60.500	54.00	1.264

Table 2: Level of psychosocial problems.

Level of psychosocial problems	Score range	Frequency	Percentage %
No psychosocial problems	0 - 30	2	2.3
Mild psychosocial problems	31 - 60	41	47.7
Moderate psychosocial problems	61 - 90	40	46.7
Severe psychosocial problems	91 - 120	3	3.5

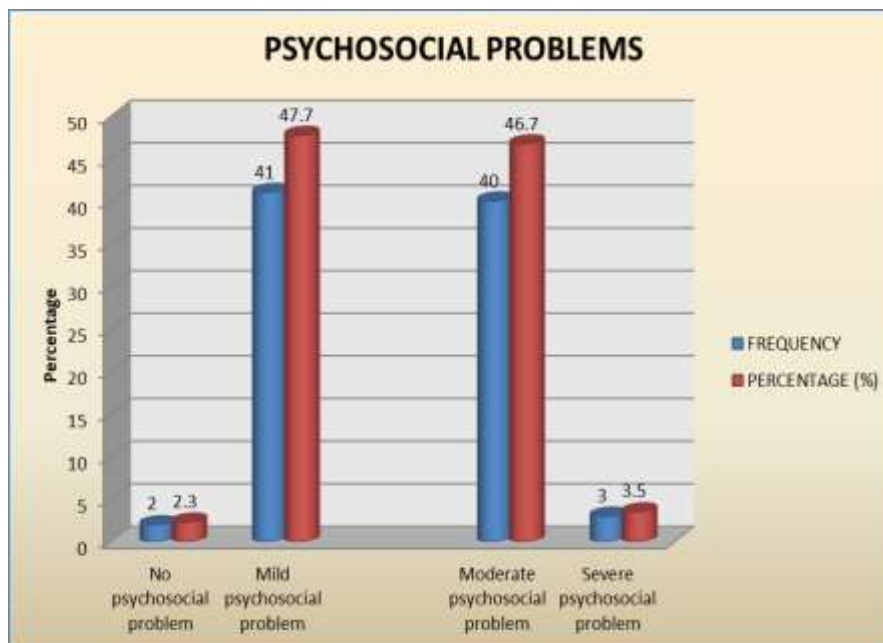


Figure 1: Cylinder diagram depicts percentage distribution according to level of psychosocial problems

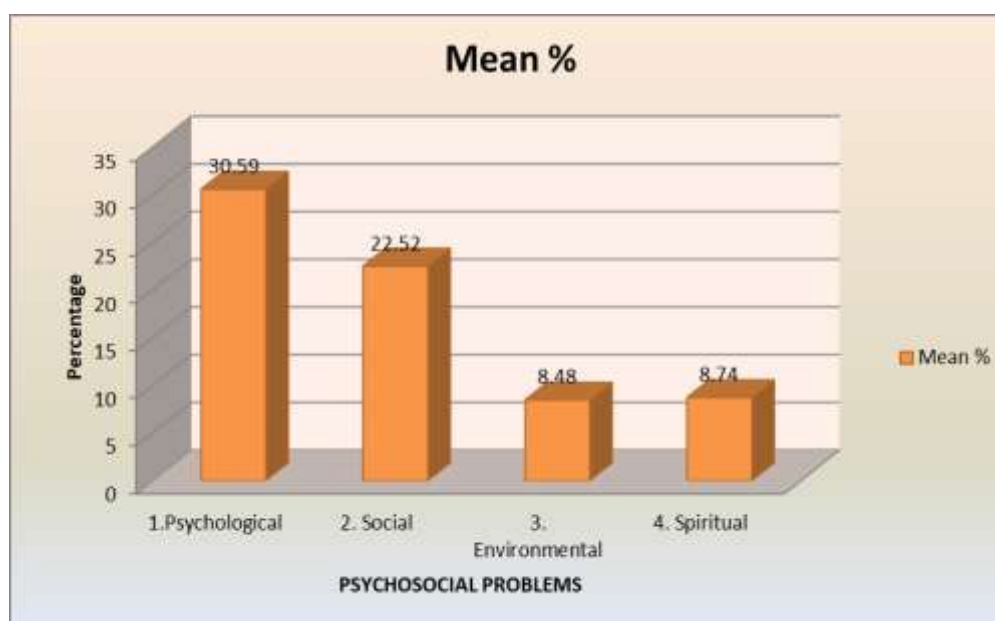


Figure 2: Bar diagram showing area wise psychosocial problems

Table 3: Depicts the association between the levels of psychosocial problem with selected demographic variable, N=86

S. No	Variable	No psychosocial problems		Mild psychosocial problems		Moderate psychosocial problems		Severe psychosocial problems		Chi-square value	df	Inference
		(f)	(%)	(f)	(%)	(f)	(%)	(f)	(%)			
1.	Age (in years)									26.17	9	S
	60 - 70	0	0	3	3.48	7	8.13	0	0			
	71 - 80	0	0	17	19.76	17	19.76	2	2.32			
	81 - 90	0	0	14	16.27	16	18.60	1	1.16			
	91 - 100	2	2.32	7	8.13	0	0	0	0			
2.	Gender									3.343	3	NS
	Male	0	0	23	26.74	18	20.93	2	2.32			
	Female	2	2.32	18	20.93	22	25.58	1	1.16			
3.	Religion									48.231	6	S
	Hindu	1	1.16	36	41.86	40	46.51	3	3.48			
	Muslim	0	0	5	5.81	0	0	0	0			
	Christian	1	1.16	0	0	0	0	0	0			
	Any other	0	0	0	0	0	0	0	0			
4.	Marital Status									6.435	12	NS
	Single	0	0	7	8.13	9	10.46	1	1.16			
	Married	1	1.16	6	6.97	11	12.79	1	1.16			
	Widow/Widower	1	1.16	19	22.09	15	17.44	1	1.16			
	Divorced	0	0	8	9.30	5	5.81	0	0			
	Separated	0	0	1	1.16	0	0	0	0			
5.	Length of stay in the institution									24.481	9	S
	Less than 2 years	1	1.16	13	15.11	25	29.06	1	1.16			
	2.1 to 4 years	1	1.16	19	22.09	13	15.11	0	0			
	4.1 to 6 years	0	0	8	9.30	2	2.32	1	1.16			
	6 years and above	0	0	1	1.16	0	0	1	1.16			
6.	Reason for institutionalization									8.948	9	NS
	No relatives	0	0	3	3.48	5	5.81	0	0			
	Neglected from family/children	0	0	23	26.74	18	20.93	1	1.16			
	Poverty	1	1.16	9	10.46	9	10.46	0	0			
	Any other reason	1	1.16	6	6.97	8	9.30	2	2.32			
7.	Degree of dependence									8.797	6	NS
	Independent	1		16		26		3				
	Partially dependent	1		24		14		0				
	Fully dependent	0		1		0		0				

4. Discussion

The present study findings shows that 47.7% of the samples had mild psychosocial problems, 46.7% of the samples had moderate psychosocial problems, 3.5% of the samples had severe psychosocial problems and 2.3% of the samples had no psychosocial problems.

In the present study mean percentage score in psychological problem is 30.59%, in social problems mean percentage score is 22.52%, in environmental problems mean percentage score is 8.48% and in spiritual problems mean percentage score 8.74%. This shows that mild problems were faced in the psychological area. There were no problem faced in social 22.52%, environmental 8.48%, and spiritual 8.74%.

Findings of the present study show that age, religion and length of stay in the institution are significant at 0.05 level of significance.

5. Conclusion

The findings of the study showed that 47.7% of the samples had mild psychosocial problems, 46.7% of the samples had moderate psychosocial problems, 3.5% of the samples had

severe psychosocial problems and 2.3% of the samples had no psychosocial problems.

This study has shown that in general all the institutionalized elderly persons had some psychosocial problems and these psychosocial problems are dependent on age, religion, length of stay in the institution. Some relaxation techniques and coping strategies should be taught to institutionalize elderly persons to reduce their psychosocial problems.