

A Study to Assess the Emotional Problems and Coping Strategies among Senior Citizens Living in Old Age Homes in Selected Areas of Himachal Pradesh

Manisha Sharma

M.Sc Nursing, Murari Lal Memorial College of Nursing, Oachghat, Solan (H.P), India
sumish991[at]gmail.com

Abstract: ***Background:** Aging is a natural and continuous irreversible changing process. In this stage progressive generalized impairment of function occur which results in loss of adaptive response to stress, anxiety and depression. Unfortunately for the past 50 years, the traditional Indian family system has been changed to nuclear family. The role of providing safety security has been shared by the institution such as old age home. The absence of family care surrounding gives rise to loneliness and depression. **Objectives:** 1. To assess the emotional problems experienced by Senior Citizens living In old age homes in selected areas of Himachal Pradesh. To find the coping strategies adopted By Senior Citizen Living in old age homes in selected areas of Himachal Pradesh. **Methodology:** A descriptive study was conducted in 2020 in selected areas of old age homes of district, Mandi, H.P, samples of 45 senior citizens were selected by using purposive sampling technique over a month. **Result:** The findings showed that the mean score of level of depression is 22.27 ± 4.68 SD which reveals that majority of subjects were having severe level of depression and level of Anxiety is 21.84 ± 4.41 SD which reveals that majority of subjects were having very severe level of Anxiety or the mean score of level of Stress is 21.84 ± 4.41 SD which reveals that majority of subjects were having moderate level of Stress.*

Keywords: emotional problems, stress, depression, anxiety, coping strategies.

1. Introduction

Older persons constitute one of the most vulnerable sections of the society. Senior citizens as any person who is a citizen of India and has attained the age of "60 years and above". The older adult population can be divided into three life-stage subgroups: the young-old (approximately 65–74), the middle-old (ages 75–84), and the elderly old (over age 85). India's population of 1.31 billion, the second largest globally, comprises 17% of the world's total (United Nations 2015), and the United Nations Population Division estimates that India's population will in fact overtake China's by 2028. As India's population grows, its expanding share of older adults is particularly notable. Currently, the growth rate of the number of older individuals (age 60 and older) is three times higher than that of the population as a whole. Old age homes are homes, which provide residential care for elderly who are destitute or homeless and for people who are not able to function independently in all aspects of their daily living. At present there are more than 800 Old age homes in India. Detailed information of 547 homes is available. Out of these, 25 homes are free of cost while 95 old age homes are on pay and stay basis, 116 homes have both free as well as pay stay facilities.¹

Objective

- 1) To assess the emotional problems experienced by Senior Citizens living In old age homes in selected areas of Himachal Pradesh.
- 2) To find the coping strategies adopted By Senior Citizen Living in old age homes in selected areas of Himachal Pradesh.

- 3) To find the association Of Emotional Problems with their Selected Demographic Variables.

2. Methodology

A descriptive design study was used and data was collected from 45 senior citizens who were available at the time and willing to participate. The study was conducted in selected area (Bhangrotu and Sunder Nagar old age homes) of district Mandi H.P Purposive sampling technique was used and A structured questionnaire was administered to assess the demographic data and to assess the emotional problems and copying strategies adopted by the subject. The tool comprised of three sections: section A included questions regarding socio-demographic variables In this study was age, sex, marital status, education ,number of children, occupation, type of family and duration of stay in old age homes. Section B: A tool to assess emotional problems among senior citizens in old age homes with DASS inventory (**Depression, stress, anxiety scale**) which is one of Standardized instrument that can assess the emotional problems. Section C: A tool to assess coping strategies among senior citizens in old age homes with the help of checklist Kiran Rao which consist of 17 items.

Ethical approval was taken from ethical committee of chairpersons of selected old age homes, Himachal Pradesh to conduct study. Informed consent was taken from the subjects before collection of data.

3. Results

Frequency and percentage wise distribution of socio demographic variables revealed that, 46.7% senior citizens were in the age of 66-70 years. 51.1% senior citizens were males. 93.3% senior citizens were belonged to Hindu religion. 64.4% were non employed. 68.9% senior citizens were belonged to nuclear family. 60% senior citizens were married. In terms of no of children majority of senior citizens 53.3% have no children. 64.4% were non educated. Duration of stay in old age homes 44.4% were living since 1-2 years years in old age homes.

Table 4.2: Mean and SD of level of depression among senior citizens, (N=45)

| Level of Depression Depression (D) | Mean | SD |
|---------------------------------------|-------|------|
| | 22.27 | 4.68 |

Maximum 31.0 Minimum 13.00

Result depicts that the mean score of level of depression is 22.27 ± 4.68 SD which reveals that majority of subjects were having severe level of depression.

Table 4.3: Mean and SD of level of Anxiety among senior citizens, (N=45)

| Level of Anxiety Anxiety (A) | Mean | SD |
|---------------------------------|-------|------|
| | 21.84 | 4.41 |

Maximum =32 Minimum =13

In this result depicts that the mean score of level of Anxiety is 21.84 ± 4.41 SD which reveals that majority of subjects were having very severe level of Anxiety.

Table 4.4: Mean and SD of level of stress among senior citizens, (N=45)

| Level of Stress Stress (S) | Mean | SD |
|-------------------------------|-------|------|
| | 21.04 | 4.94 |

Maximum=31.00 Minimum=9.00

In this table result depicts that the mean score of level of Stress is 21.84 ± 4.41 SD which reveals that majority of subjects were having moderate level of Stress.

Figure 1: Findings related to coping strategies adopted by senior citizens living in old age homes

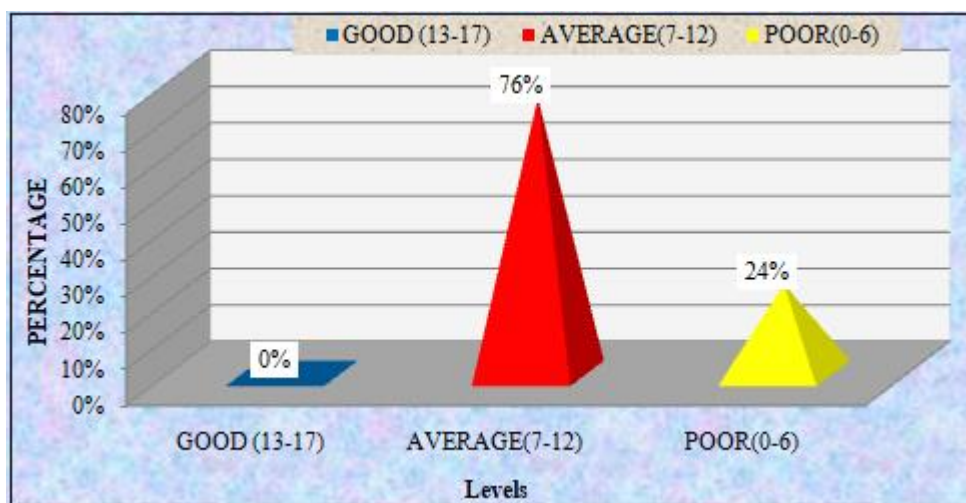


Figure 4.5: Frequency & percentage distribution of senior citizens as per adoption of coping strategies

Reveals that none of senior citizens were using good coping strategies and 76% senior citizen having average and 24% senior citizen has poor coping strategies adoption.

Findings related to association between level of stress, depression, anxiety with their selected demographic variables.

By using chi –square test it can be inferred that level of depression was having significant association with sex and marital status and by using chi –square test that level of stress was also having significant association with sex and occupation and level of anxiety is having non significant association with their selected demographic variables.

4. Conclusion

The findings revealed that 2.2% sample were mild depression 33.3% were moderate depression 51.1% from severe and 13.3% from very severe depression. This study represents that 2.2% sample were moderate anxiety 31.1% from severe and 66.7% samples were very severe anxiety.

The present study showed that 6.7% samples were mild stress 53.3% from moderate stress 15.6 % from severe stress. The present study reveals that none of senior citizens were using good coping strategies and 76% (34) senior citizen having average and 24%(11) senior citizen has poor coping strategies adoption. Findings of present study showed that there was significant association between marital status ,sex and emotional problems ($p < 0.003$).The finding of present study showed that there was no significant association between mean adoption of coping strategies and selected demographic variable at 0.05 level of significance.

5. Future Scope

Nursing Education

Aging is complex multifactorial and inevitable process which continues through the entire life span. It is very important to cope with emotional problems rather than through drugs and medication. Student nurse have proper knowledge regarding changes the take place during old age and emotional problem of old homes. Attention should be

focused on nurse's involvement as a member of mental health team. Student should be encouraged to participate in various programmes conducted for elderly people, family members and public. Student should be familiar with the different coping strategies to manage emotional problems, so they can help the senior citizen to cope with their problem.

Nursing Practice

Old age is not a disease. People have to cope with all types of problems during their lives. Nursing personnel can play an important role in helping old age people to develop a more optimistic explanatory style that will ameliorate with health problems. Most of senior citizens they had severe level of depression so there should be planned sessions to overcome their depression like pleasant events, engagement, exercise, sleep regularly, yoga and meditation. The Community Health Nurses are challenged to provide standard and quality nursing care. There is a need for the nurses to maintain a calm non-threatening manner while working with clients. Establish and maintain trusting relationship with them and provide reassurance and comfort. Educate the clients that anxiety disorder are treatable. Positive reframing and assertiveness training helps the person to negotiate interpersonal situations and foster self-assurance.

Nursing Research

Old age viewed that as an unavoidable, undesirable problem ridden phase of life that we all are compelled to live until our final exit from life itself. With an increasing number of older adults in old age homes, the importance of focusing research on individual with emotional problem is rising. There is a great need of nursing research in the area of coping of old age people with health problems. The result of this study motivates others to conduct further research that can be carried out to explore the newer techniques to improve the coping among old age people.

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Author Profile

Manisha Sharma resides at Vill Behal PO Pairi Teh Balh Distt Mandi Himachal Pradesh (175008). At present she lives in Naval sailor colony Visakhapatnam Gandhigram (530014)