Effectiveness of Sleep Management Strategies in Reducing Insomnia among Elderly in Selected Hospital at Chennai

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Abstract: _Background of the Study, Seep is a part of the rhythm life. Without a "good sleep", the body loses the ability to revitalize, the mind is less adapted and ones mood is altered. Normal aging changes conspire to interfere with the quality of a sleep, while health and medication use can affect the sleep patterns in a negative manner. Objectives: To determine the pre test and post test level of insomnia among elderly. To determine the sleep management strategies in reducing insomnia among elderly. To find out the correlation between the effectiveness of sleep management strategies in reducing insomnia among elderly with the selected demographic variables.(Age, Sex, Religion ,Marital status, Support system, Duration of sleep per day, Sleep habits, Education) Hypothesis. There is a significant improvement between pre test and post test by sleep management strategies in reducing insomnia among elderly. There will be a significant association between the post test level of the insomnia among elderly and their selected demographic variables. (Age, sex, Religion, Marital status, support system, Duration of sleep per day, sleep habits, Education.)Methodology: one group pre-test and post-test design was selected for this study. Convenient sampling technique was used for the study. Final Result and Conclusion: In the pre test the level of insomnia among selected 30 samples 6(20%) Of them had mild insomnia and 21(70%) of them had moderate insomnia and 3(10%) had severe insomnia .In the post test level of insomnia 14(46.7%) of them had mild insomnia and 16(53.3%) had moderate insomnia .The effectiveness of sleep management strategies in reducing insomnia among elderly using paired "t" test shows 14 significant at the level of P <0.05 Which implying that there was significant decrease in the level of insomnia in the post test ._

Keywords: insomnia, effectiveness, sleep management strategies, elderly, hospital.

1. Introduction

Insomnia is defined as difficulty initiating or maintaining sleep. In addition to complaints of sleep related day time impairment. People with insomnia tend to experience one or more of the following sleep disturbances such as difficulty falling asleep at night, waking too early in the morning, waking frequently throughout the night, sleep that is chronically non-restorative or poor.

Objectives

- To determine the pre test and post test level of insomnia among elderly.
- To determine the sleep management strategies in reducing insomnia among elderly.
- To find out the correlation between the effectiveness of sleep management strategies in reducing insomnia among elderly with the selected demographic variables.(Age, Sex, Religion ,Marital status, Support system ,Duration of sleep per day, Sleep habits, Education)

2. Hypothesis

H_1- There is a significant improvement between pre test and post test by sleep management strategies in reducing insomnia among elderly.

H_2: There will be a significant association between the post test level of the insomnia among elderly and their selected demographic variables. (Age, sex, Religion ,Marital status, support system, Duration of sleep per day, sleep habits, Education.)

3. Methodology

One group pre-test and post-test design was selected for this study in sree balaji medical college and hospital , Chennai. The study population will comprise of elderly in the age group of (50-70) years. Total sample size 30 both male and female elderly are selected for the study by convenient sampling technique. The questionnaire has 2 parts consisting of Demographic variables these are Age, sex, Religion ,Marital status, support system, Duration of sleep per day, sleep habits, Education .in the second part of questionnaire The Pittsburgh insomnia rating scale was used .Interpretation of score was done as follow

Table 2: pre test level of insomnia among elderly.

Category	Score
Mild	0-20
Moderate	21-40
Severe	41-60

Pre test Level of insomnia	Pre-Test	
	No	Percentage (%)
Mild	6	20
Moderate	21	70
severe	3	10
Total	30	100

Reveals that among 30 samples 6(20%) of them had mild, 21(70%) had moderate, 3(10%) had severe ,in the pre test.

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Table 3: Post test level of stress among elderly

Post test Level of insomnia	Post-Test	
	No	Percentage (%)
Mild	14	46.7
Moderate	16	53.3
severe	-	-
Total	30	100

Reveals that among 30 samples 14(46.7%) were mild,16(53.3%) had moderate in the post test.

Table 4: comparison of pre test and post test Level of insomnia among elderly

Level of insomnia	Pre-Test		Post-Test		Chi-square
	No	Percentage	No	Percentage	
Mild insomnia	6	20	14	46.7	
Moderate insomnia	21	70	16	53.3	T=14 <0.05
severe insomnia	3	10	-	-	
Total	30	100	30	100	

Reveals that among 30 samples 6(20%) of them had mild, 21(70%) had moderate, 3(10%) had severe ,in the pre test. Among 30 samples 14(46.7%) were mild,16(53.3%) had moderate in the post test .The effectiveness of sleep management Strategies among elderly the insomnia mean score was 28.6 in the pre –test , SD was 10.4 and mean post –test score was 22.9 and SD was 9.2 , so the total overall value reduction was 5.7 and SD was 1.2 with the paired t-test value is 14 and there is significant effectiveness at P value is 2.05 <0.05 .

4. Major findings of the study

Regarding the age , 12(40%) of them were between 50-55 years, 10(33.3%) of them were between 56-60 years, 6(20%) of them were between 61-65 years, 2(6.7%) of them were between 66-70year. Regarding the sex, 20 (66.7%) were males and 10(33.3%) were females. Regarding the religion, 20 (66.7%) were Hindu and 7(23.3%) were Christian, 3 (10%) were Muslim. Regarding the marital status, 18(60%) of them were married,6(20%) of them were unmarried.2(6.7%) were widower and 4(13.3%) were divorced. Regarding the support system, 16(53.3%) of them were family members,8(26.7%) of them were relatives.3(10%) were friends and 3(10%) were social agencies. Regarding the duration of sleep per day, 11(36.7%) of them were less than 2 hours,13(43.3%) of them were 2-3 hours.6(20%) were 3-4 hours . Regarding the sleep habits, 8(26.7%) of them were listening to music,10(33.3%) of them were watching Tv.2(6.7%) were drinking warm fluid . 10(33.3%) were none. Regarding the educational status, 8(26.7%) of them illiterate level, 3(10%) of them primary level, 6(20%) of them secondary level. 6(20%) of them higher secondary level, 7(23.3%) of them graduate level.

5. Conclusion

The study reveals that there was significant decrease in the level of insomnia among elderly in the post test . The effectiveness of sleep management strategies in reducing insomnia among the elderly using paired "t" test shows 14 significant at the level of P <0.05

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