

A Descriptive Study to Assess the Psychological Problems and Coping Strategies among Old Age People Residing at Old Age Home, NCR

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Abstract: A descriptive study to assess the psychological problems and coping strategies among old age people residing at old age home, NCR. In this study a quantitative approach and descriptive research design was used. 100 old age people were selected by purposive sampling technique at Guru Vishram Vridh Ashram, Badarpur, New Delhi. Modified rating scale was used to assess the psychological problems and coping strategies among old age people. The majority of old age people 66% showed depression, 52% dementia, 49% mild anxiety and 97% social isolation. Majority of old age people 71% showed poor coping strategies. There was no association between psychological problems and selected demographic variables as p -value > 0.05 . There was a negative correlation between psychological problems and coping strategies among old age people as the coping strategies decreases and psychological problems increases.

Keywords: Psychological problems, Coping strategies, Old age people

1. Introduction

Old age has been viewed, problematic period of one's life. The aged become increasingly dependent on others.¹ Old age is a period that people need physical, emotional and psychological support. The prevalence of psychological disorders is increasing a way that some call it a crisis.² Older people are, therefore, in need of vital support that will keep important aspects of their life-styles intact while improving their overall quality of life.³

2. Review of Literature

A descriptive study was conducted to assess the level of psychological problems and Coping Strategies of 100 elderly persons residing in Old Age Home at Tamilnadu. Results showed that 60% of them had moderate level of psychological problems like stress, depression and anxiety. 43% of the elderly persons were had at fair level of coping strategies by interacting with comates, reading books, participating in social gatherings, ventilating the feelings with someone. There was negative correlation found between Psychological problems and Coping strategies.⁴

A descriptive study was conducted to assess emotional problems and coping strategies among 50 senior citizens living in Malkapur area, Karad. The result showed that according to stress scale, majority of samples 78% were having stress sometimes & very few 4% were never getting stress. As per depression scale, majority of samples 54% were always having depression and majority of the samples 58% were using coping strategies sometimes whereas 30% were using always.⁵

A descriptive study was conducted to assess the stress and coping strategies among senior citizen in selected old age

home, Berhampur, Odisha. The study was conducted among 33 senior citizens residing in three different old age homes. The result showed that the overall stress mean score (60.6 ± 7.28) which is 60.6% of total score, shows the moderate stress of senior citizen and the overall coping strategy mean score (68.93 ± 5.91) which is 68.93% of total score shows that there is moderate level of coping among senior citizen.⁶

Objectives of Study

- 1) To assess the psychological problems among old age people residing at old age home.
- 2) To assess the coping strategies used for psychological problems by old age people residing at old age home.
- 3) To find the association of psychological problems with selected demographic variables.
- 4) To find the association of coping strategies with selected demographic variables.
- 5) To find the correlation between the psychological problems and coping strategies adopted by old age people residing at old age home.

3. Methodology

Quantitative research approach and descriptive research design was used in this study.

Population: Old age people

Sample: Old age people residing at old age home, Badarpur, New Delhi

Sample: 100

Sampling Technique: Purposive sampling

Hypothesis of the Study

- 1) H_{01} : There will be no significant association between psychological problems and demographic variables at 0.05 level of significance.

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- 2) H_{02} : There will be no significant association between the coping strategies and demographic variables at 0.05 level of significance.
- 3) H_{03} : There will be no significant relationship between the psychological problems and coping strategies at 0.05 level of significance.

Variables of the Study

Research variables: Psychological problems and coping strategies

Data Collection Tools and Techniques

S.No	Tools	Purpose	Data Collection Technique
1.	Personal Variables	To assess the personal information of old age people	Paper and pencil
2.	Modified rating scale for psychological problems	To assess the psychological problems of old age people	
3.	Modified rating scale for coping strategies	To assess the coping strategies of old age people	

Content Validity of Tool

The content validity of the tool was obtained by submitting the tools to five experts. There were few corrections which were made and incorporated.

Reliability

Name of the tool	Method	Reliability
Modified psychological problems assessment Scale	Split half method	0.81
Modified coping strategies assessment Scale	Split half method	0.77

Final Study

The final study was conducted in Guru Vishram Vridh Ashram, Badarpur, New Delhi. The data was collected from 19/01/2019 to 30/01/2019 by using purposive sampling.

Table 1: Frequency and percentage distribution among old age people according to their demographic characteristics (N=100)

S. No.	Variables	Frequency (f)	Percentage (%)
1	Age (in years)		
	a) 60 to 65	23	23
	b) 66 to 70	28	28
	c) 71 to 75	30	30
	d) Above 76	19	19
2	Gender		
	a) Male	47	47
	b) Female	53	53
3	Religion		
	a) Hindu	58	58
	b) Muslim	20	20
	c) Sikh	12	12
	d) Christian	10	10
4	Educational Status		
	a) No formal Education	52	52
	b) Primary Education	23	23
	c) Middle Education	13	13
	d) Secondary	8	8
	e) Senior Secondary	4	4

f) UG/PG	0	0
Previous Occupation		
a) Govt. Employee	7	7
b) Private Employee	17	17
c) Self Employed	24	24
d) Un employed	52	52
Marital Status		
a) Single	28	28
b) Married	15	15
c) Divorced	24	24
d) Widow/ Widower	21	21
e) Others	13	13
No. of Children		
a) One to three	58	58
b) Four to Six	38	38
c) Seven to ten	4	4
Duration of stay at old age home		
a) <1 year	38	38
b) 1-6 years	56	56
c) 7-12 years	6	6
d) 13 years and above	0	0
Type of family		
a) Nuclear	49	49
b) Joint	18	18
c) Blended	8	8
d) Broken	25	25
Reason for stay at old age home		
a) Misbehaviour of family members	46	46
b) Poverty/ No financial support	12	12
c) Loneliness	20	20
d) Any physical/ mental illness	22	22

Table 1 depicts that majority of old age people were of age 71-75 years (30%), most of the old age people were female (53%), religion wise most of old age people were Hindu (58%), majority of old age people were having no formal education (52%), most of the old age people were unemployed (52%), more old age people were single (28%), majority of old age people have 1-3 number of children (58%), majority of old age people were staying at old age home from one to six years (56%), half of the old age people were having nuclear family (49%), more old age people were staying at old age home for misbehaviour of family members (46%).

Table 2: Frequency and percentage distribution of depression among old age people, (N=100)

Level	Score	Range	Frequency (f)	Percentage (%)
No Depression	1-6	2-5	34	34%
Probably Depression	7-10	7-9	66	66%

Table 2 depicts that majority of old age people were having probably depression (66%) and less old age people were having no depression (34%).

Table 3: Frequency and percentage distribution of dementia among old age people, (N=100)

Level	Score	Range	Frequency (f)	Percentage (%)
No Dementia	1-3	1-3	48	48%
Probably Dementia	4-6	4-5	52	52%

Table 3 depicts that most old age people were having probably dementia (52%) and less old age people were having no dementia (48%).

Table 4: Frequency and percentage distribution of anxiety among old age people, (N=100)

Level	Score	Range	Frequency (f)	Percentage (%)
No	Less than 5	3-4	16	16%
Mild	5-9	5-9	49	49%
Moderate	10-14	10-13	35	35%
Severe	15-21	-	0	0%

Table 4 depicts that most old age people were having mild anxiety (49%) and less old age people were having moderate anxiety (35%) and very less old age people were having no anxiety (16%).

Table 5: Frequency and percentage distribution of social isolation among old age people, (N=100)

Level	Score	Range	Frequency (f)	Percentage (%)
At risk	<4	1-4	97	97%
No Risk	>4	5-6	3	3%

Table 5 depicts that most old age people were at risk of social isolation (97%) and less old age people were having no risk of social isolation (3%).

Table 6: Frequency and percentage distribution among old age people according to their coping strategies, (N=100)

Level	Score	Range	Frequency (f)	Percentage (%)
Poor	1-20	14-20	71	71%
Fair	21-40	21-25	29	29%
Good	41-60	-	0	0%

Table 6 depicts that majority of old age people were using poor coping strategies (71%) and less old age people were using fair coping strategies (29%).

Table 7: Fisher's exact test and Chi square value showing association of score of Depression with selected Demographic variables, (N=100)

S.No.	Variables	No depression	Probable depression	df	Fisher's Chi Square	p value	Table Value	Result
1	Age (in years)			3	0.576	0.911	7.815	NS
	a) 60 to 65	7	16					
	b) 66 to 70	11	17					
	c) 71 to 75	10	20					
	d) Above 76	6	13					
2	Gender			1	0.701 (χ^2)	0.402	3.841	NS
	a) Male	14	33					
	b) Female	20	33					
3	Religion			3	1.171	0.754	7.815	NS
	a) Hindu	22	36					
	b) Muslim	5	15					
	c) Sikh	4	8					
	d) Christian	3	7					
4	Educational Status			4	4.897	0.288	9.488	NS
	a) No formal Education	22	30					
	b) Primary Education	6	17					
	c) Middle Education	2	11					
	d) Secondary	2	6					
	e) Senior Secondary	2	2					
	f) UG/PG	0	0					
5	Previous Occupation			3	3.712	0.304	7.815	NS
	a) Govt. Employee	3	6					
	b) Private Employee	2	13					
	c) Self Employed	10	14					
	d) Un employed	19	33					
6	Marital Status			3	7.567	0.136	7.815	NS
	a) Single	9	19					
	b) Married	1	14					
	c) Divorced	11	13					
	d) Widow/ Widower	8	13					
	e) Others	5	7					
7	No. of Children			2	0.384	0.831	5.991	NS
	a) One to three	21	37					
	b) Four to Six	12	26					
	c) Seven to ten	1	3					
8	Duration of stay at old age home			2	0.266	0.917	5.991	NS
	a) <1 year	12	26					
	b) 1-6 years	20	36					
	c) 7-12 years	2	4					
	d) 13 years and above	0	0					
9	Type of family			3	0.867	0.873	7.815	NS
	a) Nuclear	15	34					
	b) Joint	6	12					
	c) Blended	3	5					

	d) Broken	10	15					
10	Reason for stay at old age homw			3	0.8	0.851	7.815	NS
	a) Misbehaviour of family members	17	29					
	b) Poverty/ No financial support	4	9					
	c) Loneliness	5	14					
	d) Any physical/ mental illness	8	14					

Table 7 shows Fisher’s exact and Chi square test was used to associate the level of depression score with selected demographic variables. It shows that there was no significant association between level of depression and demographic variables at 0.05 level of significance. Therefore, null hypothesis was accepted.

Table 8: Fisher’s exact and Chi square value showing association of score of Dementia with selected Demographic variables, (N=100)

S.No.	Variables	No depression	Probable depression	df	Fisher's Chi Square	p value	Table Value	Result
1	Age (in years)			3	0.488	0.93	7.815	NS
	a) 60 to 65	10	13					
	b) 66 to 70	13	15					
	c) 71 to 75	15	15					
	d) Above 76	10	9					
2	Gender			1	0.031	0.86	3.841	NS
	a) Male	23	24					
	b) Female	25	28					
3	Religion			3	3.767	0.27	7.815	NS
	a) Hindu	27	31					
	b) Muslim	13	7					
	c) Sikh	5	7					
	d) Christian	3	7					
4	Educational Status			4	7.036	0.11	9.488	NS
	a) No formal Education	22	30					
	b) Primary Education	14	9					
	c) Middle Education	5	8					
	d) Secondary	3	5					
	e) Senior Secondary	4	0					
	f) UG/PG	0	0					
5	Previous Occupation			3	2.079	0.55	7.815	NS
	a) Govt. Employee	6	3					
	b) Private Employee	6	9					
	c) Self Employed	10	14					
	d) Un employed	26	26					
6	Marital Status			4	2.563	0.63	9.488	NS
	a) Single	14	14					
	b) Married	5	10					
	c) Divorced	14	10					
	d) Widow/ Widower	10	11					
	e) Others	5	7					
7	No. of Children			2	4.283	0.10	5.991	NS
	a) One to three	26	32					
	b) Four to Six	18	20					
	c) Seven to ten	4	0					
8	Duration of stay at old age home			2	1.001	0.60	5.991	NS
	a) <1 year	17	21					
	b) 1-6 years	29	27					
	c) 7-12 years	2	4					
	d) 13 years and above	0	0					
9	Type of family			3	2.852	0.40	7.815	NS
	a) Nuclear	27	22					
	b) Joint	8	10					
	c) Blended	2	6					
	d) Broken	11	14					
10	Reason for stay at old age home			3	7.921	0.04	7.815	Significant
	a) Misbehaviour of family members	26	20					
	b) Poverty/ No financial support	8	5					
	c) Loneliness	4	15					
	d) Any physical/ mental illness	10	12					

Table 8 shows that Fisher’s exact test and Chi square test was used to associate the level of dementia with selected demographic variables. It shows that significant association

with reason for stay at old age home and rest others were not significant at 0.05 level of significance. Therefore, null hypothesis was partially accepted and partially rejected.

Table 9: Fisher’s exact and Chi square value showing association of score of Anxiety with selected Demographic variables, (N=100)

S.No.	Variables	No	Mild	Moderate	Severe	df	Fisher's Chi Square	p value	Table Value	Result
1	Age (in years)					6	6.993	0.307	12.592	NS
	a) 60 to 65	3	12	8	0					
	b) 66 to 70	4	9	15	0					
	c) 71 to 75	6	17	7	0					
	d) Above 76	3	11	5	0					
2	Gender					2	3.932	0.14	5.991	NS
	a) Male	4	24	19	0					
	b) Female	12	25	16	0					
3	Religion					6	7.767	0.232	12.592	NS
	a) Hindu	8	32	18	0					
	b) Muslim	1	9	10	0					
	c) Sikh	4	4	4	0					
	d) Christian	3	4	3	0					
4	Educational Status					8	14.685	0.081	15.507	NS
	a) No formal Education	11	29	12	0					
	b) Primary Education	0	9	14	0					
	c) Middle Education	3	6	4	0					
	d) Secondary	2	3	3	0					
	e) Senior Secondary	0	2	2	0					
	f) UG/PG	0	0	0	0					
5	Previous Occupation					6	9.268	0.163	12.592	NS
	a) Govt. Employee	2	6	1	0					
	b) Private Employee	2	8	5	0					
	c) Self Employed	6	9	12	0					
	d) Un employed	6	29	17	0					
6	Marital Status					8	10.298	0.23	15.5	NS
	a) Single	5	17	6	0					
	b) Married	1	7	7	0					
	c) Divorced	6	7	11	0					
	d) Widow/ Widower	3	13	5	0					
	e) Others	1	5	6	0					
7	No. of Children					4	2.058	0.81	9.488	NS
	a) One to three	9	26	23	0					
	b) Four to Six	6	21	11	0					
	c) Seven to ten	1	2	1	0					
8	Duration of stay at old age home					4	0.831	0.974	9.488	NS
	a) <1 year	7	19	12	0					
	b) 1-6 years	8	27	21	0					
	c) 7-12 years	1	3	2	0					
	d) 13 years and above	0	0	0	0					
9	Type of family					6	17.721	0.01	12.59	Significant
	a) Nuclear	13	18	18	0					
	b) Joint	0	12	6	0					
	c) Blended	3	3	2	0					
	d) Broken	0	16	9	0					
10	Reason for stay at old age homw					6	14.271	0.026	12.59	Significant
	a) Misbehaviour of family members	4	28	14	0					
	b) Poverty/ No financial support	2	4	7	0					
	c) Loneliness	3	12	4	0					
	d) Any physical/ mental illness	7	5	10	0					

Table 9 shows that Fisher’s exact test and Chi square test was used to associate the level of anxiety with selected demographic variables. It shows that significant association with type of family and reason for stay at old age home and

rest other were not significant at 0.05 level of significance. Therefore, null hypothesis was partially accepted and partially rejected.

Table 10: Fisher’s exact and Chi square showing association of score of Social isolation with selected Demographic variables, (N=100)

S.No.	Variables	At risk	No Risk	df	Fisher's Chi Square	p value	Table Value	Result
1	Age (in years)			3	1.521	0.78	7.815	NS
	a) 60 to 65	23	0					
	b) 66 to 70	27	1					
	c) 71 to 75	29	1					
2	Gender			1	232	0.63	3.841	NS
	a) Male	46	1					
	b) Female	51	2					
3	Religion			3	1.172	0.524	7.815	NS
	a) Hindu	55	3					
	b) Muslim	20	0					
	c) Sikh	12	0					
4	Educational Status			4	6.075	0.237	9.488	NS
	a) No formal Education	52	0					
	b) Primary Education	21	2					
	c) Middle Education	12	1					
	d) Secondary	8	0					
	e) Senior Secondary	4	0					
f) UG/PG	0	0						
5	Previous Occupation			3	5.448	0.217	7.815	NS
	a) Govt. Employee	8	1					
	b) Private Employee	14	1					
	c) Self Employed	23	1					
6	Marital Status			4	4.43	0.24	9.488	NS
	a) Single	28	0					
	b) Married	15	0					
	c) Divorced	22	2					
	d) Widow/ Widower	21	0					
e) Others	11	1						
7	No. of Children			2	1.675	0.572	5.991	NS
	a) One to three	57	1					
	b) Four to Six	36	2					
8	Duration of stay at old age home			2	0.582	0.875	5.991	NS
	a) <1 year	37	1					
	b) 1-6 years	54	2					
	c) 7-12 years	6	0					
9	Type of family			3	1.032	0.78	7.815	NS
	a) Nuclear	47	2					
	b) Joint	18	0					
	c) Blended	8	0					
10	Reason for stay at old age homw			3	6.581	0.012	7.815	NS
	a) Misbehaviour of family members	46	0					
	b) Poverty/ No financial support	13	0					
	c) Loneliness	19	0					
	d) Any physical/ mental illness	19	3					

Table 10 shows Fisher’s exact and Chi square test was used to associate the level of social isolation with selected demographic variables. It shows that there was no

significant association between level of depression and demographic variables at 0.05 level of significance. Therefore, null hypothesis was accepted.

Table 11: Fisher’s exact and Chi square value showing association of score of Coping strategies with selected Demographic variables, (N=100)

S.No.	Variables	Poor	Fair	Good	df	Fisher's Chi Square	p value	Table Value	Result
1	Age (in years)				3	4.495	0.194	7.815	NS
	a) 60 to 65	16	7	0					
	b) 66 to 70	16	12	0					
	c) 71 to 75	23	7	0					

	d) Above 76	16	3	0					
2	Gender				1	1.095	0.295	3.841	NS
	a) Male	31	16	0					
	b) Female	40	13	0					
3	Religion				3	2.161	0.51	7.815	NS
	a) Hindu	40	18	0					
	b) Muslim	13	7	0					
	c) Sikh	9	3	0					
	d) Christian	9	1	0					
4	Educational Status				4	9.807	0.027	9.488	Significant
	a) No formal Education	38	14	0					
	b) Primary Education	18	5	0					
	c) Middle Education	11	2	0					
	d) Secondary	2	6	0					
	e) Senior Secondary	2	2	0					
	f) UG/PG	0	0	0					
5	Previous Occupation				3	3.672	0.272	7.815	NS
	a) Govt. Employee	4	5	0					
	b) Private Employee	1	4	0					
	c) Self Employed	19	5	0					
	d) Un employed	37	15	0					
6	Marital Status				4	5.9	0.17	9.488	NS
	a) Single	21	7	0					
	b) Married	10	5	0					
	c) Divorced	19	5	0					
	d) Widow/ Widower	16	5	0					
	e) Others	5	7	0					
7	No. of Children				2	0.366	0.869	5.991	NS
	a) One to three	40	18	0					
	b) Four to Six	28	10	0					
	c) Seven to ten	3	1	0					
8	Duration of stay at old age home				2	4.24	0.097	5.991	NS
	a) <1 year	29	9	0					
	b) 1-6 years	40	16	0					
	c) 7-12 years	2	4	0					
	d) 13 years and above	0	0	0					
9	Type of family				3	2.317	0.53	7.815	NS
	a) Nuclear	35	14	0					
	b) Joint	15	3	0					
	c) Blended	5	3	0					
	d) Broken	16	9	0					
10	Reason for stay at old age homw				3	2.373	0.498	7.815	NS
	a) Misbehaviour of family members	35	11	0					
	b) Poverty/ No financial support	10	3	0					
	c) Loneliness	13	6	0					
	d) Any physical/ mental illness	13	9	0					

Table 11 shows that Fisher’s exact test and Chi square test was used to associate the level of coping strategies with selected demographic variables. It shows that significant association with educational status and rest others were not significant at 0.05 level of significance. Therefore, null hypothesis was partially accepted and partially rejected.

Table 12: Pearson’s correlation showing correlation of depression and coping strategies among old age people, (N=100)

Variables	Mean	SD	Calculated Value	Table Value	P Value	Result
Depression	1.66	0.476	-0.007	0.197	0.949	NS
Coping Strategies	1.29	0.456				

Table 12 depicts that there is negative correlation between depression and coping strategies of old age people residing at old age home which shows as the coping strategies decrease depression score will increase.

Table 13: Pearson’s correlation showing correlation of dementia and coping strategies among old age people, (N=100)

Variables	Mean	SD	Calculated Value	Table Value	P Value	Result
Dementia	1.52	0.502	-0.004	0.197	0.972	NS
Coping Strategies	1.29	0.456				

Table 13 depicts that there is negative correlation between dementia and coping strategies of old age people residing at old age home which shows as the coping strategies decrease dementia score will increase.

Table 14: Pearson's correlation showing correlation of anxiety and coping strategies among old age people, (N=100)

Variables	Mean	SD	Calculated Value	Table Value	P Value	Result
Anxiety	2.19	0.691	-0.048	0.197	0.633	NS
Coping Strategies	1.29	0.456				

Table 14 depicts that there is negative correlation between anxiety and coping strategies of old age people residing at old age home which shows as the coping strategies decrease anxiety score will increase.

Table 15: Pearson's correlation showing correlation of social isolation and coping strategies among old age people, (N=100)

Variables	Mean	SD	Calculated Value	Table Value	P Value	Result
Social Isolation	1.03	0.171	0.017	0.197	0.868	NS
Coping Strategies	1.29	0.456				

Table 15 depicts that there is negative correlation between social isolation and coping strategies of old age people residing at old age home which shows as the coping strategies decrease social isolation score will increase. Hence it was inferred that there is negative correlation between psychological problems and coping strategies among old age people.

4. Discussion

Similar study conducted on psychological problems and coping strategies of elderly persons. It was found that majority 60% of them were had moderate level of psychological problems and 43% of the elderly persons were had at fair level of coping strategies. There was negative correlation found between psychological problems and coping strategies respectively by **R Nishanthi, et. al. (2017)**.

5. Conclusion

It was concluded that 66% old age people had probably depression, 52% had probably dementia, 49% had mild anxiety, 97% had at risk of social isolation and 71% old age people had use poor coping strategies. The psychological problems and coping strategies were not significant with demographic variables at 0.05 level of significance.

6. Limitations

- 1) The study was conducted on physical problems also and ways of coping with them.
- 2) The study was conducted on small sample and only one old age home.

7. Recommendations

- 1) The study can be conducted on a large sample to generalize the finding.
- 2) Similar studies can be conducted with multi setting approach.

- 3) Research can be done in rural as well as in the urban areas to assess psychological problems and coping strategies.
- 4) A similar study can be conducted to evaluate the effectiveness of relaxation techniques for psychological problems among old age people.

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