

A Study to Assess the Impact of Laughter Therapy on Retirement Adjustment among Elderly People at Selected areas Dehradun

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1. Background of the Study

Nowadays most developed countries have system to provide pensions on retirement in old age, which may be sponsored by employers or the state. In many poorer countries, support for the old is still mainly provided through the family. Today, retirement with a pension is considered a right of the worker in many societies, and hard ideological, social, cultural and political battles have been fought over whether this is a right. In many western countries the right is mentioned in national constitutions.

2. Problem Statement

“A study to assess the Impact of laughter therapy on retirement adjustment among elderly people at selected areas Dehradun.”

3. Aims

To assess the level of retirement adjustment among elderly people at selected areas, Dehradun.

4. Objectives

- To assess the pre-test of retirement adjustment among the elderly people.
- To implement the laughter therapy among the elderly people.
- To determine the impact of laughter therapy on retirement adjustment among the elderly people.
- To comparison the pre-test level of retirement adjustment with their selected demographic variables (age, gender, religion, education, year of experience).

5. Methodology

A quantitative research approach was used to assess the retirement adjustment. The research design selected was one group pre-test post-test experimental research design, Purposive sampling technique was used and sample size is 50. The study was conducted at selected public gathering areas (Gandhi Park), Dehradun. The conceptual framework was based on King's Goal Attainment Theory. Retirement adjustment scale (RAS) used as a tool for data collection. The research tool consisted of 2 parts, part-1 is demographic variables and part-2 is related to rating scale regarding retirement adjustment. The content validity done by 5 experts in field of Nursing and Medical. Reliability is 0.6. The collected data was analyzed and interpreted by using descriptive and inferential statistics.

6. Result

Section I: Distribution of respondents according to demographic variables

Table no.1 depicted that the demographic data details according to their Age in years depicts that the majority of the respondent 36% (18) were in the age group 60 years, 28% (14) were in the age group >65 years, 22% (11) were in the age group 55 years, and 14% (7) were in the age group 65 years. Percentage distribution of elderly people in relation to their gender depicted that majority of the respondent 54% (27) are males and remaining 46% (23) are females. Percentage distribution of elderly people in relation to their religion depicted that majority of the respondent 58% (29) were Hindu, 22% (11) were Muslim, 18% (09) were Christian, and 2% (1) were others. Percentage distribution of elderly people in relation to their educational status depicted that majority of respondents 42% (21) has done graduation, 30% (15) has done post-graduation, 22%(11) has done intermediate and 6%(3) has done 10th. Percentage distribution of elderly people in relation to their occupation depicted that majority of the respondents 68% (34) are government employee, 32% (16) are private employee. Percentage distribution of elderly peoples in relation to their year of experience depicted that majority of the respondents 44 % (22) had 15 years of experience, 42 % (21) had >20 years of experience, 14% (7) had 10 years of experience and no respondent have 5 years of experience. Percentage distribution of elderly people in relation to their type of family depicted that majority of respondents 62% (31) were have nuclear family, 38% (19) were have joint family. Percentage distribution of elderly people in relation to their marital status depicted that majority of the respondents 78% (39) are unmarried, 16% (8) are married, 6% (3) are widowed and no respondent have divorced. Percentage distribution of elderly people in relation to their Monthly income that majority of the respondents 44% (22) were have monthly income >30,000, 40% (20) were have monthly income 30,000, 12% (6) were have monthly income 20,000 and 4% (2) were have monthly income 10,000.

Section II: Comparison between pretest and posttest of retirement adjustment

Data in table 2 shows that the retirement adjustment of elderly people. In the pretest 78% (39) elderly people had average retirement adjustment; 22% (11) had good retirement adjustment and none of the elderly people had poor and excellent retirement adjustment in pre-test. In post-test 60% (30) had average retirement adjustment, 40% (20) had good retirement adjustment and none of the elderly people had poor and excellent retirement adjustment in post-test.

Section III: Paired 't' value of pretest and posttest of retirement adjustment score

Table 3 represents the mean pre- test and post test of retirement adjustment score regarding retirement adjustment. The paired t- test value for retirement adjustment value is 12.23. It was found to be significant at $P < 0.05$ level, Hence research hypothesis (H_1) is accepted and null hypothesis was rejected. It evidence that the impact of laughter therapy is significantly effective on improving the retirement adjustment of elderly people.

Section IV: Association between the level of retirement adjustment scores with their demographic variables

The results of chi square analysis presented in table 4 indicates that the demographic variable such as Gender and Religion shows statistical significant association with the pretest level and there was no significant association of other demographic variables with their pretest level. The obtained chi square value of the variables such as Age ($X^2 = 2.33, P > 0.05$), Gender ($X^2 = 4.053, P > 0.05$) Religion ($X^2 = 8.81, P > 0.05$), Education ($X^2 = 5.88, P > 0.05$), Occupation ($X^2 = 1.16, P > 0.05$), Year of experience ($X^2 = 1.56, P > 0.05$), Type of family ($X^2 = 0.67, P > 0.05$), Marital status ($X^2 = 4.44, P > 0.05$) and Monthly income ($X^2 = 4.27, P > 0.05$).

Hence research hypothesis (H_2) was accepted and null hypothesis was rejected.

7. Recommendation

Based on the findings of the study, the following recommendations were made:

- A Similar study may be conducted on a larger sample for wider generalization.
- A similar study may be replicated with control group
- A descriptive study can be conducted to find out the factors associated with retirement adjustment.
- The study may be conducted at different settings
- Longitudinal study can be conducted on retirement adjustment.

8. Conclusion

The study concludes that there was a significant difference in retirement adjustment among elderly people.