

# Assess Stress and Coping Strategies among Institutionalized and Non-Institutionalized Retired Senior Citizens

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**Abstract:** *Objectives-* Stress is a pervading phenomenon in life. Any event in life that a person finds threatening, difficult to cope with or causes excess pressure can be potential cause of stress. Retirement is one of the most important life events many of us will ever experience. This study aimed at comparing the stress and coping strategies among institutionalized and non-institutionalized retired senior citizens. *Material and Methods* In the present study Quantitative approach with Non-experimental, comparative survey design was used. 60 retired male senior citizens (30 institutionalized and 30 non-institutionalized) were selected as a sample through purposive sampling technique from selected area of Lucknow. Level of stress was assessed by Perceived stress Scale and coping strategies by Brief Cope scale. The study assumed that these are a significant difference between stress and coping strategies among institutionalized and non-institutionalized retired senior citizens. *Results* The result revealed that maximum number of retired senior citizens (24.10+6.093) residing in old age home had higher stress as compare to the retired senior citizens (19.30+5.796) residing in non-institutionalized area, and maximum number of non-institutionalized senior citizens are using higher coping strategies (63.20+4.701) as compare to the residing in institutionalized home (60.73+5.2.1). Chi square was applied to assess the association of stress and coping strategies with selected sociodemographic variables (such as age, marital status, religion, educational status, prior occupation, present source of income, present monthly income (in rupees), duration after retire living with, number of children and present life style). *Conclusion* The investigator observed that the stress and coping strategies of the groups are found to be statistically different. There was statistical significant association with demographic variables of the stress and coping strategies.

**Keywords:** Stress, Coping strategies, Retired senior citizens

## 1. Introduction

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. Unfortunately for the past 50 years, the traditional Indian family system has been changed to nuclear family. The roles of providing safety and security have been shared by the institution such as old age home. The absence of family care and surrounding gives rise to loneliness and depression.

## 2. Review of Literature

Panigrahi S, Dash B. (2015) conducted a descriptive study stress and coping strategies among senior citizen in selected old age home, Berhampur Panigrahi S, Dash B. conducted a study. The study Finding revealed that 60.6% of total score shows the moderate level of stress among senior citizen and the overall coping strategy is 68.93% of total score shows that there is moderate level among senior citizen.

Mulik MS, Mohite V (2016) conducted a study on to Assess Emotional Problems and Coping Strategies Among Senior Citizens Living in Malkapur Area, Karad. The study was conducted on 50 senior citizens living in Malkapur area, Karad by using Convenience sampling technique. Data were collected by using a structured questionnaire. Structured questionnaire was prepared on demographic data, for assessing stress, assessing depression & coping strategies among senior citizens. The study revealed Majority of samples 39 (78%) are having stress sometimes & very few 2 (4%) are there who is never getting stress. Majority of samples 27 (54%) are always having depression. Majority of the samples 29 (58%) are using coping strategies sometimes whereas minimum samples 15 (30%) are using always. It

was found that almost all elderly were having one or the other psychological problems. The major psychological problems reported by elderly was anxiety followed by loneliness (58.5%), isolation (55.3%), stress (52.1%), feeling of guilt (51.1%) and of affection & irritation (50%).

## 3. Objectives

The objectives of the study were: (a) To compare the stress level among institutionalized and non-institutionalized retired senior citizens. (b) To compare coping strategies among institutionalized and non-institutionalized retired senior citizens. (c) To find the association of stress level among institutionalized and non-institutionalized retired senior citizens with selected demographic variables. (d) To find the association of coping strategies among institutionalized and non-institutionalized retired senior citizens with selected demographic variables.

## Hypothesis

**H1:** -There will be a significant difference between level of stress among institutionalized and non-institutionalized retired senior citizens.

**H2:** - There will be a significant difference between coping strategies used by institutionalized and non-institutionalized retired senior citizens.

**H3:** -There will be a significant association in stress among institutionalized and non-institutionalized retired senior citizens with selected socio demographic variables.

**H4:** - There will be a significant association in coping strategies among institutionalized and non-institutionalized

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retired senior citizens with selected socio demographic variables.

#### 4. Material and Methods

This study was an Observational prospective one conducted after approval from Institutional ethical view board, Era University (EU), Lucknow during the period of Dec 2018 to Jan 2019. Number of participants included 60 retired senior citizens.

**Inclusion criteria:** (a) willing to participate in the Study. (b) Retired, (c) only males (e) Living in Private Old Age Homeselected area of Lucknow. **Exclusion criteria:** (a) physically challenged. (b) Presently working.

**Study tools:** Three questionnaires were employed in the data collection process. These included a semi structured questionnaire for collection of socio-demographic information. It was designed by investigators and validated by nursing experts. Second was PSS-10 which is a free scale with standardized questionnaire to assess stress. Third one Brief Cope by Carvel 1997, which is also a free scale with standardized questionnaire to assess coping strategies.

**Study Procedure:** Data was collected over a period of 4 weeks during June to July 2019 in 4 old age homes and nearby area of old age homes, Lucknow. Data collection was done between 10am to 5pm. There was a rigorous house-to-house search for retired senior citizens. Data was analyzed using statistical package for the Social Sciences (SPSS) version 20. The test statistics used for the purpose of data analyses are descriptive statistics, reliability analysis. All statistically significant result results were based on a  $p < 0.05$  level.

#### 5. Results

Out of 60 subjects 30 institutionalized and 30 non-institutionalized retired senior citizens Majority of the institutionalized retired senior citizens (50%) and non-institutionalized senior citizens (63.3) were married. With regards of religion 90% of institutionalized and 83.3% non-institutionalized senior citizens were Hindu. Education shows that 43.3% of institutionalized and 30.3% of non-institutionalized were educated till intermediate. Employment reveals that 93.3% of institutionalized and 70% of non-institutionalized were government employees. 93.3% of institutionalized retired senior and 70% of non-institutionalized retired senior citizens were pensioners. Financial status shows that 56.7% institutionalized and 66.7% non-institutionalized senior citizens are getting >30000 Rupees per month income. Retirement of years tells that 100% institutionalized and 98.3% non-institutionalized senior citizens has been retired >4 years of duration. Majority of the institutionalized retired senior citizens 33.3% and non-institutionalized senior citizens 63.3% are having 3-4 number of children. Moreover 56.7 institutionalized and 76.7% non-institutionalized retired senior citizens have moderate life style.

The mean (24.10) of institutionalized citizens was more than the mean (19.30) of the non-institutionalized retired senior

citizens. The comparison of institutionalized and non-institutionalized had significant difference with "t" value (3.701) at  $p < 0.05$  level of significance

It was concluded that there was significant difference among institutionalized and non-institutionalized retired senior citizens related to stress.

The mean (60.73) of institutionalized citizens was more than the mean (63.20) of the non-institutionalized retired senior citizens. The comparison of institutionalize and non-institutionalized had significant difference with "t" value (-1.925) at  $p < 0.05$  level of significance

It is concluded that there was significant difference among institutionalized and non-institutionalized retired senior citizens related to coping.

According to association of stress among institutionalized retired senior citizens with selected socio-demographic variables such as Religion, Prior occupation, Present source of income, Present life style were found to be non-significant. There was statistically significant association of level of stress among retired senior citizens with, marital status, educational status, present monthly income and No. of children at  $p < 0.05$ .

According to association of stress among non-institutionalized retired senior citizens with selected socio-demographic variables such as Marital status, was found to be non-significant. There was statistically significant association of level of stress among retired senior citizens with, Religion, educational status, present monthly income, present source of income, Duration after retirement, No of children and present life style variables have significant association. At  $p < 0.05$ .

According to association of coping strategies among institutionalized retired senior citizens with selected socio-demographic variables such as marital status, religion, present monthly income, no. of children were found to be non-significant. There was statistically significant association of level of stress among retired senior citizens with, educational status, prior occupation, present source of income at  $p < 0.05$ .

According to association of coping strategies among non-institutionalized retired senior citizens with selected socio-demographic variables such as marital status, religion, educational status, prior occupation, present source of income, present monthly income, No. of children and present life style was found to be non-significant. There was statistically significant association of level of coping strategies among retired senior citizens with, Duration after retirement variable have significant association. At  $p < 0.05$ .

#### 6. Discussion

The analysis of data of stress level among institutionalized and non-institutionalized retired senior citizens revealed that there is a significant difference between stress in both group. The comparison of level of stress among institutionalized and non-institutionalized retired senior citizens. The mean

(24.10) of institutionalized citizens was more than the mean (19.30) of the non-institutionalized retired senior citizens. The comparison of institutionalized and non-institutionalized had significant difference with "t" value (3.701) at  $p < 0.05$  level of significance. Hence it was concluded that there was significant difference among institutionalized and non-institutionalized retired senior citizens related to stress.

This finding was consistent with the result of **Raymond et al (1997)** who conducted a longitudinal study to determine the mental health differences among retirees and workers in New York. Findings revealed that majority of the retirees (55%) had higher amount of stress, while 45% of them had lower amount of stress. Retirement appears stressful because of the potential losses it entails, such as identity, activities, and income.

The analysis of data of stress level among institutionalized and non-institutionalized retired senior citizens revealed that there is a significant difference between coping strategies in both group.

The comparison of level of coping among institutionalized and non-institutionalized retired senior citizens. The mean (60.73) of institutionalized citizens was more than the mean (63.20) of the non-institutionalized retired senior citizens. The comparison of institutionalized and non-institutionalized had significant difference with "t" value (-1.925) at  $p < 0.05$  level of significance

Hence it was concluded that there was significant difference among institutionalized and non-institutionalized retired senior citizens related to coping.

The findings was congruent with the result of **Panigrahi S** who conducted study on stress and coping strategies among senior citizen in selected old age home, Berhampur. Therefore a study was conducted among 33 senior citizens residing in three different old age homes of Berhampur, Odisha. The analysis showed that the overall stress mean score ( $60.6 \pm 7.28$ ) which is 60.6% of total score, shows the moderate stress of senior citizen and the overall coping strategy mean score ( $68.93 \pm 5.91$ ) which is 68.93% of total score shows that there is moderate level of coping among senior citizens.

The chi square was computed and the analysis of data regarding the association of the level of stress among retired persons with selected socio-demographic variables revealed that there is association of level of stress among institutionalized and non-institutionalized retired senior citizens.

This finding was supported by **Oniye AO (2012)<sup>54</sup>** who conducted a descriptive study on retirement stress and management strategies among retired civil servants in Kwara state. Findings revealed that there was significant association of retirement stress with educational qualification among retired persons. **Ardelt (1997)<sup>55</sup>** found significant relationship between prior occupation and psychological well-being after retirement.

The chi square was computed and the analysis of data regarding the association of the coping strategies among retired persons with selected socio-demographic variables revealed that there is association of level of coping strategies among institutionalized and non-institutionalized retired senior citizens.

This finding was supported by **Anita Paul (Samanta) (2017)<sup>56</sup>** who conducted study on Identification of Perceived Stress and Stressors along with Coping Strategies Adopted by Elderly Persons in selected Old Age Homes of Kolkata, West Bengal an investigation was conducted on 100 respondents aged 60-85 years were selected by stratified random sampling technique. The present study revealed that majority (60%) of the participants had experienced moderate level of stress, 65% of the elderly persons had perceived moderate stressors specifically health and activity was perceived more threatening. Religion, planning and self-destruction were the more frequently used coping strategies.

## 7. Conclusion

An unexpectedly high there is difference between stress and coping in institutionalized and non-institutionalized retired senior citizens due to most of the demographic factors. Stress is most commonly sign of suicide and mental illness among old age groups. Hence, psychiatric assessment and care should be needed for the elderly in both the setting to protect them from severe depressive episodes. This study helps to government nurses to emphasize more efforts towards old agers to set them a happy Golden days of their old age time till death.

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