A STUDY TO ASSESS THE LEVEL OF STRESS AMONG ELDERLY PEOPLE IN SELECTED GERIATRIC HOME

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Abstract

A descriptive research approach was used to assess the level of stress among elderly at selected geriatric homes Bangalore, with a view to develop an Information Booklet. Attribute Variable: Elderly people who are residing in geriatric homes Dependent Variable is Stress level of elderly people. Demographic variables are Age, Gender, marital status, educational status, occupation, type of family etc. The sample size consisted of sixty elderly who are residing at selected geriatric homes, Bangalore that is Nava Jeevans old age home, Yelahanka ,Bangalore. by using Convenient sampling technique. The inclusion criteria include elderly people who are residing at selected old age homes, Bangalore. Exclusion criteria include Elderly people who are taking treatment for depression and any mental disorders. The instrument used for the study consisted of 2 sections; Section A: deals with the demographic variables of elderly people residing at selected geriatric homes, Bangalore. Section B: stress scale to assess the level of stress among old age people residing at selected geriatric homes. A blue print was prepared for the stress scale to assess the level of stress. Section 1: Baseline Performa: This section deals with the description of the baseline characteristics of the subjects, such as age, gender, education, marital status, area of native residence, length of stay in old age home, source of finance, religion, monthly income before institutionalization, and occupation before institutionalization. Section – II Assessment of level of stress It was measured using stress scale which consists of 40 items with the maximum score of 80.In view of the nature of the problem a structured interview schedule was prepared to assess the level of stress among elderly residing in geriatric home. The data was collected from Nava Jeevan old age home, yelehanka, Bangalore. Results are Majority of the participants 45(75%) are under Moderate Level of Stress, 10(16.7%) of them are in Low level of Stress, 5(8.3%) of them are in High level of Stress. There was significant association between stress level and selected demographic variables such as age (x^2=17.13), gender (x^2=9.23) , education (x^2=15.23), and length of stay in old age home (x^2=13.10). Overall findings have shown that elderly inmates were having a moderate level of stress.

Keywords*: Stress, elderly, old age home*

BACKGROUND OF THE STUDY

Globally, 15% of the elderly population is suffering from mental disorders, and stress is one major mental health problem affecting a sizeable proportion (10–55%) of the elderly population [1], [2]. The prevalence of stress and anxiety among the elderly population is gradually increasing and expected to reach double in the next one decade [3]. About one fifth of the world's aging population lives in Thailand, and their number will increase by 28% in the coming ten years.India has a population of approx. 60 million older women 60+ .Traditionally, in India women had a respectable place among almost all communities, but contemporary ground

realities vary from this fact. Even human rights of older women are at stake today.

Till few decades the percentage of older persons was negligible in overall population of India. With population aging and fast changing socio-economic circumstances, status of older persons particularly older women in their respective families/societies has changed. Conditions of older persons are getting worse day by day. Elderly people are highly prone to mental morbidities due to aging of the brain, problems associated with physical health, cerebral pathology, socio-economic factors such as breakdown of the family support systems, and decrease in economic independence. The rapid urbanization and societal modernization has brought in this wake a breakdown in family values and the framework of family support, economic insecurity, social isolation, and elderly abuse leading to a host of psychological illnesses. The socio-economic problems of the elderly are aggravated by factors such as the lack of social security and inadequate facilities for health care, rehabilitation, and recreation. Many surveys have shown that retired elderly people are confronted with the problems of

financial insecurity and loneliness.

Institutional care was not a regular feature in developing nations like India until recent times. Caring for elderly had been part of the joint family system. But with an increasing economic demand, posing more people to take up employment in metropolitan areas and in foreign countries, has left the elderly alone and more elderly are left to the care of old age homes. The elderly in old age homes are living with lack of family and social support contributing to an increased prevalence of stress in them.

Stress has become a significant part of the health care environment; the health care administrator must address the effects of stress, and develop healthy stress management responses. While many traditional stress management techniques may be effective, humor is naturally occurring phenomenon as variable and individualized as stress. Humor helps us make sense of understand and cope with reality as serves as a nature's bio feedback, stress-control system. Humor plays an important role in stress management and its use should be recognized and encouraged.

OBJECTIVES
(1) To assess the level of stress among elderly residing in geriatric home.
(2) To find an association between the level of stress among elderly with selected demographic variable.
(3) To develop and distribute information booklet on stress and management of stress among elderly.

MATERIALS AND METHODS
A descriptive research approach was used to assess the level of stress among elderly at selected geriatric homes Bangalore, with a view to develop an Information Booklet. Attribute Variable: Elderly people who are residing in geriatric homes Dependent Variable is Stress level of elderly people. Demographic variables are Age, Gender, marital status, educational status, occupation, type of family etc. The sample size consisted of sixty elderly who are residing at selected geriatric homes, Bangalore that is Nava Jeevans old age home, Yelahanka, Bangalore. by using Convenient sampling technique. The inclusion criteria include elderly people who are residing at selected old age homes, Bangalore. Exclusion criteria include Elderly people who are taking treatment for depression and any mental disorders. The instrument used for the study consisted

of 2 sections; Section A: deals with the demographic variables of elderly people residing at selected geriatric homes, Bangalore. Section B: stress scale to assess the level of stress among old age people residing at selected geriatric homes.

A blue print was prepared for the stress scale to assess the level of stress. Section 1: Baseline Performa: This section deals with the description of the baseline characteristics of the subjects, such as age, gender, education, marital status, area of native residence, length of stay in old age home, source of finance, religion, monthly income before institutionalization, and occupation before institutionalization. Section – II Assessment of level of stress It was measured using stress scale which consists of 40 items with the maximum score of 80.In view of the nature of the problem a structured interview schedule was prepared to assess the level of stress among elderly residing in geriatric home. The data was collected from Nava Jeevan old age home, yelehanka, Bangalore. A pilot study was conducted with 6 elderly people. Purposive sampling technique was used to select 60 elderly residing in geriatric home Bangalore, based on inclusion and exclusion criteria. Baseline pro forma and a stress scale were used to collect data from the elderly people. The data was collected and analyzed using descriptive and inferential statistics. The test was first divided in to two equivalent halves and correlation for the half test was found by using Karl Pearson's correlation co-efficient formula and significance of correlation was tested by using probable error (r ½ = 0.76). The reliability co-efficient of the whole tool was then estimated by spearman Brown prophecy formula. The tool was found reliable (r = 0.86). Prior to the data collection the subjects were approached, the purpose of the study was explained to them and their consent for participation was obtained.

RESULTS
Findings related to sample characteristics
Majority of the participants 23 (38.3 %) were in the age group 76 Years & above, 14 (23.3 %) were in the age group of 60-65 Years and most of the participants (51.7%) were Females. 32 (53.3%) had only Primary education, 16 (26.7%) were Illiterate, 5 (8.3 %) of them had Secondary education, and 4 (6.7 %) of them were Graduate & above, and only 3(5%) had Higher Secondary education. Majority of the participants 30(50%) were staying in old age home since >1 ½ Year, 13 (21.7%) of them were in old age home as <6months, 12 (20%) of them in old age home since 6Month-1Year and 5(8.3%) of them were in old age home since1year-1 ½ Year. Majority of the participants 40 (66.71 %) were Married, 13 (21.7%) were Divorced, 5 (8.3%) were Unmarried and least 2 (3.3 %) were Widow/ Widower. Majority of the participants 20 (33.3 %) were getting Financial support by Govt. Scheme, 19 (31.7%) were depends Family member, 12 (20%) of them were having no Financial support and 9 (15%) were Pensioners. Most of the elder adults were (48,80%) Hindus and Monthly Income below1000/- and 41.7% had monthly income between 1001-2000/-.

Findings related to level of stress

Sl No	Level Of Stress	Frequency	Percentage(%)
1	Low level of Stress	10	16.7
2	Moderate level of Stress	45	75
3	High level of Stress	5	8.3
	Total	60	100

Table1: Frequency And Percentage Distribution Of Stress Level Among Elderly People Staying In Old Age Home

The table shows that, Majority of the participants 45(75%) are under Moderate Level of Stress, 10(16.7%) of them are in Low level of Stress, 5(8.3%) of them are in High level of Stress

Findings related to the association between the stress level among elderly people with the selected socio demographic variable.

There was significant association between stress level and selected demographic variables such as age (X^2=17.13), gender (X^2=9.23) , education (X^2=15.23), and length of stay in old age home (X^2=13.10).

SI No	Demographic Variables	Degree of Freedom	Calculated Vale χ^2	Table Value P	Level of Significance	Inference
1	Age group	11	17.133	0.009*	0.05	S
2	Gender	1	9.232	0.010	0.05	S
3	Education of the participant	3	15.736	0.046	0.05	S
4	Area Of Residence	2	2.745	0.253	0.05	S
5	Length Of Stay In Old Age Home.	3	13.108	0.041	0.05	S
6	Source Of Finance.	2	6.3	0.390	0.05	S
7	Religion.	3	3.389	0.495	0.05	S
8	Monthly Income Before Institutionalization.	2	0.754	0.686	0.05	NS
9	Marital Status	2	23.235	0.001*	0.05	S
10	Occupation Before Institutionalization.	1	6.624	0.357	0.05	S

DISCUSSION

According to the present study the level of stress score was 45(75%) are under Moderate Level of Stress, 10(16.7%) of them are in Low level of Stress, 5(8.3%) of them are in High level of Stress these finding showed that elderly people had a moderate level of stress. These findings were supported by **Gholamreza S, Mohtasham G, Samaneh Z, Akbar H** A Conducted A total of 195 older community residents participated in the study. Levels of stress were measured by stress test, 57% of the subjects had a score of 7 indicating that the majority is under some kind of stress.

NURSING IMPLICATIONS

High quality health care should be safe and effective as possible, and this should be highest priority for healthcare organizations. The implementation of measures that improve the stress reduction technique would be a significant step in reducing the level of stress in elder adults resides in old age home. The findings of the study have several implications which have been discussed in four areas: nursing education, nursing administration, nursing practice and nursing research. In all the areas, the role of the nurses is to curtail the stress level of elder adults.

RECOMMENDATIONS

Based on the findings of the study following recommendation Educational research can be

undertaken by using different designs such as experimental or comparative research design to find out the efficacy of different teaching learning methods for level of stress among elder adults resides in old age home.

CONCLUSION OF THE STUDY

Assessment of the level of stress score was 45(75%) are under Moderate Level of Stress, 10(16.7%) of them are in Low level of Stress, 5(8.3%) of them are in High level of Stress these finding showed that elderly people had a moderate level of stress.

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