

## A STUDY TO ASSESS THE EFFECTIVENESS OF WARM WATER FOOT BATH THERAPY ON THE QUALITY OF SLEEP AMONG ELDERLY IN OLD AGE HOME RAJNANDGAON CHHATTISGARH

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### Abstract

Sleep is a physiological mechanism of regaining energy and recovering from fatigue. The Age Pyramid of world population is changing the worlds elderly population above 60 year of age was 10% of total population in 2000, 11.0 % in 2010 and it is estimated that it will be 16.6% in 2013. A Study to Assess the Effectiveness of Warm Water Foot Bath Therapy on The Quality of Sleep Among Elderly in Old Age Home Rajnandgaon. The objectives are to assess the pretest and posttest level of quality of sleep score regarding warm water foot bath therapy and assess the effectiveness of warm water foot bath therapy related to quality of sleep. Research approach was Evaluative research approach. Research design was one group pretest posttest pre-experimental research design -According Polit and Hungler 1999 "In this study one group pretest posttest pre-experimental research design adopted. to find out association between pretest and posttest quality of sleep score. quality of sleep score in pretest was 230 total mean 7.6 and mean percentage 25.33% and SD was 2.32 in posttest the total quality of sleep score was 190 total mean 6.33 total mean percentages 21.1 and SD was 2.03.

**Keywords:** Sleep, Warm water, Foot bath, Quality, Elderly.

### INTRODUCTION

The age pyramid of world population is changing. Sleep is a physiological mechanism of regaining energy and recovering from fatigue & it has an important role in people health. It is estimated that approximately 50% of people aged 55 years and older have trouble sleeping, including initiating and maintaining sleep. Sleep disturbance are third most common problem after headache and digestive problem. Sleep is the basic human need; it is a universal biological process common to all the people. A human spends about one-third of their lives asleep. We require sleep for more reasons: to cope with daily stresses, to prevent fatigue, to conserve energy, to restore the mind and body, to enjoy life more fully. Sleep can be defined as a normal state of altered consciousness during which the body rests; it is characterized by decreased responsiveness to the environment, and a person can be aroused from it by external stimuli. The percentage of the elderly population is growing due to increased life expectancy and improved Socio-economic development. Surprisingly, in the World Health Organization's 2015 World Report on Ageing and Health, there is no mention of sleep disorders. In India, the aged population is expected to be around 20–25% of the population by 2050. By then, the elderly population would be more than 25% of the population in developed nations.

## OBJECTIVE

- I. Assess the pretest level of Knowledge regarding effectiveness of warm water footbath therapy on the quality of sleep among elderly in old age home Rajnandgaon.
- II. To assess the effectiveness regarding the warm water footbath therapy on the quality of sleep among elderly in old age home Rajnandgaon.
- III. To find out the association between pretest knowledge score with selected demography variables in old age home Rajnandgaon.

## METHODOLOGY

### Research approach:

Evaluative research approach

### Research design:

According Polit and Hungler 1999 “In this study one group pretest posttest pre-experimental research design adopted

## SETTING OF THE STUDY

Samta Manch old age home Parrinalah, Rajnandgaon (C.G.)

## SAMPLE AND SAMPLING TECHNIQUE

### SAMPLE-

The sample of population of the present study in 30 among elderly peoples who were available during the period of data collection was the sample of the study.

### SAMPLING TECHNIQUE-

In the present study simple random technique was suitable and was used to include the among elderly peoples at selected old age home Rajnandgaon as sample.

### SAMPLE SIZE-

In the present study 30 among elderly peoples in selected old age home Rajnandgaon C.G to fulfill the study.

## RESULT-

In the previous knowledge regarding warm water therapy maximum 10 (33%) have knowledge through all of them. The level of quality of sleep on elderly regarding warm water foot bath therapy was no associated with selected socio-demographic variables – age, education, gender. However, there was highly significance association found between pretest quality of sleep and their socio-demographic variables is previous knowledge regarding warm water foot bath therapy. Quality of sleep score in pretest was 230 total mean 7.6 and total mean percent 25.33% and SD was 2.32 in posttest, the total quality of sleep score was 190, total mean 6.33, total mean percent 21.1% and standard deviation was 2.03. Effectiveness of warm water foot bath therapy comparing pretest and post test score Very good nil and fairly good – 6(20%), fairly bad 8(26%), very bad 14(53.3%), and in posttest very good nil, fairly good 12 (40%), fairly bad 16(53.3%), very bad 2(6.6%). The warm water foot bath therapy was effective to improving the quality of sleep on elderly.

In pretest the mean score was 7.6 and standard deviation was 2.32 and in posttest total mean score 6.33 and SD was 2.03. The paired t- value was 6.3 and degree of freedom was 29 which show that an applying t-test difference in pretest and posttest mean was found highly significant. Hence the null hypothesis is rejected and alternate is accepted. There is no association found between age and pretest quality of sleep of the calculated chi square value is 18.89 is lesser than the table value of chi square 21.05 at 0.05 level of significant. There is no association found between gender of subject and pretest quality of sleep score of the calculated value 1.28 was lesser then the table value of chi square 12.59 at the 0.05 level of significance. There is no association between education and pretest quality of sleep score or the calculated value i.e., 2.58 was lesser than table value of chi square 12.59 at 0.05 level of significance. There is no association found between previous knowledge and pretest quality of sleep score the calculated value 29.96 was greater than the table value of chi square 24.99 at 0.05 level of significance.

## CONCLUSION

On the basis of pretest study, the following conclusion were drawn in pretest majority of elderly have quality of sleep is very bad were in posttest often intervention of warm water foot bath therapy was effective in enhancing the quality of sleep on elderly by 2.3 there was highly significant association found between quality of sleep scare with their socio-demographic variables at 0.05 level of significance.

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