

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING RIGHTS OF SENIOR CITIZEN AMONG OLD AGE PEOPLE IN SELECTED RURAL AREA OF MEHSANA DISTRICT

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Abstract

A senior citizen is the one who has crossed the age of 60. The Indian Government provides concession, financial assistance for senior citizens. There are various public/private sectors of the society providing aids for them. We can proudly say that our country has many laws and enactments which play a vital role in protecting the rights of senior citizens. However, due to rampant illiteracy and lack of awareness, many senior citizens are not aware of their rights. Senior citizen should be able to live in dignity and security and should be free from exploitation and mental and physical abuse. Elder abuse, mistreatment and torture of older people are a manifestation of the time less phenomenon of interpersonal violence is prevalent in India. A quantitative using pre-Experimental one group pre-test & post-test Research Design. The participants were 60 old age people from rural area of Mehsana district. Non probability Convenient sampling technique. A self-structured interview schedule with a questionnaire was used to collect data from the subjects. The obtained data was analysed using descriptive and inferential statistics and interpreted in terms of objectives and hypothesis of the study. The level of significance was set at 0.05 levels. In this study overall the highest percentage in the demographic data including the age group 30% (66-70 years), gender 78.33% (male), religion 96.67% (Hindu), education qualification 50% (Illiterate), employment 75% (No job), socio-economic status in family 50% (lower class), marital status 66.67% (married), home stay 50% (with children) and previous knowledge 66.67% (No). The post-test Knowledge mean score (22.25 ± 2.96) higher than the mean pre-test knowledge score (16.5 ± 2.63). The calculated „t“ value (11.76) was greater than the table value (2.00) at 0.05 level of significance. The planned teaching programme was effective in increasing the knowledge of old age people regarding rights of senior citizen. The findings of the study revealed that planned teaching programme helps in improving knowledge regarding rights of senior citizen among the old age people.

Keywords: Rights of senior citizen, old age people, senior citizen, planned teaching.

INTRODUCTION

“Nobody grows old merely by living a number of years.

We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul” ¹

-Samuel Ullman

Aging is a natural process, which inevitably occurs in human life cycle. It brings with a host of challenges in the life of the elderly, which are mostly engineered by the changes in their body, mind, thought process and the living patterns. The dream of the people all over the world to live long is now

becoming a reality due to the advancement in socio economic development and sciences, particularly medical sciences ².

Everyone in the world faces varieties of problem. But there are indescribable sufferings in old age. No one wants to go old age. An aged person now termed; senior citizen becomes unwanted property in the family ³. As we celebrate the international day for elderly on 1st October, it is our duty to realize that the older people are like a repository; wealth of the nation and should be as such, treated as an invaluable asset ⁴. International day of older persons October 7, 2010 theme "Older persons and the achievement of the millennium development goals" ⁵.

The Maintenance and Welfare of Parents and Senior Citizens Bill, 2007 Came to Action to Protect Them. The act will be enforced by the state government concern. Second international conference of international society of psychiatric- Mental Health Nurses theme also was Human rights in Mental Health Nursing perspectives. Populations worldwide are aging. Young today is old tomorrow. Better living conditions, lower birth rates and medical science advancements have increased the life expectancy of humans. This would also mean increase in the population of the elderly ⁶.

According to the National Centre for Health Statistics, life expectancy has risen drastically over the past century. In 1990, the average life expectancy was 47.3% but by 1998 that figure had increased to 76.7 years. According to data from the national vital statistics system, in 1998, a 75 old man could be expected to live until the age of 85 years and women until the age of 87 (National Centre for Health and Statistics 2000) ⁷.

The population of the elderly persons has been increasing over the years. As per the UNESCO estimates, the number of the aged (60+) is likely to 590 million in 2005. The figure will double by 2025. By 2025, the world will have more elderly than young people and cross two billion mark by 2050. In India also, the population of elder persons has increased from nearly 2 crores in 1951 to 7.2 crores in 2001. In this around 63% of them are living in rural area. By 2030, people older than 65 years of age will account for 22% of population, compared to 13% in 2001 ⁸.

"The era of granny's tales and grandpa's mathematics lessons is long dead and aged people in our society are now treated as an old piece of furniture, often thrown away or pushed aside in a corner". Himanshu rath, founder of age well, an NGO. According to Dr. Harlem Brundlan, the director general of WHO "Tomorrow's elderly are today's adults and yesterday's children" ⁹.

Human rights are universal, civil, political, economic, social and cultural rights and belong to all human beings including senior citizens. Deteriorating health, malnutrition, lack of shelter, fear, depression, isolation, boredom, non-productivity, and financial incapacity are the most common problems that senior citizens all over the world face today. These problems can be grouped into two categories that relate to the physical and mental health and the financial capacity of the senior citizens ¹⁰.

Over the years, the government has launched various schemes and policies for older persons. To address various issue and neglect of elderly a joint action committee has been set up for organizing senior citizens national protest day on *august 16,2010*. *These schemes and policies are meant to*

promote the health, well-being and independence of senior citizens around the country ¹¹.

While 21st century is widely being considered as the century of elderly population, the 22nd century is anticipated to be the century of the 'ageing of the aged'. India too has been hit with the global sensation of population aging ¹². The population census of 2011 reports that in India there are approximately 104 million elderly persons (aged 60 years or above) out of which 53 million are females and males are 51 million ¹³.

According to a joint report by help age international and united nations population fund India's populations is anticipated to increase by 60% between 2000 and 2050. But the elderly population, the ones above 60 years, will soar up by 36%. At present in India there are around 100 million elderly and it is anticipated that this number will increase to 323 million, comprising of 20% of the total population by 2050 ¹⁴.

It's only recently that the changes in overall demography have been influential in a renewed interest in older persons human rights. it is now recognized that this new demographic wave will convert many aspects of society and cause new economic and social challenges. Today we find there are a lot of violations of human rights in the world in a varied number of areas. As attention is given to reducing discrimination and giving protection to the various disadvantaged groups, certain categories get more priority such as women, children, and people with disabilities. Though traditionally a few policies and benefits were provided for older persons, they were not considered as a group requiring special attention. Now new demography has highlighted the discrimination & abuse against older persons as well making more vocal about their rights ¹⁵.

The elderly face different types of abuse such as emotional/physical/ sexual/ financial, neglect abandonment, confinement & willful deprivation ¹⁶. It is also seen that older person face a number of disabling diseases due to their age & also does not have access to proper healthcare, medicines. Initially it was in the developed countries that the aspect of elder abuse was exposed. Over time, research in various developing countries too has highlighted the existence of older abuse. There are harmful consequences to society due to this abuse. It leads to increased hospitalization which means higher public health expenditure, more resources, involvement of civic bodies etc.

The traditional system of fixing an age for retirement developed the concept that a person becomes old at that particular time irrespective of his actual abilities. In spite of its good intention this has led to age discrimination in society & financial dependence of the elderly. It has led to a social problem, a separation of aged from non-aged, leading to the perception among people that segregates aged from rest of the society as non-productive ¹⁷. There is a need to change this impression and one way is to draw attentions about elder's rights as this will raise the profile of their issues.

The articles "safety and security of older persons" explores and evaluated the quality of life, safety, and security of elderly people in Tehran city in Iran. The method of research mainly being empirical, it is preceded by theoretical and literature review. Five hundred elderly people were randomly selected. Findings suggest that the aging pyramid shrinks and narrows at the age of 65 or even before in the present study. Researchers reached the conclusion that the young elderly with new needs and expectations are highly different from those of their previous generation ¹⁸.

NEED OF STUDY

According to Time of India, June (2021), that 77% of the abused senior citizens experienced verbal/emotional ill- treatment, 24% dealt with physical abuse, and 27% faced economic exploitation, while over 50% overall felt neglected. Also Gujarat had the third – highest number of crimes against senior citizen with 2785 cases, the crime (forgery, cheating, and fraud) rate against senior citizens, only Maharashtra (4909 cases) and Madhya Pradesh (4602 cases) were worse ¹⁹. **IN (2020), New Delhi** Ahead of world elder abuse awareness day on June 15, a survey with focus on the impact of covid-19 pandemic found 71% elderly respondents are of the opinion that cases of abuse against them increased during the lockdown period and after. Among them 58% claimed interpersonal relationships are the major factor behind increasing incidence of elder abuse in families. Besides this, 63.7% of elderly respondents said they were facing neglect in their life ²⁰. **IN (2017), New Delhi** 86% senior citizens unaware of human rights ²¹.

According National Crime Record Bureau (NCRB) (2021), the national capital registered 906 cases of crime against senior citizens last year, the highest among 19 metropolitan cities in the country, Mumbai registered 844 cases of crime against senior citizens last year, Ahmedabad 709, Chennai 321, Bengaluru 210, Hyderabad 170 and Jaipur 157 cases (cheat, emotional hurt, physical hurt) registered, ²² **IN 2019** the Gujarat state recorded 85.4% crimes per 10 lakh population of elderly. NCRB recorded 98% rise in hurt cases, 89% in theft cases and three times rise in criminal intimidation complaints by senior citizens ²³.

According to Indian Journal Health Sciences Research Organization 6 June 2019 Mangalore. The descriptive study was conducted among elderly on awareness of rights of the elderly. The study revealed that out of 15000 old age 24.16% respondents claimed that they have good awareness about legal provisions. 28.58% respondents said that they have limited awareness. 47.26% answered in negative ²⁴.

According to Indian journal of community health, Odisha, India, 2019, A cross sectional study was conducted awareness about social security schemes among elderly rural and urban population, A total 540 participants were including. 55.93% in urban and 51.48% in rural were aware and 33.38% in urban and 15.56% in rural utilised at least one of the schemes. 27.78% in urban and 25.19% in rural expressed and old age pension had a statistically significant differences between the urban and rural population with better awareness among the urban elderly ²⁵.

According to Exhaustive Study Conducted in Gujarat University Has Found That 82% Of Senior Citizens Felt Better If Their Children or Relatives Met Them, **APR, (2018)**. Nearly 50% senior citizens living in Ahmedabad face verbal and financial abuse at home, 40% had to request for money from their children for medical treatment. (58.95% Of the Respondents Were Financially Dependent on Their Sons), (55.42% depend on their son for going out.), (39.61% of the respondents said that they faced verbal abuse), (30.85% said that they faced financial abuse by the personal taking care of them), (28.76% did not know about any of the government schemes) ²⁶.

According to Study Conducted at Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka (2011). A study to assess the effectiveness of structured teaching program regarding the

rights of senior citizens among late adults the results show that out of 60 old age, 55(91%) of them had low knowledge, 5(8.3%) of them had moderate knowledge. This shows that there is inadequate knowledge of old age regarding rights of senior citizens ²⁷.

According to Study Conducted in The Nursing Journal of India. Delhi 2005 Oct, A descriptive study was conducted to assess the old age problem and care of senior citizens. In the study Random sampling technique was used through 40 samples. Finding of the study showed that 20% had no problem, 22.5% Had hypertension and arthritis, 7.5% had diabetic mellitus, 10% with other Disease and 5% had heart disease and anemia ²⁸.

According to Study Nursing Journal of India. Bangalore 2002, the old age problems and care of senior citizens. A descriptive study was conducted to assess the health problems of elderly person in a selected urban area, Bangalore. With the tools (baseline data, physical assessment format, Kutz activities of daily living scale on financial problems, modified mental status examination scale on cognitive problem) data collected from 100 elderly. In the analysis they concluded that in the study majority 58% of elderly had three or more physical health problem, 50% of elderly had problems with senses (vision), 44% musculoskeletal problems 33% gastrointestinal problems, 37% mouth the throat problems ²⁹.

In India though progress has been made in the last few years in healthcare, geriatric care is still lagging behind. However, there is a little progress made due to increasing awareness of policy makers to multiple issues related to aging. Recently training programs in geriatric care have just begun. There are provisions like income tax rebate for elderly, old age pension scheme, day care centres and old homes and law to help retired etc. but as in European countries the environment is not as elderly-friendly ³⁰.

STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of planned teaching program on knowledge regarding rights of senior citizen among old age people in selected rural area of Mehsana district.

OBJECTIVE OF THE STUDY

- ✓ To assess the knowledge regarding rights of senior citizen among old age people.
- ✓ To evaluate the effectiveness of planned teaching programme on knowledge regarding the rights of senior citizen among old age people.
- ✓ To find out the association between knowledge with their selected demographic variable.

HYPOTHESES

H0- There will be a no significant difference between pretest and posttest knowledge score regarding the rights of senior citizen among old age people at 0.05 level of significance.

H1- There will be a significant difference between pre-test and post-test knowledge score regarding the rights of senior citizen among old age people after administration planned teaching programme at 0.05 level of significance.

MATERIAL AND METHOD

Pre-experimental one group pre-test post-test research design and Quantitative Approach. Effectiveness of planned teaching program on knowledge regarding rights of senior citizen among old age people in selected rural area of mehsana district. The data was collected from 60 old age people. “Non-probability Convenient” sampling technique were used. A structured Knowledge questionnaire was selected to assess the knowledge regarding rights of senior citizen.

RESULT

Demographic data was analysed using frequency and percentage. Frequencies, percentage, mean, mean percentage (%) and standard deviation was used to determine the knowledge score. The “t” value was computed to show the effectiveness of planned teaching program and chi-square test was done to determine the association between the pre-test knowledge of old age people with selected demographic variables.

Finding related to demographic data

In this study overall the highest percentage in the demographic data including the age group 30% (66-70 years), gender (78.33%) Male, religion (96.67%) Hindu, education qualification (50%) illiterate, employment (75%) No job, socio-economic status in family per month (50%) lower class, marital status (66.67%) married, home stay (50%) with children, knowledge of rights of senior citizen (66.67%) No answer.

Finding related to pre and post knowledge score

Pre-test before the administration of planned teaching program, 71.67% of sample had average knowledge score (16-22), and 28.33% of sample had poor knowledge score (0-15) regarding rights of senior citizen among old age people.

Post- test there was marked improvement in the knowledge of sample with, majority (58.33%) gained good knowledge score (23-30), and (41.67%) gained average knowledge score regarding rights of senior citizen among old age people.

It was inferred from the below table that the planned teaching program was effectiveness in improving knowledge on rights of senior citizen among old age people.

FINDING RELATED TO EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM

Table 1: Distribution of subject on paired ‘t’ test between pre-test and post-test knowledge score regarding rights of senior citizen.

PARAMETER	MEAN	S. D	MEAN %	‘T’VALUE
Pre-test	16.5	2.63	55%	11.76
Post-test	22.25	2.96	74.17%	

Finding related to association between pre-test knowledge score of old age people with selected demographic variables:

The association b

etween the pre-test level of knowledge and socio-demographic variables. Based on the Third

objective used to chi-square test to associate the level of knowledge and selected demographic variables. The chi square value show that four significances between Gender, education qualification, employment and socio-economic status in family. The age, religion, marital status, home stay and knowledge rights of senior citizen demographic variable were not significant. The calculated chi-square value was less than table value at the 0.05 level of significance.

CONCLUSION

The present study aims to evaluate the effectiveness of planned teaching program on knowledge regarding rights of senior citizen. The study was conducted by using pre-experimental one group pre-test post-test research design. Rural area Mehsana district was selected for conducting the study. The sample size was 60 old age people by using non-probability convenient sampling method.

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