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A STUDY TO ASSESS THE PSYCHOSOCIAL PROBLEMS AMONG GERIATRICS IN A SELECTED GERIATRIC HOME

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ABSTRACT

This present study was undertaken to assess the psychosocial problems among the geriatrics. This was a descriptive study conducted at a selected geriatric home at Madurai, Tamil Nadu. The subjects were selected through convenience sampling technique. The sample size was 30. The tool used for data collection was a 3 point Likert scale developed by the researcher. This current study finding revealed that the high percentage of geriatrics in geriatric home was rated under “high level psycho social problems”. Thus, there is a need for social support to optimize the older persons ability to enjoy good health, improve their quality of life and enable them to live independently as long as possible.

KEYWORDS

Geriatrics and Psychosocial problems.

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INTRODUCTION

“It is not sufficient to add years to life; but it is more important to add life to years.”
-WHO

Ageing is a universal phenomenon, which is experienced by every human being across various cultures. Ageing is a natural and inevitable process. The experience of ageing is unique to every individual because of the individual difference in personalities, varying social support networks and different culture to which one belongs. The boundary of old age cannot be defined exactly because it does

not have the same meaning in all societies. Government of India adopted 'National Policy on Older Persons' in January, 1999. The policy defines 'senior citizen' or 'elderly' as a person who is of age 60 years or above.

- Globally 1% of population over the age of 60yrs is increasing and it is likely to reach 30% of world population by 2050. According to 2001 census, about 7.7% population is over 60yrs of age. This is expected to increase to 17% in 2050.
- According to WHO, there is an estimated 600 million people above the age of sixty years and this will go up to 1.2 billion individuals by the year 2025. Half of the elderly population lives in Asia.
- Researches in India reveal that in India alone, the elderly population is over 82 million, which consists of 8% of the population. In the last fifty years it has gone up by 28.5% and by the year 2025 the figure is expected to reach a mark of 177 million. Old age dependency ratio has also increased over the years.

This study is conducted on the following reasons

- Shabeen (1995) reported that there are altogether 356 old age homes in India. Among the major states in India, Kerala ranks first among them. About 22% of aged persons are living in old age homes in Kerala.
- 90% of older persons are from the unorganized sectors, with no social security at the age of 60yrs.
- The elders are fraught with problems such as loneliness, lack of security, illness, depression, anxiety, irritability, dementia, financial problem, lack of socialization, burden of the family and the feeling of "I am old and of no use".
- The older people need to be protected from physical, psychological and social problems

OBJECTIVES

- To identify the psychosocial problems among geriatrics in selected geriatric home.

- To find out the association between psychosocial problems of geriatrics and their selected demographic variables¹⁻⁵.

CONCEPTUAL FRAMEWORK

The conceptual framework of this present study was based upon Roy's adaptation model.

RESULTS

Demographic Data

- The majority of the subjects studied were female 20 (66.7%), and 10(33.3%) were male (Figure No.1).
- Further analysis of the data revealed that in terms of the literacy, the largest group 18 (60%) were literate and the least represented group 12(40%) were illiterate (Figure No.2).
- It was also observed that a higher percentage 21(70%) of patients with length of stay was more than two years whereas 9(30%) stayed less than two years.

Level of Psycho Social Problems

Among a sample of 30 Geriatrics, the highest percentage of 26 (70%) were under higher level, whereas 4(30%) and 0(0%) were under moderate and low level of psycho social problems respectively.

Association between Psycho Social Problems and Demographic Variables

The calculated chi square value showed significant association between psychosocial problems of geriatrics and their selected demographic variables like age of geriatrics 16.45 (18.47) , sex 9.01(13.82) and source of income 23.9(29,59) (Figure No.3).

DISCUSSION

Among 30 geriatrics, 21(70%) and 9(30%) of them were under the category of high and moderate level of psycho social problems respectively. It was noted that none of them were under the category of high quality of life.

The present study is consistent with a study conducted Kocken and Kalus (2014) at Dutch examined the prevalence of psychosocial problems among elderly. The results show that one third of the respondents experience psychosocial problems. The relationship between satisfaction with living

environment and psychosocial problems in affected by these risk- indicators
 There was a significant association between psychosocial problems of geriatrics and their selected demographic variables like age of geriatrics 16.45 (18.47), sex 9.01(13.82) and economically dependent on their children 23.9(29,59).

This present study is supported by RB Gurav and S Kartikeyan (2002), who conducted a study in urban slum area to depict the socio-demographic and health profile of 3, 157 aged populations at Thane. The house-to- house approach was adopted. Out of 202 participants in the study nearly one- half of the respondents (58.42) were economically dependent on their children⁶⁻¹¹.

MATERIALS AND METHODS

Research Approach	Quantitative
Research Design	Descriptive Design.
Setting	Geriatric home
Sample	Patients who were residing in a private geriatric home at Madurai
Sample Size	30 in numbers
Sampling Technique	Non-probability Convenience sampling
INSTRUMENT	Part 1- Demographic data Part 2- Structured scale included 30 statements based on a three point Likert scale to assess the psychosocial problem of geriatrics

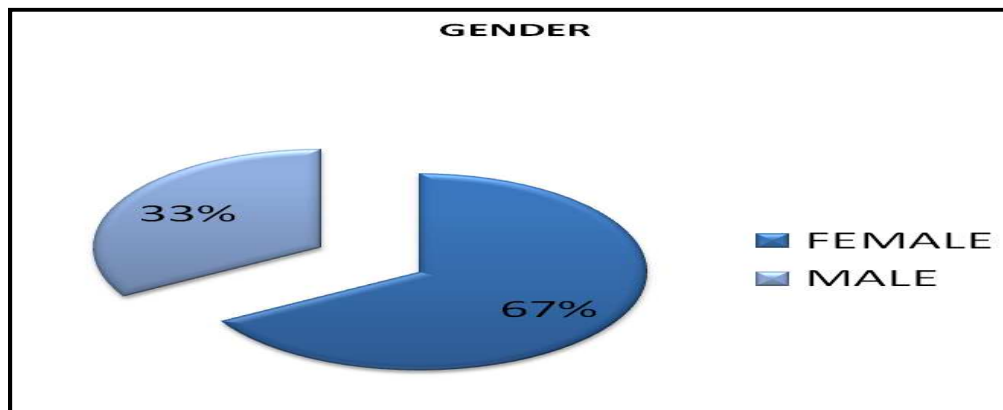


Figure No.1: Distribution of the geriatrics based on their gender

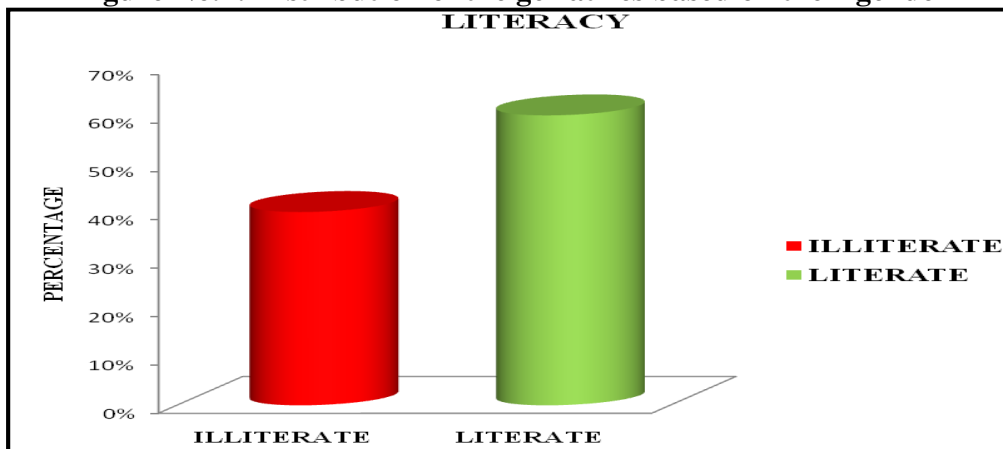


Figure No.2: Distribution of the geriatrics based on their literacy

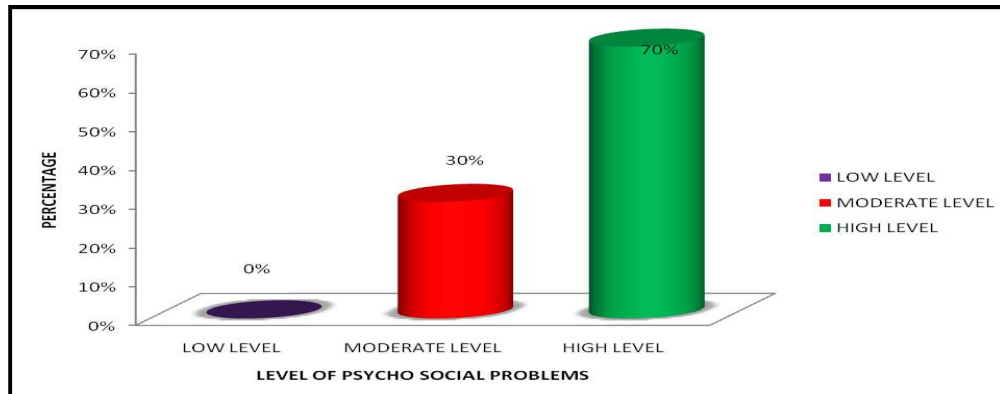


Figure No.3: Distribution of the geriatrics based on their level psycho social problems

CONCLUSION

The main conclusion of this present study revealed high percentage of psychosocial problems found among geriatrics those who resided in geriatric home. It was also found that the depression and financial problems rank higher in geriatrics. It is high time for the nurses, health personnel and even the society to work a lot together to save the 'older the gold' of society and there is a need for social support to optimize the older persons ability to enjoy good health, improve their overall quality of life and enable them to live independently as long as possible. A sense of self-worth may contribute to better health. Patients should be encouraged to remain productive, engage in leisure activities, and become involved with other people. These actions can enhance their self-worth. Hence the study findings call for developing guidelines and compatible social support system in this regard.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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