

A Comparative Study to Assess the Effectiveness of Stress Management Strategy Among the Elderly People Living with their Family and in Old Age Home

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ABSTRACT

Stress eliminates joy, laughter, empathy, happiness and love. Finally, it slimes the gates to the outside world, leaving its victim alone and isolated. The prevention is the best measure to promote mental health among elderly. The health care professionals need to explore the prevalence of stress using more culturally congruent studies. The present study was conducted to compare the effectiveness of stress management strategy among the elderly people living with their families and in old age home. A total number of 100 elderly people who met the inclusion criteria were selected from old age home and elderly people in selected village. The investigator first introduced her to the elderly people and established good rapport with them. After selection of samples, assessment process had been conducted. On assessment, out of 100 samples 45(90%) of elderly people living with their families had moderate stress and seven (14%) of elderly people living in old age home had moderate stress and five (10%) of elderly people living with their families has severe stress and 43(86%) of elderly people living in old age home had severe stress. After the stress management strategy for 100 elderly people, 23(46%) of elderly people living with their families had moderate stress and 27(54%) had mild stress. 41(82%) of elderly people living in old age home had moderate stress and nine (18%) had mild stress. There was statistically high significant difference between the effectiveness of stress management strategy of the elderly people.

INTRODUCTION

Ageing is a global phenomenon. Sir James Sterling Ross commented: "You do not heal old age. You protect it; promote it; you extend it". Therefore old age should be regarded as a normal, inevitable, biological phenomenon. The world's population is ageing. By 2025, the world's population is expected to include more than 830 million people at an age of 65. More than 65 percentage of the population will be highest in developed countries, but the absolute number will be higher in developing countries.

According to WHO (**World Health Organization**) 2006, almost 500 million people worldwide were 65 and older. By 2030, the total is projected to increase to 1 billion in every 8 of the earth's inhabitants. Significantly, the most rapid increases in the 65 and older population are occurring in developing countries, which will see a jump of 140 percent by 2030.

According to the survey conducted by the **Madras Institute of Ageing**, there were 659 old age homes in India in 2005 (Krishnan Nair, 2005). Helpage India has reported that there were 700 old age homes in 2007 (Helpage India, 2007). The Indian government has passed "The maintenance and welfare of parents and senior citizens bill 2006, Old age pension plans...etc., made children to look after their parents up to some extent.

NEED FOR THE STUDY

An individual who worked hard all through his life for their children and wife would be with a view that in future he can relax in their children's company. But he is forgetting the fact that his children are grown up and quite busy with their works and thinking him as a burden in their lives.

But one thing is true – whether the children desert their old parents or the parents themselves decides to live separately away from the company of their children and grand children, it is the heart of the old people that struggles most. It is they who feel the pain of separation most.

Growing old is a characteristic feature of all living creatures but man takes it seriously. Old age is nearly equal to childhood in many aspects. It is the most important and critical stage a human goes through. Here the person faces problems physically, mentally and even economically.

In the changing society, India is slowly grasping the western culture where the parents limit their company with their children and even children will have full freedom to live according to their needs. Old age was never a problem in India. As life expectancy has increased to around 65 today, hundreds of old age homes have sprung up in India.

STATEMENT OF THE PROBLEM

A COMPARATIVE STUDY TO ASSESS THE EFFECTIVENESS OF STRESS MANAGEMENT STRATEGY AMONG THE ELDERLY PEOPLE LIVING WITH THEIR FAMILY AND IN OLD AGE HOME.

OBJECTIVES

1. To assess the level of stress among elderly people living with their family and in old age home.
2. To evaluate the effectiveness of stress management strategy among the elderly people living with their family and in old age home

3. To compare the effectiveness of stress management strategy among the elderly people living with their family and in old age home.
4. To correlate the selected demographic variables with the effectiveness of stress management strategy among the elderly people living with their family and in old age home.

RESEARCH METHODOLOGY

The design used in this study is **quasi-experimental pre and post test** with comparison group. The comparison groups are elderly people living with their families and in old age home. This study was conducted in “old age home”, in perumberkandigai village and elderly people living with their families in the same village. The sample consists of 50 elderly people residing at old age home and 50 elderly people residing with their families in perumberkandigai village were selected as a sample who fulfilled the inclusion criteria. Convenient sampling technique was used to select the elderly people living with their families and old age home.

A total number of 100 samples (50 samples from old age home, 50 samples from people living with their families) were selected for this study. On the first day, assessment was done by using stress assessment rating scale and then planned stress management strategy was provided. After 30 days, the evaluation was done by using the same tool.

Details of the tool used in the study given below.

Section A: Proforma for demographic variables.

Section B: stress assessment rating scale.

Section I: Proforma for demographic variables

In this section information on the demographic variable such as age, sex, religion, education, occupation, marital status, type of family, income and leisure time activity are included.

Section II: self prepared stress assessment rating scale

This section consists of 30 components regarding the stress assessment of the elderly people. Each component carried maximum of 3, minimum score of 0 and the total score of 90.

The analysis of data was organized and presented based on objectives in the following sections.

Section A: Frequency and percentage distribution of the demographic variable of the elderly people living with their families and old age home.

Section B: Frequency and percentage distribution of the level of stress among the elderly people living with their families and old age home.

Section C: Descriptive statistics of assessment and evaluation score on the effectiveness of stress management strategies among the elderly people living with their families and old age home.

Section D: Comparison of effectiveness of stress management strategies among the elderly people living with their families and old age home.

Section E: Correlate the selected demographic variables with the effectiveness of stress management strategies among the elderly people living with their families and old age home.

TABLE: 1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE DEMOGRAPHIC VARIABLES OF THE ELDERLY PEOPLE LIVING WITH THEIR FAMILIES AND IN OLD AGE HOME N = 100

S. No.	DEMOGRAPHIC VARIABLES	OLD AGE HOME		OLD AGED LIVING WITH FAMILY	
		Frequency	Percentage	Frequency	Percentage
1	Age in years				
	a) 60 to 65	11	22	15	30
	b) 66 to 70	9	18	12	24
	c) 71 to 75	15	30	10	20
	d) above 75	15	30	13	26
2	Sex				
	a) Male	28	56	28	56
	b) Female	22	44	22	44
3	Religion				

	a) Hindu	25	50	33	66
	b) Muslim	13	26	9	18
	c) Christian	12	24	8	16
	d) Others	0	0	0	0
4	Educational Status				
	a) Illiterate	10	20	16	32
	b) Primary Education	15	30	14	28
	c) Higher Secondary	20	40	17	34
	d) Collegiate	5	10	3	6
5	Marital status				
	a) Married	23	46	28	56
	b) Unmarried	1	2	1	2
	c) Divorced	1	2	1	2
	d) Widow	25	50	20	40



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6	Occupation				
	a) Working	21	42	30	60
	b) Not Working	29	58	20	40
7	Monthly Income				
	a) Rs. Nil	23	46	13	26
	b) Rs. < 2,000	13	26	13	26
	c) Rs. 2,001 to 4,000	9	18	18	36
	d) Rs. > 4,000	5	10	6	12
8	Type of family				
	a) Nuclear	9	18	8	16
	b) Joint	22	44	32	64
	c) Extended	19	38	10	20
9	Availability of support system				
	a) Family	5	10	4	8
	b) Relatives	5	10	8	16
	c) Friends	25	50	19	38
	d) Social agencies	15	30	19	38
10	Leisure time				
	a) Reading Books	7	14	1	2
	b) Listening music	11	22	13	26
	c) Watching TV	16	32	19	38
	d) Others	16	32	17	34

SECTION-B

TABLE: 2 FREQUENCY AND PERCENTAGE DISTRIBUTION OF LEVEL OF STRESS AMONG ELDERLY PEOPLE LIVING WITH THEIR FAMILY AND IN OLD AGE HOME

N = 100

S.No.	Level of stress	Elderly living in Old Age Home				Elderly living With Family			
		Assessment		Evaluation		Assessment		Evaluation	
		No.	%	No.	%	No.	%	No.	%
1.	Mild Stress	0	0	9	18	0	0	27	54
2.	Moderate Stress	7	14	41	82	45	90	23	46
3.	Severe Stress	43	86	0	0	5	10	0	0

Table 2 shows that in the assessment 45(90%) of elderly people living with their families had moderate stress and seven

(14%) of elderly people living in old age home had moderate stress and five (10%) of elderly people living with their families has severe stress and 43(86%) of elderly people living in old age home had severe stress.

In evaluation 23(43%) of elderly people living with their families had moderate stress and 27(54%) had mild stress. 41(82%) of elderly people living in old age home had moderate stress and nine (18%) had mild stress.

SECTION-C

TABLE: 3 COMPARISON ON ASSESSMENT AND EVALUATION SCORES ON EFFECTIVENESS OF STRESS MANAGEMENT STRATEGY AMONG THE ELDERLY PEOPLE LIVING WITH THEIR FAMILY AND IN OLD AGE HOME

N = 100

S.No.	TEST	MEAN	STANDARD DEVIATION	C.V
1.	Assessment	10.78	15.82	3.407
2.	Evaluation	15.36	12.69	0.66

Table 3 shows the mean and standard deviation of pre and post test survey regarding the effectiveness of stress management strategy, the assessment mean score was 10.78 with the standard deviation of 15.82, and the evaluation mean score was 15.36 with standard deviation of 12.69.

SECTION-D

TABLE: 4 COMPARISON OF EFFECTIVENESS OF STRESS MANAGEMENT STRATEGY AMONG THE ELDERLY PEOPLE LIVING WITH THEIR FAMILY AND IN OLD AGE HOME

S.No.	Sample	Paired Differences		C.I Range	t Value
		Mean	S.D		
1.	Elderly living with their families	22.5	4.54	21-23	35.0
2.	Elderly living in old age home	31.6	13.02	27-35	17.1

Table 4 shows the mean score was 22.5 with standard deviation of 4.54 for the elderly people living with their families and the mean score was 31.6 with standard deviation of 13.02 for the elderly people living in old age home.

SECTION - E

TABLE: 5 ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES AND EFFECTIVENESS OF STRESS MANAGEMENT STRATEGY AMONG THE ELDERLY PEOPLE LIVING WITH THEIR FAMILY AND IN OLD AGE HOME.

N = 100

S. No.	Demographic Variables	Family		X ²	Old Age Home		X ²
		Mild	Moderate		Mild	Moderate	

		No.	%	No.	%		No.	%	No.	%	
1.	Age in Years										
	a. 60 – 65	14	28	1	2	2.43 NS	8	16	3	6	4.65 S
	b. 66 – 70	10	20	2	4		3	6	6	12	
	c. 71 – 75	7	14	3	6		10	20	5	10	
	d. Above 75	11	22	2	4		11	22	4	8	
2.	Sex										
	a. Male	23	46	5	10	0.16 NS	20	40	12	24	1.524
	b. Female	19	38	3	6		8	16	10	20	S
3.	Religion										
	a. Hindu	21	42	4	8	1.009 NS	23	46	10	20	1.424
	b. Muslim	10	20	3	6		5	10	4	8	S
	c. Christian	11	22	1	2		4	8	4	8	
4.	Education										
	a. Illiterate	8	16	2	4	0.273 NS	8	16	8	16	4.068
	b. Primary	13	26	2	4		10	20	4	8	
	c. Higher Secondary	17	34	3	6		13	26	4	8	
	d. Collegiate	4	8	1	2		1	2	2	4	
5.	Marital Status										
	a. Married	23	46	5	10	0.46 NS	14	28	9	18	4.344
	b. Unmarried	1	2	0	0		0	0	1	2	
	c. Divorce	1	2	0	0		0	0	1	2	
	d. Widow	17	34	3	6		18	36	7	14	
6.	Occupation										
	a. Working	24	48	6	12	0.89 NS	12	24	9	18	0.739
	b. Not working	18	36	2	4		20	40	9	18	NS
7.	Income										
	a. Nil	9	18	4	8	3.1 NS	15	30	8	16	5.157
	b. Below Rs. 2000	12	24	1	2		11	22	2	4	
	c. Rs. 2001- 4000	16	32	2	4		4	8	5	10	
	d. Above Rs. 4000	5	10	1	2		2	4	3	6	
8.	Type of Family										
	a. Nuclear	7	14	1	2	0.195 NS	7	14	2	4	0.977
	b. Joint	27	54	5	10		13	26	9	18	NS
	c. Extended	8	16	2	4		12	24	7	14	

9.	Support System										
	a. Family	4	8	0	0	1.196 NS	2	4	3	6	2.546 NS
	b. Relatives	7	14	1	2		4	8	1	2	
	c. Friends	16	32	3	6		15	30	10	20	
	d. Social agencies	15	30	4	8		11	22	4	8	
10.	Leisure Time										
	a. Reading Books	1	2	0	0	0.229 NS	6	12	1	2	1.866 NS
	b. Listening Music	11	22	2	4		7	14	4	8	
	c. Watching TV	16	32	3	6		9	18	7	14	
	d. Others	14	28	3	6		10	20	6	12	

Table 5 shows the association between the effectiveness of stress management strategy among the elderly people living with their family and in old age home with the demographic variables, statistically there was an association between the demographic variables like age, education, monthly income and marital status of the elderly people living in old age home with the effectiveness of stress management strategy. The similar findings have been revealed by **Shyam. R and Yadav. S (2005)** on stress, self esteem and social support among institutionalized and non institutionalized aged, where self esteem was found to be higher in non institutionalized aged subjects

Jayarekha. J (2007) conducted the comparative study between institutionalized and non institutionalized elderly people regarding level of stress found that there is statistically high significant difference between the level of stress of the elderly people residing at old age home and with families was retained. The data findings are supported by the study conducted by the **National Medical Expenditure Survey (2005)** showed that 68% of all nursing home residents had or more psychiatric symptoms including stress, dullness, withdrawal and hallucinations and delusions.

FINDINGS OF THE STUDY

The study findings showed that the following results.

- The assessment mean score was 10.78 with standard deviation of 15.82 and evaluation mean was 15.36 with standard deviation of 12.69.
- When comparing the effectiveness of stress management strategy among the elderly people living with their family and in old age home, the t value was 35.0 regarding the family elderly people and t value was 17.1 regarding the elderly people living in old age home. There was statistically high significant difference between the effectiveness of stress management strategy of the elderly people residing at old age home and with families was retained.
- The effectiveness of stress management strategy for the elderly people was associated with the demographic variables. It showed that there was significant association between the demographic variables and stress management strategy for elderly people living in family. Hence the effectiveness of stress management strategy was dependent of demographic variables.

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Data Accessibility

The datasets are available from the corresponding author on reasonable request.

Ethical Issues

Formal permission obtained from the institution, old age home and local bodies in village. The objectives of the study were explained to the elderly people and all of them signed written informed consent forms. They were also assured about the confidentiality of the data.

Conflict of Interests

None

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