

Psychosocial Problems of Old Age

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Date of Submission: 12-08-2020

Date of Acceptance: 28-08-2020

Ageism is one of the potent problems a person may encounter as he reaches late adulthood. Ageism refers to the discrimination toward old persons and to the negative stereotypes about old age that are held by younger people (Butler, 1982). As a result, social interactions are being compromised and withdrawal from society is almost sure. Ageism makes people think that old age is linked to loneliness, poor health, senility, and general weakness. Moreover, even worse, other people treat the elderly as worthless part of the community.

Some psychological characteristics of aging occur in our bodies as we age and mental or physical limitations. Social and cultural differences also affect how we deal with aging. Men and women think about aging differently, because of biological, social, and psychological differences between the sexes. For example, women tend to live longer than men, so they generally experience more losses of family members and friends. All these factors influence our overall well-being as we age.

In a traditional Indian society, older people had a sense of honour and authority. The decision-making in the family and the community was mostly assigned to them. They were revered for their experience and wisdom. The transition to a modern society and the disintegration of the joint family system led to the loss of the traditional authority of older people. The problems faced by the aged largely depend on the socio-economic conditions and environment in which they live. These problems are very different from other social problems. They differ from individual to individual based on the sociocultural; economic and health factors. Owing to hard work and poor nutrition, the health of older people declines. Poor eye sight, cataract, hearing impairment and joint pain are common ailments.

A host of other factors like illiteracy, ignorance, non-availability of medical care and lack of personal attention also add to the sufferings of the aged in India. They still rely on the indigenous medical system. Besides, older people are often victims of mental disorders on account of their fear about death and feelings of dependency, anxiety, boredom, loneliness and helplessness. The treatment and the diagnosis of psychological problems are not yet prioritized. Many old people suffer from mental illness, which their families may not even be aware.

Statement of problem:-

“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PSYCHO-SOCIAL PROBLEMS AND ITS MANAGEMENT AMONG THE OLD AGE PERSONS AT SELECTED RURAL AREA IN TUMKUR”.

Objectives:-

1. To assess the psycho-social problems and its management among old age persons during pre-test.
2. To evaluate the effectiveness of structured teaching program on psychosocial problems and its management among old age persons.
3. To find out the post test scores of psycho-social problems and its management among old age persons with selected socio demographic data.

Hypothesis:-

H₀₁ –There will be significant difference in the level of psycho-social problems and its management among old age persons who attended the structured teaching program at Rural area in Tumkur.

Reserch methodology:- This deals with the methodology that was selected by investigator in order to find out the knowledge on old age persons regarding psycho-social problems and its management. The methodology of the study includes research approach, research design, variables, setting, sampling technique, criteria, development and description of the tool, content validity of the tool, Reliability of the tool, pilot study, data collection process and plan for data analysis. The analysis and interpretation of data of this study are based on data collected through self administered questionnaire from old age persons in selected rural area, Tumkur

(n=50). The results were computed using descriptive and inferential statistics based on the objectives of the study.

On comparing the pre-test scores with post test scores, it was found that all the respondents scored higher in the post test than pre-test. This indicates that structured teaching programme was effective in increasing the knowledge of respondents.

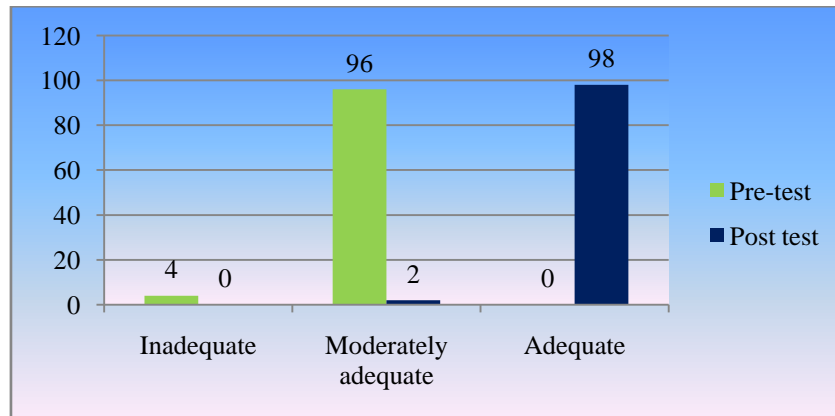


Table : Range, mean, median and standard deviation of pre-test and post-test knowledge scores of the respondents.

n=50

Knowledge scores	Range	Mean	Median	SD
Pre-test	10-19	14.14	14.5	2.286
Post test	21-28	24.72	25	1.796

Maximum score=30

The data presented in table 4 and figure 9 reveals that the respondents knowledge scores was high in the post-test (range:21-28) than that in the pre-test (range:10-19). It is also evident that mean \pm SD post- test knowledge score (24.72 \pm 1.796) was high than that of the pre-test knowledge score was (14.14 \pm 2.286)

Section I Frequency and percentage distribution of the socio-demographic variables of respondents

- Majority of the respondents 20 (40%) were in the age group of 60-62 years, 15 (30%) were in the age group of 63-65 years, 15 (30%) were in the age group of the 66-68 years.
- Majority of the respondents’ educational status were primary that is 20 (40%) , 15 (30%) were higher secondary, 15 (30%) were graduate.
- Majority of the respondents 28 (56%) were male, 22 (44%) were female.
- Majority of respondents previous occupation 22 (44%) were employee, 18 (36%) were business men, 10 (22%) were agriculturist and none were unemployed.

Section II: Analysis of pre-test and post-test level of knowledge on psychosocial problem and its management among old age person

- To support the analysis of pre-test and post-test knowledge scores regarding psycho-social problems and its management among old age persons. Majority of the respondents 48 (96%) had moderately adequate knowledge, 2 (4%) had inadequate knowledge. None of the respondents possessed adequate knowledge on psycho-social problems and its management. But in the post test it was observed that all 49 (98%) respondents had adequate knowledge and 1(2%) had moderate adequate and no one had inadequate knowledge.
- The mean difference between pre-test and post-test knowledge score was true difference and not a chance difference. This indicates that structured teaching programme was significantly effective in increasing the knowledge of respondents.

Section III: Effectiveness of structured teaching programme regarding psycho-social problems and its management among old age persons.

- This section deals with the analysis and interpretation of the data to evaluate the effectiveness of structured teaching programme regarding psycho-social problems and its management among old age persons. The data regarding pre-test and post-test knowledge score has been summarised using frequency and percentage in table.

- The data presented shows that in pre-test out of 50 respondents 48 (96%) had scored between 11-20, two had scored between 0-10 and none of respondents scored between 21-30. In the post-test, 49 (98%) respondents had scored between 21-30 and 1 (2%) had score between 11-20 and none of respondents had inadequate knowledge.
- On comparing the pre-test scores with post-test scores, it was found that all the respondents scored higher in the post-test than pre-test. This indicates that the structured teaching programme was effective in increasing the knowledge of old age persons regarding psycho-social problems and its management.

Section IV: Association of pre-test of knowledge score of old age persons with selected socio-demographic variables

The findings of the study revealed that there was no significant association between pre-test knowledge scores with selected socio-demographic variables such as age ($\chi^2=4.481$), educational status ($\chi^2=4.861$), gender ($\chi^2=0.674$), previous occupation ($\chi^2=0.321$), type of family ($\chi^2=0.321$), at 0.05 level of significance.

I. Conclusions

In pre-test knowledge score majority of old age persons 48(96%) had moderately adequate knowledge and 2(4%) had Inadequate knowledge on psycho-social problems and its management.

In post- test knowledge score of the old age persons 49 (98%) had adequate knowledge and 1(2%) had moderately adequate knowledge regarding psycho-social problems and its management.

The findings of the study revealed that there was a marked increase in overall knowledge level scores(24.72) of post-test than the pre-test(14.14) .The overall improvement in the mean score was 10.58 with the paired 't' value 29.451 which was highly significant at $<.05$.

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NURSING IMPLICATIONS:-

The investigator as a nurse felt the need that nurse should act as facilitators to educate old age persons, and care givers on psycho-social problems and its management. Nursing personnel working in the community should be equipped with adequate knowledge and skill to educate elderly persons on psycho-social problems and its management. Nursing administrator should implement the outreach programs to make the public awareness about psycho-social problems and its management and can assign nurses to conduct hospitals and old age home programs, by making the most use of media and audio visual aids.

Sugession:- The study can be conducted to assess the psycho-social problems and health. Nurse should The study can be conducted to find out the effectiveness of structured teaching program on attitude and practice of old age persons regarding psycho-social problems and its management.The future study can be conducted in psychiatric hospital.

A comparative study can be carried out to ascertain knowledge, attitude and behaviors regarding old age person's psycho-social problems with a control group design. A similar study can be conducted in old age homes.

A follow-up study of structured teaching program could be carried out to find out the effectiveness in terms of retention of knowledge.

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XXXXXXX. "Psychosocial Problems of Old Age." *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 9(4), 2020, pp. 35-37.