



Effectiveness of Validation Therapy Upon The Level of Cognition of Old Age People

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ABSTRACT

The main purpose of this study was to assess the effectiveness of validation therapy upon the level of cognition of old age people. 60 samples were selected aged between 60-75years at Sree seva mandhir old age home, Virugambakkam, Chennai. The experimental group (N=30) and the control group (N=30). Descriptive statistics such as frequency, percentage, mean and standard deviation were used to describe the demographic variables, clinical variables, Mini-mental status examination. Inferential statistics such as paired t-test (to analyze the difference in cognition score before and after validation therapy.) and chi-square (to analyze the association between cognition score and selected variables) were used to analyze the results.

KEYWORDS : old age people, validation therapy, old age home, cognition.

INTRODUCTION:

Old people have limited regenerative capabilities and are more prone to disease, syndromes & sickness than other age groups. There is often a common physical decline, and people become less active. Validation therapy is a therapeutic communication technique to express their feelings to reduce their stress and involve them in day to day activities. The researcher has used some simple techniques both verbal and non-verbal which is easy to practice. Since validation therapy is inexpensive, entertaining, stimulating, thought provoking and motivating factor for positive thinking.

STATEMENT OF THE PROBLEM:

A Quasi-experimental study to assess the effectiveness of validation therapy upon the level of cognition of old age people.

OBJECTIVES OF THE STUDY:

1.To assess the level of cognition in control and experimental group of old age people before and after the validation therapy.2.To assess the effectiveness of validation therapy by comparing the level of cognition in control and experimental group of old age people before and after validation therapy. 3. To determine the level of satisfaction in experimental group of old age people regarding administration of validation therapy.

RESEARCH METHODOLOGY:

Research approach is Experimental approach, research design is Quasi-experimental research design, research setting is Virugambakkam old age home, population Old age people, sample is 60 samples, 30 in experimental group and 30 in control group and sampling technique is Purposive sampling technique.

DATA COLLECTION PROCEDURE:

Data collection is the gathering of information needed to address a research problem. The study was conducted at Sree Seva Mandhir old age home. The researcher has chosen the old age people by identifying them through personal interaction.

The researcher introduces herself and obtained consent from the old age people to participate in the study after giving assurance regarding confidentiality. The data collection was done for a period of 6 weeks. The researcher collected data from the old age people by interview method using structured questionnaire. Through extensive review of literature, Samples are divided into three groups. Each group has 5 to 10 individuals and the therapy was given 1 hour for each group. Validation therapy was given for about 1 hour every day for 5 days in the morning from 9.30 am to 12.30 pm. Post test was conducted among the old age people after 30 days by using the same tools. Level of satisfaction of old age people regarding the validation therapy was assessed by using level of satisfaction rating scale.

MAJOR FINDINGS OF THE STUDY:

The mean and standard deviation of cognition score before therapy was low (M= 20.03, SD= 2.92) in comparison with the mean and standard deviation of cognition score after therapy (M= 23.9, SD=

3.01). The difference (t=7.17) was found statistically significant at level of confidence $p < 0.001$. It can be attributed to the effectiveness of Validation therapy.

FIGURES AND TABLES:

Table 1
Frequency and Percentage Distribution of Demographic Variables in Control and Experimental Group of Old Age People.

Demographic variables	Control Group (n=30)		Experimental Group (n=30)	
	n	p	n	p
	Age in years			
60-65	11	36.67	11	36.66
66-70	10	33.33	11	36.67
71-75	9	30	8	26.67
Mean age= 67				
Educational status				
Illiterate	7	23.33	1	3.33
Primary education	16	53.33	12	40
Secondary education	7	23.34	15	50
Higher secondary	-	-	2	6.67
Graduate and above	-	-	-	-
If spouse is alive, whether he/she is residing in this home				
Yes	14	46.66	6	20
No	16	53.34	24	80
Source of income				
Pensioner	30	100	26	86.66
Govt aid	-	-	4	13.34
Property	-	-	-	-
Savings	-	-	-	-
Nil	-	-	-	-
Monthly income				
1000 – 2000	30	100	30	100

2001-6000	-	-	-	-
6001-10,000	-	-	-	-
≥10,000	-	-	-	-
Nil	-	-	-	-
Religion				
Hindu	14	46.67	30	100
Christians	-	-	-	-
Muslim	16	53.33	-	-
Others (specify)	-	-	-	-

Table 2
Frequency and Percentage Distribution of Level of Cognition Before and After Validation Therapy in Control and Experimental Group of Old Age People

Level of cognition	Before therapy (30)		After therapy(30)	
	n	p	n	P
Control group (n=30)				
Normal	4	13.33	-	-
Mild	10	33.33	14	46.67
Moderate	16	53.34	16	53.33
Severe	-	-	-	-
Experimental group (n=30)				
Normal	-	-	23	76.66
Mild	17	56.67	7	23.34
Moderate	13	43.33	-	-
Severe	-	-	-	-

Table 3
Frequency and Percentage Distribution of Level of Satisfaction on Administration of Validation Therapy in Experimental Group of Old Age People

Level of satisfaction	Highly satisfied		Satisfied		Dissatisfied		Highly dissatisfied	
	n	p	n	p	n	p	n	P
Overall satisfaction	27	90	3	10	-	-	-	-
Questions related to researcher	23	76.66%	7	23.34%	-	-	-	-
Questions related to Validation therapy	25	83.34%	5	16.66%	-	-	-	-

DISCUSSION:

The study findings revealed that majority of the old age people (90%) were highly satisfied with all the aspects of the validation therapy. Since validation therapy is inexpensive, stimulating, interacting, entertaining, thought provoking and motivating factor for positive thinking, it is lined by most of the participants. Thus nurse can plan for various validation techniques and methods incorporating with their regular activities in various settings like community, hospitals and old age homes etc.

CONCLUSION:

The level of cognition can be improved by effective interventions aimed at creating awareness, enhancing self-esteem and coping skills. These interventions are simple and can be integrated to the daily routine of old age people, especially when they are in the old age home. This in turn improves the quality of life of the old age people.

RECOMMENDATIONS:

The study can be conducted on larger sample to generalize the results.

The study can be conducted in community settings.

A comparative study can be conducted to evaluate the effectiveness of various other interventions to help the old age people in order to improve their cognition.

A longitudinal study with time series design can be conducted with the post test of an interval of 2, 4, 6 months to assess how long the effectiveness of the programme lasts.

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