



A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING INSOMNIA AMONG THE RELATIVES OF ELDERLY PEOPLE IN A SELECTED COMMUNITY AREA AT KANCHEEPURAM DISTRICT, TAMILNADU INDIA.

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ABSTRACT

A study to assess the level knowledge regarding insomnia among the relatives of elderly people in a selected community area at, Kancheepuram District Tamil Nadu, India. The objectives were to assess the level of knowledge on insomnia among relatives of elderly people in a selected community and to find out the significant association between the knowledge on insomnia and the selected demographic variables. The study shows that 14 % of the relatives of elderly people are having inadequate knowledge, 53% of the relatives of elderly people are having moderate knowledge and 33% of the relatives of elderly people are having adequate knowledge. The mean value is 8.172 and the standard deviation is 0.2417.

KEYWORDS : Knowledge, Insomnia and Relatives of elderly.

INTRODUCTION:

Aging is a universal process and it affects each human being in the world. Insomnia affects the elderly population significantly. The Indian elderly population is growing rapidly and the epidemiology of insomnia needs to be studied in detail in this group. A large percentage of elderly people suffer from chronic insomnia, affecting many aspects of life quality and well-being.

Indrajeet Singh Gambhir et al., (2014) conducted an observational study on prevalence and nature of insomnia among 304 male and 200 female Indian elderly patients highlighted that Insomnia was present in 32% of the study population. A statistically significant association was found between increasing age and insomnia. Early insomnia was found to be the most common pattern of insomnia identified. Most of the cases were of chronic insomnia (89.45%) and associated with some comorbidity (100%). Cardiovascular diseases were the most common comorbidity (27.3% of patients with insomnia). Further, positive and statistically significant correlation was found between insomnia and the place of living, habit-forming substance use and depression.

Elderly spend more time in bed than younger ones, but night time sleep is typically shallow and fragmented. The mostly depend on their relatives. Their quality of sleep can be enhanced by the relatives. Insomnia is difficulty getting to sleep or staying asleep for long enough to feel refreshed the next morning. This happens despite having enough opportunity to insomnia. Nearly everyone has problems sleeping at some point in their life, and it is thought that a third of people have bouts of insomnia. Insomnia appears to be more common in women and more likely to occur with age. Hence relatives of elderly should know about insomnia, so that they can identify the symptoms in earlier stage and treat their dear ones in time.

STATEMENT OF THE PROBLEM

A descriptive study to assess the level of knowledge regarding insomnia among the relatives of elderly people in a selected community area at Kanchipuram district, Tamilnadu

OBJECTIVES OF THE STUDY:

1. To assess the level of knowledge on insomnia among relatives of

elderly people in a selected community.

2. To find out the significant association between the level of knowledge on insomnia and the selected demographic variables.

HYPOTHESIS:

H₁: There will be a significant knowledge of insomnia among relatives of elderly people in a selected community.

RESEARCH METHODOLOGY:

This study had used non experimental-descriptive design. With quantitative approach and was conducted among the relatives of elderly people in the age of above 30-50 years and residing at Paiyanoor village, Kanchipuram district, who fulfills the given criteria. The sample size was 138 and the sampling technique used was purposive sampling.

Demographic data and Self-structured knowledge questionnaire were UTILIZED TO ASSESS THE LEVEL OF KNOWLEDGE ON INSOMNIA.

RESULTS:

Majority of relatives of elderly were in the age group between 30-35 years (41%), female (59%), married (94%), had high school education (45%) and home makers (40%).

FIGURE: 1 - Distribution of the relatives of elderly people based on their educational status.

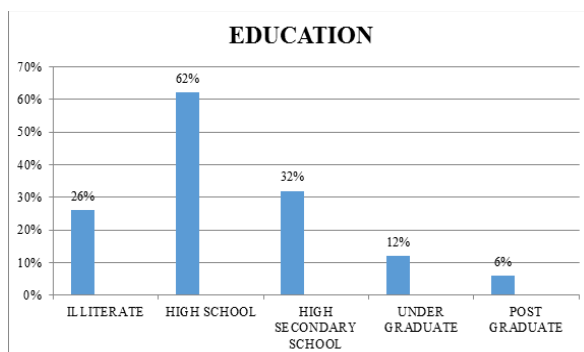


Table: 1 Mean and Standard Deviation of Level of knowledge on insomnia among relatives of elderly.

S. no	Level of knowledge on insomnia	No. of Relatives of elderly	Total no. of questions	Score range	Total Score	Mean	SD	Level of knowledge on insomnia	
								Individual	Total
1	Inadequate Knowledge	138	15	0-7	20	1112.6	8.06	0.2417	14%
2	Moderate Knowledge			8-11	73				53%
3	Adequate Knowledge			12-15	45				33%

Table: 1 showed that there were 138 samples and there were 15 questions and the total score of the relatives of elderly was 1112.6. 20(14%) of the relatives of elderly had scored between 0-7, 73(53%) of the had relatives of elderly scored between 8-11 and 45(33%) of the relatives of elderly had scored between 12-15. The mean score is 8.06 and the standard deviation is 0.2417.

There was no significant association between the level of knowledge on insomnia among relatives of elderly people among relatives of elderly people with selected demographic variables like gender, marital status and occupation. There was a significant association between the level of knowledge on insomnia and the demographic variables like age and educational qualification of the relatives of elderly people using chi-square test.

DISCUSSION:

In assessing the level of knowledge on insomnia relatives of elderly people 14 % of the relatives of elderly people were having inadequate knowledge, 53% were having moderate knowledge and 33% were having adequate knowledge It showed that the aspect wise mean score of level of knowledge on insomnia relatives of elderly people is 8.06 and the standard deviation is 0.2417. It is evident from statistical chi-square test that the association found significant between level of knowledge on insomnia among relatives of elderly people with the selected demographic variable age and educational qualification regard to the hypothesis H1 stated was accepted (p>0.05)

CONCLUSION:

Insomnia in elderly can be treated in early stage if it is identified by their relatives in time. Insomnia is one of the root cause for many medical and mental health issues, it has to given much more importance while dealing the health issues of elderly. Nurses should give health teaching regard to sleep hygiene and it is vital for elderly in living a quality life.

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