



A COMPERATIVE STUDY ON TRENDS OF ANXIETY AMONG THE ELDERLY PERSONS LIVING IN FAMILY AND OLD AGE HOME

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ABSTRACT The present study aimed to explore the trends of Anxiety among the elderly persons living in family and old age home. Accordingly, data had collected from purposively selected sample of 100 elderly (50 from Old age Homes and 50 from family) respondents. The General information Schedule had been prepared by the investigator. Bengali version of Self Evaluation State-Trait Anxiety Inventory, developed by C.D. Spielberger, R.I. Gorsuch and R. Lushane had been administered by the investigator. The specially designed interview responses through the two scales were gathered to analyze the Anxiety among the elderly persons of Family as well as Old age Homes. Both qualitative and quantitative techniques were used for treatment of data. Interpreted results highlighted that anxiety is very common among the elderly population living in old age homes rather than elderly population of family.

KEYWORDS :

INTRODUCTION:

Rational and background of the Study:

Ageing is a global and significant issue. One of our great achievements of 20th century is that the older population is now increasing faster. People of advanced years are now being called 'senior citizens', 'golden ages', 'elderly persons', 'late adulthood' and 'twilight years'. Today many old people are healthy, vigorous and active. These people can be referred to as the 'young old,' and frail and infirm as the 'old old'. 'Senescence', the period in the life span when people begin to grow old, (Neugarten and Neugarten, 1987) begins at different ages for different people. The designation of age '65' is as the beginning of late adulthood, is based on the traditional age of retirement even though many people retire earlier and some retire later.

The essential factors related to elderly are retirement and old age, living arrangements, health in old age, role and relationships, emotional health, social support etc. In connection with this the elderly people are more prone to suffer from anxiety as well as depression. The following points to be reviewed to understand the scenario of elderly population in these days.

The present study is an attempt to reveal the state of anxiety among the elderly people living in family and old age home. In presence of above question in mind some earlier studies are reviewed.

The present study will be an attempt to study whether elderly persons living in family and old age homes have any difference in their anxiety with following objectives:

1. To assess the levels of anxiety among the elderly persons living in family and old age home.
2. To identify the trend of anxiety among the elderly persons (Male & Female) living in family and old age home.

The collected data scored tabulated and treated with Mean, SD, T Test for verification of proposed hypothesis.

Hypotheses:

H-I All elderly retired persons living in family and old age home are prone to symptoms of anxiety.

H-II There will be a significant difference between elderly persons living in family and old age home in relation to 'Anxiety'.

H-III There will be significant difference between the two groups of elderly persons (young old-60-70years and old old- 71 years above) living in family and old age home in relation to 'Anxiety'.

H-IV There will be significant difference between the Male, Female of two groups of elderly persons (young old-60-70years and old old- 71 years above) living in family and old age home in relation to 'Anxiety'.

Tools/Measures used:

1. A general information schedule incorporating relevant

variables(twelve items) had been administered by the investigator.

2. Bengali version of Self Evaluation State-Trait Anxiety Inventory, developed by C.D. Spielberger, R.I. Gorsuch and R. Lushane had been administered.

Analysis/ Findings

Table 1

N=100	Total Respondents of Family (N=50)		Total Respondents of Old age Home (N=50)		t-Test
	Mean	SD	Mean	SD	
STAI (State Trait Anxiety Inventory)	77.22	20.043	80.62	22.214	0.211

Showing Mean, SD & 't'

Scores about State & Trait Anxiety among the Respondents (elderly persons) of Family and Old age Home :

The above table shows that level of state & trait anxiety (STAI) seems slight high among the respondents of old age home. Old age home respondents are very little prone to anxiety. Level of anxiety shows low among the respondents of family. However 't' Test result shows no significance. So the null hypothesis of H-I is false.

Table 2

Showing Mean, SD & T Scores about State & Trait Anxiety among the Respondents

N=50	Respondents of Family		Respondents of Old age Home		t-Test
	Mean	SD	Mean	SD	
STAI (Female)	74.68	21.185	81.88	23.899	0.132
STAI (Male)	79.76	18.919	79.36	20.808	0.471
STAI (Male-Female)	79.76	18.919	81.88	23.89	0.364
STAI (Female-Male)	74.78	21.185	79.36	23.89	0.217

The above table shows that level of state & trait anxiety (STAI) among the total respondents and male & female respondents of Family and Old age home. The 't' Test result shows no significance as results are <.001-.005. There are no significant differences of anxiety shows among the two groups of total respondents as well as female groups and male groups and also among the male female and vice versa. So the null hypothesis of H-II is false.

Table 3

Showing Mean, SD & T Scores about State & Trait Anxiety (State Trait Anxiety Inventory) among the Respondents (elderly persons of 60-70 years-Young Old-group & Above 71years-Old old group) of Family and Old age Home :

N=100	Respondents of Family		Respondents of Old age Home		t-Test
	Mean	SD	Mean	SD	
STAI Total (60-70 years)	78.285	21.152	83.68	21.339	0.160
STAI Total (71+ Old old group)	71.625	12.1999	79.217	22.990	0.125
STAI (Female-60-70 years Young old group)	75.380	22.974	83.333	25.642	0.173
STAI (Female-71+ Old old group)	71	7.071	85	20.479	0.0573
STAI (Male-60-70 years Young old group)	81.190	19.278	84.2	13.822	0.3312
STAI (Male-71+ Young old group)	72.25	17.211	76.133	24,321	0.363

The above table shows that level of state & trait anxiety (STAI) among the male and female respondents of Family and Old age home. The 't' Test result shows no significance. There is no difference of anxiety shows among the two groups of elderly persons (Young old and Old old group). The 't' Test result shows no significance as results are $<.001-.005$. There are no significant differences of anxiety shows among the two groups of total respondents as well as female groups and male groups and also among the male female and vice versa. So the null hypothesis of H-III and H-IV is false.

Finally it also has been reveals that several changes going on in our society and globalization play as change catalyst to develop quite a lot of institutions and old age homes but the residents of old age homes are anxious but not so much anxiety found among them in relation to elderly people living in families, they are accustomed with their living.

CONCLUSIONS

- The level of anxiety revealed almost in similar among the major two groups of respondents between family and old age home.
- The level of anxiety found little bit different among male and female respondents of family and old age home.
- The status of anxiety revealed almost similar among the major two groups of respondents (elderly persons of 60-70 years-Young Old-group & Above 71 years-Old old group).

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