



EFFECTIVENESS OF ISOMETRIC EXERCISE VS TRANSCENDENTAL MEDITATION ON PSYCHOSOCIAL WELLBEING AMONG ELDERLY PERSON AT SENJERI VILLAGE, PERAMBALUR DISTRICT.

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ABSTRACT

Research Design: Quasi experimental parallel group design. **Technique:** Non probability convenience sampling technique. **Sample:** 60 samples. **Findings:** The above table showed the paired “t” test value of the pre and Post test level of psychosocial wellbeing among elderly peoples in Group I & II. The findings of group I stated that the pre test mean value was 3.85 (38.5%) with a standard deviation of 2.322 and the post test mean value was 6.95(69.5%) with a standard deviation of 1.537. The mean difference was 3.1. In group II it was found that the pre test mean value was 3.85 (38.5%) with a standard deviation of 1.537 and the post test mean value was 5.35(53.5%) with a standard deviation of 1.267. The study concludes that the isometric exercises and transcendental meditation had significant effect by improving the level of psychosocial wellbeing among elderly person in the experimental group than the control group. As by concluding that the hypothesis stated is accepted.

KEYWORDS : Isometric Exercise, Transcendental meditation, psychosocial wellbeing.

INTRODUCTION

“Older adults” means those who belong to age group of above 60 years. It describes gradual biological impairment of normal function, probably as a result of changes made to cell and structural components. These changes would consequently have a direct impact on the functional ability of organs, biological system, psychological system and ultimately the organism as a whole.

Psychosocial well-being is a multidimensional construct that includes psychological, social, and psychosocial components. It refers to the connection between psychological aspects of our experience, such as our thoughts, emotions, and behavior, and our wider social experience, such as our relationships, traditions, and culture. Psychosocial well-being can include: One's relatedness with other, Self-referent attitudes, such as a sense of mastery and personal growth, Resources to cope with everyday demands and challenges, psychosocial well-being is similar to the term “quality of life” in that it involves emotional, social, and physical components. Examples of psychosocial factors include: Social support, Loneliness, Marriage status, Social disruption, Bereavement, Work environment, Social status, and Social integration. Psychosocial well-being is affected by internal and external factors.

According to the **Indian census** in 1991, the elderly population was 57 million as compared with 20 million in 1951. There has been a narrow increase in elderly persons between 1991 and 2001. By the year 2050, the number of elderly people would rise to about 324 million with India thus acquired the label of “an ageing nation” with 7.7% of its population being more than 60 years old.

Objectives

- To assess the pre and post test level of psychosocial wellbeing among elderly person in Isometric exercise vs Transcendental meditation.
- To evaluate the effectiveness of isometric exercise vs transcendental meditation on psychosocial wellbeing among elderly persons.
- To find out the association between the post test level of psychosocial wellbeing among elderly persons with their selected demographic variables in Isometric exercise and Transcendental meditation.

Methodology

A Quasi experimental parallel group design was adopted with 60 elderly people. Non probability convenient sampling technique was used in senjeri village, Perambalur district.

Description Of Tool

The tool was developed based on the objectives of the study. It comprised of two sections.

Section A: Demographic variables of the elderly peoples Age, gender, marital status, hobbies, medical illness, source of income, number of

children.

Section-B: Standardize psychosocial wellbeing inventory scale 1992, WHO (self-reporting questionnaire) to assess the Psychosocial wellbeing among older adults. It consist of 25 items with the maximum of 100 score. The scale consists of 19 positive questions and 6 negative questions. This is a three point rating scale. The rating was given as 4, 3, 2, 1 for positive items and 1, 2, 3, 4 for negative items. This was categorized as ill-being, moderately ill-being and good sense of wellbeing with a score of 30-50, 51-80, and 81-100 respectively.

It was evident from table 1.1 that the paired “t” test value was 11.46 in group I, this value when compared to table value 2.09 was found Significant at $p < 0.05$ level which proved that the Isometric Exercise was effective in improving the level of psychosocial wellbeing among elderly peoples in group I in the post test.

Besides the paired “t” test value was 11.06 in group II, which when compared to the table value 2.09 was Significant at $p < 0.05$ level indicative of the effectiveness of Transcendental Meditation as well in improving the level of psychosocial wellbeing in post test among elderly peoples in group II.

CONCLUSION:

The study concludes that the isometric exercises and transcendental meditation had significant effect by improving the level of psychosocial wellbeing among elderly person in the experimental group than the control group. As by concluding that the hypothesis stated is accepted.

Sl.No	Level Of Psychosocial Wellbeing	Paired “T” Value	Table Value	Level Of Significance
1	Isometric Exercise	11.46	2.09	$P < 0.05$ S*
2	Transcendental Meditation	11.06	2.09	$P < 0.05$ S*

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