

A Comparative Study of Coping Strategies of Stress by Senior Citizens Residing At Old Age Homes and Living with Family Members



Medical Science

KEYWORDS :

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ABSTRACT

The objective of the study: To identify and compare the stressors & coping strategies of senior citizen residing at old age homes and living with family members.

To correlate stress and coping strategies Convenience sampling technique was used for the selection of senior citizens residing at old age home and living with family members in Vidarbha region. Data was collected from total 100 senior citizens (50 in residing in old age home and 50 in living with family members). A descriptive evaluator approach was used to collect the data from the senior citizens by the help of interview technique and Questionnaire. The reliability of the tool was done by Guttman Split Half Coefficient, Intra class correlation (ICC) formula. There was a significant difference between stressors and coping strategies the mean score that the both groups of senior citizens is found to be significantly. Analyzed showed that there is a significant difference between stressors and coping strategies senior citizens residing at old age home and living with family members.

Introduction:

Aging is a biological process and experienced by the mankind in all times. Though aging is a multidimensional process, old age is the closing period of the life of an individual. It is generally associated with decline in the functional capacity of the organ of the body due to physiological transformation. Aging is more difficult in the rapidly changing materialistic society. The aged feel a sense of social isolation because of the dysfunction from various bond viz. work relationship, and diminish of relatives and friends, mobility of children to far off places for jobs. The situation of the elderly still worsens when there is physical incapacity and financial stringency. The general characteristic of old age is physical and psychological changes. It is common to associate old age with disability. Older people are heterogeneous i.e. extreme losses of physical, mental and social functions are often seen in old age people. The old age people face number of problems and adjust to them in varying degrees in their old age. These problems range from absence of ensured and their dependents, ill- health, absence of social security, less of social role and recognition, and the non- availability of opportunities for creative use of free times. 1 Today aging is a concern world over. Inadequate support from the care giver leads to lack of moral, emotional and physical supports for elderly. The living condition of elderly differs in both developed and developing countries.2

Aims and objectives:

- To identify the stressors & coping strategies of senior citizens residing at old age homes and with families.
- To compare the stressors & coping strategies between senior citizens residing at old age home and with family.
- To correlate stress and coping strategies
- To associate stressors and coping strategies senior citizen staying in old age home and with families with selected demographic variables.

Materials and methods:

As far as the purpose of this study was comparison of stressors and coping strategies between senior citizens residing at old age home and living with family member. Information was derived through structure questionnaire. After study subject was provided with a copy of interview technique regarding stressors and coping strategies between senior citizens residing at old age home and living with family members.

SECTION- I Distribution of sample with regards to demographic variables

Distribution of samples according to their age depicts that highest percentage (44%) of the senior citizens residing at old age home were in the age group of 70-75 years and only 10% be-

longs to >80 years of age, whereas highest percentage (54%) of the senior citizens living with family were in the age group of 60-65 years and only 4% belongs to >80 years of age.

SECTION II DISTRIBUTION OF SAMPLE WITH REGARDS TO VARIOUS STRESSORS AND COPING STRATEGIES BETWEEN SENIOR CITIZEN RESIDING AT OLD AGE HOME AND LIVING WITH FAMILY MEMBERS

Graph 1: Identification of common stressors faced by senior citizens residing at old age home and living with family members

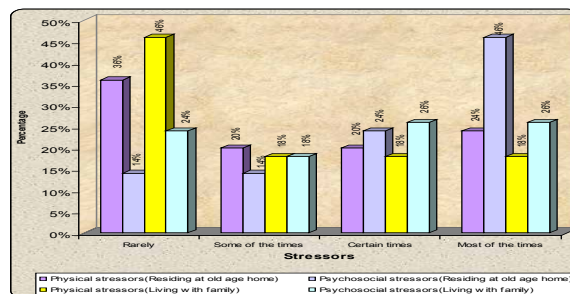
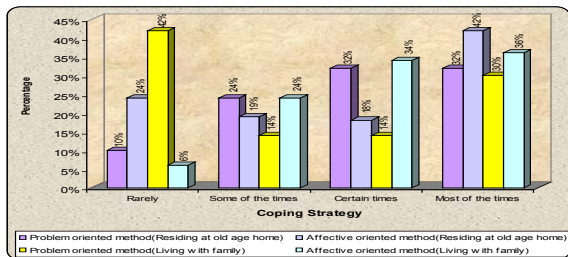


Table 1: Identification of various coping strategies of persons residing at old age home and living with family

S N	Coping strategies	Rarely	Some of the times	Certain times	Most of the times
Senior citizen residing at old age home					
1	Problem oriented method	5(10%)	12(24%)	16(32%)	16(32%)
2	Affective oriented method	12(24%)	9(19%)	9(18%)	21(42%)
Senior citizen living with family					
1	Problem oriented method	21(42%)	7(14%)	7(14%)	15(30%)
2	Affective oriented method	3(6%)	12(24%)	17(34%)	18(36%)

Graph 2: Identification of various coping strategies of persons residing at old age home and living with family members.



SECTION III COMPARISON OF STRESSORS AND COPING STRATEGIES BETWEEN SENIOR CITIZEN RESIDING AT OLD AGE HOME AND LIVING WITH FAMILY MEMBERS.

Table 2: Comparison of total score (Coping +Stress) for senior citizens residing at old age home and living with family members.

Total Score	N	Mean	Std. Deviation	Std. Error Mean	t-value	p-value
Living at old age home	50	138.72	17.03	2.40	4.46	0.0005 p<0.05
Living with family Members	50	125.46	12.26	1.73		

The mean total score(stressors and coping strategy score) for senior citizen residing at old age home was 138.72±17.03 and for senior citizen living with family was 125.46±12.26. By using students unpaired t test the difference in mean score for both the group of persons is found to be statistically significant(t=4.46, p=0.000) as p-value is less than 0.05.

Graph 3: Comparison of total score (Coping + Stress) for senior citizens residing at old age home and living with family members



SECTION - IV CORRELATION OF STRESSORS AND COPING STRATEGY BETWEEN SENIOR CITIZEN RESIDING AT OLD AGE HOME AND LIVING WITH FAMILY MEMBERS.

Table 3: Correlation of stressors score and coping score for senior citizens residing at old age home and living with family members.

Stressors and Coping score	Stressors score	Coping score	Correlation 'r'	p-value
Residing at old age home	62.00±7.30	75.64±8.1	0.591	0.000 S, p<0.05
Living with family members	54.72±8.75	70.74±7.74	0.101	0.483 NS, p>0.05

Significant positive correlation is found between stressors score and coping score for senior citizen residing at old age home(r=0.591,p-value=0.000,significant). Positive correlation is found between stressors score and coping score for senior citizen living with family(r=0.101, p-value=0.483, not significant). This proves that stressors and coping strategy score increases positively for both the group of peoples.

Discussion: The finding of this study will be discussed with the reference to the objectives and hypothesis stated in chapter I and with the other studies in this section. The present study was undertaken to compare stressors and coping strategies between senior citizens residing at old age home and living with family members. Findings of the study were based on objective of the study.

Conclusion: After the detail analysis, this study leads to the following conclusion. There is significance difference between stressors score and coping strategy senior citizen residing at old age home and living with family members. To find the stressors and coping strategies of unpaired t test was applied and P value was calculated, the group of persons is found to be statistically significant, p-value is less than 0.05. The Rating Score is divided into four levels, rarely, some of the time, certain time, most of the time. Coping score between senior citizen residing at old age home and living with family members, coping score increases positively for both the group of persons.

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