

## Effectiveness of Self Enhancement Program (Sep ) on Self Esteem of Elderly Institutionalized



### Medical Science

**KEYWORDS :** Self esteem, SEP, Institutionalized elderly.

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### ABSTRACT

*Background & Objectives: this study was done with the aim of determining the effect of the SEP on the self-esteem of elderly institutionalized.*

*Methods: An evaluative approach with one group pre-test, post test design was used. sample consists of 50 institutionalized elders selected by purposive sampling technique. Data was collected by administering Rosenberg self esteem scale, prior and after the administration of SEP for 7days . The collected data was analyzed by using descriptive and inferential statistics.*

*Results: The study found that SEP was effective in enhancing self esteem of elderly, as it was evident with  $t=9.334$  at 0.05 level of significance ( $t_{49}=2.009$ ). There was significant association between pre test self esteem score and nature of admission to the old age home (  $\chi^2=12.21$ ) at 0.05 level of significance.*

*Interpretation and conclusion: SEP was found an effective strategy for increasing self esteem of elderly institutionalized.*

### Introduction:

Ageing, which is an inescapable reality of the human existence on the planet earth, plays a crucial role in the global demographic transition. According to WHO, there is an estimated 600 million people above the age of sixty years and this will go up to an estimated 1.2 billion individuals by the year 2025. In India, the "aged" population is the second largest in the world. The proportion of elderly persons (>60 years) has increased from 5.43% in 1951 to 7.7% in 2001. With current demographic trends it is estimated to reach 21% by the year 2050<sup>1</sup>.

Old age dependency ratio has also increased over the years. While the number of elderly has gone up, the quality of their life has gone down. The socio-economic problems of the elderly in most of the developing countries are aggravated by the lack of social security, inadequate facilities for health care, rehabilitation and recreation. In the past, women used to provide home care for the elderly. With increasing participation of women in their work place, the elderly people are left alone. Growth of population of elderly on one end, and lack of appropriate familial and medical care on the other end is causing a big challenge to the family, medical profession administration and above all to the society<sup>2</sup>.

A cross sectional study on self esteem of the elderly and factors related among 270 elderly aged 60yrs or above in rural areas of Nakhon Sawan province. The data was collected by interview technique. The result shown that more than half of the elderly (65.6%) had a moderate level of self esteem, followed by low level (19.3%) and the high level (15.1%). The factors that are statistically significant related to self esteem of the elderly ( $p$  value <0.05) were monthly income, activities of daily living, personality, participation in family activities and in social interaction and social support. Hence it could be concluded that elderly should be encouraged to participate in family and social activities.<sup>3</sup>

Many older people face stressful situations such as the death of friends and family, deterioration of health and physical ability, loneliness or depression. Retirement sometimes creates feelings of not being a productive part of society and stress due to reduced income. Relocating after retirement adds other problems such as difficulty in making new friends, depression and loneliness due to separation from family and friends. If self-esteem is decreased because of these stressful events, the elderly are more prone to abuse alcohol and other drugs to relieve their pain. The likelihood of abusing prescription medications also increases as people age. Crumbling of joint family system have conspired to

increase insecurity, low self esteem and loneliness among the geriatric population especially in institutionalized elderly in India<sup>4</sup>.

Self-esteem is an important aspect of the adaptive processes at all stages of life, but especially in older adults. It is linked to the quality of adaptation, well-being, life satisfaction and health. Studies have found that various techniques such as individual or group reminiscence therapy, life review program, physical exercise etc are effective in improving self esteem and thereby enhancing the quality of life of institutionalized elderly<sup>5</sup>. Hence this study was conducted with the aim of improving the self esteem of the elderly and determining the effect of the SEP programme on the self esteem of elderly institutionalized.

### METHOD

Pre-experimental one-group pre-test post-test design was found to be appropriate for this study. Samples were 50 institutionalized elderly between the age group of 60 to 80 years, from old age homes of Jeppu, Mangalore District, Karnataka.

The sample selection was based on non-probability purposive sampling using inclusion and exclusion criteria.

### Inclusion criteria

It includes elderly who are,

- willing to participate in the study.
- staying in old age home for minimum of six months.
- in the age group 60-80 years.
- able to read and write.
- able to understand instructions.

### Exclusion criteria

- Elderly who are acutely ill.
- Elderly with speaking, hearing and vision problems.

### Instruments

#### Instrument I : Background Proforma

This was developed to acquire the background information of institutionalized elderly. It consisted of 8 items such as age, gender, marital status, education, children, Nature of admission to the old age home, duration of stay in the old age home, nature of pay in the old age home

#### Instrument II : Rosenberg's Self Esteem Scale

Rosenberg (1965) reported that internal consistency reliability

of the instrument ranges from 0.85 to 0.88. The scale consists of 10 items; each item is scored on a four point rating scale under the options: strongly agree, agree, disagree and strongly disagree. The maximum and minimum scores are thirty and zero respectively. The scores are classified into three categories; scores between 0 to 14 represents low self esteem, 15 to 25 normal self esteem, and above 25 high self esteem. The permission is obtained to use the scale. The reliability of the Rosenberg self esteem scale (Kannada version) was established by using Cronbach's Alpha the reliability obtained was 0.81 which proved that the tool was reliable.

Formal written permission was obtained from the concerned authorities of selected old age home before data collection. Ethical clearance was obtained from A J Ethics Committee. Data was collected from a selected old age home at Mangalore. The data collection period extended from 10/10/13 to 20/10/13 as per the convenience of the respondents.

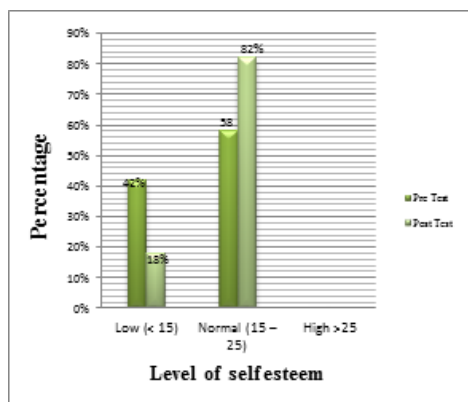
The purpose of the study was explained to the participants and informed written consent was obtained. Confidentiality was assured to all the subjects to get their co-operation throughout the process of data collection. The sample were administered by a Rosenberg self esteem questionnaire to assess the level of self esteem among elders through structured interview schedule. The pre-test was followed by SEP for one hour. The sample is made into a group of 10 members and activities are conducted, for one hour per day for 7 days in selected old age home at Mangalore. The post-test was conducted on the eighth day after the SEP with the same questionnaire.

## RESULTS

### Description of demographic characteristics of the elderly inmates.

Highest 34% (17) of the elders were in the age group between 66-70 years. Equal distribution of male and female gender that is 50% were males and 50% were females. Highest percentage of elders (50%) were widows/widower and least (10%) were divorced/separated. Majority of the subject (76%) had primary education and least (2%) had PUC/Diploma. There is equal distribution of Children that is 50% of them are having children and 50% of are not having children. Highest percentage (56%) of elderly were voluntarily admitted to the old age home and about (22%) were admitted by children. Highest percentage (38%) had duration of stay in the old age home is between 6-10years. Majority (72%) were staying in the old age home without any payment

### Description of level of self esteem of elderly inmates in terms of gain in self esteem score



**Figure I: Bar diagram showing the level of self esteem of the sample according to the grade of the self esteem score.**

Data presented in the figure I shows that 82% of the elders had a normal level of self esteem in the post-test whereas 58% had a normal level of self esteem in the pretest. This indicates considerable gain in self esteem scores after the administration of self enhancement programme.

**Table I: Range, mean, median and standard deviation (SD) of pre test and post test self esteem score among elderly n=50**

self esteem scores	Range	mean	Median	SD
Pre-test	9-23	14.76	15	3.054
Post-test	10-24	16.74	17	2.863

### Maximum total score=30

Table I shows that the mean pretest self esteem score was  $14.76 \pm 3.054$  and the mean post test self esteem score was  $16.74 \pm 2.863$ . This shows there is an increase in the mean post test self esteem scores.

### Effectiveness of self enhancement program on self esteem of elderly inmates

**Table II: Paired 't' test showing difference between the pre test and post test self esteem scores of subjects n=50**

Group	Mean self esteem score	SD	Mean Difference	d f	't' value
Pre-test	14.76	3.054	1.98	49	9.334*
Post-test	16.74	2.863			

$t_{49} = 2.009$ ;  $p < 0.05$

\* significant

Data in the table II shows that the mean post test self esteem score (16.74) with the standard deviation of 2.863 is greater than the mean pre test score (14.76) with the standard deviation of 3.054. The calculated 't' value, 9.334 is greater than the table value ( $t_{49} = 2.009$ ,  $p < 0.05$ ). Hence the null hypothesis ( $H_{01}$ ) is rejected and the research hypothesis ( $H_1$ ) that is, there will be significant difference between the mean post test and pre test self esteem scores of elderly, is accepted. This indicates that self enhancement program is effective in enhancing self esteem of elderly institutionalized.

### Association between the self esteem scores of the elderly with selected demographic variable

Chi-square test was computed to determine the association of pretest and post-test self esteem scores with the selected demographic variables

The computed Chi-square value shows a significant association between pre-test self esteem scores and nature of admission to the old age home ( $\chi^2 = 12.21$ ) at 0.05 level of significance. However the pre-test self esteem scores with other variables like age, gender, marital status, education, children, duration of stay in the old age home and nature of pay to the old age home, showed no

significance at 0.05 levels. Therefore the null hypothesis ( $H_{02}$ ) was accepted that is there is no significant association between self esteem scores of the elderly and selected demographic variable at 0.05 level of significance and research hypothesis was rejected except in the nature of admission level.

### Discussion

The present study findings revealed that Self Enhancement Programme (SEP) is effective in improving the self esteem of institutionalized elderly (t value=9.334,  $p<0.05$ ).

Similar findings were reported by a previous study done in Kottayam district, Kerala among 60 institutionalized elderly in order to find the effectiveness of self enhancement programme on self esteem and depression. The result revealed that mean pre test and post test self esteem score of experimental group were 16.77 and 20.3 respectively. The difference of 3.53 between the two means on self esteem was indicated that there was a significant increase in self esteem score of experimental group after SEP (t value = -5.62, p value = 0.001).<sup>6</sup>

Similar findings were reported by a previous study which was done in Coimbatore among 20 institutionalized elderly in order to find the effectiveness of individualized reminiscence therapy on self esteem. The result revealed that there was an increase in mean self esteem score of five and it was found to be effective in improving self esteem (t value=-8.56,  $p<0.01$ ).<sup>5</sup>

### Implications

The study has implications in various areas such as nursing practice, nursing education, nursing administration, and nursing research. The present study clearly pointed out the effectiveness of SEP on self esteem among elderly. SEP is a cost effective and simple method to improve self esteem with minimum harmful effects. So it can be implemented in various nursing homes by nursing personnel.

### Conclusion

The present study proved that self enhancement programme is an effective strategy to improve the self esteem of elderly institutionalized. Extensive research on different areas of old age, self esteem needs will result in better outcomes.

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