



“EFFECTIVENESS OF GROUP ACTIVITIES ON PSYCHOLOGICAL WELL BEING AMONG ELDERLY LIVING IN SELECTED OLD AGE HOMES, UTTARAKHAND”

Nursing

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ABSTRACT

Ageing is a phase when an individual faces many physical and psychological changes with the passing of years that ultimately affects their life style and their health status also¹.

Psychological problems and changes in psychological health can directly affect daily activities of the person as he or she will not be able to carry out those activities with their full potential. And due to the less awareness and information about the psychological problems and treatment, they lack to access the services and treatment properly³.

Method- Quantitative research approach was adopted; total 61 participants were selected through Consecutive sampling technique. Data was collected by administering Socio- demographic Performa, and Ryff's Psychological well being scale. The data was analyzed by using descriptive and inferential statistics.

Result- In the present study the psychological well being of people residing in elderly homes before the intervention was assessed using interview method. Results shows that majority of sample (91.8%) had good psychological well being , followed by average (8.19%) psychological well being during pre- intervention assessment. Where the post intervention level of psychological well being was found very good in 100% sample.

Conclusion- The study concludes that the elderly who are residing in retirement homes without family have some sort of decrease in psychological well being for many reasons they are not able to adjust in the demographic shift and lose their well being.

After getting involved in activities, elderly psychological well being was improved to some extent. For all the elderly living in selected old age homes, it's found that getting involved in group task or activities is a good and effective way to overcome the situation, and it has helped to improved their psychological wellbeing.

KEYWORDS

Elderly, Old age home, Psychological well being, Group activities

1. INTRODUCTION

Birth and death is a natural process and no one can resist it. Becoming old is also a phase of life. Due to the advancement of medical facilities India is also facing the rapid ageing of its population, as the life expectancy has increased from the last decades.

As the age increases, it brings a lot of responsibilities on the person as well as for their family members. Fulfilment of their responsibilities is totally depends on their health. If they live healthy, it can be very much productive for the family and society, but if there will be decline in the health condition, it will negatively affect the responsibilities fulfilled by the elderly. Good physical health and psychological health are considered as a successfully attaining old age. It's usually considered as person's own opinion about himself and his life. India has reached to more than 77million elderly and the progress in number of elderly is directly affecting the wellness of the people.

Accordingly a study conducted in Lucknow 2014 it was stated that a large number of people are residing in elderly homes of Uttar Pradesh are residing there because of misconduct by their son and daughter in law(29.8%).

Bhawana Singh and U.V. Kiran (2013) conducted study on psychological well being during old age. It says that elderly are very rigid, slow in learning new behavior of skills and because of that they sometimes suffer with decline in their standard of life. She used self structured questionnaire, to find psychological wellbeing on a sample of 200 people residing in the old elderly homes, staying with family and living alone. Sampling technique used was purposive with the mean age 70-80 years. According to the research hypothesis, outcome was; huge variation in psychological wellbeing among all three groups. Institutional women had less interaction and had feeling of loneliness as compared to those who are staying at home with family.

Tondon Mahima(2017) concluded in her research that Psychological well-being is associated with advanced age. The target of this research was to look at the psychological well-being between elderly residents of institutions and staying with their families.

The study in Lucknow suggested that, psychological well being is directly associated with the requirements and expectations of individual. The study concluded no much variation within psychological well being of elderly living with family and elderly living in adulthood home.

Literature Review

Doshi Dhara R and Yogesh A Jogsan conducted research on depressed mood and psychological well being on elderly with purpose to find the typical difference between adult and people with the age above 60years, in depressed mood and psychological well being. Gender based distribution was equal and there was 30 adults and 30 elderly within the both groups. Outcome shows huge difference in variable with reference to both adult and aged. Co-relation among depression and psychological well-being shows -0.70 correlation.

2. Problem statement and objectives

2.1 Problem Statement

A study to assess the effectiveness of group activities on psychological well being among elderly living in selected old age homes, Uttarakhand.

Objectives

1. To assess the psychological well being of elderly living in old age home.
2. To develop and implement the group activities for elderly in old age home.
3. To measure the effectiveness of group activities on psychological well being of elderly in old age home

3. Material and methodology

In current study Quantitative research approach was used, Quasi experimental research design (one group pretest-posttest research design) was carried out among 61 sample. which were selected through consecutive sampling. Data was collected by using respective tools, baseline data tool was used for demographic variables, and Ryff's Psychological well being scale was used.

4. Analysis and Interpretation

Table No. 1 Frequency and percentage distribution of the base line data(n=61)

S.No	Demographic Characteristics	Frequency (F)	Percentage (%)
1	Age		
	60-70 years	28	45.9016
	71-80 years	25	40.9836
	81-90 years	7	11.4754
2	Gender		
	Male	20	32.7869
	Female	41	67.2131
3	Religion		
	Hindu	50	81.9672
4	Others	11	18.0328
4	Marital Status		
	Married	12	19.6721
	Widow/widower	40	65.5738
	Separated	8	13.1148
	Divorced	1	1.6393
5	Educational status		
	Illiterate	21	34.4262
	High school and below	29	47.5410
6	Intermediate and above	11	18.0328
6	Previous job		
	Government	16	26.2295
	Private	5	8.1967
	Self-Employed	0	0.0000
7	Unemployed	40	65.5738
	Source of income		
	Pension	42	68.8525
	Others	19	31.1475
8	Physical illness		
	Yes	13	21.3115
9	No	48	78.6885
9	Years of living in old age home less than 1 year	35	57.3770
	1-15 years	26	42.6230
	16-30 years	0	0.0000
	above 30 years	0	0.0000
10	How often family comes to visit in a year		
	Never	17	27.8689
	Frequently in a year	40	65.5738
	Once in a year or above	04	6.5574

Table no 1- Illustrates that majority of study participants were between 60-70years of age (45.90%) More than half sample were female (67.21%) and, Majority of sample belong to Hindu community (81.96%). According to marital status, majority of sample belong to widow/widower category (65.57%) and based on educational status, (47.54%) sample were in High school and below category. Based on previous job, (65.57%) sample were unemployed. (68.85%) sample were getting some type of pension as their source of income and (78.68%) were having no physical illness. More than half (57.37%) sample were staying in old age home from less than 1 year and from all sample majority (65.57%) were those whose family never came to visit them.

SECTION-2: Analysis based on objective of study

Objective 1- To assess the psychological well-being of elderly living in old age home (n=61)

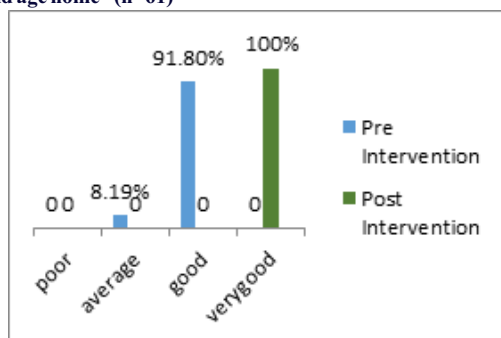


Figure no 1- It shows that pre intervention level of psychological well

being was good in 91.80% sample and average in 8.19%. Where the post intervention level of psychological well being was found very good in 100% sample.

Objective 3- To measure the effectiveness of group activities on psychological wellbeing of elderly in old age home

Table 2. Comparison of PWB pre intervention and post intervention in experimental group (n=61)

Variable	Psychological Wellbeing
Pre- test Mean \pm SD	154 \pm 19.259
Post-test Mean \pm SD	221.57 \pm 8.557
Mean Difference	67.57
Paired 't' Value	-25.298
tab value	2.00
P value	.000*

Df60= 2.00, at P<0.05Significant *

Table 2 shows that the pre intervention mean 154 was less than the post exposure mean 221.57. The mean difference between the two means was 67.57, which when compared to each other by applying paired t test got a t value of -25.298 and tab value is 2.00 at P < 0.05, which shows high significance.

H₁- Mean post test score of psychological well being would be more as compared to mean pre test score of psychological well being after group activities in elderly

H₀- Mean post tests score of psychological well being would not be more as compared to mean pre test score of psychological well being after group activities in elderly

Hence, Research Hypothesis H1 was accepted & null hypothesis was rejected.

(H₁- Mean of after intervention tests score of psychological well being was higher as compared to mean pre test score of psychological well being after group activities in elderly)

DISCUSSION

Thakur Priyanka (2019) did a study where she compared the elderly staying in adulthood homes and elderly staying with their families and assessed them for his or her psychological well being. Total 164 subjects were included. Therein she found that overall psychological well being of elderly residing within their families and in adulthood home was 66.86 and 45.31 respectively. In her study she concluded that the people residing in adulthood homes have decreased psychological well being compared to those elderly living in their families.

Limitations

The current study had following limitations

- Small sample size limits the generalization of the results.
- Limited time period for intervention and follow up was not there.

Nursing implications

1. Nurse need to engage in all phases of nursing research process to address the issue related to psychology also.
2. Being a psychiatric nurse, one should understand the factors responsible for psychological issues and should help others to overcome these issues.
3. Elderly needs extra care, so nurse should have knowledge regarding the care of elderly and should help them stay healthy by mind.

Recommendations

- An identical study often conducted with an outsized sample for better generalization of the finding.
- Time duration for intervention can be increased to see the more effectiveness.
- Activities can be planned according to the interest of participants so that the participants will take much interest in doing them.

CONCLUSION

The study concludes that the elderly who are residing in retirement homes without family have some kind of decrease in psychological well being, for several reasons they're unable to regulate within the demographic shift and lose their well-being.

After getting involved in activities, elderly psychological well was improved very nicely.

For all the elderly living in selected adulthood homes, it's found that getting involved in group task or activities may be a good and effective way to overcome things , and it helped to improved their psychological wellbeing. There was significance difference found within the pre-test and post test psychological well being after implementing the group activities.

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