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A STUDY ON PREVAILING DISEASES BASED ON LIFESTYLE AMONG AGE OLD INDIVIDUALS AT MYSURU POPULATION

Zoology

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ABSTRACT

Ageing is natural occurring universal process of all organisms, which includes changes in an individual's Physical, Psychological and Health-related capabilities. The present study was conducted to analyze few prevailed diseases based on lifestyle among aged people in Mysuru City Population by selecting few places randomly during 2020. A total of 150 subjects were studied by personal interview using a Pre-tested or Semi-structured Questionnaires as per the standard methods. The results revealed the Socio-demographic details, Financial Status and Health status information amongst the age-old individuals depicted in table and graph. It can be concluded that regular assessment and care is in dire need to reduce such cases in future as many of these problems can be prevented easily and cost effectively by changing the lifestyle and adopting healthier habits.

KEYWORDS

Geriatrics, Pre-tested Questionnaires, Socio-demography, Arthritis, Mysuru

INTRODUCTION

Geriatrics is the branch of medicine dealing with the physiologic characteristics of aging and diagnosis and treatment of diseases affecting the aged. In most of the countries in the World including India, the cutoff point for geriatric age is 60 years (Banker *et al.,* 2011). Ageing is natural occurring universal process of all organisms, which includes changes in an individual's Physical, Psychological and Health-related capabilities. These are altering with time and its complications for the consequent changes in the individual's role in the economy and Society (Leena *et al*., 2009).

According to the United Nation Projection, by the year 2050 every third person in the universe will be aged 60 years & above and by the year 2020, India will be one among the top ten countries globally with the largest elderly population. According to 2001 census, the population aged 60 year and above is increased to 77 million and expected to be 177 million by 2020 (Nipun *et al.*, 2015).

Industrialization, urbanization, education and exposure to western lifestyle share brings changes in values and life style. Due to shortage of space in urban areas with higher rents, migrants prefer to leave their parents in their native places or old-age homes. The needs and problems of the elderly vary significantly based on their socio-demographic profile (Shraddha *et al*., 2012). The overall effect of ageing not only increases the vulnerability to degenerative disorder like Atherosclerosis & Arthritis but also increases Chronic illness like Diabetes mellitus and Hypertension (Kandpal *et al*., 2013). The current study was conducted to analyze few prevailed diseases based on lifestyle among aged people in Mysuru City Population by selecting few places randomly.

MATERIALS AND METHODS

The Study was carried out in few randomly selected areas of Mysuru on weekly basis during February to March, 2020. The study on geriatric population comprises of individuals aged 60 years & above in the study area, who have been resident for at least one year. A total of 150 subjects were studied including male and females separately by personal interview using a Pre-tested or Semi-structured Questionnaires as per the standard methods (Swami *et al*., 2002). The counseling of data was collected from the individual or from their guardian orally in local language. The purpose of the study was explained and confidentiality of the information was assured during the data collection. Contents of the questionnaires included Socio-demographic Details (Age, Gender, Marital Status, Education, Religion, Type of family), Financial Status (Employment and Pension) and Health status (Medical illness & Current Medication) information. The recorded data was tabulated and depicted in the form of graphs using MS-Excel Office Programme as per modified methods of Gaikwad *et al.,* (2016) of socio-economic scale.

RESULTS AND DISCUSSION

Altogether 150 subjects were counselled during the study. The Socio-demographic, financial status and health status based on lifestyle among geriatric individuals at Mysuru were assessed and depicted in Table 1. However, few prevailed diseases like Hypertension, Diabetes mellitus, Arthritis, Obesity and Kidney Disorders were recorded and their percent occurrence were represented in Figure 1. The results obtained from the present study are in agree with few researchers like Srinivasan *et al*., 2010, Shivalingappa and Sowmyashree, 2011, Shraddha *et al*., 2012, Hameed *et al*., 2014, Archarya *et al*., 2017 and Gurmeet *et al.*, 2017, who have carried out similar work at different regions in India. Although, cardiac related diseases are common worldwide, interestingly amongst the counselled individuals none of the individuals during the study period showed any medicals symptoms related to the cardiac diseases either Atherosclerosis or Cardiac arrest. Thus, study forms a baseline data to know more about human health conditions amongst the age-old hub cities like Mysuru.

CONCLUSION

The preliminary study of this kind would help to understand the prevailing diseases amongst age old individuals in urban areas like Mysuru based on lifestyle, which is important from human health point of view. Henceforth, regular assessment and care is in dire need to reduce such cases in future as many of these problems can be prevented easily and cost effectively by changing the lifestyle and adopting healthier habits.

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Table 1: Socio-demographic, Financial and Health status based on lifestyle among geriatric individuals in Mysuru

Characters	Male (N = 61) (%)	Female (N = 89) (%)	Total (N = 150) (%)
Age group			
60-64	13 (21.31)	27 (30.33)	40 (26.66)
65-69	10 (16.39)	22 (24.71)	32 (21.33)
70-74	16 (26.22)	21 (23.59)	37 (24.66)
75 & Above	22 (36.06)	19 (21.34)	41 (27.33)
Marital Status			
Married	53 (86.88)	55 (61.79)	108 (72)
Widowed	7 (11.47)	30 (33.70)	37 (24.66)
Unmarried	1 (1.63)	4 (4.49)	5 (3.33)
Type of Family			
Nuclear	27 (44.26)	42 (47.19)	69 (46)
Joint	34 (55.73)	47 (52.80)	81 (54)

Literacy			
Illiterate	2 (3.27)	13 (14.60)	15 (10)
Primary School	1 (1.63)	2 (2.24)	3 (2)
Middle School	6 (9.83)	19 (21.34)	25 (16.66)
High School	16 (26.22)	29 (32.58)	45 (30)
PUC	13 (21.31)	13 (14.60)	26 (17.33)
UG / PG	23 (37.70)	13 (14.60)	36 (24)
Currently Employed			
Yes	16 (26.22)	1 (1.12)	17 (11.33)
No	45 (73.77)	88 (98.87)	133 (88.66)
Fever Fall			
Yes	11 (18.03)	23 (25.84)	34 (22.66)
No	50 (81.96)	66 (74.15)	116 (77.33)
Fever Fall times			
1 – 2 times	6 (9.83)	19 (21.34)	25 (16.66)
3 – 5 times	5 (8.19)	2 (2.24)	7 (4.66)
5 times & Above	NIL	2 (2.24)	2 (1.33)
Alcohol Drinking			
Regular	3 (4.91)	Nil	3 (4.91)
Sometimes	3 (4.91)	Nil	3 (4.91)
No	55 (90.16)	Nil	55 (90.16)
Smoking			
Regular	1 (1.63)	Nil	1 (1.63)
Sometimes	2 (3.27)	Nil	2 (3.27)
No	58 (95.08)	Nil	58 (95.08)

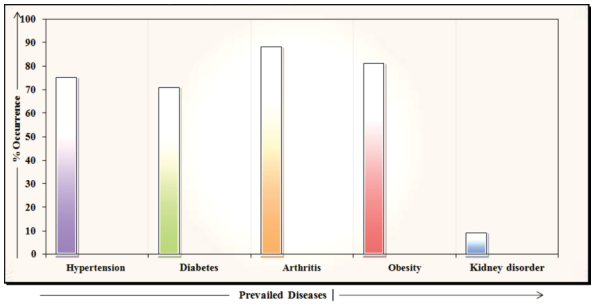

Figure 1. Percent occurrence of few prevailed diseases based on lifestyle among Mysuru individuals

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