ORIGINAL RESEARCH PAPER
Volume - 9 | Issue - 6 | June - 2020 | PRINT ISSN No. 2277 - 8179 | DOI : 10.36106/ijsr
INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH

A STUDY TO ASSESS ANXIETY ASSOCIATED WITH END OF LIFE AMONG ELDERLY PEOPLE IN SELECTED AREAS OF LUDHIANA, PUNJAB.

Psychiatry

Anureet Nursing Tutor, DMCH, College of Nursing, Ludhiana, Punjab.
Dr.(Mrs) Triza Jiwan* Professor & Principal, DMCH, College of Nursing, Ludhiana, Punjab. *Corresponding Author
Mrs. Navneet Kaur Assistant Professor, DMCH, College of Nursing, Ludhiana, Punjab.

KEYWORDS

Anxiety, End of life, Elderly people

INTRODUCTION:

Aging is a normal, universal and inevitable change which takes place even with the best of nutrition and health care. The rapid change in the social and cultural values had made a tremendous impact on mental well being of elderly people. This changing value makes them vulnerable for psychological disturbances such as anxiety associated with end of life.

Aim: To assess anxiety associated with end of life among elderly people with a view to develop an Information Education Communication (IEC) material on self management of anxiety associated with end of life.

Methodology:

A Quantitative research approach and non- experimental descriptive survey research design was used including 100 elderly people as sample residing in urban areas (Shimlapuri and Model Town) of Ludhiana, Punjab. Data was collected by using non- probability convenience sampling technique. Socio demographic profile, standardized Death anxiety scale (1970) developed by Donald Templer was used to assess anxiety associated with end of life among elderly people. Quantitative data was obtained by using interview technique. Data was tabulated and analysis was done by using descriptive and inferential statistics.

RESULTS:

The study revealed that majority (60%) of the elderly were from 60-70 years, female, illiterate, homemaker, widow, Hindu, from joint family, vegetarian, had chronic disease, living alone, had 3 children and had source of income Rs.<5000 per month.The mean age was 70.62years.

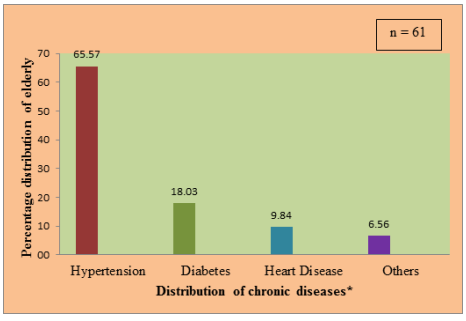

Figure 1: Distribution of chronic diseases among elderly people

***Multiple responses of subjects**

Table 1: Distribution of elderly people according to level of anxiety.

N=100

Level of Anxiety	Score	f(%)
No	0	0(00)
Mild	1-5	52(52)
Moderate	6-10	26(26)
Severe	11-15	22(22)

Mean ± SD 6.48± 3.20
Maximum score = 15
Minimum score = 0

Table 2: Association of anxiety associated with end of life among elderly people with their socio-demographic variables.

N=100

Socio-demographic variables	n	Mean±SD	F/t value	p value	df
Age (in Years)			**14.29**	**0.0001****	**99**
60-70	**60**	**7.66±3.24**			
70-80	**29**	**5.13±2.34**			
80-90	**11**	**3.54±1.03**			
Gender			**3.45**	**0.0008****	**98**
Male	**41**	**5.22±2.54**			
Female	**59**	**7.36±3.34**			
Education			**0.76**	**0.57^{NS}**	**99**
Illiterate					
Primary	**28**	**6.50±3.27**			
Middle	**24**	**6.20±3.14**			
Secondary	**17**	**60.5±3.28**			
Senior Secondary	**22**	**6.40±3.01**			
Graduate and above	**03**	**9.67±4.93**			
	06	**7.33±3.07**			
Occupation			**2.11**	**0.08^{NS}**	**99**
Govt Service					
Private service	**07**	**7.14±3.43**			
Business	**18**	**6.00±2.76**			
Self Employed	**01**	**12.00±0.0**			
Home Maker	**32**	**5.56±3.04**			
	42	**7.14±3.29**			
Marital status			**1.55**	**0.21^{NS}**	**99**
Unmarried					
Married	**12**	**5.50±2.75**			
Widow	**32**	**7.22±3.53**			
	56	**6.27±3.06**			

Religion			**0.47**	**0.62 NS**	**99**
Hindu	**53**	**6.64±3.16**			
Sikh	**45**	**6.37±3.32**			
Others(Muslim and Christian)	**02**	**4.50±0.70**			
Type of Family			**1.95**	**0.04***	**98**
Nuclear	**20**	**5.25±3.24**			
Joint	**80**	**6.79±3.14**			
Dietary Habit			**0.32**	**0.72 NS**	**99**
Vegetarian	**69**	**6.60±3.34**			
Non-Vegetarian	**29**	**6.27±2.97**			
Lacto Ova Vegetarian	**02**	**5.00±1.41**			
History of Chronic Disease			**0.33**	**0.73 NS**	**98**
Yes	**61**	**6.39±3.05**			
No	**39**	**6.62±3.48**			
Number Of Children			**1.6**	**0.20 NS**	**99**
0	**24**	**5.29±2.75**			
1	**13**	**7.69±3.27**			
2	**18**	**6.67±3.43**			
3	**26**	**6.88±3.17**			
≥4	**19**	**6.47±3.34**			
Type of Residence		**.**	**1.18**	**0.23 NS**	**98**
Institution(Old age home)	**50**	**6.10±3.00**			
Non-Institution(Home)	**50**	**6.86±3.39**			
Living Status			**0.84**	**0.50 NS**	**99**
Living alone	**51**	**6.03±3.07**			
Living With spouse only	**03**	**6.33±4.04**			
Living with children only	**17**	**6.66±2.97**			
Living with spouse and children	**27**	**7.29±3.53**			
Living With someone else other than spouse and children	**02**	**4.00±0.00**			
Monthly income in Rupees (n=69)			**0.98**	**0.37 NS**	**99**
<5000	**43**	**6.24±3.11**			
5000-10000	**18**	**6.45±3.23**			
>10000	**08**	**7.61±3.57**			

Maximum score = 15
*Significant p< 0.05, ** Highly Significant=0.0001
Minimum score = 0
NS (Non Significant)

CONCLUSION:

The present study concluded that all the elderly people had anxiety associated with end of life. Age and gender were found to be statistically highly significantly associated with anxiety. Type of family was statistically significantly associated with mean anxiety. Anxiety was high among age group 60-70 years.

REFERENCES

1. Lessy FJ Aging into the 21stcentury. New York; Garner Press.1998:p.231.
2. Sharma AL Geriatrics- A challenge for the twenty first century. Indian J Public Health 2003;47:18.
3. Chokkanatha S, Alex E Y (2008). Elder Mistreatment in Urban India; A Community Based Study: p45-61. Published online: 07 Sep 2008.DOI: 10.1300/J084v17n02_03.
4. Patidar AB, Anjulata, Kaur J Prevalence of perceived abuse and neglect among elderly in selected areas of city Ludhiana, Punjab. BFUHS Journal; 2011:p67-72.
5. Altay B, Avcil A (2009). Relationship of perceived family social support and depression symptoms of old people living in Alanli District, Samsun. TAF Prevention Medical Bultein; 8(2):p139-146.
6. Ron P (2004). Depression, Hopelessness, and Suicidal Ideation Among the Elderly: A Comparison Between Men and Women Living in Nursing Homes and in the Community, Journal of Gerontological Social Work; Vol- 43:p 2-3,97-116.
7. Mathew M A, George L S, Paniyadi N (2009). Comparative study on stress, coping strategies and quality of life of institutionalized and non institutionalized elderly in Kottayam district, Kerala. Indian Journal of Gerontology; 23(1):p79-87. Retrieved from http://www.gerontologyindia.com/pdf/vol-23-1.pdf.
8. Wink P, Scott J (2005). Does religiousness buffer against the fear of death and dying in late adulthood? Findings from a longitudinal study. Journal of Gerontology;60B:p207-214.