



STRESS AND QUALITY OF LIFE AMONG ELDERLY AT SELECTED OLD AGE HOMES IN TIRUPATI

Psychology

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ABSTRACT

Stress is a state of tension, either emotionally or physically. A natural process is aging. Elderly people are susceptible to stress, which in turn lowers their quality of life. Although stress can be brought on by a variety of different sources, it is associated with certain life events. Any circumstance or idea that gives you cause for annoyance, rage, or anxiety might trigger it. Your body's response to a demand or difficulty is stress. Stress may occasionally be advantageous, such as when it keeps you safe or helps you reach a deadline. This study looked at the stress levels and quality of life of older people living in nursing homes. This study was done on elderly residing in old age homes to analyze the stress level and quality of life among them. In this study researcher used perceived stress scale and Quality of Life WHO-BREF Scale. The finding of this study shows level of stress scores among group were: 26.6% of old age people having severe stress, 46.6% having moderate stress and 26.6% having mild stress.

KEYWORDS

Stress Level, elderly, quality of life

INTRODUCTION

Stress is an inevitable reality in everyone's life. The population is aging, with poorer nations experiencing it more quickly. The United Nations used the age of 60 as the threshold for old age, drawing a distinction between "Old age" and the middle and younger age groups. Your work, your finances, your relationships, or a friend or member of your family who is unwell or in need can all cause stress in your life. Your body instinctively reacts to all of these stresses by raising your blood pressure, heart rate, respiration, metabolism, and blood supply to your muscles.

WHO defines quality of life (QOL) "as an individual's perception of their position in life, in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns"

People are becoming more mechanical and materialistic, which has alienated man from man. The elderly are frequently left alone in households to fend for themselves. The elderly are viewed as a financial drain on the family in rural communities. These issues have made it easier for the elderly to find solace in old age homes.

Need For The Study

Recently, senior people's living arrangements have changed in India owing to a number of factors, including the breakdown of the joint family system, financial difficulties, adult children moving to other cities or states, urbanization, and modernization.

The elderly may experience more psychosocial stress as a result of this shift in living arrangements, which can lead to serious issues with their mental and physical health. The number of studies evaluating the quality of life of older persons, particularly those who live alone or separated from their family members in the community, is quite low.

Aim Of The Study

To assess the stress and quality of life among elderly residing at old age homes in Tirupati city

OBJECTIVES

1. To assess stress among elderly
2. To assess the level of quality of life among elderly
3. To find out the association between quality of life and their selected demographic variables.

METHODOLOGY

Research Design:

Research design implied for this study was nonexperimental descriptive research design was used to achieve the aim of the study.

Research Setting:

The study was conducted on elderly of the selected old age homes of tirupaticity.

Subjects:

100 elderly of the selected old age homes of tirupati city.

Statistical Analysis:

The data was tabulated and statistical analysis was done. Qualitative variables were described in frequency and percentages, while quantitative variables were described by mean and standard deviation.

RESULTS

The data was analysed and presented in the following sections:

Section 1: Distribution of subjects in relation to demographic data.

Section 2: stress among elderly

Section 3: quality of life among elderly

Section 4: Association of stress and quality of life with selected demographic variables.

Table (1): Socio-demographic Characteristics Of The Studied Group
N=100

S.No.	Demographic Variables	Frequency(F)	Percentage (%)
1	Age in years		
	60-70	68	68
	71-80	32	32
2	Gender		
	Male	48	48
	Female	52	52
3	Marital Status		
	Unmarried	14	14
	Married	64	64
	Divorced/Separate	2	2
	Widow/Widower	20	20
4	Education		
	Illiterate	25	25
	Up to 10 th standard	31	31
	Intermediate	16	16
	Graduate	20	20
	Postgraduate	8	8
5	Occupation		
	Home maker	41	41
	Retired being at home	26	26
	Retired and doing other job	18	18
	Business	10	10
	Employee	5	5
6	Financial support		
	Pension	43	43
	Fixed deposit	8	8
	From Children	21	21
	Others	28	28

In the current study, (68%) of the participants were between the ages of 60 and 70, and (32%) were between the ages of 70 and 80. This

indicates that the majority of responders were between the ages of 60 and 70.

According to gender statistics, 52% of people were female and 48% were male. Thus, it may be concluded that there are more females than males. Education-wise, 25 (25%) of people were illiterate, 31 (31%) were up to the tenth grade, 16 (16%) had studied up to the intermediate level, 20 (20%) had graduated, and 8 (8%) had postgraduate degrees.

Regarding occupation, 26 (26%) of retirees were at home, 18 (18%) were working while retired, 10 (10) were running their own businesses, and 5% were employed privately. Regarding financial support, 8 (8%), fixed deposits, 21 (21%) children, and 28 (28%) other people provided financial support for 43 (43%) of the population.

Table 2: Distribution Of Stress Score Of Elderly (N=100)

stress score	Frequency	Percentage
Mild stress (24-56)	2.50	02.50
Moderate stress (56-88)	85.00	85.00
Severe stress (88-120)	12.50	12.50

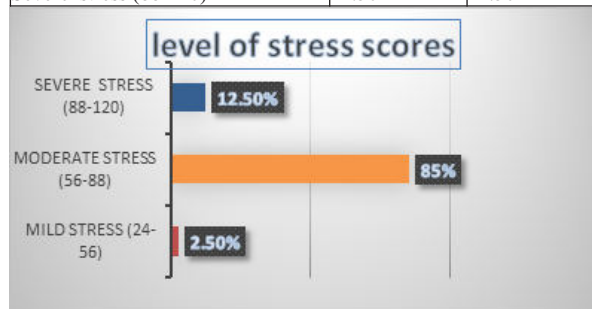


Table 2 shows level of stress scores among group were: 85(85%) study subjects had moderate stress 12(12.5 %) study subjects had high perceived stress, and 2 (2%) had low stress level.

Table: 3 Percentage Distribution Of Level Of Quality Of Life

QUALITY OF LIFE			
S.No.	Level of quality of life	Frequency	Percentage (%)
2	Poor	6	6
3	Moderate	34	34
4	Good	60	60



Table 3 shows that 60(60%) study subjects had Good quality of life 34(34 %) study subjects had high Good quality of life and 6 (6%) had low stress level.

Table: 4 Association Of Demographic Variables With Level Of Quality Of Life

S. No	Demographic variables	Poor		Moderate		Good		Chi-square value X ²
		N	%	N	%	N	%	
1	Age in years							
	60 – 70	2	2.00	25	25.00	41	41.00	3.795
	71 - 80	4	4.00	9	9.00	19	19.00	df=2
								@
2	Gender							
	Male	2	2.00	18	18.00	28	28.00	0.892
	Female	4	4.00	16	16.00	32	32.00	df=1
	Others	0	0.00	0	0.00	1	1.00	@
4	Marital Status							

	Unmarried	0	0.00	1	1.00	13	13.00	9.53
	Married	4	4.00	25	25.00	35	35.00	df=6
	Divorced/Separate	0	0.00	0	0.00	2	2.00	@
	Widow/Widower	2	2.00	8	8.00	10	10.00	
5	Education							
	Illiterate	3	3.00	14	14.00	8	8.00	18.9
	Up to 10 th standard	3	3.00	11	11.00	17	17.00	40
	Intermediate	0	0.00	5	5.00	11	11.00	df =
	Graduate	0	0.00	2	2.00	18	18.00	8 *
	Post graduate	0	0.00	2	2.00	6	6.00	
6	Occupation							
	Home maker	1	0.00	14	14.00	26	26.00	15.3
	Retired being at home	3	3.00	12	12.00	11	11.00	93
	Retired and doing other job	0	0.00	2	2.00	16	16.00	df =
	Business	1	1.00	3	3.00	6	6.00	8 *
	Employee	1	1.00	3	3.00	1	1.00	
7	Financial Support							
	Pension	0	0.00	8	8.00	35	35.00	24.1
	Fixed deposit	0	0.00	1	1.00	7	7.00	44
	From children	2	2.00	12	12.00	7	7.00	df =
	Others	4	4.00	13	13.00	11	11.00	6 **

@: Not significant

** : Significant at 0.01 level.

* : Significant at 0.05 level.

The data presented in the above table 4 revealed that there was statistically significant association exists between the quality of life among elderly with their education, occupation at 0.05 levels. Financial support at 0.01 level. There was no statistically significant association exist between the level of quality of life among elderly with their gender, age, marital status.

CONCLUSION

Evidence from this investigation showed that 6(6%) senior citizens had poor quality of life, 34(34%) had moderate quality of life, 60(60%) had good quality of life. Related to life satisfaction among senior citizens 47(47%) had average life satisfaction, 53(53%) had high life satisfaction. These findings highlight the importance of active ageing interventions in order to improve the quality of life. Coping with change, getting started safely, staying connected, sleeping well as age, eating well as age, wholesome eating, coping with grief, prevention and control to improve the quality of life and life satisfaction, Government schemes available for senior citizens.

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