



A STUDY TO ASSESS THE PSYCHOSOCIAL PROBLEMS OF INDIVIDUALS RESIDING IN SELECTED DESTITUTE HOMES

Nursing

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ABSTRACT

Every person has the right to live respectfully. The Indian constitution ensures that every individual has access to the fundamental requirements of life. In India, there are 343.5 million destitute individuals. Two-thirds of the population is impoverished. The investigator used a survey to identify the psychosocial problems in individuals residing in selected destitute homes. The sample in this study included 100 destitute women above 21 years residing in the selected destitute homes a convenience sampling technique was used. The tool used for this study was a Standardized DASS four-point rating scale for psychological problems and a Rating scale for social problems. Around 78% had depression, 19% had anxiety and 13% had stress. Around 48% were consuming medications for this problem.

KEYWORDS

psychological, social, depression, anxiety, stress, destitute

INTRODUCTION

Destitution is a term that refers to a variety of economic, social, and political conditions. The poorest of the poor become penniless and socially ostracized. Each human being requires income or food, clothing, and medicine to survive. The majority of the poor obtain these resources via begging and performing various forms of dirty labor jobs that are rejected by the casual wage workforce. (1) The more information on their means of survival becomes available, the more likely it is that development support may be designed in a way that achieves the desired objective. Between 1981 and 2001, the proportion of young people living in poverty in rural areas climbed from 8.79 percent to 18.58 percent. For all three decades, the proportion of older impoverished females in rural areas was larger than that of older male destitute. In India, the living conditions of the poor are appalling. (2) The researcher decided to assess the psychosocial problems of the destitute residing in selected destitute homes in Mumbai. Objectives included associating the psychological and social problems with the selected demographic variables.

MATERIAL & METHODS:

The researcher used a descriptive survey method for the study.

Development & Tool Description:

For this study, the researcher used standardized DASS tool and correlated with the age, education, and medical history of the samples.

RESULTS:

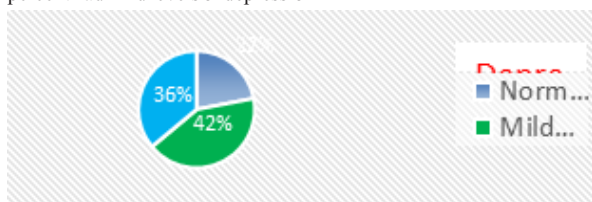
The findings of the study were as described below:

Distribution Of Samples According To Demographic Data:

About the age of the destitute women, it was observed that the majority of the sample 59 percent belonged to the age group of 51 – 70 years. It was sad to note that the maximum samples 74 percent were thrown away from home, were residing in destitute homes for more than one year, and had no visitors visiting them.

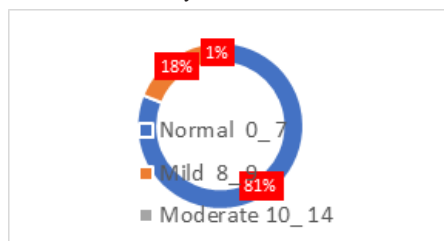
Finding Related To The Level Of Depression Experienced By Destitute Women:

About the level of depression experienced by the destitute women, it was noted that 42 percent had moderate levels of depression, 36 percent had mild levels of depression



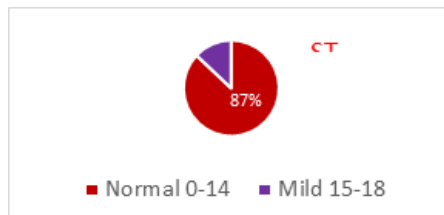
Finding related to the level of anxiety experienced by destitute women

Concerning the level of anxiety, it was noted that 18 percent of the destitute women had mild levels of anxiety whereas only one percent had a moderate level of anxiety.



Finding Related To The Level Of Stress Experienced By Destitute Women

With regard to the level of stress, it was noted that only 13 percent of the destitute women had mild levels of stress.



Finding Related To The Association Of Mean Scores Of The Psychological Problem Of Destitute Women With Their Demographic Variables

Destitute women with no medical history are found to have significantly higher anxiety than destitute women with some medical history. Educated women had less stress and anxiety.

DISCUSSION:

Mubasherr et al (2018) carried out a study to determine the level of stress experienced by women living in destitute homes in Mysore(3). The study was done using a quantitative technique with a descriptive design. The PSS 14 standardized stress assessment measure was used to assess the stress levels of 45 women who were homeless. The result revealed that the mean age of the women was 48.9 ± 17.1 years, 53.3 percent of the women 76 percent of them, were abandoned by the family members and 56 percent of them had mild to moderate mental illness in the past and present with regular medication. Similar results are seen in the study conducted by the researcher too. Almost 74 percent of women who resided in the home had no contact with their family

CONCLUSIONS:

During the research, it was discovered that the destitute women were eager to provide information about their personal concerns. According

to the findings of the study, poor women living in destitute homes had psychosocial issues and improved coping mechanisms. As a result, healthcare providers can play a critical role in providing psychological support and bolstering the support system for destitute women.

Conflict Of Interest:

The author declares that there was no conflict of interest related to this work.

Recommendations:

1. A similar study can be done to associate psychosocial problems and identify the coping strategies used.
2. Experimental study be done to identify problems and teach coping strategies.

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