A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF ANXIETY AMONG ELDERLY PERSONS IN NARAYAN OLD AGE HOME , GWALIOR

Nursing

Ghanshyam Sain — Assistant Professor, Shree Swami Narayan Nursing College, Ekta Nagar, Narmada, Gujrat

ABSTRACT

Introduction: Anxiety is the most common neurotic disorder and the third most common psychiatric disorder in the world. Anxiety is commonly seen during the adolescent period. **Objectives:** 1. To assess the level of anxiety among elderly persons in old age home Gwalior. 2. To find out the associate relationship between level of anxiety and selected demographic variables of the elderly patients those who are in old age home, Gwalior. **Method:** The research design was selected in descriptive survey deign. 80 old age persons were selected by the convenience sampling technique. **Result :** The researcher finding the study majority had poor knowledge 56.25% & average knowledge score 25% and good knowledge score is 11.25% and excellence knowledge score 7.5% The mean score level knowledge is 15. The Association was done knowledge score and selected demographic variable such as gender of elderly people, and religion of the oldest people , and educational status of elderly people, and source of income was significant and remaining not significant. **Conclusion :** The research study revealed that most of old age person's have   poor knowledge.

KEYWORDS

Assess, Level of Anxiety

INTRODUCTION :
We are people with feelings and minds too…….

Birth and death are the two natural phenomena that all of us have to accept when a child is born we are happy because a new person added to our company where as when a person dies, we are in sorrow because he passed away from us[2]. This death occurs at any time due to any cause.

Anxiety accompanies every illness especially when pain, disability, hospitalization, economic loss, or fear of death is present. Helplessness often accompanies anxiety in the person who feels a loss of control over events. Pervasive anxiety or an anxiety disorder that accompanies medical disorder worsens the medical disorder. Anxiety can amplify the Pathos physiology of the various diseases. So from relevant research, it seems important that health care workers especially the nurses need to be diligent in their initial assessments, identifying any co-existing or resulting psychological response to disorder.

Just as physical illness is accompanied by emotional responses, so emotions often exacerbate the severity of physical symptoms. The holistic philosophy of nursing dictates that all nurses, regardless of their roles or specialties, maintain a view of clients as having a number of psychosocial needs as well as strengths that can be identified through a holistic assessment. Often these individuals present management problems or have problems that impede their care. Therefore the nurse will become the resource person for the medical staff who feel unable to interment therapeutically with the subject.

Weakness and disablement carry a special connotation   and it is perhaps. For this reason that the association between the physical disease and affective disorders. Proves to be much closer in men than in women but such psychological reactions cannot be the whole explanation in that emotional disorder, whether in the form of an anxiety state or a depressive illness may be the first harbinger of physical illness that declares if self at a later stage; nor can the association be coincidental, for mortality is increased beyond the normal expectation both in aged and in middle aged men who are anxious or depressed.

Objectives:
1. To assess the level of anxiety among elderly persons in old age home Gwalior.
2. To find out the   associate relationship between level of anxiety and selected demographic variables of the elderly patients those who are in old age home, Gwalior.

Review of literature:
A three year longitudinal study conducted on generalized anxiety disorder in stroke patients at University Hospital, Umea, Sweden. There was a population-based cohort patients with acute stroke, the researcher assessed generalized anxiety disorder and comorbid major depression,   functional ability, and social network at regular time points over 3 years. The results showed that the generalized anxiety disorder after stroke was 28% in the acute stage and there was no significant decrease through 3 years of follow-up. At 1 year, only 23% of the patients with early generalized anxiety disorder (0 to 3 months) had recovered; those not recovered at this follow-up had a high risk of a chronic development of the anxiety disorder.

Methodology :
Research approach: In this research study quantitative research approach.
Research design : Descriptive research design.
Population:
Target population   :   Elderly peoples.
Accessible population: Elderly peoples of charitable old age home, Gwalior.
Setting of the study: Charitable old age home in Gwalior.

Variables :
Dependent Variable: In this study dependent variables Old age Person's.
Independent Variable: Independent variables in Level of anxiety.
Demographical Variables: this study include 6 demographical variables like age , gender etc.
Sample: Old age person's who lives in Charitable old age home, Gwalior.
Sample size: 80 old age person's
Sample setting: Convenience sampling techniques.

Criteria of sample selection :
Inclusion criteria:
- Who are willing and participated in the study.
- Who are available and have a time of the study.
- Who have age between 64-75 years
- Who known as Hindi and English language.

Exclusion Criteria :
- Who aren't willing to participated in the study.
- Those persons who have attend the previously teaching by anxiety.

Hypothesis :
H_{0A}. There will not be significant level of anxiety among elderly patients.
H_{0B}. There will not be significant association between level of anxiety and old age home among elderly
H_{1A}. There will be significant level of anxiety among elderly patients.
H_{2B}. There will be significant association between level of anxiety and old age home among elderly.

Development of Tools :-
The selection and development of the tool was based on objective , content of the study i e to assess the knowledge regarding to anxiety in selected old age home in Gwalior . interview schedule seemed to be the most appropriate techniques to collect the data on knowledge

regarding anxiety structure interview schedule was develop based on literature review after the opinion the different experts. Structure interview schedule was prepared in two section .

RESULT :
Expert Opinion and content validity of the tools established by nine experts mainly five nursing expert, two physicians (chest), one statistician and one psychiatrist. Reliability of interview schedule of knowledge regarding anxiety among the elderly person's was established by using spearman's brown prophecy formula.

The tool and intervention were found to be reliable and feasible. Ethical clearance form the research committee and administrative approval of the head of the charitable trust , Gwalior. The data was analysis in descriptive and inferential statistics.
Obtained score /Maximum Score =100
Poor knowledge = below 25%
Aver rage Knowledge = 25.1-50.0%
Good Knowledge = 50.1-75.0%
Excellent Knowledge = more then 75%

The   data analysis was done by using the descriptive and inferential statistics.
* Maximum number of old age home going elderly peoples About 67% were male. Majority of old age home going elderly peoples - About 60% of elderly people were in the age group of 65-69 year. Highest no. of old age home going elderly peoples - 53% were Hindu. Maximum number of old age home going elderly peoples 44% were in primary school. Maximum number of old age home going elderly peoples - 73% income support from other.

Table no. 1 Finding related to knowledge of the old age   person's Regarding the level of anxiety

Mean	Mode	Range	S.D.
15	14.5	20-5	3.45

Table 2: Frequency and Percentage distribution of knowledge in old age persons regarding level of anxiety

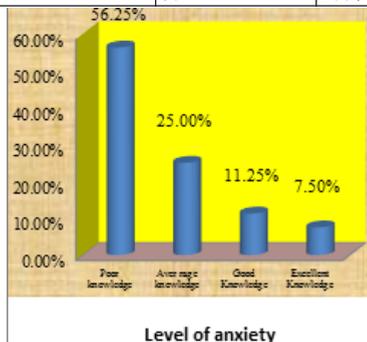| Level of knowledge	Frequency	Percentage
Poor knowledge	45	56.25%
Aver rage knowledge	20	25.00%
Good Knowledge	09	11.25%
Excellent Knowledge	06	7.5%
Total	**80**	**100%**

Fig. 1 Bar graph showing percentage distribution of the old age Person's according to level of Anxiety

DISCUSSION:
The finding of the present study revealed that the old age person's some good and excellent knowledge. The overall mean knowledge score 15, Mode 14.9 , S.D 3.45. In the basis of researcher to distributed the pamphlets.

Limitations of the study
* The study period will be limited to 4 to 6 weeks.
* Sample size is limited to 80 elderly patients.
* The level of anxiety will be measured by using Max Hamilton's anxiety rating scale.
* The study will be limited to elderly in-peoples.

Summary: The investigator fund the old age person's have lack of knowledge regarding anxiety and they have not knowing preventing of anxiety techniques.

CONCLUSION:
The research study revealed that most of old age person's have poor knowledge.

Implication:
The findings of the study have implication on the field of nursing education, nursing practice and nursing research

Nursing Education
Nursing curriculum is a measure for motivating the students to hunt for knowledge. It equips nurses with essential knowledge for the , early detection and management care of anxiety are important in mental health nursing and community health nursing. This study adds knowledge to the profession. It forms basis for further modification in education.

Nursing Practice
Nurses play vital role in imparting health services in all levels of prevention, promotion and treatment. Nurses' active participation in hospital and community by providing direct and indirect care helps to achieve these goals of health services. college going students deficit in knowledge regarding anxiety indicate the need for arranging health education sessions in related topics.

Nursing Research
Researcher found scarcity in literature and research done on anxiety. So the investigation recommends conducting periodic research on anxiety mainly in the area of introduction, Diagnostic, Sign and symptoms and prevention and treatments of anxiety.

Nursing Administration :
Nursing administration should formulated policies that include all old age persons to be active in reduce anxiety. It Concentra on workshop and in service education of the nurse , who play vita role in presentation and treatment of anxiety

Recommendation :
* A similar study can be replicated on a large sample. there by finding can be generalized for a large population.
* An experimental study can be done to see the assess the knowledge regarding the anxiety.
* A comparative study can be done to see the difference in the knowledge of old age person's and adult age person's regarding the anxiety.
* An knowledge assessing study can be done with control group to compare gain in knowledge and change attitude.
* A comparative study can be done to see the difference in the knowledge regarding the anxiety in old age person's in rural and urban area.
* Periodic assessment knowledge of old age home people regarding anxiety.
* A study can be conducted with an descriptive research approach.
* A study can be carried out by using other teaching strategies .
* A similar study can be conducted using test design
* A study may be designed to explore the knowledge of staff nurses regarding anxiety.
* Similar study can be done by random sampling technique.
* The size of sample can be increased.
* Similar study can he done by giving knowledge on effectiveness of teaching tool.
* Similar study can be done to assess the risk factor for old age home people..

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