



ORIGINAL RESEARCH PAPER

Nursing

A DESCRIPTIVE STUDY TO ASSES THE PHYSICAL HEALTH PROBLEMS OF ELDERLY PEOPLE IN SELECTED COMMUNITY INDORE (M.P.).

KEY WORDS: Aging/health problem/CHC/elderly people.

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ABSTRACT

Aging is a universal process. Aging is generally defined as a process of deterioration in the functional capacity of an individual that results from structural changes, with advancement of age. The aim is to assess the physical health problems among elderly peoples in community health center. The researcher chose quantitative research approach where descriptive research design was adopted. A total of 30 sample who visited in selected community area of Indore M.P. were selected as samples for the researcher study. Where the researcher observed that the Old people who have score 07 have less physical health problems, score 20 considered moderate physical health problems and score 03 considered as having severe physical health problems.

BACKGROUND OF STUDY-

Aging is a universal process. Aging is generally defined as a process of deterioration in the functional capacity of an individual that results from structural changes, with advancement of age.

Aging is a normal, inevitable, biological and universal phenomenon, and it affects every individual irrespective of caste, creed, rich and poor.

It is the outcome of certain structural and functional changes takes place in the major parts of the body as the life years increases.

Problem Statement-

A descriptive study to asses the physical health problems of elderly people in selected community Indore (M.P).

OBJECTIVES-

- To assess the physical health problems among elderly peoples in community health center indore.
- To find out the associations between physical health problems among elderly people with the selected demographic variables.

Hypothesis- H₀:

There will be no significant association between physical health problems among elderly people with selected demographic variables.

METHODOLOGY-

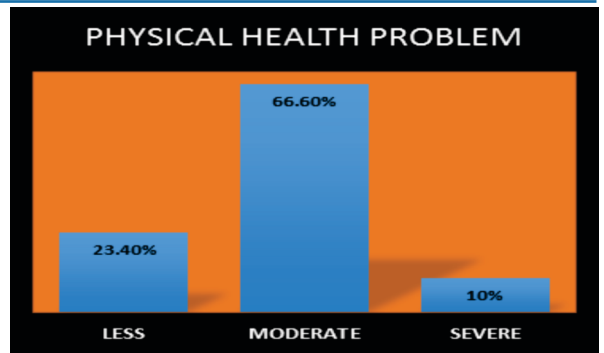
The researcher chose quantitative research approach where descriptive research design was adopted. A total of 30 sample who visited in selected community area of Indore M.P. were selected as samples for the researcher study. The samples underwent two set of questionnaire, one include demographic variables & second is structured questionnaire.

RESULT-

During analysis the researcher found that out of 30 people who visited in community areas. Were the male female ratio is 21/30 and 9/30 (70%/30%) respectively.

Relatively, 17(56.6%) people were in age group of (60-70) years, 13(43.3%) people was observed in higher scholar, 10(33.4%) of people was observed in low income (25000-40,000), 18(60%) of people observed in nuclear family.

The bar diagram shows the distribution of subjects according to the physical health problems reveals that 66.6% of the subjects had moderate physical health problems and 10% of the subjects had severe health problems. And 23.4% of them had less physical health problems.



Physical Health Problem Assessing Scale-

Bar diagram showing percentage distribution of physical health problem score

Interpretation-

During analysis it was highlighted that among 30 sample, about 9(30%) people who selected they have blood pressure and 21(70%) people did the select that they do not have the BP, 5(16.6%) people selected they have heart disease and 25(83.4%) people did the select that they do not have the heart disease, 11(36.6%) people selected they have respiratory problem and 19(63.4%) people did the select that they do not have the respiratory problem, 21(70%) people selected they have vertigo and 9(30%) people did the select that they do not have the vertigo, 8(26.6%) people selected they have diabetes and 22(73.4%) people did the select that they do not have the diabetes, 29(96%) people selected they have joint pain and 1(4%) people did the select that they do not have the joint pain, 17(56.6%) people selected they have constipation and 13(43.4%) people did the select that they do not have the constipation, 18(60%) people selected they have body pain & melena and 12(40%) people did the select that they do not have the body pain & melena, 15(50%) people selected they have eye problem and 15(50%) people did the select that they do not have the eye problem. It was observed that the demographic variable found to be insignificant at p<0.05 level of significant, therefore, RH₀, null hypothesis is accepted.

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Website and internet resources

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