

STRESS AND COPING STRATEGIES AMONG SENIOR CITIZEN IN SELECTED OLD AGE HOME, BERHAMPUR

Sasmita Panigrahi, Bijayalaskhmi Dash

Lecturer, College of Nursing Berhampur

Abstract

Aging is a natural and continuous irreversible changing process. In this stage progressive generalised impairment of function occur which results in loss of adaptive response to stress. Unfortunately for the past 50 years, the traditional Indian family system has been changed to nuclear family. The role of providing safety and security have been shared by the institution such as old age home. The absence of family care and surrounding gives rise to loneliness and depression. Therefore a study was conducted among 33 senior citizens residing in three different old age homes of Berhampur, Odisha. The analysis showed that the overall stress mean score (60.6 ± 7.28) which is 60.6% of total score, shows the moderate stress of senior citizen and the overall coping strategy mean score (68.93 ± 5.91) which is 68.93% of total score shows that there is moderate level of coping among senior citizen.

Keywords: Stress, Coping strategies, Senior citizenship, Old age home.

Introduction :

Older persons constitute one of the most vulnerable sections of the society. They are not only physically weak but also lack in economic resources, self esteem and social status¹. Under the changing socio-economic and demographic conditions family is unable to provide support and care to the older persons and some are also feeling elderly are useless. Thus, old age put more wrinkle on one's mind than on his face. According to word of Seneca "Old age is an incurable disease". It cannot be prevented rather it can be protected and promoted.^{10,15}

Globally older people constitute 11.7% in 2013 and the share of older persons aged >80 was 14%. Presently, about 2/3rd of the world's older persons live in developing countries¹⁶. In India 7.5% population belong to age group above may projected to rise to 12.4% of population by the year 2026. There is sharp rise in age-specific death rate of 20/1000 persons in the age group of 60-64 years, 80 among 75- 79 years and 200 for

persons aged more than 85 years¹⁷

The general characteristics of old age are physical and psychological changes which bring disabilities. They face number of problems such as dependency, ill health, absence of social security, loss of social role and recognition and non availability of opportunities for creative use of leisure.⁷ With the advent of the nuclear family, urbanization, influence of western culture and changes of lifestyle there is no space for elders in the family and may go for institutionalization. Separation from or loss of assistance from their children makes them physically and emotionally neglected that lead to psychological problem like anxiety, depression, loneliness, feeling of insecurity, social isolation etc.¹⁴

Institutional support for the older persons in the form of old age homes is western concept. Although institutional care for the destitute is always existed in India but for the elderly especially as an alternative living arrangement is a recent concept².

The stress level is high among senior citizen is

observed in hospital setting rather than home setting.²

Singh R et.al (2013) studied on psychosocial problems of the elderly in Kathmandu, Nepal shows that severe psychosocial problems were higher in institutional settings (29%) than home settings (6%). There is significant difference between mean stress scores of the elderly living in institutional and home setting¹².

Sridevi.G and P. Swathi (2014) conducted a study on death anxiety, death depression suicidal ideation and geriatric depression among institutionalised and non institutionalised elderly revealed that the stress and depression are high in institutional setting rather than home setting. There is negative relationship between stress and coping. Proper coping can help the elderly to manage the stress¹³. The present study focus on the stress and coping of senior citizen in different old age homes.

Objectives:

The objectives of the study were:

- find stress and coping level among senior citizen in an old age home.
- identify the relationship between stress and coping strategy among senior citizen in an old age home.
- find out the association between stress and coping strategies of senior citizen in an old age home with their selected demographic variables

Hypothesis

H01- There will be no significant relationship between stress and coping strategy among senior citizens of old age home.

H02-There will be no significant association between stress with the selected demographic variables of senior citizens .

H03-There will be no significant association between coping strategy with the selected demographic variables of senior citizens

Methodology:

The study was conducted at Nilakantha Nagar old age home and Lochapada Jara Nivas, Berhampur, Odisha from 15.06.2014-16.06.2014 by using purposive sampling technique. A descriptive research design with survey approach was used to assess the level of stress and coping strategies among senior citizen residing in the study area. The sample size comprised of 33 senior citizen. A 3-part semi structured interview schedule was used to collect the data. Part-I contains 9 items based on baseline data about demographic characteristics of senior citizen. Part-II & III consists of 5-point rating scale with 20 items and maximum score of 100 in each to assess the level of stress and coping strategies among senior citizen residing in old age home respectively.

Results :

Highest percentage (40%) of senior citizen belonged to the age group of 65-70yrs of age, all most all (90%) the senior citizen were female and highest percentage of senior citizen (66.6%) were illiterate. Their previous occupation indicates that about 56.6% were house wives, majority (63.33%) of senior citizen were living in nuclear family. All of the senior citizen were married out of which all most all (93.33%) the senior citizen's life partner were expired and majority (56.66%) senior citizen were suffering with chronic diseases.

Assessment of over all level of stress among senior citizen depicts that the overall stress mean score (60.6 ± 7.28) which is 60.6% of total score, shows moderate stress of senior citizen and assessment of coping strategy of senior citizen indicates that the overall coping strategy mean score (68.93 ± 5.91) which is 68.93% of total score shows that there is moderate level of coping

among senior citizen. (Table-1)

Table No-1: Stress & coping strategies of senior citizen (N=30)

Sl. No.	Criteria	Mean	Mean %	SD
1	Stress	60.6	60.6%	7.28%
2	Coping strategy	68.93	68.93%	5.91%

The stress level of senior citizen residing in selected old age home shows that most of the senior citizen (86.66%) had moderate stress where as similar percentage (6.66%) of them had mild and severe stress respectively. No one had no stress or very severe stress.

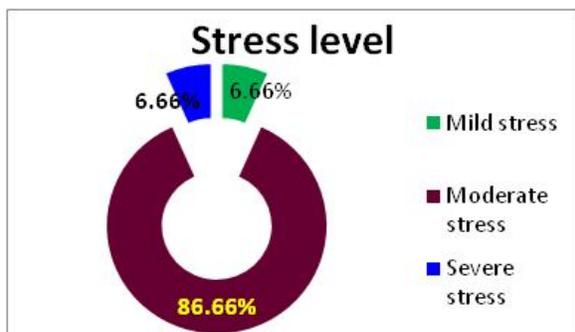


Fig No-01: Doughnut diagram shows level of stress among senior citizen.

Karl Pearson's coefficient of correlation test reveals that ($r=-0.09\%$) there was very lower degree of negative correlation between stress and coping.

Association between demographic variable with stress and coping strategy revealed that there was no significant association ($p>0.05$) between level of stress as well as coping strategies when compared to age, sex, educational level, previous occupation, type of family, condition of life partner, health status and reason of staying in old age home. (Table-2)

Table No-2: Association between demographic variable with level of stress & coping strategies

Sl. No.	Demographic Variables	(X ²) Stress	(X ²) Coping	Df	Table Value	Level of Significance
1	Age	0.44	0.62	1	3.84	NS
2	Sex	0.72	0.56	1	3.84	NS
3	Education	1.67	1.32	2	5.99	NS
4	Previous Occupation	2.57	3.45	2	5.99	NS
5	Type of family	1.15	1.09	1	3.84	NS
6	Condition of life partner	2.99	3.12	1	3.84	NS
7	Health status	0.2	0.7	1	3.84	NS
8	Reason of staying in old age home	2.02	1.68	1	3.84	NS

Discussion

The overall stress mean score (60.6 ± 7.28) which is 60.6% of total score shows moderate stress of senior citizen which is supported by Singh R et al (2013) who observed in "Psychosocial Problems: An Issue among the elderly in Kathmandu, Nepal" that 51% of elderly had moderate psychological problem¹². It is also supported by the findings of 60th National Sample Survey (January –June 2004) which reveals that over 81% of

the elderly confessed of having increasing stress . Swarnalatha N(2013) in her study observed that prevalence of depression among elderly is going on increasing according to age and it is highly prevalent age after 80 years of age⁵.

Assessment of level of stress among senior citizen depicts that majority (86.6%) had moderate level of stress which is contradictory to the study findings of Mathew M A (2009) found in her study that majority (72%) of elderly had mild stress and 28% had moderate amount of stress⁹.

Karl pearson's coefficient of correlation test reveals that ($r=-0.09\%$), there was a very lower degree of negative correlation between stress and coping which is also supported by Juliana Nery de Souza et al in their study. They depicted that there is no correlation between stress & coping strategy⁷.

Conclusion

Overall the adolescent have moderate level of stress. It might be because of proper care & support from the old age home. The inmates, despite having been driven out of their families either due to compulsion or by choice were enjoying their institutional life. They spent their leisure time by gossiping, watching T.V. & reading news paper. They did not feel bad about institutionalization. Foreseeing the future the government and voluntary agencies of India must make arrangements for safety and security of elderly.

Recommendation

A similar study can be conducted on larger samples to generalize findings and to find strong statistical association.

An experimental study can be conducted to assess the effectiveness of laughter therapy on relieving stress among senior citizen residing at old

age home.

A comparative study can be conducted to assess level of stress among senior citizen between urban and rural area.

A comparative study can be conducted to assess level of stress among male and female.

A self instructional module can be prepared and tested for its effectiveness.

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