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A DESCRIPTIVE STUDY TO ASSESS THE EMOTIONAL PROBLEMS AND COPING STRATEGIES AMONG SENIOR CITIZENS LIVING IN COMMUNITY AREA

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Abstract

Aging is psychosocially and biologically defined as being older. Aging is a natural and continuous process. It is irreversible changing process. Elderly is a major type of vulnerable group in the society. Older adult hood begins usually between sixty and seventy-five years of age. The population of old age people with sixty plus age is estimated around sixty million in India.

They also suffer from coping ability, social and psychological problems. An aged or geriatric patient is defined as a person whose biological age is advanced. Aging can be characterized as a deterioration of the physiological functions essential for survival and fertility that is time-related. Aging is linked with dominant traumatic life changes and challenges. Psychological and physical loses may daunt older adults to active participation in daily life activities. Old age people have so many problems in physically and psychologically. They have more emotional problems. Old age people can feel insecurity and social isolation and they have so many emotional problems.

Keyowrds Emotional problems, senior citizens

INTRODUCTION

Ageing involves bio-psycho-social alterations contributing to stress in the elderly population. Stress produces negative effect on physical and mental health which overall affects the quality of life. Proper coping is needed to adapt and manage the stress. Elderly in later life face stressful life situations, loss of close ones, retirement, living with lower income status, deterioration in physical and mental capacity .These emotional and behavioural difficulties may pave the way to the disturbance of mental health of elderly. Due to these obstacles, many older adults adapt various coping mechanisms/strategies to face the changes in their lives.

Coping is defined as what people do to try to minimize stress and is commonly seen in health psychology as problem-focused, that is, directed at reducing the threats and losses of the illness, or emotion-focused, namely directed at reducing the negative emotional consequences. "Coping means contending with or attempting to overcome difficulties. Overtime, we develop various skills of thought and behavior i.e. coping skills, that we use to grapple with problems we encounter in everyday life". Hence, this study was designed to assess the emotional problems and coping strategies among Senior citizens living in the Old age home and senior citizens living in the Pallavarmedu.

METHODOLOGY:

Descriptive research design was adopted for conducting this study to assess the Emotional problems and Coping strategies of senior citizens living in a selected village.

SETTING:

This study was conducted among the senior citizens living in Community area-Pallavarmedu at Kanchipuram.The setting was selected based on the availability and feasibility of the sample.

POPULATION:

Population refers to the set of senior citizens of both male and female who are living in the Community area-Pallvarmedu at Kanchipuram.

Target Population:

The target population of this study was Senior citizens living in the Community area- Pallavarmedu, Kanchipuram.

Accessible Population:

The Accessible population of this study includes all the senior citizens living in Community area- Pallavarmedu at Kanchipuram.

SAMPLE AND SAMPLE SIZE:

The sample is a group of people who have been selected from large population to provide data to researcher
The sample comprised of 30 members of both male and female in the selected village.

SAMPLING TECHNIQUE:

Sampling technique is the process of selecting the study sample for the research. For this study the research will adopts Non-Probability purposive sampling technique.

CRITERIA FOR SELECTION OF SAMPLE

Inclusion criteria:

• Both male and female senior citizen among the age group of above 60 years of age.
• Senior citizen who are available at the time of data collection.
• Senior citizen who are willing to participate in the study.
• Senior citizens who knows Tamil and English language.

Exclusion criteria:

• People less than 60 years of age.
• Senior citizens who were living in the outside of the selected village.

SELECTIONOFINSTRUMENTSAND TOOLS:

Section A-Demographicvariables.

Section B-Standardisedquestionnaire of Depression Anxiety Stress Scales-42

Section C- Standardisedquestionnaire of Brief-Coping Orientation to Problems Experienced Inventory (Brief-COPE)

DESCRIPTIONOFTHETOOL

SECTION A: DEMOGRAPHICDATA

It is deal with demographic variables such as age of the senior citizens, gender, marital status, type of family, educational level, household income, any chronic health condition SECTION -B:Standardisedquestionnaire of Depression Anxiety Stress Scales-42

The questions were selected and four options were given below each questions. The standardised questionnaire consisted of 42 multiple choice questions, and each questions had four options. The senior citizens were free to choose any one option for each questions. The score was calculated by dividing the total number of obtained score by the total number of maximum scoreand expressed in percentage. Based on the scores the emotional problems of the old age was graded.

SECTION-C : Standardised questionnaire of Brief-Coping Orientation to Problems Experienced Inventory (Brief-COPE)

This section consists of 28 questions of Brief-Coping Orientation to Problems Experienced Inventory (Brief- COPE). The senior citizens were free to choose any one option for each questions.

DESCRIPTION:

1.I haven't been doing this at all-1
2.A little bit-2
3.A medium amount-3
4.I have been doing this a

PILOTSTUDY:

Pilot study is a trial study out before a research design is finalized to assist is defining the research questions or to test the feasibility, reliability and validity of the proposed study design.

After obtaining permission from the authority the pilot study was conduct in Community area- Pallavarmedu. We have selected 15 samples for pilot study and the findings are 40% had mild depression and 60% had moderate anxiety and 60% had normal stress level and 66% had average level of coping strategy.

DATACOLLECTIONPROCESS:

The prior permission was obtain from the head of the institution. The community area is arranged for the data collection procedure. After obtaining a consent from the study samples, the samples was selected by using non probability convenient sampling technique. The researchers will collect the demographic data of the sample and administer the standardised questionnaire to assess the level of emotional problems and administered the standardised questionnaireon coping strategies. The samples was informedthattheannyomitywasmaintained. The collected data was data analysed by using descriptive and inferential statistics.

PLAN FOR DATA ANALYSIS:

Data analysis enables the researcher to organize summarize evaluate interpret and communicate numerical information. Data analysis was done by using descriptive and inferential statistics.

Table:1 Frequency and Percentage distribution of Senior citizen based on demographic variables. (N=30)

SI.NO	Demographic Variable	Frequency(F)	Percentage(%)
1.	Age: 1. 60-69 years 2. 70-79 years 3. 80+ years	12 12 6	40% 40% 20%
2.	Gender: 1. Male 2. Female 3. Other (please specify)	14 16	46.7% 53.3%
3.	Marital Status: 1. Married 2. Single 3. Divorced 4. Widow	18 4 1 7	60% 13.3% 3.3% 23.3%
	Type of family: 1. Nuclear family 2. Joint family	16 14	53.3% 46.7%
5.	Education Level: 1. Illiterate 2. Primary Education 3. Higher Secondary Education 4. Graduation and above	10 10 7 3	33.3% 33.3% 23.3% 10%
6.	Household Income: 1. Less than Rs25,000 2. Rs25,000 - Rs49,999 3. Rs50,000 - Rs74,999 4. Rs75,000 - Rs99,999	9 15 2 4	30% 50% 6.7% 13.3%
7.	Do you have any chronic health conditions? 1. Yes 2. No	23 7	73.9% 23.1%

Depicts the frequency and percentage distribution of demographic variables among Senior citizen based on demographic variables. This table consists of age of the senior citizens, gender, marital status, type of family, educational level, occupation, any chronic health conditions.

Percentage distribution of Senior citizens according to their gender group.14 (46.7%)were belong to Male and 16 (53.3%) were belongs to Female. Percentage distribution ofSenior citizens according totheir Marital status.18(60%) were belong toMarried and 4 (13.3%) were belongs to Single and 1 (3.3%) were belong to Divorced and 7(23.3%) were belongs to Widow. Percentage distribution ofSenior citizens accordingtotheirType of family. 16(53.3%) were belong toNuclear family and 14(46.7%) were belong sto Joint family.Percentagedistribution of Senior citizensaccording to their Educational level. 10 (33.3%) were belongs to Illiterate and 10(33.3%) were belongs to Primary Education and 7(23.3%) were belongs to Higher Secondary Education and 3(10%) were belongs to Graduation and above. Percentage distribution ofSenior citizens according to their Household income. 9(30%) were belong to Income of less than Rs.25,000 and 15(50%) were belong to Income of Rs.25,000 to Rs.49,999 and 2 (6.7%) were belong to Income of Rs.50,000 to Rs.74,999 and 4(13.3%) were belong to Income of Rs.75,000 to Rs.99,999. PercentagedistributionofSenior citizens accordingtotheir Chronic health condition.23 (75.9%) were belong toYes, they have chronic health condition and 7 23.1%) were belong toNo, they didn't have chronic health condition.

Table 2: Showing association of Depression Scores and Demographic variables
(N=30

Demographic data		Depression levels					Association with depression score			
Variables	Options	Extremely Severe	Severe	Moderate	Mild	Normal	Chi test	Degree of Freedom	Table value	Result
Age	60-69 years	-	-	5	4	3	18.89	8	15.51	Significant
	70-79 years	-	2	4	6	-				
	80+ years	2	2	-	2	-				
Gender	Male	-	3	3	6	2	4.23	8	15.51	Not Significant
	Female	2	1	6	6	1				
	Other (please specify)	-	-	-	-	-				
Marital Status	Married	-	2	3	10	3	26.42	12	21.03	Significant
	Single	-	-	3	1	-				
	Divorced	1	-	-	-	-				
	Widow	1	2	3	1	-				
Type of family	Nuclear family	2	3	5	6	-	6.01	4	9.49	Not Significant
	Joint family	-	1	4	6	3				
Educational level	Illiterate	2	3	2	2	1	18.45	12	21.03	Not Significant
	Primary Education	-	1	5	2	2				
	Higher Secondary Education	-	-	2	5	-				
	Graduation and above	-	-	-	3	-				
Household Income	Less than Rs.25,000	2	3	3	1	-	35.11	12	21.03	Significant
	Rs.25,000 -Rs.49,999	-	1	6	7	1				
	Rs.50,000-Rs.74,999	-	-	-	-	2				
	Rs.75,000-Rs.99,999	-	-	-	4	-				
Do you have any chronic condition?	Yes	2	4	9	8	-	15.093	4	9.49	Significant
	No	-	-	-	4	3				

Table 3: Showing association of Anxiety Scores and Demographic variables

Demographic data		Anxiety levels					Association with anxiety score			
Variables	Options	Extremely Severe	Severe	Moderate	Mild	Normal	Chi test	Degree of Freedom	Table value	Result
Age	60-69 years	-	2	7	1	2	18.001	8	15.51	Significant
	70-79 years	2	2	8	-	-				
	80+ years	4	2	-	-	-				
Gender	Male	2	3	7	-	2	3.617	8	15.51	Not significant
	Female	4	3	8	1	-				
	Other (please specify)	--	-	-	-	-				
Marital Status	Married	1	1	13	1	2	24.19	12	21.03	Significant
	Single	-	2	2	-	-				
	Divorced	1	-	-	-	-				
	Widow	4	3	-	-	-				
Type of family	Nuclear family	4	4	7	1	-	4.287	4	9.49	Not Significant
	Joint family	2	2	8	-	2				
Educational level	Illiterate	3	2	4	1		10.80	12	21.03	Not Significant
	Primary Education	2	2	6	-	-				
	Higher Secondary Education	1	1	3	-	2				
	Graduation and above	-	1	2	-	-				
Household Income	Less than Rs.25,000	3	4	2	-	-	38.64	12	21.03	Significant
	Rs.25,000 - Rs.49,999	1	2	12	-	-				
	Rs.50,000-Rs.74,999	2	-	-	-	-				
	Rs.75,000-Rs.99,999	-	-	1	1	2				
Do you have any chronic condition?	Yes	6	5	12	-	-	11.92	4	9.49	Significant
	No	-	1	3	1	2				

Table 4 :Showing association of Stress Scores and Demographic variables (N=30)

Demographic data		Stress levels					Association with stress score			
Variables	Options	Extremely Severe	Severe	Moderate	Mild	Normal	Chi test	Degree of Freedom	Table value	Result
Age	60-69 years	-	-	1	1	10	13.02	8	15.51	Not Significant
	70-79 years	-	1	2	1	8				
	80+ years	-	1	2	3	-				

Gender	Male	-	-	3	2	9	2.278	8	15.51	Not Significant
	Female	-	2	2	3	9				
	Other (please specify)	-	-	-	-	-				
Marital Status	Married	-	-	2	1	15	25.37	12	21.03	Significant
	Single	-	-	1	2	1				
	Divorced	-	1	-	-	-				
	Widow	-	1	2	2	2				
Type of family	Nuclear family	-	1	3	2	10	0.49	4	9.49	Not Significant
	Joint family	-	1	2	3	8				
Educational level	Illiterate	-	1	2	1	6	3.32	12	21.03	Not Significant
	Primary Education	-	1	1	2	6				
	Higher Secondary Education	-	-	1	2	4				
	Graduation and above	-	-	1	-	2				
Household Income	Less than Rs.25,000	-	1	-	2	6	8.86	12	21.03	Not Significant
	Rs.25,000 - Rs.49,999	-	1	3	1	10				
	Rs.50,000- Rs.74,999	-	-	1	-	1				
	Rs.75,000- Rs.99,999	-	-	1	2	1				
Do you have any chronic condition?	Yes	-	1	5	4	13	2.54	4	9.49	Not Significant
	No	-	1	-	1	5				

Table 5: Showing asociation of Coping Strategies Scores and Demographic Variables

Demographic data		Level of Coping strategies			Association with coping strategies score			
Variables	Options	Good	Average	Poor	Chi test	Degree of Freedom	Table value	Result
Age	60-69 years	4	8	-	10.58	4	9.49	Significant
	70-79 years	2	9	1				
	80+ years		3	3				
Gender	Male	4	8	2	1.38	4	9.49	Not Significant
	Female	2	12	2				
	Other (please specify)	-	-	-				
Marital Status	Married	3	15	-	17.18	6	12.59	Significant
	Single	-	2	2				
	Divorced	-	-	1				
	Widow	3	3	1				
Type of family	Nuclear family	2	13	1	3.35	2	4.61	Not Significant
	Joint family	4	7	3				
	Illiterate	-	9	1	16.03	6	12.59	Significant

Educational level	**Primary Education**	-	8	2				
	Higher Secondary Education	4	2	1				
	Graduation and above	2	1	-				
Household Income	**Less than Rs.25,000**	1	6	2	**5.07**	**6**	**12.59**	**Significant**
	Rs.25,000 - Rs.49,999	2	11	2				
	Rs.50,000- Rs.74,999	1	1	-				
	Rs.75,000- Rs.99,999	2	2	-				
Do you have any chronic condition?	**Yes**	4	16	3	**0.47**	**2**	**4.61**	**Not Significant**
	No	2	4	1				

DISCUSSION

Dataanalysisisshowthatfrequencyandpercentagedistributionofdemographicvariables among senior citizens according to theage, gender, marital status, type of family, educational level, household income, chronic health condition.

Showed that thepercentagedistributionof Senior citizens accordingtotheir age group. 12(40%) were belong to 60-69 years and 12 (40%) were belongs to 70-79 years and 6(20%) were belongs to 80 and 80 above years

Percentage distribution ofSenior citizens according to their gender group.14 (46.7%)were belong to Male and 16 (53.3%) were belongs to Female. PercentagedistributionofSenior citizens accordingtotheir Marital status.18(60%) were belong toMarried and 4 (13.3%) were belongs to Single and 1 (3.3%) were belong to Divorced and 7(23.3%) were belongs to Widow. Percentage distribution ofSenior citizens accordingtotheirType of family. 16(53.3%) were belong toNuclear family and 14(46.7%) were belongsto Joint family.Percentagedistribution of Senior citizensaccording to their Educational level. 10(33.3%) were belongs to Illiterate and 10(33.3%) were belongs to Primary Education and 7(23.3%) were belongs to Higher Secondary Education and 3(10%) were belongs to Graduation and above. Percentage distribution ofSenior citizens according to their Household income. 9(30%) were belong to Income of less than Rs.25,000 and 15(50%) were belong to Income of Rs.25,000 to Rs.49,999 and 2 (6.7%) were belong to Income of Rs.50,000 to Rs.74,999 and 4(13.3%) were belong to Income of Rs.75,000 to Rs.99,999 . PercentagedistributionofSenior citizens accordingtotheir Chronic health condition.23(75.9%) were belong toYes, they have chronic health condition and 7(23.1%) were belong toNo, they didn't have chronic health condition.

The percentage distribution level of depression according to the severity of depression. In the above table depicts severity of depression and percentage level. Maximum number of the subjects in this study, 40% had mild level of depression lies between score (10-13) and minimum number of subject, 6.67% had extremely severe level of depression lies between score (28+).The percentage distribution level of anxiety according to the severity of anxiety. In the above table depicts severity of depression and percentage level. Maximum number of the subjects in this study 50% had moderate level of anxiety lies between score (10-14) and minimum number of subject had 3.33% extremely mild level of anxiety lies between score (8-9).

The percentage distribution level of stress according to the severity of stress. In the above table depicts severity of stress and percentage level. Maximum number of the subjects in this study 60% had normal level of stress lies between score (0-14) and minimum number of subject had 6.67% severe level of stress lies between score (26-33).

CONCLUSION

The main conclusionof this present study wasto assess the level of Emotional Problems and Coping Strategies among senior citizens living in Community area- Pallavarmedu, Kanchipuram.

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