

To Assess the Perception of Wellbeing Among Senior Citizens.

¹Ms. Swapnali Mahadeo Tilwe, ^{2*}Mrs. Nutan J. Potdar, ³Dr. Mahadeo B. Shinde, ⁴DR.Mrs. Vaishali R. Mohite, ⁵Mrs. Sangita Patil, ⁶Mr. Shivaji Pawar Karad Ajit Anandrao Pawar

ABSTRACT--Psychological problems arise as old age people are not able to respond to stimuli as they could earlier. People face frequent issues as bodily helplessness, financial insecurity, loneliness, improved leisure time, loss of spouse, lack of social aid and health complaints and many others in this age. which influences the psychological well-being of old age people. To achieve wellbeing, it is necessary to maintain a good physical as well as cognitive function of elderly man. To Investigate the perception of Wellbeing among Senior Citizens. A descriptive survey design was used to conduct the study among elderly people with age 60yrs and above in selected area of rural community karad. 100 participants were selected by convenient sampling technique. After obtaining permission from the setting, the patients were asked to take part willingly in the study and informed consent was obtained. After collecting the demographic data, perception of Wellbeing data was collected by using 18 items structured psychological wellbeing scale. Mean (\pm SD) with a maximum possible score 106. Out of 100 senior citizens 18% were having good perception of wellbeing, 68% were having average perception of wellbeing. 14% were having poor perception of wellbeing. Majority of samples were having average perception of wellbeing. To improve psychological wellbeing among senior citizens makes it possible to plan preventive measures, identify needs and establish priorities for action. Thus, a better knowledge of this reality can lead to improve their perception of wellbeing.

Key words - Senior Citizen, Psychological Wellbeing, Elderly people.

I. INTRODUCTION

India, the world's second most populous country. Almost all elderly populations above 60 years age. 7.5% of the populace who are elderly, two-thirds stay in villages and almost half are of bad socio-economic status most of elderly are women.¹

According to 2011 Population Census there were almost 104 million aged men and women (60 years or above 60 years age) in India; 51 million males and 53 million females. As 71% of elderly population resides in rural areas while 29 % is in urban areas. Prevalence of heart disease is more in rural people than urban.²

Common conditions like in older age include hearing loss, cataracts and refractive errors, back and neck ache and osteoarthritis, continual obstructive pulmonary disease, diabetes, depression, and dementia. Old age is

¹ Final year B. B. Sc. Nursing Student

^{2*} Associate Professor, Krishna Institute of Nursing Sciences, Karad., nutanpotdar@gmail.com

³ Professor, Krishna Institute of Nursing Sciences, Karad.

⁴ Dean/Principal, Krishna Institute of Nursing Sciences, Karad.

⁵ Clinical Instructor, Krishna Institute of Nursing Sciences, Karad

⁶ Clinical Instructor, Krishna Institute of Nursing Sciences, Karad

depending upon socioeconomic condition, physical and social environment, age, sex, ethnicity dietto prevent this aging and health related problems people should aware about health needs and provide them long term care, create eco-friendly environment. We should improve our understanding about them.^{3, 4.}

In India most of the elders are suffering with physical, social, psychological, emotional and financial problems. Elderly people should himself involve in various activity for the personal wellbeing and social good as well. There is great need for mobile units, day-care centres and hospices, and need for training of personnel in home nursing. Governmental, nongovernmental agencies should provide day care centres, home care, palliative care in affordable prices this will help them feeling of wellbeing.^{5, 6}

To promote wellness among elderly patient we should involve them in physical activity. We should motivate for every adult for exercises and tell them importance of it. This physical activity helps them to reduce risk of cardiovascular disease, hypertension, type 2 diabetes, osteoporosis, obesity, colon cancer, and breast cancer and also falls related injury. Along with exercises good nutrition is important. While choosing diet Focus should be on variety diet, nutrient density, and amount, Limit energy from extra sugars and saturated fats, and limit sodium intake. People should develop their own social network also. This social network will help them to keep away all negative thoughts. Because this loneliness negatively affects both physical and mental health, particularly among older adults' social interaction, will help them to reduce this all problems and improve wellness. They can join with any skill-based programme, join for counselling or talk therapy.^{7, 8, 9}

Some technology-based interventions also helpful to promote wellbeing among older adults. Intervention like use of computers and the internet, telephone/internet communication and computer gaming. This will help them to increase social interaction and helps to reduce depression. They can be assertive in life, enjoy the life, have fun in life, try to face the problems and learn from them, develop sustainable social relationship.^{10, 11}

Researcher feels that this study was good to find out problems related with elderly people. So, we can develop certain strategies to find out solutions. People should change their behaviour while dealing with them. Try to maintain respect with elderly people.

II. METHODS

A descriptive survey design was once used to conduct the study among elderly people with age 60yrs and above in selected area of rural community karad. 100 participants were selected by convenient sampling technique. The samples included in this study were who fulfilled the inclusion criteria with those who are above 60 years and residence in selected rural community, who are willing to inclined to take part in research study, who are available during the study period. Those are not understanding Marathi, those are not ready to take part in research study, those are unable to follow instructions, those are chronically ill were excluded from the study. After obtaining permission from the setting, the patients were asked their readiness to take part in the study and informed consent was obtained. After collecting the demographic data, perception of Wellbeing data was collected by using 18 items structured psychological wellbeing scale.

III. RESULTS

Majority of subjects 47(47%) who participated in the study were between the age group of 60-69 years. 59(59%) were male. 77(77%) were from Hindu religion. 74(74%) were married. 36(36%) educated up to primary level. 43(43%) were watching TV for recreation. 53(53%) were having one morbidity.

Table1: Perception of wellbeing among senior citizens in rural community karad N= 100

Sr. No	Minimum score	Maximum score	Standard deviation	Mean	Median	P- Value	Inference
	50	106	12.209	76.25	75	<0.0001	S

Table no.1 reveals that perception of wellbeing among senior citizens statically significant.

Table2 : Level of perception of wellbeingamong senior citizens.N= 100

Perception of level of wellbeing.	Good		Average		Poor	
	F	%	F	%	F	%
	18	18%	68	68%	14	14%

Table no.2 states that 18% senior citizenswere having good perception of wellbeing, 68% were having average perception of wellbeing.14% were having poor perception of wellbeing.

Table: 3 Association between perception of wellbeing and socio demographic variables. N=100

Sr no.	Variables	Good	Average	Poor	X ²	p-value	Inference
1	Age (year)				34.607	<0.0001	S
	61-69yr	14	31	2			
	70-79yr	2	32	4			
	80-89yr	1	5	5			
	90-99yr	1	0	3			
2	Gender				6.874	0.0322	S
	Male	13	42	4			
	Female	5	26	10			
3	Religion				15.043	0.0199	S
	Hindu	18	51	8			
	Muslim	0	11	2			
	Christian	0	2	0			
	Other	0	4	4			
4	Marital status				16.901	0.0097	S
	Married	15	54	5			
	Unmarried	0	1	1			

	Window	3	13	7			
	Divorced	0	0	1			
5	Education				17.328	0.0082	S
	Illiterate	6	19	9			
	Primary education	2	30	4			
	Secondary education	7	16	0			
	Graduate	3	3	1			
6	Recreational Sources				9.459	0.1494	NS
	Spiritual activities	6	24	10			
	Watching TV	10	31	2			
	Laughing therapies	1	6	0			
	Involving in Hobbies	1	7	2			
7	Morbidities				29.626	<0.0001	S
	Having one Morbidities	14	38	1			
	Having two Morbidities	3	18	5			
	Having three Morbidities	1	11	4			
	Having more than one Morbidities	0	1	4			

Table No: 3 reveals that age, gender, religion, marital status, education, morbidities were significant with perception of wellbeing score except recreational sources.

IV. DISCUSSIONS

-In present study explored the perception of the wellbeing among senior citizens in selected rural community karad. But perception of wellbeing is affected by various factors like autonomy, environmental mastery, personal growth, high-quality relation with others.

Descriptive survey was conducted. 2014. The statistics had been gathered from 50 aged human beings who have been chosen from two unique old age home in Kolkata. Samples were assessed by Subjective Well-being Inventory and a self-developed checklist for perceived bodily fitness problems. Cognitive feature used to be assessed by the help of Mini Mental State Examination. In results (52%) of the elderly people have reported high subjective well-being status. More emphasis has to be given for psychological aspect for increase perceived physical health hence subjective well-being.¹²

Contradictory cross-sectional comparative studies done on (30 each from community and old age homes) total 60 elderly females had been assessed. Semi-structured proforma and an interview questionnaire was used. Elderly women residing in community had extra properly mindset of 'acceptance' towards old and they were satisfied life and better emotional support in contrast elderly in old age home perceived better instrumental support for his wellbeing.¹³

Descriptive study done in 2013. 200 elderly from old age home, elderly living with family and alone. Purposive sampling techniques was used. Elderly were from rural and urban areas of Lucknow district. Average

age was 70- 80 years with a range from 65 to 96. A self-structured questionnaire was used to examine the psychological wellbeing of elderly. In results shows there was significant differences between the wellbeing among people dwelling with family, in old age homes and living alone.¹⁴

Descriptive study done Lucknow India in 2013. to assess the differences in overall life satisfaction and precisedomains of existence delightin elderly of urban and semi urban dwellings.The sample of 400 elderly(200 urban samples and 200 semi urban samples) of age range 60 years and above 60 yearsused to be modified life styles pride questionnaire was used.¹⁵

V. ACKNOWLEDGEMENT

Our sincere thanks goes to all the study participants who have provided us their valuable time and willingness to participate in the study.

Conflicts of interest: There are no conflicts of interest.

Financial Support and sponsorship: Nil

REFERENCES

1. Subhojit Dey, et al.Health of the Elderly in India: Challenges of Access and Affordability:<https://www.ncbi.nlm.nih.gov/books/NBK109208/>.
2. Senior Citizens - status in India.<https://vikaspedia.in/social-welfare/senior-citizens-welfare/senior-citizens-status-in-india>.
3. World Health Organisation. Ageing and health.5 February 2018.
4. ME Yeolekar ,Elderly in India — Needs and Issues.<https://japi.org/october2005/E-843.htm>.
5. Prabha Adhikari.Geriatric health care in India - Unmet needs and the way forward:Archives of medicine and health sciences.Year: 2017.Volume: 5, Issue:1,; 112-114.
6. Shaui..Top 5 Problems Faced in Old Age.<http://www.yourarticlelibrary.com/india-2/top-5-problems-faced-in-old-age/47679>.
7. Tips on Boosting Emotional Wellbeing in Aging Adults<https://www.homecareassistancevancouver.ca/boosting-emotional-wellbeing-in-seniors/>.
8. Dr Garima Srivastava.What can you do to enhance wellbeing in the elderly:<https://www.whiteswanfoundation.org/article/what-can-you-do-to-enhance-wellbeing-in-the-elderly/>.
9. ways for seniors to boost psychological health and well-being.<https://chartwell.com/en/blog/2019/03/6-ways-for-seniors-to-boost-psychological-health-and-well-being>.2019.
10. Anna K Forsman,et al.Promoting mental wellbeing among older people: technology-based interventions:Health Promotion International, Volume 33, Issue 6, December 2018, :1042–1054.
11. Mental health foundation.Promoting mental healthand well-being in later life:2006 https://www.mentalhealth.org.uk/sites/default/files/promoting_mh_wb_later_life.pdf
12. Jharna Bag et al.Assessment of subjective well-being status of elderly people in old age homes in Kolkata in relation to their perceived physical health and cognitive functioning:Journal of Mental Health and Human Behaviour.Year: 2014, Volume: 19, Issue:1, :32-34.

13. Shipra Singh et al. Perception of old age and self: A comparative study of elderly females living in community and in old age home: Journal of Geriatric Mental Health. Year: 2014, Volume:1, Issue: 1: 32-37.
14. Bhawana Singh and U.V. Kiran, Psychological well-being during old age: ADVANCE RESEARCH Journal of social science volume 4, Issue 2, December, 2013:170-174.
15. Priyanka et al. Differences in life satisfaction of elderly people in urban and semi urban families of Lucknow (U.P.): IOSR Journal Of Humanities And Social Science (IOSR-JHSS) Volume 16, Issue 6 (Nov. - Dec. 2013), :28-32.