



“A COMPARATIVE STUDY TO ASSESS THE EMOTIONAL PROBLEMS OF ELDERLY RESIDING IN SELECTED OLD AGE HOME AND URBAN AREAS OF PUNE CITY”

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ABSTRACT

Introduction: Aging is the stage of life. During the old age stage of life elderly people goes under many biological, physiological, psychological changes. Adjusting with those changes can become hard for some people. During the adjustment with this aging people may face lot of problems. During this period people need support from their family members, friends and society. If elderly people is having proper support they can easily adjust with that stage. If families are there for their support, then it becomes easier. Family members can help elderly people to stay positive during the changes of life.

Aim of the study: To assess the emotional problems of elderly people and to compare the emotional problems of elderly people residing in old age home and residing along with families.

Material and content: An comparative research study design is adopted to conduct research study. 50 elderly people from old age home and 50 from families were selected to conduct study. 15 emotional problems were selected for assessment i.e., sadness, fear, insecurity, frustration, anger, loneliness, anxiety, stress, negligence, lack of social support, conflict, depression, guilt, suspiciousness, and negativism. Structured questions were prepared to assess these emotional problems.

Result: Findings of the study show that there is significant difference in emotional problems in elderly people residing in old age home and elderly people residing with families. That is elderly people residing in old age home are having more emotional problems than elderly people who reside along with families. Elderly people residing in old age home are facing anxiety in majority i.e., 42% and in minority they are having suspiciousness i.e., 8%

Conclusion: The study concluded that the structured questionnaires were effective in assessment of emotional problems among elderly people. From the findings of above study, it can be concluded that living with family can become helpful to reduce the emotional problems of elderly people.

Keywords: Assessment, Elderly, Emotional Problem

INTRODUCTION:

Aging is the stage of life when many physiological changes takes place. Along with that many psychological, emotional, social changes also takes place. Every individual goes through this aging process. Every individual copes differently with this phase.

To adjust and deal with old age people need for support from family and society.

METHODOLOGY:

To conduct this study quantitative research approach and comparative research design was selected. 15 emotional problems were selected as research variable.

Population was selected between the age group of 60-80 yr age. Total 100 sample size was selected. 50 samples were from old age home and 50 samples were from community area. Non probability sampling technique was selected. A self structured questionnaire was prepared for data collection. Section 1 was related to demographic data and section 2 was related to emotional problems. This tool was validated by subject experts and reliability of tool was conducted through Cronbach's alpha internal consistency method.

RESULT:

Section I: Demographic Profile Section I: Demographic Profile

Table No- 1

n= 100

Sr. no	SOCIAL DEMOGRAPHICAL VARIABLES		Frequency	Percentage
1	Age	61-65 years	17	17.00%
		66-70years	12	12.00%
		71-75 years	22	22.00%
		76-80 years	49	49.00%
2	Gender	Male	63	63.00%
		Female	37	37.00%
3	Marital status	Married	40	40.00%
		Divorced	07	7.00%
		Separated	06	6.00%
		Widowed	47	47.00%
4	Living with partner	Yes	40	40.00%
		No	60	60.00%
5	Type of family	Nuclear	31	31.00%
		Joint	64	64.00%
		Extended	5	5.00%
6	Education	Primary	61	61.00%
		Higher	36	36.00%
		Under graduation	3	3.00%
		Post graduation	0	0.00%
7	Occupation	Working	54	54.00%
		Not working	46	46.00%
8	Income	Yes	66	66.00%
		No	34	34.00%

Age Group: 17%% elderly belongs to age group 61-65 years, 12% belongs to 66-70 years, 22% belongs to 71-75 years and 49% belongs to age group 76-80 years.

Gender: 63% were male and 37% were females.

Marital Status: 40% were married, 47% were widowed, 6% were separated and 7% were divorced.

Living with partner: Out of 100 participants 40% were living with partner and 60% were not living with partners.

Type of family: 31 % elderly living in nuclear family, 64% living in joint family and 5% were living in extended family.

Education: Out of 100 participants, 61% were studied primary, 36% studied higher secondary and 3% were under graduates.

Occupation: Out of 100 participants, 54% were working and 46% were not working.

Income: Out of 100 participants, 66% were getting the income while 34% were not getting income.

Item wise analysis

Table No- 3: Analysis related to emotional problems

SR. No	Emotional problem	Old Age Home		Community Area	
		Frequency	Percentage	Frequency	Percentage
1	Sadness	15	30.00%	7	14.00%
2	Fear	7	14.00%	4	8.00%
3	Insecurity	8	16.00%	6	12.00%
4	Frustration	19	38.00%	14	28.00%
5	Anger	13	26.00%	7	14.00%
6	Loneliness	14	28.00%	13	26.00%
7	Anxiety	21	42.00%	13	26.00%
8	Stress	13	26.00%	13	26.00%
9	Negligence	18	36.00%	13	26.00%
10	Lack of social support	15	30.00%	15	30.00%
11	Conflict	8	16.00%	9	18.00%
12	Depression	9	18.00%	7	14.00%
13	Guilt	6	12.00%	3	6.00%
14	Suspiciousness	4	8.00%	7	14.00%
15	Negativism	7	14.00%	10	20.00%

As per the analysis of the emotional problems among elderly people residing in old age home, it can be concluded that 42% people from old age home was suffering from anxiety in majority.

And among elderly people who reside with family was facing lack of social support in majority i.e. 30%

CONCLUSION

As evaluation of study clears that elderly people who reside in old age home have more emotional problems than elderly people who reside along with family.

Through this it can be stated that family members are taking good care of elderly people, so that they are having less emotional problems.

Elderly people who reside in old age home are needed to spend time with their family and friends to reduce the level of emotional problems.

Also along with that some management techniques like yoga, meditation, some recreational activities can be planned for them.

Also the counseling session can be planned for them.

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