



## **A Comparative Study on the Psychological Wellbeing of the Institutionalized and Non-Institutionalized Elderly in Thiruvananthapuram District.**

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### **ABSTRACT**

A descriptive survey was conducted to compare the psychological wellbeing of institutionalized and non-institutionalized elderly in Thiruvananthapuram District. The objectives of the study were to compare psychological wellbeing of institutionalized elderly and non-institutionalized elderly and to find out the association of psychological wellbeing between institutionalized elderly and non-institutionalized elderly with selected socio demographic variables. The conceptual model used in this study was based on "Nora J. Pender's health promotion model (1996)" comparative survey method was used to conduct this study. The samples under the study comprised of institutionalized and non-institutionalized elderly from Thiruvananthapuram district. Eighty samples were selected by using convenient sampling technique. The tool consisted of Ryff scale to compare the psychological wellbeing of institutionalized and non-institutionalized elderly. Reliability coefficient tool was  $r=0.84$ . Pilot study was conducted among 8 samples and was found to be feasible. The study revealed that there is a significant difference in psychological wellbeing between institutionalized and non-institutionalized elderly ( $p < 0.05$ ). It showed that non institutionalized elderly reported comparatively higher level of psychological wellbeing as compared to institutionalized elderly.

*Key words: Psychological wellbeing, institutionalized elderly, non-institutionalized elderly*

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### **INTRODUCTION**

Aging is an inevitable developmental phenomenon. Some people grow old faster than the people of same age group mainly because they think that they are old. Natural process of ageing will continue and no one can stop it. Old age has been viewed, as problematic period of one's life and this is correct to some extent. The aged become increasingly dependent on others. As man grows, his reduced activities, income and consequent decline in the position makes his life more vulnerable in family and society<sup>1,2</sup>.

The situation of the elderly still worsens when there is physical incapacity and financial stringency. Today in India elderly face the miserable conditions in their life. This study is an attempt to assess the psychological well-being among the elderly people living in institutionalized and de institutionalized settings.<sup>3</sup>

A study pointed out that an old person begins to feel that even his children do not look upon him with the same degree of respect as he was younger. The old person feels neglected and humiliated. This may lead to the development of psychology of shunning the company of others. In the recent years, indignity, disgracefulness, embarrassment, dishonor, disheartening, disregard, indifference, injustice, lack of care, psychological torture and host of negative behaviors and attitudes are reflected in the society towards elderly.<sup>4</sup>

According to the census conducted in 2001 population of senior citizens in Andhra Pradesh, Goa, Himachal Pradesh, Karnataka, Kerala, Maharashtra, Orissa, Punjab, Tamil Nadu, Uttarakhand and Pondicherry is more than national average 7.5%. In rural areas it is highest in Kerala and lowest in Andaman and Nicobar Islands. In the urban areas it is highest in Kerala and lowest in Arunachal Pradesh.<sup>5</sup>

According to population census 2011 nearly 104 million elderly persons in india,<sup>53</sup> million are females and 51 million males. A report released by The United Nations Population Fund and Help Age India suggest that by 2026 the number of elderly persons is expected to grow to 173 million . The old age dependency ratio claimed from 10.9% in 1961 to 14.2% in 2011 for India as a whole. For females and males, the value of the ratio was 14.9% and 13.6% in 2011.<sup>6</sup>

A study was conducted on investigating the influence of psychological wellbeing on a sample of two hundred elderly comprising of elderly from old age homes, elderly living with family and elderly living alone with in the age group of 65-96 years. Purposive sampling was done to select samples from urban and rural areas of Lucknow district. Study revealed that there was a significant difference in psychological wellbeing among people living with family, in old age homes and living alone. Among the 200 respondents 61.11% respondents had good psychological wellbeing, 16.66% respondents had average psychological wellbeing and 22.22% respondents had low psychological wellbeing.<sup>7</sup>

**Statement of the problem**

A comparative study on the psychological wellbeing of the institutionalized and non-institutionalized elderly in Thiruvananthapuram district.

**Objectives**

- To compare psychological wellbeing of institutionalized elderly and non-institutionalized elderly.
- To find out the association of psychological wellbeing between institutionalized elderly and non-institutionalized elderly with selected socio demographic variables.

**Assumptions**

This study assumes that institutionalized and non-institutionalized elderly may have moderately adequate level of psychological well-being.

**Hypotheses**

H1: There will be significant difference in psychological wellbeing between institutionalized elderly and non-institutionalized elderly.

H2: There will be significant association between psychological well-being of institutionalized elderly and non-institutionalized elderly with selected socio demographic variables.

**Conceptual Framework**

The conceptual framework for this study was based on Pender's health promotion model (1982). Nora J Pender developed the Health Promotion Model that is proposed as a holistic predictive model of health promoting behaviour for use in research and practice

**Study setting:**

The physical location and conditions in which data collection takes place in a study is called setting. [There are three common settings for conducting research: natural, partially controlled and highly controlled.

The study was conducted in selected old age homes- Anpu Nilayam at cheruvarakonam, Happy home at Neyyattinkara, Divine mercy old age home at Katakana and the family settings in the respective areas in Thiruvananthapuram district.

**Study population:**

Population refers to the entire set of individuals or objects that possess specific characteristics that the researcher is interested in studying.[72]

Population for the study was institutionalized elderly and non-institutionalized elderly.

**Description of the tool**

The data collection tool contains two sections,

**Section A:** consists of socio demographic variables like age, sex, religion, educational status, type of family, marital status, occupation, income.

**Section B:** Ryff scale of psychological wellbeing 42 item version, which is a standardized scale for assessing the psychological well-being. In these 6 factors like autonomy, self-acceptance, environmental mastery, personal growth, positive relations, and purpose in life are included. Each factor consists of 7 questions.

**Data analysis**

Data analysis is the systematic organization and synthesis of research data, the testing of the research hypothesis by using the obtained data. The collected data here are subjected to statistical analysis using appropriate statistical tools for categorical variables frequency and percentage were reported.

For finding association between two categorical variables chi square test has been applied (if cell frequencies <5 appropriate continuity correction methods employed

For comparing institutionalized and non institutionalized elderly based on psychological wellbeing independent sample t test has been applied.

A calculated t value <0.05 is considered to be statistically significant. All the analysis were done with the help of software SPSS version22.0

The primary objective that was to compare the psychological wellbeing of institutionalized elderly and non-institutionalized elderly was assessed using mean and standard deviation and the secondary objective was that to establish the association between the psychological wellbeing of institutionalized elderly and non-institutionalized elderly with selected socio demographic variables was analysed using Chi Square test.

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## RESULTS

### Objective 1

- To compare psychological wellbeing of institutionalized elderly and non-institutionalized elderly. The data was analyzed by the application of sample t test. The results are as follows,
  - Independent sample t test showed that there is significant difference in psychological wellbeing between institutionalized and non-institutionalized elderly ( $p < 0.05$ ).
  - It is evidenced that the non-institutionalized elderly reported comparatively higher level of psychological wellbeing ( $172.5 \pm 18.23$ ) as compared to institutionalized elderly ( $154.72 \pm 12.40$ )

### Objective 2

- To find out the association of psychological wellbeing between institutionalized elderly and non-institutionalized elderly with selected socio demographic variables. The data was analyzed by using chi square test to find out the association. The result is as follows,
  - There is no significant association between the psychological wellbeing of the institutionalized elderly and non-institutionalized elderly with socio demographic variables.

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## Discussion

The present study was intended to compare the psychological wellbeing of institutionalized and non-institutionalized elderly. Eighty samples were collected by convenient sampling method. The study was aimed to compare the psychological wellbeing of institutionalized and non institutionalized elderly. The findings of the study revealed that there is significant difference in psychological well-being between institutionalized and non institutionalized elderly ( $p < 0.05$ ). It showed that non institutionalized elderly reported comparatively higher level of psychological wellbeing as compared to institutionalized elderly. The findings of the study were discussed in terms of objectives, assumption and hypothesis that are formulated.

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## Conclusion

The findings of the study have been discussed in terms of the objectives, theoretical base and hypothesis. The present study was aimed to compare the psychological wellbeing of institutionalized and non institutionalized elderly. Non institutionalized elderly reported comparatively higher level of psychological wellbeing as compared to institutionalized elderly. There is no significant association between the psychological wellbeing of the institutionalized and non institutionalized elderly with their socio demographic variables.

### *Nursing implications*

The implications of the study were discussed on various aspects like nursing education, nursing practice, nursing administration and nursing research.

#### *Nursing education*

- Study helps the nursing student to know about the important of psychological wellbeing in elderly.
- The study can be kept in the college library for future references.
- The topic can be included in the nursing curriculum, so that the nursing students will get an opportunity to equip them with adequate knowledge.
- Arrange workshops for students so that they can gain more practical information about psychological wellbeing in elderly people.

#### *Nursing practice*

The psychiatric nurses have to play a vital role in enabling effective identification and management of psychological wellbeing among elderly. This can be facilitated by motivating the nurses to,

- Learn about identification and management of psychological well-being among the elderly.
- Teach student nurses to rule out symptoms in clinical practice
- Nurses need to take the responsibility in educating the people in the community regarding the need of improving psychological wellbeing among elderly

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### ***Nursing administration***

Nursing is in a position to take a leadership role in stressing the importance of improving the psychological wellbeing among the elderly in mental health care. The nurse leader must manage and co-ordinate the programs in promoting the health of common people.

Nurse administrator can plan for regular educational sessions to educate the staff nurses regarding the current issues in the health care and the nurse's responsibility to implement the comprehensive care.

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