

## A Comparative Study to Assess the Level of Stress and Coping Skills among Senior Citizens Living with Family V/S Old Age Home. With a View to Develop Information Leaflet on Stress and their Coping Skills in Selected area at Raipur Chhattisgarh

Dr. Reena Barai, Dr. Hemant Sharma

Govt. College of Nursing, Raipur, D.K.S.PGI and Research Centre, Raipur(C.G.)

---

**ABSTRACT:** The present study assess the level of stress and coping skills among living with family v/s old age home senior citizens. with a view to develop information leaflet on stress and their coping skills in selected area at Raipur chhattisgarh. To conduct the study 100 senior citizen of family V/S old age home in Raipur.chhattisgarh were selected as sample. Inclusion criteria senior citizen more than 60 age old. The tool was selected Sterilized Perceived Stress scale and BRIEF COPE scale for data collection. Results reveal that after the completion of study that those are living in family are low stress compare of old age.

**KEYWORDS:** Stress, Coping, Family, Old Age Home, Senior Citizen.

---

### I. INTRODUCTION

The elderly population (aged 60 years or above) account for 7.4% of total population in our country. For males it was marginally lower at 7.1%, while for females it was 7.8%. About 65% of the aged had to depend on other for their day to day maintenance. The older person in the society face a number of problems due to absence of assured and sufficient income to support themselves for their healthcare and other social societies The population projections made by the United Nations Educational, Scientific and Cultural Organization indicates that the proportions of the aged above 60 is likely to go up from 7.1 per cent in 1991 to 12.3 per cent in 2025 in India alone. Therefore, need to be paid proper attention to the quality of life of the older persons. In almost all the countries of the world, elderly women outnumber the elderly men. Rapid ageing trends present new challenges to government, families and the elderly themselves.

### II. MATERIAL AND METHODS:

**Samples-** 100 senior citizen( 50 within family and 50 in old age home) Elderly people(more than 60 yr ) residing in old age home ( Snjivani old age home Gudhyari) v/s famoly ( Gudhyari sector -2 &Gudhyari sector-12) area at Raipur.**Tool** -The research develops a Self structured questionnaire( socio-demographic data ), perceived stress scale and COPE scale , **Design**-Comparative research design.

#### Procedure-

##### Section- I

##### Socio-demographic variables

It consist of socio demographic variables like age , religion, type of family, education, number of children, Medical ailment, Monthly Income (in RS.).

##### Section-II

##### perceived stress scale

##### Section- III

##### COPE SCALE

**DEVELOPMENT OF LEAFLET** -A leaflet was developed on technique of stress reduction by the help of review of literature, book, e- Journals to help the elderly people to reduce stress in their daily life.

### III. RESULT AND DISCUSSION

Above table-1 shows stress level among senior citizen in family and old age home. The table shows stress level of elderly people in old age home v/s Community is nearly comparable with 49.15 % and 50.9% . The minimum and maximum stress level in both groups are also comparable

Table-1

Stress level	Mean	Min	Max	Mean %	SD	CV
Family	19.66	12	26	49.15	4.15	22.94
Old age home	20.36	11	23	50.9	4.19	20.58

Figure-1

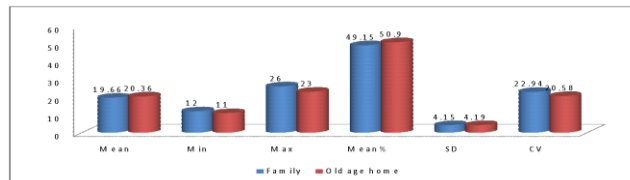
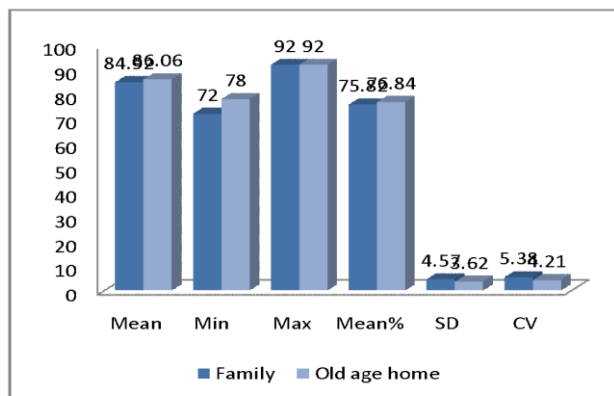


Figure -1 The data present shows distribution of samples in Old age home and Community according to stress level score criteria. By looking into the table we can conclude no major difference exist in stress level between elderly people from old age home and community. Both groups has nearly equal samples in low and moderate stress level.

The data presented in **Table-2**- Coping level of living in old age home Mean (84.92), Min (72), Max (92), Mean% (75.82), SD(4.57), CV ( 5.3), and with family Mean (86.06), Min (78), Max( 92), Mean% (76.84), SD (3.62), CV(4.21).

Table-2

Coping skills level	Mean	Min	Max	Mean %	SD	CV
Family	84.92	72	92	75.82	4.57	5.38
Old age home	86.06	78	92	76.84	3.62	4.21

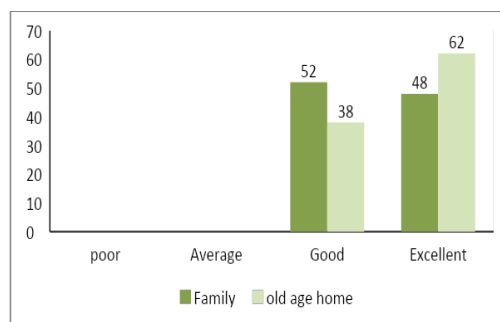


The data presented in **Table- 3 ( Fig.no.3)**- Coping level Institutionalized, poor ( 0), Average (0), Good[26(52%),Excellent [24(48%)], Total [50(100)], De-Institutionalized, Poor (0), Average (0), Good [26(52%)], Excellent [24(48%)], Total [50(100%)].

Table -3

Coping level	poor	Average	Good	Excellent	Total
Family	0	0	52	48	50(100%)
old age home	0	0	38	62	50(100%)

Figure -3

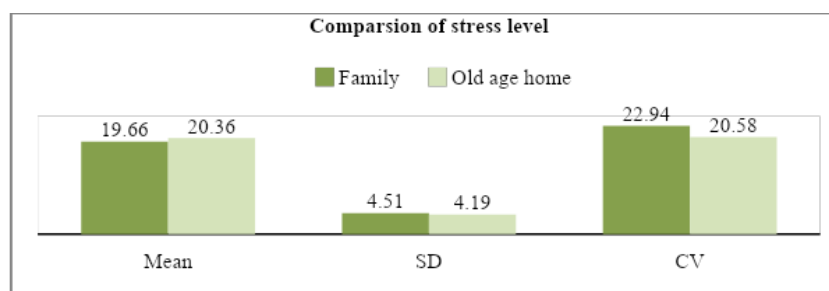


To compare the level of stress among institutionalized v/s de- institutionalized elderly people.

Assessment of mean, standard deviation, coefficient value, df, unpaired  $t$  value and significance value

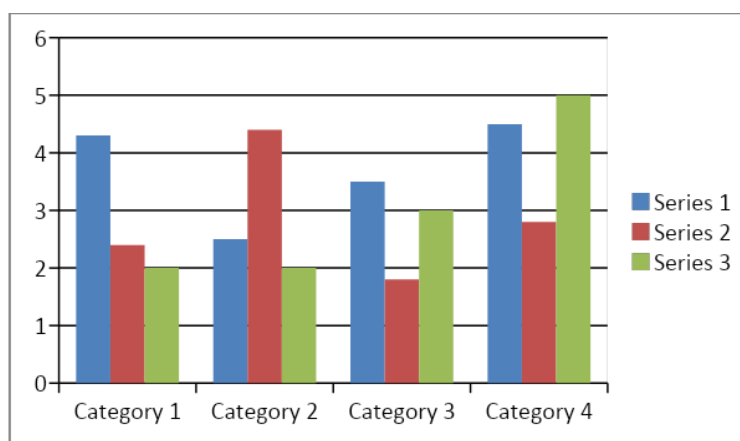
**Table- 4 (Fig. no.- 4)**, Institutionalized mean(19.66), SD (4.51), CV (22.94), and De-Institutionalized ,mean(20.36), SD (4.19), CV (20.58) AND df value 98 and  $t$  value is 0.80 and significance value is  $p>0.05NS$  .

Stress level	Mean	SD	CV	D f	Unpaired “t” value	significance
Family	19.66	4.51	22.94	98	0.80	$p>0.05NS$
Old age home	20.36	4.19	20.58			



**Table-5:** Assessment of mean, standard deviation, coefficient value, df, unpaired  $t$  value and significance value among institutionalized v/s de-institutionalized.

The data presented in **Table-5(Fig. no. 5)**, Institutionalized, mean (84.92), SD (4.57), CV (5.38) and De-Institutionalized mean(86.06),SD (3.62), CV (4.21) , df value is 98 and  $t$  value is 1.76 and significance value is  $p>0.05NS$ .



### REFERENCES

1. A similar study may be replicated on a large scale.
2. A comparative study may be conducted on different setup.
3. A similar study may be undertaken on elderly people of different setup to assess the level of stress and coping skills.
4. To find out the effect of leaflet to reduce stress and improve coping skills.
5. Time to time counselling session and health education can be conducted to reduce stress level and improve coping skills among elderly people.
6. Power G.& Sharp G.R.(1988).A Comparison of sources of nursing stress and job satisfaction among mental handicapped and hospice staff. *Journal of Advance Nurses* 13,726
7. Peters VP, de Rijk A E Bowman's NP Nurses satisfaction with shift work and association with work, home and health characteristics,*Journal of Advance Nurses*,2009;65(12):2689-2700.
8. Roebwek. Definition of old age. *N J I.* 1979; 69(1):2540.
9. Scully, Rose Marie "stress in the nurse" *American Journal of Nursing* 1985;10(4):305-309.
10. SherringS,KnightD.An exploration of burnout among city mental health nurses. *Br.J Nurse.*2009 Nov.12-25;18(20):1234-40. Early Intervention Team, Oxleas NHS Foundation Trust, Londo
11. Selye, Hans "The stress of life" *Nursing Forum* 1965;4(1):29
12. Supe A. Managing stress in nursing profession, *Nursing Journal of India* 2000;10;221-223.
13. Srivastava, A K and Singh A.P. "Constructin and standardization of an stress Index : *Indian Journal of clinical psychology*" 1981;8(2):133-136.
14. The World Health Organization. *World Health Report: Mental Health: New understanding New Hope.* *Indian J Gerontology.* 2001;18: 221-231
15. WHO.Geneva.Psychosocial problems of aged. *Indian J Gerontology.* 2007;16: 329-343.
16. Adey Cheryl , —stress : who care ? “ **Nursing Times**”1987 ; 83 (4) 52 – 53
17. Adachi H , Inoue M , Inaba R, Iwata H. Mental Health and stress coping among hospital nurses by stress & stress – coping questionnaire department of Health Nursing Science , Fujita health University ,Aichiken , Japan .
18. Bailey ,june T , et al, — The stress Audit : Identifying the stressors of ICU nursing “**Journal of NursingEducation**” 1980 ; 19 (6) : 15 – 25 .