

“Correlational study between stress and subjective wellbeing among elders in selected villages of Belagavi district with a view to develop information booklet”

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ABSTRACT

Background: Stress on today's elders can mean pressure, conflict and uncertainty. As frustration and helplessness build, it can lead to problems between spouses, children, parents and relatives. If left unresolved, these feelings can lead to fatal accidents and deaths as witnessed in many elder's suicides in recent days all over country. Hence the study on elders was undertaken in the community to identify the correlation between stress and subjective wellbeing. **Objectives:** 1. To assess the level of stress. 2. To assess the level of subjective wellbeing. 3. To find out the correlation between stress and subjective wellbeing. 4. To find out the association between stress & subjective wellbeing with selected demographic variables. 5. To prepare & distribute the information booklet. **Materials & Methods:** A modified structured interview schedule was used. Elders aged 60 years and above were selected by convenient sampling. Descriptive and inferential statistics were used for data analysis; the level of significance was set at 0.05 levels. **Results:** Majority of the elders i.e. 51.66% (31) had mild level of stress, 48.33% (29) of the elders had moderate level of stress. And the results related to subjective wellbeing revealed that 75% (45) of the elders had moderate level, 16.66% (10) had lower level and 8.33% (5) had higher level. Regarding the association between stress with selected demographic variables i.e Type of family had statistically significant association with the stress. And no any variables were statistically significant association with subjective wellbeing. **Conclusion:** and the study concluded that there was a significant negative correlation between stress and subjective wellbeing among elders.

Key words: Correlation, Stress, subjective wellbeing, Information booklet.

Introduction

Aging is a natural, universal and inevitable process of systems deterioration with time. Although dietary regulation is a need, routine exercise, improved family relations, relations with the family and community are complimentary.¹ Britain the friendly societies Act, enacted the definition of old age as “any age after 50” yet pension mostly used age 60 or 65 years for eligibility.² A survey on Situation Analysis of the Elderly in India. June 2011 stated that Globally older people constitute 11.7% in 2013 and the share of older persons aged >80 were 14%. Presently, about 2/3rd of the world's older persons live in developing countries.

In India 7.5% population belong to age group above may projected to rise to 12.4% of population by the year 2026.³ According to population census 2011, there are nearly 104 million elderly persons in India; 53 million females and 51 males. As regards rural and urban areas, more than 73 million persons i.e 71% of elderly reside in rural areas while 31 million i.e 29% of elderly population are in urban areas.⁴ Stress is referred to all processes, whether originating in the external environment or within the person, which impose a demand or requirement up on the organism, the resolution or handling of which necessitates or activity of the mental apparatus before any system is involved or activated.

“Subjective wellbeing” refers to ones perception as oneself happy, unhappy, relaxed or tensed, confident or anxious in the physiological, psychological and social context”.

Need for the study

In this modern world we face stress in every phase of life. Old age population suffers both physical as well as mental changes in life. Biological or bodily changes, loss of partner, change in family structure and role, economic dependency, all which contributes to the mental health problems. Elderly people are suffering with many physical, social, emotional and psychological problems which enhance the level of stress. A cross sectional study was conducted in two sub districts of rural Thailand and interviewed 403 elderly persons. The aim of the study was to assess the level of stress among elderly. Simple random technique was used with structured knowledge questionnaire. Multiple regressions were applied for data analysis. The results shown that 67% of the participants had moderate stress, 33% of people had higher level of stress and more than half of participants had lower level of stress. Stress was significantly associated with alcohol and illness with predictive power of 3.0%.⁵ An explorative study conducted to explore the effects of stress, trauma, coping and growth orientation on subjective well-being. Based on cognitive stress theory, it was hypothesized that adversity may contribute to increased or decreased well-being. Survey data from Norwegian UN/NATO veterans ($N= 142$) showed that stress and well-being were negatively associated ($r=-0.20, p< 0.05$) at the level of zero-order correlations. Stress was negatively mediated through an avoidant-focused coping process and a distress component. The hypothesis that stress can produce both increased and decreased subjective well-being was confirmed.⁶

Objectives of the study:

- To assess the level of stress among elderly in selected villages of Belagavi district.
- To assess the level of subjective wellbeing among elderly in selected villages of Belagavi district.
- To find out the correlation between stress and subjective wellbeing among elderly in selected villages of Belagavi district.
- To find out the association between stress & subjective wellbeing with selected demographic variables. To prepare & distribute the information booklet.

Hypothesis:

H1- There is a significant correlation between stress and subjective wellbeing among elderly.

H2- There is a significant association between stress and subjective wellbeing among elderly.

Methodology:

Research approach: A descriptive survey approach was adopted for the present study.

Research design: A descriptive co relational design was adopted for the present study. **Variables under the study:**

Independent variable – Stress. **Dependent variable-** Subjective wellbeing. **Demographic variables** - Age, sex, religion, type of family etc. **Setting of the study:** The study was conducted in two talukas of Belagavi district. The villages

selected for the study were Nagaramunnoli (chikoditaluka), Ghataprabaha(Gokak taluka).

Population: The population for the study was comprised of all elders. **Sample size:** The study consists of 60 elders who fulfill the sampling criteria. **Sample:** The present study comprised of elders aged 60 and above years who fulfills the inclusion and exclusion criteria, from selected villages of Belagavi

district.

Sampling criteria:

Inclusion Criteria- Elderly people; Who are aged 60 years and above, who are willing to participate in the study, who are available during the time of data collection.

Exclusion criteria-Elderly people; who are critically ill, who are not able to verbalize.

Sampling technique: non-probability convenient sampling technique was used to select the sample for this study.

Description of Tool:

Section-A: Demographic profile. It includes the baseline information of Elders such as age, Sex, educational status, Annual income, Type of Family, Marital status, chronic illness, previous source of Information about stress and its management and Economical dependency. **Section-B: Stress scale to assess level of stress among Elders.** This section consists of 30 items to measure level of stress. The stress scale was organized under the following components- General ability to manage stress (6 items), Physical and physiological symptoms of stress (6 items), Financial (4 items), Family and social support (7 items), Interpersonal relations (4 items), Working conditions (3 items). **Section C: Modified Subjective Wellbeing Inventory:** This section consists of 40 items to measure level of subjective wellbeing among Elders. The inventory was organized under the following components-General wellbeing positive effect (3 items), Expectation-achievement congruence(3items), Confidence in coping (3 items), Transcendence (3 items), Family group support (3 items), Social support (3 items), Primary group concern (3 items), Inadequate mental mastery (7 items),

Perceived ill health (6 items), Deficiency in social contacts (3 items) General wellbeing negative (3 items). **Reliability:** The reliability of the tool was assessed by inter rated reliability method. In order to assess reliability, the tool was administered to 06 samples by two interviewers.

Correlation was calculated by using Karl Pearson correlation coefficient formula and the significance of the correlation was tested by using probable error. The reliability of the tools was estimated by Spearman-Brown Prophecy formula. The reliability of the stress scale was found to be 0.83 and the reliability of modified subjective wellbeing inventory was found to be 0.70. Hence both the tools were found reliable.

Data Analysis: Descriptive statistics Frequency and Percentage distribution to analyses the Demographic variables. Frequency, Percentage Mean and Standard deviation to assess the stress and subjective wellbeing levels.

Inferential statistics: Correlation coefficient was used to find out the correlation between stress and subjective wellbeing of elders. Chi – square test to work out the association of the stress and subjectivewellbeing with the demographic variables.

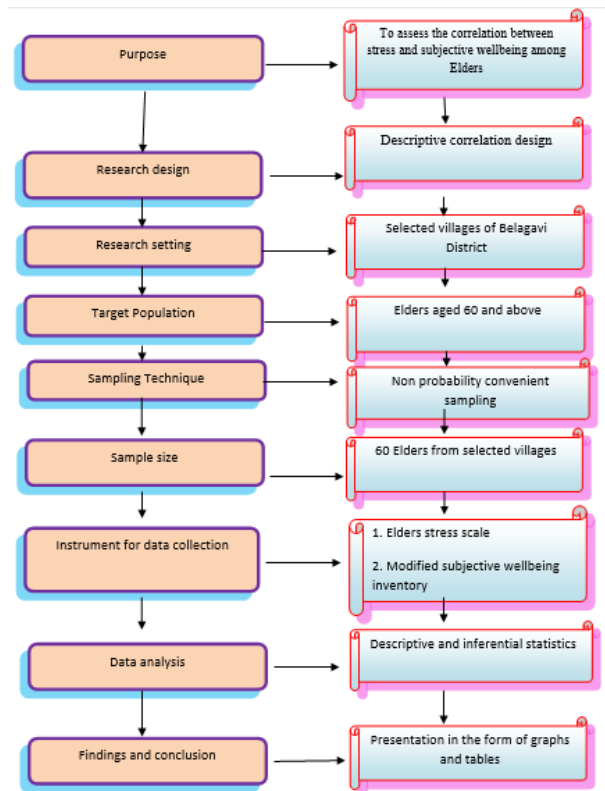


Fig No1: Schematic representation of study design

RESULTS

Findings related to demographic characteristics: In relation to the Age, majority i.e. 75% of the subjects were in the age group of 61 to 70 years; whereas remaining 25% of subjects were in the age group of 71 to 80 years and none were belonging to the age group of 81 years and above. With regard to Gender, majority of the subjects i.e., 83.33% were Male and remaining 16.66% were Females. In relation to educational status, maximum i.e 85% of the

subjects were illiterates and remaining 15% were educated up to primary level. And none were belonging to secondary, graduates and post graduates. In the context of Type of family majority i.e., 93.33% of the subjects were from nuclear family and remaining 6.66% were belongs to Joint family. In relation to the annual income of the family, the table depicts that 96.66% subjects have annual income less than 10000, and remaining 3.33% have 10,001 to 20,000 of annual

income. In relation to the marital status majority i.e 78.33% of the subjects were married where as 3.33% are unmarried, 3.33% were divorced and remaining 15% were widow/widower. About 8.33% of the subjects had previous source of knowledge from electronic media, and remaining majority of the subjects 91.66% were not had any source of information regarding management of stress. Majority i.e.70% of the subjects were suffering from chronic diseases and remaining 30% were not. In regard to Economical dependency about 8.33% of the subjects were independent and remaining 91.66% of subjects were depending on their children.

Findings related to stress levels of the elders:

The findings related to the level of stress shown that; majority of 31 (51.66%) had Mild level of stress and remaining 29 (48.33%) were mildly stressed and none were found with severe level of stress.

Findings related to subjective wellbeing levels of the elders:

The findings related to the level of subjective wellbeing shown that; majority of Elders i.e 45 (75%) had moderate level of subjective wellbeing and 10 (16.66%) had lower level of subjective wellbeing whereas remaining 05 (8.33%) had higher level of subjective wellbeing.

Table 1 : Correlation Of Elder’s Level Of Stress And Their Level Of Subjective Wellbeing N=60

	Correlation coefficient	P value
Pearson’s correlation between elder’s stress and subjective wellbeing	$\rho = -0.293$	> 0.001

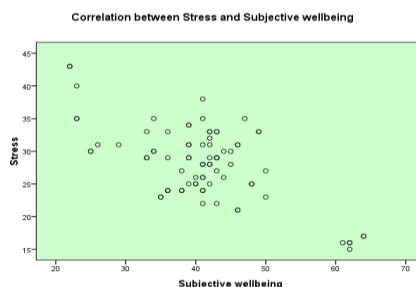


Fig: Correlation of Elder’s level of stress and their level of subjective wellbeing

The above table and figure indicates the correlation coefficient between elder’s stress and subjective wellbeing. Karl Pearson’s correlation formula was used to work out the correlation between stress and subjective wellbeing. The correlation coefficient was found to be $\rho = -0.293$ (at $p < 0.001$) which shows that there is a statistically significant negative correlation between elder’s stress and subjective wellbeing.

CONCLUSION:

The finding shows that the majority of elders experiencing the Moderate levels of subjective wellbeing. Regarding association between the stress and demographic variables, only type of family is significantly associated. Remaining demographic characteristics such as age, sex, education, marital status, Annual income of the family, Previous source of information regarding stress management, Chronic disease and Economical dependency have no statistically significant association. Regarding association between the subjective wellbeing and demographic variables all the variables such as age, sex, education, type of family, marital status, income, Previous source of information regarding stress management, Chronic disease and economical dependency had no statistically significant association. However, there was a significant negative correlation between the stress and their subjective wellbeing.

Recommendations for further study:

Similar study can be conducted with large sample to generalize the findings. The study will be more effective if conducted on elders of isolated villages. An explorative study helps to understand the stressful areas in elder's life. Further study can be done among elders to assess their knowledge regarding managing stress and coping with crisis situations. A study

can be done to evaluate the effectiveness of planned teaching program on reduction of level of stress among elders. Experimental studies can be done to evaluate the effectiveness of different stress reduction techniques like Yoga Nidra, Music Therapy and Spiritual Therapies Etc.

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