

EFFECTIVENESS OF HEALTH PROMOTIONAL ACTIVITIES ON QUALITY OF LIFE AMONG GERIATRIC INMATES RESIDING IN SELECTED OLD AGE HOMES AT BENGALURU, KARNATAKA

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ABSTRACT

Good health in elderly means maintaining the maximum possible degree of physical, mental and social vigor which means being able to adapt, to continue, to handle stress and to be active and involved in life and living. The objective of the study is to assess the pre interventional and post interventional quality of life of geriatric inmates in the interventional and control group and find the effectiveness of health promotional activities on QOL score among geriatric inmates in the interventional group. A standardized WHOQOL BREF Scale was used to assess effectiveness of health promotional activities on Quality of Life among Geriatric Inmates. The study was conducted in Sri Chaithanya old age home and Sudhama old age home, Bengaluru. The 60 geriatric inmates in which 30 interventional and 30 control group were selected by purposive sampling technique. Pre interventional score obtained for both the groups and health promotional activities were given only for interventional group and followed by post interventional score was obtained after 2 weeks. The obtained data was analyzed using descriptive and inferential statistics. Health promotional activities were range of motion exercise, recreational activities (memory game, passing the ball, drawing, singing, dancing) and diet plan for geriatric inmates. The mean difference between pre interventional and post interventional score were significantly high at $p < 0.05$ in all the domains in interventional group as compared to control group. Hence it is inferred that geriatric inmates had significantly improved QOL after intervention. Hence it was considered that the health promotional activities were effective. The geriatric inmates had responded well after administering health promotional activities. There was significant difference between pre and post intervention scores of interventional compared to control group. The health promotional activities on QOL among geriatric inmates was found effective.

Key words

Effectiveness, Health promotional activities, Quality of life, geriatrics, old ages.

Introduction

Good health is a pre-requisite of human productivity and development process and is essential to economic and technological development. Individually, health is a man's greatest possession, for it lays a solid foundation for his happiness.

Aging is universal phenomenon and natural biological process of life cycle. It is not a disease which can be cured. According to Hurlock (1991) old age is the closing period in the life span. Life span is frequently subdivided into early old age, which extends from age sixty to seventy and advanced old age which begins at seventy and extends to the end of life.

phenomenon; due to an increase in the elderly population. Ageing is an inevitable process taking place in all the countries of the world. As per 2011 population census the elderly population in India was about 104 million in which 53 million are females and 51 million are males, and among them elderly 8.6% population contribute to Karnataka.

The elderly experience changes in different aspects of their lives. It is obvious that people become more and more susceptible to chronic diseases, physical disabilities and mental incapacities in their old age. As age advances, due to deteriorating physical condition the body becomes more prone to illness. The illness of the elderly is multiple and chronic in nature.

The physiological decline in ageing refers to the physical changes an individual experiences because of the decline in the normal functioning of the body resulting in poor mobility, vision, hearing, inability to eat and digest food properly, a decline in memory, inability to control certain physiological functions and various chronic conditions.

Healthy life style is individual controlling all factors which might affect health and choosing appropriate behavior to maintain his/her health status. Health promoting activities in elderly aim to increase life span, functionality and sustain comfortable, peaceful, pain from life. Thus, in elderly life satisfaction will increase and their perception towards life will be positive.

Objectives

1. To assess the pre interventional and post interventional quality of life of geriatric inmates in the interventional and control group
2. To assess the effectiveness of health promotional activities on QOL score among geriatric inmates in the interventional group.
3. To find out the association between pre interventional score with socio demographic variables of geriatric inmates.

Materials and Methods

The research design selected for the present study is “Non randomized control group design” was selected which is a Quasi –experimental design to measure the effectiveness of health promotional activities on Quality of life. The geriatric inmates of the Sri Chaitanya old age home and Sudhama old age home, Bangalore form the study sample and the sample size is 60 (30 interventional group and 30 control group) through Purposive sampling technique

The tool consists of two sections:

Section A: It consists of items for demographic variables.

Section B: WHOQOL BREF Scale consists of 26 items to assess quality of life among geriatric inmates

Descriptive statistics

1. Frequency and percentage distribution is used to distribute the demographic variables of geriatric inmates.
2. Mean and standard deviation is used to compute the quality of life among geriatric inmates.

Inferential statistics:

1. Paired “t” test is used to analyze the pre interventional and post interventional score on quality of life among geriatric inmates.
2. Chi square test is used to associate the post interventional score of quality of life of geriatric inmates with that of their selected contributing variables.

Table-2.1: Pre-interventional and post-interventional quality of life among geriatrics residing in old age homes in interventional group

Sl.no	Quality of life (100)	Pre interventional			Post interventional		
		Range	Mean	SD	Range	Mean	SD
1	Physical health	25-63	42.57	6.68	44-81	64.77	8.23
2	Psychological	31-56	46.37	6.68	63-88	75.47	6.79
3	Social relationship	19-50	30.43	9.11	50-75	54.47	5.65
4	Environment	31-50	43.17	4.47	50-75	64.60	6.62

Table-2.2: Pre- interventional and post-interventional quality of life among geriatrics residing in old age homes in **Control Group**

Sl.no	Quality of life (100)	Pre interventional			Post interventional		
		Range	Mean	SD	Range	Mean	SD
1	Physical health	31-50	41.27	5.40	31-50	42.50	6.79
2	Psychological	31-69	46.60	9.51	28-63	46.20	9.21
3	Social relationship	25-69	42.53	10.98	25-50	42.30	9.95
4	Environment	38-69	50.30	6.98	38-63	49.87	6.53

Table-3: Post-interventional Quality of life among geriatrics inmates residing in old age homes in between the groups

Sl.no	Quality of life (100)	Interventional			Control			Unpaired t-value	p-value
		Range	Mean	SD	Range	Mean	SD		
1	Physical health	44-81	64.77	8.23	31-50	42.50	6.79	11.426*	P<0.05
2	Psychological	63-88	75.47	6.79	28-63	46.20	9.21	13.996*	P<0.05
3	Social relationship	50-75	54.47	5.65	25-50	42.30	9.95	5.820*	P<0.05
4	Environment	50-75	64.60	6.62	38-63	49.87	6.53	8.673*	P<0.05

*-denotes significant at 5% level (p<0.05)

Table-4.1: Outcomes of paired t-test analysis of pre- and post-interventional quality of life of geriatrics residing in old age homes in **Interventional group**

Sl.no	Quality of life (100)	Paired difference		t- value	p-value
		Mean	SD		
1	Physical health	22.20	10.17	11.953*	P<0.05
2	Psychological	29.10	7.39	21.548*	P<0.05
3	Social relationship	24.03	7.30	18.012*	P<0.05
4	Environment	21.43	6.74	17.418*	P<0.05

t₍₂₉₎=1.699 at 5% level (p<0.05)

Table 5.1: Association between pre interventional score with socio demographic variables of geriatric inmates in interventional group.

Sl.no	Demographic variables	Interventional		Quality of life				Chi-square analysis	Chi-square value as per table
		No.	%	≤Median		>Median			
				No.	%	No.	%		
1	Age in years							8.276* , df=3	7.815
	60-69 years	9	30.0	4	19.0	5	55.6		
	70-79 years	13	43.3	11	52.4	2	22.2		
	80-89 years	7	23.3	6	28.6	1	11.1		
	90 & above	1	3.3	0	0	1	11.1		
2	Gender							0.068, df=1	3.841
	Male	9	30.0	6	28.6	3	33.3		
	Female	21	70.0	15	71.4	6	66.7		
3	Education							4.481, df=4	9.488
	No formal education	13	43.3	11	52.4	2	22.2		
	Primary	4	13.3	2	9.5	2	22.2		
	High school	5	16.7	4	19.0	1	11.1		
	PUC	5	16.7	3	14.3	2	22.2		
	Graduate and above	3	10.0	1	4.8	2	22.2		
4	Previous occupation							1.587, df=3	7.815
	Unemployed/ Home maker	16	53.3	12	57.1	4	44.4		
	Self-employee / Business	5	16.7	4	19.0	1	11.1		
	Govt. employee	6	20.0	3	14.3	3	33.8		
	Pvt. employee	3	10.0	2	9.5	1	11.1		
5	Source of income							2.078, df=1,	3.841
	Pension dependent	8	26.7	4	19.0	4	44.4		
	Dependent on children	22	73.3	17	81.0	5	55.6		
6	Type of family							3.851* , df=1,	3.841
	Nuclear	13	43.3	7	33.3	6	66.7		
	Joint family	17	56.7	14	66.7	3	33.3		

Note: * denotes significant at 5% level (p<0.05)

Table 5.2: Association between pre interventional score with socio demographic variables of geriatric inmates in interventional group.

Sl .no	Demographic variables	Interventional		Quality of life				Chi-square analysis	Chi-square value as per table
				≤Median		>Median			
		No.	%	No.	%	No	%		
7	Source of income								
	Pension dependent	8	26.7	4	19.0	4	44.4	2.078, df=1,	3.841
	Dependent on children	22	73.3	17	81.0	5	55.6		
8	Type of family								
	Nuclear	13	43.3	7	33.3	6	66.7	3.851*, df=1	3.841
	Joint family	17	56.7	14	66.7	3	33.3		
9	Marital status								
	Married	9	30.0	5	23.8	4	44.4	1.998, df=1,	3.841
	Unmarried	2	6.7	1	4.8	1	11.1		
	Widow/widower	19	63.3	15	71.4	1	11.1		
10	Number of children								
	1-2	11	36.7	5	23.8	6	66.7	4.983, df=1,S	3.841
	3 and above	19	63.3	16	76.2	3	33.3		
11	Suffering with minor ailments								
	Joint pain	10	33.3	6	28.6	4	44.4	0.836, df=3, NS	7.815
	Body pain	3	10.0	2	9.5	1	11.1		
	Gastritis	4	13.3	3	14.3	1	11.1		
	No minor ailments	13	43.3	10	47.6	3	33.3		
12	History of chronic illness								
	Hypertension	11	36.7	4	19.0	7	77.6	10.270*, df=4	9.488
	Diabetes Mellitus	3	10.0	3	14.0	0	0		
	Both	5	16.7	5	23.8	0	0		
	Others	3	10.0	3	14.3	0	0		
	No chronic illness	8	26.7	6	28.6	2	22.2		

Note: * denotes significant at 5% level (p<0.05)

The association of pre interventional score of QOL with selected demographic variables of geriatric inmates in control groups such as age, gender, education, religion, previous occupation, Source of income, type of family, marital status, number of children Visitors, suffering with minor ailments, history of chronic illness, medications consumed and previous exposure to HPA.

A significantly association was found in the area of Age ($\chi^2=8.676^*$, $df=3$), and Number of children ($\chi^2=6.843^*$, $df=1$). Since the geriatric inmates of control group belonged to Hindu religion, had no visitors and were not exposed to health promotional activities previously, the chi square was not computed in the above-mentioned areas

Hence, the research hypothesis stated as H_4 : “**There is a significant association of pre interventional score among geriatrics inmates and their selected demographic variables**” was partially accepted.

Conclusion

The Geriatric inmates had responded well after administering health promotional activities. There was a significant difference between post -Interventional scores and pre-Interventional scores of Geriatric inmates. Health promotional activities on Quality of life of geriatric inmates among old age homes was found effective

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