

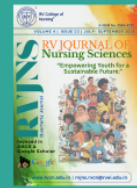


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Effectiveness of Health Teaching Booklet on Knowledge Regarding Post-Retirement Psychological Problems and Their Prevention among Elderly People in Urban Bangalore

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ABSTRACT

A quasi-experimental study was conducted to assess the effectiveness of a health teaching booklet on knowledge regarding post-retirement psychological problems and their prevention among elderly people in selected urban areas of Bangalore. A total of 60 retired elderly individuals were selected using a convenient sampling technique. Pre- and post-test knowledge was assessed using a structured knowledge questionnaire. The mean pre-test score was 17.72 and the post-test score was 33.37. The paired t-test yielded a value of 48.82 ($p < 0.05$), indicating a statistically significant improvement in knowledge. Significant associations were found with occupation before retirement ($\chi^2 = 9.1$, $p < 0.05$) and marital status ($\chi^2 = 6.4$, $p < 0.05$). The study concludes that the health teaching booklet was effective in enhancing knowledge among elderly individuals.

Introduction

Aging is a natural and inevitable process that affects physical, psychological, and social dimensions of health. According to the 2011 Population Census, India had nearly 104 million elderly persons, with projections estimating 173 million by 2026. Elderly individuals often face challenges such as loneliness, depression, and identity loss post-retirement, making psychological support essential. Health education interventions can improve coping and prevent psychological deterioration during this transitional phase.

Objectives

1. To assess the pre- and post-test knowledge regarding post-retirement psychological problems and their prevention.

2. To evaluate the effectiveness of the health teaching booklet.

3. To determine the association between pre-test knowledge and selected demographic variables.

Materials and Methods

Design: Pre-experimental (one-group pre-test post-test)

Setting: Selected urban areas in Bangalore

Sample Size: 60 retired elderly individuals

Sampling Technique: Convenient sampling

Tool: Structured knowledge questionnaire

Analysis: Descriptive and inferential statistics (paired t-test, chi-square test)

Results

Pre-Test Knowledge

Table 1: Pre-Test Knowledge Levels

N=60

Know ledge Level	Respondents	
	Number	Percentage
Inadequate (<50 %)	55	91.7
Moderate (50-75%)	5	8.3
Adequate (>75%)	0	0
Total	60	100

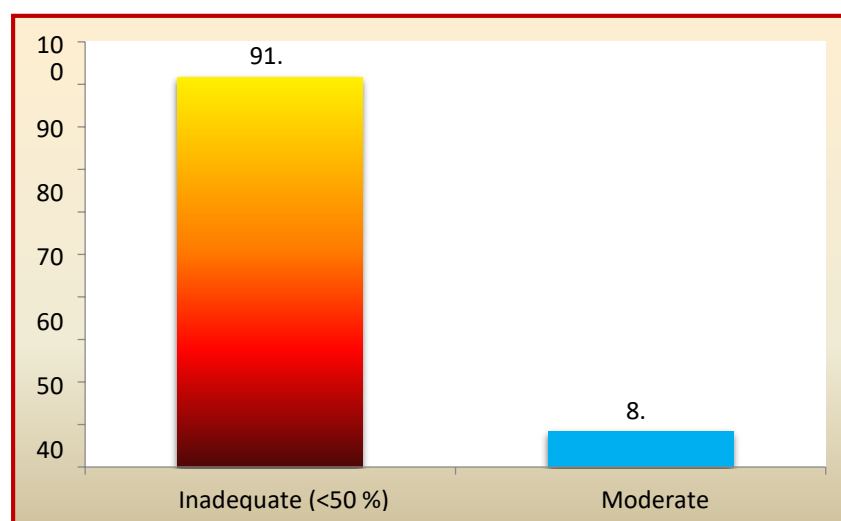


Figure 1: Pre-test Knowledge Levels

2 Post-Test Knowledge

Table 2: Post-Test Knowledge Levels

N=60

Knowledge Level	Respondents	
	Number	Percentage
Inadequate (<50 %)	0	0
Moderate (50-75%)	8	13.3
Adequate (>75%)	52	86.7
Total	60	100

Table: Mean Knowledge Scores, Pre-test Mean: 17.72, SD: 2.31 Post-test Mean: 33.37, SD: 2.22 t-value: 48.82, $p < 0.05$

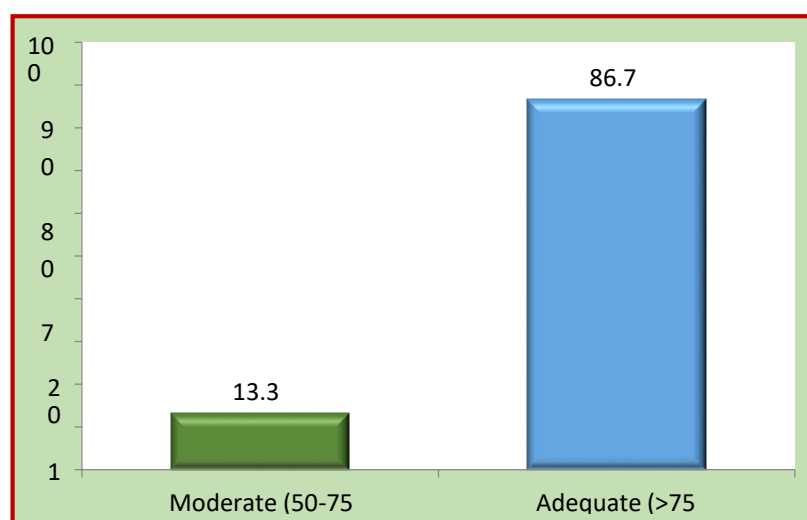


Figure 2: Post-test Knowledge Levels Effectiveness of the Booklet

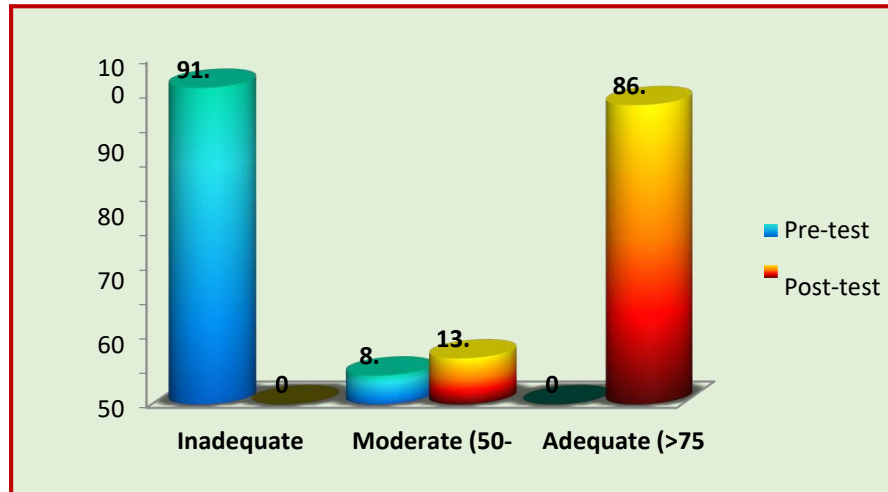


Figure 3: Comparison of Respondents on Knowledge level between pre-test and Post test

Association with Demographic Variables

Significant associations were found for:

- Occupation before retirement ($\chi^2 = 9.1$, $p < 0.05$)

- Marital status ($\chi^2 = 6.4$, $p < 0.05$)

No significant associations were found with other variables such as age, gender, education, religion, or family type.

TABLE 4: Association between Demographic variables and post-Test know led rescores.

n=60

SL No	Demographic Variables	Category	<medi (n=24)	≥medi (n=36)	Total	X2	P value
1	Age in Years	Above60yrs	8	8	16	1.27 NS	0.736
		60-65 years	10	15	25		
		65-70 years	4	8	12		
		70&above	2	5	7		
2	Gender	Male	15	26	41	0.629 NS	0.428
		Female	9	10	19		
3	Religion	Hindu	11	22	33	1.675 NS	0.433
		Muslim	6	5	11		
		Christian	7	9	16		
4	Qualification	Primary	7	9	16	2.07 NS	0.354
		Higher Secondary	13	15	28		
		Graduates	4	12	16		
5	occupationbefore retirement	Govt. Employee	7	4	11	9.1 S	0.276
		Semi Gov t	11	16	27		
		Private	8	10	18		
		Business	1	3	4		
6	Marital status	Married	16	20	36	6.4 S	0.340
		Unmarried	12	12	24		
7	Family Type	Nuclear family	10	10	20	3.750 NS	0.290
		Joint family	8	8	16		
		Extended family	4	12	16		

8	Wholookafteryouattime of sickness	Children	16	28	44	0.909	0.340
		Spouse	8	8	16	NS	
9	With whom do you live	Children	13	15	28	0.904	0.342
		Spouse	11	21	32	NS	
		Alone	11	21	32	NS	
10	Information	Yes	16	28	44	0.904	0.342
		No	8	8	16	NS	
11	Source of information	Friends/ teachers	5	6	11	2.4 NS	0.494
		Books and magazine	11	20	31		
		Social media	4	8	12		
		Family	4	2	6		

$\chi^2 (5, 0.05) = 6.4, 9.1$

The table shows that the obtained χ^2 value is greater than the table value, so there is association between post retirement psychological problems and marital status, occupation of the participants at 0.05 level of significance. Hence the Research hypothesis is accepted.

Discussion

The study revealed a significant increase in knowledge scores following the intervention, indicating the effectiveness of the health teaching booklet. The results are consistent with previous studies showing the impact of structured educational interventions on elderly mental health awareness. The association with marital status and prior occupation suggests that life roles and social structures influence psychological preparedness for retirement.

Conclusion

The health teaching booklet was effective in improving knowledge among elderly individuals about psychological problems following retirement. This supports the integration of educational tools into community health programs to promote mental well-being among aging populations.

Recommendations

- Replication of the study with larger and more diverse samples.
- Comparative studies between male and female elderly groups.
- Integration of booklets into primary health care services for geriatric counseling.

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