

Comparative Study to Assess the Coping Strategies Among Elderly People Living in Selected Communities and Old Age Homes, Bangalore

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Abstract

Background: Aging is an inevitable and irreversible demographic reality associated with improvements in health and medical care, as well as with a decline in fertility while increasing longevity is a matter to celebrate, various have found multiple morbidities and disabilities linked to the advancement of age. Difficult life situations require the use of appropriate strategies of coping with stress 'coping' is understood as taking action to reduce or eliminate both the cause of stress and its influence on physical and psychological health individuals usually use more than one coping strategy and their type is related to overall level of stress it will better out come and stress relief.

Objective: The purpose of the study is to assess the coping strategies among elderly people living in selected community and old age home, Bangalore, in view to develop a pamphlet.

Materials and methods: A Comparative descriptive design was used to assess coping strategies among elderly people living in community and old age home. The study was carried out at Ananda Vihar senior's home and health care centre and Gottigere community area, Bengaluru and 30 elderly people each were selected by using non-probability purposive sampling techniques. The Brief- COPE questionnaire was used to assess coping strategies of elderly.

Result: The result reveal that the level of coping strategies among elderly people living in community , 28(93.3%) have adaptive coping strategies, and 2(6.6%) have maladaptive coping strategies and the level of coping strategies among elderly people living in old-age home , 24(80%)have adaptive coping strategies, and 6(20%)have maladaptive coping strategies. The comparison between the coping strategies of elderly people living in community and the old age home, unpair t test show that $t=8.0$ and is statistically significant at the 0.05 level.

Conclusion: It was concluded that elderly people living in community have better coping strategies compared to elderly living in old age home

Keywords: Coping Strategies, Elderly People, Old Age Home, Community

INTRODUCTION

In India the size and percentage of elderly population have been increasing in recent years and this trend is likely continue in the coming decades. In 2011 the elderly population is 104 million in 2050 it has been estimated that 300 million aging is period of human existence where multilevel and multidimensional

changes occur -both progressive and regressive. Lot of changes in their physical psychological and social sphere it will affect their overall health globally 18% of elderly population suffering mental health problems prevalence of stress and anxiety among the elderly population is gradually increasing it will be double in the coming decades in India 34.4%of people suffer depression, in Karnataka 13.4 % of people suffer mental health problems. ¹

Most common stressful situation for older individuals includes deterioration of health, loss of physical strength and appearance, loss of family members change of social economic status which lead to a feeling of loss of prestige and usefulness as well as the awareness of impending death. This kind of situations affects their overall well -being. Difficult life situations require the use of appropriate strategies of coping with stress 'coping' is understood as taking action to reduce or eliminate both the cause of stress and its influence on physical and psychological health individuals usually use more than one coping strategy and their type is related to overall level of stress it will better out come and stress relief.²

Coping strategies" are considered as "constantly changing cognitive and behavioral efforts to manage specific external and internal demands that are appraised as taxing or exceeding the resources of a person".

There are various forms of coping strategy

1. Coping strategy for physical illness
2. Coping strategy for cognitive illness
3. Coping strategy for emotional illness³

OBJECTIVES OF THE STUDY

1. To identify the coping strategies of elderly people living in community.
2. To identify the coping strategies of elderly people living in old age homes.
3. To compare the coping strategies used by elderly people in the community with old age homes.

MATERIALS AND METHOD

Comparative descriptive approach was adopted

Comparative descriptive approach was adopted for the study. The study was conducted at Ananda Vihar senior’s home and health care centre and Gottigere community area among 30 elderly people respectively. Non-probability purposive sampling technique for the selection of the sample. The tool used for data collection was self-administered structured questionnaire to assess demographic data. Brief COPE questionnaire to assess the coping strategies of elderly people. The data obtained was analysed using Descriptive and Inferential Statistics

RESULT AND DISCUSSION

Section A: Frequency and percentage distribution of elderly people living in Community

Table 1(a). Frequency and percentage distribution of elderly people living in Community according to Age, gender, education, primary occupation, marital status.

SL.no	Demographic variable	categories	No (30)	%
1.	Age	60-70 years	9	30%
		71-80 years	10	33.3%

		81-90 years	8	26.6%
		90 above	3	10%
2.	Gender	Male	17	56.6%
		Female	13	43.3%
3.	Education	No formal education	9	30%
		Primary education	17	56.6%
		Middle school education	4	13.3%
		Graduate	0	0%
4.	Primary occupation	Primary occupation	21	70%
		Secondary occupation	7	23%
		Tertiary occupation	1	3.3%
		Others	1	3.3%
5.	Marital status	Married	26	88.6%
		Unmarried	3	10%
		Separated	0	0%
		Widow or widower	2	6.6%

Table 1(b). Frequency and percentage distribution of elderly people living in Community according to family status, type of family , number of children , income status , source of income ,religion

SL.no	Demographic variable	Category	No (30)	%
1.	Family status	Living alone	19	10%
		Living with spouse	7	23.3%
		Living with children or grand children	19	63.3%
		Living with both children and grand children	1	3.3%
2.	Type of family	Nuclear family	6	20%
		Joint family	21	70%
		family	3	10%
		others	0	0%

3.	Number of children	No children	2	6.6%
		One	11	36.6%
		Two	13	43.3%
		More than two	4	13.3%
4.	Income status	Below 5000	5	16.6%
		Below 10000	10	33.3%
		Below 20000	11	36.6%
		Above 20000	4	13.3%
5.	Source of income	Pension	7	23.3%
		Family support	20	66.6%
		Self employed	3	10%
		Other sources	0	0%
6.	Religion	Hindu	26	86.6%
		Muslim	3	10%
		Christian	0	0%
		Others	0	0%

SECTION B: Frequency and percentage distribution of elderly living in old age home

Table 2 (a): Frequency and percentage distribution of elderly living in old age home according to age, gender, education, occupation, marital status

SLno.	Demographic variable	Category	No. (30)	%
1.	Age	60-70 years	11	36.6%
		71-80 years	11	36.6%
		81-90 years	7	23.3%
		Above 90 years	1	3.3%
2.	Gender	Male	16	53.3%

		Female	14	46.6%
3.	Education	No formal education	8	26.6%
		Primary education	11	36.6%
		Middle school education	7	23.3%
		Graduation	4	13.3%
4.	Previous occupation	Primary occupation	18	60%
		Secondary occupation	3	10%
		Tertiary occupation	4	13.3%
		Others	5	16.6%
5.	Marital status	Married	28	93.3%
		Unmarried	0	0%
		Separated	0	0%
		Widow or widower	2	6.6%

Table 2 (b) : Frequency and percentage distribution of an elderly living in old age home according to family status, type of family, number of children, income status, source of income, religion.

SLno.	Demographic variable	Category	No. (30)	%
1.	Family status	Living alone	29	96.6%
		Living with spouse	1	3.3%
		Living with children or grandchildren	0	0%
		Living with both spouse and children or grandchildren	0	0%
2.	Type of family	Nuclear family	0	0%
		Joint family	20	66.6%
		Extended family	10	33.3%
		Others	0	0%
3.	Number of children	No children	4	13.3%
		One	11	36.6%

		Two	10	33.3%
		More than two	5	16.6%
4.	Income status	Below 5,000	13	43.3%
		Below 10,000	11	36.6%
		Below 20,000	4	13.3%
		Above 20,000	2	6.6%
5.	Source of income	Pension	12	40%
		Family support	8	26.6%
		Self employed	4	13.3%
		Other source	6	20%
6.	Religion	Hindu	29	96.6%
		Muslim	1	3.3%
		Christian	0	0%
		Others	0	0%

SECTION C: Assess the coping strategies of elderly living in community and old age home.

Table 3: Frequency distribution and percentage of coping strategy.

VARIABLE	LIVING IN COMMUNITY, n=30		LIVING IN OLD AGE HOME, n=30	
	Frequency	Percentage	Frequency	Percentage
Adaptive coping strategies	28	93.3%	24	80%
Maladaptive coping strategies	2	6.66%	6	20%

SECTION D: Comparison of coping strategies of elderly living in community and old age home.

Table 4: Mean, median, SD, Unpaired T test of coping strategies of elderly living in community and old age home.

	MEAN	MEDIAN	SD	Unpaired t-test
Elderly people living in Community	80.6	79	14.30	

Elderly people living in an old age home.	58.5	60	7.98	8.0
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The first objective was to identify the coping strategies of the elderly living in the community.

Out of 30 elderly people living in the community, the level of coping strategies among the total, 28(93.3%) have adaptive coping strategies, and 2(6.6%) have maladaptive coping strategies.

The above findings is supported by "A descriptive study was conducted to assess perceived distress & coping strategies among senior citizens in selected urban & rural communities in West Bengal. Random sample technique is used to select 104 samples. Data is collected by using standardized psi scale, and the COPE scale results show that 71.6% in urban and 84% in rural seniors had moderate stress and coping strategies. There was negative correlation stress and coping strategies."⁴

The second objective was to assess the coping strategies of the of the elderly living in old-age home.

Out of 30 elderly people living in old-age home, the level of coping strategies among the total, 24(80%)have adaptive coping strategies, and 6(20%)have maladaptive coping strategies.

The above findings were supported by A descriptive study conducted to assess the stress, depression and coping strategies of the elderly in selected old age homes at Tirupati. A non-probability purposive sampling technique was used to select 100 elderly people. The show that 38% of people experience a moderate level of stress, 30% of people experience low stress and 12% experience high stress. Coping strategies adapted by the elderly: 56% adapt adequately, 35% is moderately adapting, 11% is poorly adapting."⁵

The third objective was to compare the coping strategies of the elderly living in a community with an old age home.

The comparison between the community and the old age home, unpair t test show that $t=8.0$ and is statistically significant at the 0.05 level. Hence, it shows that Hypothesis H_1 is accepted, there is a significant difference in the coping strategies used by elderly people in the selected community and the old age home.

The above finding is supported by a comparative study to assess the level of stress and copying skills among senior citizens living with family versus old age home was conducted with a view to develop information leaflet on stress and their copying skills in the selected area of Raipur, Chhattisgarh. A sample of 100 senior citizens (50 within family and 50 in an old age home). The data was collected using a self-structured questionnaire and persevered stress scale and the COPE Scale. Analysis was done using mean, standard deviations, coefficient value, DF, unpaired 't' values and significance value. The stress level of elderly people in an old age home verses community is nearly comparable.

CONCLUSION

The present study compares the coping strategies of elderly people living in the community and old age home.. The result reveal that the level of coping strategies among elderly people living in community , 28(93.3%) have adaptive coping strategies, and 2(6.6%) have maladaptive coping strategies and the level of coping strategies among elderly people living in old-age home , 24(80%)have adaptive coping strategies, and 6(20%)have maladaptive coping strategies. The comparison between the coping strategies of elderly people living in community and the old age home, unpair t test show that $t=8.0$ and is statistically significant at the 0.05 level. Hence, it shows that Hypothesis H_1 is accepted, that there is a significant difference in the coping strategies used by elderly people living in the selected community and the old age home.

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