



Short Communication

A Comparative Study to Assess the Life Satisfaction Level among Male and Female Geriatrics Living in Selected Old Age Homes of Indore City (MP)

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ABSTRACT

Life satisfaction among the elderly has become an important issue in geriatric care. Change in life styles, demanding jobs, a shift to nuclear family structures have led to increased neglect of the elderly by families and community. The study was conducted on life satisfaction level of male (n=50) and females (n=60) geriatrics staying in selected old age home. The findings revealed that the life satisfaction level was high and satisfactory in female old age populations in comparison to males geriatrics staying in old age home and there is a significant difference in life satisfaction level between male and female geriatrics living in selected old age home.

Key words: Life satisfaction, Geriatrics.

INTRODUCTION

Aging accompanied by multiple illness and physical ailments. Besides physical illness the aged are more likely to be victims of poor mental health, which arises from senility, necrosis etc. in out of every 2 elderly in India suffers from at least one chronic disease. The older are at their end life and when they see only their old age people, its suffering in their own way. [1]

There are many differences in individual adaptation at earlier stages of development, so it is in the elderly person. Erikson (1963) suggested that the mentally healthy older person possesses a sense of ego integrity and self-acceptance that will help in adapting to the ambiguities of the future. [2]

Less than 5% of the people aged 65 and older live in nursing homes much is

attached to what some still rest homes on age homes and many elderly people still equate them with "a place to go to die". The investigator motivates to find out the difference in the life satisfaction between male and female geriatrics in selected old age home.

The purpose of the study is

1. To assess the life satisfaction level among male geriatrics living in selected old age home.
2. To assess the life satisfaction level among female geriatrics living in selected old age home.
3. To find out the significant difference in life satisfaction level between male and female geriatrics living in selected old age home.

Fatma Yucel Beyaztas et.al the study results shown that 21 elderly individuals lived

in rest house; 46.2% were un happy due to solitude, while 62.0% preferred to live with families. It is determined that 36.6% of subjects were not satisfied with their living. [3]

T. Maheshwarin et.al the study focused on life satisfaction and influence of demographic factors on life satisfaction of the elderly people. It concludes that majority of the respondents had low level of satisfaction. The demographic factors namely gender and habits of saving influence the level of life satisfaction. [4]

MATERIALS AND METHODS

A descriptive study design was used in this study. The study was conducted in selected old age homes in Indore city. The samples were the old age population males (n=50) and female (n=60) between the ages of 60 – 80 years. Random sampling (lottery method) was used as the sampling technique. The method of data collection was by structured interview method developed by the investigator used a standardized tool of life satisfaction rating scale (Dr. Pramod. K. And Dr. Jayshree D.) used to assess the life satisfaction level among male and female geriatrics.

The standard rating scale had 54 points contained 4 components: Mental (14 points), Job (11 points), Social (12 points) Martial (11) and family.

The structured interview schedule deals with the demographic variables of the samples includes Gender, Age in years, Religion, Occupation, Family support, Extend of mobility, Utilization of leisure time, Participation in social activity. The standard tool of life satisfaction scale had 54 points and includes 5 components: Mental, job, social, marital & family.

RESULT/DISCUSSION

Percentage wise distribution of elderly with regard to their demographic variables.

Table no: 1. Demographic profile.

Demographic variables	Male (n=50)	Female (n=60)
Age in years		
60-65	20	64
65-70	47	10
70-75	43	26
80 and above	-	-
Religion		
Hindu	98	100
Muslim	2	-
Others	-	-
Mobility		
Independent	20	82
Partially dependent	71	18
Fully dependent	9	-
Leisure activity		
With friends	10	67
With own activities	12	3
No leisure activity	78	30
Social activity		
Interested	46	89
Not interested	64	11

Table no: 2. Percentage of participants. (n=110)

Sample	Mean Percentage	Standard Deviation	Z test
Male (n=50)	70	9	5.8
Female (n=60)	79	7	

Objective 1: The life satisfaction level of male geriatrics living in old age homes shows the mean percentage score was 70, which shows that male geriatrics were moderately satisfied based on life satisfaction scale.

Objective 2: The life satisfaction level of female geriatrics living in old age homes shows the mean percentage score was 79, which shows that female geriatrics was highly satisfied based on life satisfaction scale.

Objective 3: The calculated value 5.8 is greater than the tabulated value 1.96 at 5% level of significance so there is a significant difference in life satisfaction level between male and female geriatrics living in selected old age home.

Nursing Implications of the Study

Nursing Administration: Findings of the study can be used by the Nursing Administrator in creating policies and plans for providing education to the geriatric population in old age homes.

Nursing Education: The nursing students develop an insight about care of geriatrics and implement the knowledge of the same while dealing with elderly clients living in old age homes. Educators will help students, colleagues and junior staff to be trained in using this knowledge.

Nursing Practice: Contents of life satisfaction scale will help nursing professional working in community area for providing quality care for the elderly people.

Recommendations: A similar study on a large scale across the whole district can be carried out in order to estimate the level of life satisfaction of elderly population for generalization of findings.

CONCLUSION

The study findings concluded that the life satisfaction level was high and

satisfactory in female old age populations in comparison to males geriatrics staying in old age home.

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