

PHYSIOLOGICAL AND PSYCHOLOGICAL PROBLEMS OF AGED AND IDENTIFY THE SUPPORT SYSTEM AVAILABLE TO THEM IN SELECTED URBAN COMMUNITY OF JAIPUR

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ABSTRACT

A study was conducted among 200 aged people to check the physiological and psychological problems of aged and identify the support system available to them in the urban community of Jaipur. The research design used to conduct the study was descriptive research design. Results revealed that most of the elderly 49 % were within the age group of 60-64 yrs, 40 % were within 65-69 yrs and the remaining 11% were within the age group of 70-74 yrs. The majority (72%) reported to have moderate to severe to Physiological and Psychological problems and (28%) had only mild problems. The majority of them were getting support from their relatives and 53% enjoy moderate support from friends whereas 47% have poor support from friends.

Keywords: *Aging, Physiological Problems, Psychological Problems, Support System, Urban Community.*

Introduction

Aging is a continuous, complex, and dynamic process that begins with birth and ends with death. Geriatrics' is a big challenge for this century and the living arrangements of elderly people, influenced by several factors like gender, health status, physiological and psychological problems and the support system available to them. The extended family system of India has been a great support to the elderly during the crisis. The traditional family is fast disappearing in rural & urban areas. With rapid urbanization, families are becoming nuclear and smaller and are not always capable of looking after the geriatrics. The change in the age structure makes the issue of social security and economic support for the aged an important issue. Geriatrics is vulnerable to psychological and social crisis and to a typical presentation of illness common to the aged. The most common old-age problems are economic dependency, loneliness, insecurity, diminished self-concept, physical illness, perceptual and cognitive problems like diminished vision, hearing and memory. Morbidity increases with the advancement of age. However, in recent years, the issues or problems of old people in society have increasingly become prominent. Older people in India are 81 million among them 11 lakh in Delhi. Hence A study was conducted among 200 aged people to check the physiological and psychological problems of aged and identify the support system available to them in the urban community of Jaipur.

Statement of the Problem

A study to assess the physiological and psychological problems of aged and identify the support system available to them in selected urban community of Jaipur with a View to develop and test a guideline for the management of problem.

Objectives of the Research

The following **objectives** were formulated to carry out the study.

- To assess the physiological problems of aged in relation to selected variables.
- To assess the psychological problems of aged in relation to selected variables.
- To identify the social support available to the aged in community for the selected variables.

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- To find association between physiological problems of aged and selected variables.
- To find association between psychological problems of the aged and selected variables.
- To find a correlation between social support and physiological and psychological problems of aged.
- To develop and test a guideline for the management of problem of aged.

Hypothesis

To achieve the stated objective the following hypotheses were formulated at 0.05 level of significance:

- H₁:** There will be a significant association between the physiological Problems of aged and the demographic variables.
- H₂:** There will be significant association between the psychological Problems of aged and the demographic variables.
- H₃:** There will be a significant correlation between the physiological Problems of aged and support systems available.
- H₄:** There will be a significant correlation between the psychological problems of aged and support systems available.

Data Collection Instruments

Data collection instruments are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem.

- Tool (1) demographic proforma of the aged.
- Tool (2) interview schedule for assessing the physiological & psychological problems of the aged
- Tool (3) interview schedule for assessing the support systems available for the aged.

Results

The data revealed that most of the elderly 49 % were within the age group of 60-64 yrs, 40 % were within 65-69 yrs and the remaining 11% were within the age group of 70-74 yrs. Majority (72%) reported to have moderate to severe to Physiological and Psychological problems and (28%) had only mild problems. Majority of were getting support from their relatives and 53% enjoy moderate support from friends where as 47% have poor support from friends.

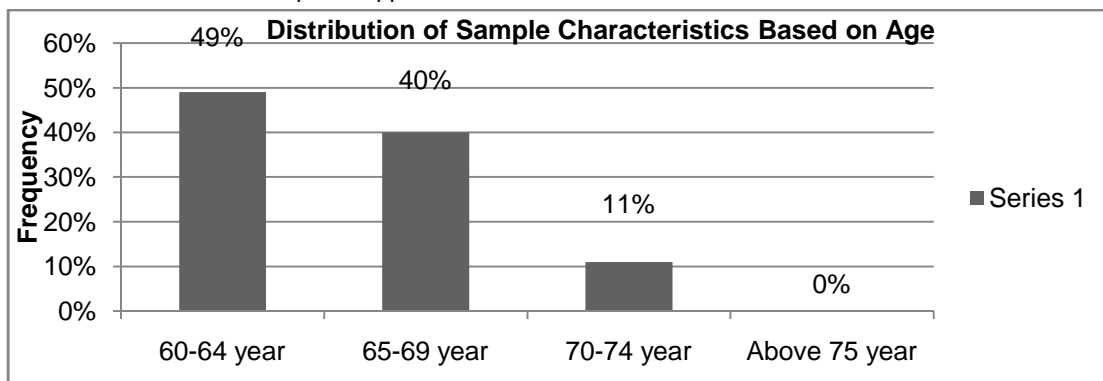


Table 1: Distribution of psychological, social, physical and spiritual problems in the selected population (n=200).

Sl. No.	Area (Domain)	Mild n (%)	Moderate n (%)	Severe n (%)	Total n (%)
1	Physical	5%	(80%)	15%	100%
2	Psychological	10%	85%)	10%	100%
3	Social	20%	72%	8%	100%
4	Spiritual	29%	71%	Nil	100%

Data in above table revealed that physical, psychological & social problems are in moderate level to severe level, where as social & spiritual problems are at mild level to moderate level.

Table 2: Shows the distribution of problems in the psychological domain in selected population. Item wise analysis of Problems in the Psychological domain

Questions	Always 4	Often 3	Occasionally 2	Rarely 1	Never 0
Do you feel your family members do not include you in house hold activities	Nil	Nil	Nil	80 (40%)	120 (60%)
Do you feel dependent on family members for financial needs	Nil	Nil	Nil	80 (40%)	120 (60%)
Do you feel that your personal rights are violated	Nil	20 (10%)	32 (16%)	148 (74%)	Nil
Do you feel lonely	Nil	44 (22%)	104 (52%)	32 (16%)	20 (10%)
Do you feel isolated after the death/separation of your spouse	Nil	40 (20%)	80 (40%)	40 (20%)	40 (20%)
Do you experience disinterest in life	Nil	Nil	68 (34%)	116 (58%)	16 (8%)
Do you feel that you are still young and energetic*	140 (70%)	36 (18%)	Nil	24 (12%)	Nil
Do you feel you can live a better life if one more chance is given to you*	96 (48%)	36 (18%)	24 (12%)	44 (22%)	Nil
Are you afraid of death	24 (12%)	48 (24%)	36 (18%)	76 (38%)	16 (8%)
Do you feel that nobody is there to help you	Nil	20 (10%)	56 (28%)	84 (42%)	40 (20%)
Do you feel like crying frequently	Nil	Nil	84 (42%)	76 (38%)	40 (20%)
Are you habituated to using alcohol/pan\ beetle leaves	Nil	40 (20%)	48 (24%)	92 (46%)	20 (10%)
Do you live in a separate room*	16 (8%)	40 (20%)	80 (40%)	64 (32%)	Nil

7*, 8*, 13* positive questions

Table 3: Shows the distribution of problems in the social domain in selected population. Item wise analysis of Problems in social domain

Questions	Always 4	Often 3	Occasionally 2	Rarely 1	Never 0
Do you feel that you are no longer needed for the society	24 (12%)	64 (32%)	72 (36%)	40 (20%)	Nil
Do you feel that you are a burden for the society	Nil	Nil	Nil	72 (36%)	128 (64%)
Do you feel that society is not caring you	Nil	Nil	120 (60%)	40 (20%)	40 (20%)
Are you enjoying social gathering like marriages and festivals*	Nil	84 (42%)	Nil	76 (38%)	40 (20%)
Do your family members accompany you for social gatherings like marriages and festivals*	Nil	Nil	44 (22%)	120 (60%)	36 (18%)
Do you feel friends are source of strength*	24 (12%)	64 (32%)	72 (36%)	40 (20%)	Nil

17*, 18*, 19* positive questions

Table 4: Support from the relatives available for the aged in the community (n=200)

S. No	Support System Available	Good Support n (%)	Moderate Support n (%)	Poor Support n (%)
1.	Relatives	80%	20%	Nil
2.	Friends	Nil	53%	47%
3.	Neighbors	Nil	52%	48%
4.	Other sources	Nil	Nil	100%

Table 5: Shows distribution of problems in physical domain in selected population
Item wise analysis of Problems in physical domain

Questions	Always 4	Often 3	Occasionally 2	Rarely 1	Never 0
Do you have any long standing physical problems like Joint pain, back pain etc.	24 (12%)	84 (42%)	92 (46%)	Nil	Nil
Are you entrusted with more household work which you are not able to perform	Nil	20 (10%)	Nil	164 (82%)	16 (8%)
Do you feel difficulty in decision making	Nil	36 (18%)	120 (60%)	24 (12%)	20 (10%)
Are you suffering from any hearing or visual problems	52 (26%)	72 (36%)	76 (38%)	Nil	Nil
Do you get adequate sleep at night*	Nil	92 (46%)	52 (26%)	20 (10%)	36 (18%)
Are you able to perform your activities of daily living independently*	Nil	76 (38%)	Nil	84 (42%)	40 (20%)

24*, 25* positive questions

Table 6: Shows distribution of problems in spiritual domain in selected population
Item wise analysis of Problems in spiritual domain

Questions	Always 4	Often 3	Occasionally 2	Rarely 1	Never 0
Do you feel angry to god for not giving you a good life	Nil	56 (28%)	20 (10%)	Nil	124 (62%)
Do you think god is partial	160 (80%)	Nil	Nil	16 (8%)	24 (12%)
Do you feel the need to visit temple\church\mosque more than before*	56 (28%)	80 (40%)	40 (20%)	Nil	24 (12%)
Do you feel guilty of your past actions	Nil	Nil	36 (18%)	Nil	164 (82%)
Do you think religious rituals reduces tension*	Nil	Nil	Nil	Nil	200 (100%)

28*, 30* positive questions

Table 7: Correlation between physiological & psychological problems and support system available (n=200)

Selected Variable	Coefficient of Correlation	df	Level of significance
Physiological & psychological problems of the aged & support system available	-0.075	98	p>0.05 NS

(P>0.05), NS =not significant

Conclusion of the Study

- This study revealed that the entire samples selected were had moderate psychological problems.
- In this study, it is found that majorities (72 percent) of the aged were having moderate problems in the social domain and 28 percent were having mild problems in social domain.
- In the present study, all the aged reported to have moderate problems in physical domain.
- In the present study, majorities (71%) of the aged were having moderate problems in the spiritual domain and only 29 percent were reported to have mild problems.
- In the present study, it is found that all the aged were getting financial and material support from the relatives. 71 percent of the aged reported that they have someone to whom they can verbalize their feelings.
- There was no significant association between the psychosocial problems and selected demographic variables like age ($\chi^2_{cal}=2.044$), sex ($\chi^2_{cal}=0.32$), marital status, ($\chi^2_{cal}=0.89$), employment status ($\chi^2_{cal}=0.89$), educational status ($\chi^2_{cal}=0.374$), religion ($\chi^2_{cal}=0.327$), p>0.05) at 0.05 level of significance. Therefore, the null hypothesis has been accepted and research hypothesis was rejected.

- In this study, there is no correlation between Physiological and Psychological problems and the social support available in the community. The 'r' value computed was -0.075, which is not significant at 0.05 level. So the researcher accepted the null hypothesis. There is no significant relationship between psychosocial problems and social support. There is a negative relationship between psychosocial problems and social support but the relation is not linear.
- The Physiological and psychological problems of the aged are a very common social problems and Social support available for the aged in the society is inadequate.
- Governmental and non-governmental agencies have to take serious steps to improvise in this direction
- Social support available to them like health agencies, the non-governmental agencies are very poor.
- The Present study highlights the need to give importance to geriatric assessment and effective implementation of nursing care for the geriatric population in the coming decades the geriatric population will be doubled and the present social support is not at all adequate.

Following Steps Must be Followed in Society to Support Geriatrics

- It is for the government to start new avenues for the care of the aged. Budding nurses should be equipped with information on these areas. Hence the nursing curriculum should be modified with special emphasis on geriatric nursing and separate clinical hours should be initiated.
- Emphasize the awareness campaigns of the general public.
- Counseling should be provided to family members.
- Social support available for the aged in the society is inadequate and governmental and non-governmental agencies have to take serious steps to improvise in this direction.
- Need the physician for counseling
- The government should encourage and patronize voluntary agencies to set up rehabilitation, and day care centers.
- Strengthening family bonds and children, Grandchildren, Friends and significant others Being active as before.
- Some food programme must be launched for old aged with free of cost.
- Enrolling himself in a voluntary agency club or helping elderly people who are elder than him.
- Government has to enroll them in the National Oldage Pension Scheme where the elders get a pension of per month.

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