



## International Journal of Allied Medical Sciences and Clinical Research (IJAMSCR)

IJAMSCR |Volume 10 | Issue 3 | July - Sept - 2022  
www.ijamscr.com

ISSN:2347-6567

Research article

Medical research

### A Study to Assess The Effectiveness of Health Teaching Booklet on Knowledge Regarding Post Retirement Psychological Problems and Its Prevention among Elderly People in Selected Urban Areas, Bangalore

Thirumoorthy D<sup>1</sup>, Premakumari J<sup>2</sup>, Kavitha Parthasarathy<sup>3</sup>, R. Aroun Prasath<sup>4</sup>, Lakshmi Devi R<sup>5</sup>

<sup>1</sup>Nursing Scholar, CMJ University, Meghalaya, India.

<sup>2</sup>Project Organizer and Coordinator, Krushi Bharath Trust

<sup>3</sup>Assistant Professor, Department of Nursing, Fatima College of Health Science,

<sup>4</sup>Faculty, Fatima College of Health Science,

<sup>5</sup>Principal, Dhanwantari Nursing Collge, Bangalore, India

Corresponding Author: Thirumoorthy D

#### ABSTRACT

Aging is a universal process. In the words of Seneca "old age is an incurable disease". But more recently Sir James sterling Ross Commented" you do not heal old age, you protect it, you promote it and you extend it. These are in fact the principles of Preventive Medicine. Hence the research is interested and most important to assess the effectiveness of information booklets on post retirement psychological problems and its prevention among elderly people. And I feel it is vital to conduct a study in this aspect. The present study to assess the effectiveness of health teaching booklet on knowledge regarding post retirement psychological problems and its prevention among elderly people in selected urban areas Bangalore. Evaluative approach was used to conduct the study. The design for the study was one group pretest posttest, quasi experimental design. The sample size comprised of 60 elderly people who met the inclusive criteria were selected by convenient sampling technique The tool consists of Demographic data, self-administered Structured questioner. The data was collected over a period of 4 weeks at selected urban areas Bangalore, pretest was conducted for 45 minutes. Immediately after the pretest, information booklets were given on an individual basis. After seven days posttest was done. The same procedure was continued up to 60 samples. Descriptive statistics and inferential statistics were used for data analysis. The finding shows after the administration of information booklet that 86.7% of elderly people have adequate knowledge regarding post retirement psychological problems and its prevention among elderly people.

**Keyword:** post retirement psychological problems, elderly people.

#### INTRODUCTION

While India enters a phase of greater economic growth, more and more of the younger average size of households would

continue to shrink and the elderly could possibly be left alone to manage for<sup>14</sup> population is likely to relocate to urban areas, affecting traditional social structures across the country. Urbanization will have an impact on how people spend their

retired lives. As in other Asian markets, a significant portion of Indians have been dependent on family and their children for funding their retirement as well as for care. However, with more and more urbanization, the themselves. WHO report of 2004 states that 536 elderly people per 10,000 suffer from physical and psychosocial problems of old age, currently affects of age in our country, it is projected that by the year 2025, 4 million Indians will become victims of dementia. The theme of this age period is loss, and dealing with death is one of the tasks of the elderly. Since death is the only certainly in life, without emotional support to sustain and bear the losses.[loss of work role, spouse, friends, sensory and motor abilities and intellectual processes] the elderly individuals is vulnerable to depression and despair. A study carried out in the Field practice area of the Department of Community Medicine in South India. A total of 213 elderly patients (60 years old and above) who attended the outreach clinics were interviewed using a pre-tested schedule. Around 73% of the patients belonged to the age group of 60-69 years old. Nearly half of the respondents were illiterate. Around 48% felt they were not happy in life. About 68% of the patients said that the attitude of people towards the elderly was that of neglect. 4 The results of the study showed that there is a need for geriatric counseling centers that can take care of their physical and psychological needs. From 1990 to 2025, the elderly population in Asia will rise from 50 per cent of the world's elderly to 58 per cent, in Africa and Latin America from 5 to 7 per cent, but in Europe the figure will drop from 19 to 12 per cent of the world's elderly, Socioeconomically, the traditional support of extended families is rapidly undergoing erosion making the elderly further vulnerable. This causes more emotional and psychological problems while the State finds itself helpless in providing a comprehensive care to its large chunk of elderly population by 2025.

A study has used the cross-sectional data on 5212 elderly from the World Health Organization's Study on global Ageing and adult health (Wave 1) (2007-08) in India. The study found that the elderly who were 'presently working' and showed 'more' social participation had a higher mean score for cognitive performance than their counterparts. Results of regression did not indicate any gender interaction with work or social participation. The post-estimated values for cognition specified that 'retired' and 'presently working' elderly had higher cognition scores. In the age group of 60-69 years, cognition scores were higher for those who were 'retired' and did 'more' social participation as compared to the other elderly. Adequate financial schemes or the pension system can protect the elderly from developing further stress. Retirement at an appropriate age, along with a reasonable amount of social participation, is a boon for cognitive wellbeing.<sup>20</sup> A longitudinal cohort study is following individuals annually before, during, and after the retirement event. The HEARTS study is designed to annually study psychological health in the years before and following retirement, and to examine change and stability patterns related to the retirement event. Among a representative Swedish population-based sample of 14,990 individuals aged 60-66 years, 5,913 completed the baseline

questionnaire in 2015. The baseline HEARTS sample represents the general population well in terms of gender and age, but is more highly educated. Cross-sectional findings from the first wave showed that retired individuals demonstrated better psychological health compared to those who were still working. Longitudinal results from the first and second waves showed that individuals who retired between waves showed more positive changes in psychological health compared with those still working or previously retired.<sup>21</sup> Elders are like children with their mood swings, sometimes too quickly not allowing us enough time to grasp. Elders need attention at homes and if we don't give it, they start demanding it. When the elders begin to feel they are neglected, they adopt ways to attract attention from us and at times irritating. Mental agitation, restlessness, Falling sick often, nausea, vomiting and even suicide attempts could be just reactions to this neglect by family members. Older people are, need of vital support that will keep important aspects of their life-styles intact while identity and in turn it leads to low moral, decreased level of satisfaction, depression and feeling of loneliness and helplessness. Thus the problems associated with ageing are numerous. Broadly speaking the main problem of the aged in our country is related to socio psychological economic and health problems Old age homes are a need of today as 3 the life-styles are changing fast and diminishing acceptance of family responsibilities towards one's elders.

After a certain age health problems begin to crop up leading to losing control over one's body, even not recognizing own family owing to Alzheimer are common in old age. It is then children began to see their parents as burden. It is these parents who at times wander out of their homes or are thrown out. Some dump their old parents or grand parents in old-age homes and don't even come to visit them anymore. Delhi has nearly 11 lakhs senior citizens but there are only 4 governments' run homes for them and 31 by NGOs, private agencies and charitable trusts. As an investigator experience psychosocial problem is one of the most common problems among elderly people. Mainly due to the neglected family members, loss of spouse, lack of financial security, far from social activities, etc so psychosocial problems are affect on the interaction interdependency with others and creating isolation, idleness in his mind.

The researcher realized that the period of transition into retirement offers a unique time window that allows researchers to study adaption and coping over a period characterized by substantial everyday-life changes that may affect overall psychological health. Early research on the retirement transition has largely focused on financial conditions and physical health and less on psychological aspects, but this trend has changed in recent years as more interest in psychological factors has been noted. This will inculcate in the researcher to conduct this study and to improve the psychological problems of post-retired elders.

## **OBJECTIVES**

1. To assess the pre-test knowledge regarding post retirement psychological problems and its prevention among elderly people.

2. To assess the post-test knowledge regarding post retirement psychological problems and its prevention among elderly people.
3. To assess the effectiveness of health teaching booklet on knowledge regarding post retirement psychological problems and its prevention by the post test score.
4. To find the association between pre-test and post-test knowledge scores regarding post retirement psychological problems and its prevention among elderly people with selected demographic variables.

**HYPOTHESIS**

**H1**-There will be significant difference between pre-test and post-test knowledge regarding post retirement psychological problems and its prevention among elderly people.

**H2**-There will be significant association between pre-test knowledge regarding post retirement psychological problems and its prevention among elderly people with selected demographic variables.

**METHODOLOGY**

Evaluative approach was used to conduct the study. The design for the study was one group pretest posttest, quasi experimental design. The sample size comprised of 60 elderly people who met the inclusive criteria were selected by convenient sampling technique The tool consists of Demographic data, self-administered Structured questioner.

The data was collected over a period of 4 weeks at selected urban areas, Bangalore, pretest was conducted for 45 minutes. Immediately after the pretest, information booklets were given on an individual basis. After seven days posttest was done. The same procedure was continued up to 60 samples. Descriptive statistics and inferential statistics were used for data analysis.

**RESULT AND DISCUSSION**

The major findings as follows:

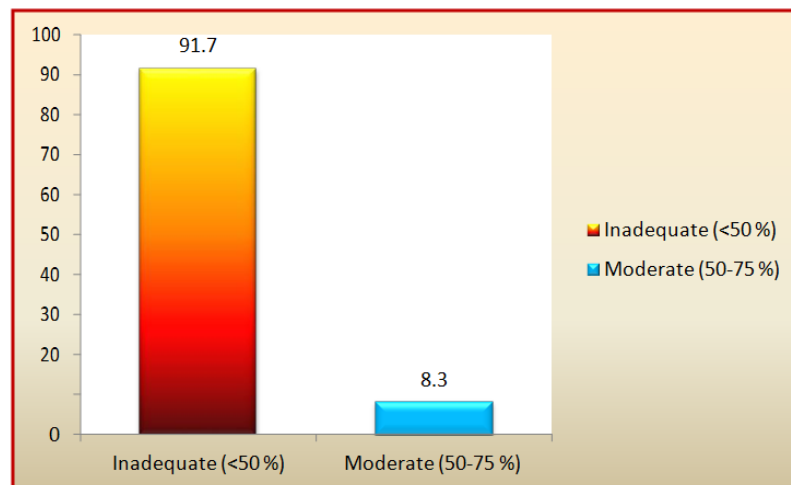
- majority elderly people 41.6 % belong to the age group of 60 to 65 years
- majority elderly people 55% are Hindu
- majority elderly people 73.% were married
- majority elderly people 46.7% belong joint family
- majority elderly people 45.% belong to semi Gov-employee.
- majority elderly people 68.3% were male
- majority elderly people 53.3% have no ideas about psychological problem
- majority elderly people 46.7% lives with their children
- majority elderly people 45.% belong to spouse look after the sickness.

Association between Knowledge score with selected demographic variables. It is evidence from the above table that there is no significant association between Knowledge score with selected demographic variables at 0.05 level.

**Table 1: Classification of Respondents on Pre-test Knowledge scores**

N=60

Knowledge Level	Respondents	
	Number	Percentage
Inadequate (<50 %)	55	91.7
Moderate (50-75 %)	5	8.3
Adequate (>75 %)	0	0
Total	60	100
Pre-test (Mean & SD)	17.7167	2.30763



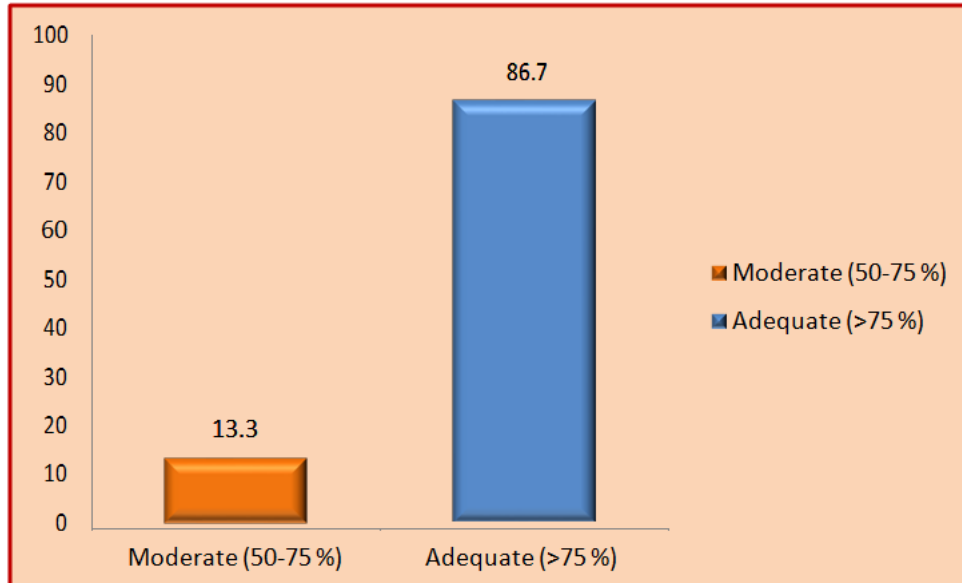
**Fig 1: Classification of Respondents on Knowledge scores**

Knowledge Level	Respondents	
	Number	Knowledge Level
Inadequate (<50 %)	0	Inadequate (<50 %)
Moderate (50-75 %)	8	Moderate (50-75 %)
Adequate (>75 %)	52	Adequate (>75 %)
Total	60	Total
Post-test (Mean & SD)	33.3667	Post-test (Mean & SD)

**Table 2: Classification of Respondents on Post-test Knowledge scores**

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
Post-test (Mean & SD)	33.3667	2.21678

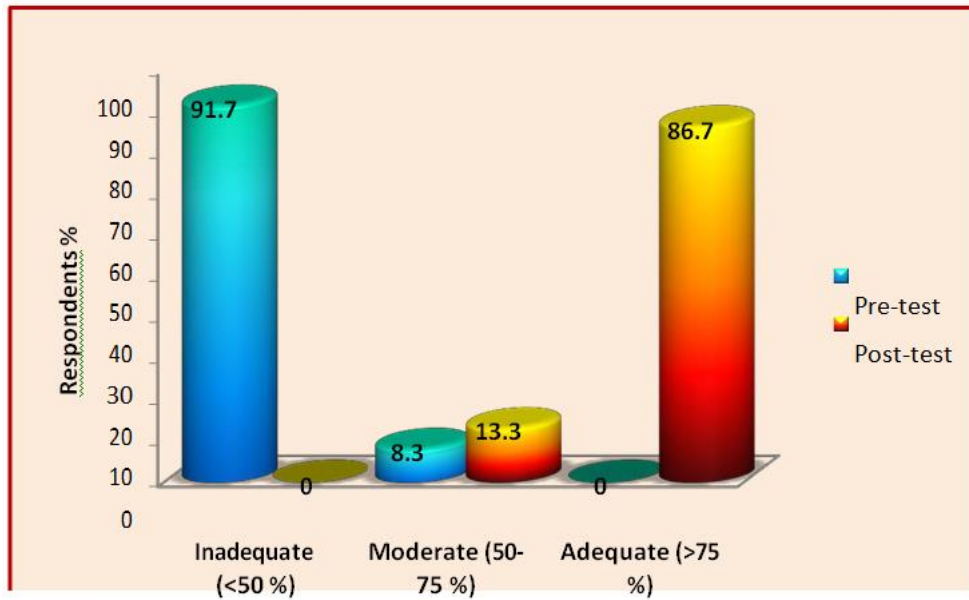


**Fig 2: Classification of Respondents on Knowledge scores**

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

N=60

Knowledge Level	Pre-Test		Post-Test	
	Number	Percentage	Number	Percentage
Inadequate (<50 %)	55	91.7	0	0
Moderate (50-75 %)	5	8.3	8	13.3
Adequate (>75 %)	0	0	52	86.7
Total	60	100	60	100



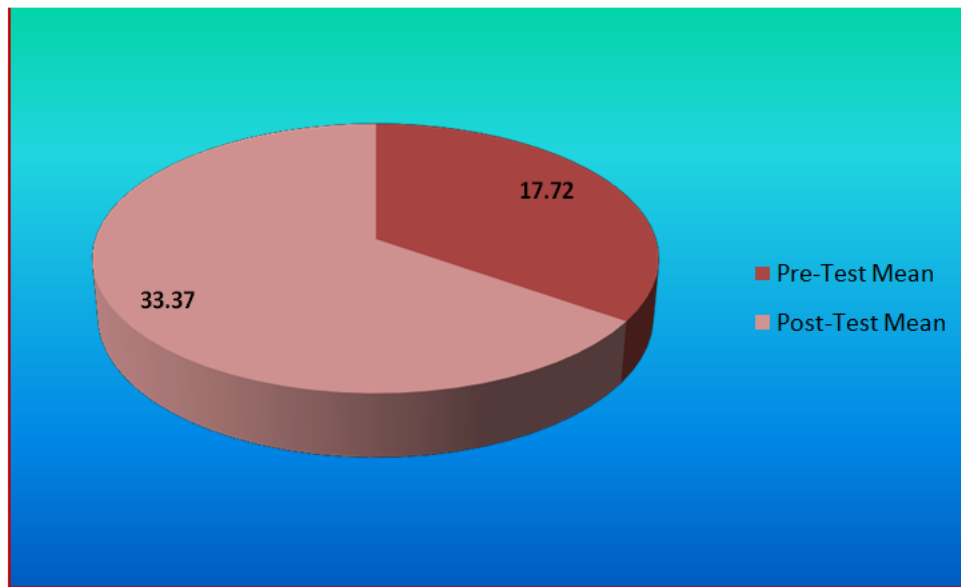
**Fig 3: Comparison of Respondents on Knowledge level between pre-test and Post test**

**Table 4: Effectiveness of information booklets**

N=60

Pre-Test		Post-Test		t-test	Df	p-value
Mean	SD	Mean	SD	48.829*	59	0.000
17.72	2.30763	33.37	2.21678			

\* Significant at 5% level



**Fig 4: Effectiveness of information booklets**

***Knowledge scores of elderly people on post retirement psychological problems***

The mean knowledge score of elderly people regarding post retirement psychological problems in pre test 17.72, and SD 2.30 and in post test 33.7 and SD 2.21.

***To determine the association between knowledge of elderly people with the selected demographic variables***

There is a no significant association between the knowledge and demographic variables.

**CONCLUSION**

The finding shows after the administration of information booklet that 86.7% of elderly people have adequate knowledge regarding post psychological problems The studies state the importance of post retirement psychological problems in selected urban areas. The study helps the elderly people to aware about the post retirement psychological problems in many ways. It is very much important for the elderly people to have adequate knowledge regarding post retirement psychological problems. The result of the present study shows that there is a great understanding and knowledge regarding post retirement psychological problems among elderly people.

**REFERENCES**

1. Basavanthappa BT, 2003. Medical surgical nursing, (1sted). New Delhi; Jaypee brothers medical Publishers (P) Ltd.
2. Joyce BM, Hawks JH. Medical surgical Nursing. 7th ed. MO: Saunders; 2005.
3. Dorothy BY. Hastings A. Marie and Tolsma, 2003. Fundamentals of nursing research. 3rd ed. Jones and Bartlett Publishers.
4. Deborah A. Psychiatric nursing. Philadelphia: W B Saunders company; 2003. (p. 4thed).
5. Donaldson J. wotson R. 1996. Advanced Nursing practice. 1st ed. New Delhi: Jaypee Brothers Medical.
6. Elizabeth M. Philadelphia: W.B sounders company. Ment Health Nurs. 1996:(3rded).
7. Fortinash P, et al. Psychiatric mental health nursing. Philadelphia: Mosby publication; 1996. (p. 1sted).
8. Gelder M Et Al. Shorter Oxford text book of psychiatry. 4th ed. Oxford New Delhi University Press; 2002.
9. Lopez G. New Oxford of psychiatry. 1st ed. Italy Oxford Press; 1998.
10. Gurumani N. An introduction to Biostatistics. 2nd ed. New Delhi: MJP publishers (P) Ltd; 2005.
11. Haber S. Comprehensive psychiatric nursing. St. Louis: Mosby Publishers; 1997. (p. 5thed).
12. Jarrell Stephen B, 1994. Basic statistics, (1sted). USA; WM. C.
13. Kaplan P. Synopsis of psychiatric Behavioral Science and clinical psychiatry. Lippincott; 2007. (p. 10thed).
14. Keltzner L. Psychiatric nursing. Vol. 80. Mosby publishers; 2003. (p. 4thed).
15. stommel M, Wills CE. Clinical research. Lippincott williams & wilkins; 2004. (p. 1sted).
16. Boyd MA, D. Psychiatric nursing. New Delhi: Lippincott publishers; 2008. (p. 4thed).
17. NirajAhuja KP. A short Text Book of Psychiatry. New Delhi: Jaypee Brothers Publication; 2002. (p. 5thed).
18. Noreen Careen F. Psychiatric nursing. Haryana: Sonat Publishers; 2007. (p. 1sted).
19. Phipps L. Long and woods, 1999. Shaffer's medical surgical nursing. 7th ed. New Delhi: BI Publications Pvt.
20. Polit FD, Beck CT. Nursing research. 5th ed; 2008, New Delhi; woltersKluwes (India) Pvt.

21. Poilt, Hangler. Nursing research principles and methods'. 5th ed; Philadelphia. Lippincott Company.
22. Prabhakara GN. Biostatistics. New Delhi: Jaypee Brothers Medical publishers (P) Ltd; 2006. (p. 1sted).
23. Stuart W. Principles and practice of psychiatric nursing. St. Louis: Mosby Publishers; 2005. (p. 8thed).
24. Wanda K. Psychiatric mental health nursing. Lippincott Publishers; 2006. (p. 6thed).
25. William, Beck R. Mental health psychiatric nursing. Philadelphia: Mosby publication; 1992. (p. 3rded).
26. Wesley G 1994. Nursing theories and models, (2nded). Pennsylvania; spring house corporation.
27. Linda WS, Paula HD. Medical surgical nursing. 1st ed. Philadelphia: F A Davis; 1999.