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WAYS OF COPING AMONG ELDERLY PEOPLE LIVING IN OLDAGE HOME AND WITHIN FAMILY SETUP



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Short Profile

Rishi Panday has completed his M. Phil in Psychiatric Social Work from Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Ranchi. He has also completed B.A (Social Work), Master of Social Work from Lucknow University and also cleared UGC-NET & J.R.F. He has clinical professional experience of 2 years.

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ABSTRACT:

**Background:** Human life, in all its stages, is blessed with growth and development. Ageing is a multidimensional phenomenon and is affected by a combination of physical, psychological and socio economic factors. **Aim:** To assess and compare Ways of Coping between elderly people living in old age home and within the family setup. **Methods and Materials:** A

cross sectional research design was adopted for the study. The study was conducted at two Old age home and two areas of Ranchi Kantatoli and Kanke. The sample comprised of 80 participants who were further divided into 40 participants from old age homes and 40 participants from family. Tools such as socio-demographic data sheet, Ways of Coping Questionnaire were administered to obtain the data. **Result and Conclusion:** Findings of this study indicate that Ways of Coping were better of those elderly people who were living in old age home in comparison of those elderly people who were living within family setup.

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## KEYWORDS

*Elderly people, Ways of Coping and Old age home.*

## INTRODUCTION

Ageing is an important part of all human life and this unwanted process of becoming older makes it more important. Old age is the last stage of human life, in this stage human life becomes weaker on physical perspective as well as more sensitive and emotional on Psychological perspective. Old people behave just like kids and seek more attention from family members which is hard to get as everyone is busy in their life. This makes aged persons more insecure and vulnerable for many emotional disturbances. Modern life style has created barriers and time has become very precious in this rat race leaving elderly people unattended. It is being said "A home is heaven where elderly and younger ones are been cared". This has promoted the concept of old age homes where their loved ones manage to find a middle path. Old people get proper care where as their loved ones remain busy with their lives. Surely, decreased or even absence of love from their family members leave deep scars on their psyche leading to elevated feelings of insecurity and fear of death.

Inevitable ageing is developmental phenomenon bringing along a number of changes in the physical, hormonal, psychological and social conditions. Ageing can be defining in terms of the biology "the regular changes that occur in mature genetically representative organism living under reprehensive environmental conditions as they advance in chronological age."

Hooyman (2008) suggested "Aging is a complex and fascinating process, one that we will all experience. It is complex because of its many facts- physiological, emotional, cognitive, economic and interpersonal that influences our social functioning and well-being."

Coping was given a proper definition in 1979 and described as a nursing practice. It was categorized under the word "mechanism" in relation to psychological adaptation (Kaba & Shanley, 1998). Since 1979, coping has assumed an important position in nursing profession and lots of authors have contributed to its recognisability.

Coping was pictured by Birkeland & Natvig, (2009) from two angles, first as a personality trait and second as a process changing in relation to current situation. Coping definition is multi-dimensional depending on the situation at hand, possibility to adapt and the available resources. It could be a response to medical, biological or psychosocial stressors regarding problem solving and emotion focused (Kaba & Shanley, 1998).

## AIM OF THE STUDY

To study ways of coping between elderly persons living in old age home and within the family setup.

## OBJECTIVES OF THE STUDY

To assess and compare ways of coping between elderly persons living in old age home and within the family setup.

## UNIVERSE OF THE STUDY:

Present study was carried out at Old age homes and family in Ranchi. Two old age homes selected for this study given bellow and two areas Kanke and Katatoli in Ranchi were selected for family.

1. Urse line society old age home, Hatia, Ranchi.
2. Old age Home, DAV Nand Raj, Bariyatu Ranchi.

## SAMPLE

**Sample technique:** Selections of the participants were done using purposive sampling technique.  
**Sample size:** The sample comprised of 80 participants who were further divided into 40 participants was living in old age homes and 40 participants were living with family setup.

## INCLUSION AND EXCLUSION CRITERION

### Inclusion criteria:

- 1) Educated up to 5th standard.
- 2) Both male & female.
- 3) Age between 60-85 years
- 4) Willing to participate in study.

### Exclusion criteria:

- 1) There should not be any History of major physical illness.
- 2) There should not be any History of major psychiatric illness and neurological illness.

## TOOLS WILL BE USE:

- 1) Socio demographic data sheet.
- 2) Ways of Coping Questionnaire (Folkman & Lazarus, 1988)

## DESCRIPTION OF THE TOOLS:

### 1. SOCIO-DEMOGRAPHIC DATA SHEET:

It is semi-structured, self-prepared Performa especially drafted for this study. It contains information about socio-demographic variables like age, sex, religion, education, marital status and domicile.

## 2.WAYS OF COPING QUESTIONNAIRE (Folkman &amp; Lazarus, 1988):

This Questionnaire was developed by Folkman and Lazarus in 1988 to provide researchers with a theoretically derived measure that could be used to explore the role of coping in the relationship between stress and adaptation outcomes. It assesses thoughts and actions individual uses to cope with the stressful encounters of everyday living. It is derived from a cognitive phenomenological theory of stress and coping that is articulated in Stress, Appraisal and Coping (Lazarus & Folkman, 1984). Ways of Coping Questionnaire is 4-point Likert type scale consists of 66 items which measures the following scales.

## RESULT:

Table-1:Socio-demographic variables between elderly people living in old age home and with family setup:

Variable		Group		Df	$\chi^2$
		Old age home	Family		
Sex	Male	11(13.8%)	19(23.8%)	1	3.413NS
	Female	29(36.2%)	21(26.2%)		
Religion	Hindu	25(62.5%)	28(52.8%)	2	5.16NS
	Christian	14(35.2%)	12(46.2%)		
	Other	1(2.2%)	0		
Category	Gen	19(47.5%)	21(52.5%)	3	2.54NS
	OBC	7(8.8%)	4(5.0%)		
	SC	0	3(3.8%)		
	ST	14(17.5%)	12(30%)		
Marital Status	Married	6(7.5%)	12(66.7%)	3	4.00NS
	Unmarried	4(5%)	1(1.2%)		
	Widow	23(57.5%)	20(50%)		
	Widower	7(17.5%)	7(17.5%)		
Education	Primary	19(23.8%)	21(52.5%)	5	4.78NS
	Middle	1(1.2%)	5(6.2%)		
	Secondary	7(8.8%)	5(6.2%)		
	Intermediate	4(5%)	2(2.5%)		
	Graduation	2(2.5%)	3(3.8%)		
	PG and Above	7(8.8%)	4(5.0%)		
Residence	Rural	14(17.5%)	16(40%)	1	0.21NS
	Urban	26(32.5%)	24(60%)		

NS= Not Significant

Table no 1 shows the socio- demographic variable between person living in old age home and family setup. 11(13.8%) male and 29(36.2) female participants were living in old age home. 19(23.8%) male and 21(26.2%) female participants were living in family. In religion, 25(62.5%) Hindu and 14(35.2) Christian participants were living in family while 28(52.8%) Hindu, 12(46.2%) Christian and 1(2.2%) participants were living in old age home. In category, 14(35.2%) Gen, 1(2.2%) OBC and 14(17.5%) SC participants were living in old age home while 21(52.5%) Gen, 7(8.8%) OBC, 3(3.8%) SC and 12(30%) ST participants were living with family. In marital status, 6(7.5%) married, 4(5%) unmarried, 23 (57.5%) widow and 7(17.5%) widower participants were living in old age home while 12(66.7%) married, 1(1.2%) unmarried, 20(50%) widow and 7(17.5%) widower participants living in family. In education, 19(23.8%) primary, 1(1.2%) middle, 7(8.8%) secondary, 4(5%) intermediate, 2(2.5%) graduation and 7(8.8%) PG participants were belonging old age home while 21(52.5%) primary, 5(6.2%) middle, 5(6.2%) secondary, 2(2.5%) intermediate, 3(3.8%) graduation and 4(5.0%) PG participants were belonging with family. In residence, 14(17.5%) rural and 26(32.5%) urban participants were living in old age home while 16(40%) rural and 24(60%) urban participants were living in family.

Table-2: The difference of age between elderly people living in old age home and family setup.

Variable	Group	Mean ± Std. Deviation
Age	Old age home	72.90±6.92
	Family	70.37±7.71

Table-2 reveals that mean ages of respondents living in old age home were 72.90±6.92. The mean ages of respondents living with family were 70.78±7.71.

Table-3: Comparison between person living in old age home and person living in old age home in term of Coping and its domains:

Variable	Group		T
	Old Age Home (N=40) Mean ± SD	Family (N=40) Mean ± SD	
<b>Confrontive</b>	8.50±1.82	8.85±3.00	0.62
<b>Distancing</b>	9.27±2.05	7.70±1.85	3.60**
<b>Self Controlling</b>	10.03 ±2.57	9.13±2.40	1.61
<b>Seeking Social Support</b>	9.05 ±2.74	8.95±2.50	0.17*
<b>Accepting</b>	5.68 ±1.54	5.20±1.52	1.38
<b>Escape Avoidance</b>	9.82±2.42	9.05±2.71	1.34**
<b>Plan full Problem Solving</b>	8.20±2.61	8.18±2.13	0.04
<b>Positive re-appraisal</b>	11.67±3.00	10.15±2.90	2.30*
<b>Total Coping</b>	72.20±12.06	67.22±12.36	1.82**

\*=significant at 0.05 Level \*\*=significant at 0.01 Level

Table-3 shows the mean score and compression of coping (domain wise) between elderly people living in old age home and within family setup. Significant group deference was found in term of distancing, seeking social support, escape avoidance, positive re-appraisal and total coping. It shows that the mean score of distancing coping of elderly people ( $9.27 \pm 2.05$ ) living in old age home was better than elderly people ( $7.70 \pm 1.85$ ) living with family. There was significant difference found at 0.01 levels ( $p = 0.01$ ) indicates that elderly people living in old age home was better distancing coping than elderly people living with family.

It shows that the mean score of seeking social support coping of elderly people ( $9.05 \pm 2.74$ ) living in old age home was better than elderly people ( $8.95 \pm 2.50$ ) living with family. There was significant difference found at 0.05 levels ( $p = 0.05$ ) indicates that elderly people living in old age home was better seeking social support coping than elderly people living with family.

It shows that the mean score of distancing coping of elderly people ( $9.27 \pm 2.05$ ) living in old age home was better than elderly people ( $7.70 \pm 1.85$ ) living with family. There was significant difference found at 0.01 levels ( $p = 0.01$ ) indicates that elderly people living in old age home was better distancing coping than elderly people living with family.

It shows that the mean score of escape avoidance coping of elderly people ( $9.82 \pm 2.42$ ) living in old age home was better than elderly people ( $9.05 \pm 2.71$ ) living with family. There was significant difference found at 0.01 levels ( $p = 0.01$ ) indicates that elderly people living in old age home was better escape avoidance coping than elderly people living with family.

It shows that the mean score of positive re-appraisal coping of elderly people ( $11.67 \pm 3.00$ ) living in old age home was better than elderly people ( $10.15 \pm 2.90$ ) living with family. There was significant difference found at 0.05 levels ( $p = 0.05$ ) indicates that elderly people living in old age home was better positive re-appraisal coping than elderly people living with family.

It shows that the mean score of coping of elderly people ( $72.20 \pm 12.06$ ) living in old age home was better than elderly people ( $67.22 \pm 12.36$ ) living with family. There was significant difference found at 0.05 levels ( $p = 0.05$ ) indicates that elderly people living in old age home was better coping than elderly people living with family.

## DISCUSSION:

The ways of coping scale related to eight type of coping: Confrontive Coping, Distancing Coping, Self-controlling, Seeking Social Support, Accepting Coping, Escape avoidance, Plan full problem solving coping, Positive re-appraisal coping. The findings of the present study reflected the significant difference in coping between elderly people living in old age home and within family. The elderly people living in old age home had found better coping in comparison to elderly people living with family. This can be explained and justified by virtue of fact that the elderly people living in old age home did all work by them. This finding is consistent with the previous study Mehra et al (2005) found out his study that seeking social support coping more used by person living in old age home in comparison to people living in family. In old age home people live in alone so he tries to take help from different scores. In family people live with family members so many time his family members do his work as its result he becomes depend his family members. Same finding were other study as O'Donnell et al (2008) find out



that elderly people were living in old age home used seeking social support coping for reducing stress. Choi et al (2013) found out that person lived in old age home used plan full problem solving coping. . In old age home people living in alone so they solved all problems by him but person living with family solve his problem with the help of family members. Heydari-Fard (2014) found that elderly people used positive re-appraisal coping to reduce their stress. This coping was more used by elderly people lived in old age home in comparison to those people who lived with family. Elderly people live in alone in old age home so they try to cope with situation and solve the problem by them. All decisions are taken by elderly people in old age home so their problem solving coping becomes stronger. Elderly people live in old age home alone so they try to take help from other side of old age home their seeking social support coping becomes strong but elderly people live in family with family members so they become dependent on family members. Elderly people living in family get all types of help from family members so they do not do effort for any work.

### CONCLUSION:

Present study is based on cross sectional descriptive designed to assess and compare ways of coping between elderly persons living in old age home and within the family setup. With the help of present study findings elderly people living in old age home and within family setup can recognize what is causing them poor coping and learn how to manage their coping in a healthy and productive manner. Overall concluded that elderly people living in old age home have good coping in comparison to elderly person living with family.

### LIMITATIONS:

The limitations of the present study are as follows:

1. Being a time bound study sample size is small and hence the generalization of the result remains doubtful.
2. Data collection was done from Katatoli and Kanke area only.
3. The samples were selected by using purposive sampling technique.

### FUTURE DIRECTIONS AND IMPLICATION

1. The study needs to be carried out on large sample, with comparable representation of both the groups.
2. Elderly person living in old age home and elderly person living within family from various places need to be taken.
3. The future studies must attempt to carry out other social aspect which is related to aging.
4. The scope for intervention by mental health professionals, especially, psychiatric social workers in planning and delivering adequate therapeutic services in the clinical context.
5. Based on the present study finding Psycho-social intervention programme be developed to enhance coping pattern of elderly persons.
6. Present study finding would help in implementing the rehabilitation programme for elderly people.

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