

EFFECTIVENESS OF GERIATRIC SOCIAL CLUB ON PSYCHOLOGICAL WELL BEING AMONG THE ELDERLY

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Abstract

A study to assess the effectiveness of geriatric social club on psychological well-being among the elderly residing in selected old age homes at Kollam. Quantitative research approach with quasi experimental pretest–posttest control group design was adopted for this study. The researcher assessed the psychological well-being by using Philadelphia Geriatric Morale Scale for both experimental and control group. After conducting pre-test, Geriatric social club including Sudarshankriya yoga and recreational activities was formed. The experimental group received three weekly sessions of activities and no intervention was given for the control group. Post-test was conducted on the 23rd day using the same tool. The findings of the study were that majority (91.67 percent) of the elderly residing in old age homes had low psychological well-being. The association between psychological well-being and the selected demographic variables shows no significance at 0.05 level.

Key Words: Geriatric social club, psychological well-being, elderly, old age homes.

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Introduction

The elderly population of the world, for last 50 years from 1950 to 2000 had increased from 8 to 9.9 percent of total population. By mid-year 2010, world population estimated was 6.84 billion; of that, 516 million people are of about 65 years and 8 percent was above 65 years of age. As the old age accounts for a good number in our population the promotion of their health and welfare is the responsibility of every health personnels.

Traditional perceptions of old age have been challenged during the past few years and the elderly people are taken as a burden on society, and nowadays mushrooming of old age homes are seen. A report published by Punjab University on the impact of institutionalization on the psychological well-being of elderly showed that older people in the institutions have poor psychological well-being and their depression level is high when compared to non-institutionalized older persons. The study assess the existing psychological well-being of the elderly residing in old age home using Philadelphia geriatric center morale scale and evaluate the effectiveness of geriatric social club on psychological well-being of the elderly residing in old age home. It finds the association between psychological well-being of the elderly residing in old age home and selected demographic variables like age, sex, religion, religious belief, marital status, education, previous occupation and family support.

A study was conducted in United States to examine the relationships between psychosocial resources and deficits, elder mistreatment, and psychological well-being of elderly in old age homes. The samples consisted of 2744 randomly selected elderly in selected old age homes. The study found that older adults with fewer psychosocial resources or more psychosocial deficits were vulnerable to mistreatment, and this causes damage to the psychological well-being of elderly.

A study was conducted in New Delhi among the non-institutionalized and institutionalized elderly on the psychological dimensions in the long term care facilities revealed that the healthy group relationship, constructive leisure time activities and support network are the desirable factors for high psychological well-being in elderly.

A cross sectional study was conducted to assess the psychological well-being of the elderly people in Peninsular Malaysia. Stratified random sampling technique was used to select the 1013

elderly people who belong to the ethnic groups Indian, Malay, and Chinese. Psychological well-being was assessed using 12-item General Health Questionnaire. The findings revealed that there was a significant difference between ethnicity and psychological well-being of the elderly ($\chi^2=79.62$, $p<0.0001$). The findings showed that about 57 percent Malay, 60.3 percent Chinese and 21.3 percent Indian had good psychological well being while 13.7 percent Malay, 18.1 percent Chinese and 47.9 percent Indians had poor psychological well being.

A descriptive study was conducted to assess mental health and psychological well-being among the aged and the very aged living at home settings. The samples are selected randomly and sample size was 507 aged 65-75 years and 535 very aged above 75 years. The psychological well-being and mental health was assessed using four assessment scales including the Life Satisfaction Index and Brief scales. Assessments of dementia and psychological well-being were subsequently validated against diagnostic ratings made by experienced psycho geriatricians. Levels of agreement between psychometric and clinical ratings of dementia (kappa = 0.83) and psychological well-being (kappa = 0.66) were satisfactory. The findings showed that very aged subjects had poor psychological well-being and higher ratings of dementia than aged subjects.

An experimental study was conducted to assess the impact of an eight week Yoga program on the holistic health and well-being of physically inactive elderly in a retirement village from Australia. The samples were 40 elderly selected randomly and were assigned to 20 in experimental group and 20 in control group. Their self-perceived physical, mental, spiritual and social health and well-being were assessed using the Life's Odyssey™ Questionnaire and the Short Form-12 Health Survey. The results revealed that the self-perceived physical well-being ($p<0.01$), self care ($p<0.001$) and mental well-being ($p<0.05$) improved significantly in the Yoga group.

A qualitative study was conducted to provide a comprehensive picture of the social clubs, the range of activities, programs to promote the physical or psychological well being of elderly in the social clubs in Israel. The data was collected purposively from 110 samples of 69 social clubs. Survey master plans, in-depth and focus group interviewing is done to extract data from the subjects. The responses reflect high satisfaction with the psycho-social aspects of the clubs, including with

the positive atmosphere in the club and the club's great importance in the life of participants. The study revealed a positive relationship in the physical and psychological well-being of the elderly subjects during social club activities.

Materials and methods

The people with chronological age group above 60 years were considered. Effectiveness refers to determining the extent to which the geriatric social club is helpful in producing a change in psychological well-being of elderly residing in old age homes as measured by difference in the pretest and posttest psychological well-being scores.

Geriatric social club refers to the group of elderly people in an old age home, formed around a common interest on every day for 2 hours – doing activities for their psychological well-being. The geriatric social club consists of three weekly sessions of combined activities- Sudarshankriya yoga and the recreational games.

Sudarshankriya yoga breathing techniques given to the elderly for about 45 minutes on a daily basis followed by 15 minutes relaxation and it is one of the activities included in the geriatric social club. Sudarshankriya yoga incorporates specific natural rhythms of the breath which harmonize the body, mind and emotions. This unique breathing technique eliminates stress, fatigue and negative emotions such as anger, frustration and depression, leaving the person calm yet energized, focused yet relaxed. The sudarshankriya yoga used in this study has 4 components - Ujjayi pranayama, Bhastrika pranayama, Chanting of "om" and finally Sudarshankriya.

Psychological well being to a subjective perception of vitality and feeling well mentally can be described objectively in dimensions of agitation, attitudes towards on ageing and lonely satisfaction and is measured using Philadelphia Geriatric Center Morale Scale.

The conceptual framework, of the present study was based on "General Systems Theory by Von Bertalanffy (1968). Quantitative research approach with quasi experimental pretest-posttest control group design was adopted for this study. The independent variable used in this study was the geriatric social club and the dependent variable was the psychological well being of elderly residing in old age homes. Sample consisted of 60 elderly – 30 each for experimental and control group selected by purposive sampling technique. The investigator used demographic proforma to collect relevant demographic data and standardized Philadelphia

geriatric morale scale was used to assess the psychological well being of the elderly residing in old age homes. The data collection tools were validated and reliability was established.

The elderly residing in the old age homes who fulfilled the sampling criteria were identified. The investigator was introduced to the subjects and the purpose of the study was explained to them. Confidentiality was assured and a written consent was obtained. The pretest was conducted on first day to both the experimental and control group using demographic proforma and Philadelphia Geriatric Morale Scale. From day two onwards, Geriatric social club was formed which consisted of combined activities of Sudarshankriya yoga and recreational games for three weekly sessions, in which the Sudarshankriya yoga was repeated throughout the weeks but the recreational activities were changed in each week. The sudarshankriya yoga had four components- beginning with Ujjayi pranayama proceeding to Bhastrika pranayama, then Chanting of "om" and finally Sudarshankriya. It was given to the elderly for about 45 minutes on every day in the morning followed by 15 minutes relaxation. The recreational activities included in the club were given for one hour. The experimental group received three weekly sessions of activities and no intervention was given for the control group. Post test was conducted on the 23rd day using the Philadelphia Geriatric Center Morale Scale.

Results

Section 1: Sample characteristics

According to the age wise distribution, 35 percent of the subjects belong to the age group of 61-65 years and the majority of the subjects (60 percent) were females; and 40% were males. The data also shows that majority of the subjects (43.33 percent) were widow/widower and most of them (76.67 percent) belongs to Hindu religion. The religious belief of the subjects shows that majority (93.33 percent) was religious and rest of them was atheist. The results also showed that majority of the subjects (75 percent) had primary education and 23.34 percent of the subjects were unemployed. The results show that 55 percent of the subjects received personal visitors in the old age home and majority of the visitors were the siblings of the subjects.

Section 2: Assessment of psychological well-being of elderly residing in old age homes.

The psychological well-being of the elderly was assessed using the 17-item Philadelphia Geriatric Center Morale Scale (PGMS). The maximum possible score was '17' and the minimum possible

score was '0'. In this scale, psychological well-being was classified as ranging between low (0-9), mid (10-12) and high (13-17).

Table 1: Frequency, percentage, mean and standard deviation of pretest scores of psychological well-being of elderly residing in old age homes.

(n=60)

Psychological well-being	Score range	Frequency (f)	Percentage %	Mean M	S.D σ
Low	0 - 9	55	91.67	4.32	2.84
Mid-range	10 - 12	5	08.34		
High	13 - 17	0	00.00		

Majority (91.67 percent) of the elderly residing in old age homes has low psychological well being and 8.33 percent had psychological well being in mid-range. The mean and standard deviation of the pre test scores of psychological well being of elderly residing in old age homes was 4.32 with a standard deviation of 2.84.(Table 1)

To find the effectiveness of geriatric social club by comparing the pre test and post test scores of psychological well-being of the elderly residing in old age homes, paired 't' test was used.

Table 2: Mean, mean difference, paired standard deviation, 't' value and 'p' value of the pre test and post test scores of psychological well-being of the elderly residing in old age homes in the experimental group.

(n=30)

	Mean	Mean difference	Paired S.D	't' value
Pretest score	4.77	7.83	2.92	14.91**
Post test score	12.60			

$t_{(29)} = 2.04; p = 0.001 < 0.05$

**significant

There was a statistically significant improvement in the psychological well-being of elderly residing in old age homes from 4.77 ± 3.14 to 12.60 ± 1.65 ; ($p = 0.001 < 0.05$) with an improvement of 7.83 ± 2.92 after geriatric social club. So the Geriatric social club was effective in improving the psychological well-being of elderly in the experimental group. Table 2 compares the mean post test scores of psychological well-being of the elderly residing in old age homes in experimental group and control group, independent sample 't' test was used.

Table 3: Mean, standard deviation, independent sample 't' value and 'p' value of post test scores of psychological well-being of elderly residing in old age homes in experimental and control groups.

(n=60)

	Mean	S.D	't' value
Experimental group	12.60	1.70	17.231**
Control group	3.80	2.30	

$t_{(58)} = 2.00; p = 0.001 < 0.05$

**significant

There was statistically significant difference in the psychological well-being of elderly residing in old age homes ($p = 0.001 < 0.05$).

So it was inferred that Geriatric social club was effective in improving the psychological well-being of elderly.(Table 3)

There was no association between psychological well-being and selected demographic variables.

Discussion

The findings of the present study are in congruence with the study on the impact of playing Nintendo Wii games on the psychological well-being of elders in a senior citizen home in Japan. The samples were non-randomly selected, 45 elderly residents were assigned to experimental group and control group. Game sessions took place three times a week, lasting one and a half hours each. Results showed that playing Wii had a positive impact on the overall well-being of the elderly ($p < 0.001$).

Another study supported the findings of the present study which is used to assess the impact of an eight week Iyengar Yoga program on the mental well-being of 40 physically inactive elderly in a retirement village from Australia. The results revealed that the self-perceived mental well-being ($p < 0.05$) improved significantly in the Yoga group.

The study results along with the supportive studies show that the activities in geriatric social club- yoga and recreational activities are effective in improving the psychological well-being of elderly. Nurse educators not only have the role in educating the students but also have the responsibility to teach the newly appointed staffs, auxiliary nurse midwives and other care takers in the old age homes regarding various measures like geriatric social club to promote the psychological well being and thereby optimizing the overall well being of the elderly.

Conclusion

The present study aimed to find the effectiveness of geriatric social club on psychological well-being among the elderly residing in selected old age homes at Kollam. The findings of the study showed that the mean post-test psychological well-being scores of experimental group (12.60 ± 1.70) was greater than the mean post test scores of control group (3.80 ± 2.30); after the intervention

($p < 0.001$). The results also showed a significant difference in the mean psychological well-being score in the experimental group ($p = 0.001 < 0.05$) before and after the Geriatric social club intervention. So the Geriatric social club was effective in improving the psychological well-being of elderly residing in old age homes.

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