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Level of stress among elderly at selected old age homes in Nellore

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Abstract
Background: Stress is an issue for the elderly, in part because of other health problems and their reaction to them, and in part because of their loss of identity and a role in society. Stress is associated with certain particular life events, though stress can be caused by a number of different factors.
Aim: To assess the level of stress among elderly.
Setting and Design: The study was conducted in Visalakshmi old age home, Golagamudi, at Nellore District by using a Non experimental descriptive design.
Materials and Methods: A total of 100 samples were included in this study by using Non probability convenience sampling technique.
Statistical Analysis Used: The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.
Results: The results shows that 3(3%) have mild stress, 86(86%) have moderate stress and 11(11%) have severe stress.
The results reveal that mean score of stress scale is 153.1 with standard deviation of 21.8, stressors mean is 19.44 with standard deviation of 7.50 and life events mean is 32.6 with standard deviation of 11.15.
Conclusion: Elderly people residing at old age home experience moderate to severe level of stress.

Keywords: Stress, elderly people, old age homes

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1. Introduction
Living is a process of continual change; the continuation of change into lateral life is natural and expected. Aging by itself is not a health problem, rather it is gradual, life long biological process affecting irreversible changes. These changes can be delayed controlled or even prevented by modifying life styles, habits, diet, exercise and by attaining autonomy and social support [1].
Britain the friendly societies Act(1875), enacted the definition of old age as "any age after 50" yet pension mostly used age 60 or 65 years for eligibility (Roebwek 1979) [2].
Stress is referred to all processes, whether originating in the external environment or within the person, which impose a demand or requirement up on the organism, the resolution or handling of which necessitates or activity of the mental apparatus before any system is involved or activated. The elderly person who are residing in old age homes have more stress because they are staying away from their children and they don't have anyone's support to carry their works and to share their feelings [3].
The National Health Interview Survey shows that 75 percent of old age population experiences at least some stress, half of those experience moderate or high levels of stress during their life time. The APA survey shows that two thirds of Americans say they are likely to seek help for stress. All ages are affected with stress in their life time. Stress is a major health issue that is not always seen as the cause of the many health problems with which it is associated [4].
Elderly people are suffering with many physical, social, emotional and psychological problems which enhance the level of stress. So the investigator interest to assess the level of stress among elderly who residing in old age homes.

1.1 Statement of the problem
"A study to assess the level of stress among elderly at selected old age homes in Nellore".

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1.2 Objectives
1. To assess the level of stress among elderly.
2. To associate the level of stress among elderly with selected socio demographic variables.

1.3 Assumptions
★ Elderly people residing at old age homes experience stress.
★ Level of stress varies from individual to individual.

2. Materials and Methods
Non-experimental study was conducted in Visalakshmi old age home, Golagamudi, at Nellore District. A sample size of 100 100 elderly people were selected by non probability convenience sampling technique. Modified stress scale was used to assess the the stress level among elderly in Visalakshi old age home, golagamudi at Nellore.

2.1 Plan for Data Analysis:
Data analysis was done using descriptive statistics and inferential statistics.

2.2 Descriptive statistics
➢ Frequency and percentage distribution, Mean & standard deviation

2.3 Inferential statistics
➢ Chi-square test.

3. Results

Table 1: Frequency and percentage distribution of stress among elderly. (n= 100)

S.no	Level of stress	Frequency (n)	Percentage (%)
1.	Mild stress	3	3
2.	Moderate stress	86	86
3.	Severe stress	11	11
	Total	100	100

Table 1 reveals that among 100 elderly, with regard to the level of stress among elderly, 3(3%) elderly had mild stress, 86(86%) had moderate stress and 11(11%) had severe stress.
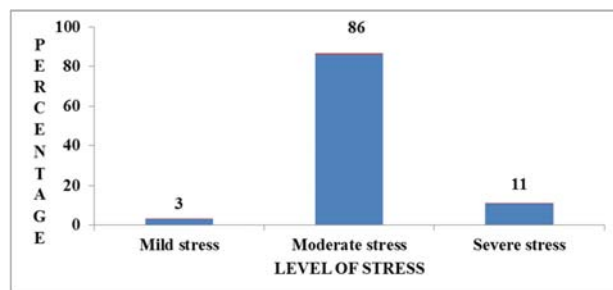

Fig 1: Percentage distribution of stress among elderly

Table 2: Comparison of mean and standard deviation among elderly. (n= 100)

Items	Mean	Standard deviation
Symptoms of stress	153.1	21.8
Stressors	19.44	7.50
Life events	32.6	11.15

Table 2 The result indicates that in symptoms of stress the mean is 153.1 with standard deviation of 21.8, Stressors mean is 19.44 with standard deviation of 7.50 and life events mean is 32.6 with standard deviation of 11.15.

4. Discussion
4.1 Findings related to Frequency and percentage distribution of stress
Table 1 reveals that among 100 elderly, with regard to the level of stress among elderly, 3(3%) elderly had mild stress, 86(86%) had moderate stress and 11(11%) had severe stress. A descriptive, cross-sectional study was conducted among 100 inmates of an old age home in Kanchipuram District, Tamil Nadu, using a semi-structured questionnaire. Perceived levels of Stress among elderly were assessed using the perceived stress scale-10. Nearly 18% of the participants had high stress scores and 60% had moderate stress scores. Gender, co-living status with spouse was found to be significantly associated with stress scores. The perceived stress was high among inmates of old age homes. There is a need for organized family and social support to improve the physical and psychological health of elderly. Exploratory research studies are necessary to identify the problems among elderly, especially those in old age homes.

4.2 Findings related to Mean and Standard deviation of stress among elderly
Table 2 The result indicates that in symptoms of stress the mean is 153.1 with standard deviation of 21.8, Stressors mean is 19.44 with standard deviation of 7.50 and life events mean is 32.6 with standard deviation of 11.15.

4.3 Associate the level of stress among elderly with selected socio demographic variables.
In association between the level of stress among elderly people residing in old age home with their socio demographic variables like age, gender, education, marital status, source of income, habits, coping mechanisms used specify and co-morbid diseases are significant at the level of $p<0.05$.
In association between the level of stress among elderly people residing in old age home with their socio demographic variables like religion, period of stay in old age home, recreational activities are not significant at the level of $p<0.05$.

4.4 Recommendations for further research
On the basis of findings of the study the following recommendations have been made:-
• A similar study can be replicated on large sample size, in different settings with in different population as longitudinal study.
• A similar study can be done by using experimental and control group.

5. Conclusion
Elderly people residing at old age home experience moderate to severe level of stress.

6. References
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