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Perceived psychosocial stress among elderly with special reference to their family pattern

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Everyone experiences stress from womb to tomb. But being aged means getting more prone to have psychosocial stress, as aging itself involves lots of bio-psychosocial changes. Therefore, exploratory research was done in selected old age homes of India with aim to assess the level of psychosocial stresses among elderly residing in old age homes and further to explore their family pattern. A sample of 60 subjects (elderly above 60 years of age) was selected through total enumerative sampling. Data was collected using standardized Stokes/Gordon's Stress Scale [SGGS]. It was found that 77% of subjects living in old age homes were in mild psychosocial stress, while 23% were having moderate psychosocial stress. Furthermore, female elderly and those residing in old age homes from less than one year were having significantly higher level of psychosocial stress. 70% of elderly were widow, 58.33% from joint families, 31.67% lived with their spouse and children and 45% preferred living alone; 38.33% of elderly preferred certain living arrangements because of cultural values, 31.67 % for privacy/independence and 18.33% for physical needs and emotional support. Reasons for coming to old age home were rejection by children, family dispute, unavailability of care taker, and no financial support. It was generally observed that although majority of subjects had co residence as actual living arrangement but preference to live alone was high. Moreover, most of the elderly had sons and daughters alive, but none of them were accompanying or caring them.

Biography

Gurjot Kaur Toor has completed her MSN in Psychiatric Nursing at the age of 24 years from DMCH College of Nursing. She has PG diploma in Hospital Administration and certificate course in medical tourism. She is Nursing Tutor, teaching Psychiatric Nursing and Nursing Administration in College of Nursing DMCH, a reputed, research oriented and Baba Farid University of Health Sciences' approved organisation. She had guided 3 research projects till now on, stress among bronchial asthma patients, psychosocial and financial problems in parents of thalassemia children, and Internet addiction among adolescents. She has also attended various conferences and workshops.

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