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Self-efficacy and self-worth of elderly in geriatric institutions

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Old age is a record of one's own life; this is the crucial phase for most. However, there are individuals who believe that old people retain self-efficacy and self-worth throughout their existence. Geriatric institutions focus on health of elderly, in which, they have been supported with medicines and therapies by clinician, thus, indicating that these may suffice physical, emotional and mental health of the elderly. This study focuses on describing the level or degree of self-efficacy, recognizing the extent of self-worth and determining the significant relationship between self-efficacy and self-worth. It is a mixed method design; a combination of correlational research and in depth interview. Purposive sampling technique was used to select participants, considering that this assay focused on elderly in geriatric institutions, it follows that, respondents and participants are at least 60 years of age and must be living inside the institution. 121 senior citizens took part in this study. Scores from both General Self-Efficacy Scale (GSE) and Rosenberg Self-Esteem Scale (RSES) showed varying levels of self-efficacy and self-worth. SE had $\mu=28.099$, $\sigma=6.6262$, $\sigma^2=43.9067$ while, SW had $\mu=14.9669$, $\sigma=5.3789$, $\sigma^2=28.9322$ which denotes that $\text{robt}(121)=0.3164$ is higher than rcrit which is 0.150. Although this exhibits positive moderate correlation between SE and SW, relationship between variables is weak. Likewise, the p value ($p\text{ value}=0.000406$) is lower than the significance level $\alpha=0.01$, thus, rejecting the null hypothesis and accepting the alternative hypothesis.

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