

Study of Health Status among Elderly Residing in Old Age Homes and with Families

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Abstract

The elderly population in India continues to grow at a remarkable rate. During old age many changes take place in the body, which have intense effects on health and nutritional status. The aim of the study was to assess the health status among elderly residing in old age homes and with families. A total of 150 elderly participated in this study, in which a group of 75 elderly residing in old age homes and 75 elderly residing with families were selected for the study. A self made questionnaire was used to assess health status of elderly. The result showed that the elderly residing with families had good health status in comparison of elderly residing in old age homes. Elderly residing in old age homes had high risk of malnutrition. The most common health problem was arthritis followed by joint pain.

Key Words: elderly, old age homes, health status.

Introduction

Old age is a very crucial stage of life where a person becomes physically, mentally and financially weak and has to depend on another person without even wanting it. In India, the number of elderly (60 years and above) was 4.3 crores (6.29 percent of the total population) in 1981, 5.5 crores (6.2 percent of total population) in 1991, 7.7 crores (7.26 percent of total population) in 2001 and the amount of 10.3 crores (8.53 percent of total population) was achieved in 2011 (**Reports of Census of India 1981 to 2011**).¹

Ageing is a biological and natural process, which can take place after adulthood. Old age is associated with progressive tissue degeneration, which has a detrimental effect on critical organ structure and function, and is one of the most significant recognized risk factors for the majority of chronic diseases.

Geriatric nutrition deals with the nutritional requirements of elderly. According to **Jacqueline I longe (2006)** Geriatric nutrition applies concept of nutrition to postpone effects of ageing and disease, to asset the physical, psychological and

psychosocial changes generally related with growing old.²

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MATERIAL AND METHODS

Study location: Two old age homes of Bareilly city, Uttar Pradesh.

Study design: Exploratory research design.

Sample size: A group of 75 elderly residing in old age homes and 75 elderly residing with families were selected for the study.

Inclusion criteria: All the respondents who are aged 60 years and above 60 years were included in this study.

Exclusion criteria: Persons who are not willing to answer, having severe health problems were excluded from this study.

Tools of Data collection:

A questionnaire was prepared to collect data about the health status of the elderly residing in old age homes and with families.

Malnutrition was a major concern for residents in old age facilities. The majority of those who responded had issues with arthritis and joint discomfort. Hypertension, diabetes, asthma, and other health issues were also mentioned. Only 10% of the elderly in the study had a decent nutritional state out of a total of 150. However, the majority of the elderly were either malnourished or at risk of malnutrition.

DISCUSSION:

In the present study majority of respondents (65%) belonged to the age group of 60-69 years. Out of the total 150 respondents, majority of the respondents had health problem related to asthma and joint pain.

According to Mishra Arthritis and joint pain were the most common illnesses among residents of old age homes. Most of the respondents were malnourished or high risk

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RESULT AND DISCUSSION:

Out of a total of 150 elderly, 75 elderly people lived in old age homes and 75 elderly people lived with their families. Males made up the majority of the 150 elderly respondents. The majority of the participants were uneducated and from the lower middle class.

of malnutrition. In this study, most respondents who lived with their families had better nutritional condition than elderly people who lived in old age homes.³ Nutritional status was better among research subjects living in community settings compared to old age homes, according to a comparative study conducted by Pandve et al. in Pune.⁴ According to Singh et al, the senior population living in old age homes faces a higher risk of malnutrition, which appears to be worsening with age.⁵

CONCLUSION:

Health is an important aspect of elderly. Elderly need extra care and support for healthy lifestyle. Government should launched schemes for elderly who lived in old age homes for healthy lifestyle and it is also our duty that we gave them love and respect.