Prevalence of Health Problems among Elderly People: A Study in Selected Areas of SPSR Nellore district, Andhra Pradesh.

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Abstract— Old age is a significant phase in a person's life. Prevalence of chronic diseases and functional disabilities increase steadily with ageing. 100 elderly people were selected by simple random sampling technique. Interview schedule was used to collect the data and the data was analysed by using descriptive and inferential statistics.Results: The study reveals that majority of respondents prevalence score (43.45 %) were in the age group between 71 to 80 years, the obtained t' value was 9.86which is more than table value (7.82) at 5% level and the mean prevalence scores (43.22%) among elderly were high,The 't' value obtained 33.05 is more than table value (3.84) at 5% level.There is a significant association between prevalence of health problems of Elderly people with their age and present occupation.The study concluded that majority of elderly people are suffering with physical problems.

Index Terms— Ageing, Elderly People, Prevalence, Health Problems.

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1. INTRODUCTION

Aging is a normal progressive process, beginning at conception and ending in death. Aging is not synonymous with diseases, but diseases become more common as age progresses. Once problems occur, it may take a long time to heal due to old age. Usually the diseases present with non-specific multiple symptoms that involve many organs. Their illness tends to be chronic with no simple cure. Increasing age in the elderly is associated with the higher morbidity and frequent use of health services. Children have no time to look after their parents because of their busy schedule and as a consequence of this situation elders are getting neglected. At this age almost all people need some kind of support from family, society and health services.

The Purpose of the study: Globally, the population aged 65 and above is growing faster than all other age groups with increased the life expectancy in both developed and developing countries [1]. In India the proportion of elderly population is expected to increase from 10 percent at present to 13 percent by 2025. With rapid increase in elderly population accompanied by physiological changes, decline in normal functioning of the body and increased needs for services for older persons have contributed to a growing of research on both basic and applied aspects of aging [2-7]. This article highlights the prevalence of problems among elderly people.

Objective of this study is to assess the prevalence of health problems among elderly people and to find out the association between the prevalence of health problems and selected demographic variables.

Hypothesis: The hypothesis is tested at 0.05% level of significance.

Ho: There will be no significant association between the prevalence of health problems among elderly with their selected demographic variables.

H1: There will be significant association between the prevalence of health problems among elderly with their selected demographic variables.

2. METHODS

Descriptive research design was adopted for the present study.The Structured interview schedule on prevalence of health problems was developed to collect the data.After obtaining ethical clearance,100 elderly people were selected by purposive sampling technique. The study was conducted for a period of one month i.e from 7-8-2017 to 5-9-2017 in selected areas of Akuthota and ChinthaReddy palem, in Nellore (Dt) and the data collected was analyzed and interpreted based on descriptive and inferential statistics.

Inclusion criteria for selection of sample.

The study included the elderly people who
• Here in the age group of 60 years and above
• can understand and speak Telugu or English.
• were available at the time of data collection.
• were willing to participate in the study.

Exclusion criteria:
• In the age group of less than 60 years.
• were not residents of Akuthota & ChinthaReddy palem, Nellore.
• were not willing to participate in the study.

Development of the Tool:
To assess the prevalence of problems among elderly people.Structured interview schedule was prepared by the researcher to collect data from the respondents, based on the conceptual framework and hypotheses. Interview schedule is a Proforma containing a set of questions which are filled by the investigator. The instrument was developed with the help of many resources like literature, consultation with experts, valuators of tool etc.

Description of the Tool: The structured interview schedule is used in the study which consists of 2 sections namely section A and Section B.

- Section'A': Consists of 15 questions seeking the demographic data of the subjects like age, gender, religion, education, previous occupation, present occupation, income, type of family, dietary pattern, marital status, number of children, living with children and habits like smoking, alcoholism and tobacco chewing.

- Section -'B': Consists of check list on activities of daily living which consist of 15 questions and Physical problems with 25 questions.

Pilot Study:

After obtaining permission from the authorities and subjects, a pilot study was conducted on 10 elderly people. The subjects were chosen randomly from Vaddipalem in SPSR Nellore district. Then the investigator personally interviewed the subjects to elicit the information. It took about 20-30 minutes to conduct interview for each subject. The interview schedule is found to be clear, applicable and feasible for conducting final study. These subjects are not included in the final study. The elderly people are interviewed personally by the investigator at their residence.

Collection of Data:

All older adults are receptive and cooperative during interview.

Plan for Data Analysis:

After the collection of data ,the researcher had edited, coded (with help of code design)and entered the data in to SPSS spread sheets on a computer then the data was analysed with the help of descriptive and inferential statistics. The following methods were planned to analyze the data. Frequency tables, cross tabulation with Chi-square test values are computed to find out the relationship between problems with selected variables and the level of significance is set at 5 % level.

Table 1. PLAN FOR DATA ANALYSIS.

SI. No	Data Anlysis	Method	Remarks
1	Descriptive statistics	Frequency and percentage distribution Mean and Standard Deviation	Distribution of socio demographic variables. Item wise analysis of prevalence of health problems among elderly people.
2	Inferential statistics	Chi-square	To find out the association between prevalence of health problems among elderly people with their selected variables.

3. RESULTS

The Data were organized and presented under the following headings.

Section-I: Frequency and percentage distribution of socio de-

mographic variables.

Section-II: Frequency and percentage distribution and item wise analysis of prevalence of health problems among Elderly people.

Section-III: Mean and Standard Deviation of prevalence health problems among elderly people with selected variables.

Section-IV: Association between prevalence of health problems among Elderly people with their selected variables.

Major findings of the study:

Section-I: Frequency and percentage distribution of socio demographic variables.

- Majority of respondents (61 %) were between age group of 60 to 70 years
- Half of the respondents (50 %) were females
- Majority of the respondents (67%) were Hindus
- Majority of the respondents (78%) were illiterates
- Majority of the respondents (78%) were not working
- Majority of respondents (80 %) were earning ≤ Rs.2500/-.
- Majority of the respondents (62 %) were from nuclear family
- Majority of the participants (75 %) were non-vegetarian
- Majority of participants (65%) were married
- Majority of participants 64%) were having 1-3 children
- Majority of participants (69%) were not living with children
- Majority of participants (89%) were non alcoholics
- Majority of participants (75%) were non smokers

Section-II: Prevalence of health problems faced by elderly people:

Majority of respondents suffer with physical health problems. The common physical health problems are back pain (92 i.e 92%), decrease in weight and muscle strength (91 i.e 91%), disturbance in sleep (88 i.e 88%), joint pain while walking (82 i.e 82%), problem in reading or watching television (78 i.e 78%), diabetis (75 i.e 75%), tooth pain or loss of teeth (73 i.e 73%), numbness with tingling sensation (72 i.e 72%), falls at any time (68 i.e 68%), difficulty in fast walking (67 i.e 67%), hypertension (51 i.e 51%), hearing problems (45 i.e 45%), asthma (45 i.e 45%), difficulty in passing stool (45 i.e 45%), frequent involuntary voiding (42 i.e 42%), painful micturation (42 i.e 42%), lower abdominal pain (27 i.e 27%), heart problems (20 i.e 20%), accidents (8 i.e 8%), stroke or paralysis (6 i.e 6%), thyroid problems (5 i.e 5%), hypotension (3 i.e 3 %), liver diseases (2 i.e 2%), and interest in sexual relations (2 i.e 2%) have noticed.

Section-III: Variables Wise Mean and Standard Deviation of Prevalence of Health Problems among elderly people.

Prevalance of health problems among elderly people were more common in the age group of 71 to 80 years (mean=43.45, S.D=1.20), females (mean=41.5, S.D=1.53), Hindus (mean x=42.0, S.D =1.06) the senior citizen illiterates & literates edu-

cation have always equal mean prevalence scores (mean =41.19, S.D=0.09, mean=41.04, S.D=1.72), previous occupation i.e. self employment (mean=43.07, S.D=1.11), present occupation i.e. working group (mean=43.22, S.D = 1.84) income (mean=42.5, S.D=2.49) type of family i.e. nuclear family (mean =41.32, S.D =0.96) , vegetarian and non vegetarian have equal mean prevalence score (mean=41.32, S. = 1.34, mean =41.28, S.D=1.03) divorced (mean =45, S.D=0) number of children between 4-6 children (mean =41.51, S.D = 1.42) not living with children (mean=41.76, S.D=0.86) smoking (mean=40.24, S.D=41.68), alcoholism (mean=41.54, S.D=1.88) and tobacco chewing (x mean =42.15, S.D = 1.30)

Table 2. Mean & Deviation of prevalence of health problems among elderly people

Prevalence of health problems	
Mean	Standard Deviation
58.53	0.74

Section-IV: Association between the prevalence of health problems of elderly people and selected variables

• There is a significant relationship between prevalence scores of old age people with health problems and their age (χ^2=9.86) and present occupation (χ^2 =33.05).

• No significant relationships are found between the prevalence of health of problems and their gender, religion, education, previous, occupation, income, type of family, dietary pattern, marital status, number of children, living with children habits like smoking, alcoholism and tobacco chewing.

4. DISCUSSION

Based on Objectives of the study

1. To assess the prevalence of Health problems of Elderly people.

Elsa Sanatombi Dev, Shantham M. (2007) conducted a study to determine the perceived depressive feelings experienced by elderly clients [8].Study found 90% of older people able to perform normal activities of daily living. Usha UK (2009) studied the general health status of the elderly people in the community [9]. The results showed that 33.1 and 32.4 percentage of the elderly are suffering from arthritis and hypertension respectively. Levencron S, Kimyagarov et al., study on increased falls in elderly people, findings of study revels 32% elderly people experience pain, 34% decrease weight, 68.6% of have musculoskeletal problems, 76.4% decreased visual acuity and hearing, 80% had diabetes, 70.2% had falls, 68% of elderly people have hypertension[10].

2. To find out the association between the prevalence of health problems with selected demographic variables.

Parray SH, Ahmed D, et al. (2008). To assess the status and morbidity profile of elderly population[11] .The study reveals that chi square obtained for demographic variables age (38.24) and occupation (8.46). There was significant relationship between age and occupation with the health problems.

5. CONCLUSION

The present study attempted to assess the prevalence of health problems among elderly people.Study reveals that elderly people are independently performing their activities of daily living except doing house work, shopping, taking medications, climbing of stairs and walking outside ones home and majority of the respondents are suffering from at least one health problem except frequent involuntary voiding, painful micturation, lower abdominal pain, heart problems, accidents, stroke, thyroid problems, hypotension, liver diseases and interest in sexual relations.Self Instructional module was developed on occurrence of health problems and preventive strategies.

RECOMMENDATIONS

Based on study findings the following recommendations

• Similar study can be taken up to assess disparity between elderly man and Women faced problems.

• Similar study can be undertaken on a larger sample for making a more valid generalization.

• A comparative study can be conducted between prevalence and awareness of Senior citizens towards geriatric health problems.

• Descriptive study can be taken up to assess the prevalence and awareness of senior citizens towards geriatric health problems and selected variables like cultural factors, and mass media.

• A comparative study can be conducted between rural and urban elderly people problems.

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