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KNOWLEDGE OF ACTIVE AGING PROCESS IN SENIOR CITIZENS

Mrs. Pravina Mahadalkar¹

Professor, Bharati vidyapeeth (DU) College of Nursing, Pune

Ms. Isha Kamble, Ms. Sherin Shaji George, Ms. Sunam Rahul Saroj, Ms. Shiji Raju, Mr. Shubham Trivedi²

ABSTRACT

“A descriptive study to assess the knowledge of active aging process in senior citizen in selected areas of Pune city”.

Introduction: Active aging term is adopted by world health organization (WHO), "it is the process of optimizing opportunities for health, participation and security in order to enhance the quality of life." India is a developing country. There are nearly 104 million elderly citizens (aged 60 years and above). According to population census 2011, which includes 53 million females and 51 million males. As there is rapid growth in elderly population it enhances increase in need for their independence health care. So keeping this point in mind our group ventured to assess the knowledge of active aging process in senior citizens in selected areas of Pune city.

Material and Method: Quantitative non-experimental design was used for research study. Senior citizens above 65 years of age residing in families and old age home from Dhankawadi and Ambegaon were chosen using purposive sampling for the study. Data was collected using structured questionnaire.

Result: Majority of samples i.e. 55% of samples have average, 27% of samples have poor and 17% of samples have good knowledge about active ageing in which 53% are female and 47% are male and out of this samples 50% are from nuclear family 21% are from joint family and 15% are separated.

Conclusion: Majority of the senior citizens have average knowledge of active aging (55%) and some of the senior citizen have poor knowledge (21%) about active aging. Community health nurses should organize education program for senior citizen to improve their knowledge regarding active aging.

Keywords: Knowledge, Active aging process, Senior Citizens.

INTRODUCTION

The process of becoming older is known as aging. Aging started early in XX Century. The term Active Aging has been defined for the first time in 2002, by WHO in the booklet “ Active Aging. A Policy Framework ”. The Concept of Active Aging was adopted by United Nation Madrid II International Plan of Action on Aging.

Active Aging it promotes the vision of all the individuals, regardless of age , socioeconomic status or health, fully engaging in life within all seven dimensions of wellness those are: emotional, environmental, intellectual, physical, vocational and spiritual.

Active aging describes continued annual maintenance of positive well being social psychology conduct physical in one family peer groups and community throughout his aging process. Active aging process is the process which ones carry out throughout the aging process.

The World Health Organisation (WHO) adopted the term active aging process. Active aging process is a process which is carried out by the senior citizens for health participation and security so as to enhance the quality and expectancy of life as person ages. Active aging helps the person to realise their abilities and potential for physical, mental, social well being and to enhance the social participation. It aims to extend the expectancy of life and quality of life for all people as the ages.

As there is rapid growth in elderly population worldwide. It enhances the increase in need for their Independent Healthcare and balance of occupation. Active aging helps and encourage the elderly people or the Old age people to know their abilities and capability and the knowledge they have related to their health problem.

According to maintenance and welfare of parents and senior citizens act 2007; 60 above is considered as a senior citizen which is applicable throughout India. In Maharashtra 65 above is considered as senior citizen.

Prevalence of senior citizens, according to population census 2011, In India there are 104 million elderly person 60 years or above which includes 53 million females and 51 million Male. United Nations Population Fund and help age India released report which is suggested that by 2026 it is expected to grow the number of elderly person to 173 million from 1961 to 2011. The proportion has been increased from 5.6 % to 8.6 % respectively. As per population census 2011 State wise data on elderly population was released in which Kerala has maximum proportion of elderly population which is 2.6 % followed by Goa it is 11.2 percentage and Tamil Nadu 10.4 percentage as per the states population and the least population of elderly people is in Bandra and Nagar Haweli 4.0 % followed by Arunachal Pradesh 4.6 % and Daman and Diu and Meher and Meghalaya both has 4.7 % of the population.

According to the report by the Ministry for statistics and programme implementation 2016 there is 103.9 million elderly people in India and about of 8.5 % of population is above the age of 60 above.

METHODOLOGY

Research Approach: The research approach adopted for this study is quantitative research approach.

Research Design: The research design adopted for this study is non experimental research study.

Total 100 samples were selected from selected areas of Pune city. And the technique used for selection of sample was 'non probability convenient sampling technique.'

Population selected for the study was senior citizens above the age of 60 years.

Research consist of two section:

1. Demographic data which includes Gender, Age, Type of family, Qualification, Occupation and Marital status.
2. Questionnaires which include 16 Questions on following areas such as Active aging, Government, Health and Transportation.

RELIABILITY OF THE TOOL

“Reliability is defined as the ability of an instrument to create reproduce results.

The reliability of tool was done on 5th October 2019 in selected areas of Dhankawadi..To check the reliability of Tool, 10% of participants has been used among total number of population.

The reliability was done by split half method by using Karl pearson's Coefficient and correlation formula '

$$r = \frac{n(\sum XY) - (\sum X)(\sum Y)}{\sqrt{[n\sum X^2 - (\sum X)^2] [n\sum Y^2 - (\sum Y)^2]}}$$

The reliability result ie. the value of 'r' was found 0.8483 which means that 'r' value is less than 0.9. This shows that the tool is reliable.

r = Coefficient and correlation

PILOT STUDY

22] “Pilot study refers to the trial study that is carried out before research design is finalized.”[[]

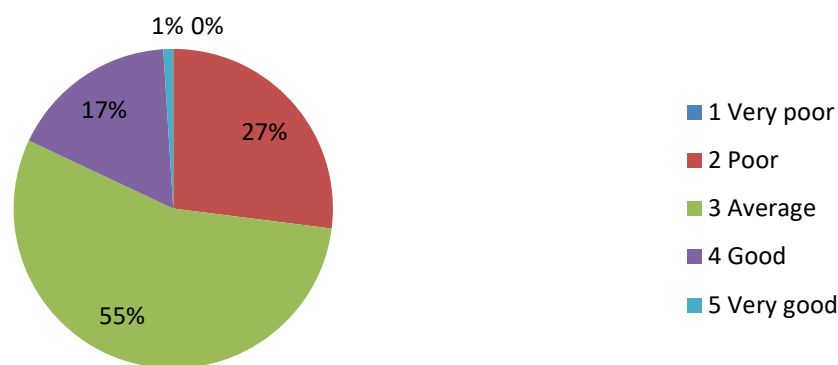
Pilot study was conducted in Chaitanyanagar, Pune on 7 Oct. 2019”. The pilot study was conducted one week before main data collection to find the feasibility of study. Permission was obtained from every participants through informed consent .Information regarding purpose of study was explained to the participants and consent was obtained. The researcher were able to smoothly conduct pilot study. Participants were able to complete answering the questionnaire within 15-20 minutes.

RESULT

Level of knowledge regarding active aging

Sr. No.	Knowledge Level	Frequency	Percentage (%)
1	Very poor	0	0
2	Poor	27	27
3	Average	55	55
4	Good	17	17
5	Very good	1	1

Knowledge regarding active aging process in senior citizens



CONCLUSION

Study was conducted among 100 senior citizens in selected areas of Pune city. Knowledge questionnaires was administered after fulfilling all ethical considerations.

Results of the present study reported that 1% of them have very good knowledge about active aging process. This concludes that the 55% of samples have average, 27% of samples have poor and 17% of samples have good knowledge about active aging process and no significant relations are found.

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