



# A Pre-Experimental Study To Assess The Effectiveness Of Supportive Psychotherapy On Raising Self-Esteem Among Elderly People In Selected Old Age Home In Delhi NCR

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**Abstract:** This study was conducted to assess the effectiveness of supportive psychotherapy in raising self-esteem among elderly individuals residing in selected old age home in Delhi NCR. Self-esteem, defined as a person's belief in their own worth and value, plays a critical role in shaping choices, resilience, and overall psychological well-being. A pre-experimental one-group pre-test post-test design was adopted, using non-probability purposive sampling to select 30 elderly participants. The study aimed to (1) assess baseline self-esteem levels, (2) evaluate the impact of supportive psychotherapy on self-esteem, and (3) determine the association between post-test self-esteem scores and selected demographic variables. Pre-test findings revealed that 14 participants (46.6%) had low self-esteem, while 16 (53.3%) had average self-esteem. Post-test results showed a marked improvement, with 28 participants (93.3%) exhibiting average self-esteem and 2 (6%) achieving high self-esteem. Statistical analysis using Fisher's exact test indicated a significant association between post-test self-esteem scores and demographic variables such as educational status, marital status, and occupation prior to admission to the old age home ( $p < 0.05$ ). Other demographic variables showed no significant association ( $p > 0.05$ ). The study concludes that supportive psychotherapy is effective in enhancing self-esteem among elderly individuals.

**Keywords:** Self-esteem, supportive psychotherapy, elderly people, effectiveness, assessment.

## I. INTRODUCTION

**“Count your age by friends, not years. Count your life by smiles, not tears.”**

**-John Lennon**

Ageing is a natural phenomenon and an inevitable process. It is a process of gradual change in physical and mental status that cause a person to grow old. Elderly people have to cope with various expectations and to prepare themselves to enter the next world. Old age is the age of long-life experience. The mental sufferings encountered during this period due to health problems, sorrows caused by departure from beloved ones, doubt concerning the nature of present and next life thus pose a great challenge for their sustenance.<sup>1</sup>

Self-esteem is the subjective assessment of one's own worth. Self-esteem heavily influences people's choices and decisions. In other words, self-esteem serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential. People with high self-esteem are also people who are motivated to take care of themselves and to persistently strive towards the fulfillment of personal goals and aspirations. People with lower self-esteem don't tend to regard themselves as worthy of happy outcomes or capable of achieving them and so tend to let important things slide and to be less persistent and resilient in terms of overcoming adversity.<sup>2</sup>

Self-esteem refers to a person's overall sense of his or her value or worth. It can be considered a sort of measure of how much a person “values, approves of, appreciates, prizes, or likes him or herself” (Adler & Stewart, 2004).<sup>3</sup>

According to Morris Rosenberg (1965), self-esteem is one's positive or negative attitude toward oneself and one's evaluation of one's own thoughts and feelings overall in relation to oneself.<sup>4</sup>

American Psychological Association dictionary of psychology defined self-esteem as the degree to which the qualities and characteristics contained in one's self-concept are perceived to be positive.<sup>5</sup>

## II. STATEMENT OF THE PROBLEM

“A Pre-Experimental Study To Assess The Effectiveness Of Supportive Psychotherapy On Raising Self-Esteem Among Elderly People In Selected Old Age Home In Delhi NCR”

## III. OBJECTIVES OF THE STUDY

1. To assess the level of self-esteem among elderly people in selected old age home in Delhi NCR.
2. To evaluate the effectiveness of supportive psychotherapy on raising self-esteem among elderly people in selected old age home in Delhi NCR.
3. To determine the association between post-test self-esteem scores among elderly people with selected demographic variables.

#### IV.HYPOTHESIS

- **H<sub>1</sub>:** There will be significant difference between the mean pre-test self-esteem scores and post-test self-esteem scores among the elderly people after the administration of supportive psychotherapy as measured by Rosenberg Self-esteem Scale at 0.05 level of significance.
- **H<sub>2</sub>:** There will be significant association between the post-test self-esteem scores among elderly people and selected demographic variables at 0.05 level of significance.

#### V. RESEARCH METHODOLOGY

**Research approach :**Quantitative approach was considered appropriate to assess the effectiveness of supportive psychotherapy on raising self-esteem among elderly people in selected Old Age Home In Delhi NCR.

**Research design :** In this study, pre-experimental, one group pretest and posttest research design was selected to assess the effectiveness of supportive psychotherapy on raising self-esteem among elderly people in selected old age home in Delhi NCR.

In one group pretest and posttest (**O<sub>1</sub>XO<sub>2</sub>**) the investigator introduces a base measure before and after supportive psychotherapy which is depicted as **O<sub>1</sub>**and **O<sub>2</sub>**respectively as shown in table 1.

#### Symbolic representation of the study

**O<sub>1</sub> X O<sub>2</sub>**

**O<sub>1</sub>:** is the pre-test level of self-esteem before the administration of supportive psychotherapy among the elderly people.

**X:** is the administration of supportive psychotherapy among the elderly people.

**O<sub>2</sub>:** is the posttest level of self-esteem after the administration of supportive psychotherapy among the elderly people.

#### PRE-EXPERIMENTAL ONE GROUP PRE-TEST AND POST-TEST RESEARCH DESIGN

GROUP	DAY - 1		DAY - 13
	PRE-TEST O <sub>1</sub>	TREATMENT X	POST- TEST O <sub>2</sub>
30 Elderly People from selected old age home of Delhi NCR	Assessment of level of self-esteem (O <sub>1</sub> ) among the elderly people in selected old age home of Delhi NCR	Administration of Supportive Psychotherapy among the elderly people in selected old age home of Delhi NCR	Evaluating the effectiveness of Supportive Psychotherapy on raising self-esteem among the elderly people in selected old age home of Delhi NCR

**Table 1: Schematic representation of research design**

## VI. Population and Sample

**Polit and Beck** stated that the requirement for defining a population for a research project arises from the need to specify the group to which the result can be applied.

The population for the present study comprised of elderly people residing in selected old age home in Delhi NCR.

### SAMPLE AND SAMPLE SIZE

A sample is a subset of the population selected for the study. The concept of sample arises from the inability of the researcher to test all the individuals in a given population. The sample must be representative of the population from which it was drawn and it must have good size to warrant statistical analysis.

**Sample** for the present study were elderly people above 60 years of age residing in selected old age home (Guru Vishram Vridh Ashram) in Delhi NCR.

**Sample size** was 30 elderly people.

## VII. Description of the tool

### Section A: Demographic profile

### Section B: Standardized Rosenberg Self-Esteem Scale (RSES)

#### SECTION – A

**Demographic profile:** It consists of 11 items on demographic data of elderly people for obtaining information with regards to: age, gender, religion, educational status, marital status, occupation before joining to old age home, source of income, reason for staying at old age home, duration of stay in old age home, history of health problems, any counselling sessions attended before.

#### SECTION - B

**Standardized Rosenberg Self-Esteem Scale (RSES):** The Rosenberg self-esteem scale was developed by the sociologist Morris Rosenberg in 1965, consisting of 10 items Likert scale. Five of the items have positively worded and five have negatively worded. The total highest scores for the whole test would be 30.

## VIII. RESULTS AND DISCUSSION

**Table-1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF ELDERLY PEOPLE IN TERMS OF DEMOGRAPHIC VARIABLES**

**N = 30**

S. NO	CHARACTERISTICS	FREQUENCY	PERCENTAGE
<b>1</b>	<b>Age (in years):</b>		
	a. 60 – 69	12	40%
	b. 70 – 79	<b>17</b>	<b>57%</b>
	c. 80 or above	1	3%
<b>2</b>	<b>Gender:</b>		
	a. Male	<b>21</b>	<b>70%</b>
	b. Female	9	30%
<b>3</b>	<b>Religion:</b>		
	a. Hindu	<b>25</b>	<b>83%</b>
	b. Muslim	5	17%
	c. Christian	0	0%
	d. Others	0	0%
<b>4</b>	<b>Educational status:</b>		
	a. Illiterate	<b>18</b>	<b>60%</b>
	b. Primary	4	13%

	c. Secondary	4	13%
	d. Senior Secondary	2	7%
	e. Graduate or above	2	7%
<b>5</b>	<b>Marital status:</b>		
	a. Unmarried	<b>13</b>	<b>43%</b>
	b. Married	0	0%
	c. Widow/ Widower	7	24%
	d. Divorced/ Separated	10	33%
<b>6</b>	<b>Occupation before joining to old age home:</b>		
	a. Government employee	0	0%
	b. Private employee	5	17%
	c. House wife	2	6%
	d. Farmer/ labourer	<b>14</b>	<b>47%</b>
	e. others	9	30%
<b>7</b>	<b>Source of income:</b>		
	a. Pensioner	0	0%
	b. Support from Family	0	0%
	c. Other sources	1	3%
	d. None	<b>29</b>	<b>97%</b>
<b>8</b>	<b>Reasons for staying in old age home:</b>		
	a. No family members/ relatives	9	30%
	b. Neglected from children/ family	8	27%
	c. Any other reasons	<b>13</b>	<b>43%</b>
<b>9</b>	<b>Duration of stay in old age home:</b>		
	a. Less than 6 months	<b>11</b>	<b>37%</b>
	b. 6 - 12 months	10	33%
	c. 1 - 2 years	6	20%
	d. More than 2 years	3	10%
<b>10</b>	<b>History of health problems:</b>		
	a. Yes	<b>22</b>	<b>73%</b>
	b. No	8	27%
<b>11</b>	<b>Any counselling sessions attended before:</b>		
	a. Yes	2	7%
	b. No	<b>28</b>	<b>93%</b>

**Table 1 shows that the elderly people were distributed in various demographic categories:**

**According to age of elderly:** Majority of elderly people 17 (57%) belong to age group between 70 – 79 years, while 12 (40%) belong to age between 60 – 69 years and 1 (3%) belong to age above 80 years.

**According to gender:** Majority of elderly people 21 (70%) belong to male, while 9 (30%) belong to female.

**According to Religion:** Majority of elderly people 25 (83%) belong to Hindu, while 5 (17%) belong to Muslim.

**According to educational status:** Majority of elderly people 18 (60%) are illiterate, 4 (13%) are primary educated, 4 (13%) are secondary, 2 (7%) are senior secondary and 2 (7%) are above graduate.

**According to marital status:** Majority of elderly people 13 (43%) are unmarried, 10 (33%) are divorced or separated and 7 (24%) are widow or widower.

**According to occupation before joining to old age home:** Majority of elderly people 14 (47%) are farmer or laborer, while 9 (30%) have other occupations, 5 (17%) are private employee and 2 (6%) are housewife.

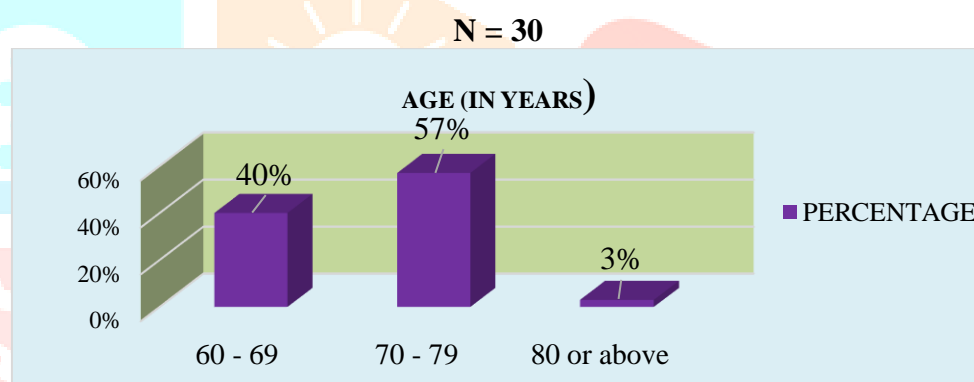
**According to source of income:** Majority of elderly people 29 (97%) have none source of income, while 1 (3%) have other source of income.

**According to reasons for staying in old age home:** Majority of elderly people 13 (43%) have other reasons, while 9 (30%) have no family members or relatives and 8 (27%) are neglected from children or family.

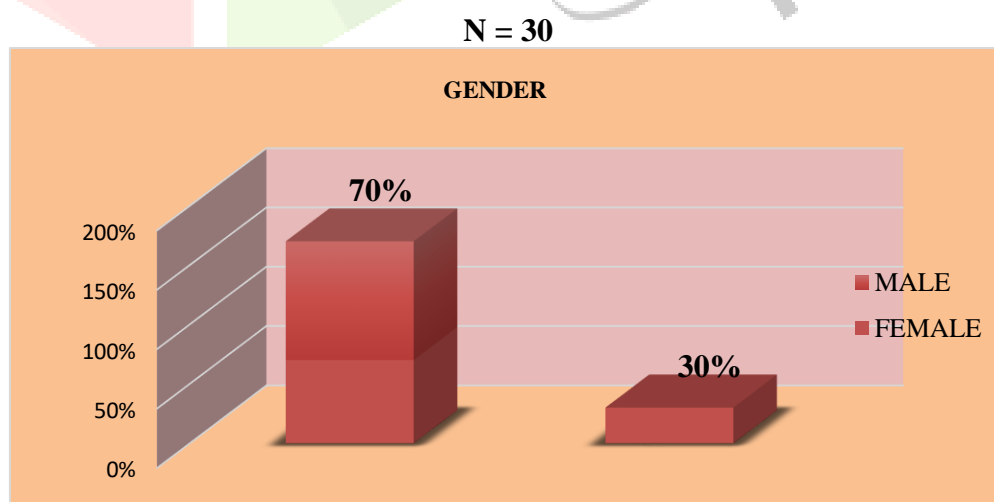
**According to duration of stay in old age home:** Majority of elderly people 11 (37%) have less than 6 months duration of stay, while 10 (33%) have 6 – 12 months duration of stay, 6 (20%) have 1- 2 years duration of stay and 3 (10%) have more than 2 years duration of stay.

**According to history of health problems:** Majority of elderly people 22 (73%) have history of health problems, while 8 (27%) have no history of health problems.

**According to counselling sessions attended before:** Majority of elderly people 28 (93%) have not attended any counselling sessions before, while 2 (7%) have attended counselling sessions before.



**Fig 1: Column graph showing Percentage Distribution of Age of Elderly People(in years)**



**Fig 2: Column graph showing Percentage Distribution of Gender of Elderly People**

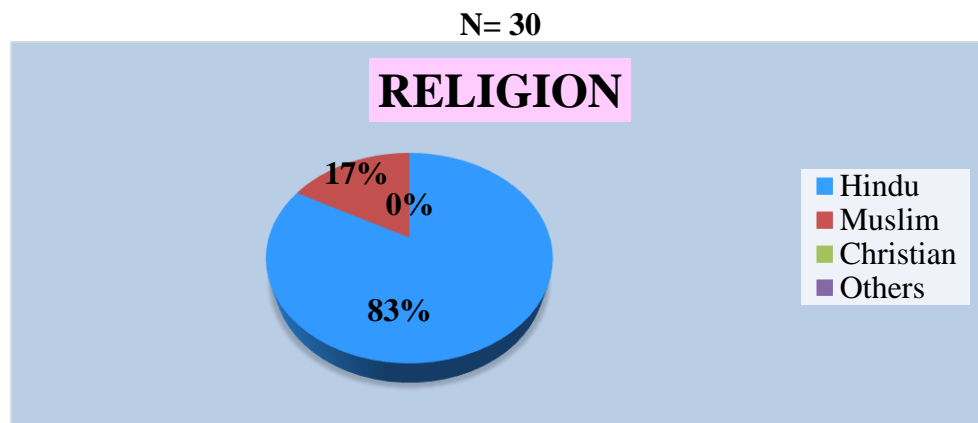


Fig 3: Pie graph showing Percentage Distribution of Religion of Elderly

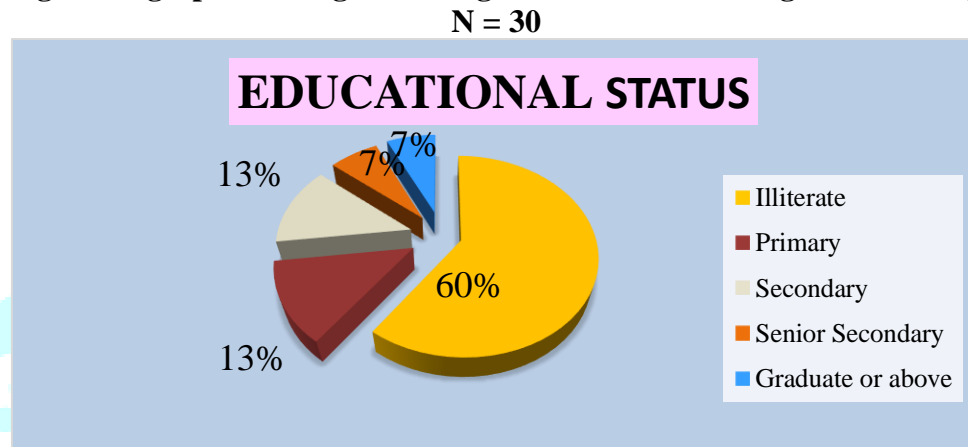


Fig 4: Pie graph showing Percentage Distribution of Educational status of Elderly

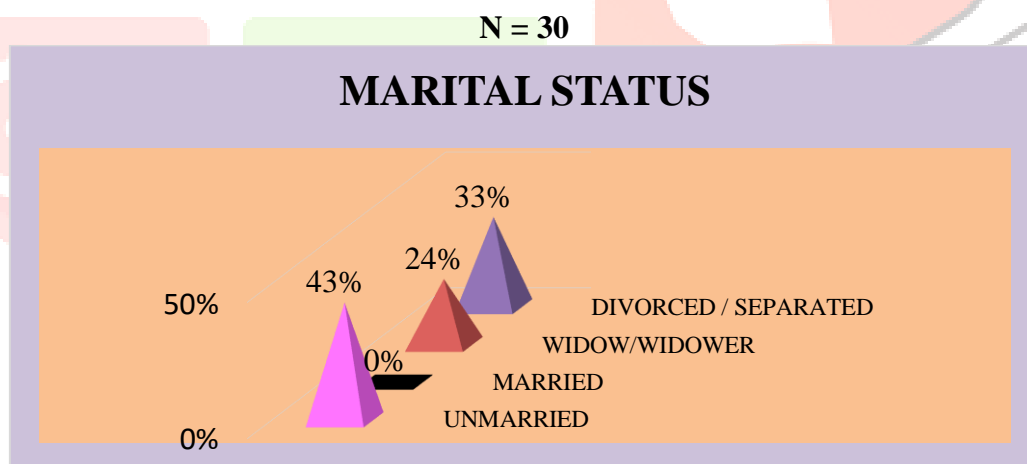
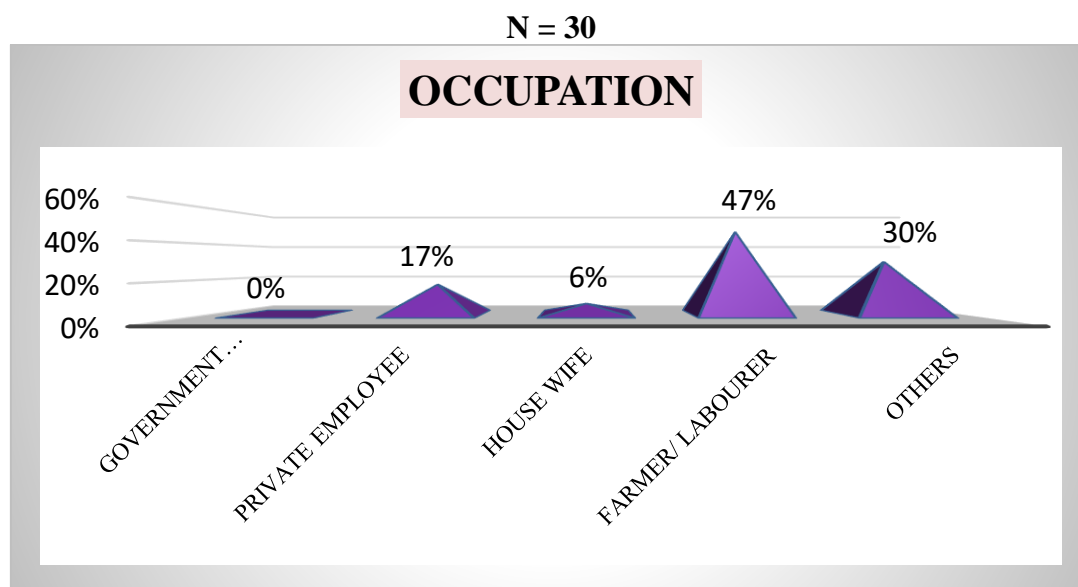
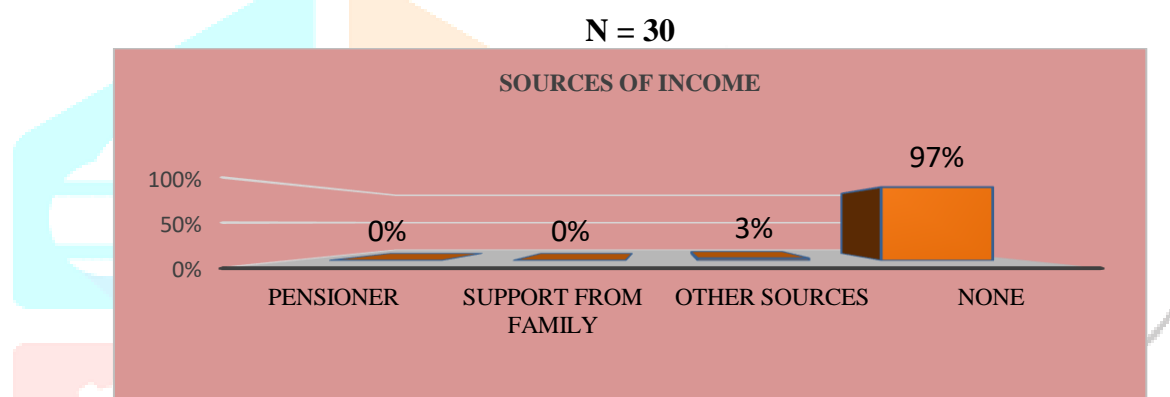


Fig 5: Pyramid graph showing Percentage Distribution of Marital status of Elderly

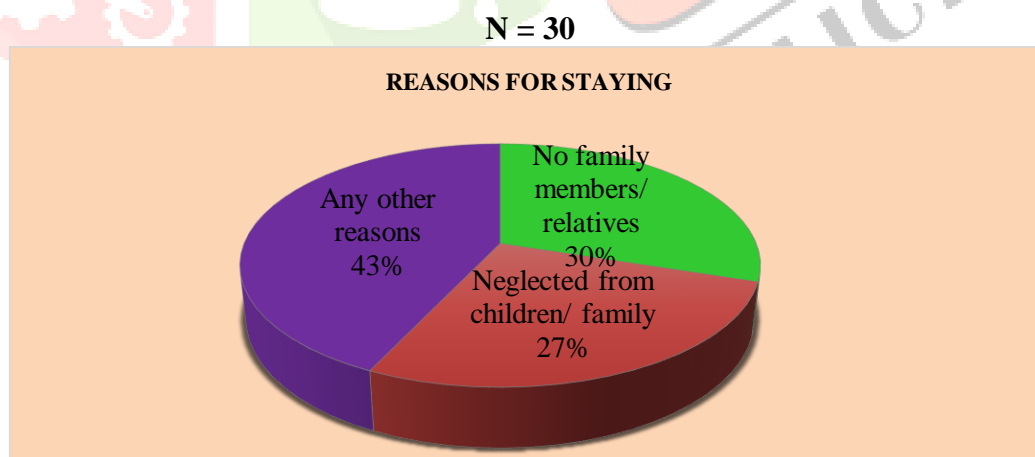




**Fig 6: Pyramid graph showing Percentage Distribution of Occupation before joining in Old age home of Elderly**

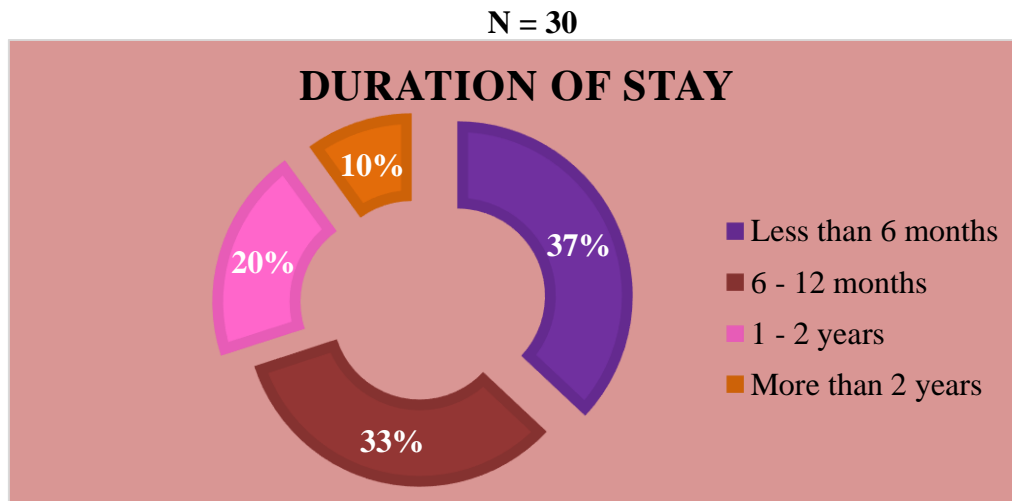


**Fig 7: Column graph showing Percentage Distribution of Sources of income of Elderly**

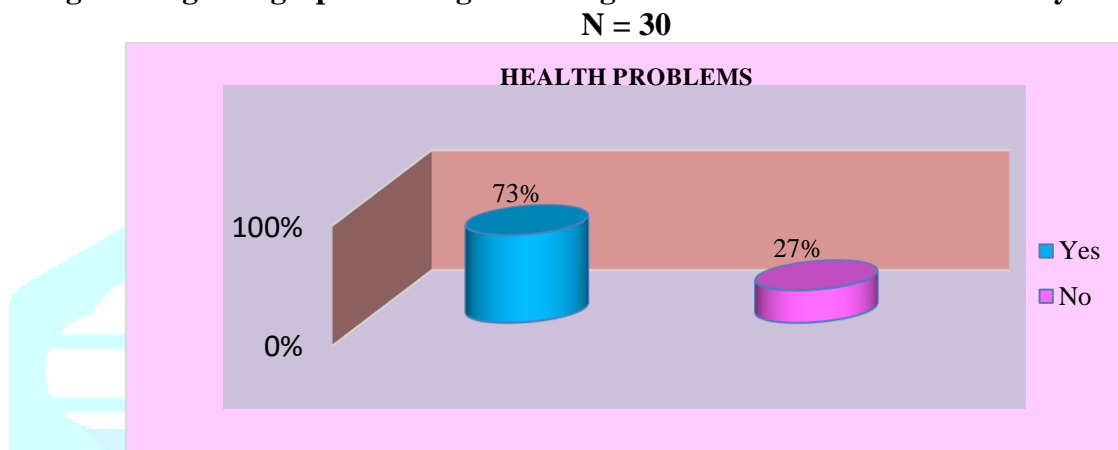


**Fig 8: Pie graph showing Percentage Distribution of Reasons for staying in Old age home of Elderly**

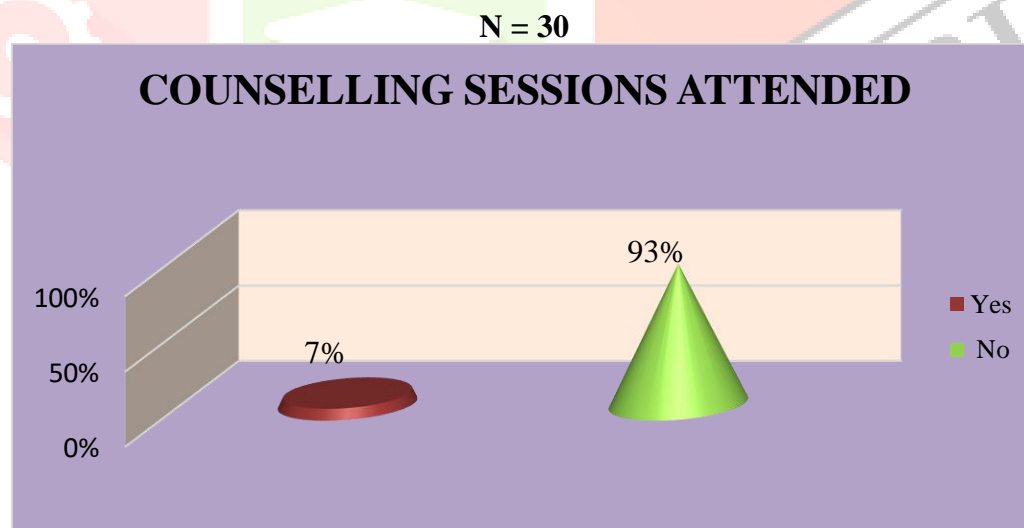




**Fig 9: Doughnut graph showing Percentage Distribution of Duration of stay of Elderly**



**Fig 10: Cylindrical graph showing Percentage Distribution of Health Problems of Elderly**



**Fig 11: Cone graph showing Percentage Distribution of Counselling sessions attended of Elderly**

**Table 2: Frequency and percentage distribution of samples according to their pre-test and post-test level of self-esteem among elderly people****N = 30**

Level of Self esteem	Grading of Scores	Pre- test		Post- test	
		Frequency	Percentage	Frequency	Percentage
Low	0-14	14	46.6%	0	0%
Average	15- 25	16	53.3%	28	93.3%
High	26- 30	0	0%	2	6%
TOTAL		30	100%	30	100%

Data presented in table 2 shows that the level of self-esteem of elderly people in pretest was assessed which revealed that 14 (46.6%) have low level of self-esteem, 16 (53.3%) have average self-esteem and none of them have high self-esteem. The level of self-esteem of elderly people in posttest was assessed and table reveals that 28 (93.3%) have average self-esteem, 2 (6%) have high self-esteem.

**Table 3: Findings related to mean, mean difference, median, standard deviation and paired t-test value for evaluating the effectiveness of supportive psychotherapy on raising self esteem****N = 30**

Self-Esteem Score	Mean	Mean Difference	Median	Standard Deviation	Paired t Test Value
Pre-test	13.9	6.6	15.5	6.59	26.08*
Post-Test	20.5		20.5	2.02	

**\*df (29) = 2.05 at 0.05 level of significance**

The data represented indicates that the mean pre-test self-esteem score was 13.9 with standard deviation 6.59. The mean post-test was 20.5 with standard deviation 2.02. The obtained mean difference was found to be 6.6. The obtained mean difference was found to be statistically significant as evident from t value of 26.08 which is greater than table value (2.05) for df (29) at 0.05 level of significance. Hence the null hypothesis was rejected and research hypothesis was accepted. Thus, it was evident that supportive psychotherapy was effective on raising self-esteem among elderly people.

**Table 4: Findings related to fisher's exact test showing association between post-test self-esteem score with selected demographic variables****N = 30**

SLNO	CHARACTERISTICS	LEVEL OF SELF ESTEEM		P-VALUE	SIGNIFICAN/ NOT SIGNIFICANT
		BELOW MEDIAN	ABOVE MEDIAN		
1	Age (in years):			0.28	Not significant
	a. 60 – 69	6	6		
	b. 70 – 79	9	8		
	c. 80 or above	0	1		
2	Gender:			0.14	Not significant
	a. Male	11	10		
	b. Female	4	5		
3	Religion:			0.14	Not significant
	a. Hindu	11	14		

	b. Muslim	4	1		
	c. Christian	0	0		
	d. Others	0	0		
<b>4</b>	<b>Educational status:</b>				
	a. Illiterate	14	4	<b>0.0002</b>	<b>Significant*</b>
	b. Primary	1	3		
	c. Secondary	0	4		
	d. Senior Secondary	0	2		
	e. Graduate or above	0	2		
<b>5</b>	<b>Marital status:</b>				
	a. Unmarried	11	2	<b>0.02</b>	<b>Significant*</b>
	b. Married	0	0		
	c. Widow/ Widower	2	5		
	d. Divorced/ Separated	2	8		
<b>6</b>	<b>Occupation before joining to old age:</b>				
	a. Government employee	0	0	<b>0.003</b>	<b>Significant*</b>
	b. Private employee	0	5		
	c. House wife	0	2		
	d. Farmer/ labourer	10	4		
	e. Others	5	4		
<b>7</b>	<b>Source of income:</b>				
	a. Pensioner	0	0	<b>0.5</b>	<b>Not significant</b>
	b. Support from Family	0	0		
	c. Other sources	0	1		
	d. None	15	14		
<b>8</b>	<b>Reasons for staying old age home:</b>				
	a. No family members/ relatives	7	2	<b>0.16</b>	<b>Not significant</b>
	b. Neglected from children/ family	0	8		
	c. Any other reasons	8	5		
<b>9</b>	<b>Duration of stay in old age home:</b>				
	a. Less than 6 months	5	6	<b>0.28</b>	<b>Not significant</b>
	b. 6 - 12 months	6	4		
	c. 1 - 2 years	2	4		
	d. More than 2 years	2	1		
<b>10</b>	<b>History of health problems:</b>				
	a. Yes	11	11	<b>0.31</b>	<b>Not significant</b>
	b. No	4	4		
<b>11</b>	<b>Any counselling sessions attended before:</b>				
	a. Yes	1	1	<b>0.51</b>	<b>Not significant</b>
	b. No	14	14		

The data presented in table 4 shows that there is significant association exist between post-test self-esteem scores with the demographic variables such as educational status, marital status and occupation before joining to old age home and the remaining demographic variables were not significant as the calculated -p value is more than 0.05 level of significance. Hence the null hypothesis was partially accepted and research hypothesis was partially rejected for the demographic variables.

## IX. CONCLUSION

Self-esteem describes a person's overall subjective sense of personal worth or value. Self-esteem is an important aspect of the adaptive processes at all stages of life, but especially in older adults. It is linked to the quality of adaptation, well-being, life satisfaction and health.

The present study was to assess the effectiveness of supportive psychotherapy on raising self-esteem among elderly people in selected old age home, Delhi NCR.

After giving the supportive psychotherapy, there was increased in the self-esteem scores among the elderly people as evident from the pretest and posttest self-esteem scores. All the 30 samples with lower self-esteem were showing increased in self-esteem scores.

There is significant association exist between demographic variables such as educational status ( $p=0.0002$ ), marital status ( $0.02$ ) and occupation ( $p=0.003$ ) before joining to old age home as  $p < 0.05$  level of significance whereas the remaining demographic variables were non-significant as  $p > 0.05$  level of significance. Hence, there is partial association exist between post-test self-esteem scores with the demographic variables.

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