



Assess The Knowledg Regarding Effects Of Ageing On Physical Health Among Women Above 45 Years In Selected Community.

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ABSTRACT

The process of becoming older, a process that is genetically determined and environmentally modulated Physical Effect of ageing. It is special effects in which changes occurs in the body of women due to growing age such as vision, hearing, skin, muscles and bone change. The aim of the study is to assess the knowledge regarding effects of ageing on physical health among women above 45 years in selected community, District Ludhiana, Punjab. A total 100 sample of women above 45 years was selected by non-probability sampling technique. A self-structured knowledge questionnaire was used to assess the knowledge of people regarding effects of ageing on physical health among women above 45 years. Data was analyzed by descriptive and inferential statistics and presented through tables and figure. The knowledge score of people regarding effects of ageing on physical health among women above 45 years was average. The study findings showed that 4% women having good knowledge related to effects of ageing on physical health, 58% women having average knowledge and only 38% women having poor knowledge related to effects of ageing on physical health. The knowledge among women above 45 years regarding effects of ageing on physical health was average. The study can be repeated on the large-scale sample to validate and for better generalization of findings. Comparative study may be conducted to find out the similarities or differences between the knowledge of urban and rural people.

KEYWORDS: -Knowledge, Physical Effects, ageing, women above 45 years

INTRODUCTION

Ageing is the process of becoming older¹. It happens during an individual's life span, everyone is involved in this. In the words of Seneca "Old age is an incurable disease."² The main characteristics of ageing are a gradual and inevitable deterioration of physical capacities commonly seen in elderly. Ageing process cause the decrease of physiological reserves, commonly known as home stenosis .It consist of two type of influences negative (acceleration of ageing effects) or positive (delay of ageing effects). So knowledge of physical fitness evolution is necessary for better understanding of elderly people and their consequences.³

All the changes which an individual experience are not harmful. Due to increased age, the capability of dividing cells get decreased ,physical health deteriorate and mental stability diminishes .Over the past century truly remarkable changes have been observed in the health of the elderly women throughout the world and these changes have strongly impacted on society. The growth of the older population has resulted from major declines in mortality due to increased medical care facilities.⁴

Population ageing is taking place throughout the world. In 1900A.D. out of 76 million persons only 4.1% were aged 65 years, 3.2% were aged 85 years, by 1950 more than 8% of the total population were aged 65 year, and by 2000A.D.⁵

A number of physical changes and health issues are more common as one gets aged. However, just as all elderly women are not being same, their health status also varies. Many are active and healthy, whereas others are with multiple health conditions.

Older ethnic and racial minorities have a higher prevalence of obesity, diabetes and hypertension, as well as earlier onset of chronic illness. Some of the factors which effect on ageing are poverty, poor education, unemployment and lack of quality health care and on family pattern of living and lifestyle.⁶

Some of the physical changes occur -with increased age, less oil is produced by sebaceous glands which lead to dry and wrinkled skin. Nails growth slows down. Hairs become thin and grey due to decline in hair pigment cells. After age of 55 years changes in ears cause hearing problems. The lens of eyes becomes less flexible results in slower reading speed and there is need of reading glasses. Sleeping pattern also changes. There is loss of mineral content with ageing and bones become less dense.⁷

RESEARCH STATEMENT

A descriptive study to assess the knowledge regarding effects of ageing on physical health among women above 45 years in selected community.

OBJECTIVES OF THE STUDY

- To assess knowledge score regarding effects of ageing on physical health among women above 45 years.
- To find out association between knowledge score with selected socio-demographic variables.

MATERIALS AND METHOD

A quantitative research approach was used for the present study as it aimed to assess the knowledge regarding effects of ageing on physical health among women above 45 years. A descriptive research design was appropriate for the present study and their relationship with selected variables like age, religion, educational status, marital status, occupation, eating habits, source of information regarding physical changes due to ageing.

RESULT: - SECTION-A Depicts the socio-demographic profiles of the subjects

group of (45-49) years i.e. (41%), age group of (50-54) years i.e.(16%), age group of (55-59) years i.e. (13%), age group of (above 60) years i.e.(30%) Most of the women above 45 years i.e. (51%) were of illiterate, (45%) were of matriculate, (4%) of graduate. Majority of women above 45 years i.e. (92%) belongs to Sikh religion, i.e. (8%) belongs to Hindu religion .Most of the women above 45 years i.e. (84%) were married, i.e. (16%) were widow and no one unmarried and divorced . All the women above 45 years i.e. (100%) were housewife and no one on government job, private job and labor. Maximum numbers of women above 45 years i.e. (94%) were vegetarian, i.e. (6%)

Eggetarian and no one non- vegetarian. Most of the women above 45 years get information i.e. (44%) from community, i.e. (26%) from peer group, i.e. (17%) from mass media, i.e. (13%) from elders.

SECTION B: Analysis of association between the knowledge score regarding effects of ageing on physical health among women above 45 years.

Socio demographic variables	Frequency	Mean	SD	F/t F= Annova test t= t test
1.Age(In Years)				
a. 45-49	41	12.9	4.9	F= 1.08 ^{NS}
b. 50-54	16	11.9	3.8	df= 3
c. 55-59	13	13.15	3.5	p=0.35 ^{NS}
d. Above 60	30	11.2	3.4	
2.Education Status				
a. Illiterate	51	12.0	3.83	F= 0.43 ^{NS}
b. Matriculation	45	12.7	4.62	df=3
c. Graduate	4	13.25	2.87	p= 0.64 ^{NS}
d. Post-graduate	0			
3. Religion				
a. Hindu	8	15.87	3.52	t=2. 54
b. Muslim	0			df=3
c. Sikh	92	12.0	4.09	p= 0.01 ^{NS}
d. Christian	0			
4.Marital Status				
a. Married	84	12.51	4.23	t= 0.77 ^{NS}
b. Unmarried	0			df=3
c. Divorced	0			p= 0.37 ^{NS}
d. Widow	16	11.62	3.79	

5.Occupation Status				
a. Housewife	100			
b. Govt. Job	0			df=3
c. Private job	0			
d. Labor	0			
6. Eating habits				
a. Vegetarian	94	12. 27	4.21	t= 0. 88 ^{NS}
b. Non-vegetarian	0			df=2
c. Eggetarian	6	13.83	3.31	p= 0.37 ^{NS}
7. Source of information				
a. Mass media	17	0.64	3.65	F= 2. 30 ^{NS}
b. Elders	13	11.0	4.65	df=3
c. Community	44	13. 31	4. 59	p= 0.08 ^{NS}
d. Peer group	26	12. 57	2. 95	

DELIMITATIONS:

The study was limited to women above 45 years in selected community.

DISCUSSION:

Siva Raju (2002) reveals in the later years of life arthritis, rheumatism, heart problems, high blood pressure and diabetes are found to be the most prevalent chronic diseases affecting people .The poor elderly attribute their health problems on the basis of easily identifiable symptoms like chest pain, shortness of breath are mostly diagnosed through clinical examination.⁸**Arun Jose & Narayana Mahendri (2008)** assess the prevalence of osteoporosis among postmenopausal women in a semi urban region of southern India and studied the dietary calcium intake and vitamin D status and their influence on bone mineral density. This community based cross sectional study adopting a randomized cluster sampling technique included a cohort consisted of 150 postmenopausal women.⁹

CONCLUSION:

The study finding implied that the education has a vital role in improving the knowledge of physical effects of ageing women above 45 years. Study revealed that 4 % women having good knowledge related to effects of ageing on physical health, 58% women having average knowledge and only 38% women having poor knowledge related to effects of ageing on physical health.

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