



## “To Assess The Level Of Stress Among Women Residing In Destitute Home, Puducherry”.

<sup>1</sup> M.Melvin David, <sup>2</sup> E.Arulmozhi, <sup>3</sup> V.Sujitra, <sup>4</sup> Dr.Navaneetha M

<sup>1</sup> Lecturer, <sup>2</sup> M.Sc (N), <sup>3</sup> Lecturer, <sup>4</sup> Professor

<sup>1,3,4</sup> Department of Community Health Nursing

<sup>1</sup> PES College of Nursing, Kuppam, Andhra Pradesh, India

<sup>3</sup> Vinayaka Mission's College of Nursing, Kirumampakkam, Puducherry, India

<sup>4</sup> College of Nursing, PIMS, Puducherry, India

**Abstract:** Aging is a natural and continuous irreversible changing process. In this stage progressive generalized impairment of function occur which results in loss of adaptive response to stress. Unfortunately for the past 50 years, the traditional Indian family system has been changed to nuclear family. The role of providing safety security has been shared by the institution such as old age home. The absence of family care surrounding gives rise to loneliness and depression. This study aimed to find the level of stress among the women resident in destitute home. After obtaining formal permission from the concern authority, we recruited 45 women destitute and collected demographic variables and stress level was assessed using PSS 14 standardized stress assessment tool. Collected data was entered in Excel 365 and analyzed using PSPP. The result revealed that the Mean age of the women are  $48.9 \pm 17.1$  years, 53.3% of women were staying less than 5 years, 20.0% of women were staying 6-10 Years and 26.7% of women were staying more than the 10 years in the destitute home, 76% of them are abundant by the family members and 56% of them had mild to moderate mental illness in the past and present with regular medication. Among the women 64.4% of them had Low level of stress, 31.2% of them had Moderate stress and only 4.4% of them had No stress. 84.4% of Women who resides in the home had no contact with the family members.

**Index Terms - Level of Stress, Destitute Home, Women, Aging, Mental Illness.**

### I. INTRODUCTION

Aging is a natural and continuous irreversible changing process. In this stage progressive generalized impairment of function occur which results in loss of adaptive response to stress. Unfortunately for the past 50 years, the traditional Indian family system has been changed to nuclear family. The role of providing safety security has been shared by the institution such as old age home. The absence of family care surrounding gives rise to loneliness and depression.

Older persons constitute one of the most vulnerable sections of the society. They are not only physically weak but also lack in economic resources, self-esteem and social status. According to word of Seneca “Old age is an incurable disease”. It cannot be prevented rather it can be protected and promoted.

Globally older people constitute 11.7% in 2013 and the share of older persons aged >80 was 14%. Presently, about 2/3rd of the world's older persons lives in developing countries. In India 7.5% population belong to old age group

The general characteristics of old age are physical and psychological changes which bring disabilities. They face number of problems such as dependency, ill health, absence of social security, loss of social role and recognition and non-availability of opportunities for creative use of leisure. With the advent of the nuclear family, urbanization, influence of western culture and changes of lifestyle there is no space for elders in the family and may go for institutionalization. Separation from or loss of assistance from their children makes them physically and emotionally neglected that lead to psychological problem like anxiety, depression, loneliness, feeling of insecurity, social isolation etc.

Singh R et.al (2013) studied on psychosocial problems of the elderly in Kathmandu, Nepal shows that severe psychosocial problems were higher in institutional settings (29%) than home settings (6%). There is significant difference between mean stress scores of the elderly living in institutional and home setting.

Sridevi.G and P. Swathi (2014) conducted a study on death anxiety, death depression suicidal ideation and geriatric depression among institutionalized and non-institutionalized elderly revealed that the stress and depression are high in institutional setting rather than home setting. This study aims at level of stress among women residing in destitute home.

## II. NEED FOR THE STUDY

A study was conducted to compare quality of life among senior citizens living in home for aged and family set up in Salem. The sample was limited to 50 from home for aged and 50 from senior citizens in the family both male and female were included. Findings revealed that quality of life higher among senior citizens living in family set up than the senior citizens living in home for aged.

A descriptive survey study conducted to assess the emotional problems among elderly people in a selected old age home at Kolar. among 50 elderly people. The results revealed that 38% of the subjects were suffering with major health problems, 16% of them were having minor health problems, 46% were healthy and nearly half of the sample 46% was suffering from emotional problems.

When we were posted in destitute home, we were establishing the rapport with the women who are staying there for various reasons. They were expressing their feeling and sometimes crying unknowingly. So we felt the need of assessing the level of stress to classify the women for effective stress management programmes and for other recommendations.

## III. OBJECTIVES

1. To assess the level of stress among women residing in destitute home.
2. To associate the level of stress with selected study variables.

## IV. RESEARCH METHODOLOGY

Quantitative approach with descriptive design was used and the study was conducted in destitute homes, Puducherry.

### 4.1. Population and Sample

Target population of the study includes The population includes women's residing in destitute homes, Puducherry. The sample size of the present study was 45.

### 4.2. Sampling technique

Purposive sampling technique was used to select the samples

### 4.3. Sampling Criteria

#### 4.3.1. Inclusion Criteria

1. Women residing in destitute home.
2. Women who are willing to participate

#### 4.3.2. Exclusion Criteria

1. Women who are not able to communicate.
2. Women who are not willing to participate

### 4.4 Data and Sources of Data

The researcher obtained Formal permission from In charge of destitute home. Purpose of the study was explained and informed consent was taken from the study participants. Data include study variable and PSS - 14 was collected by interview method. Collected data was entered in Excel 365 and analyzed using PSPP.

## V. ANALYSIS AND RESULTS

**5.1 Descriptive statistics:** Frequency, Percentage, Mean and Standard Deviation were used to describe the level of stress and other demographic variables among women resident in destitute home.

### 5.2 Inferential statistics:

- ❖ Pearson Correlation Coefficient 2- tailed method was used to determine the correlation between the age and Total PSS score.
- ❖ Chi- Square test was used to determine the association between the Duration of stay in destitute home and level of Stress.

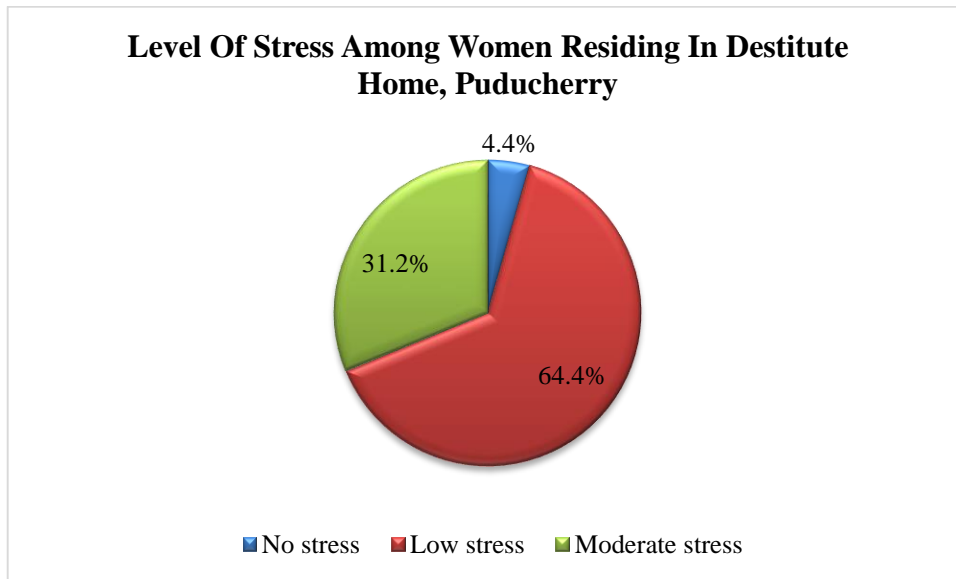
**Table 5.1: Frequency and Percentage Distribution of Demographic variables among Women resident in destitute homes, Puducherry**  
n= 45

S.No	Study Variables	Frequency	Percentage
<b>1</b>	<b>Age</b>		
	25 - 45 years	24	54%
	46 - 65 years	11	24%
	65 - 85 years	10	22%
<b>2</b>	<b>Educational status</b>		
	Illiterate	23	51%
	Primary School	7	16%
	Middle School	5	11%
	Secondary School	7	16%
	Graduate	3	6%
<b>3</b>	<b>Marital status</b>		
	single	30	67%
	married	15	33%
<b>4</b>	<b>Number of children</b>		
	No Children	33	73%
	1-3 child	7	16%
	>3 child	5	11%
<b>5</b>	<b>Duration of stay in destitute home</b>		
	≤ 5 years	23	51%
	> 5 years	22	49%
<b>6</b>	<b>History of psychiatric illness</b>		
	Yes	25	56%
	No	20	44%
<b>7</b>	<b>Reason for stay in destitute home</b>		
	Destitute	11	24%
	family abundance	34	76%
<b>8</b>	<b>Contact with family Members</b>		
	Yes	7	16%
	No	38	84%

Table 5.1 reveals that with regard to age distribution majority of them 24(54%) were 25 - 45 years, 11(24%) were 46 - 65 years, 10(22%) were 65 - 85 years. With regard to educational status 23(51%) of the them were Illiterates, 7(16%) of them were Primary School educated, 5(11%) were middle School educated, 7(16%) of them were secondary School educated and 3(6%) were graduates. With regard to marital status 30(67%) of them are not married, 15(33%) of them are married. With regard to Number of children 33(73%) of them are not having any children, 7(16%) of them are having 1-3 child and 5(11%) of them are having more than 3 child. among women residents 56% of them had mild to moderate mental illness in the past and present with regular medication. 76% of them are abundant by the family members.

5.2 Inferential statistics:

n=45



**Figure.5.2.1: Level of Stress Among Women Residing in Destitute Home, Puducherry**

Figure 5.2.1 reveals that the 64.4% of them had Low level of stress, 31.2% of them had Moderate stress and only 4.4% of them had No stress Among Women Residing in Destitute Home, Puducherry.

**Table 5.2.2: Correlation between the between the age and Total PSS score Among Women Residing in Destitute Home, Puducherry.**

n=45

Domain	Mean	SD	Correlation r - value	p- value
Age of Women	48.96	17.05	0.27**	>0.001**
Total PSS Score	26.38	6.85		

\* Pearson Correlation 2- tailed method was used, \*\*Highly Statistically Significant

Table 5.2.2 Mean age was 48.96 and standard deviation was 17.05 on Total PSS score mean was 26.38 and standard deviation was 6.85. The positive weak correlation ( $r = 0.27^{**}$ ) was observed and it was highly statistically significant between the age and the total PSS Score.

**Table 5.2.3 : Association between the Duration of stay in destitute home and level of Stress Among Women Residing in Destitute Home, Puducherry.**

n=45

Sl.NO	Demographic variables	Level of Stress			Chi-square test value	p value
		Low stress	Moderate stress	No stress		
1	Duration of stay in Destitute Home					
	< 5Years	16	7	1	0.97	0.91
	6-10 Years	6	3	0		
	> 10 Years	7	4	1		
	<b>TOTAL</b>	<b>29</b>	<b>14</b>	<b>2</b>		

\*Significant at p&lt;0.05 level

Table 5.2.3 reveal that there was no statistically significant association between the Duration of stay in destitute home and level of Stress Among Women Residing in Destitute Home, Puducherry.

## VI. DISCUSSION

### OBJECTIVE I: To assess the level of stress among women residing in destitute home.

The findings of the present study revealed that 64.4% of them had Low level of stress, 31.2% of them had Moderate stress and only 4.4% of them had No stress Among Women Residing in Destitute Home, Puducherry.

The similar study was conducted on Stress and Depression in Destitute and Normal Females. Results have revealed the significant differences between normal and destitute females on stress ( $t=49.29^{**}$ ,  $P < 0.01$ ) and depression ( $t=50.20^{**}$ ,  $P < 0.01$ ) destitute females have reported significantly higher level on stress and depression than normal females. both studies revealed that the women who resides in the destitute home have mild to moderate level of stress.

### OBJECTIVE II: To associate the level of stress with selected study variable.

There was no statistically significant association between the Duration of stay in destitute home and level of Stress Among Women Residing in Destitute Home, Puducherry.

## VII. RECOMMENDATIONS

- A similar study can be conducted in detain to have more literature support
- Stress management sessions can be regularly conducted to the women who resides in the destitute home.

## VIII. REFERENCE

1. Park.K. Text book of preventive and social medicine. 23<sup>rd</sup> edition. banarsidas bhanot publishers, Jabalpur.
2. Hoffmann G. An stress and coping mechanism among old ages. Psytomedicine. 2015.
3. Singh R et.al. Psychosocial problems of the elderly in Kathmandu. Journal of nepal psychology . 2013;22(2):196-213.
4. Sridevi.G and P. Swathi. Death anxiety, death depression suicidal ideation and geriatric depression among institutionalized and non-institutionalized elderly. Indian journal psychiatric nursin. 2014.
5. Mohammadi A, comparative study to find the quality of life among senior citizens living in home for aged and family set up. Journal of psychiatric medicine. 2014;13(1):1.
6. Anjali k. assesses the emotional problems among elderly people in a selected old age home. Psytomedicine. 2015;22(3):352-61.