KNOWLEDGE AND ATTITUDE REGARDING ELDERLY CARE AMONG CARE GIVERS OF ELDERLY IN FAMILY SETTING UNDER SELECTED RURAL COMMUNITY

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ABSTRACT

Aging is coming up as one of the biggest challenges the world over. There will be 601 million elderly people in 2015. Today Indian elderly population is the second largest in the world. The aged population of India was 103.2 million in 2011. Elderly care today is more advanced and complicated than in the past. One of the aims of elderly care is to help elderly people and those with disabilities live normal, independent lives. This was a descriptive study to assess the knowledge and attitude regarding elderly care among care givers of elderly and to find out the co-relation between knowledge and attitude regarding elderly care among care givers of elderly, where a self structured interview schedule for assessing the knowledge and 5 point Likert Scale for assessing attitude was administered in face to face interviews with 100 caregivers. Results regarding knowledge showed that Maximum (61.0%) percentages of caregivers fall in the level of below average knowledge score and minimum (1%) percentages of caregivers fall in level of excellent knowledge score. As per attitude results showed that 82.0% caregivers had favorable attitude and 18.0% of caregivers had moderate favorable attitude regarding elderly care. There was a positive co-relation between knowledge and attitude regarding elderly care among care givers of elderly. The study revealed that majority (61.0%, 82.0%) of caregivers fall in the level of below average knowledge score and had favorable attitude regarding elderly care. Thus care givers should be given information booklet to increase knowledge regarding elderly care.

Key Words: Knowledge, Attitude and Elderly Care.

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INTRODUCTION

Human being has one of the longest life spans of any animal species with a potential to live 125 years. The average length of human life has increased over the centuries as living condition has improved. Aging is universal, it remain a unique experience for each individual. It is a normal process that starts at conception and continue until death. Old age is a normal part of human development and it is the final phase of the life cycle. Aging is a process of time related change that occurs throughout life. It involves all aspects of the organism. In the past; few people lived to old age. But during the 20th century there has been significant increase in number and proportion of the aged people throughout the world, more evident in developed countries but occurring more rapidly in developing countries. It is mainly due to reduction in overall mortality rates.

The number of elderly people is growing in the world today. In the year 1950 there were 131 million elderly people. In the year 2010 there were 523 million elderly people. There will be 601 million elderly people in 2015. In 2020; there will be a total of about 714 million elderly people over age of 60. Elderly care today is more advanced and complicated than in the past. Much of the care and treatment once provided in hospitals is now provided in the home. One of the aims of elderly care is to help elderly people and those with disabilities live normal, independent lives. This includes living in their homes as long as possible. Elderly people who continue to live at home can obtain various kinds of support to make life easier. When an elderly person is no longer able to cope with the demands of everyday life then he/she needs home based elderly care.

NEED FOR THE STUDY

Aging is the natural process. In the words of SENECA; “old age is an incurable disease”, but more recently, Sir James Sterling Ross commented: “you do not heal old age. You protect it; you promote it; you extend it”. Elderly or old age consists of ages nearing or surpassing the average life span of human beings. The boundary of old age cannot be defined exactly because it does not have the same meaning in all societies. People can be considered old because of certain changes in their activities or social roles. Also old people have limited regenerative abilities and are more prone to disease, syndromes, and sickness as compared to other adults.

A cross sectional study was conducted on assesses the knowledge, beliefs and practices of caregivers regarding home based bedsores care. As the age advance there is the decline in physical function. Due to impaired mobility, altered nutritional pattern elderly people are at high risk of developing bed sores. Study concluded that the knowledge of caregivers regarding bedsores care practice was inadequate and many of their beliefs and practices were found to be incorrect. (Sharma U, Kaur S, Singh A, 2013).

A study was conducted regarding “Expectation of elderly and meeting their daily needs”. As the aging population is increasing, they require assistance to meet their needs from their family, neighbours or the community they belongs. Results showed that elderly members do not voice out their problems, as they do not want to burden their children. At the same time, the family member fails to perceive their needs. (Fernandes N, 2012).

Elder person suffer with some medical condition and aging process has a negative effect on elderly which weaken them physically, mentally and socially. They become fully dependent upon their caregiver. Sometimes family members are unable to provide adequate level of care to elderly due to lack of knowledge and failure to perceive their needs so, they need more care, attention, love and affection rather than other family members and the majority of studies have focused on a single construct of the care situation (examining the correlation between the caregiver-patient relationship and caregiver burden). Researchers have given limited attention to the nature of the knowledge and skills of the caregiver.

PROBLEM STATEMENT

A descriptive study to assess the knowledge and attitude regarding elderly care among care givers of elderly in family setting under selected rural community of Mukerian, Punjab.

OBJECTIVES:

- To assess the knowledge and attitude regarding elderly care among care givers of elderly.
- To find out the relationship between knowledge and attitude regarding elderly care among care givers of elderly.
- To determine association of knowledge and attitude regarding elderly care among care givers of elderly with selected demographic variables.
- To prepare an information booklet regarding elderly care.
RESEARCH METHODOLOGY

Research approach: Quantitative approach was adopted
Research design: A non experimental descriptive research design was considered.

Research Variables: Dependent variables
Dependent variables of the study were knowledge and attitude regarding elderly care among caregivers of elderly.

Independent variables
Independent variables of the study were age, gender, marital status, level of education, occupation, family income, type of family, relation with elderly and source of information regarding elderly care.

Research setting: This study was conducted in village Budhabar, Mukerian of district Hoshiarpur, Punjab.

Target Population: In this study the target population was care givers of the elderly in selected rural community, Mukerian.

Sample and Sampling technique: Sample for the present study composed of 100 care givers of elderly residing in the family setting and non randomized purposive sampling technique was selected.

Development of data collection tool: After extensive review of literature and with the help of expert opinion, tool was prepared having following sections.

Section-1:
This part included demographic information of the sample and includes nine items i.e. age, gender, marital status, level of education, occupation, family income, type of family, relation with elderly and source of information regarding elderly care.

Section-2:
It consists of self structured interview schedule for assessment of elderly caregiver’s knowledge. It included 30 items. Under two areas namely biophysical and social care aspect. Under biophysical area four aspects covered Food and Water, living comfort, sleep and rest, exercise.

Section-3:
5 point Likert scale to assess the attitude of the care givers of the elderly regarding elderly care. This part consists of 20 items. Tool was rated as strongly agree, agree, undecided, disagree, strongly disagree. There were 2 type of statements i.e. positive statements (+) and negative statements (-).

FINDINGS:
The findings regarding knowledge showed that 61.0% of caregivers fall in the level of below average knowledge score regarding elderly care, 32.0% of care givers fall in the level of average knowledge score regarding elderly care, 6.0% of care givers fall in the level of good knowledge score regarding elderly care and remaining 1% fall in level of excellent knowledge score regarding elderly care.

Regarding attitude maximum (82.0%) of care givers had favorable attitude regarding elderly care, 18.0% of caregivers had Moderate favorable attitude regarding elderly care. None of the care givers had unfavourable attitude regarding elderly care.

CONCLUSION:
The study revealed that majority (61.0%) of care givers fall in the level of below average knowledge score regarding elderly care and maximum (82.0%) of caregivers had favorable attitude regarding elderly care. The correlation between knowledge and attitude of care givers regarding elderly care was statistically significant at p<0.05 level. There is a statistically significant association of level of knowledge regarding elderly care with level of education, family income, type of family, source of information and there is also statistically significant association of attitude regarding elderly care with age, level of education, family income and

RECOMMENDATIONS
The following recommendations are made on the basis of the finding of the present study:

- A similar study may be replicated on a large sample to validate and generalize the findings.
- A comparative study may be carried out to assess knowledge of caregivers regarding elderly care among rural and urban area.
- A quasi-experimental study may be conducted to assess the effectiveness of structured teaching program regarding knowledge on geriatric care among caregivers of elderly people in family setting.
- A quasi experimental study may be carried out to assess the effectiveness of structured teaching program on knowledge and practice of care givers of elderly people regarding prevention of falls in selected family settings.
A quasi experimental study may be conducted to assess the effectiveness of planned teaching programme on knowledge regarding nutritional needs of elderly among caregivers of elderly in selected rural community.

A community based cross sectional study may be carried out to assess the health problems of elderly in selected community.

A descriptive study can be conducted to assess the knowledge and capabilities of Primary Caregivers in Providing Quality Care for Elderly patient in selected setting

REFERENCES: