

A Study to Assess the Effectiveness of Recreational Module in Relieving Stress among Geriatric People in Selected Old Age Homes of Gurugram

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Abstract

The research study conducted in selected geriatric homes in Gurugram focuses on assessing the efficacy of a recreational module in reducing stress among elderly residents at selected old homes. The research employed a quantitative approach involving 60 aged people residing in geriatric dwellings, included in the experimental and control groups, comprising 30 participants. Random sampling with probability was used to select the participants. The study Data were collected using a questionnaire to measure the stress levels among elderly adults and descriptive and inferential statistics to present the study data. The study's findings suggest that Demographic variables like frequency of meeting known people, frequency of telecommunication, and duration of staying in geriatric homes were related to the stress levels of elderly individuals. Research also found that Psychological factors also contribute to participants' stress levels. Different researchers found that Recreational activities play a significant role in reducing stress. The considerable finding was the pre-test stress levels in the control group were 23.63 (78.7%), and in the experimental group, the pre-test stress levels were 28.27 (94.23%). After the intervention, the post-test stress levels in the control group decreased to 22.43 (74.76%), with participants still experiencing moderate stress levels. In the experimental group, the post-test stress levels fell to 17.87 (59.56%), resulting in participants experiencing mild stress levels. The study suggests that stress is a primary health issue affecting the geriatrics. It highlights the need for interventional strategies to increase stress management awareness, reduce stress levels, and provide recreational modules to address stress among geriatric individuals. The present study provides valuable insights into the impact of recreational activities on stress levels among older people. It underscores the importance of managing stress as a significant health concern in this population. It also emphasizes the potential benefits of stress reduction and management interventions.

Keywords: Assess, Knowledge, Stress, Geriatric Peoples, Old Age Homes, And Recreational Module.

INTRODUCTION

Many research studies also show that older people are more vulnerable, and the mental health challenges they face, particularly stress. Older individuals are considered one of the most vulnerable groups in society.^{1, 2} They often experience physical weakness, a lack of social standing, self-esteem, and financial means. This vulnerability can leave them at risk for various challenges, including mental health issues. Stress is a prevalent mental health issue that significantly affects the quality of life for geriatrics. Stress is a mental strain resulting from social and environmental challenges, which can lead to various illnesses. Younger individuals also face stress, especially as they transition to adulthood and face new lifestyles, environments, and social expectations.^{3, 4, 5} Stress management

skills are essential for their long-term well-being. The World Health Organization (WHO) estimates that a significant portion of India's population is aged 60 and above. This aging trend will most likely continue, leading to several life transitions, including retirement, loneliness, loss of loved ones, and various medical concerns.^{6,7} Multiple studies suggest that stress can profoundly impact the well-being of older people. It not only interferes with daily activities but also contributes to suffering.^{8,9} Unfortunately, stress among older individuals is often unrecognized and untreated by family members and healthcare professionals.

Most studies suggest the vulnerability of older individuals and the prevalence of stress in the aging population continue to be high and alarming. It emphasizes the need for better recognition and management of stress, as it can significantly affect older people's well-being and quality of life. Additionally, the demographic shift towards an aging population in India makes addressing the mental health needs of older people even more critical.¹⁰

Objectives of the Study

1. To assess the factors responsible for stress.
2. To develop a recreational module.
3. To assess the effectiveness of the recreational module.

Need of the Study

India, the world's most populous country, has experienced an emotional segment change in the last 50 years, involving nearly a significant increase in the general population over 60 in 2011 (GoI). This example is ready to move forward with its projection that the proportion of Indians aged 60 and up would rise from 7.5 percent in 2010 to 11.1 percent in 2025.

Thus, according to UNDESA information on projected age renovation, India had a little more than 90.6 million closer to retirement in 2010, with a yearly expansion of 2.5 million older between 2005 and 2010. By 2025, the number of people in India is expected to reach 158.7 million and will outperform the number of inhabitants of young people under 14 years old by 2050. The number of older adults over 60 is to exceed 2 billion in 2018, up from 900 million in 2015. There were 125 million older adults over the age of 80 in 2018.

Furthermore, by 2050, most elderly (80%) will live in middle- and low-income countries. The result will continue to increase the number of older adults and the need for professionals and family members to care for them. The growing number of seniors results in more geriatric homes and a more educated, well-trained workforce to care for older people.⁴ Aging is frequently associated with a consistent decline in physical and mental health, an increased risk of disability and dependency and increased comorbidities.^{5, 6}

This deterioration in health is primarily to blame for one of the most common and severe public health issues. The recreation can contribute and help researcher to understand the well-being of older adults in a holistic way & can significantly reduce the burden on the aged population by making them stress free.

Aim of the Study

The aim of this study is to understand the role of recreational aspects specifically among the geriatric population residing in old age home by implementing a recreation module. Specifically

RESEARCH METHODOLOGY

The research employed a quantitative design and collected data from 60 people in selected geriatric homes in Gurugram, Haryana, utilizing non-probability purposive sampling. The data related to the study was collected using a structured questionnaire and a standardized tool to gather data on demographic variables, factors responsible for stress, and stress scales for assessing anxiety in old age people. The stress scale categorizes the study results into mild, moderate, and severe categories. Formal Ethical clearance and permission with consent are essential and taken before the research process. The researcher established rapport with participants, ensured confidentiality, and explained the study's purpose, a recreational module comprising breathing techniques & laughing therapy implemented in the aged population to decrease stress levels.

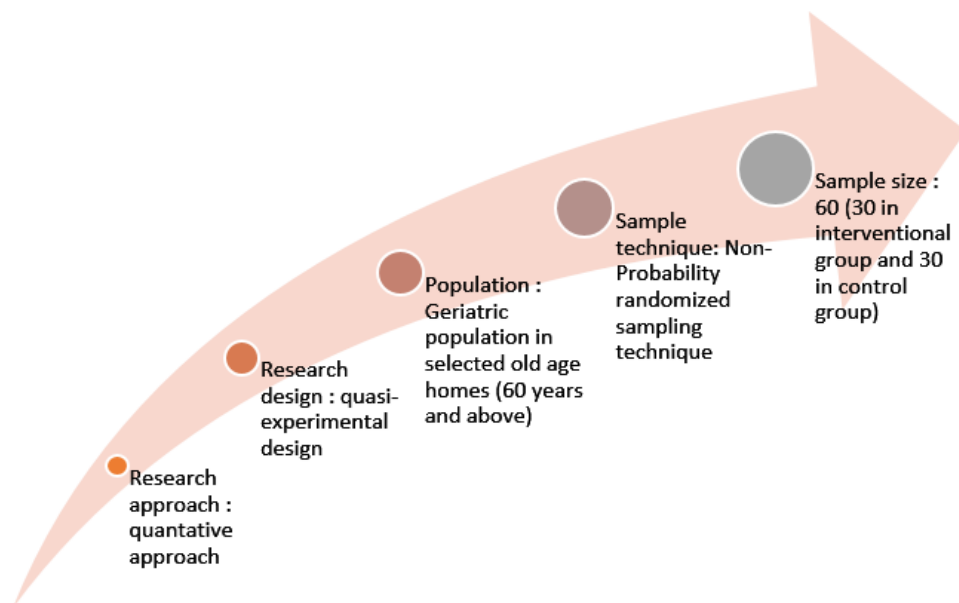


Figure 1: Diagram Showing the Research Process

RESULT AND ANALYSIS

The result & analysis of the present study is being presented under study objectives to precisely focus on the outcome of the research. The first objective is to assess the factors responsible for stress represented through a correlation between categorical factors responsible for stress with stress score of study participants.

Table 1: Correlation between Categorical Factors Responsible for Stress with Stress Level of Control Group

Control	Mean	Std. Deviation	r-value	p-value
Health Factor	4.73	1.20	0.057	0.766
Psychological Factor	3.70	0.84	0.284	0.128
Lack of Confidence	4.57	1.25	0.239	0.204
Stress	23.63	2.57		

The description suggests that the present study examines the relationship between various factors and the participants' stress levels, particularly in the control group. The findings indicate no statistically significant correlation between the factors studied and the stress levels in the control group. The findings imply that the factors studied did not significantly influence this group's stress

levels. Considering and discussing these findings in the context of other research and their implications is essential.

Table 2: Correlation between Categorical Factors Responsible for Stress with Stress Level of Experimental Group

Experimental group	Mean	Std. Deviation	r-value	p-value
Health Factor	5.03	0.96	0.348	0.060
Psychological Factor	3.70	0.84	0.439	0.015*
Lack of Confidence	3.43	0.94	0.240	0.202
Stress	28.27	2.85		

The present study analyzed the relationship between various factors and the participants' stress levels, particularly in the experimental group. However, the findings suggest no statistically significant correlation between most factors and stress levels, except for the psychological aspect. The findings suggest that, based on the study's analysis, the psychological factor had a notable influence on the stress levels of the participants in the experimental group.

The second objective of the study was to assess the effectiveness of the recreational module.

Table 3: Comparison of Pre and Post-Test Score According to Stress Level among Elderly

Group	Pre Mean \pm SD	Post Mean \pm SD	t-value calculated	p-value	t- table value
Control	23.63 \pm 2.57	22.43 \pm 2.91	1.69	0.092(NS)	0.05
Experiment	28.27 \pm 2.85	17.87 \pm 4.04	11.52	0.001(S)	0.05

*=0.05 level of significance

In this study, the results indicate the mean and SD value of the pre-test in control groups regarding stress level is 23.63 ± 2.57 and 28.27 ± 2.85 in the experiment group. The post-test value of the mean was changed in the control group to 22.43 and 17.87 in the experiment group. A paired t-test was applied, and the result was insignificant for the control group but significant for the experiment group at a 0.05 significance level.

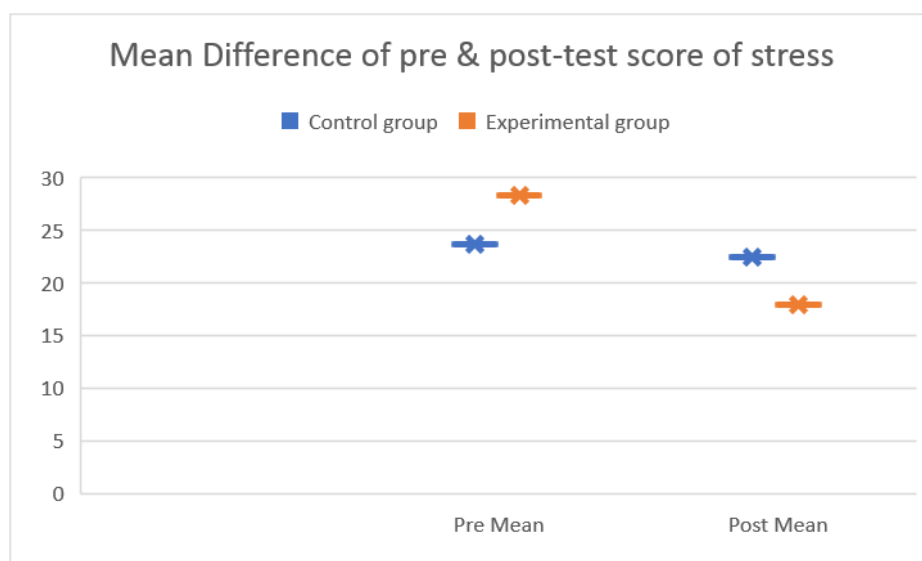


Figure 2: Showing Mean Difference of pre & Post Test Score of Stress

The third objective of the study was to identify the correlation between the factors responsible for stress with overall stress score.

Table 4: Correlation between Factors Responsible for Stress with Stress Level of Control Group

Control	Mean	Std. Deviation	r-value	p-value
Factors	13.00	2.13	0.283	0.129
Stress	23.63	2.57		

*=0.05 level of significance

In this present study, the table shows the correlation between factors responsible for stress and stress levels. It was clearly shown in the table, that there was a positive correlation between them; however, it was statistically insignificant at a 0.05 level of significance.

Table 5: Correlation between factors responsible for stress with stress level of experiment group

Experiment group	Mean	Std. Deviation	r-value	p-value
Factors	13.43	2.46	0.455	0.012*
Stress	28.27	2.85		

*=0.05 level of significance

In this present study, the table indicates the correlation between factors and stress levels. The data in the table shows a moderate positive correlation with an R-value of 0.455 and a p-value less than 0.05, and it was statistically significant.

The fourth objective was to find out the association of stress levels with selected socio-demographic variables of the experiment group and control group. In this study, the findings indicate no association of stress level with selected socio-demographic variables of the experimental group at a 0.05 level of significance. In contrast, the results of the control group suggest an association of stress level with **the Frequency of meeting with known people** and **Frequency of telecommunication** at 0.05 level of significance.

DISCUSSION

The present study findings indicate that there is a moderate to severe level of stress in old age people in selected nursing homes of Gurugram, Haryana. The story of stress and not following recreational activities, along with the factors contributing to increased stress levels, motivates the development of recreational modules for older people residing in nursing homes. Most studies favored reducing stress levels by using different recreational activities like music therapy, pranayama, laughter therapy, and activity therapy, and these studies conclude that recreational activities are beneficial to reducing stress in old age people. These studies find that people who are using recreational activities can reduce their stress levels and they can maintain good mental health. The results of these studies declared that recreational activities have high efficacy in reducing stress, even from severe levels of pressure to mild stress levels. The present study revealed that most pregnant women have a moderate level of concern (58%), followed by (25%) with severe problems and 17% with mild problems. The study also concluded that the majority of pregnant women had moderate knowledge (56%) regarding home management of nausea and vomiting during pregnancy, followed by inadequate knowledge (37%) and 7% with adequate knowledge. Hence, there was a need to educate the mothers regarding minor ailments during pregnancy, so they prepared the information booklets and distributed them.

CONCLUSION

The findings of the study suggest that most older people residing in old age homes in Gurugram experience moderate to high-stress levels. There is an increased need to address and alleviate stress in the elderly population in these facilities. The study also indicates that a recreational module could be a helpful intervention to relieve stress among older people in old age homes. It's important to note that these modules should be adaptable and subject to dynamic modifications to fulfil the changing needs of older people over time.

The research also identifies a significant relationship between stress and various factors, including demographic variables, in the elderly population. The specific characteristics and circumstances of the elderly residents may contribute to their stress levels. It would be valuable to investigate these relationships further to tailor stress management strategies accordingly.

The recreational activities not only help improve their overall quality of life but also motivate them to manage their stress levels actively, ultimately contributing to maintaining their health and well-being. The implementation of adaptable recreational modules and underscores the significance of understanding the relationship between stress and demographic variables to provide more effective stress management interventions.

Conflict of Interest: The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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