



“A COMPARATIVE STUDY TO ASSESS ACTIVITIES RELATED TO DAILY LIVING AMONG MALE VERSUS FEMALE SENIOR CITIZEN FROM SELECTED COMMUNITY AREA.”

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Abstract:

Background: Daily activities in older people are critically important in the prevention of disease, maintenance of independence and improvement of quality of life. **Objective:** 1. To assess activities related to daily living among male senior citizens in selected community area Ajmera. 2.To assess activities related to daily living among female senior citizens in selected Community area Ajmera. 3.To compare daily routine/ activities of male and female senior citizen. **Aim:**This study compare the activity related daily living among male versus female senior citizens in selected community. **Methodology:** A Cross sectional descriptive research design was used of sample of 100 of senior citizen age group 60 to 80 years of male and female in community area Ajmera. A Non-Probability Purposive sampling techniques was used for selection of 100 samples (50-male and 50- female). A structured knowledge questionnaire based on physical, social and emotional regarding activities related to daily living was adopted .

Result: 70% of them male and 66% of them female senior citizens were doing regular exercise .60% of the male and 64% of the female senior citizens were socially active. **Conclusion:** Male are more active then female in regular exercise where as female are more socially active then male. **Keywords :**Activity, Regular exercise, Senior citizen.

INTRODUCTION

Senior citizens are increasing in our country and the ageing population can be viewed as a success story for the public health policies and for socioeconomic development, but at the same time it also challenges the society to adapt and to maximise the health along with the functional ability of older people. Although old age is not a disease the elderly are more to infections and diseases due to their decline in immune system with age. Study by WHO shows the increase of

elderly among the world. In 2019, the number of aged people of 60 years and older were 1 billion, this number will increase to 1.4 billion by 2030 and to 2.1 billion by 2050. This increase is occurring at an unprecedented pace and will accelerate in coming decades, particularly in developing countries. Activities of daily life (ADL) is a term used to refer to daily activities of self-care within the place of residence of an individual, the outdoor environments or both. Health professionals refer to the ability or the inability to perform ADL as an important measurement of functional status of an individual particularly with regard to the people with disabilities and the elderly. It should be assessed as a routine while evaluating the mental status and functional abilities of older people. It has only been in the last few years that health care planners and the government have started taking measures to address age related issue. Despite the felt need of the aged data regarding the health of the elderly are still inadequate. This is more developing in countries like India. This cross-sectional descriptive study was carried out to make an assessment of activities of daily living amongst elderly in communities of Ajmer.

OBJECTIVES

1. To assess activities related to daily living among male senior citizens in selected community area Ajmera.
2. To assess activities related to daily living among female senior citizens in selected Community area Ajmera.
3. To compare daily routine/ activities of male and female senior citizen.

METHODOLOGY

A Cross sectional descriptive research design was used of sample of 100 of senior citizen age group 60 to 80 years of male and female in community area Ajmera. A Non-Probability Purposive sampling techniques was used for selection of 100 samples (50-male and 50- female). A structured knowledge questionnaire based on physical, social and emotional regarding activities related to daily living was adopted . Data collection was a well-organized process that concentrate on finding out all there is to a particular subject matter. The present study aimed at assessing the activities related to daily living among male verses female senior citizen from selected community area. Thus, demographic variables and structured questionnaires based on physical, social and emotional was prepared and used for data collection as tool.

1. Inclusive criteria

- a) Senior citizens of age group 60 to 80, it could be male or female.
- b) Who can follow and understand English, Hindi and Marathi language.
- c) Above residing in selected are who were willing to participate in the study.
- d) Who were available at the time of the data collection.

2. Exclusive criteria

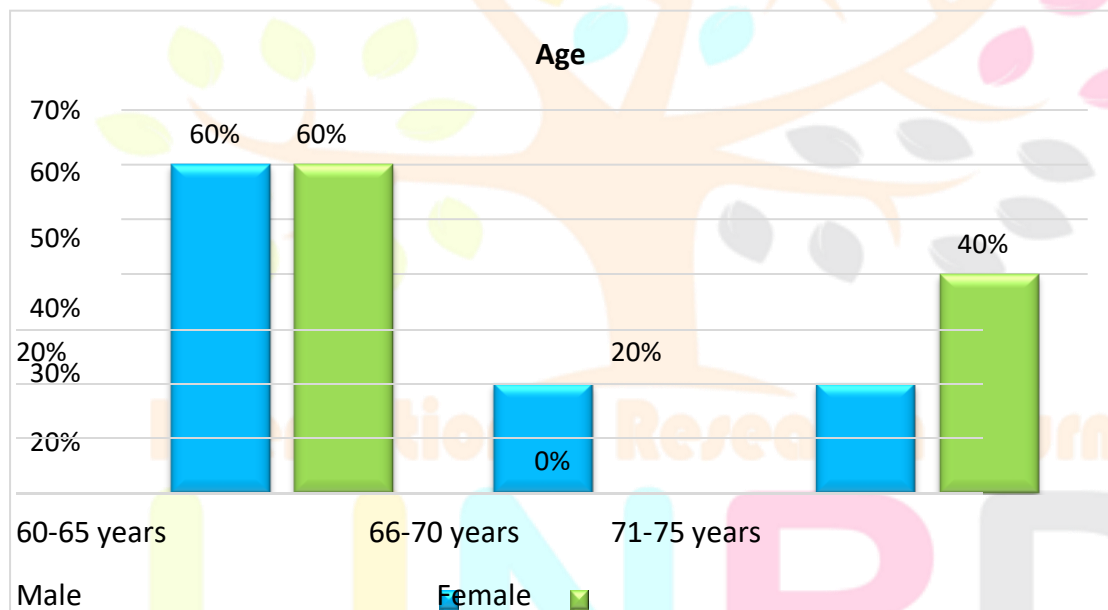
- Senior citizens who are below age of 60 or above 80.
- Who are not willing to participate in the study.
- Who will not be available at the time of data collection

STATISTICAL ANALYSIS

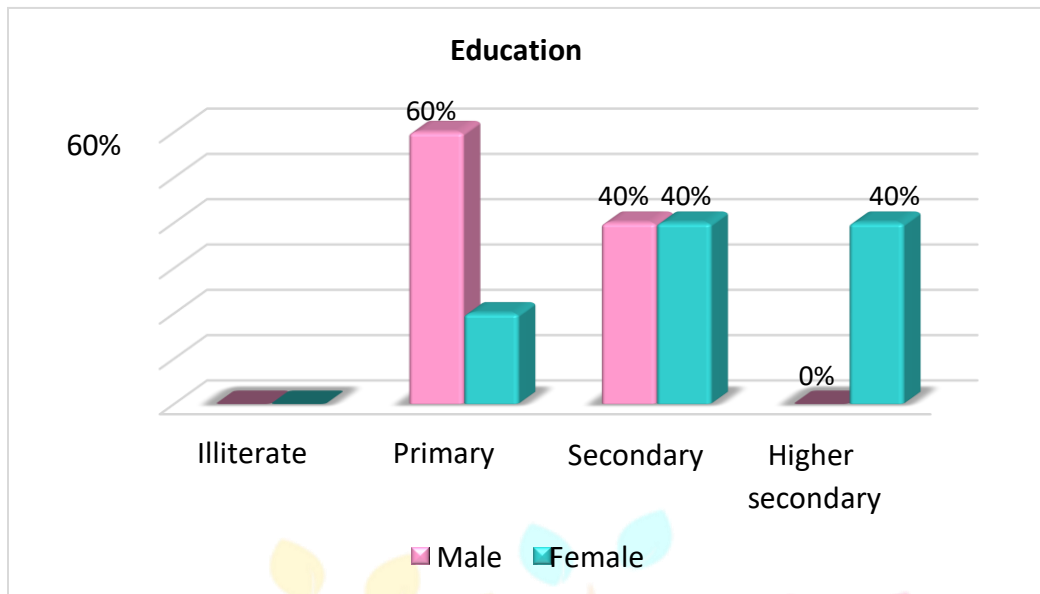
The data analysis was planned to include descriptive and inferential statistics. Items related to the background variables would be analysed in terms of frequency and percentages. Scores would be graded in 3 categories i.e., poor fair and excellent. Frequency distribution would be plotted to represent the final score.

RESULT

From the study it was observed that 60% of the male senior citizens had age 60-65 years, 20% of male had age 66-70 years and 20% of male had age 71-75 years. 60% of the female senior citizens had age 60-65 years and 40% of them had age 71-75 years.



60% of the male senior citizens had primary education and 40% of them had secondary education. 20% of the female senior citizens had primary education, 40% of them had secondary education and 40% of them had higher secondary education.

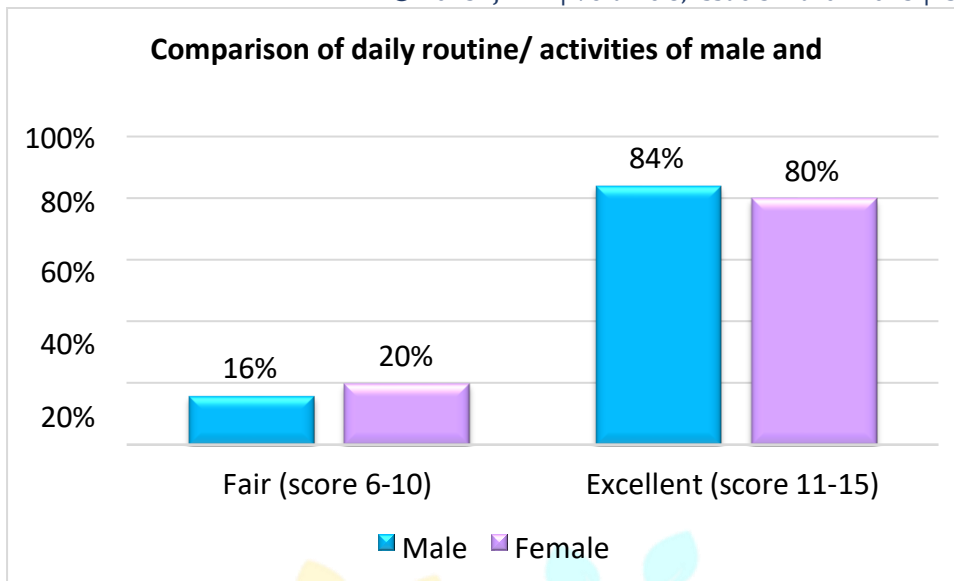


Analysis of data related to comparison of daily routine/activities of male and female senior citizen

Comparison of daily routine/ activities of male and female senior citizen N=50, 50

Activities	Male		Female		Chi-square	Df	p-value
	Freq	%	Freq	%			
Fair (score 6-10)	8	16%	10	20%	0.07	98	0.795
Excellent (score 11-15)	42	84%	40	80%			

Researcher applied chi-square test for the comparison of daily routine/ activities of male and female senior citizen. Chi-square value for this test was 0.07 with 1 degree of freedom. Corresponding p-value was large (greater than 0.05), there is no evidence against null hypothesis. This indicates that the daily routine/ activities of male and female senior citizen are not significantly different.



DISCUSSION

‘A comparative study to assess activities related to daily living among male versus female senior citizen from selected community area’ among the sample of 100 of senior citizen age group 60 to 80 years of male and female in community area Ajmera. A Non-Probability Purposive sampling technique was used for selection of 100 samples (50-male and 50-female). A structured knowledge questionnaire based on physical, social and emotional regarding activities related to daily living was adopted. Data collection was a well-organized process that concentrate on finding out all there is to a particular subject matter. The present study aimed at assessing the activities related to daily living among male versus female senior citizen from selected community area. From the study it was observed that 60% of the male senior citizens had age 60-65 years, 20% of male had age 66-70 years and 20% of male had age 71-75 years. 60% of the female senior citizens had age 60-65 years and 40% of them had age 71-75 years. 60% of the male senior citizens had primary education and 40% of them had secondary education. 20% of the female senior citizens had primary education, 40% of them had secondary education and 40% of them had higher secondary education. Researcher applied chi-square test for the comparison of daily routine/ activities of male and female senior citizen. Chi-square value for this test was 0.07 with 1 degree of freedom. Corresponding p-value was large (greater than 0.05), there is no evidence against null hypothesis. This indicates that the daily routine/ activities of male and female senior citizen are not significantly different.

CONCLUSION

While comparative study to assess the activities related to daily living among male versus female senior citizens among in selected community area Ajmera. The demographic data of various knowledge domain was evaluated based on the test-retest method. The responses were categorised in two different sections. It was based on variables like age, gender, religion, education, occupation, type of family, monthly income, no. of children and marital status.

Conclusive evidence that Male are more active than female in regular exercise whereas female are more socially active than male.

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