

Knowledge and practice of health promotional activities among older adults in Narayana medical college hospital, Nellore, A.P.

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Abstract

Background: Ageing is an inevitable reality of the human existence on the planet earth and plays a crucial role in the global demographic transition. Normal ageing changes reduce the functional ability and mobility of senior citizen. Functional ability includes activity of daily living instrumental activities of daily living, ADLs refers to daily self-care activities of the individual either in his/her residence or in outdoor environment or both.

Aim: To assess the practice of health promotional activities among older adults.

Objectives: 1. To assess the practice of health promotional activities among older adults. 2. To associate the practice of health promotional activities among older adults with their selected socio demographic variables.

Materials and Methods: Descriptive design with non-probability Convenience sampling technique, 30 older adults admitted at NMCH, Nellore were selected.

Results: The result shows that Regarding, level of knowledge, 7(23.33%) are A+ grade, 5(16.67%) are B+ grade 6(20%) are B grade and 12(40%) are D grade. With regard to level of practice, among 30 older adults, 8(26.7%) having good practice, 21(70%) having moderate practice, and 1(3.3%) having poor practice on health promotional activities.

Keywords: knowledge, practice, older adults, health promotional activities

Introduction

Ageing is a universal process. In the words of seniti "old age is an incurable disease. Sir James sterling Ross commented you do not heal old age, you protect, it you promote it and you extend it. The number of old age people indwelling in the world is increasing rapidly. Some of them are tackling the situation in a more pleasant way. But majority of the geriatric clients are seeing it in a negative manner. Here comes the importance of the health care activities ^[1].

The current population in world is 72 million peoples and in India the total population is 106507 billions. The total population of old male adults in India is 34978 billions and female adults in India are 32628 billions. That is total old adults is 67606 billions. In the population 32-60% maintained the health promotion activities like exercises and included the dietary management. In Andhra Pradesh one fifty of the total adults population is present approximately 50% maintained the health promotion activities among one crore thirty five lakh twenty one thousand five not four older adults ^[2].

Need For the Study

According to WHO (2012) care behavior or activities are key concept in health promotion which refers to decisions and actions that a older adults can take to cope with a health problem or to improve his or her health ^[3].

About 80% clients are seeking medical help for falls above 60yrs age. It is time to focus above 60yr age. It is time to focus on

civilization implementation knowledge in public health without the focus the vast amount on new evidence being generated on the prevention of falls and related injuries among older activities will have little on their health and safety ^[4].

Rubenstein LZ (2011) ^[5] conducted a study on self-risk of falls which is a common series and often unrecognized problem facing older adults. The objective of this study was provide an initial clinical and statistical validation for a public health fall risk self-assessment by older adults using a fall risk questionnaire (FRQ). Adults age 65+ (n=40) were recruited at los angels veterans affairs (VA) and at a local assisted living facility. Participants completed the FRQ self-assessment and results were compared to a gold standard of a clinical evaluation of risks using the American/British geriatrics society guidelines. The FRQ goes beyond existing screening tools in that it is based on both evidence and clinical acceptability and has been initially validated with clinical examination data ^[5].

Statement of Problem

A descriptive study to assess the practice of health promotional activities among older adults in Narayana Medical College hospital.

Objectives of the study

- To assess the practice of health promotional activities among older adults.

- To associate the practice of health promotional activities among older adults with their selected socio demographic variables.

Delimitations

- The sample size limited to 30
- Older adults age group of 60-80 yrs.
- Older adults admitted in NMCH, Nellore.

Methodology

Research Approach: The Quantitative Research Approach

Research Design: The descriptive design

Setting: The study was conducted in Narayana Medical College Hospital, Nellore.

Population

Target population: The target population is all older adult aged between 60-80 years.

Accessible population: The older adults who are admitted in Narayana Medical college Hospital, Nellore.

Sample: Samples of the study includes the older adults who fulfilled the inclusion criteria.

Sample size: Sample size for the present study is 30 older adults admitted at NMCH, Nellore.

Sampling Technique: Non-Probability convenient Sampling technique

Sampling Criteria

Inclusion Criteria

- Older adults aged between 60-80 years
- Older adults admitted in NMCH, Nellore

Exclusion Criteria

- Who are not willing to participate in the study?
- Who is not present at the time of data collection

Description of the Tool

The Tool consists of two parts

Part -I: Deals with demographic data:

It includes age, sex, educational status, occupation, family monthly income, religion dietary pattern, place of residence, presence of any illness and source of information.

Part II: Deals with check list and to assess the practice of health promotional activities among older adults.

Results and Discussion

Table 1: Frequency and Percentage Distribution of Level of Knowledge Regarding Health Promotional Activities among Older Adults (N=30)

S. No	Level of knowledge	Frequency	Percentage
1.	A+	7	23.33
2.	B+	5	16.67
3.	B	6	20
4.	D	12	40
	Total	30	100

Table 1: shows that with regard to level of knowledge among older adults, 7(23.33%) are A+ grade, (16.67%) are B+ grade 6 (20%) are B grade and 12(40%) are D grade.

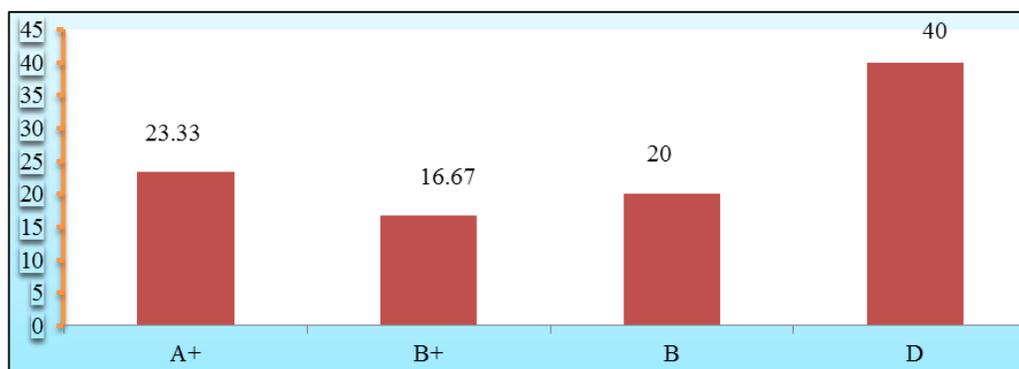


Fig 1: Percentage distribution of older adults regarding level of knowledge.

Table 2: Frequency and percentage, distribution of level of practice regarding health promotional activities among older adults. (N=30)

S. No	Level of practice	Frequency (f)	Percentage (%)
1.	Good	8	26.7
2.	Moderate	21	70
3.	Poor	1	3.3
	Total	30	100

Table 2: Shows that with regard to level of practice among older adults, 8(26.7%) had good practice, 21(70%) had moderate practice, and 1(3.3%) had poor practice on health promotional activities.

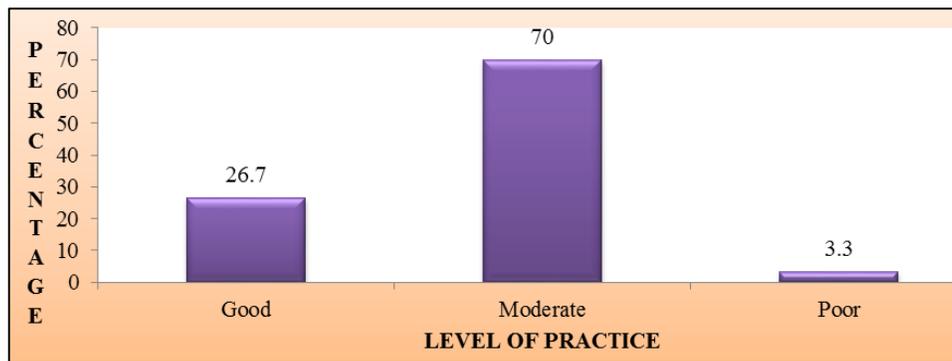


Fig 2: Percentage distribution of older adults based on level of practice

Table 3: Mean and standard deviation scores of level of knowledge regarding health promotional activities among older adults (N=30)

Group	Mean	Standard deviation
Older adults	4.03	1.760

Table 4: Mean and standard deviation of level of practice regarding health promotional activities among older adults (N=30)

Group	Mean	Standard deviation
Older adults	32.4	6.62

Table 5: Association between level of knowledge with their selected socio demographic variables among older adults. (N=30)

S. No	Demographic variables	A+		B+		B		D		Chi-square
		F	%	F	%	F	%	F	%	
1.	Religion									C=18.1 T=16.92 df=6 p<0.05 S*
	a. Hindu	7	23.34	2	6.67	5	16.67	11	36.66	
	b. Muslim	-	-	-	-	1	3.33	1	3.33	
2.	Dietary pattern									C=12.7 T=12.59 df=6 p<0.05 S*
	a. Vegetarian	6	20	-	-	1	3.33	6	20	
	b. Non vegetarian	-	-	4	13.3	5	16.67	5	16.67	
	c. Eggetarian	1	3.33	1	3.33	-	-	1	3.33	

Major Findings of the Study

- The level of knowledge among older adults, 7(23.33%) are A+ grade, 5(16.67%) are B+ grade 6(20%) are B grade and 12(40%) are D grade.
- Regard to level of practice among older adults, 8(26.7%) had good practice, 21(70%) had moderate practice, and 1(3.3%) had poor practice on health promotional activities.
- The mean knowledge score of older adults is 4.03 and standard deviation is 1.760. And the mean practice score is 32.4 and standard deviation is 6.62.
- Regarding association with level of knowledge and practice with demographic variables, only religion and dietary pattern had significant association at P<0.05 level.

Conclusion

- The present study shows that among 30 older adults, level of knowledge, 7(23.33%) having A+, 5(16.67%) having B+, 6(20%) having B and 12(40%) having D level of knowledge regarding health promotional activities.
- Regarding practice, 8(26.67%) having good practice, 21(70%) having moderate practice and 1(3.3%) having poor practice regarding health promotional activities.

Recommendations

- An experimental study can be conducted to assess the effectiveness of teaching programme on health promotional activities.
- A comparative study can be under taken to compare the practice of older adults with health promotional activities.

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