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A STUDY TO ASSESS THE EFFECTIVENESS OF AWARENESS PROGRAM ON DEMENTIA AMONG THE ELDERLY RESIDING AT SELECTED OLD AGE HOME OF INDORE, M.P.

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Abstract

Dementia is one of the most common and most dangerous diseases of later life, affecting 5% of people over the age of 65. Dementia is not a single, specific disease. It is a term used to describe a group of diseases that affect the brain and cause a continuous decline in the ability to think, remember and read. Although dementia is a serious condition in the elderly, it is not a normal part of aging. In the study a non-experimental research design project was used. The research methodology used in this study is the experimental research method. A targeted sampling method was used to select samples. The sample size was 30 adults living in a nursing home. Data was collected using a closed questionnaire. The analysis was performed with descriptive and non-descriptive statistics. The result showed that the analysis of pre- and post-test data revealed that post-test, median, mode information scores were higher than average, moderate, pre-test-level information. The calculated 't' test score for information 31.91 revealed a significant benefit to older people's knowledge after launching an awareness programme at 0.05 levels of significance.

Aging is a worldwide phenomenon, aging is not a disease in itself, but it is a normal part of human life. Aging is a normal, universal, continuous, irreversible process. It is an uninvited physiological phenomenon.

As the risk of dementia increases with age, the number of people with dementia in society as a whole also increases. In our older society the chances of dementia increase exponentially. Dementia occurs most frequently in the second half of our lives, usually

after the age of 65 - some experts think that this is the 'society that should pay' for our higher life expectancy and therefore the term 'dementia' evokes similar fears and oppression. Methods such as 'cancer' or 'AIDS'.

About 20% of adults aged 55 and over suffer from mental disorders. Later, international statistics showed that this was a problem almost everywhere. Adult mental health problems are not recognized by health professionals and the elderly themselves, and older people are often reluctant to seek help.

There is ample epidemiological evidence based on dementia in India showing that this neurodegenerative state is an important public health problem, especially in the context of rapid population change in many parts of the country. Studies have shown that many people with dementia have significant health and social needs that have not yet been met.

In India the prevalence of dementia was 33.6 per 1000. Alzheimer's disease was the most common type (54%) followed by neurological dementia (39%), and 7% of cases were caused by causes such as infection, tumor and trauma. Family history of dementia was a risk factor for Alzheimer's disease and a history of high blood pressure was a risk factor for cardiovascular dementia. Thus I have chosen to take up the present study.

Objectives

1. To assess the knowledge regarding dementia among elderly people.
2. To evaluate the effectiveness of awareness programme on dementia among elderly people.

Hypothesis:

The hypotheses will be tested at 0.05 level of significance.

H_1: The mean post test knowledge scores of subject exposed to effective

awareness programme will be greater than the mean pre test knowledge at 0.05 level of significance.

Methods and Material

An extensive review of literature was undertaken. The conceptual framework based on health promotional model. Non-experimental cross sectional research design was used. The research approach used in this study was evaluative research approach. A

purposive sampling technique was used to select the samples. The size of the sample was 30 elderly people staying in old age home. Data were collected by using closed questionnaire schedule. One group pre test and post test design was used. In order to measure the content validity of the tool, criteria check list for validation of the tool were submitted to 10 experts to establish to content validity. The experts were requested to give their opinion regarding relevance, appropriateness and usefulness of the items of the tool. Tool was collected from all the experts and modification was made as per the suggestion. The tool was found reliability of tool was calculated with split half method and found 0.84 for knowledge which is statically reliable for the present study.

RESULT

The result shows that majority 14(46.70%) of were in the age group of below 65 years, 6(20%) were in the age group of 66-75 years, 6(20%) were in the age group of 76-85 years and 4(13.30%) were in the age above 86 years. Majority 9(30%) elderly were having primary education, 8(26.70%) elderly were having secondary education, 7(23.30%) were illiterate, 4(13.30%) were having PUC education and 2(6.70%) had graduate degree.

Effectiveness of awareness programme on knowledge on dementia among elderly people staying in old age home. The pre –test and post-test used by paired "t" test. The major findings of the study revealed that Calculated paired 't' test value on knowledge 31.91 revealed that there was significant gain in the knowledge of elderly people after introducing awareness programme at 0.05 levels of significance.

CONCLUSION

The study aimed at testing effectiveness of awareness program on knowledge regarding Dementia among elderly people. The result showed that the awareness program was highly effective. Dementia is biologically, physiologically, and psychologically stressful, even for healthy people and post test score of knowledge regarding dementia among elderly people will be analyzed through following statistical technique. Descriptive statistics: - Mean, standard deviation, range and mean score percentage will be used to quantify the level of knowledge before and after awareness program. Inferential statistics: - paired t-test will be used to examine the effectiveness of awareness program by comparing the pre-test and post scores. The present study was designed to evaluate

the effectiveness of awareness program on knowledge regarding Dementia in selected old age home of Indore, M.P.

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