

# Assessing the Psychosocial Problems among Elderly Population during COVID-19 in Selected Panchyat, Thrissur

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## ABSTRACT

**“One small crack does not mean that you are broken ,it mean that you are broken that you were put to the test and you didn’t fall apart”**

Psychosocial relates to one’s psychological development in and interaction with social environment problems that occur in one’s psychosocial functioning can be referred to as psychosocial dysfunction or social morbidity. A study to assess the psychosocial problems elderly during COVID-19 at selected Panchayat, Thrissur.

**KEYWORDS:** Psychosocial problems, Elderly, COVID-19

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## INTRODUCTION

**“One small crack does not mean that you are broken, it means that you were put to the test and you didn’t fall apart.”**

Psychosocial relates to one’s psychological development in and interaction with social environment problems that occurs in one’s psychosocial functioning can be referred to as psychosocial dysfunction or social morbidity.

## NEED OF THE STUDY

The objective of the study was to determine the effect of Covid-19 lockdown on the health care and psychosocial aspects of the elderly in Thrissur District. In this study, we attempt to review the prevailing mental health issues during the Covid-19 pandemic through National Experiences, and reactive strategies established in mental health care with special references to the Indian context Kerala –

Thrissur District. By performing a rapid synthesis of available evidence and by collecting primary data, we aim to propose a conceptual and recommendation framework for mental health issues during the Covid-19 pandemic.

An exceptional increase in the number and proportion of older adults in the country, rapid increase in nuclear families, and contemporary changes in psychosocial matrix and values often compel this segment of society to live alone or in old age homes. Depression (37.7%) was found to be the most health problem followed by the anxiety disorders (13.3%) and dementia (11.1%).

## PROBLEM STATEMENT

A study to assess the psychosocial problems among elderly population during COVID-19 in a selected Panchayat, Thrissur District.

## OBJECTIVES:

1. To assess the psychosocial problems among elderly population during COVID-19.
2. To find out the association between psychosocial problems with their demographic variables.
  - Anxiety with their selected demographic variables
  - Activity with their selected demographic variables.
  - Knowledge with their selected demographic variables.
3. To find out measures to overcome the psychosocial problems among elderly population.

## OPERATIONAL DEFINITION

### 1. PSYCHOLOGICAL PROBLEMS

Psychosocial Problems in this study refers as the difficulties faced by the elderly population during COVID-19.

### 2. ELDERLY POPULATION

Elderly Population is the age group of 60 years and above

### 3. ANXIETY

Anxiety in this study refers as the anxiety faced by the elderly population during COVID-19.

### 4. KNOWLEDGE

Knowledge in this study refers to the collection of facts, information and experience that elderly population has collected throughout COVID-19.

### 5. ACTIVITY

Activity in this study refers as the condition in which the things are happening or being done by the elderly during COVID-19.

## RESEARCH HYPOTHESIS:

There is a significant association between the demographic variables and psychosocial problems among elderly population.

## ASSUMPTIONS

- The elderly population may have some psychosocial problems during COVID-19.
- Psychosocial problems among elderly population may be influenced by the selected demographic factors.

## RESEARCH METHODOLOGY:

### Research approach

The research approach is an important element of research design, which governs it. Research approach involves description of the plan to investigate the phenomenon under study in a structured, unstructured or a combination of two methods. A methods and procedure for collecting and analyzing the needed information in research study.<sup>42</sup> For the present study, descriptive survey design was adopted. The

research aim to assess the psychosocial problems among elderly people.

## RESEARCH DESIGN

Research design is the master plan specifying the methods and procedure for collecting and analyzing the needed information in research study For the present study, Descriptive survey design was adopted

## RESEARCH VARIABLE

Research variables are the qualities, properties or characteristics that are observed or measured in a natural setting without manipulating and establishing a cause-and-effect relationship. In the present study, it is planned to assess knowledge regarding psychosocial problems among elderly people during COVID-19 in selected panchayat, Thrissur district.

## THE SAMPLE

Sample is a representative unit of a target population selected to participate in a research study. The sample of present study comprised of 50 elderly residing in ward 17, Nadathara Panchayat who fulfil the inclusion criteria.

## SAMPLE SIZE

Sample may be defined as representative unit of target population, which is to be worked upon by researcher during their study. In this study, samples were 50, elderly who met the inclusion criteria of sample collection.

## SAMPLING TECHNIQUE

Sampling Technique is a process of selecting representative sample of population for the study. For the present study, the researcher visited the homes of Nadathara Panchayat, ward 17. The people involved in this study are the people who met the inclusion criteria. This process conducted until the required number of samples obtained.

## CRITERIA FOR DATA COLLECTION

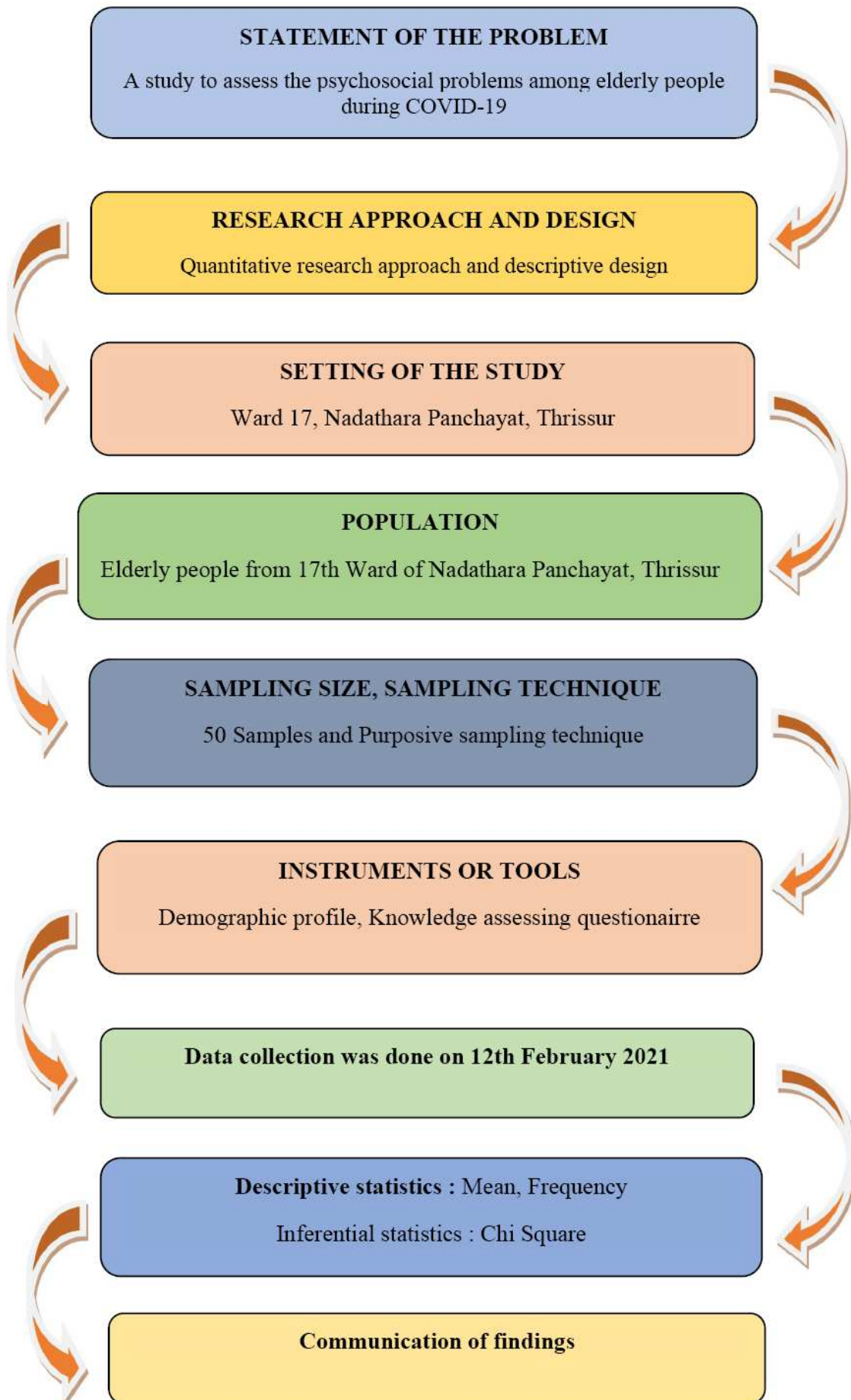
Following criteria were used in selection of sample for the study.

**Inclusion criteria:** The criteria that specifies the characteristics of all subjects in a population are referred to as Eligibility Criteria or Inclusion Criteria. For this study, the inclusion criteria were:

- Elderly who was in the age group above 60
- Elderly who was living in Ward 17 under Nadathara Panchayat, Thrissur.
- Elderly who was able to read and write Malayalam.

**Exclusion criteria:** The criteria or characteristics that can cause a person or element to be excluded from a target population referred as exclusion criteria. For this study, exclusion criteria were:

- Elderly who was not available during data collection.
- Elderly who was not willing to participate in this study.



**Figure 1: Schematic representation of the study**

## RESULTS

The findings are explained on the basis of the following headings

**Table 1: Description of the association between the level of knowledge of elderly people regarding COVID-19 with their selected demographic variables.**

Demographic variables	Characteristics	Above average	Below average	Statistical value
Age	60-67	10	7	$X^2=0.19$
	68-75	11	10	$TV=5.99$
	>75	7	5	
Education	Above 10	11	6	$X^2=37.98$
	Below 10	19	14	$TV=3.84$

**Table 2: Describes the association between the level of activity of elderly people regarding COVID-19 with their selected demographic variables.**

Demographic variables	Characteristics	Above average	Below average	Statistical value
Age	60-67	6	12	$X^2=1.574$
	68-75	5	16	$TV=5.099$
	>75	5	6	
Education	Above 10	5	12	$X^2=3.119$
	Below 10	8	25	$TV=3.84$

**Table 3: Describe the association between the level of anxiety of the elderly people regarding COVID-19 with their selected demographic variables.**

Demographic variables	Characteristics	Above average	Below average	Statistical value
Age	60-67	11	7	$X^2=1.574$
	68-75	13	8	$TV=5.099$
	>75	6	5	
Education	Above 10	10	21	$X^2=3.119$
	Below 10	7	12	$TV=3.84$

**Table 1 describes the association between the level of knowledge of elderly population regarding COVID-19 with selected demographic variables such as education and age.**

- With the reference to age, the calculated chi square value was 0.19 and table value was 5.99 which is non-significant at the level of 0.05. Hence the research hypothesis is rejected and null hypothesis is accepted.
- With the reference to education. The calculated chi square value was 37.98 and the table value was 3.84.

**Table 2 describes the association between the level of activity of elderly people regarding COVID-19 with their selected demographic variables**

- With the reference to the age the chi square value was 1.574 and the table value was 5.099 which is not significant at 0.05. Hence the research hypothesis is rejected and null hypothesis is accepted.
- With the reference to the education the chi square value was 3.119 and the table value was 3.84 which

**Table 3 describes the association between the level of the anxiety of the elderly people regarding COVID-19 with their selected demographic variables**

- With the reference to the age, the chi square value was 8.74 and the table value was 5.99
- In the relation to educational status, the chi square value was 41.63 and the table value was 3.84.

### SUMMARY

Psychosocial relates to one's psychosocial development in and interaction with social environment problem that occurs in one's psychological functioning can be referred to as psychosocial dysfunction or social morbidity.

### Objectives of the study were:

- To assess the psychosocial problems among elderly population during COVID-19

Not significant at 0.05 and null hypothesis accepted

- To find out the association between psychosocial problems with their demographic variables.
- Anxiety with their selected demographic variables.



- Knowledge with their selected demographic variables.
- Activity with their selected demographic variables.

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