

# A Study to Assess the Effectiveness of Structured Teaching Programme (STP) on Rights of Senior Citizens (60-80 Years) Living in Selected Rural Area of Mohal, Kullu (HP)

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## ABSTRACT

Ageing is a process which occurs naturally in human life cycle. It is the decline in capacity of the functioning of the organs of the human body. However, they constitute a reservoir of human resource, gifted with knowledge, deep inside and varied experiences. The population of the aged has been increasing over the years. Their rights are being encroached upon each day and protection of them comes naturally to balance the human rights scale. They are most vulnerable class of our society. The research design adopted for the study was experimental with one group pre-test, post-test design. The present study carried out on 40 old age (60-80yrs) selected by the convenient sampling technique from selected rural area Kullu. The tool developed and used for data collection were structured questionnaire and pre-test, structured teaching programme, post-test. validity was ensured in consultation with guides and experts in the field of community health nursing. After obtaining formal permission from concerned authority to collect needed data. Both descriptive and inferential statistics was used to analyse the data. The paired t-test results indicate a significant improvement in knowledge scores from the pre-test to the post test. The mean pre-test score was 11.68 (SD = 5.484), representing 38.90% with a range of 4 to 24. The mean post-test score increased to 18.85 (SD = 5.536), representing 62.80% with a range of 5 to 28. The mean difference between pre-test and post-test scores was 7.170, and the paired t-test result was 6.931 with a p-value < 0.001. This significant p-value (less than the threshold of 0.05) confirms that the improvement in knowledge scores is statistically significant.

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**KEYWORDS:** Senior Citizens, Rural Area, STP.

## INTRODUCTION

In the years to come, the number of elderly people may increase, but our country lacks basic expertise to support and respond to the needs of this section. The gathered information from various sources reveals that the senior citizens in our country are deprived of basic medical care and not adequate financial support, and they also face discrimination, mistreatment and lack of security. The process of ageing is often associated with declining mental health Physical ability, economic instability and also psychological problems. Indian traditional society with its concept of joint family system was a strong pillar in an ensuring the security and wellbeing of the elderly. But modernization and globalization paved way for the birth of nuclear families. In India, changes in the

family pattern, existence of poverty, greater life expectancy, deterioration of the values and norms and beliefs and the difficulty of the elderly people to adjust with these changes were also enlisted in the challenges faced by them.

**Background of the study-** The rights and well-being of senior citizens, particularly those living in rural areas, have gathered increasing attention in current years due to demographic shifts and evolving social dynamics (United Nations Population Fund, 2019). In India, the aging population is on the rise, with the proportion of individuals aged 60 and above expected to reach 20% of the total population by 2050. This demographic transition has significant implications for social policies and welfare programs, as older

adults often face unique challenges related to health, economic security, and social security. Rural areas present distinct challenges for senior citizens, including limited access to healthcare, social services, and legal resources. According to the Census of India 2011, Himachal Pradesh (HP) has a predominantly rural population, with approximately 89% of its residents residing in rural areas. Similarly, KULLU district, located in the state of HP, is characterized by its rural landscape, with numerous villages dispersed across the region.

**Need For The Study** - According to Time of India, June (2021), that 77% of the abused senior citizens experienced verbal/emotional ill- treatment, 24% dealt with physical abuse, and 27% faced economic exploitation, while over 50% overall felt neglected. Also, Gujarat had the third – highest number of crimes against senior citizen with 2785 cases, the crime (forgery, cheating, and fraud) rate against senior citizens, only Maharashtra (4909 cases) and Madhya Pradesh (4602 cases) were worse. IN (2020), New Delhi Ahead of world elder abuse awareness day on June 15, a survey with focus on the impact of covid-19 pandemic found 71% elderly respondents are of the opinion that cases of abuse against them increased during the lockdown period and after. Among them 58% claimed interpersonal relationships are the major factor behind increasing incidence of elder abuse in families. Besides this, 63.7% of elderly respondents said they were facing neglect in their life. IN (2017), New Delhi 86% senior citizens unaware of human rights.

**Procedure and Method:** The research design adopted for the study was experimental with one group pre-test, post-test design. The present study carried out on 40 old age (60-80yrs) selected by the convenient sampling technique from selected rural area Kullu. The tool developed and used for data collection were structured questionnaire and pre-test, structured teaching programme, post-test. validity was ensured in consultation with guides and experts in the field of community health nursing. After obtaining formal permission from concerned authority to collect needed data. Both descriptive and inferential statistics was used to analyse the data.

**Results:** The Study finding shows that the demographic profile of the subjects the majority of individuals are aged between 71-80 years (50.0%), followed by those aged 61 – 70 years (35.0%). Only a small percentage are between 81-90 years (15.0%) and no one is older than 91 years. Most of the participants are male (52.5%), with a substantial being female (45.0%). A small percentage identifies as transgender (2.05%). The predominant religion is

Hinduism (90.0%), with a minor representation of Buddhism (10.0%). There are no participants identifying as Christian or other religions. The majority of individuals are married (72.5%), with a notable percentage being widowed (25.0%). Only a small proportion are single (2. 5%). Most individual have more than two children (55.0%), followed by those with two children (32.5%). A small percentage have one child (7.5%) or no children (5.05%). A significant portion of the participants have more than five family members (45.0%), with 25.0% having fear than three family members. The remaining participation are spread across families of 4 (17.5%) and 5 members (12.5%). The majority belong to a joint family (55.0%), while 4.0% are from nuclear families.

There are no participants from extended families. Half of the participants retired (50.0%), while the rest left their jobs due to health issues inability to work, each accounting for 25.0%. Most individuals rely on farming for their income (60.0%), followed by government jobs (25.0%) and private jobs (15. 0%). The old age groups having inadequate knowledge regarding their rights during pre-test 18(45%), Moderate knowledge 18(45%), adequate knowledge 4(10%). The old age groups having inadequate knowledge regarding their rights during post-test 4(10%), moderate knowledge 21(52.5%), adequate knowledge 15(37.5%)

**Conclusion:** The following conclusion drawn from the study finding: The knowledge of senior citizens regarding their rights are not adequate so organise different awareness programmes regarding the rights so they can live with dignity, security & free from exploitation, mental & physical abuse. the mean score is 11.68 with a SD of 5.48, indicating a moderate spread out the average score. The median score is 11, reflecting that half of the participants scored below or equal to this value. The scores range from a minimum of 4 to a maximum of 24, with a range of 20. The mean %age of knowledge achieved is 38.90%. The post-test knowledge scores show an improvement compared to the pre-test. Only 10% have inadequate knowledge, scoring between 0 and 10. A majority of 52.5% now have moderate knowledge, with scores ranging from 11 to 20. Additionally, 37.5% of participants have achieved adequate knowledge, scoring between 21 & 30. The maximum scores remain 30, & the minimum is 0.

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