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Perspectives of Indian Elderly Women About Fatigue in Daily Occupations: An Exploratory Study

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PERSPECTIVES OF INDIAN ELDERLY WOMEN ABOUT FATIGUE IN DAILY OCCUPATIONS: AN EXPLORATORY STUDY

Abstract

Fatigue is one of the most common complaint reported by the elderly. The daily functioning and independence of the elderly may be compromised due to fatigue. It is also studied that fatigue is more prevalent in elderly women than elderly men. Hence, our study aimed to explore the perspectives of Indian elderly women about fatigue in daily occupations. A qualitative study using phenomenological approach was used to explore the experiences of elderly women with fatigue. 12 elderly women were recruited and were interviewed either via telephone or in-person. A semi-structured interview guide was used to elicit information related to fatigue experience in daily occupations and its management. Thematic analysis was carried out, which gave rise to two themes: fatigue as unique experience and managing fatigue. The results highlighted various factors influencing elderly women such as, personal perspectives, education, occupations they engaged in, culture and geographical location. This study also described various strategies used by elderly women to deal with fatigue. Interventions for fatigue in elderly women should include educating and raising awareness about the aging and health issues with consideration of their socio-cultural context. The study also described the need for involving family members in fatigue intervention and educating them regarding the same.

Keywords: fatigue, elderly women, daily occupations