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A comparative study to assess the life satisfaction, self-esteem, depression and health related behaviour among pensioners and non- pensioners elderly population of selected villages of Udupi taluk, Karnataka

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"ABSTRACT

The research study titled "A comparative study to assess the life satisfaction, self-esteem, depression and health related behaviors among the pensioner's and non-pensioner's elderly population of selected villages of Udupi taluk, Karnataka" was conducted by Mrs. Roshini Dsouza in partial fulfilment of requirement for the award of the Degree of Master of Science in Nursing from Manipal College of Nursing, MAHE, Manipal, Karnataka.

The objectives of the study were to a) assess the life satisfaction among the pensioner's and non-pensioner's elderly population by using the life satisfaction index for the third age, b) find the self-esteem among the pensioner's and non-pensioner's elderly population by using the Rosenberg self-esteem scale, c) determine the level of depression among pensioner's and non-pensioner's elderly population by using Geriatric Depression Scale (GDS), d) explore the health-related behaviors among pensioner's and non-pensioner's elderly population by using Health-Related Behavior questionnaire, and to e) compare between pensioner's and non-pensioner's elderly population with regard to life satisfaction, self-esteem, depression and health related behaviors.

The conceptual framework of the study was based on the revised comprehensive Preventive Corrective Proactive model (PCP). This model was used based on assumption that with increasing age there is an accumulation of health related and social stressors. A descriptive comparative cross-sectional survey design was used for the study. The samples were selected based on the sampling criteria (i.e purposive and snowball technique) and 160 samples were taken in each group.

Abstract

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Pensioners and non-pensioners were included in the study, which were above the age of 60yrs and from Udupi taluk.

The tools used in the study were demographic proforma, life Satisfaction Index for the Third Age (LSITA), Rosenberg self-esteem scale, Geriatric Depression Scale (GDS-30) and Health related behavior questionnaire.

The content validity of the tool were established through the expert's suggestions. Pretesting was done by administering the tools to five pensioners and five non-pensioners of shirva panchayat. The Reliability coefficient for each tools, such as Life Satisfaction Index for the Third Age (LSITA), Rosenberg Self-esteem scale, Geriatric depression Scale-30 and health related behavior questionnaire were about $r = 0.726, 0.856, 0.74$ and 0.71 respectively. The pilot study was conducted among 30 elderly were pensioners and non-pensioners from Kadekar and Athradi panchayat.

The main study was conducted at Padubidri, Udyavara and Hiriyadka panchayats of Udupi taluk. Data were collected by using structured interview technique and the data were analyzed using descriptive and inferential statistics. The study revealed that majority of the participants belonged to the age group of 66-75years both among pensioners elderly population (65%) and non-pensioners elderly population (41.8%). Majority (56.9%) were males among pensioners, whereas females (73.8%) among non-pensioners. Most of the pensioners (66.9%) completed high school education, whereas in non-pensioners majority (45.6%) of them had completed primary schooling. Majority of pensioners (85.8%) and non-pensioners (78%) were currently staying with their children. Income source for majority of

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(88.2%) pensioners was pension itself and for non-pensioners were getting support from family and old age allowance (41.2%). Majority Pensioners (68.1%) and non-pensioners (54.4%) had their health check-up done every six months. Pensioners 65(40.5%) and non-pensioners (27.5%) were members of social clubs. Only 3.2% of

the non-pensioners have Health insurance where as in pensioners 18.8% have health insurance.

Independent 't' test was used to test the hypothesis. The findings of the study showed that there was a significant difference between the life satisfaction of two groups ($p = 0.001$), with a mean score of 162.55 ± 6.04 for the pensioners and 143.82 ± 15.08 for non-pensioners elderly population. This signifies that pensioners have better life satisfaction than the non-pensioners elderly population. Also there was statistically significant difference in the self-esteem of two groups ($p = 0.001$), with mean score of 23.80 ± 1.97 for the pensioners and 22.95 ± 3.49 for non-pensioners elderly population, these mean score indicate that self-esteem between both group more or less the same. In depression score there was significant difference in the depression score of two groups ($p = 0.001$), with a mean score of 6.78 ± 1.75 for the pensioners and mean score of 8.84 ± 3.59 for non-pensioners elderly population, these findings suggest that non-pensioners have higher depressive symptoms than the pensioner's. Where as in health-related behavior there was significant difference in the health-related behavior, of two groups ($p = 0.001$), with a mean score of 106.66 ± 3.12 for the pensioners and mean score of 103.10 ± 9.19 for non-pensioners elderly population, these results recommend that non-pensioner's elderly should focus on their health-related behavior.

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The study concluded that pensioners elderly have better life satisfaction and self-esteem when compared to than non-pensioners elderly population. In addition to this, Depression score was high in non-pensioners than the pensioners elderly population. Health related behavior was better in both the groups but according to the mean score the pensioners have better health related behavior than non-pensioner elderly population."