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## Assessment of the level of stress among elderly

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### Abstract

Old age and stress go hand in hand, in modern usage stress refers to being under a great deal of emotional, mental and social pressure for prolonged period of time. The present study focused on assessing the level of stress among elderly. The study was carried out in Lucknow, and the sample was selected following Multistage sampling technique. The sample for this study comprised of 120 elderly individuals (60 females and 60 males respectively) from living in home and old age home. Stress scale developed by Lakshmi and Narain (1936) was used to assess the stress level significant difference in stress level was found among the elderly living with families and old age house.

**Keywords:** Stress, Emotional health, mental health, Social pressure, Elderly

### 1. Introduction

Aging is a normal stage of life, which comes to every person. Considered old age as the stage of life in which wisdom is personified, the fruit of well spent life is enjoyed and unquestionable power of authority and respect are obtained. In our Indian society, old age has always been a concerned due to lack of power of social, economic and professional spheres, and its closeness to death but with changed family patterns and value system there is a drastic changes in the life style and living standards in the society as well as at home front. As population aging becomes more and more pronounced, the concern for mental health and well-being of older people is also increased.

Stress may be referred to as an unpleasant state of emotional and physiological arousal that people experience in situation that they perceive as dangerous or threatening to their well-being. Some people define stress as event or situation that causes them to feel tension, pressure, or negative emotions such as anxiety and anger. Others view stress as the response to these situations. This response includes physiological changes—such as increased heart rate and muscle tension—as well as emotional and behaviour changes. However, most psychologists regard stress as a process of common experience. We may feel stress when we are very busy, have important deadline to meet, or have too little time to finish all of our tasks. Often people experience stress because of problems at work or in social relationships, such as a poor evaluation by a supervisor or an argument with a friend. Some people may be particularly vulnerable to stress in situation involving that threat to failure or personal humiliation. Stress is the excitement, feeling of anxiety, and or physical tension that occurs when the demands placed on an individual are thought to exceed his ability to cope. This most common view of stress is often called distress or negative stress. The physical or psychological demands from the environment that cause this condition are called stressors. Defined stress as a stimulus event that presents unusual demands.

Whilst there is little disagreement about the prevalence of stress there is considerable debate about what the word stress actually refers to. In ordinary conversation we seem to be willing to apply the word to both cause and effect. In other words, the common sense view of stress is that it is a combination of external stressors and our response in the early and highly influential research of Selye (1936).

Stress is as the result of an interaction between an individual's emotional, intellectual, social and physical resources and the demands on him or her. Argued that stress is a different phenomenon from pressure. Stress is something more than pressure. It carries strong overtones of the breakdown of normal performance.

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In an earlier work, the same two authors concluded the stress is essentially individually defined and must be understood with reference to characteristics of both the individual and his environment, as it is the outcome of the two.

**Review of Literature**

Studied stressors and reactions among elderly. Results indicated that the highest group of stressors experienced by elderly was self-imposed stressors followed by pressure cognitive responses were found to be the highest responses to stressors experienced by elderly. Negative correlations were found with elderly perception of health.

Opined excessive stress is also costly. This is owing to the facts that stress leads to low productivity, encourages absenteeism, and leads to high turnover, disability pay –outs and an increase work compensation scheme. Moreover, stress can make a worker become resentful toward his/her employer apart from distracting employee engagement.

Studied anxiety, depression and stress among the Indian and Iranian elderly. The findings revealed that the depression, anxiety and stress level of Indian elderly are significant 1 higher than those of Iranian elderly. Also there was no significant gender differences.

Identified the stress symptoms and coping styles predominantly used by elderly Compared to the intensity of these symptoms between elderly who used emotion and problem focused coping. Forty one fully stress manifestation demonstrated in most participants revealed symptoms that can negatively influence the maintenance of independent elderly individuals over 60 year old with normal cognitive function were randomly chosen from a group of elderly who were registered at the university of Scapula school of nursing secretary of culture and community services. The study showed that approximately half of the elderly sample presented high intensity of stress symptoms and that the behavioral stress manifestation demonstrated in most participants revealed symptoms that can negatively influence the maintenance of self-care.

**Objective**

Keeping in liev, the increase in elderly younger generation and migration of carried out to assess the level of stress among elderly.

**Methodology**

**Research design:** The aim of present research was to a study of stress among elderly

**Locale of the study:** Lucknow district of Uttar Pradesh was selected as the study area as it is convenient for the researcher to conduct the study.

**Sampling procedure:** For selection of the respondents, multistage random sampling technique was adopted. A sample of size N drawn from a population of size N in such a way that every possible sample of size n has the same chance of being selected.

**Selection of the respondents:** The data was be collected from the elderly living with families and the elderly living in old age homes. A total sample of 120 comprising of 60 each from each section will be selected.

**Tools and techniques used:** For assessing the stress of the elderly. Stress scale devised by was used.

**Methods of data collection**

The data for the present research was collected personality through interview method. A pilot study was conducted on 120 of the sample to ensure the validity of the sample and data collection instrument. After the pilot study requisite changes in the schedule were made. Visits were made to the selected areas in order to establish a rapport and to ensure full cooperation for the identified sample.

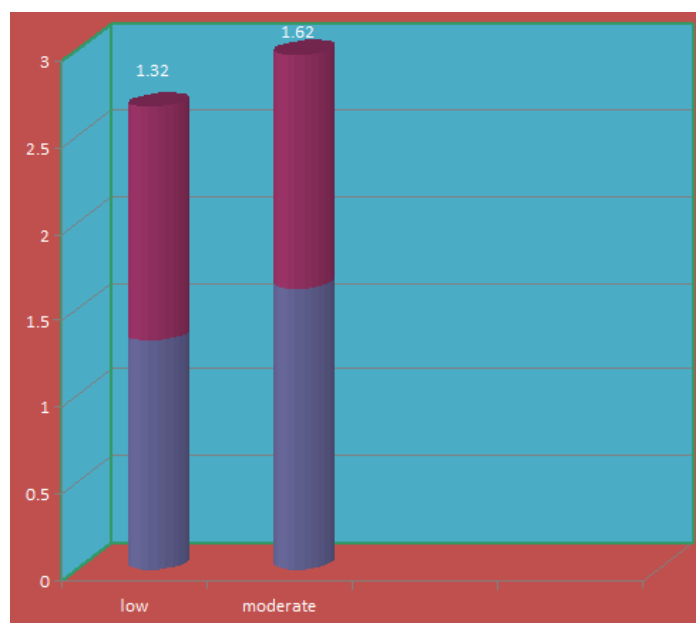
**Data processing**

Coding refers to the process of assigning, numbers or other symbols to answer. So that workers on them be part into a limited number of categories or classes appropriate to the research problem under consideration.

**Analysis of the data**

The data was analysed using relevant statistical techniques using PAS software.

**Results and Discussion**



**Fig 1:** level of stress among gender respondent

**Table 1:** Distribution of the respondent according to gender

Gender / Level of stress	Living in home M F	Old age home M F	t- value	P value
Low	1.32±.47	1.35±.48	.21	.37
Moderate	1.62±.49	1.35±.48	.09	.84

There are no significant difference between gender and stress. It means that stress level varied according to gender. There are no significant value of old age home and living in home elderly.

The above table shows stress of among elderly. Mean range of living in home elderly respondents was low 1.32 and

moderate 1.62. Standard deviation calculated .47 (low) and .49 (moderate) this showed the living in home. Mean range and standard deviation value of old age home elderly respondent are same value. (Mean score 1.35 and standard value .48).

### Conclusion

Elderly stress is varied concept that predicts a general consensus of definition a general concept the is likely to include a relative agreement by elderly on issues perceived to be important, Sharing similar tasks and activities and showing affection for another. Elderly successes as distinguished from stress generally refer to the Achievement of one or more goals. Permanence, companionship, fulfilling the expectation of the community and so forth elderly happiness distinguished from adjustment as success is an emotional response of an individual. It also clearly indicates that there is no significant influence of livies in home and old age home.

No significant influence of type of family on stress is found. Majority has high stress in nuclear families and average stress is joint family.

No significant of elderly domicile was found on their stress. Majority of the respondent depicted high level of stress among old age home.

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