

Level of Independence in Activities of Daily Living Among Geriatric People at Old Age Homes of Belagavi

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Abstract

A small group descriptive study was conducted on 80 geriatric people to assess their level of independence in activities of daily living (ADL). Objective of the study was to find the level of independence in the activities of daily living. The study samples (geriatric people) were from Old Age Homes in Belagavi, who were selected using purposive sampling technique. The level of independence was assessed using Katz Scale of Independence in Activities of Daily Living. Results revealed that out of 80 samples surveyed, average 86.25% were independent in performing their daily activities like bathing, dressing, toileting, transferring, continence and feeding, whereas 14% were very dependent on the activities of daily living respectively.

Keywords: Level of independence, self-care activity, ageing, daily living

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INTRODUCTION

Once we grow old, it is evident that we will not become younger. Hence, the old age people should not feel annoyed of being older but they must try to face the situation in a positive manner by planning the activities carefully in order to make the life colourful^[1].

Ageing is an inevitable reality of the human survival on the earth and it plays a very important role in the world's population change. Changes occurring during ageing reduce the functional ability and movement of geriatric people.

Functional ability includes activity of daily livings (ADL) and ADL refers to daily self care activities of the individual either in his / her home or in outdoor environment or both. ADL include bathing, dressing, toileting transferring eating and control bladder and Bowel^[2].

Ageing causes lot of changes in the physiology of human beings which results in the decrease of functional ability and mobility. Major changes include sensory perception alteration and impairment of balance and gait.

Many old age people suffer from chronic illness, degenerative diseases and functional capacity and mobility which make them dependent on care givers. Neglect of care may result in falls and depression among old age^[2].

The life of man is divided into five stages which are infancy, childhood, adolescence, adulthood and old age. Man finds him / her in each of these stages in different situations and problems.

It is funny how everyone wants to live long but no one wants to grow old. As the

age grows, the physical capacity decreases, thinking capacity also comes down and even financial crisis occurs^[2].

The number of elderly women is increasing more than of men. The percentage of old age people working is reducing, especially in the case of women.

Around two-thirds of old age women will be widows, whereas only 22% of elderly men will be widowers. A huge amount of the old age population will continue to survive in poverty and will also remain illiterate^[3].

India & China are projected to undergo more rapid ageing by 2050; the population will be around 350 million and 240 million in the age group of 65 and above. As per the census, population rate of Karnataka is estimated to be 6 crores in 2011 out of which 15.90% are elderly citizens^[4].

A comparative study reported that recent statistics related to elderly people in India, it is observed that as many as 75% of elderly persons were living in rural areas. About 48.2% of elderly persons were women, out of whom 55% were widows. A total of 73% of elderly persons were illiterate and dependent on physical labour.

One third of them said they were below poverty line i.e., 66% of old age people were in a drastic situation without having enough food, clothing or shelter. Around 90% of the old age people were from the unorganized sector i.e., they did not have any regular source of income^[5].

Healthy ageing does not mean that it depends on the changes in medical technology. Enormous Social factors are also responsible for that. The other factors are maintaining and improving physical and cognitive functions, which helps in

leading a productive life, living in a safer social environment and having useful personal relationships^[6].

Nurses play an important role in promoting the activities of daily living of old age people which includes physical and mental care. Community health nurse must visit houses and old age homes.

The key aspects include regular physical activity, food, decreased bone strength, oral care, and prevention of accidents and common problems like incontinence, constipation

MATERIALS AND METHODS

Descriptive survey design was used for the study. The research setting was Old Age Homes in Belagavi, where the study samples (Geriatric Population) were selected by purposive sampling technique.

Data was collected using questionnaires related to background information and the Level of Independence was assessed using Katz Scale of Independence in activities of Daily Living. Data was analyzed in terms of descriptive statistics.

RESULTS

The data was organized and analyzed under the following headings.

1. Distribution of subjects according to socio-demographic variables.
2. Analysis of Level of Independence in daily activities by using Katz scale of independence in activities of daily living.
3. Association between socio-demographic variables and level of independence in daily activities.

Structured interview was developed to assess the independence in activities of daily living in old age people.

Table 1: Distribution of Subjects According to Socio-Demographic Variables.

Socio-demographic variables	Frequency(f)	Percentage (%)
Age		
50–60 years	30	37.5%
60–70 years	26	32.5%
Above 70 years	24	30%
Sex		
Male	33	41.25%
Female	47	58.75%
Marital Status		
Single	8	10%
Married	12	15%
Widow/widower	60	75%
Educational Status		
Primary(1 st –7 th)	7	8.75%
Secondary(8 th –10 th)	27	33.75%
Higher Secondary(11 th –12 th)	20	25%
Graduates	26	32.5%
Years of stay in old age home		
1–2 years	12	15%
3–4 years	16	20%
5–6 years	20	25%
7–8 years	14	17.5%
9–10 years	18	22.5%

Table 2: Analysis of Level of Independence in Daily Activities by Using Katz Scale of Independence in Activities of Daily Living. (n=80)

Assessment Areas / Activities	High score (6) Independent	Percentage	Low Score (0) Dependent	Percentage
Bathing	67	83.75%	13	16.25%
Dressing	70	87.50%	10	12.50%
Toileting	70	87.50%	10	12.50%
Transferring	72	90%	08	10%
Continence	61	76.25%	19	23.75%
Feeding	74	92.50%	06	7.5%

(Independence = 1 Point, Dependence = 0 Point)

Table revealed that in the activity like bathing, maximum 67 (83.75%) were able to bath independently and only 13 (16.25%) needed assistance in taking them to bathroom and holding them while bathing. Maximum 70 (87.50%) dressed themselves and go to toilet on their own whereas 10 (12.50%) needed help with dressing self and need help in taking them to toilet or providing with a bedpan. 72

(90%) were able to get out from their bed using mechanical transfer aid like walkers, sticks etc whereas only 08 (10%) needed assistance. About 61 (76.25%) had complete control over their urination & defecation, whereas 19 (23.75%) were partially or totally incontinent of bowel or bladder. Maximum 74 (92.50%) were able to eat on their own from their plates,

whereas only 6 (7.5%) needed help in feeding as their hands shaken.

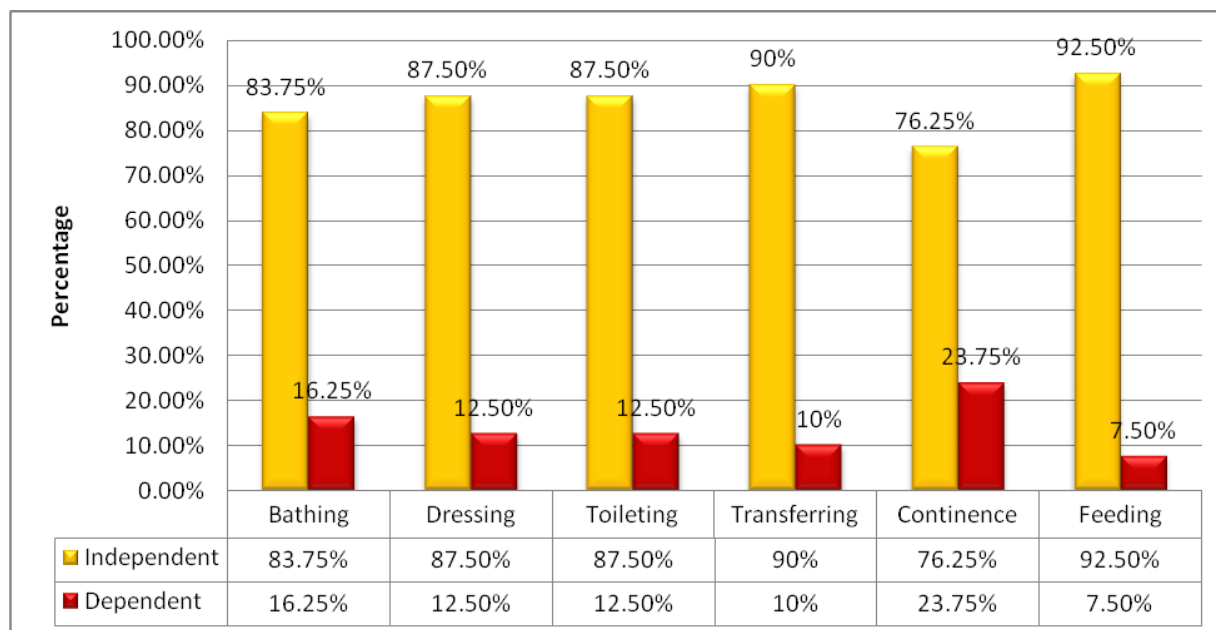


Fig.1: Graph Showing the Level of Independence in Activities of Daily Living.

Association between Socio-Demographic Variables and Level of Independence in Daily Activities

Chi-square test revealed that there was a strong association between age, sex, marital status and level of independence in activities of daily living, whereas education and years of stay in old age home did not show any association with level of independence in activities of daily living.

CONCLUSION

The findings of the present study can help the community health nurses and Auxiliary Nursing & Midwifery's (ANM's) understand work out individualized care and attention to each elderly person in proper self care activities and motivating them for the same. There is a need to encourage nurses to develop awareness among the old age people. Community health nurses are often viewed as a link between the community and health care system.

The Community Health Nurses should give proper information on daily living activity, benefits to the individual and

community should to explained and motivate to develop healthy attitudes towards the self-care activity.

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