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RESEARCH ARTICLE

KNOWLEDGE ON LIFESTYLE MODIFICATION OF ELDERLY

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ABSTRACT

A descriptive study was conducted to assess the knowledge regarding Lifestyle Modification of Elderly in the Rural Salem, Tamil Nadu, India. The sample size of the study was 225 older adults selected by using simple random sampling technique. The instruments used for the data collection were demographic variables and questionnaire on knowledge of lifestyle modification through interview method. The overall mean knowledge score was 10.17 ± 3.17 , which was 25.42% of total score revealing that older adults had poor knowledge regarding the life style modifications.

Key words:

Lifestyle Modification

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INTRODUCTION

Like many other developing countries, India is witnessing a rapid ageing of its population from the last century. Elderly or old age consists of age's nearly average lifespan of human being. The National Health Policy Jan.1999 defines senior citizen or elderly as a person who is of age of 60 years or above. Old age consists of ages nearing or surpassing the average life span of human beings and thus the end of the human life cycle. Ageing is the accumulation of changes in the organs or object over time. Ageing in humans refers to a multidimensional process of physical, psychological, and social change.

Statement of the problem

A study to assess the knowledge regarding lifestyle modification of elderly in the rural Salem, Tamil Nadu, India

Objective

Assess the existing knowledge of older adults on lifestyle modification.

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MATERIALS AND METHODS

Research approach and design: Research approach selected for the present study was quantitative approach and descriptive study

Setting of the study: The study was conducted in rural area of Salem district, Tamil Nadu.

Population: All the older adults residing in Rural Salem, Tamil Nadu.

Sample size: It constituted 225 older adults was selected by power analysis method.

Sampling technique: Simple random technique was used to select the samples for the present study.

Tools used A Structured questionnaire to assess knowledge on lifestyle modification through interview method

RESULTS AND DISCUSSION

The highest percentage (37.3%) of the older peoples was in the age group of 66-70 years and 58.7% of them were Male. Most of them were (45.3%) have no formal education, 48.9% of them were daily wages and highest percentage (76%) of them was not getting pension.

Table 6.2. Area wise comparison of mean, SD and mean percentage of knowledge scores of older adults on lifestyle modification

(N=225)

Knowledge dimension	Max scores	Knowledge score		
		Mean	SD	Mean %
Aging and changes due to aging	13	3.46	1.54	26.60
Dietary modifications	11	2.72	1.78	24.69
Exercise	4	0.83	0.77	20.67
Skin	2	0.38	0.56	18.89
Oral	2	0.74	0.65	37.11
Elimination & Sleep pattern	2	0.60	0.63	30.00
Alcohol and smoking	2	0.54	0.61	26.89
Mental health & Safety measures	4	0.91	0.86	22.78
Overall Knowledge	40	10.17	3.47	25.42

It was found that 59.1% of the respondents are married, majority of them (88.4%) of them were non vegetarian and 58.7% of them were from joint family. Most of respondents were Hindu (71.6%) and are not doing annual medical checkup (84.4%), 40.9% of them are not having any habits, 88.4% of respondents not had previous information and 45.8% of them were have support from wife/husband. The overall mean knowledge score was 10.17 ± 3.47 which was 25.42% of the total mean score it reveals the elderly people had Very poor knowledge on lifestyle modification.

The findings is consistent with the finding of Huang (2008) who conducted a descriptive study to examine the knowledge and practice of healthy lifestyle practice among elderly Hareyana and showed that most of the elders (86%) had poor knowledge and were not doing any healthy lifestyle practices.

Conclusion

Knowledge of older adults regarding lifestyle modification was poor knowledge.

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