

## **DEMENTIA AMONG ELDERLY PEOPLE LIVING WITH THEIR FAMILY AND LIVING IN OLD AGE HOME**

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### **ABSTRACT**

Old age is the closing period of the life span. It is a period when people 'move away' from previous more desirable periods or times of 'usefulness'. The main objective of the study is the level of Dementia among elderly people living in old age homes and living with their family and to assess the Dementia between male and female elderly people. The research samples consisted of 120 elderly people aged from 60 to 75 years and were selected using purposive sampling methods. All the participants were assessed individually by M Folstein in the (1975) Mini Mental Status Examination (MMSE). Proper statistical treatment was applied to obtain the result. The result concluded that there is no significant difference between male and female elderly people regarding Dementia, and no significant difference was found between people who lived with their family and those who lived at old age homes regarding Dementia.

**KEYWORDS:** Dementia, Old age home, Family, Elderly people

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### **INTRODUCTION**

The aging process is a biological reality that has its dynamic, largely beyond human control. However, it is also subject to the constructions based on which each society makes sense of old age. The age of 60 or 65, roughly equivalent to retirement age in most developed countries is said to be the beginning of old age. In many parts of the development, chronological time has little or no importance in the meaning of old age. Other socially constructed meanings of age are more significant such as roles assigned to older people; in some cases, it is the loss of role accompanying the physical decline that is significant in defining age. Thus, in contrast to the chronological milestones that mark life stages in the developed world, old age in many developing countries is seen to be at the point when active contribution is no longer possible (Gorman, 1999).

In India, we consider the family as the smallest element of society. The biggest asset of Indian culture is the family concept. However individual self-management has become very important, for all ages, in recent times.

Old age people suffer from psychological and physical problems and natural phenomena. Still, the psychological situation and dwelling conditions seem more critical due to the changing social and cultural patterns. It has more impact because older people are just like a dustbin. The artistic value changing even those older adults living with their family members also suffer a lot. Older adults living in old age homes also face different degrees of psychological problems. So, in light of the bag round, we have to compare older adults in terms of severe news of degree dementia differences, the death anxiety level of life satisfaction, and depression among older people living with family and living in old age homes.

### **DEMENTIA:**

Dementia is a term used for cognitive impairment due to the deterioration of brain cells, which happens as a sequence of aging mental stress or traumatic injury to the brain. This brain disorder or damage mainly affects memory, language skills, decision-making, judgment, problem-solving ability, and understanding the problems. Alzheimer's disease and Parkinson's disease are common diseases that cause dementia.

Te Boekhorst, Depla, De Lange, and Pot (2009) investigated the effects of group living homes on the quality of life and functioning of people with dementia. Group living homes had some beneficial effects on their residents, but traditional nursing homes performed well, too. Possible study limitations included the baseline differences between the study groups and the use of different informants on T0 and T1. Future nursing home care may very well be a combination of the best group living care and traditional nursing home care have to offer.

Older people are less likely to suffer from mental illness than any other age group (Smyer and Quall, 1999).

### **STATEMENT OF THE PROBLEM**

To find out about Dementia in elderly people living at old age homes and living with their family.

### **THE RATIONALE OF THE STUDY:**

Living Pattern for elderly people that is, living at an old age home and living with their Family, greatly influences elderly people's mental and physical health. Hence studying the impact on elderly people's Dementia level is fruitful to the study.

### **SIGNIFICANCE OF STUDY:**

In India, we consider the family as the smallest element of society. The biggest asset of Indian culture is the family concept. However individual self-management has become very important, for all ages, in recent times.

As per Indian culture, family is considered as the smallest and most significant element and biggest asset of the society. The percentage of the elderly population in India is increasing rapidly. This rapid Change in lifestyle of peoples leads to a very difficult life for elderly people to adjust. Rising costs and living standards have put excess financial pressure on the elderly People.

Old age people are suffering from psychological and physical problems and natural phenomena, but the psychological problem and their dwelling conditions seem more important too particular due to the changing social and cultural patterns.

### **OBJECTIVE OF THE STUDY**

1. To measure the level of Dementia among elderly people living in old age homes and living with their family.
2. To assess the Dementia between male and female elderly people.

### **HYPOTHESIS**

1. There will be no significant difference in Dementia between living in an old age home and living with their family.
2. There will be no significant difference between males and females regarding Dementia.

### **SAMPLE; -**

The samples consisted of 120 elderly people aged varying from 60 to 75 years (living with their family 30male and 30 females, living in old age 30 males and 30 females), who were selected from the middle-class socioeconomic status age. The purposive sampling method was used to collect the data. The sample was selected in various areas and various old-age homes in Pune.

### **VARIABLES; -**

#### **INDEPENDENT VARIABLES –**

- a) Living with their family
- b) Living in old age home

#### **DEPENDENT VARIABLES-Dementia**

### **TOOLS USED IN THE STUDY; -**

#### **MINI-MENTAL STATUS EXAMINATION (MMSE):**

This is a tool developed by M Folstain in 1975. It is a screening instrument that gives a brief assessment of an individual's orientation to time and place, recall ability, short memory, and arithmetic ability. It is widely used in research, to assess the cognitive ability of the sample. There are 30 items, each item contains one score. The maximum score is 30 minimum is 1. In most of the test's reliability is 0.80. It also shows a high validity in the test.

### **PROCEDURE**

With prior permission of old age home Managers and individuals, a set of questionnaires presented Containing MMSE with personal memorandum was introduced to elderly people. Individuals first fill out the memorandum and then the set of questionnaires is filled out individually. The same procedure is followed for Family living people also.

### **STATISTICAL ANALYSIS; -**

The researcher used statistical analysis with the help of Mean, S.D., and ANOVA. Table No.1 Descriptive statistics of males and females who are staying with family and in old age Dementia.

**Table No. I Descriptive statistics for Dementia**

Family type	Gender	Mean	Std. Deviation	N
Staying with family	Male	22.00	2.000	30
	Female	22.68	1.526	30
	Total	22.34	1.805	60
Staying at old age home	Male	22.52	1.418	30
	Female	22.48	1.427	30
	Total	22.50	1.418	60
Total	Male	22.26	1.747	60
	Female	22.58	1.476	60
	Total	22.42	1.622	120

The above table provides the cell mean scores marginal mean scores and standard deviations for each subgroup of two independent variables and here dementia is treated as the dependent variable. Inspecting these values gives us an indication of the impact of the independent variable.

**Table no. II Summary of two-way ANOVA for Dementia**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Living Status	1.920	1	1.920	.740	NS
Gender	9.720	1	9.720	3.747	NS

From the above table, we have P-values (Sig.) greater than 0.05 so we should reject our hypothesis of significant main effects and significant interaction effects.

The data based on dementia (cognitive impairment) shows that the F value for the first main effect that is for the living status (family type) effect, is 0.740. Thus, it shows that no significant difference.

This effect related to family type (living status) is represented by the comparison between the means of people living with their family and people living at old age homes. The means for dementia in people living with family (M = 22.34, SD = 1.80) is equal to the people living at old age homes (M = 22.50, SD = 1.418). This means that dementia is equal and it is not differentiated between elderly people who live in their family and those who live in old age homes.

The F value for the second main effect, that is gender effect is 2.961 (with reference). Thus, it shows no significant difference.

As the obtained  $F(1,296) = 2.961$ ,  $P = NS$  is statistically not significant. This effect related to gender is represented by the comparison between the means for the male people living with their family and living at the old home. The means for males (M = 22.26, SD = 1.747) is equal to the females (M = 22.58, SD = 1.476).

This means that the males have significantly lower levels of dementia (cognitive impairment) as compared to females. Hence hypothesis stating, 'There will be no significant difference in Dementia among those living in old age homes and living with their family.' is accepted, so we can say that there is similar dementia among people living in old age homes and people living with family. The hypothesis, 'There will be no significant difference between males and females in terms of Dementia' is also accepted, which means dementia is similar among males and females.

As per findings, dementia is equal to living with their own family and living at an old age home. In the case of an elderly person living with a family and in an old age home, it seems that the memory of both people is good because the family members spend time with their grandchildren as well as they are busy with other activities. Older people also have different activities, exercise games, etc. every day, so their brains are constantly working and they seem to remember better.

## CONCLUSIONS

Some of the conclusions drawn from the analysis of data are given below:

In short, it is concluded that there is no significant difference between male and female elderly people in terms of Dementia, and no significant difference was found between people who lived with their family and those who lived at old age homes in terms of life satisfaction.

## LIMITATION OF THE PRESENT STUDY –

The following are the limitations of the present study:

1. The sample size was very small and restricted to only elderly people males and women.
2. It was limited to 60 to 75 years

## REFERENCES

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