
**A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ON HEALTH PROMOTION
BEHAVIOR AMONG GERIATRIC PEOPLE AT SELECTED SETTINGS IN
CHENNAI.**

*Mr.M.F.Kingsle Kishor Coumar & ** Mrs.V.Mano priya

ABSTRACT:

“Health ageing is the development and maintenance of optimal physical, mental and social well being. In the last three decades, the elder population has grown twice as fast as the rest of the population. In India 3.8% of the population comprise people above 65 years of age. It is expected that by 2030, elderly population will be 21.8% of the total population of India. According to the latest census there were 65% of those who come to hospital seeking treatment are above 65 Years of age. The objectives of the study were to assess the knowledge on health promotion behavior among geriatric people, to associate the level of knowledge on health promotion behavior among geriatric people with their selected demographic variables. Descriptive Research design was used for the study. The study was conducted among geriatric people > 60 years in Besant Nagar, Chennai. 50 geriatric people were selected based on the convenient sampling techniques. The data was collected from the geriatric people. The result showed that out of 50 samples 7 (14%) had inadequate knowledge, 41 (82%) had moderately adequate knowledge and 2 (4%) adequate knowledge. The study revealed that the majority of the geriatric people have moderately adequate knowledge. So, the geriatric people need education regarding health promotion behaviour.

Keywords : Geriatrics, Health Promotion Behaviour.

Introduction

Ageing is a gradual lifelong normal irreversible, physiological process. Its process however can be delayed and many of the associated problems can be prevented. Survival beyond the age of 5 to extreme old age has become quite common. As age increases there will be a decline stage in function of all organs.

If the changes are not compromised with daily activities, good nutrition and psycho-social support, the older individual is likely to fall into the category of receiving medical attention.

With improved medicine and medical technology, many people are now living into their eighties and nineties in relatively good health. Old people are able to enjoy these later years and still

make contributions of their families and society. The extended life expectancy is of course good news; However the elderly are prone to suffer from multiple chronic conditions, that includes; Cardiovascular diseases, stroke, Chronic diabetes, hypertension, arthritis, oral dental problem, blindness due to cataract, hard of hearing, falls and accidents, osteoporosis, depression and dementia. Psychologically they have low self esteem, stress with personal losses and possible depression because of retirement and low income or no income. Nursing is caring for the sick and needy. Elderly are seemed to be vulnerable due to the various change (physically, mentally, financially, socially and intellectually) made them disabled to promote their health the geriatric need awareness to take health and their spouse.

Statement of the problem

A study to assess the level of knowledge on health promotion behavior among Geriatric people at selected in Chennai

Objectives

- To assess the knowledge on health promotion behavior among geriatric people.

- To associate the level of knowledge on health promotion behavior among geriatric people with their selected demographic variables.

Methodology

Research Approach : Quantitative approach

Research Design : Descriptive study design

Research Setting : Besant nagar, Chennai.

Population : Geriatric people > 60 years residing in Besant nagar.

Sample : 50 persons who fulfilled the inclusion criteria.

Sample Technique: Convenient sampling

Data analysis

Table- 1: Frequency and Percentage Distribution Of Knowledge On Health Promotion Behavior Among

Geriatrics. N= 50

Level of Knowledge	F	%
Inadequate Knowledge	7	14
Moderately Adequate knowledge	41	82
Adequate knowledge	2	4

Major finding

The first objective of the study: To assess the knowledge on the health promotion behavior among geriatric people among that 7 (14%) had inadequate knowledge, 41(82%) had moderately adequate knowledge and 2 (4%) had adequate knowledge about health promotion behaviour.

The second objective of the study: Association between knowledge levels on health promotion behaviour among geriatric people with their selected demographic variable was done. There was a significant association between the level of knowledge and the education status at the level of $p < 0.01$.

Conclusion

The finding of the study indicated that the knowledge plays an important role in the health of the geriatric people. Education interventions are necessary to improve the knowledge that will lead to better practices in their daily activities.

Reference

1. Gupta, S.G and Kapoor, G.K,” Text book of behaviour science approach” published by addisson, wesley company. 1st edition,1980.
2. Jayce m., black s and jane hokanson, “medical surgical nursing clinical management for positive outcomes”. published by elsevier india private limited.7th edition,2004.
3. Kothari, c.r.”Research methodology, methods and technique.” published by wiloyeastorn limited, new delhi. ’2nd edition.2000.
4. Lippincott williams and wilkins,”Complete book collection hand book of geriatric nursing care,” Taylor, lillis lynn publication.2006.
5. Park.K.”text book of prevention and social medication.” mls bhanozbanarsidas publiscation, Jabalpur.19th edition,2007.
6. Polit d.f and hungler. P.Nursing research,” volters publication, new delhi. 8th edition,2008.
7. Anbu s.Kumar, “Geratric nuring.” Journal of nightingale nursing times, January,4 (10).(2008).
8. Ankur barua,”Quality of life in geriatric population.” India Journal of community medicine, volume (32) 2007: page no.146-147.
9. Heidrich, s.m. “health promotion in old age.” Journal of holistic nursing, volume 17 (2) 1999: page no.197-207.