

# A Study To Assess The Emotional Problem And Coping Strategies Among Senior Citizens During COVID-19 Pandemic Situation In Selected Districts Of Kerala

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**Abstract-** Corona virus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Coping strategy is an action, a series of actions, or a thought process used in meeting a stressful or unpleasant situation or in modifying one's reaction to such a situation. This study was taken up to assess the level of emotional problems and coping strategies among senior citizens during COVID-19 pandemic situation. In this study non-experimental research approach and a descriptive research study design is used. The data was collected from 50 samples from selected districts from Kerala. The data obtained was analyzed using chi-square test. This study reveals 70% of senior citizens having good knowledge regarding emotional problems and coping strategies, 20% having average knowledge and 10% having poor knowledge regarding emotional problems and coping strategies. There is an association between the knowledge level of emotional status and coping strategies and the demographic variables such as Age ( $X^2 = 13.8508$ ) and Religion ( $X^2 = 11.86$ ) and there is no association between the knowledge level of emotional status and coping strategies and the demographic variables such as Sex ( $X^2 = 2.2085$ ), Education ( $X^2 = 8.159$ ), Marital Status ( $X^2 = 2.46$ ), Type of Family ( $X^2 = 0.26$ ), Financial Status ( $X^2 = 3.594$ ) and Social Class ( $X^2 = 3.594$ ) at 0.05 level.

## **INTRODUCTION**

Corona virus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

-WHO

Coping strategy is an action, a series of actions, or a thought process used in meeting a stressful or unpleasant situation or in modifying one's reaction to such a situation.

-APA Dictionary of psychology

## **NEEDS AND SIGNIFICANCE OF STUDY**

The COVID-19 pandemic has drastically changed the lives of countless members of the general population. Older adults are known to experience loneliness, age discrimination, and excessive worry. It is therefore reasonable to anticipate that they would experience greater negative outcomes related to the COVID-19 pandemic given their increased isolation and risk for complications than younger adults.

Due to the COVID-19 pandemic, many older adults have experienced contact isolation in home setting which leads to separation from relatives, loss of freedom, and uncertainty regarding disease status. This study revealed that both emotion-focused coping strategies as well as problem-focused coping strategies were used by older adults during contact isolation.

## **STATEMENT OF THE PROBLEM**

"A Descriptive Study To Assess The knowledge level regarding Emotional Problem And Coping Strategies Among Senior Citizens During COVID-19 Pandemic Situation In Selected Districts Of Kerala."

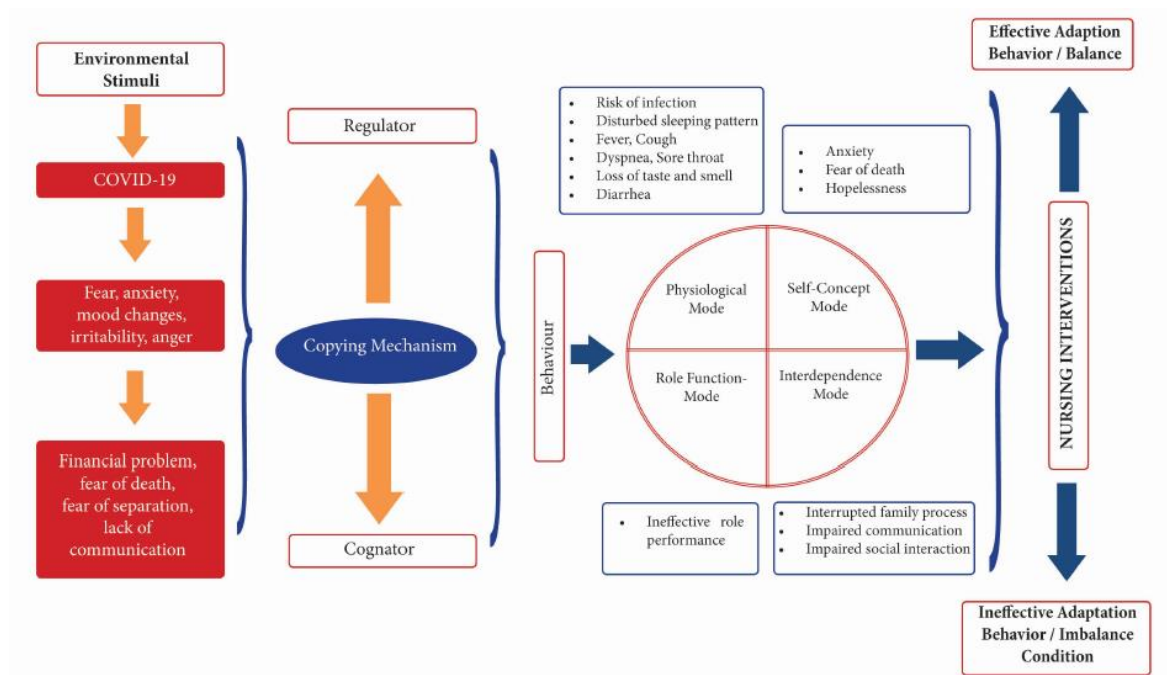
## **OBJECTIVES**

- To assess the knowledge level of emotional problems among senior citizens.
- To assess the knowledge level of coping strategies among senior citizens.
- To find the association between the knowledge level of coping strategies with their selected demographic variables.

## **HYPOTHESIS**

- H1: There will be a significant level of emotional problems among senior citizen.
- H2: There will be a significant level of coping strategies among senior citizens.
- H3: There will be a significant association between coping strategies and selected demographic variables.

## CONCEPTUAL FRAMEWORK



## METHODOLOGY

### Research Approach

Non experimental research approach is used for this study

### Research Design

A descriptive research study design is used for the prevet study to assess the knowledge regarding emotional problem and coping strategies among senior citizens during Covid-19 by structured questionnaire.

### Variables

Demographic Variable:

The characteristics and attributes of the study subjects are considered demographic variables.

In this study, the demographic variables are age, gender, educational status, marital status, type of family, social class, religion, and financial status.

### Setting of the study

Research setting for the study is selected districts of Kerala.

### Population

Population of the study comprises of senior Citizen above 60 years.

### Sample and Sampling Technique

Sample consists of 50 Senior Citizen – men and women.

### Sampling Criteria

Inclusion Criteria:

Inclusion criteria give researchers a site of inclusive standards to screen potential participants.

In this study inclusion criteria were,

- Age above 60 years
- Elderly people in selected Districts

Exclusion Criteria:

Exclusion criteria are those characteristics that disqualify prospective subjects from inclusion in the study. In this study exclusion criteria were,

- Those people who do not know to read and write Malayalam
- Those who are unwilling to participate in the study.
- People those who are below the age of 60 years
- Mentally retarded and bedridden people.

### Tools/Instruments

The tool used in the study is structured questionnaire. Tool consists of two sections,

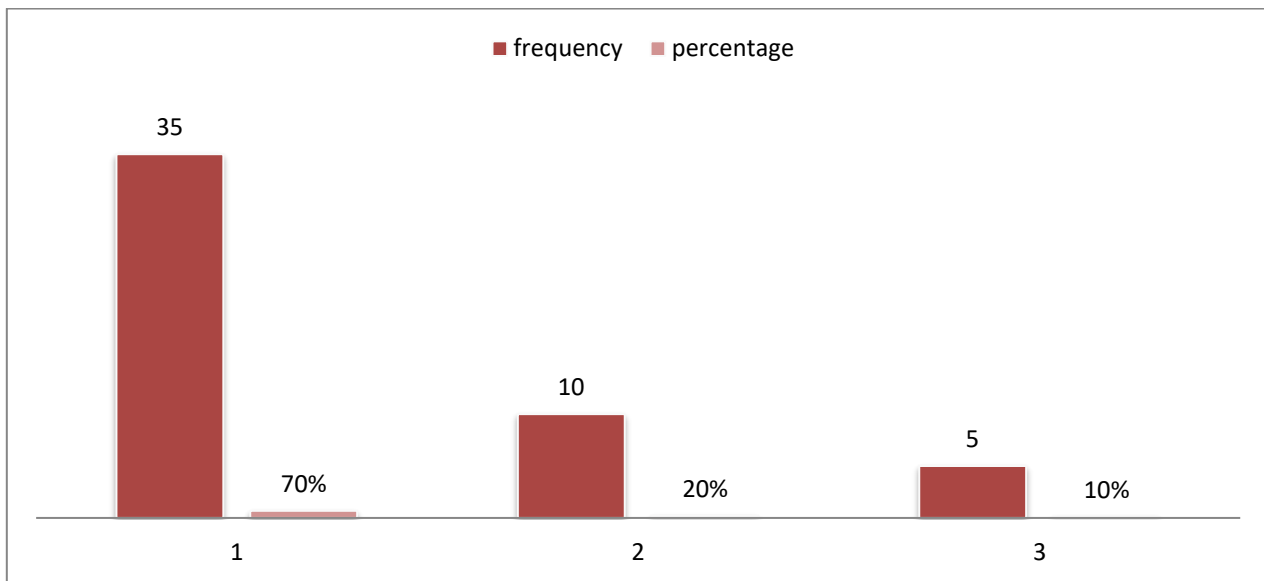
Tool A: Structures questionnaire to collect socio - demographic data.

Tool B: Structured questionnaire is used to assess the coping strategies in elderly people above 60 years.

### RESULTS

The findings of the study shows that 70% of the old age people have good knowledge level regarding emotional problems and coping strategies, 20% have average level of knowledge and 10% have poor knowledge regarding emotional problems and coping strategies.

The association was assessed by means of Chi-square test. The analysis shows that there is an association between the knowledge level of emotional status and coping strategies and the demographic variables such as Age( $X^2 = 13.8508$ ) and Religion( $X^2 = 11.86$ ) and there is no association between the knowledge level of emotional status and coping strategies and the demographic variables such as Sex( $X^2 = 2.2085$ ), Education( $X^2 = 8.159$ ), Marital Status( $X^2 = 2.46$ ), Type of Family( $X^2 = 0.26$ ), Financial Status( $X^2 = 3.594$ ) and Social Class( $X^2 = 3.594$ ).



### RECOMMENDATIONS

On the basis of the finding of the study, the following recommendations have been made for further study.

□ A similar study can be done with large sample size with randomization of the senior citizens to generalize the findings of entire population.

### CONCLUSION

The main purpose of the study was to assess the emotional problem and coping strategies among Senior Citizens during COVID-19 pandemic situation in selected districts of Kerala. Non experiment approach was used in the study and the research design used is Descriptive research design. The main objective of the study is to assess the level of emotional problems and coping strategies among Senior Citizens in selected districts in Kerala.

In this study reveals that 70% of senior citizens are possessing a good level of knowledge regarding emotional problems and coping strategies and 20% were having average knowledge regarding emotional problems and coping strategies and 10% have poor knowledge level regarding emotional problems and coping strategies.

The association was assessed by means of Chi-square test. The analysis shows that there is an association between the knowledge level of emotional status and coping strategies and the demographic variables such as Age( $X^2 = 13.8508$ ) and Religion( $X^2 = 11.86$ ) and there is no association between the knowledge level of emotional status and coping strategies and the demographic variables such as Sex( $X^2 = 2.2085$ ), Education( $X^2 = 8.159$ ), Marital Status( $X^2 = 2.46$ ), Type of Family( $X^2 = 0.26$ ), Financial Status( $X^2 = 3.594$ ) and Social Class( $X^2 = 3.594$ ).

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