

Effectiveness of guided imagery on level of assertiveness among elderly residing in old age homes in selected areas

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Abstract

Statement: 'Effectiveness of Guided Imagery on level of assertiveness among elderly residing in old age homes in selected areas.'

Objectives: To assess pre-existing level of assertiveness among elderly residing in old age homes, To assess effectiveness of Guided Imagery on level of assertiveness among elderly in old age homes. And To find association between pre-test study findings with selected background variables.

Methodology: A Quantitative Quasi experimental non-equivalent control group design. The sample consisted of 60 s old age people. (30 experimental and 30 control group).

Sampling technique: Probability cluster sampling technique used to select the samples.

Data collection technique and tool preparation: Semi- structured questionnaires and 4- Point Likert Scale to assess level of assertiveness among elderly.

Results: Findings related to effectiveness of guided imagery on level of assertiveness among elderly after Guided Imagery depicts that, In Experimental group 9 (30%) mild assertiveness and 21 (70%) had moderate assertiveness. In Control group 24 (80%) had moderate assertiveness and 06 (20%) had severe assertiveness.

Conclusion: It indicates that Guided Imagery was effective in improving the level of assertiveness in elderly residing in old age homes.

Keywords: effectiveness of guided imagery, level of assertiveness, elderly, old age homes

Introduction

Basavanthppa B.T. Ageing is an inevitable developmental phenomenon bringing along a number of changes in the physical, hormonal and the social condition. Ayurveda termed old age as 'Vardhanya' which begins from the age sixty. In old age the need for economic, health and emotional wellbeing assume special significance because of reduction in abilities^[1].

Basavanthppa B.T. If we have been lucky to stay alive long enough all of us age although there can be important gains the most troubling feature of aging has to do with the physical, social and psychological losses and deficit it commonly brings as well as our increasing nearness to death. This gets us to the classic sardonic joke of the elderly which goes something like this, 'They say these are the golden years, to believe this all we have to do is consider the alternative.' We all need to be concerned today about the growing numbers of the elderly will exceed the young of the world in about fifty years^[2].

Banker K, Prajapati B, Kedia G. there are 1018 geriatric homes in India. Out of these, 427 homes are free of cost while 153 geriatric homes are on pay and stay basis, 146 homes have both free as well as pay and stay facilities and detailed information is not available for 292 homes. A total of 371 geriatric homes all over the country are available for the sick and 118 homes are exclusively for women^[3].

Noreen C, Frisch L, Frisch E. A technique that goes hand with relaxation, guided imagery build on relaxation response and adds visual or other sensory images to enhance the relaxation and/ or to present an images for the client that is one of healing. Many clinical observations suggest that

after the visualizing an imagined scene reacts on the individual's behaviour and provides pleasant effect to them. The usefulness of guided imagery techniques have been shown to be effective in helping individuals learn or modify behaviours such as: Learning to relax, changing or controlling their event, belief, negative emotions in response to a particular situation. Preparing themselves for changes they are likely to have to deal with in the future. Eliminating or reducing unacceptable behaviours^[4].

Background of the study

According to History of Guided Imagery Dr. Martin Rossman, who co-founded the Academy of Guided Imagery, published "Guided Imagery for Self-Healing: An Essential Resource." This book explains that ancient Greeks used guided imagery in their culture and viewed imagination as an organ^[5].

According to wikipedia, Assertiveness is the quality of being self-assured and confident without being aggressive. In the field of psychology and psychotherapy, it is a learnable skill and mode of communication. Dorland's Medical Dictionary defines assertiveness as: A form of behavior characterized by a confident declaration or affirmation of a statement without need of proof; this affirms the person's rights or point of view without either aggressively threatening the rights of another (assuming a position of dominance) or submissively permitting another to ignore or deny one's rights or point of view^[6].

Problem statement

'Effectiveness of Guided Imagery on level of assertiveness

among elderly residing in old age homes in selected areas.’

Objectives

1. To assess pre-existing level of assertiveness among elderly residing in old age homes.
2. To assess effectiveness of Guided Imagery on level of assertiveness among elderly in old age homes.
3. To find association between pre-test study findings with selected background variables.

Hypothesis

H₀₁: There is no significant difference between pre-test and post-test level of assertiveness after implementation of Guided Imagery among experimental group. (at P=0.05)

H₀₂: There is no significant difference between alterations in level of assertiveness among elderly residing in old age homes of experimental and control group. (at P=0.05)

H₀₃: There is no significant difference in pre-test study findings on the basis of background variables of samples. (at P=0.05)

Research approach

The research approach was selected as Quantitative approach

Research design

A Quasi experimental Non-equivalent control group was chosen for the study [7].

Setting of the study

Setting refers to the areas where the study is conducted [7]. The study is conducted in the selected old age homes.

Sample

In this study sample is the elderly people in between the age 60-75 residing in selected old age Homes.

Sample size

Sample size for the study consists of 60 (30 experimental and 30 control group) old age people were selected as per availability and fulfilment of the present criteria.

Sampling technique

The samples were selected by probability cluster sampling technique. The samples that fulfil the inclusion criteria were admitted in study.

Tool and techniques

A tool is an instruments or equipment used for collecting the data. Method of data collection: Structured self-report questionnaires.

Description of tool

Section A: Consent form for screening test

Section B: Selection of samples based on screening test:

Screening test based on level of assertiveness:

It consists of 10 questions based on 4 point likert scale each carries 0 to 3 scoring. So maximum score comes 30 and minimum score comes to be 0.Those elderly who score in between 16-30 on modified level of assertiveness scale was be included in this study.

Section C: Consent form for main study Demographic data of samples.

Section D: Demographic data of samples.

Section E: 4 point likert scale to assess level of assertiveness It consists of 10 questions based on 4 point likert scale

Section F: Scoring keys:

Scoring keys for analyse the level of assertiveness.

Validity

Data collection tool was prepared and given to 15 experts.

Reliability

Reliability was done with the help of split half method Karl’s pearson’s formula. The calculated r valve of assertiveness was 0.9918

Data analysis and interpretation

This chapter deals with analysis and interpretation of the data collected from 60 elderly residing in old age homes.

Organization of the data

The collected data is tabulated, analysed, organized and presented under the following headings:

Section-1 Deals with the analysis of the demographic variables of the elderly people.

Section-2 Deals with the analysis of the data related to pre-existing level assertiveness.

Section-3 Deals with the analysis of the data related to effectiveness of guided imagery on level of assertiveness.

Section-4 To find association between pre-test study level of assertiveness with selected background variables

Section 1: deals with the analysis of the demographic variables of the elderly people.

In demographic data total six questions. It included Age in years, Gender, Marital status, Education, Duration of staying in old age home and Dependency Index.

Section 2: deals with the analysis of the data related to pre-existing level assertiveness.

Table 1: Pre-existing level of assertiveness among elderly.

SR. No	Scoring Key	Number of Samples	Percentage (%)
1	No assertiveness (Score 0-7)	0	0%
2	Mild assertiveness (Score 8-15)	0	0%
3	Moderate assertiveness (Score 16-23)	44	73.33%
4	Severe assertiveness (Score 24-30)	16	26.66%
Total		60	100%

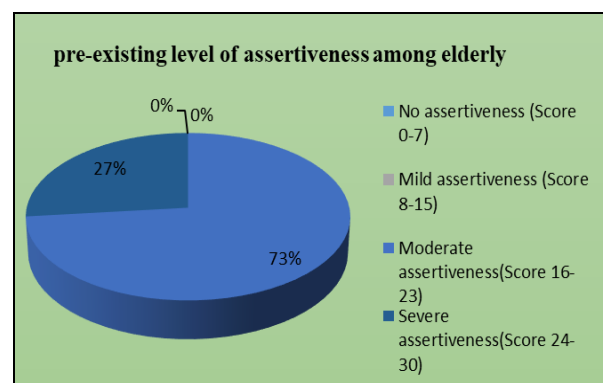


Fig 1

Pie diagram showing percentage wise distribution of elderly to their pre-existing level of assertiveness

The above table and Pie diagram showing Percentages wise distribution of respondents according to their level of assertiveness among elderly before Guided Imagery depicts that 44 (73%) samples had moderate assertiveness and 16 (27%) had severe assertiveness.

Section 3: deals with the analysis of the data related to effectiveness of guided imagery on level of assertiveness.

1. Analysis of data related to level of assertiveness among elderly residing in old age homes.

Table 2: Effectiveness of guided imagery on level of assertiveness. (N=30 Experimental group, N=30 Control group)

Sr. No	Scoring key	Group I (Exp.)		Group II (Con.)	
		F	%	F	%
1	No assertiveness (Score 0-7)	0	0%	0	0%
2	Mild assertiveness (Score 8-15)	09	30%	0	0%
3	Moderate assertiveness (Score 16-23)	21	70%	24	80%
4	Severe assertiveness (Score 24-30)	0	0%	06	20%
Total		30	100%	30	100%

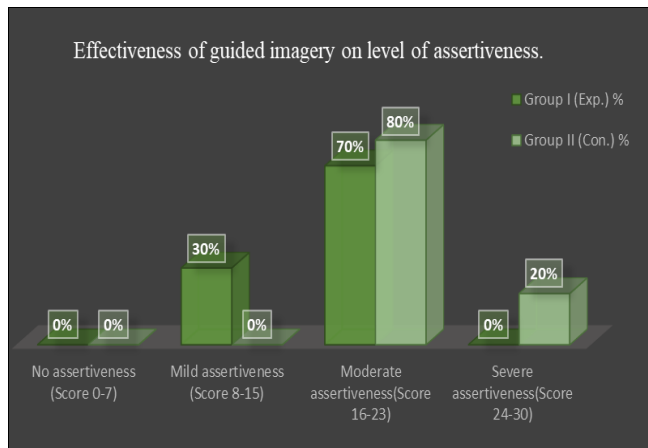


Fig 2

Diagram showing percentage wise distribution of effectiveness of guided imagery on level of assertiveness among elderly

The above table and column diagram showing Percentages wise distribution of respondents according to their level of assertiveness among elderly after Guided Imagery depicts that, In Experimental group 9 (30%) mild assertiveness and 21 (70%) had moderate assertiveness.

In Control group 24 (80%) had moderate assertiveness and 06 (20%) had severe assertiveness. It indicates that Guided Imagery was effective in improving the level of assertiveness in elderly residing in old age homes.

Paired t- test for effectiveness of Guided Imagery among elderly residing in old age homes.

Table 3: Paired t- test was used for comparison of pre-test and post-test assertiveness scores among elderly.

	Mean	SD	t	df	p-value
Pre-test (Experimental)	21.3	2.25	8.86	29	0.05
Post-test (Experimental)	16.53	1.89			

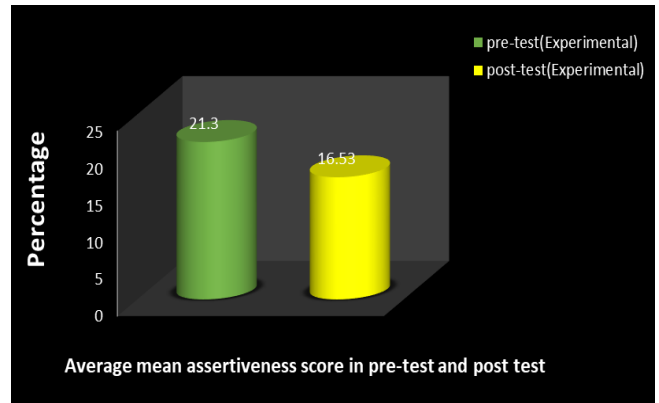


Fig 3

Diagram shows distribution of the subjects according to the average mean assertiveness score in pre-test and post-test experimental group.

T-value was found to be 8.86 at 29 degree of freedom. P-value at 29 degrees of freedom was 0.000. Since the p-value is small (less than 0.05) or t-value is greater than p-value, the null hypothesis is rejected. Assertiveness score in pretest was 21.3 which reduce to 16.53 in post-test. This indicates that assertiveness of elderly improves significantly after guided imagery.

Two sample t- test for effectiveness of Guided Imagery among elderly residing in old age homes.

Table 4: Two sample t-test was used for compare the assertiveness scores among elderly in experimental and control group.

	Mean	SD	T	Df	p-value
Group I (Experimental)	4.76	2.55	10.30	58	0.05
Group II (Control)	0.53	2.51			

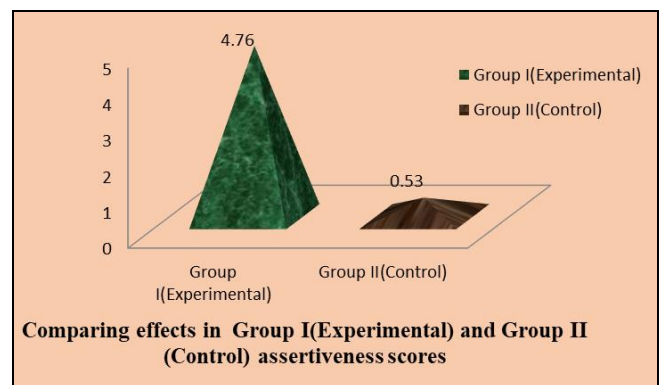


Fig 4

Distribution of the subjects according to the comparing effects in Group I (Experimental) and Group II (Control).

T-value was found to be 10.30 at 58 degree of freedom. P-value at 58 degrees of freedom was 0.000. Since the p-value is small (less than 0.05) or t-value is greater than p-value, the null hypothesis is rejected. The mean difference in assertiveness score is 4.76 for experimental group which was 0.53 for control group. For experimental group the average change in assertiveness score is significantly higher than that in control group. This indicates that assertiveness of elderly improves significantly after guided imagery.

Section 4: To find association between pre-test Study level of assertiveness with selected background variables.

Table 5: Find Association Between Pre-Test Study Level of assertiveness with selected background variables.

Demographic variables		Level of assertiveness		Total	Calculate d value	Tabulate d value
		Moderate Assertiveness	Severe Assertiveness			
Age in years	0-65	14	07	21	1.064	5.99
	65-70	23	06	29		
	Above 70	07	03	10		
Total		44	16	60		
Gender	Male	34	09	43	2.554	3.84
	Female	10	07	17		
Total		44	16	60		
Marital status	Married	14	03	17	1.858	7.82
	Single	04	03	07		
	Divorce	06	03	09		
	Widow/ Widower	20	07	27		
Total		44	16	60		
Education	Primary education	08	05	13	1.792	7.82
	Secondary education	20	07	27		
	Higher secondary education	11	02	13		
	Graduation & above	05	02	07		
Total		44	16	60		
Duration of staying in old age home	0-2 years	07	04	11	2.22	7.82
	3-4 years	26	06	32		
	5-6 years	07	04	11		
	Above 6 years	04	02	06		
Total		44	16	60		
Dependency Index	Depend on wife /Husband	07	00	07	3.26	7.82
	Depend on Son /Daughter	08	03	11		
	Pension	16	06	22		
	Other	13	07	20		
Total		44	16	60		

* Significant at 0.05 level

Chi square values were calculated to find out the association between Pre-Test Study Level of assertiveness with selected background variables among elderly residing in old age homes in selected areas. The findings revealed that there was no significant association between Pre-test study level of assertiveness with selected background variables like Age in years, Gender, marital status, Education, Duration of staying in old age home and Dependency Index.

Samples scores in between 16-23 are having moderate assertiveness.

Samples scores in between 24-30 are having severe assertiveness.

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