

Effect of Group Therapy Promotion on of Psychological well-being among Elderly at Selected Old Age Home

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Abstract

This study aimed to assess the effect of Group therapy on promotion of psychological well-being among elderly at selected old age homes in Pune. The investigators adopted the Experimental design for the study. The participants were 60 elderly from selected Old Age Home from Pune. Random Assignment technique was used to select the sample. The instrument consisted of two sections. Study has shown significance at 0.05 levels and found group therapy is effective for improving Psychological wellbeing among elderly.

Key words: *Group therapy, Psychological wellbeing, Elderly.*

Introduction

The term psychological wellbeing (PWB) is a similar as positive mental states, such as cheerfulness or contentment¹.

Psychotherapy is indeed effective not just because of the theoretic base but because of the therapist's strong faith in the effectiveness of the practice².

Various forms of group therapy or psychotherapy can be used to manage some problems related to mental health like Elderly with anxiety, and it can also be useful in preventing the relapse of such conditions³.

Group therapy has been a core aspect of drug and improving Psychological wellbeing for several decades⁴.

In Group therapy one or more therapists treat a small group of clients together as a group. Group therapy and group feeling encourages the expression of affect, tension and fear. So, Group therapy has been considered as the most prevalent treatment modality for improving Psychological wellbeing⁵.

Problem Statement: "Effect of Group therapy on promotion of psychological well-being among elderly at selected old age homes in Pune."

Hypothesis:

Ho: There will be a no significant difference in the

level of Psychological wellbeing after Group therapy in the experimental group.

H1: There will be a significant difference in the level of Psychological wellbeing after Group therapy in the experimental group.

Research Methodology

A pre-test & post-test experimental and control group design was used. The study was conducted at Old Age Homes on 60 Elderly. Samples were selected through random assignment. Pretest was taken followed by Group therapy for ten days. On 11th day Post-test was taken using same instrument.

Tool

The tool used in the present study were as follows

- Baseline Proforma of the samples.
- Questionnaire for assessing Psychological wellbeing.

Data Collection:

After obtaining permission from the authorities, written consent was taken from the participants. Pretest was conducted on the first day. 10 day Group therapy sessions were conducted as planned below followed by Post-test on the 11th day.

Group Therapy Schedule

Sr. No	Day	Intervention
1.	Day 1	Introduction of Group members and Researcher and introduction of the study.
2.	Day 2	Deep breathing exercises and brief history of group members regarding their drinking habit.
3.	Day 3	Deep breathing and anger management techniques
4.	Day 4	Deep breathing and introduction to Psychological wellbeing
5.	Day 5	Deep breathing and facts related to Psychological wellbeing
6.	Day 6	Deep breathing and how to stay positive and Happy
7.	Day 7	Deep breathing and other problems related to staying away from family
8.	Day 8	Deep breathing and psychological damage caused by situations around
9.	Day 9	Deep breathing and ventilation of self-ideas
10.	Day 10	Deep breathing and healthy living

Major findings**Table 1: Frequency and percentage distribution of Elderly according to their age, religion, Education and duration of stay (N= 60).**

Parameters		Experimental Group	Control Group
		Percentage	Percentage
Age	50-55 Years	10%	14%
	56 – 60 Years	42%	38%
	61- 65 Years	36%	22%
	66 and above	12%	26%
Religion	Hindu	86%	72%
	Muslim	6%	16%
	Christian	4%	6%
	Others	4%	6%
Educational status	Graduation	92%	82%
	Graduation and above	8%	18%
Years of stay in Old Age home	Less than 1 year	88%	94%
	More than one year	12%	6%

Table 2: Comparison of pre and post-test value before and after group therapy in experimental group

	Experimental group		't' value
	Mean	SD	
Pre-test	38.0	6.3%	14.55
Post test	78.9	13.7%	

The mean value of experimental group in pre-test (before group therapy) was 38.0, SD 6.3, where as in the post-test (after group therapy) was 78.93, SD 13.7, thus the calculated 't' test value was 14.55 (P=0.05). Which was significant at 0.05 levels.

Table 3: Comparison of level of psychological wellbeing among the experimental and control group

	Sample Size	Experimental group		't' value
		Mean	SD	
Experimental Group	30	78.9	13.7%	16.62
Control Group	30	34.4	5.2%	

While comparing the scorings of psychological wellbeing of elderly before and after group therapy in the experimental group, the mean score were increased after group therapy. Results paraded that there was improvement in the psychological wellbeing.

Discussion

The findings of the study also revealed that there was statistical difference in psychological wellbeing between the experimental group and control group. The frequency of psychological wellbeing for 100% of elderly before group therapy was poor psychological wellbeing. Whereas after group therapy 66.7% of elderly showed high psychological wellbeing and 33.3% of elderly showed moderate psychological wellbeing. While comparing psychological wellbeing of Elderly before and after group therapy, the psychological wellbeing was increased after group therapy.

Similar findings were seen in the study conducted by Monras M, Ortega L, Mondon S, Gual A, Med Clin Barc (2000), which also showed that the alcoholic dependents exhibited positive interpreters are high self-efficacy and confidence in high risk situation, positive outcome expectancies, sufficient coping skills and low

craving after group therapy⁶.

Conclusion

The findings of the study revealed that there was statistical difference in psychological wellbeing between the experimental group and control group. The frequency of psychological wellbeing for 100% of elderly before group therapy was poor. Whereas after group therapy 66.7% of elderly showed high psychological wellbeing and 33.3% of elderly showed moderate psychological wellbeing. The investigators been concluded that Group therapy has promoted the psychological wellbeing among Elderly.

Recommendations

- It is recommended that larger sample can be studied for making generalization.
- It is recommended that interview schedule can be developed for assessing the psychological wellbeing for further refinement and standardization on a large scale.
- It is further recommended that study can be done using teaching strategies like, making

informational booklet for health care team members and self-instruction module.

· It is also recommended to study the effect of various modalities for promotion of psychological wellbeing in elderly.

Ethical Clearance- Ethical clearance taken from Institutional Research committee.

Source of Funding- Self.

Conflict of Interest - Nil.

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