

## Original Article

### Effectiveness of educational intervention on Attitude regarding care of geriatric among Nursing Students at a selected nursing colleges, Kolar.

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#### Abstract

**Background:** By 2050, 80% of the world's elderly will reside in low- and middle-income countries. Nurses play an important role in addressing challenges by encouraging people to lead independent lives with favourable health promotion outcomes.

**Objectives:** To examine the relationship between attitude scores and selected demographic variables of nursing students. Effectiveness of educational intervention on attitude of nursing students regarding care of geriatric.

**Settings and Design:** Quantitative approach-one group pre-test, post-test-Experimental research design developed by establishing sample frame using simple random sampling technique among 60 nursing students from III and IV years of BSc (N). Data was collected using a 5-point likert scale and evaluated using descriptive and inferential statistics after obtaining IEC.

**Results:** Pre-test, 37 (61.7%) had an unfavourable attitude, after the post-test, 54 participants (90%) had a fairly good attitude, whereas 6 people (10%) had a pleasant attitude. With a pre-test mean score of 48.1, SD 5.25, and a post-test mean score of 63.5, SD 9.183, significant at p0.05. Hence intervention was effective & research hypothesis has been accepted.

**Conclusion:** requires emphasis on competency caring for older persons and to address concerns.

**Key words:** educational intervention, Attitude, care of geriatric.

#### Introduction

Globally, the percentage of the aged population is steadily increasing as the total death rate, fertility, and survival rates continue to increase. There are an estimated 605 million persons aged 60 and up worldwide. One in ten people is 60 years old or older.<sup>1</sup> By 2050, one out of every five people will be 60 or older, and by 2150, one out of every three people will be 60 or older.

According to Census 2011, India has 104 million older people (60+years), constituting 8.6% of

total population. Amongst the elderly (60+), females outnumber males.

#### Key Facts on Ageing as per WHO,(4 October 2021)

- Between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%.
- By 2020, the number of people aged 60 years and older will outnumber children younger than 5 years.
- In 2050, 80% of older people will be living in low- and middle-income countries.
- 15.7 per cent of people 60 years and older are subjected to abuse.

Physical functions of the elderly deteriorate, as they grow older. It causes a loss of independence and makes the person vulnerable to both acute and chronic health issues. Most organ systems show a 0.5 percent per year age-related decrease.<sup>2</sup> The patterns of diseases that people suffer and die from alter as they become older. The morbidity pattern is different in different research. Comorbidities, physical and psychosocial health, environmental conditions, social situations, nutrition, and lifestyle are all risk factors

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for impaired physical function in the elderly, according to longitudinal research.<sup>3</sup>

Joint families are being replaced by nuclear families. Families have shrunk in size, dispersion, and diversity. To some extent, this has impacted the family care and support provided to the elderly. As a result, current demographic and health usage patterns strongly suggest that the demand for nurses who are well equipped to care for older persons is fast increasing.<sup>4</sup> Nurses who are passionate about caring for the elderly are in high demand. Nurses have a critical role as caregivers for the elderly and are in a unique position to impact care quality.<sup>5</sup>

Supportive, restorative, instructive, life-enhancing, and administrative tasks of nurses can all contribute to the optimum health and general welfare of older. Nurses must cultivate favorable attitudes toward older people and get specific information about ageing and the health care needs of older people.<sup>6</sup>

As a result, current demographic and health usage patterns strongly suggest that the demand for nurses who are well equipped to care for older persons is fast increasing.<sup>7</sup> Nurses who are passionate about caring for the elderly are in high demand. Nurses have a critical role as caregivers for the elderly and are in a unique position to impact care quality.<sup>8</sup> Supportive, restorative, instructive, life-enhancing, and administrative tasks of nurses can all contribute to the optimum health and general welfare of the elderly.<sup>9,10</sup>

A study on Perception knowledge and attitude of nursing students towards the care of older patients and to examine personal characteristics that could predict their attitude among two hundred and eighty students were systematically selected from learning institutions for nursing in Ile-Ife, Nigeria. Data were collected through self-administered questionnaire. Descriptive analysis and inferential statistics were done using Statistical Package for Social Sciences.

Results revealed that 66.1 percent and 71.8 percent of respondents, respectively, had favourable perceptions and attitudes toward caring for elderly persons. Additionally, it was shown that respondents agreed that nurses should treat older patients with patience, joy, and sensitivity (97.2%) as well as empathy (91.4%). Additionally, 60 percent of responders showed excellent awareness of crucial clinical procedures for the treatment of elderly patients. Age category 20-25 (OR = 0.45;  $p = 0.04$ ) and attitude and perception (OR = 1.11;  $p = 0.002$ ) showed a statistically significant correlation. The respondents' attitudes and knowledge, however, did not significantly correlate ( $2 = 4.16$ ;  $df = 2$ ;  $p = 0.125$ ). The

survey therefore came to the conclusion that respondents have a favourable perspective and attitude as well as good knowledge of the care of the older adults. To have a better clinical outcome in the care of older individuals, these should be emphasised.<sup>3</sup>

## **Material and Methods**

A Quantitative research approach was used for the study with one group pre-test post-test - Experimental research design.

## **Objectives of the study are**

1. To assess the attitude scores of nursing students regarding care of geriatric.
2. To assess the effectiveness of educational intervention on attitude of nursing students regarding care of geriatric.
3. To determine the association between attitude scores and selected demographic variables of nursing students.

## **Variables under study**

Dependent variable: Attitude of nursing students regarding geriatric care.

Independent variable: Health educational intervention regarding care of geriatric.

## **Extraneous Variables**

Age, Educational qualification, occupation, Income, type of family, experience of Elder abuse, Source of information, history of any other illness.

**Setting:** The study was conducted in nursing colleges, Kolar.

**Population:** Student nurses comprises of BSc (N) students.

**Sample and sample size:** 60.

**Sampling technique:** Simple randomization technique by developing sampling frame using Johnathan Mohr random generated numbers.

## **Sampling Criteria**

**Inclusion criteria:** Students who are

- Studying in IV yr BSc (N) & III yr BBSc(N).
- Both Males and Females.

**Exclusion criteria:** Students who are not

- Available at the time of data collection.
- willing to participate in the study.

## **Data collection tool**

**Section A:** Proforma on baseline characteristics.

**Section B:** Assessment of attitude of nursing students regarding care of geriatric will be obtained by using 5-point likert scale.

### Plan for data analysis

- **Descriptive statistics:** Descriptive measure such as Mean, Standard deviation, Mean score percentage were used before and after educational intervention.
- **Inferential statistics:** Paired't' test was used to compare the pre-test and post-test attitude regarding care of geriatric among Nursing students.
  - ♦ Chi Square test is useful to bring out association between attitude of nursing students regarding care of geriatric and selected demographic variable.

### Results

**Table 1: Distribution of baseline characteristics in terms of frequency and percentage**

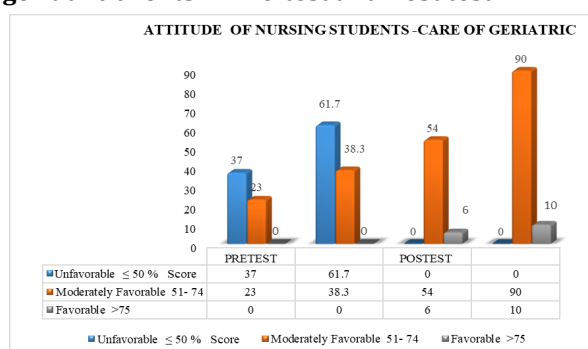
N = 60

Sl. n	Sample characteristic	Frequency (f)	Percentage (%)
1.	<b>Age (in Years)</b>		
	19- 20	20	33.3
	21-22	40	66.7
2.	<b>Gender</b>		
	Male	4	6.7
	Female	56	93.3
3.	<b>Religion</b>		
	Hindu	18	30
	Christian	42	70
4.	<b>Year of study</b>		
	III Year	44	73.3
	IV year	16	26.7
5.	<b>Type of Family</b>		
	Nuclear	47	78.3
	Joint	13	21.7
6.	<b>Do you have grandparents</b>		
	Yes	36	60
	No	24	40
7.	<b>Previous Knowledge about geriatric care</b>		
	Family & Friends	42	70
	Health care professionals & Media	18	30

Table 1 shows the Frequency and Percentage distribution of nursing students by their:

1. **Age:** Majority of students belongs to the age group of 21-22 years (66.7%).
2. **Gender:** With regard to gender most of students were females 56 (93.3%).
3. **Religion:** Out of 60 students majority 44 (73.3%) students belongs to III year BSc nursing.
4. **Type of family:** Majority of students were belongs to nuclear family i.e, 47 (78.3%)
5. **randparents :** Most of the students i.e, 36 (60%) expressed that they have grandparents.
6. **Previous knowledge about geriatric care:** Majority 42 (70%) of students obtained the source of knowledge through family and friends.

### Attitude of nursing students regarding Care of geriatric clients in Pre-test and Post test.



**Figure 1: Classification of Respondents according to attitude regarding care of geriatric.**

It 1 Shows that in the pre-test, majority 37 (61.7%) had unfavourable attitude and 23 (38.3%) had moderately favourable attitude regarding care of geriatric, whereas in the post test after imparting an educational intervention, majority 54(90%) had Moderately favourable attitude and 6(10%) had favourable attitude regarding care of geriatric among nursing students. The data is also presented in the form of Bar diagram.

Table 2 represents the Pre-test mean score in experimental group was 48.1 with Standard deviation of 5.25, whereas in post-test mean score is 63.5 with Standard deviation is 9.183, which is found to be significant at  $p < 0.05$ . It shows that educational intervention was effective in improving attitude of nursing students towards care of geriatric. Hence the research hypothesis (H1) is accepted.

**Table 2: Overall mean attitude scores of Respondents regarding the care of geriatric among nursing students.**

n= 60

Sl.no	Aspects	Statements	Max score	Respondents attitude		
				Mean	Median	SD
1	Pre test	20	100	48.1	47	5.25
	Post test			63.5	62	9.183

**Table 3: Association of Attitude Scores of Nursing Students with Selected Demographic Variables.**  
n=60

Sl.no	Variables	Below Median <62	Median and above > 62	Chi square	df	P value (0.05)	Inference
<b>1</b>	<b>Age (in Years)</b>						
	a.19- 20	12	08	0.419	1	.517	NS P<.05
	b. 21-22	31	29				
<b>2</b>	<b>Gender</b>						
	a. Male	1	3	0.0674 (YC)	1	.79516 9	NS P<.05
	b. Female	18	38				
<b>3</b>	<b>Religion</b>						
	a. Hindu	5	13	0.0039	1	.95015	NS P<.05
	b. Christian	12	30				
<b>4</b>	<b>Year of study</b>						
	a. III Year	13	31	0.3431	1	.55804 7	NS P<.05
	b. IV year	6	10				
<b>5</b>	<b>Type of Family</b>						
	a. Nuclear	29	18	1.0129	1	.31421 9	NS P<.05
	b. Joint	6	7				
<b>6</b>	<b>Do you have grandparents</b>						
	a. Yes	22	14	5.8843	1	.01527 6	S* P<.05
	b. No	7	17				
<b>7</b>	<b>Previous Knowledge about geriatric care</b>						
	a. Family & Friends	32	10	5.7143	1	.01682 7	S* P<.05
	b. Health care professionals & Media	8	10				

The data presented in Table 4 shows that there is a significant association between Attitude score and demographic variables, i.e, Do you have grandparents ( $\chi^2=5.8843$ ,  $p=.015276$ ) and Previous Knowledge about geriatric care ( $\chi^2=5.7143$ ,  $p=.016827$ ). The Attitude score is independent of all other variables, like age, gender, Year and type of family. Hence the null hypothesis is rejected and research hypothesis accepted for some variables such as Do you have grandparents ( $\chi^2=5.8843$ ,  $p=.015276$ ) and Previous Knowledge about geriatric care. ( $\chi^2=5.7143$ ,  $p=.016827$ ).

#### Implications for nurses

Gerontology nursing focuses on an integrated preparation of nurses for a more effective management of the complex problems of the ageing process and caring for older people. The increasing number of older people poses a challenge to the health care system, and especially to the nurses who

are the first line of providing care to the older adult population.

#### Recommendations

1. Deontological training should be introduced into nursing curricula with meaningful service-learning components in the institutions of learning.
2. Further study especially qualitative studies should be conducted to further explore factors that influence perception and attitude towards the care of the older adult.

#### Conclusion

This study has shown that the majority of participants reported positive attitude towards older people, these positive attributes should be sustained by placing more emphasis on issues affecting the wellbeing of our increasing geriatric population. This will definitely improve their competency when caring for the older adults in the various health care settings.

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