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A descriptive study to assess the knowledge regarding rights of senior citizens among elderly in selected coastal areas at Pallithottam, Kollam with a view to develop an Information Booklet

Abstract

Introduction : The present study was entitled “A descriptive study to assess the knowledge regarding rights of senior citizens among elderly in selected coastal areas at Pallithottam, Kollam with a view to develop an information booklet.”

Objectives : The objectives of the study were to assess the knowledge regarding the rights of senior citizens among the elderly, to find out the association between knowledge regarding the rights of senior citizens among the elderly and selected demographic variables, and to develop and distribute an information booklet regarding the rights of senior citizens among elderly.

Materials & Methods : A quantitative approach with a non-experimental descriptive research design was used in this study. The sample comprised of 100 elderly residing in the selected coastal area of Pallithottam, Kollam. The study sample was selected by a non-probability convenience sampling technique. The tool used for data collection was a Self-administered Knowledge Questionnaire for assessing the knowledge regarding the rights of senior citizens and Demographic Proforma. The collected data were analyzed by using descriptive and inferential statistics.

Result : The result of the study showed that out of 100 samples, 90% had poor knowledge and the remaining 10% had moderate knowledge regarding the rights of senior citizens. The study also found that there was significant association between knowledge regarding the rights of senior citizens and demographic variables such as gender, religion, number of children, and education. There was no significant association between knowledge and demographic variables such as age, marital status, employment, color of BPL ration card, living status and previous knowledge. Based on the findings, the researchers developed and distributed an information booklet on knowledge regarding the rights of senior citizens among the elderly in the community.

Keywords: *Assess, knowledge, rights of senior citizens, elderly.*

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Introduction

The rights of older persons are the entitlements and independence claimed for senior citizens. Elderly rights are one of the fundamental rights of India. On 1st October, we celebrate the International Day for the Elderly. We need to recognize that older people are a nation's treasure trove and should be treated as such.¹

A normal part of the human life cycle is the aging process. It is the deterioration in the ability of the human body's organs to function. They do, however, represent a wealth of human resources, endowed with a variety of experiences, profound insights, and knowledge.² Over the time, there has been an increase in the elderly population. Every day, their rights are being infringed upon, so it only makes sense to protect them in order to maintain the proper balance of human rights. They represent the most marginalized group in our society.³

From the standpoint of the average person, people over sixty will be perceived as needing the best medical attention and medication available from their children and other family members.⁴ In many households, the elderly are seen as a burden. If an elderly person receives sub standard care, the law offers specific remedies. The state and a person's family have an obligation to care him as he ages. However, because ignorance and illiteracy are so pervasive among the elderly, many of them are ignorant of their rights.⁵

Help Age India's 2019 survey found that "every second senior citizen is being harassed, mistreated, and humiliated by their own family members, children, relatives, and others." Through human rights education, elderly people can gain the skills and knowledge needed to promote equality and respect in their local communities, society at large, and globally.

Objectives

- ★ To assess the knowledge regarding the rights of senior citizens among elderly in selected coastal areas at Pallithottam, Kollam.
- ★ To find out the association between knowledge regarding the rights of senior citizens among elderly and selected demographic variables.
- ★ To develop and distribute an information booklet regarding the rights of senior citizens among elderly in selected coastal areas at Pallithottam, Kollam.

Research Methodology

Research Approach : In this study, quantitative research approach was used to assess the knowledge regarding rights of senior citizens among the elderly in selected coastal areas at Pallithottam, Kollam.

Research Design : The research design adopted for this study was a non-experimental descriptive research design.

Research Variables : The variables in this study were age, sex, religion, marital status, number of children, education, employment status, working sector, the color of BPL ration card, living arrangements and previous knowledge regarding the rights of senior citizens.

Setting of study: The study was conducted in Velicham Nagar at Pallithottam, Kollam.

Population: The population for the present study included the elderly age group of 60 years and above in selected coastal areas at Pallithottam, Kollam.

Sample and sampling technique

a) Sample: In this study, the sample consisted of 100 elderly in Velicham Nagar at Pallithottam, Kollam.

b) Sampling technique: Non-probability convenience sampling technique was used for the study.

Criteria for selection of sample

Inclusion criteria

Elders who:-

- Are available at the time of data collection.
- In the age group of 60 years and above.
- Belongs to BPL category.
- Belongs to Velicham Nagar.

Exclusion criteria

Elders who:-

- are not interested to participate.
- are mentally ill/chronically ill.

Tools/instruments

The tool consisted of two sections:

Section A: Socio-Demographic Proforma

It includes age, gender, religion, marital status, number of children, education, employment status, the color of BPL ration card, living status, previous knowledge regarding rights of senior citizens, and current status of availing old age schemes.

Section B: Self-administered knowledge

questionnaire

It consisted of 24 multiple choice questions for assessing the knowledge regarding rights of senior citizens among elderly in selected coastal areas at Pallithottam, Kollam.

Scoring procedure

There were 24 multiple choice questions in the questionnaire, each carries one mark for the right answer and zero mark for each wrong answer. The total score was 24.

The score was interpreted in the following manner:

Score	Level of knowledge
0-6	Poor
7-12	Average
13-18	Good
19-24	Very good

Content validity : Validity of content was established by submitting the tool to five experts in nursing professions.

Reliability : Reliability of the tool was calculated by test-retest method. The reliability score obtained was 0.9 indicating that the tool is reliable.

Pilot study : The pilot study was conducted in Kaumudi Nagar at Pallithottam, Kollam on 07/10/2024. Formal permission was obtained from the concerned authorities such as the Institutional Ethics Committee of Bishop Benziger College of Nursing, Kollam, and Bishop Benziger Community Health Centre, Pallithottam. The purpose of the study was explained to the sample before the study. A total of 10 elderly were selected by using a non-probability convenience sampling technique. The researcher obtained consent from all participants prior to the study, and assured them that the data collected will be kept confidential. The study was conducted on ten elderly aged 60 years and above who fulfilled both the inclusion and exclusion criteria. The researcher administered a self-administered knowledge questionnaire regarding the rights of senior citizens among the elderly. After the data collection, the researchers distributed an information booklet on knowledge regarding the rights of senior citizens to the selected samples.

Data collection

The main study was conducted in Velicham Nagar at Pallithottam, Kollam from 09/10/2024 to 12/10/2024.

Formal permission was obtained from the concerned authorities such as the Institutional Ethics Committee of Bishop Benziger College of Nursing, Kollam, and the Bishop Benziger Community Health Centre, Pallithottam. The purpose of the study was explained to the sample before the study. A total of 100 elderly were selected by using a non-probability convenience sampling technique. The researcher obtained consent from all participants prior to the study, and assured them that the data collected will be kept confidential. The study was conducted on 100 elders aged 60 years and above who fulfilled both the inclusion and exclusion criteria. The researcher administered a self-administered knowledge questionnaire regarding the rights of senior citizens among the elderly. After the data collection, the researchers distributed an information booklet on knowledge regarding the rights of senior citizens to the selected samples.

Data analysis : The data obtained from the elders were organized, tabulated, and analyzed based on the objectives of the study by using descriptive and inferential statistics.

Section A: Descriptive statistics (Frequency and percentage distribution) were used to analyze the demographic variables.

Section B : Descriptive statistics (Frequency and percentage distribution) were used to assess the knowledge regarding the rights of senior citizens among the elderly.

Section C : Inferential statistics (Chi-square test) was used to find out the association between the knowledge regarding rights of senior citizens among the elderly and selected demographic variables.

Ethical consideration

The proposal of the study was submitted to the Institutional Ethics Committee for ethical clearance. After getting the approval, the concerned authorities were contacted, explained about the purpose of the study and permission was obtained. Informed consent was obtained from all participants and confidentiality of the data of subjects was ensured.

Development of Information Booklet:-

An information booklet on knowledge regarding the rights of senior citizens among elderly was based on a review of the literature. The step involve in the

development of the Information Booklet were:

- Preparation of the information booklet (draft)
- Content validity by experts.
- Editing of information booklet (final)

Results :

Section A: Description of samples according to their demographic variables

This section deals with the percentage distribution of demographic variables.

N=100

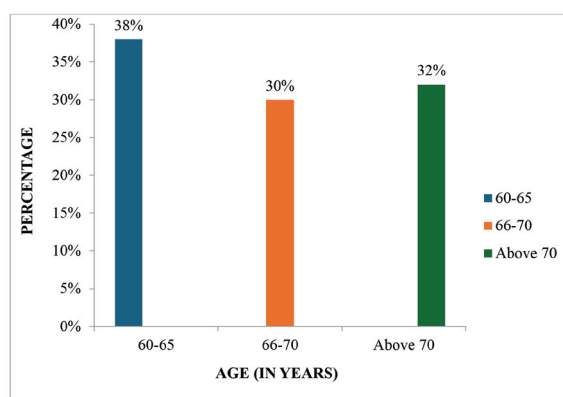


Figure 1: Bar diagram showing frequency and percentage distribution of sample according to their age.

The data presented in Figure:1 shows that 38% belong to the age group between 60-55 years, 32% are in the age group above 70 years and 30% are in the age group between 66-70 years.

N=100

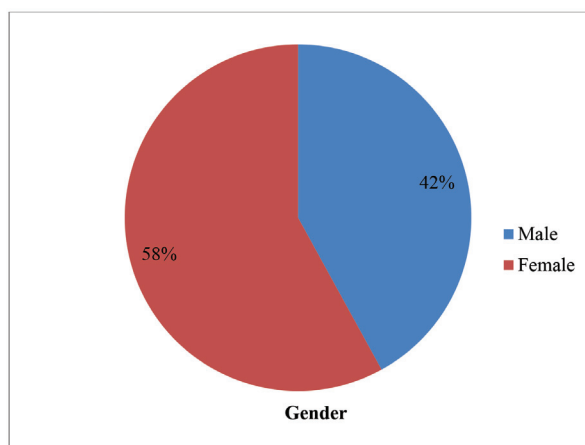


Figure 2: Pie diagram showing frequency and percentage distribution of sample according to their gender.

The data presented in Figure 2 shows that the majority of the sample (58%) are females and 42% are males.

N=100

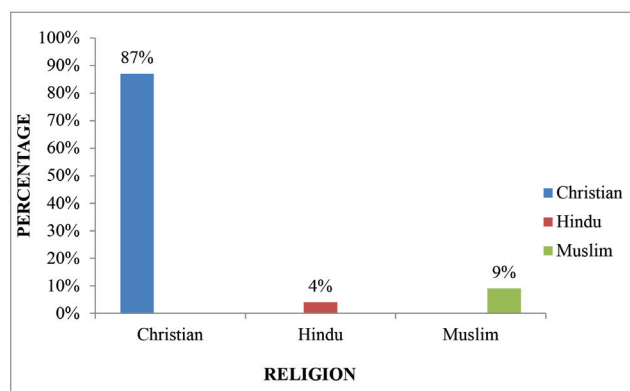


Figure 3: Bar diagram showing frequency and percentage distribution of sample according to their religion.

The data presented in Figure 3 shows that the majority of the sample (87%) are Christians, 9% are Muslims and 4% are Hindus.

N=100

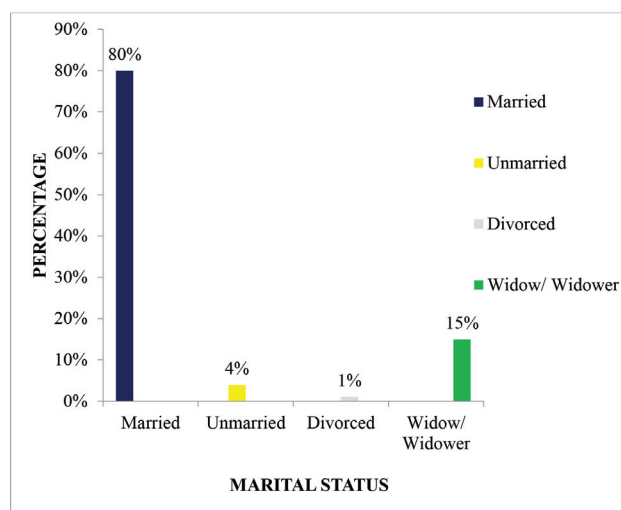


Figure 4: Bar diagram showing frequency and percentage distribution of sample according to their marital status.

The data presented in Figure 4 shows that the majority of the sample (80%) are married, 15% are widows/ widowers, 4 % are unmarried and 1% divorced.

N=100

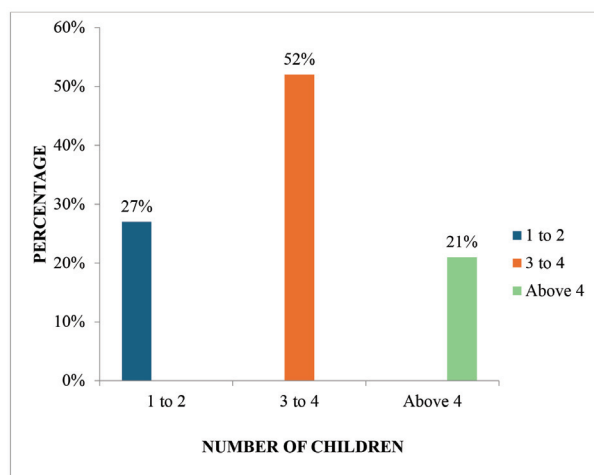


Figure 5: Bar diagram showing frequency and percentage distribution of sample according to their number of children.

The data presented in figure 5 shows that the majority (52%) of the sample have 3-4 children, 27% have 1-2 children and 21% have above 4 children.

N=100

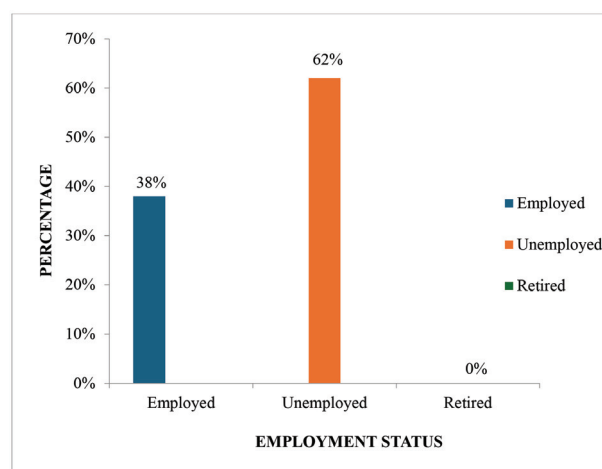


Figure 7: Bar diagram showing frequency and percentage distribution of sample according to their employment status.

The data presented in figure 7 shows that majority of the samples (62%) are unemployed and remaining 38% are employed.

N=100

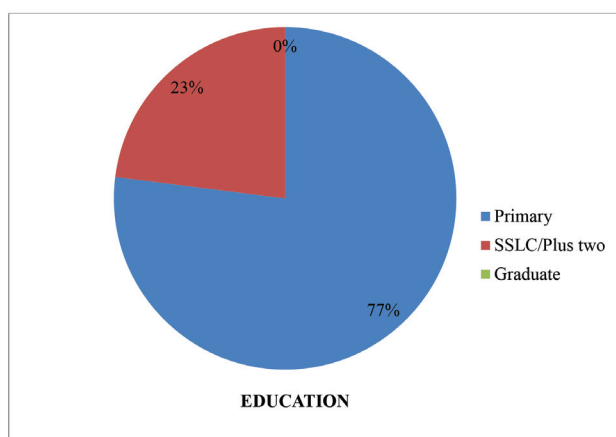


Figure 6: Pie diagram showing frequency and percentage distribution of sample according to their education.

The data presented in Figure 6 shows that majority (77%) had primary education and 23% had SSLC/plus two education.

N=100

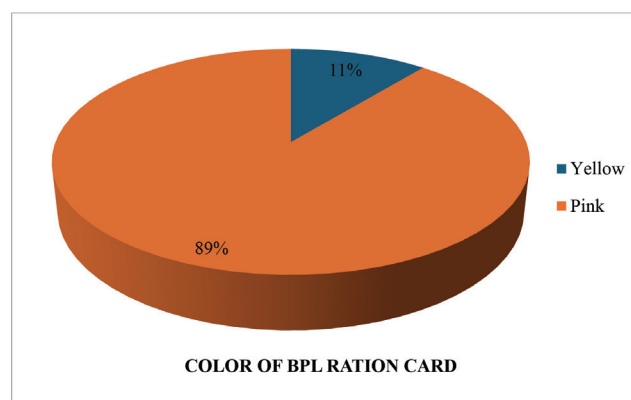


Figure 9: Pie diagram showing frequency and percentage distribution of sample according to their color of BPL ration card.

The data presented in figure 9 shows that majority of the samples (89%) have pink color ration card and remaining 11% had yellow color ration card.

N=100

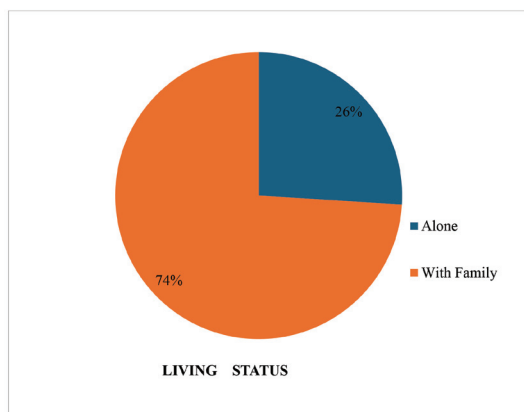


Figure 10: Pie diagram showing frequency and percentage distribution of sample according to their living arrangements.

The data presented in figure 10 shows that majority of the sample (77%) live with their family and 26% of samples live alone.

N=100

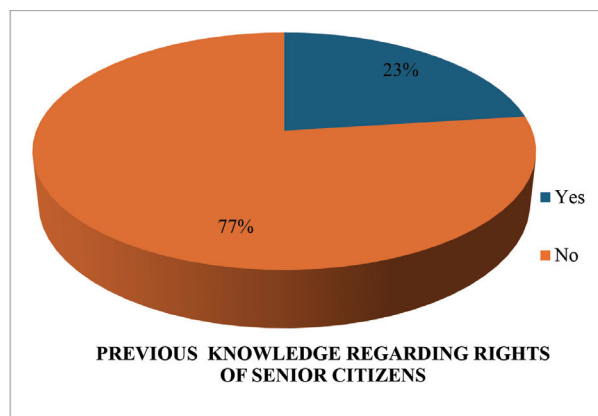


Figure 11: Pie diagram showing frequency and percentage distribution of sample according to their previous knowledge regarding rights of senior citizens.

The data presented in figure 11 shows that majority of the sample (77%) do not have any previous knowledge and remaining 23% had previous knowledge regarding rights of senior citizens via Akshaya Centres and social medias.

N=100

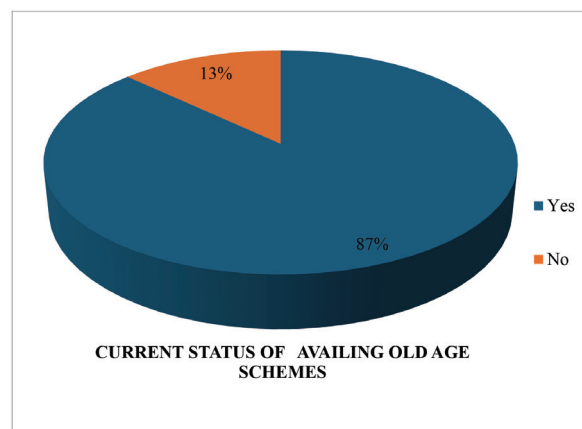


Figure 12: Pie diagram showing frequency and percentage distribution of sample according to their Current status of availing old age schemes.

The data presented in figure 12 shows that majority of the sample (87%) receive minimum one benefit of old age schemes from Government and remaining 13% have not received any benefits of old age schemes from Government sector.

Section B: Assess the knowledge regarding the rights of senior citizens among elderly

Table 1: Frequency and percentage distribution on knowledge regarding rights of senior citizens among elderly.

N=100

Score	Score range	Frequency	Percentage
0-6	Poor knowledge	90	90%
7-12	Average knowledge	10	10%
13-18	Good knowledge	0	0%
19-24	Very Good knowledge	0	0%

The data presented in table 1 shows that out of 100 sample, 90% of sample had poor knowledge and remaining 10% had average knowledge regarding rights of senior citizens.

SECTION B: Association between knowledge regarding rights of senior citizens among elderly and selected demographic variables.

Table 2: Association between knowledge regarding rights of senior citizens among elderly and selected demographic variables.

Sl No	Demographic Variables	Knowledge Score				Df	x ²	Table Value	Significance
		Poor	Average	Good	Very Good				
1.	AGE (IN YEARS)								
	60-65 Years	33	5	0	0				
	66-70 Years	28	2	0	0	6	1.09	2.44	NS
	Above 70 Years	29	3	0	0				
2.	GENDER								
	Male	36	7	0	0	3	3.3	3.18	S
	Female	54	3	0	0				
3.	RELIGION								
	Christian	80	7	0	0				
	Hindu	4	0	0	0	6	6.25	2.44	S
	Muslim	6	3	0	0				
4.	MARITAL STATUS								
	Married	72	8	0	0	9	0.74	2.26	NS
	Unmarried	4	0	0	0				
	Divorced	1	0	0	0				
	Widow/ Widower	13	2	0	0				
5.	NUMBER OF CHILDREN								
	1-2	22	5	0	0				
	3-4	50	2	0	0	6	4.8	2.44	S
	Above4	18	3	0	0				
6.	EDUCATION								
	Primary	73	4	0	0				
	SSLC/ Plus Two	17	6	0	0	6	8.55	2.44	S
	Graduate	0	0	0	0				
7.	EMPLOYMENT STATUS								
	Employed	33	5	0	0				
	Unemployed	57	5	0	0	6	0.68	2.44	NS
	Retired	0	0	0	0				
8.	COLOR OF BPL RATION CARD								
	Yellow	11	0	0	0	3	0.27	3.18	NS
	Pink	79	10	0	0				
9.	LIVING STATUS								
	Alone	25	1	0	0	3	1.47	3.18	NS
	With Family	65	9	0	0				
10.	PREVIOUS KNOWLEDGE								
	Yes	20	3	0	0	3	0.30	3.18	NS
	No	70	7	0	0				
11.	CURRENT STATUS OF RECEIVING OLD AGE SCHEMES								
	Yes	77	10	0	0	3	1.65	3.18	NS
	No	13	0	0	0				

Table 2: The association was computed by using Chi square test. There was significant association between knowledge regarding rights of senior citizens and the demographic variables such as gender, religion, education, number of children. There was no significant association between knowledge and demographic variables such as age, marital status, employment status, color of BPL ration card, living status, previous knowledge regarding rights of senior citizens and current status of receiving old age schemes.

Discussion

To assess the knowledge regarding rights of senior citizens among elderly.

The present study revealed that out of 100 sample, 90% of the samples had poor knowledge and remaining 10% had average knowledge regarding rights of senior citizens.

The above findings are supported by a descriptive study to assess the awareness on rights of elderly among senior citizens in Mangalore, Karnataka. The objective of the study was to know the awareness among the people aged 55 years and above in and around Mangalore of Karnataka state of India regarding the various programs and provisions provided by the Government of India for the welfare of the Senior citizens. The research design adopted was descriptive and the samples are selected through convenience sampling technique. The sample size was 385. The tool used in the study was structured knowledge questionnaire. The collected data was analyzed using descriptive and inferential statistics. The study showed that 59% of the respondents had moderate level of awareness regarding benefits & provisions for elderly and 41% of the respondent's level of awareness was poor. The study showed that there was low awareness regarding the various health and welfare provisions that are provided for the elderly population.⁴

To find out the association between knowledge regarding rights of senior citizens among elderly in selected coastal areas and demographic variables

The association was computed by using Chi square test. There was significant association between knowledge regarding rights of senior citizens and the demographic variables such as gender, religion, and education, number of children. There was no significant association between knowledge and demographic variables such as age, marital status, employment status, color of BPL

ration card, living status, previous knowledge regarding rights of senior citizens and current status of receiving old age schemes.

The above findings are supported by a descriptive study conducted to assess the knowledge regarding Schemes and Policies of Old age among Senior Citizen in selected areas of Kannur District in Kerala with a view to develop an information booklet. The objectives of the study were to assess the level of knowledge on geriatric schemes and policies among senior citizens and to find out the association between knowledge on geriatric schemes and policies of senior citizen with selected socio demographic variables. A quantitative research approach was adopted to assess the knowledge regarding schemes and policies of old age among senior citizen. The sample consisted of 60 senior citizens, selected by simple random sampling technique and data collected using closed ended questionnaire with interview method. The study revealed that there was significant association between knowledge and selected demographic variable occupation because calculated Chi square value was greater than the table value at 0.05 level of significance. There was no significant association between knowledge and selected demographic variables like gender, age, religion, education, marital status, present health status and source of knowledge.⁵

Conclusion

The present study was aimed to assess the knowledge regarding rights of senior citizens among elderly in selected coastal areas at Pallithottam, Kollam with a view to develop an information booklet. The study found that out of 100 sample only 90% of elders had poor knowledge, and remaining 10% had average knowledge regarding rights of senior citizens. The present study showed that there was significant association between knowledge regarding rights of senior citizens and the demographic variables such as gender, religion, education, and number of children (calculated value > table value) at 0.05 level of significance and there was no significant association between knowledge regarding rights of senior citizens and demographic variables such as age, marital status, employment, color of BPL ration card, living status, previous knowledge and receiptants of any benefits from old age schemes (calculated value < table value) at 0.05 level of significance.

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