

## **A STUDY TO ASSESS THE LEVEL OF STRESS AND COPING AMONG THE ELDERLY**

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**Abstract:** Background: In general life is characterized by a multiplicity of stresses. People react to these stresses with their own clusters of defense mechanism or coping skills, as a result the protective mechanisms determine the amount of strain an individual experiences and the subsequent likelihood of its expression as psycho-pathology. In particular, old age is marked by the presence of a wide range of stressors and subject to biological deterioration, social extrusion and economic deprivation. The aim of the present study was to assess the stress and coping among the elderly population at selected village, Chennai. Methods: A nonexperimental correlational research design was adopted and study was conducted at Ayanambakkam village, Chennai. A sample of 100 elderly members with stress was selected using purposive sampling technique. The data was collected using demographic variable, clinical variable and structured tool on stress and coping strategies. Results: The data was analyzed using descriptive and inferential statistics. Only (7%) had mild stress, (13%) had severe stress whereas majority of them had moderate stress (80%) and only (2%) had inadequate Coping, (10%) had adequate coping whereas majority of them had moderate coping (88%). The mean scores of stress and stressful life events among the elderly (M=36.76, SD=4.97) and (M=109.48, SD=18.35). There is a significant correlation between stress and confrontive coping ( $r=0.277$ ) and Selfcontrolling ( $r=0.294$ ). Keywords: Assess stress, coping, elderly.