



## A study to assess the Health promotion behavior among elderly Population at selected Community in Nellore at Andhra Pradesh.



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**Abstract: Objectives:** 1. To find out the level of health promotion behavior among elderly Population. 2. To associate level of health promotion behavior among elderly Population with their selected socio demographic variables. 3. To provides information booklet for elderly Population on health promotion behavior. **Methodology:** The descriptive design was done for the present study to evaluate health promotion behavior among elderly Population at selected Community in Andhra Pradesh. Non probability purposive sampling technique was adopted to select sample, the sample size of 100 elderly Population was selected to evaluate Health promotion behavior. The Socio demographic data and health promotion behavior was assessed by Questionnaire. Data was analyzed by descriptive and inferential statistical approach. **Results:** the levels of health promotion behavior among elderly Population 58(58 %)elderly Population have low health promotion behavior 34 (34 %) have moderate health promotion behavior and eight (8%) elderly Population have High health promotion behavior. **Key words:** Assess, Health promotion, Behavior, Elderly Population.

**Statement of the problem:** A study to assess the Health promotion behavior among elderly Population at selected Community in Nellore, Andhra Pradesh.

**Introduction:** Health promotion is a behavioral social science that draws from the biological, environmental, psychological, physical and medical sciences to promote health and prevent disease, disability and premature death through education - driven voluntary behavior change activities. Health promotion is the development of individual, group, institutional, community and systemic strategies to improve health knowledge, attitudes, skills and behavior.

**World Health Organization's (2005)** Health promotion is the process of enabling people to increase control over their health and its determinants, and

thereby improve their health.

Health maintenance and promotion are the fundamental prerequisites to the community development. Health promotion behaviors entail a positive approach to living and a means of increasing well-being and self-actualization. Healthpromoting behaviors prevent diseases, decrease morbidities, improve the quality of life, and decrease healthcare costs. Health promotion behavior is one of the main criteria for determine health that is recognizes as the basic factor in catching numerous diseases. Observing such behaviors by the elderly prevents affliction to various diseases and has potential effect in promoting health and increasing the elderly quality of life.

**Need for the Study:** In 2011 censuses the 60+



population accounted for 8.6% of population, accounting for 103 million elderly people. Growing at around 3% annually, the number will rise to 319 million in 2050. While 75% of them suffer from one or the other chronic disease, 40% have one or the other disability and 20% have issues related to mental health.

**Javad Harooni, Akbar Hassanzadeh, Firoozeh Mostafavi (2014)** was done the study for the aim of determining effective factors on health promotion behaviors and health status in the elderly of the Dena province. One hundred twenty elderly of over 65 years of age were selected randomly to do this descriptive-analytical study (cross-sectional type). The questionnaire regarding health promoting lifestyle profile 2 (HPLP2) was used for measuring the rate of health promotion behaviors. The data was collected by personal interviews and face to face method for completing the relevant questionnaire and was analyzed by SPSS software version 20 and also proper tests. The average score of the elderly health promotion behaviors in the Dena province (143.8) indicated the acceptable level of performing health promoting behaviors in this group, such that 85% of the elderly had intermediate health promoting behaviors and 15% had proper behaviors. Also, the results showed that the average score of the physical activity and nutrition submeasuring conditions was lower than the average score of other sub measures of prevention had the highest average.

#### **Objectives:**

1. To find out the health promotion behavior among elderly Population.
2. To associate health promotion behavior among elderly Population with their selected socio demographic variables.
3. To provides information booklet for elderly Population on health promotion behavior

#### **Assumptions**

1. Elderly Population may have moderate health promotion behavior.
2. Assessment of Health promotion behavior helps the elderly Population to promote health promotion behavior.

#### **Hypothesis**

**H1:** there will be statistically significant association between levels of health promotion behavior among elderly Population with their selected socio demographic variables.

#### **Null hypothesis**

**H01:** there will not be statistically significant association between levels of health promotion behavior among elderly Population with their selected socio demographic variables.

#### **Operational definitions:**

**Assess:** refers to evaluate the health promotion behavior acquired through experience and education among elderly Population.

**Health promotion:** refers to the process of enabling people to increase control over their health and its determinants to improve their health.

**Behavior:** refers to the way the elderly Population acts oneself to health promotion.

**Elderly Population:** refers to elderly Population above 60 years.

#### **Limitations:**

- ❖ The study was limited to Thotapalli Gudur Community, Nellore district Andhra Pradesh only.
- ❖ The study was limited to 100 elderly Population only.

#### **Materials and methods**

**Research approach:** A quantitative research approach was adopted to conduct the study.

**Research design:** Descriptive design was adopted to conduct the present study.

**Settings:** The study setting was selected in rural areas



Thotapalli gudur at Nellore district, Andhra Pradesh. It is located 12 Kilometers away from Narayana College of Nursing. The total population was 2208 out of which male were 1086 and female were 1122 .

**Sample of the study:** Elderly Population of rural community at Nellore.

**Sampling procedure:** Non probability purposive sampling technique was used for the selection of sample.

**Sample size:** 100 elderly people who fulfilled the inclusion criteria were included for this study.

#### Inclusion criteria

- ❖ Elderly people above 60 years of age.
- ❖ Elderly people who willing to participate in the study.
- ❖ Elderly who able to read or communicate Telugu.

#### Exclusion criteria

- ❖ Elderly People who were not available at the time of data collection.

#### Instruments used for data collection

**Part-1:** Demographic variables of elderly Population include Age, Gender, and Marital status, level of education, occupation, Socio economic status and Type of family.

**Part-2:** Semi Structured Questionnaire on physical activity, Dietary pattern, Smoking, Alcoholism, Psychological and mental wellness, Seeking health care.

**Score Interpretation:** Semi structured questionnaire consist of 40 to evaluate health promotion behavior. Each health promotion behavior was scored with “1” Mark and “0”. F for the wrong answer.

#### Levels of health promotion behavior Score

Low health promotion behavior	< 13
Moderate health promotion behavior	13-25
High health promotion behavior	>26

**Data collection method:** Formal permission was obtained from concerned authority. Informed consent

was obtained from the study participants. Non probability purposive sampling technique was adopted and who met the inclusion criteria were selected. The data on socio demographic variables were collected and the semi structured questionnaire was used to assess the health promotion behavior among elderly population.

**Data Analysis** was done based on the objectives of the study by using Descriptive and Inferential Statistics.

**Table.1**

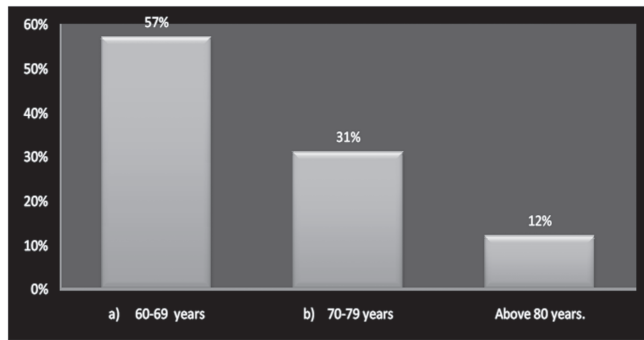
Data Analysis	Method	Objectives
<b>Descriptive statistics</b>	Frequency Percentage distribution Mean, Standard Deviation	Distribution of demographic variables  To find out the health promotion behavior among elderly Population.
<b>Inferential statistics</b>	Chi-square test	To associate health promotion behavior among elderly Population with their selected socio demographic variables.

#### Results and discussion

**Table-2:** Frequency and percentage distribution based on Age among elderly Population (n=100)

Age in years	(n=100)	
	F	%
a) 60-69 years	57	57
b) 70-79 years	31	31
c) Above 80 years	12	12
<b>Total</b>	<b>100</b>	<b>100</b>

The above table shows with regard to age of elderly Population 57(57%) were between 60-69 years, 31 (31%) were between 70-79 years, 12(12%) were above 80 years.

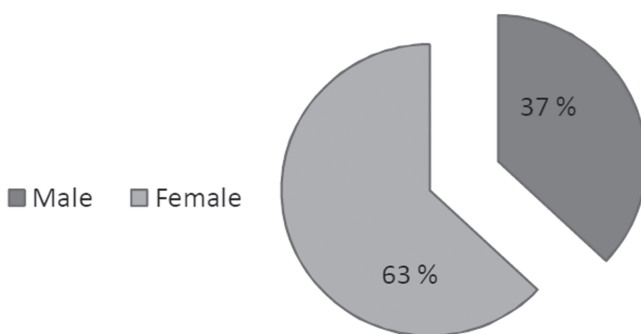


**Figure-1: Percentage distributions of age in years among elderly Population.**

**Table-3: Frequency and percentage distribution of Gender among elderly Population (n=100)**

Type of Family	(n=100)	
	F	%
a) Male	37	37
b) Female	63	63
<b>Total</b>	<b>100</b>	<b>100</b>

The above table shows with regard to gender of elderly Population 37 (37 %) were male and 63 (63 %) elderly Population were female.

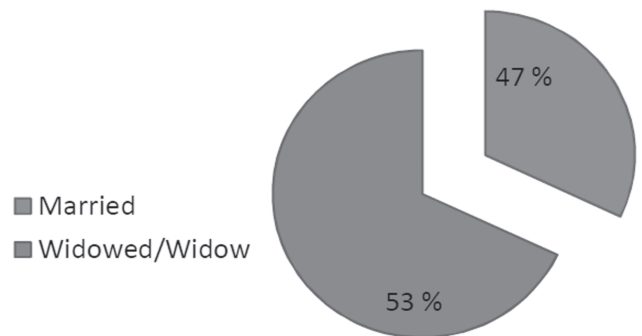


**Figure-2: Percentage distribution of gender among elderly Population.**

**Table-4: Frequency and percentage distribution of Marital status among elderly Population (n=100)**

Type of Family	(n=100)	
	F	%
a) Married	47	47
b) Widowed/Widower	53	53
<b>Total</b>	<b>100</b>	<b>100</b>

The above table shows with regard to marital status of elderly Population 47 (47%) were married and 53 (53 %) elderly Population were Widowed/Widower.



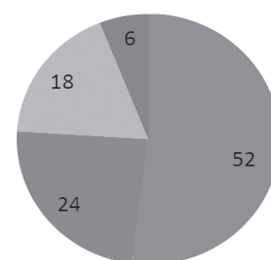
**Figure-3: Percentage distribution of Marital Status among elderly Population.**

**Table-5: Frequency and percentage distribution of level of education among elderly Population. (n=100)**

Educational status	(n=100)	
	f	%
a) Illiterate	52	52
b) Primary education	24	24
c) High school	18	18
d) Intermediate	6	6
<b>Total</b>	<b>100</b>	<b>100</b>

The above table shows that about educational status 52(52 %) were illiterate, 24 (24 %) were completed their primary education, 18(18 %) were completed high school, six (6 %) elderly Population were completed their intermediate education.

### Level of Education



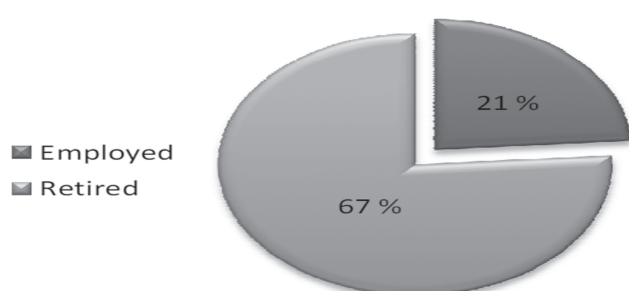
**Figure-4: Percentage distribution based on level of education among elderly Population.**



**Table-6:** Frequency and percentage distribution of Occupation among elderly Population (n=100)

Type of Family	(n=100)	
	F	%
a) Employed	67	67
b) Retired	21	21
<b>Total</b>	<b>100</b>	<b>100</b>

Table 6 shows with regard to occupation of elderly population 21 (21%) were employed, 67(67%) were retired.

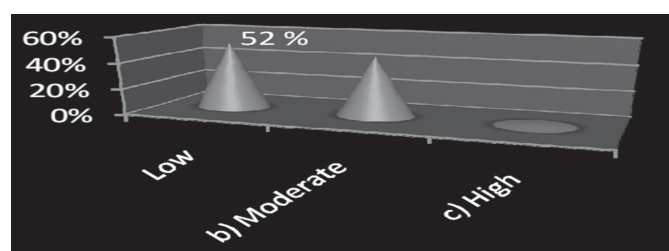


**Figure-5:** Percentage distribution of Occupation among elderly Population.

**Table-7:** Frequency and percentage distribution of Socio economic status among elderly Population (n =100)

Type of Family	(n=100)	
	F	%
a) Low	52	52
b) Moderate	46	46
c) High	2	2
<b>Total</b>	<b>100</b>	<b>100</b>

The above table shows with regard to Socio economic status of elderly Population 52 (52 %) were from low socio economic status, 46 (46 %) elderly Population were from Moderate socio economic status and two (2%) were from low socio economic status.

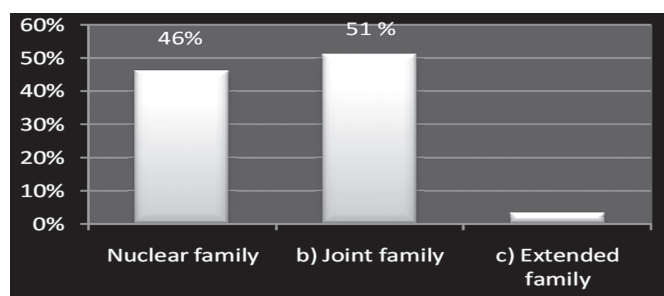


**Figure-6:** Percentage distribution of Socio economic status among elderly Population.

**Table-8:** Frequency and percentage distribution of type of family among elderly Population (n =100)

Type of Family	(n=100)	
	F	%
a) Nuclear family	46	46
b) Joint family	51	51
c) Extended family	3	3
<b>Total</b>	<b>100</b>	<b>100</b>

The above table shows with regard to type of family among elderly Population 46 (46 %) were from nuclear family 51 (51 %) elderly Population were living with joint family and three(3%) elderly population were from extended family.



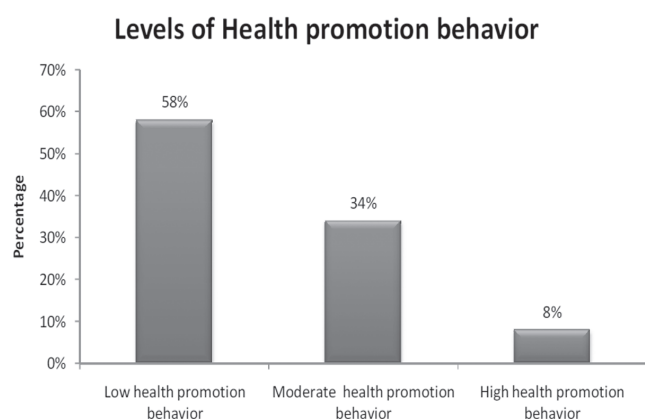
**Figure-7:** Percentage distribution of type of family among elderly Populations women.

**Table-9:** Frequency and percentage distribution of levels of health promotion behavior among elderly population. (n=100)

Levels of health promotion behavior	Pretest	
	Fre	Per
Low health promotion behavior	58	58
Moderate health promotion behavior	34	34
High health promotion behavior	8	8
<b>Total</b>	<b>100</b>	<b>100</b>

The above table 9 shows about the levels of health promotion behavior among elderly Population 58(58 %)elderly Population have low health promotion behavior 34 (34 %) have moderate health promotion behavior and eight (8%) elderly Population

have High health promotion behavior.



**Figure-8 Percentage distribution of levels of health promotion behavior among elderly Population.**

**Table-10:** Mean and standard deviation of health promotion behavior among elderly Population.

(n=100)		
Criteria	Mean	S.D
Levels of health promotion behavior among elderly Population	19.22	3.54

The above table shows that mean and standard deviation of health promotion behavior among elderly population the mean value was 19.22 with standard deviation 3.54.

The data analysis reveal that there is a statistically significant association between the levels of health promotion behaviors and the elderly population demographic data of age, gender and there is no statistically significant association between the levels of health promotion behaviors and the elderly population demographic data of marital status, level of education, occupation socio-economic status, type of family.

## RECOMMENDATION

On the basis of finding of the study recommendation are being made.

❖ The study recommends that further studies can be conducted at national level to determine, evaluate and

compare health promotion behaviors among elderly population.

❖ A similar study can be replicated as a large elderly Population generalizes findings special education programme can be provided to elderly Population to promote health promotion.

❖ A comparative study can be done in different setting with urban and rural community.

**Conclusion:** Health promotion behavior are evaluated for elderly population between ages of (60->80) years old. The findings of the study sample indicate that (53 %) of them widowed, Most of the study sample were retired. 58(58 %) had low health promotion behavior and there was a statistically significant association between the levels of health promotion behaviors among the elderly population and their socio demographic data like age, gender.

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