
A Study to Assess the Health-Seeking Behavior among Older Persons Residing in Selected Community Areas at Kancheepuram District

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Abstract

The world's population is ageing rapidly between 2000 and 2050. The proportion of the world's older adults is estimated to double from about 11% to 22%. In absolute terms, this is an expected increase from 605 Million to 2 Billion people over the age of 60. Older people face special physical and mental health challenges which need to be recognized. (WHO -fact sheet - September 2013 on mental health and older adults). Among the elderly population depression complicates the existing morbidity conditions such as diabetes, hypertension, and Cerebrovascular accidents. It decreases the quality-of-life, functional ability, increases the mortality, and decreases health care utilization. Mental health problems will have a negative influence on health seeking behavior among older persons.

Keywords: Health behavior; Mental health; Auto immune diseases; Inferential analyses

Introduction

Objectives:

- To assess the health seeking behavior and quality of life among older persons.
- To associate the health seeking behavior with selected demographic variables of the older persons.

Ethical clearance

The study was approved by the Institutional Ethical Clearance Committee (IECC). Permission was obtained from the authorities of the community medicine department, SRM medical college. Informed consent was obtained from the older persons [1].

Methodology

Quantitative research approach and descriptive research design was used to assess health seeking behaviour among 70 older persons in potheri village, kattankulathur, kancheepuram district [2]. Structured questionnaire to assess health seeking behavior and the reliability of the tool is checked using cronbach's alpha Based on standardized Items [3].

Results and Discussion

Data analysis, both descriptive and inferential analyses were used for data analysis.

- Frequency and percentage distribution of demographic variables of older persons.
- Assessment of the health seeking behaviour among older persons.
- Association between the demographic variables and health seeking behaviour among older persons.

Among 70 older persons 6 (8.6%) of them had inappropriate health seeking behaviour, 43 (61.4%) of them had moderately appropriate health seeking behaviour, 21(30.0%) of them had appropriate health seeking behavior [4]. The p value corresponding the demographic variable "Type of family" is

significant at 5% level since it is less than 0.05. Hence we can say that there is significant association between the “Type of family” and “Health Seeking Behaviour” of old age people (Table 1). The p values of all other demographic variables are not significant since they are not less than 0.05. Hence we can say that there is no significant association between age, gender, religion, educational status, monthly income, marital status, having children gender of children, financial status, previous occupation, currently employed and satisfaction at work place” with “Health seeking behaviour of old age people”(Figure 1).

Conclusion

The study results revealed that majority 43 (61.4%) of them had moderately appropriate health seeking behavior and only 21(30.0%) of them had appropriate health seeking behavior. The p value corresponding the demographic variable “Type of family” is significant at 5% level since it is less than 0.05 .Hence we can say that there is significant association between the “Type of family” and “Health Seeking Behaviour” of old age people. This indicates that to promote health and well-being among older persons more motivation and awareness need to be created among older persons and their family members.

References

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Table 1: Association between the demographic variables and Health seeking behaviour of old age people.

S.No.	Demographic Variables	Class	Level of Health Seeking Behaviour			Chi-Square Value	DF	P-value
			Inappropriate	Moderately appropriate	Appropriate			
1	Age	61- 65 years	4	25	11	5.674	4	0.225
		66-70 years	0	15	7			
		71-75 years	2	3	3			
2	Sex	Male	1	12	4	0.809	2	0.667
		Female	5	31	17			
3	Religion	Hindu	6	41	17	4.347	4	0.361
		Christian	0	1	2			
		Muslim	0	1	2			
4	Educational status	Illiterate	5	20	12	4.716	6	0.581
		Primary School Education	1	13	7			
		Middle School	0	9	2			
		High School Education	0	1	0			
5	Type of family	Nuclear family	1	17	5	12.784	4	0.012*
		Joint family	4	26	16			
		Extended family	1	0	0			

6	M o n t h l y income	<1520	0	3	1	7.799	8	0.453
		1521-4555	3	6	6			
		4556-7593	2	22	8			
		7594-11361	1	6	5			
		11,362 - 15,187	0	6	1			
7	Marital status	Married	6	37	19	1.475	4	0.831
		Single	0	1	0			
		Widower	0	5	2			
8	H a v i n g children	Yes	6	42	21	0.637	2	0.727
		No	0	1	0			
9	Sex of children	Male	0	17	7	6.725	6	0.347
		Female	0	5	3			
		H a v i n g both male and female children	6	20	11			
		N o t Applicable	0	1	0			
10	F i n a n c i a l Status	Independent	1	15	3	3.391	2	0.183
		Dependent	5	28	18			
11	P r e v i o u s occupation	Unemployed	1	9	9	8.998	8	0.342
		Unskilled worker	5	23	10			
		Semiskilled worker	0	1	1			
		S k i l l e d worker	0	4	1			
		C l e r i c a l , Shop owner, Farmer	0	6	0			
12	C u r r e n t l y employed	Yes	4	30	14	0.074	2	0.964
		No	2	13	7			
13	S a t i s f a c t i o n at work place	Not satisfied	3	9	4	3.647	4	0.456
		Moderately satisfied	1	21	9			
		N o t Applicable	2	13	8			

Note: *-Significant at 5% level

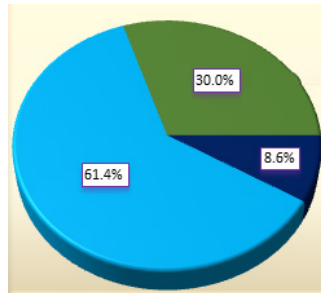


Figure 1 : Level of health seeking behaviour among older persons.

Note: (■) Inappropriate Health Seeking Behaviour;
(■) Moderately appropriate Health Seeking Behaviour