

## Evaluation of Coping Strategies Adapted to Overcome Psychosocial Problems in Adults Residing at Residential Home: A Descriptive Study

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### Abstract

*Coping strategies refer to intentional actions taken to address and resolve personal or interpersonal challenges, aiming to manage, reduce, or tolerate stress or conflicts. Emotional-focused techniques specifically target the reduction of negative emotional responses caused by stressors. Some examples of coping strategies focused on emotions involve participating in activities to keep oneself busy and divert attention from stressors, seeking support, encouragement, empathy, and understanding from others. Objectives: (1) to assess the coping strategies adapted to overcome psycho social problem (2) to find the association between psycho social problem with the demographic variables and (3) to find the association between coping strategies with the demographic variables Design: Non experimental research design was selected for the study. Method: The researchers utilized a convenient sampling method to select the participants for the study. Data Collection Tool: checklist assessment for coping strategies adopted to overcome the psychosocial problem. Data Analysis: The collected data was subjected to analysis using descriptive and inferential statistical methods. Result: It showed that 40% of the them stated that stratified with my life 60% of the sample said that not satisfied with my life, 66.7% of the sample said that decreased my activity, 33.3% of the sample said that not decrease my activity, 43.3% of the sample said that my life is not emty, 56.7% of the sample sad that my life is empty, 73.3% of the sample said that life is bored, 26.7% of the sample said that not bored, 56.7% of the sample not hope about her future, 43.3% of the sample is hope about the future, 40 of the sample is bothered, 60% of the sample not bothered, 43.3% of the sample is having good sprit, 56.7% of he sample not have a good sprit, 34.3% is afraid something is going to happen, 66.7% of the sample not afraid, 53.7% of the sample not happy, 47.3% of the sample is feel happy, 40% is said feel helplessness, 60 feel not helplessness, 53.7% of the sample is feeling not restleeness, 43.3% of the sample said that feel restless, 40% of the sample is not worry about future, 60% of the ample worry about future, 66.7% of the sample said that worry about the past, 40% of the sample adopted music therapy, 60% of the sample not adopted, 43.3% of the sample spent the time shopping, 56.7% of the sample spent the time watching tv, 90% of the sample adopted relaxation technique, 10% not adopted. The findings indicate a notable correlation between the psychosocial problem and demographic variables. Conclusion: Descriptive study on the assessment of coping strategies adapted to overcome psychosocial problem among adult residing at residential home. Data was gathered for analysis and was subsequently interpreted using statistical methods. Thus, the investigator was able to assess the coping strategies adopted to overcome the psychosocial problem.*

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**Keywords:** Coping strategies, stress, emotional conflict, problem focused.

## **INTRODUCTION**

We require techniques to relax our minds and bodies after experiencing stress. There are two main types of strategies: emotional-focused coping strategies and solution-focused coping strategies. Emotional –focused on the coping changes which a person’s emotional response to the stress. [1] Problem-focused coping entails addressing the stressors directly in order to prevent or alleviate the stress response they cause. It involves finding practical approaches to deal with challenging situations, such as prioritizing tasks and temporarily setting aside other activities to focus on coping with stress. [2]

## **BACKGROUND OF THE STUDY**

Coping with stress refers to the various actions taken by individuals in response to challenging situations. It has been recognized that stress can have an impact on the development of depression and its subsequent stages, leading to increased interest in exploring the factors that influence the relationship between stress and depression in psychiatric and psychological research. The strategies used to cope with stress play a significant role in the manifestation of depression symptoms and the progression of the disease. Therefore, the primary objective of this study was to assess the prevalence of different coping strategies employed by individuals with depression compared to those without the condition [3, 4].

## **NEED FOR THE STUDY**

In the study conducted in the elderly people were asked to list out from the 24 psychological problem about the presence or absence of the problem. it was found that almost all elderly were having one or other psychological problem [5].The major psychological problem reported by elderly was anxiety followed by loneliness (58.5% , isolation 55.3% stress 52.1% feeling of guilt 51.1% and of affection irritation 50% Yela 1996 reported that greater feeling of emotional exhaustion the more likely those elder were to use starters ties based on the behavioral and mental disconnection from the situation ,concentration on ones emotion which help to decrease ones feelings based with difficult or stressful events [6].The client will already be demonstrating some coping strategies which may be adaptive or maladaptive in nature. The finding of study revealed the overall prevalence of psychosocial problem among the adult was found to be 31.2% psychosocial were more in males 34.77% as compared to females 27.6% National estimated prevalence rate 2027254 that incidence rate is inspired me to do research on psycho social problem among adult [7]. .The researcher during her community posting has seen the geriatric population in the community with lots of health, psychological, social and emotional problem and not aware about the coping strategies to overcome their problem [8]. Thus, motivated to do this study on geriatric population and their coping strategies adapted to overcome the psycho social problem [9]. Coping is defined as the personal efforts made by an individual to employ cognitive and behavioral strategies in order to effectively manage and regulate pressures, demands, and emotional responses in the face of stressful situations [10]. Individuals often utilize more than one coping strategy, and the selection used is affected by factors such as age, gender, and coping resources [11]Although prior research has indicated changes with age, a coherent understanding on the evolution of coping strategies is lacking due to differences in studied age groups and conceptualization of strategies [12].

## **STATEMENT OF THE PROBLEM**

Assessment of coping strategies adapted to overcome psychosocial problem among adult residing at Residential home - A Descriptive study.

## **OBJECTIVES**

- To assess the coping strategies adapted to overcome psycho social problem
- To find the association between psycho social problem with the demographic variables
- To determine the relationship between coping strategies and demographic variables.

## **HYPOTHESIS**

- **H1:** A statistically significant relationship is expected to exist between psychosocial problems and demographic variables.
- **H2:** There will be a significant association between the coping strategies with the demographic variable.

## **OPERATIONAL DEFINITION**

### **Assess**

It refers to the act of gathering information regarding coping strategies adapted overcome the psychosocial problem among adult by using checklist.

### **Coping Strategies**

It refers to the strategies or measures adopted by the adult to overcome the psychological, social, emotional problem such as relaxation therapy, yoga, meditation, pet therapy.

### **Adult**

It refers to older adult men or women with psychosocial problem residing at residential home between the age group of 55–85 yrs.

### **Residential Home**

It refers to home or a shelter care facility provide to adult residing in residential home.

## **RESEARCH METHODOLOGY**

The study was undertaken to assess the coping strategies adopted to overcome the psychosocial problem among adult at Chennai.

This chapter included research design, sampling technique, sample size, tool used for the study and period of data collection.

- Research design : Non experimental research design
- Research approach : Descriptive study
- Setting : Residential home

## **DATA ANALYSIS AND INTERPRETATION**

Analysis and interpretation play crucial roles in the research process. They involve organizing, clarifying, and summarizing the gathered data. Interpretation goes beyond the surface-level understanding of the findings and aims to uncover their broader significance. Analysis and interpretation are interconnected and dependent on each other. Without proper analysis, interpretation is incomplete, and without interpretation, analysis lacks meaningful insights.

This chapter presents a comprehensive analysis of the data based on the previously stated objectives.

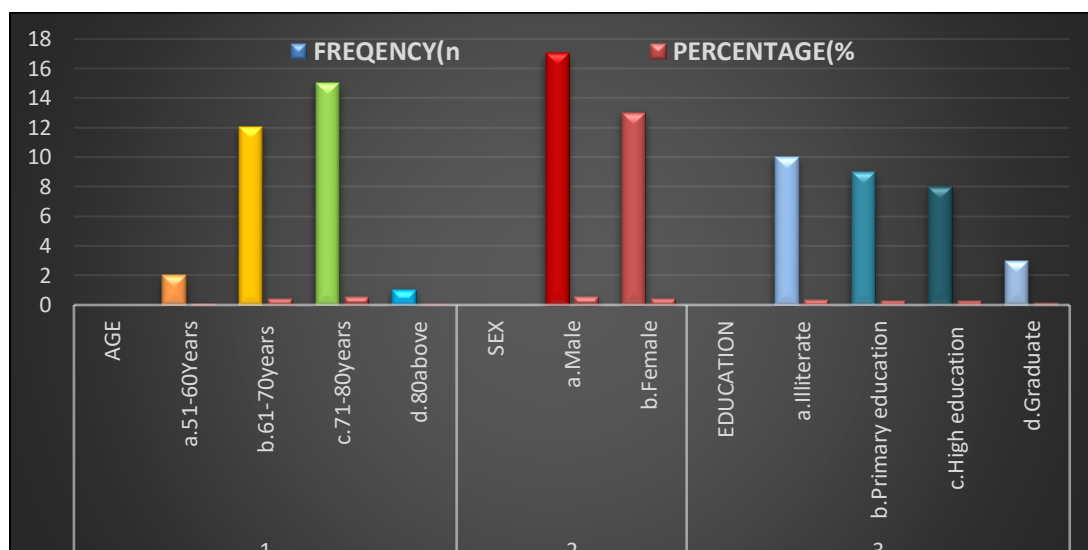
1. *Section I:* The demographic variables of the samples were analyzed and presented in terms of frequency and percentage distribution.
2. *Section II:* Frequency and percentage distribution of the samples based on level of coping strategies adopted to overcome the psychosocial problem.
3. *Section III:* Frequency and percentage of the samples based on overall level of coping strategies adopted to overcome the psychosocial problem.
4. *Section IV:* Association of the overall student level of coping strategies with the demographic variables of the samples.

**SECTION I**

**Table 1.** Frequency and percentage distribution of the sample based on the age, sex education (N=30).

S.N.	Demographic variable	Frequency (n)	Percentage (%)
1	<b>Age</b>		
	a. 51-60 Years	2	6.7%
	b. 61-70 years	12	40%
	c. 71-80 years	15	50%
	d. 80 above	1	3.4%
2	<b>Sex</b>		
	a. Male	17	56.7%
	b. Female	13	43.4%
3	<b>Education</b>		
	a. Illiterate	10	33.4%
	b. Primary education	9	30%
	c. High education	8	26.7%
	d. Graduate	3	10%

Table 1 showed that majority of the sample were in the age group are between the, 53.4% were male and 33.4% of them were illiterate (Fig 1).

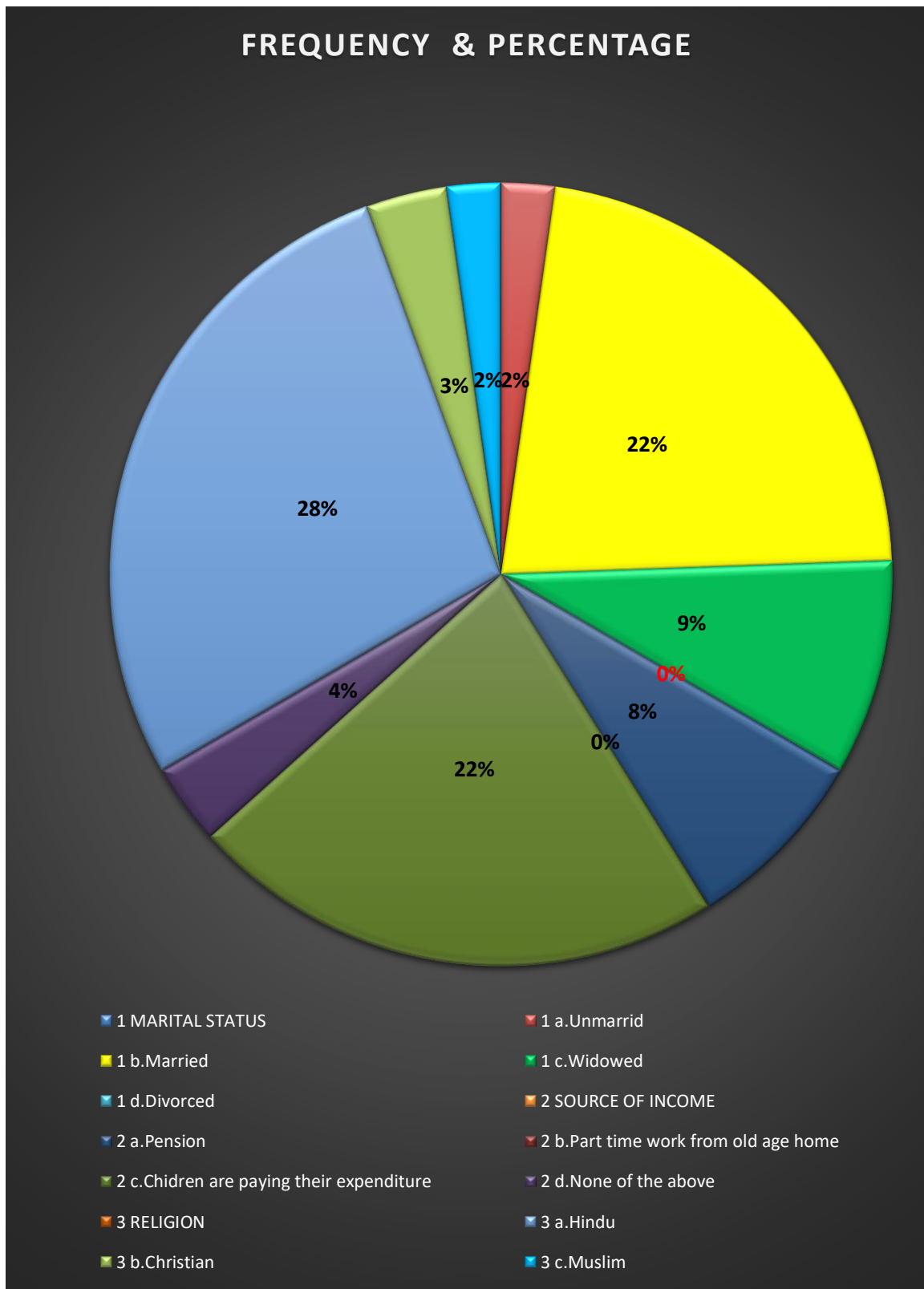


**Figure 1.** Frequency and percentage distribution of the sample based on the age, sex & education.

**Table 2.** Frequency and percentage distribution by their marital status, sources of income, religion (N=30)

S.N.	Demographic variable	Frequency (n)	Percentage (%)
1	<b>Marital status</b>		
	a. Unmarried	2	6.7%
	b. Married	20	66.7%
	c. Widowed	8	26.7%
	d. Divorced	0	0
2	<b>Source of income</b>		
	a. Pension	7	23.3%
	b. Part time work from old age home	0	0
	c. Children are paying their expenditure	20	66.7%
	d. None of the above	3	10%
3	<b>Religion</b>		
	a. Hindu	25	83.3%
	b. Christian	3	10%
	c. Muslim	2	6.7%

Table 2 showed that majority of the sample 66.7% are married, 76.7% belongs to the children are paying for their expenditure, 83.3 of the sample belongs to hindu religion (Fig 2).

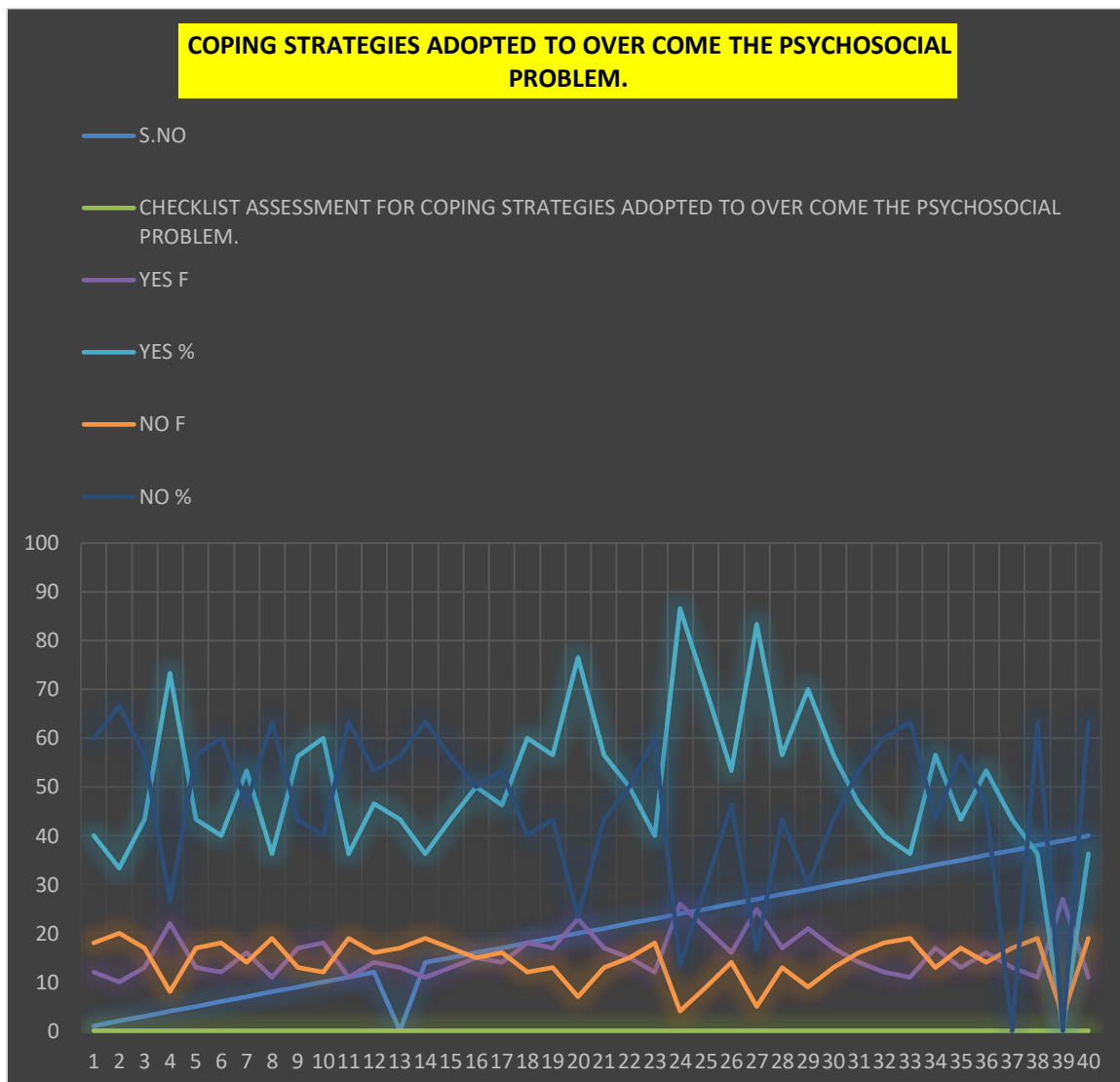


**Figure 2.** Frequency and percentage distribution of the sample based on the marital status, religion and source of income.

**SECTION II****Table 3.** Checklist assessment for coping strategies adopted to overcome the psychosocial problem (N=30).

S.N.	Checklist assessment for coping strategies adopted to overcome the psychosocial problem.	Yes		No	
		F	%	F	%
1	Are you basically satisfied with your life?	12	40	18	60
2.	Have you decreased many of your activity and your interest?	10	33.3	20	66.6
3.	Do you feel that your life is empty?	13	43.3	17	56.6
4.	Do you often get bored?	22	73.3	8	26.6
5.	Do you have hope about your future?	13	43.3	17	56.6
6.	Are you bothered by any thought after get depressed?	12	40	18	60
7.	Are you in a good sprit most of the time?	16	53.3	14	46.6
8.	Are you afraid that something bad is going to happened to you?	11	36.3	19	63.3
9.	Do you feel happy most of the time?	17	56.3	13	43.3
10.	Do you often feel haplessness?	18	60	12	40
11.	Do you often get restless?	11	36.3	19	63.3
12.	Do you frequently worry about future?	14	46.6	16	53.3
13.	Do you prefer to stay at home rather than go out to something?	13	43.3	17	56.3
14.	Do you feel that you have a psycho social problem?	11	36.3	19	63.3
15	Do you think it is wonder full to be alive now?	13	43.3	17	56.3
16	Do you feel lonely	15	50	15	50
17	Do you feel worthless the way your now?	14	46.3	16	53.3
18	Do you worry lot about your past?	18	60	12	40
19	Do you feel full of energy?	17	56.6	13	43.3
20	Do you find the life is very exciting?	23	76.6	7	23.3
21	Do you feel that your situation is hopelessness?	17	56.6	13	43.3
22	Do you think that most of people are better than you?	15	50	15	50
23	Do you frequently get upset over little things?	12	40	18	60
24	Do you frequently feel like crying?	26	86.6	4	13.3
25	Do you have trouble in concentrating in your life?	21	70	9	30
26	Do you enjoy getting up in morning?	16	53.3	14	46.3
27	Do you prefer to enjoy social occasions?	25	83.3	5	16.6
28	Do you make important decision?	17	56.6	13	43.3
29	Do you think about your family members?	21	70	9	30
30	Are you able to hope up with your problem?	17	56.6	13	43.3
31	Do you adapt any coping strategies to over psycho social problem?	14	46.6	16	53.3
32	Do you adapt relaxation technique?	12	40	18	60
33	Do you do meditation daily?	11	36.3	19	63.3
34	Do you listen to music?	17	56.6	13	43.3
35	Do you go for work daily?	13	43.3	17	56.6
36	Do you spend your time in talking with your friends?	16	53.3	14	46.6
37	Do you have reading habits?	13	43.3	17	56.6
38	Do you spend your time for shopping and outing?	11	36.3	19	63.3
39	Do you spend your time for watching TV?	27	90	3	10
40	Do you spend your time with your family?	11	36.3	19	63.3

Table 3 showed that 40% of the them stated that stratified with my life 60% of the sample said that not satisfied with my life, 66.7% of the sample said that decreased my activity, 33.3% of the sample said that not decrease my activity, 43.3% of the sample said that my life is not emty, 56.7% of the sample sad that my life is empty, 73.3% of the sample said that life is bored, 26.7% of the sample said that not bored, 56.7% of the sample not hope about her future, 43.3% of the sample is hope about the future, 40 of the sample is bothered, 60% of the sample not bothered, 43.3% of the sample is having good sprit, 56.7% of he sample not have a good sprit, 34.3% is afraid something is going to happen, 66.7% of the sample not afraid, 53.7% of the sample not happy, 47.3% of the sample is feel happy, 40% is said feel helplessness, 60 feel not helplessness, 53.7% of the sample is feeling not restleeness, 43.3% of the sample said that feel restless, 40% of the sample is not worry about future, 60% of the ample worry about future, 66.7% of the sample said that worry about the past, 40% of the sample adopted music theraphy, 60% of the sample not adopted, 43.3% of the sample spent the time shopping, 56.7% of the sample spent the time watching tv, 90% of the sample adopted relaxation technique, 10% not adopted (Fig 3).(11)



**Figure 3.** Frequency and percentage distribution of the sample based on the marital status, religion and source of income.

**SECTION III****Table 4.** Association of the level of existing psychosocial problem with selected demographic variable and Among adult who are residing at residential home (N=30).

S. N.	Demographic variable	Level of coping strategies adopted to overcome the psychosocial problem				Total	Chi-square Test	P value
		Notadopted		Adopted				
		F	%	F	%			
1	AGE							
	a.51-60Years	2	6.6	0	0	2	2.88	4.46 S
	b.61-70years	8	26.7	4	13.3	12		
	c.71-80years	14	46.6	1	3.3	15		
d.80 above	3.3	3.3	0	0	1			
2	Sex							
	a. male	16	53.3	1	3.3	17	1.87	>00.5 S
	b. female	13	43.3	0	0	13		
3	Education							
	a. Illiterate	9	30	1	3.3	10	6.65	9.28 S
	b. Primary education	8	26.7	1	3.3	9		
	c. High education	8	26.7	0	0	8		
	d. Graduate	3	10	0	0	3		

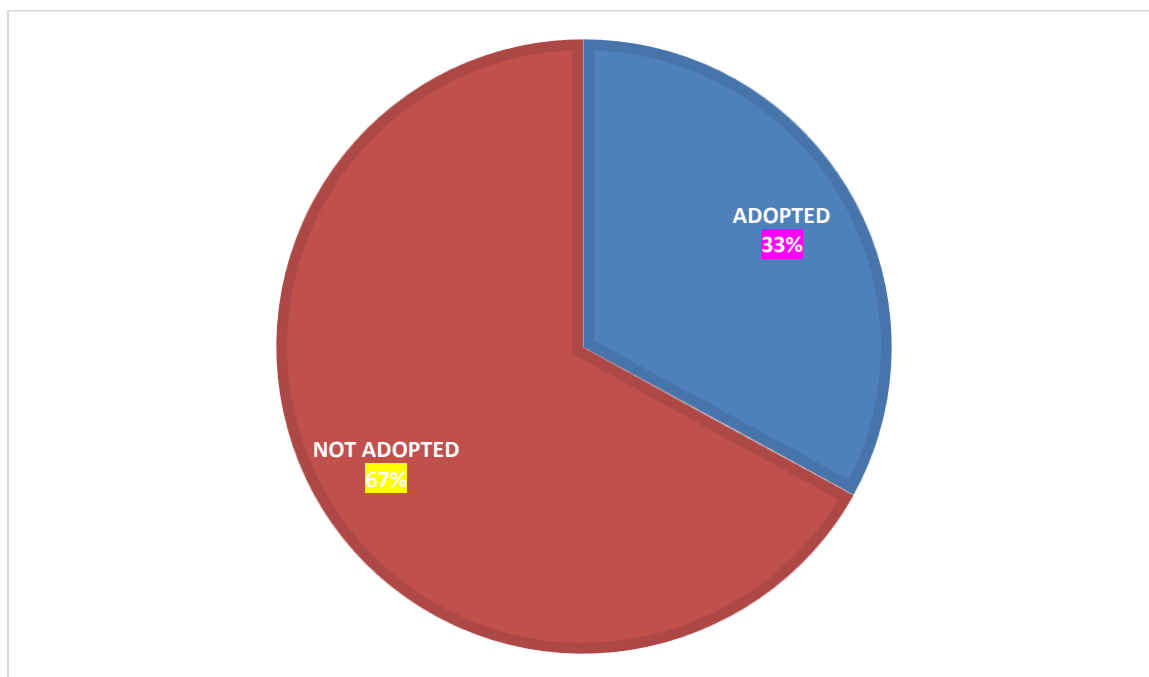
Table 4 revealed that there was significant association between the existing psychosocial problem and demographic variable such as age, sex education.

**Table 5.** Association of the existing psychosocial problem with selected demographic variable among adult at selected residential home (N=30).

S.N.	Demographic variable	Level of coping strategies adopted to overcome the psychosocial problem				Total	Chi-square test	P value
		Notadopted		Adopted				
		F	%	F	%			
4	Marital status							
	a. unmarried	2	6.6	0	0	2	2.34	9.55 S
	b. married	18	60	2	6.7	20		
	c. widowed	8	10	0	0	8		
	d. divorced	0	0	0	0	0		
5	Sources of income							
	a. Pension	5	16.6	2	6.6	7	1.28	6.94 S
	b. Parttime work from old age home	0	0	0	0	0		
	c. Children are paying for any expenditure	19	63.3	1	3.4	20		
	d. None of the above	3	10	0	0	13		
6	Religion							
	a. Hindu	23	76.7	2	6.6	25	6.54	8.15 S
	b. Christian	3	10	0	0	13		
	c. Muslim	2	6.6	0	0	2		

Table 5 reveals that there was significant association between two variable psychosocial problem and demographic variable.





**Figure 4.** Diagrammatic presentation on frequency and percentage distribution of the sample based on the coping strategies adapted to overcome the psycho social problem among adult.

*Note: Fig 4 inference: 67% of the sample Not Adopted & 33% of the sample is Adopted.*

## DISCUSSION

The study aimed at assessing existing psychosocial problem among adult who are residing at residential home.

The discussion is based on the objective:

- Description of the sample characteristics:
  - The significant finding of the study were as following
  - In relation to demographic variable

The finding related to demographic variable showed that majority of sample

- 63.3% of the sample were age group of 71-80yrs.
- 56.7% of sample from the male.
- 33.4% of the sample are illiterate.
- 66.7% of the sample is married.
- 76.7% of the sample sources of income is children are paying for any expenditure.
- 83.3% of the sample from Hindu religion.

### **The First Objective was to Assess the Coping Strategies Adopted to Overcome the Psychosocial Problem**

Table 3 showed that out of 30 samples 70% of the sample not adopted, 30% of the sample is adopted.

### **The Second Objective was to Associate Various Coping Strategies used for Psychosocial Problems and Demographic Variable**

The major finding of the study was as following,

- In relation age, 50% of the samples were in the age group of 71-80 yrs
- Regarding gender, 56.7% of the sample s were males
- In relation educational status, 33.7% of the sample is illiterate

- In relation marital status, 66.7% of the sample is married
- In relation sources of income is 70% of the sample is children are paying for their expenditure
- In relation religion 83.3% of the sample is Hindu religion
- In relation adopted coping strategies overcome the psychosocial problem 60% of the samples is said that yes.
- In relation adopted relaxation technique 50% of the sample is said that yes.
- In relation adopted meditation 55% of the sample is said that yes.
- In relation adopted any music therapy 90% of the sample is said that yes.
- In relation adopted pet therapy 65% of the sample is said that yes.
- In relation have any reading habits 80% the sample is said that yes.
- In relation spent your time in shopping or outing 85% the sample is said that yes
- In relation spent your time by watching TV 95% of the sample said that yes.

### **IMPLICATIONS**

- The study results were help to understand coping strategies adopted to overcome the psychosocial problem among adult.
- Nurses should create awareness regarding coping strategies adopted to overcome the psychosocial problem.

### **NURSING PRACTICE**

- Nurses should be motivated towards creating awareness on coping strategies adopted to overcome the psychosocial problem.

### **NURSING ADMINISTRATION**

- Nurse administer should organize a continuing education program on coping strategies to overcome the psychosocial problem.

### **NURSING RESEARCH**

- The study will be valuable reference to extend the knowledge upon research project.
- The nurse researcher can develop new strategies to impact knowledge about coping strategies for variable on a large scale.

### **CONCLUSION**

A Descriptive study on the Assessment of coping strategies adapted to overcome psychosocial problem among adult residing at Residential home. Data was collected and analyzed using statistical methods for interpretation. Thus the investigator was able to assess the coping strategies adopted to overcome the psychosocial problem.

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