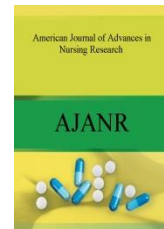




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EFFECTIVENESS OF LAUGHTER THERAPY ON LEVEL OF STRESS AMONG ELDERLY RESIDING IN SELECTED OLD AGE HOME

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ABSTRACT

Stress is one of the most common experiences of old age people. Laughter therapy reduces stress among old age people. This study was conducted to assess the effectiveness of laughter therapy on level of stress among old age people residing in selected old age home. Methods: This was a pre- experimental one group pretest, posttest design. Study was conducted among old age people residing in selected old age home in Tirunelveli district. Thirty old age people who had stress and met the inclusion criteria were included in the study. Each participant gave consent and was subjected to screening for stress using the modified elders stress inventory scale. The laughter therapy was given for the elderly people one time per day for 6 days. Post- test was conducted on 7 th day with the same tool. Results: The mean pretest score was 21.6 and post-test score was 9.63. The mean pretest score is higher than the mean post post-test score (9.63) with the standard deviation of 5.02. The calculated 't' value was 26.3. It is higher than the table value, showed that there was a significant difference between pretest and posttest level of stress among old age people at <0.05. Conclusion: The above finding revealed that laughter therapy was effective and helped elderly people to reduce their stress.

INTRODUCTION

Aging is a natural process. Old age is an inevitable one. Old age is viewed both as a stage in life span of an individual and also a segment of a population in society, public consider people who are 60 - 75 years of age According to world health organization (2010) globally rate of growth of aging population increase 1.2 billion people over 60 years. Stress is a force pressure, or strain existed upon the material object or person which resist. These forces help to maintain original states stress ubiquitous in our society. In Tamilnadu, 80 Lakhs people had suffered from mental stress and belong 60 years in that 72% were female remaining were males.

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Daily mental illness rates were highest in old age people above 60 years and with that about 30%.

Stress management is a wide spectrum of techniques and Psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving every day functioning. Explore stress management strategies, such as getting regular physical activity, practicing relaxation techniques, such as deep breathing, medication, yoga, taichi or massage, keeping sense of humor, spending time with family and friends setting a side time for hobbies, such as reading book or listening music, manage social media time, sleep enough, care out hobby time.

Laughter therapy decreases stress hormones that constrict blood vessels and suppress immune activity and reduced at least four neuro endocrine hormones



associated with stress response. It helps to relieve stress because laughing helps to reduce adrenaline levels and also triggers the release of endorphins. The body's natural painkiller's and produces a general sense of wellbeing. The laughter therapy is found to lower blood pressure and boost immunes etc.

Need for the study

Laughter is one of the best way to release stress and feel good. A quantitative research approach with non-experimental survey design was conducted in selected old age home of Uttar Pradesh. Non probability sampling techniques was employed to select 30 elders. A standardized proceeded state sustaining 10 items were used for assessing the level of stress among the subject. Data was analyzed using SPSS version 25. The majority of 46.7% elders who reside at old age homes had moderate stress followed by 30% high level of stress and 23.3% low stress. There was an association found between the levels of stress among the elder people with their pattern of communication with family members.

Dalbirkaur (2015) a study on laughter therapy among old age people about stress. Here in pretest group 1 (3.3%), 29(96.66%) subject falls in mild, moderate, severe stress. There was no reduced level of stress in control group in the post test. It's found that shifting of samples in various level of stress due to therapy in experimental group only.

Statement of the problem:-

A study to assess the effectiveness of laughter therapy on level of stress among elderly residing in selected old age home at Tirunelveli District.

Objectives of the study:-

- To assess the pretest and posttest level of stress among elderly people.
- To assess the effectiveness of laughter therapy on level of stress among elderly people.
- To find out association between the pretest level of stress among old age people with their selected demographic valuable such as age, sex, etc.

Hypothesis:-

- H1 – There is a significant difference between the pretest and posttest level stress among the elderly people before and after laughter therapy.
- H2- There is a significant association between the

pretest level of stress among elderly people with selected demographic variables such as age, sex, etc.

RESEARCH METHODOLOGY

A pre-experimental design one group pretest and posttest design was used in this study. The participants of this study were elderly people residing in a selected old age home at Tirunelveli district. A Purposive sampling technique was used for selecting the samples. Modified elders stress inventory scale was used for the data collection procedure. Thirty old age people who had stress and met the inclusion criteria were included in the study. The elderly people were motivated to do laughter therapy. The laughter therapy was given for the elderly people one time per day for 6 days. Post-test was conducted on 7 th day with the same tool.

Criteria for Sample Selection Inclusion Criteria

Elderly who

- Are willing to participate.
- Are both men and women.
- Can understand English or Tamil.
- Are mild and moderate level of stress.

Exclusion Criteria

Elderly who

- Has Severe Stress.
- Has Psychiatric Illness and Cognitive Impairment.
- Has undergone stress management therapy.

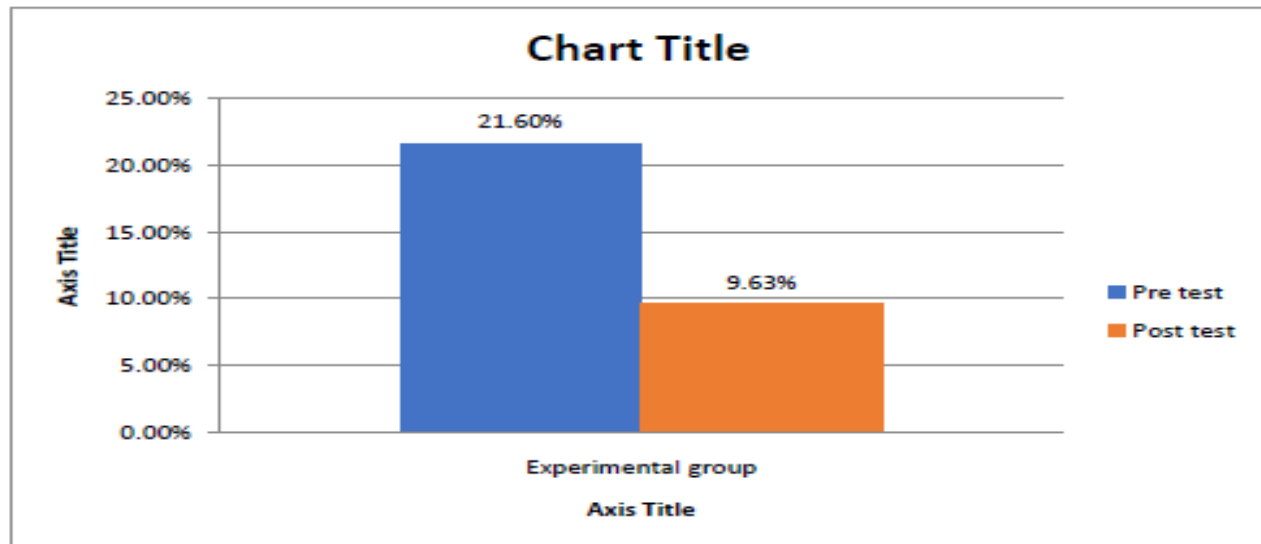
RESULTS 1: Frequency and percentage distribution of the sample based on demographic variable in experimental group.

Based on age, the majority of belongs to the age between 70 and 79 years (43.3%.) Pertaining to gender 50% belongs to male and 50% belong to female. Regarding educational status majority of them had primary education (53.33%). Regarding marital status, majority of them were married (50%). Based on previous employment status, majority of them were coolie (46.66%). Based on number of children majority of them have no children (46.66%). According to source of income, majority of them are dependent on old age home (93.33%). Based on mode of entry in the old age home majority of them came through family members (80%). Based on duration of stay in old age home, majority of them stayed here more than 2 years (73.33%).



Figure 1: reveals the frequency and percentage distribution of pretest levels of stress among old aged people. Majority of them had mild stress (63.33%) during pretest. The post-test levels of stress majority of old age have no stress (63.33%).

Comparison of pretest and post test level of stress



SECTION B: Effectiveness of laughter therapy in reducing stress among old age people.

The findings showed that the mean pretest score was (21.6) before intervention. It was higher than the posttest mean of (9.63) the standard 5.02. The calculated 't' value was (26.3). It is higher than the table value, showed that there was a significant difference between pretest and posttest level of stress among old age people at <0.05 .

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SECTION C: Association between stress levels with demographic variables

There is no significant association between stress level and demographic variables

CONCLUSION

From the results of the study, it was concluded that laughter therapy was effective in reducing level of stress among old age people

