

A STUDY ON PHYSICAL AND MENTAL CHALLENGES FACED BY ELDERLY IN REFERENCE TO CRESCENT HOSPITAL PALAKKAD

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Abstract

Aging is accompanied by numerous physical and mental health challenges that impact the well-being of the elderly. This study aims to analyze the specific health issues faced by older adults in reference to Crescent Hospital, a healthcare facility known for its geriatric care services. The research explores prevalent physical ailments such as arthritis, cardiovascular diseases, and mobility limitations, along with mental health concerns like depression, anxiety, and cognitive decline. Through a combination of patient interviews, medical records, and expert opinions, the study identifies key factors contributing to these health issues, including lifestyle, social support, and healthcare accessibility. The findings emphasize the need for comprehensive geriatric care strategies, highlighting the role of specialized treatments, mental health interventions, and community support in improving the quality of life for the elderly. This study provides valuable insights for healthcare professionals and policymakers in designing effective healthcare models for aging populations.

Key Words: cognitive decline, elderly, physical challenges, mental challenges.

Introduction

Aging is an inevitable process that brings significant physical and mental health challenges, affecting the overall well-being of the elderly. As life expectancy increases, the demand for specialized geriatric care also rises, necessitating a deeper understanding of the health concerns faced by older adults. Physical ailments such as arthritis, cardiovascular diseases, diabetes, and mobility issues are common among the elderly, often leading to decreased independence and quality of life. Additionally, mental health issues like depression, anxiety, and cognitive decline further complicate their healthcare needs.

Crescent Hospital, known for its expertise in geriatric care, provides a valuable case study for examining these challenges in a structured healthcare setting. By analyzing patient experiences, medical records, and expert perspectives, this study aims to explore the most prevalent physical and mental health concerns among the elderly at Crescent Hospital. Understanding these challenges can help healthcare professionals develop targeted interventions, improve healthcare accessibility, and enhance the overall quality of life for older adults. This research contributes to the growing field of geriatric healthcare by highlighting the importance of integrated medical and mental health support for aging populations.

Definition of Physical and mental health challenges

Physical health challenges refer to medical conditions, diseases, or impairments that affect the body's ability to function optimally. These challenges often arise due to aging, chronic illnesses, or lifestyle factors. Common physical health challenges among the elderly include arthritis, cardiovascular diseases, diabetes, osteoporosis, mobility issues, and weakened immune function. Such conditions can lead to pain, reduced mobility, and dependency on caregivers or medical assistance.

Mental health challenges encompass psychological and cognitive disorders that impact an individual's emotional well-being, behavior, and ability to think clearly. Among the elderly, these challenges often include depression, anxiety, dementia, Alzheimer's disease, and social isolation. Mental health issues can affect memory, decision-making, and social interactions, leading to decreased quality of life and emotional distress.

Both physical and mental health challenges are interconnected, as physical ailments can contribute to mental distress, and vice versa. Addressing these challenges requires a holistic approach, integrating medical treatment, psychological support, and social interventions to ensure the well-being of the elderly.

Objectives of the study

- To know the demographic details of the person
- To know about the physical challengers of elderly peoples
- To analysis about the mental health wellbeing of elderly people
- To provide suggestions for physical and mental wellbeing of elderly peoples.

Major findings of the study

1. There are 78%of respondents can manage their medications itself, remain 21.9% of respondents depends others for managing their medications
2. There are 50% of respondents can manage their day to day activities and other 50%of respondents depends others for everything.
3. The 56.3%of respondents are helpless, depends on various geriatric instructions, other 43.8%of respondents had get enough care from their families.
4. 40.6% of respondents are not feeling relaxed, 28.1%of respondents feeling relaxed in only sometimes. 15.6%of respondents are relaxed all time and oftentimes in a day.
4. There are only 21.9% respondents have the capabilities to deal with their own problems, 43.8% of respondents are helpless to handle the problem. The other 18.8% of respondents dealing with the problem so rarely, enough 12.5% of respondents are often deal with the problems.
5. There are 28.1% of respondents oftenly feel closer to others, 25%of respondents are feeling closer to some time and non of the time with others.
6. There are 31.3% of respondents are feeling confident sometimes, 28.1 % of respondents are oftenly feel confident, remain 25% of respondents are rarely confident and only 9.4% of respondents are only confident at all the times.
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Challenges faced by the study

Conducting this study on the physical and mental health challenges of the elderly at Crescent Hospital presented several difficulties. One of the primary challenges was obtaining accurate and detailed health information from elderly patients, as some had memory impairments or cognitive decline, making it difficult for them to recall their medical history and symptoms. Additionally, many older adults were reluctant to discuss mental health concerns due to stigma and a lack of awareness about psychological well-being. Another challenge was the variability in health conditions, as elderly patients often suffer from multiple chronic illnesses simultaneously, making it difficult to isolate specific factors affecting their well-being. Limited access to comprehensive medical records and privacy concerns further complicated data collection. Moreover, the study faced logistical constraints, such as scheduling interviews with elderly patients and coordinating with healthcare professionals who had busy schedules. Despite these challenges, the research aimed to provide meaningful insights into the healthcare needs of the elderly and emphasize more integrated medical intervention in reference to elderly.

Conclusion

The study on the physical and mental health challenges faced by the elderly at Crescent Hospital highlights the complex and interconnected nature of aging-related health issues. Physical ailments such as arthritis, cardiovascular diseases, and mobility limitations, along with mental health concerns like depression, anxiety, and cognitive decline, significantly impact the well-being of older adults. The findings emphasize the need for a holistic approach to geriatric care, integrating medical treatment, psychological support, and social interventions. Addressing these challenges requires improved healthcare accessibility, increased awareness about mental health, and tailored care plans that prioritize both physical and emotional well-being. By understanding these issues, healthcare providers, policymakers, and caregivers can work toward creating a more supportive environment for the elderly, ultimately improving their quality of life and promoting healthy aging.

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