




Research Article

A Study to Evaluate the Effectiveness of Nurse Led Intervention on Emotional Wellbeing of Elderly People Living in Selected Old Age Home

M. Deepa^{1*}¹Faculty of Nursing, Deshbhagat University, Mandigobindgarh, Punjab 147301, India.*Corresponding author: deepasep292021@gmail.com

Article Info

Keywords: Effectiveness, Self-instructional module, Expression.**Received:** 2.03.2026;**Accepted:** 15.03.2026;**Published:** 18.03.2026 © 2026 by the author's. The terms and conditions of the Creative Commons Attribution (CC BY) license apply to this open access article.

Abstract

A Study to Evaluate the Effectiveness of Nurse Led Intervention on Emotional Wellbeing of Elderly People Living in Selected Old Age Home at Dharmapuri District. Evaluative research design was adopted for this study. The sample size was 60 elderly people selected in old age home, Dharmapuri district, and purposive sampling technique was used to collect the data to select study sample. The data was collected with the help of emotional wellbeing scale, Pre-test was conducted followed by the Nurse led intervention was given regarding emotional wellbeing was administered to the group's samples consist of 4-5 high elderly people for the period of 25 to 30 minutes includes feedback, doubts clarification. Evaluation of intervention was done by conducting post-test, Post-test assessment was done for the same teachers during the next visit on seventh day of intervention by using the same tool of Scale. The data collected, analyzed and interpreted on the basis of objectives by using descriptive and inferential statistics.

1. Introduction

“To care for those who once cared for us is one of the highest honours” -Mark Van -2020.

Aging is the bio-psychosocial procedure of changes that happens in an individual between birth & death. This is evidence that many countries that are at present young countries in terms of the majority of their population will slowly move to old age countries in which the majority of elderly will be found, therefore the health of elderly people will always remain a big concern for each & every nation. As the age of a person increases, the body changes, either anatomical or physiological, become more obvious; hence, it is essential to understand that the body changes take place during old age or especially after 60 years of age. There are many notable changes that take place, including a reduction in immunity, muscle power & many psychological changes that are really a matter of concern.

The percentage of elderly people, classified as those above 60 years of age, is expected to go up in India from 8 percent in 2015 to 19 percent in 2050. The country now faces the major challenge of how to take care of such a large population of senior citizens – whose number is set to grow three-fold from around 100 million at present to 300 million by 2050.

Statement of the problem

A Study to Evaluate Effectiveness of Nurse led intervention on Emotional wellbeing of Elderly people living at selected old age home in Dharmapuri.

Objectives of the study

1. To assess the Pre-test and Post-test level of Emotional wellbeing of Elderly people at selected old age home.
2. To determine the effectiveness of Nurse Led Intervention on Emotional wellbeing of Elderly people in old age home.
3. To find out the association between post-test level wellbeing of Elderly people with their demographic variables.

Operational definition

Evaluate

It refers to the assessment of the effects of a nursing interventional package prepared by a nurse researcher on the emotional well-being of older people.

Nursing led Interventional Package (NIP)

It reflects a special package created by a nurse researcher based on existing literature & expert opinions with an objective; to enhance emotional wellbeing of geriatric people. It consisted of structured teaching programme on emotional wellbeing, group therapy & exercise plan provided for the duration of 4 weeks.

Emotional Well-being

It refers to the ability of elderly people to produce positive emotions, moods, thoughts and feelings as well as adapt when confronted with adversity and stressful situations.

Elderly people

It refers to people who are 60 years of age or older.

Old age home

It is a place where old people live and are cared for when they are too old to look after themselves.

Assumptions

- Elderly people may Poor in Emotional Wellbeing
- Elderly people need to understand the Importance of Emotional wellbeing
- Nurse led intervention for the selected Elderly People may have positive influence in creating good enough in emotional wellbeing

Hypothesis

- **H1:** There is a significant improvement in the level of emotional wellbeing among elderly people.
- **H2:** There is a significant association between pre-test levels of emotional wellbeing among Elderly people with their selected demographic variables.

Methodology

Methodology of research refers to investigation to obtain, organize and analyze data. Methodological studies address the development, validation and evaluation of research tool (or) methods. This chapter deals with the description of methodology and different steps, which were adopted for gathering and organizing data for the investigation, achievement of the aims and objectives of the present study.

Methodology for the present study deals with research approach, Research design, Variables under the study, Study setting, population, Sample and Sampling technique, Sample size, Selection and Development of the tool, Development of information educational technology, Validity of the tool, Reliability of the tool, Pilot study, Data collection procedure and Plan for data analysis

Research approach

To organize this study, the researcher used a quantitative research approach to evaluate effectiveness of nursing interventional package on emotional wellbeing of elderly people living in selected old age homes.

Research design

It states that research design is the overall plan for collecting and analyzing data, including specifications for enhancing the internal and external validity of the study.

Variables under study

The present study was aimed at unraveling and understanding the effectiveness of intervention or treatment.

Independent variables

- Independent variable is a stimulus or activity that is manipulated or varied by the researcher to create an effect on dependent variable.
- The independent variable is also called a treatment or experimental variable.
- In the present study the independent variable was Nursing Interventional Package on emotional wellbeing.

Dependent variables

In the present study the dependent variable was emotional well-being of elderly age, gender, religion, marital status, educational status, type of family, nutritional status as per body mass index (BMI), are you suffering from any chronic disease, financial support, duration of stay at an old age home, & reason to stay at an old age home.

Study setting

Selection of the area for the study is one of the essential steps in the research process. The selection of settings for the present study was on the basis of availability of the subjects, feasibility of conducting the study, economy of time and energy. The study was conducted in Selected load age home in Dharmapuri. It was away from college about 5 km, totally 73 elderly people were living in that home.

Population

- A population is a group whose members possess specific attributes that a researcher is interested to study.
- The population for the present study was the Elderly people.

Target population

- Target population is the entire population in which the researcher is interested and would like to generalize the results of the study.
- In the present study, these are the residents of identified institutional homes-based elderly.

Accessible population

The aggregate of cases that conform to designated inclusion or exclusion criteria and that are accessible as subjects of the study. In the present study, these are the elderly people, who remained available when researcher gathered the relevant information.

Sample

- A sample is a portion of the population that has been selected to represent the population of interest. Thus, it is a subset of the population elements.
- The sample in the present study is the elderly recruited based on eligibility criteria from selected old age homes in Dharmapuri.

Sample size

- The number of sampling units is included in the sample
- The sample for the present study comprised of 60 Elderly people in selected old age home, Dharmapuri.

Sample techniques

- Sampling technique refers to the process of selecting a portion of population to represent the entire population.
- Non-probability Purposive sampling technique was used for the present study.

Criteria for selection of samples

Inclusion criteria: Elderly who were

- Voluntarily willing to remain in research study.
- Available throughout the data collection.
- From any gender.
- Understand Hindi, Punjabi or English language

Exclusion criteria: Elderly people

- Who were suffering from serious psychological problems and were under treatment?
- Who had previously exposed to nurse led intervention on emotional wellbeing?
- Who were not interested in being part of the study?

- Are not present at the time of data collection?

Polit study

According to Polit and Hungler, (2018) “A pilot study is small scale version done in preparation for a main study.”

After obtaining permission from the concerned authority the pilot study was conducted in the month of January selected old age home, Dharmapuri district. A total of 10 elderly people was selected for the study by using purposive sampling technique and pre-test was conducted by using Emotional wellbeing scale, immediately after the pre-test Nurse led intervention was given to the 10 Elderly people who were included for the study. Post-test was conducted after seven days of the administration of the intervention. The post-test mean emotional wellbeing score were higher than the pre-test means scores. The results of the data revealed that the tool was feasible to conduct the study. The Pilot study sample was excluded for the main study.

Period of data collection

The data was collected from 60 Elderly people in selected old age home, Dharmapuri district from 01/03/2025 to 31/3/2025.

Pre-intervention stage: Pre-test

The investigator surveyed the elderly people in the selected old age home. After surveyed, the investigator used purposive sampling technique to select study sample of 60 elderly people, Researcher visited the selected old age home and selected the co-operative elderly people, introduced herself to the elderly people and explained the purpose and method of study to all selected elderly people and informed consent will be obtained from them. The investigator establishes good rapport with the people. Every people assured that the collected data from them will be utilized only for the purpose of the study and will be kept as confidential.

Pre-test was conducted for the selected teachers by administering emotional wellbeing scale to assess the level of emotional wellbeing. The data collected from 4-5 elderly people per day for the period of one month. Each participant took 45 minutes to fill the questionnaire.

Post Intervention stage: Post-test

Evaluation of Nurse led intervention was conducted by post-test, after 7 days of implementation of intervention. Post-test assessment was done for the same elderly people during the next visit on seventh day of intervention by using the same tool of emotional well being scale. The study participants were very cooperative.

Plan for data analysis

The data analysis was done by using descriptive and inferential statistics. The plan for data analysis was as follow:

S.NO	DATA ANALYSIS	STATISTICAL TEST	OBJECTIVES
1.	Descriptive statistics	Frequency / percentage, mean, standard deviation	Frequency and percentage distribution of socio demographic variables, level of emotional well being among study group.
2	Inferential statistics	Paired “t” test	Comparison of pre and post-test level of emotional well being among elderly people
		Chi-square test	Association of selected socio demographic variables with post test level of emotional well being among elderly people.

Findings Related to Socio-Demographic Variables Among Elderly People

Frequency and percentage distribution of socio-demographic variables among elderly people no: 60

S.no	Base line characteristics	Frequency f	Percentage %	
1	Age	60-65	22	28
		66-70	25	42
		71-75	6	10
		>75	7	12
2	Gender	Male	28	47
		Female	32	53
3.	Religion	Hindu	27	45
		Muslim	14	23
		Christian	19	32
4.	Marital Status	Married	40	67
		Unmarried	3	5
		Widow/ Widower	15	25
		Divorced/ Separated	2	3
5.	Educational Status	Non formal education	5	9
		Primary	11	18
		Middle school	14	23
		Higher Secondary	12	20
		Graduation	14	23
6.	Nutritional status (as per BMI)	Underweight(<18.5)	10	17
		Normal weight(18.5-24.9)	14	23
		Pre-obesity(25-29.9)	19	32
		Obesity(30&above)	17	28
		7.	Are you suffering with any chronic disease?	No disease
Diabetic mellitus	14			23
Hypertension	21			35
Cardiac disease	9			15
Liver diseases	6			10
8.	Financial Support	Own savings	9	15
		Pension	8	13
		Depends on children	43	72
		/family/relatives		
9.	Duration of stay at old Age home	<1 year	4	7
		1-3years	19	32
		3-5years	36	60
		>5years	1	1
10	Reason to stay at old age home	Family pressure	31	52
		Own choice	2	3
		Better facilities	7	12
		No other choice	20	33

Findings related to assessment and comparison of pre-test and post-test emotional well-being of elderly people

Assessment and comparison of pre-test levels of emotional well-being among elderly people N=60

Level of emotional wellbeing	Pre-test		Post-test	
	Frequency	%	Frequency	%
Good (121-150)	5	8	48	80
Average (76-120)	10	17	7	12
Poor (30-75)	45	75	5	8

Findings related to the effectiveness of nursing interventional package on Emotional well-being among elderly people

Comparison of pre and post-test mean score on emotional wellbeing among elderly people

Components	Pretest Mean	Post Test Mean	Mean Difference	Standard Deviation	Paired “t”test
Emotional Well being	5.34	16.8	11.46	12.21	3.34

Findings related to the association of emotional well-being with selected demographic variables of elderly people

Association of post -test emotional well-being with selected demographic variables of elderly people in the interventional arm

S.No	Socio-demographic Variable		n	Emotional well-being levels			Chi-square	Results
				Good 48	Average 7	Poor 5		
1	Age	60-65	22	18	2	2	$\chi^2 = 14.18$ p=0.02	df =6 Table Value : 11.59 s**
		66-70	25	22	2	1		
		71-75	6	3	2	1		
		>75 7	7		1	1		
2.	Gender	Male	28	22	4	2	$\chi^2=1.10$ p=0.57	df = 2 Table value: 5.99 NS
		Female	32	28	3	3		
3.	Religion	Hindu	27	24	2	1	$\chi^2=1.04$ p=0.98	Table value: 9.49 NS
		Muslim	14	9	3	2		
		Christian	19	16	2	1		
4.	Marital Status	Married	40	37	2	1	$\chi^2=1.68$ p=0.94	Table value: 10.19 NS
		Unmarried	3	0	2	1		
		Widow/ Widower	15	12	1	2		
		Divorced/ Separated	2	0	1	1		
5.	Educational Status	Non formal education	5	3	1	1	$\chi^2=4.79$ p=0.90	Table value: 14.5 NS
		Primary	11	9	1	1		
		Middle school	14	12	1	1		
		Higher Secondary	12	10	1	1		
		Graduation	14	13	1	0		
		Post graduation& above	4	2	2	0		
6.	Nutritional status as per BMI	Underweight	10	8	2	2	$\chi^2=18.01$ p=0.006	Table value: 19.09 S**
		Normal weight	14	12	1	1		
		Pre-obesity	19	17	1	1		
		Obesity	17	13	3	1		
7.	Are you suffering from any chronic disease?	No disease	10	8	1	1	$\chi^2=19.32$ p=0.01	df: 8 Table value: 11.09 S**
		Diabetes mellitus	14	11	2	1		
		Hypertension	21	19	1	1		
		Cardiac disease	9	7	1	1		
		Liver diseases	6	3	2	1		
8	Financial Support	Own savings	9	6	2	1	$\chi^2=1.42$ p=0.83	df: 4 Table value: 12.05 NS
		Pension	8	5	2	1		
		Depends on children /family/relatives	43	37	3	3		
9	Duration of stay at old age home	<1 year	4	1	1	2	$\chi^2=1.16$ p=0.97	df: 6 Table value: 8.2 NS
		1-3 years	19	15	3	1		
		3-5 years	36	32	3	1		
		>5 years	1	0	0	1		
10	Reason to stay at old age home	Family pressure	31	28	2	1	$\chi^2=7.24$ p=0.29	df: 6 Table value: 9.5 NS
		Own choice	2	0	1	1		
		Better facilities	7	3	2	2		
		No other choice	20	17	2	1		

Summary

This work dealt with the discussion of the study with reference to the other studies all the objectives.

Recommendations

The following recommendations are offered by the researcher as per the experience throughout the investigation

1. An investigation with a randomized control trial can be done to provide strong evidence.
2. Various other settings can be identified to pursue an almost equal investigation.
3. Controlling extraneous variables will enhance the evidence in this kind of study.
4. To produce strong evidence, a systematic review or meta-analysis can also be planned.
5. A similar study with a time-series design can be planned to assess the longitudinal impact of NIP on overall happiness among the elderly.

Article Information

Disclaimer (Artificial Intelligence): The author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc.), and text-to-image generators have been used during writing or editing of manuscripts.

Competing Interests: Authors have declared that no competing interests exist.

References

- [1] Chandrika S, Radhakumari P, Devimadhavi B. Quality of life of elderly residing in old age homes and community in Visakhapatnam City. *IOSR Journal of Dental and Medical Sciences*. 2025;14(10):27–31.
- [2] Bhushanam G, Sreedevi K, Kameshwaran J. A comparative study on the living conditions and nutritional status of elderly in paid and unpaid homes of Chennai, India. *International Journal of Scientific Research and Publications*. 2023;3(9):1–4.
- [3] Beadle JN, Sheehan AH, Dahlben B, Gutchess AH. Aging, empathy, and prosociality. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. 2025;70(2):213–222.
- [4] Kavitha AK. A comparative study on quality of life among senior citizens living in home for the aged and family setup in Erode District. *Nightingale Nursing Times*. 2022;3(4):47.
- [5] Bhuvaneshwari S. Healthy ways to manage stress. *Nightingale Nursing Times*. 2022;5(3):37.