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RESEARCH ARTICLE

Effectiveness of Reality Orientation Therapy on Self-Esteem among Elderly at Selected Old Age Homes, Bhubaneswar, Odisha

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Abstract: The study was conducted to ascertain the effectiveness of reality orientation therapy (ROT) on self-esteem among the elderly at selected old age homes in Bhubaneswar. It was a quantitative approach. The main objective of the study is to assess the level of self-esteem with a pre-test/post-test control group design. It was found suitable for this study. The study participants were chosen by using a simple random probability sampling technique. Following that, 60 samples were separated into two groups, the experimental and control groups, through the lottery method. The elderly in the study were divided into 30 experimental and 30 control groups through the lottery method. The result depicted the significant improvement in the level of self-esteem in the elderly in the experimental group after the introduction of reality orientation therapy (ROT) the mean of post-test level of self-esteem scores of the experimental group (36.33) was more than the post-test self-esteem scores of the control group (12.5), and in the control group, the pre-test mean was 10.45 and the post-test mean was 12.5. The study determined that reality orientation therapy (ROT) was efficient in improvement of the level of self-esteem among the elderly. Thus, employing reality orientation therapy (ROT) may aid the elderly in improving self-esteem.

Keywords: Reality orientation therapy (ROT), Self-esteem, Elderly.

INTRODUCTION

Age is a normal biological process that happens in all living organisms. It is the process in which many structural and physiological changes occurs. Ageing includes decline in the in the physiological functions of various system. This happens due to the impact of wide range of cellular and molecular damage over time. Ageing is also includes dynamic deterioration in physical abilities of the individual. It also leads to decline in the mental abilities and increases the risk of chronic illness. There is huge increase in the elderly population in the last decade. According to National Statistics Office (NSO), India's elderly population (aged 60 and above) is projected to touch 194 million in 2031 from 138 million in 2021, a 41 per cent increase over a decade. Present statistics say that the elderly population is 67 million males and 71 million females in 2021. The percentage share of the elderly population in the total population is said to rise from 8.6 per cent in 2011 to 10.1 per cent in 2021 and projected to touch 13.1 per cent in 2031. Aging is not same in all individuals. It is unique. It varies from person to person based on their genetical, mental and geographical factors.

Aimed to 1) assess the pre and post level of self-esteem among elderly residing in selected old age home in both experimental and control group. 2) To administer reality orientation therapy among experimental group. 3) To assess the effectiveness of reality orientation therapy by comparing the scores of control and experimental group. 4) To determine the association between the posttest level of self-esteem among experimental and control group with selected demographic variables.

MATERIALS AND METHODS

The research approach adopted for this study is a quantitative approach. This study aims at assessing the effectiveness of reality orientation therapy (ROT) on self-esteem among the elderly at selected old age homes in Bhubaneswar.

Research design

The research design selected for the present study was true experimental pre-test post test control group design.

GROUP	PRETEST	INTERVENTION	POST TEST
Control group	OC_1	-	OC_2
Experimental group	OE_1	X	OE_2

Were,
OC_1: Assessing pretest level of self-esteem among elderly residing in selected old age home in control group.
OE_1: Assessingpretest self-esteem among elderly residing in selected old age home in Experimental group
X: Administration of Reality orientation therapy among Experimental group

OC_2: Assessing posttest level of self-esteem among elderly residing in selected old age home in control group.
OE_2: Assessing posttest self-esteem among elderly residing in selected old age home in Experimental group.

Target population
The elderly, who full fill the age 60 years and above , are residing in old age homes in Bhubaneswar. Total sample size is 60 samples were separated into two groups, the experimental and control groups, through the lottery method. The elderly in the study were divided into 30 experimental and 30 control groups through the lottery method. For this study, a simple random probability sampling technique was used for this study.

Inclusion criteria

1. This study includes elderly people who are 60 years and above.
2. Elderly people who are available at the time of study
3. Elderly people who are willing to participate.

Exclusion criteria

1. Elderly people who are not willing to participate
2. Elderly people who are not available at the time of study.

Settings and variables

- **This study was conduct in selected old age home at** Bhubaneswar.
- **Independent variable - reality** orientation therapy
- **Dependent variable –** self-esteem
- **Demographic variable -** age, gender, religion, marital status, education status,reason to join old age home, opinion about financial status, present of health problem

RESEARCH TOOL AND TECHNIQUE

It has two sections A and B
Section A: Demographic data which include age, gender, religion, marital status, education status,reason to join old age home, opinion about financial status, present of health problem

Section B: Structured Questionnaire.
Rosenberg Self-Esteem Scale questionnaire were given to the participants of both groups to assess the pretest and posttest levels of self-esteem. Rosenberg questionnaire was used to measure dependent variable. Scoring: Rosenberg criteria is a standard criterion that includes 10 items or statements by which real feeling of subjects about each of statements is determined by four scales of completely agree, agree, disagree, and completely disagree each represented by scores of 1 to 4. Total score is obtained by the sum of scores given for 10 items. Scores of 10 and 40 show the least and the most self-esteem, respectively. Rosenberg Self-Esteem Scale is a reliable questionnaire.

Level of self-esteem	**Percentage**
Not improved	<50%
Moderate improved	51-75%
Adequate improved	76-100%

Data collection and Data Analysis
Formal permission was obtained from the Old Age home Authority. Data collection procedure was planned for a period of four weeks a reality orientation therapy was administered individually, and in group session. Each Individual session was planned for 30 minutes, and group session for 45 minutes. Power point presentation. On the seventh day post-test data collection was conducted using same self structured questionnaire as base on inclusion criteria.

Collected data was analyzed by using descriptive and inferential statistics. Frequency and percentage analysis was used to describe demographic characteristics of elderly Range, Mean and standard deviation was used to assess the level of self-esteem. Paired t-test was used to test to compare the pre-test and post-test level of self-esteem in experimental and control group . Chi-square analysis was used to find out the association between the post-test level of self-esteem among experimental and control group with selected demographic variables.

RESULTS

Section I: Data on background factors of elderly in experimental group and control group N=60

s.no	Demographic variables	Experimental group		Control group	
		F	%	F	%

1	Age in years a. 60 – 63years b. 64- 66 years c. Above 66 years	 12 12 06	 40 40 20	 15 10 05	 50.0 33.3 16.7
2	Gender d. Male e. Female	 20 10	 66.7 33.3	 18 12	 60.0 40.0
3	Religion a. Hindu b. Muslims c. Christian d. Others	 11 0 19 0	 36.7 00.0 63.3 00.0	 12 0 18 0	 40.0 00.0 60.0 00.0
4	Marital status a. Single b. Married c. Widower d. Divorced	 0 18 10 02	 00.0 60.0 33.3 06.7	 0 22 06 02	 00.0 73.3 20.0 06.7
5	Educational status a. Illiterate b. Primary education	 23 03	 76.7 10.0	 19 06	63.3 20.0 00.0
	c. High school Education d. Degree and above	0 04	00.0 13.3	0 05	16.7
6	Reason to join old age home • No body to take care • Disagreed with son/ daughter/ son in law / daughter in law • Neglected by relatives • Poverty • To have a peace of mind • Migration of son/daughter to other state country • To be independent	 12 2 1 4 5 5 1	 40.0 6.6 3.3 13.3 16.6 16.6 3.3	 11 3 2 3 6 4 1	 36.6 10.0 6.6 10.0 20.0 13.3 3.3
7	Opinion about financial status a. Adequate b. Somewhat adequate c. Non adequate d. Nil	 6 15 9 0	 20.0 50.0 30.0 00.0	 4 7 19 0	 13.3 23.4 63.3 00.0
8	Present of health problems a. Diabetic mellitus b. Hypertension c. Nil	 19 5 6	 63.3 16.7 20.0	 17 8 5	 56.6 26.6 16.8

The above table reveals that study group of elderly 12(40%) belongs to 60-63 years, 12(40%) belongs to above 64-66 years and 6(20%) belongs to above 66 years in experimental group. 15(50%) belongs to 60-63 years, 10(33.3%) belongs to above 64-66 years and 5(16.7%) belongs to above 66 years in control group.

In context of gender, 20(66.7%) were males and 10 (33.3%) were females in experimental group. 18(60%) were males and 12(40%) were females in control group.

With regards religion, 11(36.7%) were from Hindu, 19(63.3%) were from Christians. 12(40%) were from Hindu, 18(60%) were from Christians in control group.

In context of marital status, 18(60%) were married, 10(33.3%) were widower ,and 2(6.7%) were from divorced in experimental group. 22(73.3%) were married, 6(20%) were from widower and 2(6.7%) were from in control group.

With regards educational status, 23(76.7%) were having illiterate, 3(10%) were having primary education, 4(13.3%) were having degree in experimental group. 21(30%) were having illiterate, 6(20%) were having primary education and 5(16.7%) were having degree and above in control group.

In context of reason to join old age home, 12(40%) were no body to take care, 2(6.6%) were disagreed with son in law and 1(3.3%) were neglected by relatives and 4(13.3) working as poverty, and 5(16.6%) were to have a peace of mind , 5(16.6%) were migration of son/daughter to other and 1(3.3%) were to be independent in experimental group. 11(36.6%) were no body to take care, 3(10%) were disagreed with son in law and 2(6.6%) were neglected by relatives and 3(10%) working as poverty, and 6(20)% were to have a peace of mind , 4(13.3%) were migration of son/daughter to other and 1(3.3%) were to be independent in control group.

With regards the opinion about financial status, 6(20)% were adequate and 15(50%) were somewhat adequate, and 9(30%) were non adequate in experimental group. 4(13.3%) were adequate , 7(23.4%) were somewhat adequate and 19(63.3%) were non adequate in control group.

In context of present of health problem, 19(63.3%) were diabetic mellitus, 5(16.7%) were hypertension, and 6(20%) were nil in experimental group. 17(56.6%) were diabetic mellitus, 8(26.6%) were hypertension, and 5(16.8%) were nil in control group.

Table 2 Data On Pre Test, Post Test Level Of Self Esteem Regarding Reality Orientation Among Elderly In Experimental Group

Group	Mean		SD		Mean %		Range	Mean difference	't' value
	Pre test	Post test	Pre test	Post test	Pre test	Post test			
Control group	10.45	12.5	7.76	3.56	24.67	35.71	14	45.86	16.45 P<0.05 S
Experimental group	24.47	36.33	8.96	2.96	45	81.57	17.30		

Shows posttest knowledge score mean, S.D, mean percentage, mean difference, 't' value of control group and experimental group.

Pre test in experimental group the obtained over all mean score was 24.47, standard deviation was 8.96, mean percentage was 45 and in control group the obtained over all mean score was 10.4, standard deviation was 7.76, and mean percentage was 35.71.

Post test in experimental group the obtained over all mean score was 36.33, standard deviation was 2.96, mean percentage was 81.57 and in control group the obtained over all mean score was 12.5, standard deviation was 3.56, and mean percentage was 35.71. The obtained posttest mean score in experimental group score was higher than the control group score.

Table: 3 Data on Effectiveness of Reality Orientation Therapy on Self Esteem among Elderly in Control Group and Experimental Group

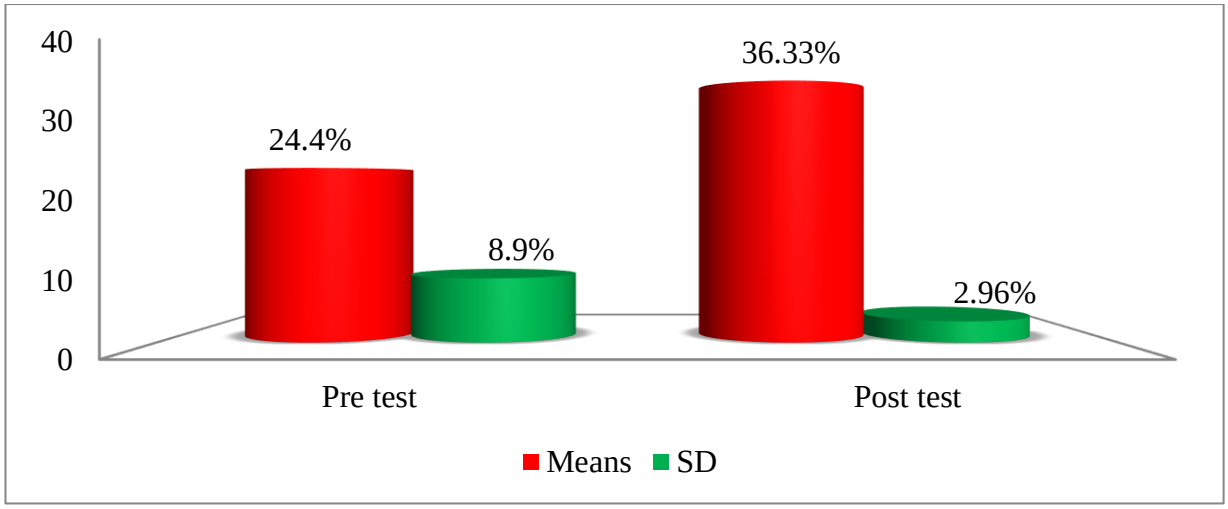
Level of knowledge	Mean	SD	Mean %	Range	Mean difference	't' value
Pre test	24.47	8.96	45	10-23	36.57	16.43 P<0.05 S
Post test	36.33	2.96	81.57	17-30		

Shows mean, range, standard deviation (SD), mean percentage, mean difference,' t ' value of pre test and post test level of knowledge regarding reality orientation therapy among elderly in experimental group.

The obtained overall pre test mean score was 24.47, standard deviations (SD) was8.96; and mean percentage was 45 and in the Post test mean score was 36.33, standard deviation was 2.96, and the mean percentage was 81.57. The obtained 't' value was 16.43 which was significant at p<0.05.

It was inferred that post test self esteem score was increased after the reality orientation therapy among elderly in experimental group, it was found to be effective.

FIG: Mean & standard deviation of pre test and post test level of knowledge regarding reality orientation therapy among elderly in experimental group.



Association Between Post Test Levels Of Self Esteem With Selected Background Factors Among Elderly In Experimental Group

S.no	Demographic Variable	Level of self esteem				
		Not improved	Moderately improved	Adequate improved	χ^2	sig
1	Age in years a. 60 – 63years b. 64- 66 years c. Above 66 years	 0 1 1	 4 3 2	 8 8 3	χ^2=5.045	 NS
2	Gender d. Male e. Female	 2 1	 8 5	 10 4	χ^2=18.85	NS
3	Religion a. Hindu b. Muslims c. Christian d. Others	 2 0 3 0	 5 0 7 0	 4 0 9 0	χ^2=3.128	 NS
4	Marital status a. Single b. Married c. Widower d. Divorced	 0 2 1 0	 0 5 4 1	 0 11 5 1	χ^2=8.249	 NS
5	Educational status a. Illiterate b. Primary education c. High school Education	 4 0 0	 5 1 0	 14 2 0	χ^2=5.028	 NS
	d. Degree and above	0	0	2		
6	Reason to join old age home 1. No body to take care 2. Disagreed with son/daughter/son in law / daughter in law 3. Neglected by relatives 4. Poverty 5. To have a peace of mind 6. Migration of son/daughter to other state country 7. To be independent	 2 1 1 1 1	 4 2 2 1 1	 3 3 1 1 1	χ^2=8.249	

		1 1	1 1	1 1		NS
7	Opinion about financial status a. Adequate b. Somewhat adequate c. Non adequate d. Nil	 2 2 1 0	 4 2 2 0	 13 3 3 0	χ^2=5.99	 NS
8	Present of health problems a. Diabetic mellitus b. Hypertension c. Nil	 2 0 1	 4 2 2	 13 3 3	χ^2=3.84	 NS

CONCLUSION

The study was conducted to ascertain the effectiveness of reality orientation therapy (ROT) on self-esteem among the elderly at selected old age homes in Bhubaneswar. It was a quantitative approach. The finding of the study showed that the reality orientation therapy (ROT) was very effective in improving the level of self-esteem. This study will help the health care professionals to develop appropriate teaching materials. reality orientation therapy (ROT) is a proven method to improve the self-esteem of the elderly which will help to facilitate the healthy growth and development and healthy practices in day to day activities. On the basis of the present study the following recommendations have been made for further study. The study can be repeated on the large scale sample to validate and for better generalization of the findings. A longitudinal study to assess the long-term efficacy of reality orientation therapy on self-esteem and cognitive function in the elderly over 12 months. Comparative study to assess the effectiveness of reality orientation therapy versus reminiscence therapy on self-esteem and depression among the elderly. effectiveness of a family-guided reality orientation therapy program on self-esteem of elderly living with families in the community. a similar study can be done by using various teaching methods. college syllabus may include topic related therapeutic intervention for impairment to using it as a proactive, supportive, and educational tool for well-being and skill-building.

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