

# Considering Self-esteem Amongst the Seniors Dwelling in Ahwaz Nursing Homes

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**ABSTRACT**

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The growth of the elderly and middle-aged population, and the life expectancy have changed the attitudes towards the seniors; Meanwhile, the importance of caring for the self-esteem among the seniors required to do this study in the field; which, its results can help to improve the seniors' mental health. This study has been carried out aiming to measure the elderly's self-esteem dwelling in Ahwaz Nursing Homes in 2014. This is a descriptive-comparative study carried out on 190 people of the seniors dwelling in Ahwaz nursing homes. For the eligible seniors, two questioners of Rosenberg's Measuring Scale, and Cooper Smith's Measuring Scale were filled out. The variables regression was determined by using SPSS statistical software, version 18. About 44% of participants in the study were aged from 60 to 65 years old. 68% were men, and 61% were married. Some 50% had 3 to 5 children. More than 43% received higher education. Some 53% were financially dependent. About 50% were self-employed. There was no significant difference between self-esteem among the male and female seniors. Also, there was no significant difference among the elderly's self-esteem based on their marital status. But, there was a significant negative correlation between the total scores of self-esteem, and the marital status, the financial independence, and dwelling in the nursing homes. As, for the effect of the self-esteem on the elderly's mental health, and their being highly affected by the life conditions, and with respect to the cultural, religious, and social position of Iran, as much as possible, the backgrounds should be provided for the seniors to dwell with their families; and, if dwelling in the nursing homes is the best choice, providing necessary services with high quality should be employed with grater attempts.



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## 1. INTRODUCTION

The increasing trend of the seniors' population, the industrialization, and fading cares for them can influence on the occurrence or the acceleration of the psychological disorders; which, by developing comprehensive care plans appropriate to the elderly's requirements, their health can be improved. One of the influencing factors of the mental health is the self-esteem. [1], [3]. The self-esteem is the extent an individual respect himself in fact, it is a kind of assessment. In other words, the self-esteem is related to the

way an individual feel about his different attributes. [2]

### **1.1 The main objective of the study**

1- Determining the self-esteem among the seniors dwelling in Ahwaz nursing homes in 2014.

### **1.2 The minor objectives of the study**

1- Determining the relationship between the self-esteem among the seniors dwelling in Ahwaz nursing homes, and their marital status.

2- Determining the relationship between the self-esteem among the seniors dwelling in Ahwaz nursing homes, and their financial independence. [4]

### **1.3 Pervious works**

Lowa have studied the relationship between Narcissism, the behavior problems, and anxiety among the adolescent. The participants in this study were 157 adolescents aging 14-18 years old. During the study, they were assessed in their schools free of charge. The assessment sessions lasted for 60-90 minutes. For the adolescents' assessment, four questionnaires were employed: Narcissistic Personality Inventory for Children (NPIC), Peer Conflict Scale (PCS), Scale of Reporting Delinquency (SRD), Revised Child Anxiety and Depression Scale (RCADS), and Rosenberg's Scale of Self-esteem. In this study, Narcissism affected positively and significantly on the delinquency in the adolescence. In general, the self-esteem was negatively related to the internalization and the externalization of problems. [5] They observed an interaction between the self-esteem and Narcissism in the overt aggression. In particular, in high-levelled self-esteem, Narcissism was significantly related to the overt aggression; while, in lower levels of self-esteem it was not as so. Hojati and et al in their study have evaluated the effect of reminiscence on the self-esteem and life satisfaction among the seniors. It is an experimental study, in which 32 participant seniors attending the Adult Day Center in Sari in an accessible way were randomly divided in to the control group (16people), and the test group (16 people). The results showed that the self-esteem mean score in the test group before the intervention was  $24\pm 2$ , which changed to  $27\pm 3$  after the intervention. Also, the mean score of life satisfaction in the test group was  $21\pm 2$  before the intervention, which changed to  $24\pm 3$  after the intervention. The results showed a significant difference in this group; while, in the control group, there was no significant difference between the results before and after the intervention. According to the results, it can be said that the reminiscence is effective on the improvement of the self-esteem, and the life satisfaction among the seniors. [6] Hemati Maslak Pak, Hashemlou, and Khalkhali in their study evaluated the effect of Orem's Self Care Program on the seniors' self-esteem dwelling in Oromiyeh nursing homes. It is a semi-experimental study. 50 people of the seniors who were eligible to enter the study were selected in an accessible way, and were randomly divided into 2 equal groups; the control, and the intervention, each including 25 people. The tools for acquiring information were the questionnaire of the elderly's needs based on Orem's model, and the questionnaire of self-esteem; they were assessed in two steps: before the implementation of the plan, and month after the implementation of the plan. The results of this study showed that in the control group, 48% of the seniors were in low-need, 44% were in average- need, and 8% were in high-need; while, in the intervention group these were 44%, 52%, and 4%, respectively. [7]

Momeni and et al in their study compared the life style, the self-esteem, and the mental health among the lonely and non-lonely seniors dwelling in the nursing homes. It was a descriptive study. [8] The statistical samples were 384 seniors who were selected in an accessible way, and were divided into three groups. The participants filled out the questionnaires of healthy lifestyle among the seniors, self-esteem, and the general health. The results of multivariate variance analysis showed that the non-dwelling (lonely and non-lonely) seniors compared to the seniors dwelling in the nursing homes, and the non-lonely seniors compared to the

lonely seniors enjoy a better lifestyle, and mental health. Also, the non-dwelling seniors showed higher self-esteem in comparison to the seniors dwelling in the nursing homes; and, the lonely seniors showed higher self-esteem in comparison to the non-lonely seniors. [10], [12]. Hemati Maslak Pak, Mousavi, and Sheikhi in their study have evaluated the effect of the reminiscence on the self- esteem among the seniors dwelling in Oromiyeh nursing homes. It is an experimental study which, in 2012 the seniors dwelling in the nursing homes of Ferdows, Al Zahra, Ara, and KhanehSabz in Oromiyeh, that were eligible based on the admittance criteria, were entered into the study. After dividing peer seniors in each center into two groups, the groups were randomly divided in to the control and intervention groups. [11], [12] The questionnaire of Rosenberg’s Scale of Self-esteem was filled out by the seniors in the intervention and control groups in two steps: before and after the intervention. The results showed that the mean scores of the self-esteem in the intervention group after the reminiscence ( $28.95 \pm 1.60$ ) was higher than that before the intervention ( $26.30 \pm 3.09$ ). The comparison of the mean score of the self-esteem between the control group, and the intervention group showed a statistical difference. Performing group therapy via the reminiscence method was positively effective on the self- esteem among the seniors dwelling in Oromiyeh nursing homes in their study have evaluated the mental health and life satisfaction among the retired seniors attending Pension Association of Medical Universities of Jondi Shapoor, and Shahid Chamran in Ahwaz. In this descriptive analytical study, the mental health, and the life satisfaction among a random sample of 210 retired seniors were evaluated. The results showed that with respect to the mental health, 29% were suspicious of general disorders; which, the highest level was related to the social performance disorder with an amount of 24.8%. Only 15.2% of the seniors reported high levels of life satisfaction. The mental health showed a positive and significant correlation with the life satisfaction. The level of literacy, the pension, and sport activity showed significant and positive correlation with the mental health. [14]

## 2. Findings

### 2.1 Age

The analysis of the obtained data of the questionnaires, the distribution and the percentile of the participants by their age are according to Table1.

**Table 1.** The distribution of participants in the study by their age

<b>Age</b>	<b>Distribution</b>	<b>Percentile</b>
60-65 years old	84	44.2
66-70 years old	67	35.3
71-75 years old	36	18.9
76-80 years old	3	1.6
<b>Total</b>	<b>190</b>	<b>100</b>

Table1 represents the distribution of the study participants by age. The obtained results are indicative that most of the study participants belong to the ages of 60–65 years old (44%), and the least study participants belong to the ages of higher than 76 years old (about2%).

### 2.2 Gender

The analysis of the obtained data of the questionnaires, the distribution, and the percentile of the participants by their gender are according to Table2.

**Table 2.** The distribution of participants in the study by their gender

<b>Gender</b>	<b>Distribution</b>	<b>Percentile</b>
Male	130	68/4
Female	60	31/6
<b>Total</b>	<b>190</b>	<b>100</b>

### 2.3 The marital status

The analysis of the obtained data of the questionnaires, the distribution, and the percentile of the participants by their marital status are according to Table3.

**Table 3.** The distribution of participants in the study by their marital status

<b>Marital status</b>	<b>distribution</b>	<b>Percentile</b>
Married	116	61/1
Single	20	10/5
Widow	41	21/6
Divorced	13	6/8
<b>Total</b>	<b>190</b>	<b>100</b>

Table 3 represents the distribution of the study participants by their marital status. 61% of the participants are married, and less than7% of the participants are divorced.

### 2.4 The Financial independence

The analysis of obtained data of the questionnaire, the distribution and the percentile of the participants by their financial independence are according to Table 4.

**Table 4.** The distribution of participants in the study by their financial independence

<b>Financial independence</b>	<b>Distribution</b>	<b>Percentile</b>
Independent	85	47
Dependent	96	53
<b>Total</b>	<b>181</b>	<b>100</b>
Blank	9	

Table 4 represents the distribution of the study participants by this financial independence. 53% of them are financially dependent, and 47% are independent.

### 2.5 Location ownership status

The analysis of the obtained data of the questionnaires, the distribution, and the percentile of the participants, by their location ownership status are according to Table5.

**Table 5.** The distribution of the study participants by their location ownership status in the city center

<b>Location ownership status</b>	<b>Distribution</b>	<b>Percentile</b>
Rent	33	27
Private	89	73
<b>Total</b>	<b>122</b>	<b>100</b>
Blank	68	

## 3. The descriptive findings on self-esteem among the seniors

**Table 6.** Number, mean score, and standard deviation of the seniors according to Rosenberg's Scale of self-esteem

<b>Self-esteem among the seniors</b>	<b>Number</b>	<b>Mean score</b>	<b>Standard deviation</b>
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Dwelling at home	150	0/17	0/37
KhayerehSalehin	7	-0/17	0/33
TolowHamdeli	10	0/08	0/39
Hasti	10	-0/05	0/32
Mehrjoonyan	13	-0/26	0/38

The above table shows the number, means cores, and the standard deviation of self-esteemed seniors. The results show high self-esteem among the seniors dwelling at home and Tolow Hamdeli nursing homes. The self-esteem among the seniors in KhayerehSalehin, Hasti, and Mehrjooyan nursing homes is low. [13]

### 3.1 Testing study questions

1)How much is the self-esteem among the seniors dwelling in Ahwaz nursing home in 2014?

**Table 7.** Mono-sampled T-score for determining the self-esteem among the seniors dwelling in nursing homes according to Rosenberg's Scale of Self-esteem

Variable	Number	Mean score	Standard deviation	t-score	Degree of freedom	Level of significance
The self-esteem among the seniors dwelling in nursing homes	40	-0.132	0.37	1 29.5	39	0.001

As it can be seen from the table above, the number, the mean score, and the obtained results of mono-sampled t-test, the degree of freedom, and the level of significance for the variable of self-esteem among the seniors dwelling in the nursing homes based on Rosenberg's Scale of Self-esteem are represented. Since the level of the significance of the test is less than 0.05, as a result, with 95% of accuracy it can be said that the self-esteem among the seniors dwelling in Ahwaz nursing homes is low.

**Table 8.** Descriptive mono-sampled T-test for determining the self-esteem among the seniors dwelling in the nursing homes according to Cooper Smith's scale of self-esteem

Variable	Number	Mean score	Standard deviation	t-score	Degree of freedom	Level of significance
Self-esteem among The seniors dwelling in the nursing homes(total)	40	20/95	4/48	29/51	39	0/001
General self-esteem	40	10/85	3/27	20/98	39	0/001
Family self-esteem	40	2/70	1/32	12/89	39	0/001
Social self-esteem	40	3/62	1/25	18/27	39	0/001

As it can be seen from the variable of the self-esteem among the seniors dwelling in the nursing homes (total), in Table8, of 40 seniors dwelling in the nursing homes, the obtained mean score is 20.95, while the standard deviation is 4.48; which, the sample mean score is indicative of low self-esteem among the seniors. Also, mono-sampled T- test score equals to 29.51 in the level of significance of 0.001. Since the level of significance of the test is less than 0.05, with 95% of accuracy it can be said that the self-esteem among the seniors dwelling in Ahwaz nursing homes is low.

How much is the self-esteem among the seniors by their marital status in Ahwaz on 2014?

**Table 9.** One-way variance analysis of the self-esteem among the seniors by their marital status (Rosenberg's Scale)

Attribute	Sum of squares	Degree of freedom	Mean squares	F-score	Level of significance
Intergroup	0/394	3	0/131		
Intragroup	28/535	186	0/153	0.856	0.465
Total	<b>28/929</b>	<b>189</b>			

The data in the above table show the degree of freedom, mean squares, F-score, and the level of significance for the variable of comparing the self-esteem among the seniors by their marital status

(Rosenberg's scale). The results of the variance analysis show that the level of significance is greater than 0.05. The calculated level of significance of the scale is indicative of no difference of self-esteem among the seniors by their marital status.

**Table 10.** Comparative one-way variance analysis of the self-esteem among the seniors by their marital status (Cooper Smith's Scale)

Attribute	Sum of squares	Degree of freedom	Mean squares	F-score	Level of significance
Intergroup	179/188	3	59/729		
Intragroup	5196/054	186	27/936	2/138	0.097
Total	5375/242	189			

The data of the above table show the degree of freedom, mean squares, F-score, and the level of significance for the variable of comparing the self-esteem among the seniors by their marital status (Coopersmith's). The results of the variance analysis show that the level of significance is greater than 5.05. The calculated level of significance of the scale is indicative of no difference of self-esteem among the seniors by their marital status.

Gender correlation	0/167			
Level of significance	0/021	1/000		
Marital status correlation	0/122	0/339-	1/000	
Level of significance	0/094	0/000		
Higher Education correlation	-0/181	0/202	-0/254	
Level of significance	0/014	0/006	0/000	
Financial Independence correlation	0/082	-0/451	0/493	1/000
Level of significance	0/271	0/000	0/000	

#### 4. CONCLUSION

The findings of the study show the correlation coefficient between the adopted variables of the study. The findings are indicative of a significant relationship between the age, and the gender. There is a significant relationship between the variables of the marital status, and the gender. Also, there is a significant relationship between the variable of financial independence, and the gender and the marital status. There is a significant relationship between the variable of location ownership status, and the educational degree and financial independence. And, there is a significant relationship between the variable of nursing homes, and the variables of gender, marital status, educational degree, and financial independence. Finally, there is a significant relationship between the total mean score of self-esteem, and the marital status, the financial independence, and the nursing home. The calculate level of significance for the above mentioned variables is less than 0.05, which is indicative of the significance of these variables. Also, it has been shown that the self-esteem is low among the seniors dwelling in the nursing homes. But, demographic attributes such as gender and marital status are not influencing on the self-esteem. In these cases, the results of both questionnaires were similar. Today, most experts and UNESCO believe that the main home for the seniors is their own home, where they have grown up, lived, and observed their children raised. If the seniors are inevitable to live in the nursing homes, since the adaptation to the new conditions and accepting the change creates, in particular for very old people, critical conditions, it is much better for the seniors on the event of the displacements to be involved in the process of making decisions about them.

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