

A Study to Assess the Knowledge of Senior Citizens on Safety Precautions to be followed at Home.

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I. Introduction

The senior citizens are at high risk for falls and accidents. It is estimated that one in three senior citizens aged 65 years and above are at risk to fall. Most of the falls result in minimal injury while 20 to 25% suffer serious injury such as hip fracture and head injuries. It is reported that 55 % of the fall injuries among senior citizens occur inside the home whereas 20% of fall outside but near the home and 25% occur away from the home. Most of the falls at homes can be prevented with adequate knowledge and awareness.

II. Objectives of the study

1. To assess the existing knowledge regarding safety precautions followed at home among senior citizens.
2. To find association between knowledge score regarding safety precautions with selected demographic variables.
3. To develop self instructional module regarding safety precautions to be followed at home for senior citizens.

The purpose of the study was to develop self instructional module regarding safety precautions to be followed at home and hence create awareness for the same among senior citizens.

The quantitative approach was used in this study and the research design was descriptive. The sample consisted of 160 senior citizens residing at Yelavi Village of Sangli district (Maharashtra). The snow ball sampling technique was used to select the samples. A structured knowledge questionnaire of 22 multiple choice questions was developed and used to assess the knowledge of senior citizens regarding safety precautions to be followed at home. The content validity of the tool was established by 20 experts. The tool was found to reliable with r: 0.91 using test retest method.

III. Major findings of the study

- The 45% of the samples were in the age group of 65-70 years. 50% of the samples were male. 55% of the samples studied up to higher secondary level and 24% samples were graduate
- 65% senior citizens had joint family whereas 35% belonged to nuclear family.

Table 1 : Demographic Data of Senior citizens

N:160

Demographic variable	Frequency	Percentage %	
Age	65-70 years	72	45
	71-75 years	56	35
	76-80 years	32	20
Gender	Female	80	50
	Male	80	50
Education	Graduate	38	24
	Higher Secondary	88	55
	Secondary	22	13
	Primary	12	8
Type of family	Joint	104	65
	Nuclear	56	35

- There was significant association between knowledge and educational background. It suggests that with higher education the awareness and knowledge regarding safety precautions also increases.
- There was no significant association between knowledge and other demographic variables such as age and type of family.

Table: Association between knowledge and selected demographic variables

N: 160

S. N.	Demographic variable	Pearson Chi-Square value
1	Age	0.38
2	Educational Background	0.02
3	Type of Family	0.68

IV. Recommendations

1. More studies may be conducted with large samples to make generalizations
2. A comparative study can be done among senior citizens residing at rural and urban areas.
3. A study can be done to determine the effectiveness of SIM regarding safety precautions at home.

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