

**EFFECTIVENESS OF CALISTHENICS EXERCISE ON
IMPROVING THE LEVEL OF SELF ESTEEM AMONG
ELDERLY PEOPLE RESIDING IN SELECTED OLD AGE
HOMES AT TIRUNELVELI DISTRICT.**



DISSERTATION SUBMITTED TO
THE TAMIL NADU Dr.M.G.R. MEDICAL UNIVERSITY
CHENNAI
IN PARTIAL FULFILLMENT FOR THE DEGREE OF
MASTER OF SCIENCE IN NURSING

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BY

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SRI K. RAMACHANDRAN NAIDU COLLEGE OF NURSING

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ABSTRACT

“A study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age homes at Tirunelveli district". The study was conducted by Miss.Suganya.B in partial fulfillment of the requirement for the degree of Master of Science in Nursing at the Sri K. Ramachandran Naidu College of nursing under the Tamilnadu Dr M.G.R.Medical University during the year of October 2019.

The objectives of the study were,

- ✚ To assess the pre-test and post-test level of self-esteem among elderly people in experimental group and control group.
- ✚ To find out the effectiveness of calisthenics exercise on self-esteem among elderly people in experimental group.
- ✚ To compare the pre-test and post-test level of self-esteem among elderly people in experimental group and control group.
- ✚ To associate the post-test level of self-esteem among elderly people in experimental group and control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

The following hypotheses were framed for the study,

All hypotheses were tested at 0.05 level of significance

RH₁-The mean post-test level of self-esteem among elderly people in experimental group will be significantly higher than the mean post-test level of self-esteem in the control group.

RH₂- The mean post- test level of self-esteem among the elderly people in experimental group will be significantly higher than the mean pre-test level of self esteem.

RH₃ - The mean post-test level of self-esteem among elderly people in control group will be significantly lower than the mean pre-test level of self esteem.

RH₄ – There will be a significant association between the post- test level of self- esteem among elderly people in experimental group and control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

The study was based on modified Ernestine Widenbach's helping art of clinical nursing theory. The quantitative research approach was used. The design adopted for the study was quasi experimental pre-test and post-test control group design. Non probability purposive sampling technique was used to select 60 elderly people. The study was conducted in selected old age homes at Tirunelveli district. In that St.Anne's old age home, shalom old age home were selected for experimental group. In the same way Jayam helping home trust and hill charity old age home were selected for control group.

The tool used for the study was modified self esteem inventory. The content validity of the tool was established by four nursing experts and two medical experts in the field of psychiatry. The reliability of the tool was $r = 0.08$ established by split half method by using Karl Pearson's correlation coefficient formula. The tool was found to be reliable. Pilot study was conducted to find out the feasibility of the study and obtained data were analyzed. The tool was found feasible. The pre test level of self

esteem was assessed by modified self esteem inventory. The elderly people with mild low self esteem and moderate low self esteem were selected as samples. The researcher selected 30 samples for the experimental group and 30 samples for the control group. Calisthenics exercise was given to experimental group and no intervention was given to the control group. The post test level of self esteem was assessed by using same tool and the collected data was analyzed both in terms of descriptive and inferential statistics.

Major findings of the study were:

- In experimental group the post test mean value of self esteem was 64.5 with the standard deviation of 16.29. In control group the post test mean value of self esteem was 50.3 with the standard deviation of 14.9. The calculated 't' value was 3.42.
- In experimental group, it showed the mean value of self esteem was 60.5 with the standard deviation 14.02 in pre test and the mean value of 64.5 with the standard deviation 16.29 in post test. The mean difference was 4. The calculated 't' value was 3.42.
- In control group, it showed the mean value of self esteem was 45.3 with the standard deviation 12.1 in pre test and the mean value of 50.3 with the standard deviation 14.9 in post test. The mean difference was 5. The calculated 't' value was 2.41.
- The findings showed that there was a significant association between the post test level of self esteem of elderly people in experimental group with their demographic variables such as age, present monthly income and there was no significant association between the post test level of self esteem of elderly people with the demographic variables such as religion, educational status,

marital status, number of children, previous occupation, previous monthly income and duration of stay in old age home at $P < 0.05$ level.

- The findings shows that there was no significant association between the post test level of self esteem of elderly people in the control group at $P < 0.05$.

RECOMMENDATIONS

The following studies can be undertaken to strengthen calisthenics exercise as a good remedy for low self esteem among elderly people.

- ❖ A study can be carried out to assess relationship between the self concept, self efficacy and psychological well being among elderly people in old age homes.
- ❖ A similar study can be conducted among the elderly people and elderly patients on improving the sleeping pattern.
- ❖ A similar study can be conducted among patients with depression.
- ❖ A similar study can be conducted among people with stress.
- ❖ A similar study can be conducted with large samples.

CONCLUSION

From the result of the study, it was concluded that practicing calisthenics exercise to the elderly people was very effective in improving the level of self esteem. Therefore the investigator felt that more importance should be given for calisthenics exercise to improve the self esteem among elderly people.

CHAPTER – I

INTRODUCTION

“We do not stop exercising because we grow old

We grow old because we stop exercising”

-Kennath Cooper

BACKGROUND OF THE STUDY

Self esteem is defined as “how we value our self”, it affects our trust and relationships in every part of life. Person with low self esteem may feel powerless and incompetent about himself/herself. Moreover, low self esteem operates as a risk factors of depression, which is most common disorders among elderly people both in developed and developing countries, causing multiple behavior changes as well as may increase the chances for severe level of low self esteem and suicide among the elderly people. **(Savera Aziz Ali., 2010).**

Self-esteem is a human basic need according to Maslow’s Hierarchy. People need to feel worthy of living. Self- esteem is important in the maintenance of self-concept. Self-esteem is our sense of self-worth. It is an evaluation of individual makes and maintain about the self. All humans have a need to be respect and have self-esteem. Esteem presents the normal human desire to be accepted and valued by others. **(Abraham Maslow., 2010).**

The term self-esteem comes from a Greek Word meaning “reverence for self”. Self esteem reflects an individual’s overall subjective emotional evaluation of their own worth. It is the decision made by an individual as an attitude towards the self. Self-esteem encompasses beliefs about oneself, for example, “I am competent”, “I am worthy”, as well as emotional states, such as triumph, despair, pride, and shame. **(Smith and Mackie., 2011).**

Self-esteem is closely associated with a person's mental image about one self as well as the coping style. A positive image about one's body creates a sense of worthiness in the person, and conversely, the mental image that is undergone a change leads to changes in the sense of worthiness. **(Nokani et al., 2013).**

Self-esteem is an important aspect of the adaptive process at all stages of life, but especially in older adults. It is linked to the quality of adaptation, well-being, life satisfaction and health. Self-esteem is not chronological age, to the people's quality of life of social integration and adaptive capacities to cope with the life events, including physical and cognitive decline. Such a perspective underlines the importance of social and institutional environment for the regulation of a positive self-value and hence the interest of taking to account the self-esteem construct while taking older adults. **(Alaphilippe D., 2011).**

Self esteem reflects the intrinsic belief in the self, the overall opinion and the value of a person. Possessing a healthy capacity for good self esteem involves the self-respect, self-acceptance and an appreciation of self-worth that embraces both strengths and limitations. A person with good self-esteem is able to feel good, even in the face of adversity. **(Caur., 2010).**

In psychology, self-esteem includes a person's subjective appraisal of himself or herself as intrinsically positive or negative to some degree. Self-esteem involves both self-relevant beliefs and associated self-relevant emotions. **(Sedikides & Gaerther., 2011).**

Aging is an intrinsic, active and progressive process, accompanied by physical, psychological changes, which can cause difficulty for elderly persons to cope with their daily routine. In this scenario, the increase in life expectancy becomes

a phenomenon of interest given its impact on quality of life at this stage of life. **(Maycon Santos., 2016).**

The aging process will affect the old age people physically, psychologically, socially and spiritually. As aging progress, physically aged people become less active. Body changes associated with aging usually make them more vulnerable to various diseases and to side effects and complications of medical treatment. Because the aging process slows the response time, it may take them longer to adjust to environmental changes. **(Jhila Rudra., 2012).**

The idea of institutionalization of the aged has been largely borrowed from the western society, whose values and norms are quite different from that of India. Usually living in old age home evokes a picture of apathy, dependence and sadness. Old age homes are generally the last resort for the aged. In the absence of joint family system, nuclearisation of families, the old parents are left with no other alternative than joining the old age homes. **(Good Wiki., 2011).**

The elderly with health behaviors such as physical activity are more probable to successfully spend their ageing period. In line with these views, a primary objective of caring for the elderly is helping them to preserve maximum independence in a safe environment to promote their life quality and to minimize the healthcare costs by preventing physical injuries. Since the elderly with high self-esteem can more easily cope with the threats and stressful events of life without negative experience and psychological disorders, and due to lack of information about the level of self-esteem in the elderly. **(SafaviBayat&ZooriStyne., 2008; Khalli et al., 2012).**

Calisthenics is derived from the Greek word Kalos meaning beauty and shenos meaning strength. It is a form of dynamic exercises consisting of simple, often rhythmical, movements, generally using minimal equipment. It is like physical

exercises that, though not a part of gymnastics, are closely related to it, mainly with the purpose of increasing strength, endurance and psycho-motor skills such as balance, and coordination. **(Chisea & Seretti, 2010).**

Calisthenics exercises are exercise that rely solely on body weight for resistance that can be performed anywhere. Calisthenics are a great way to build muscle and improve mood. Calisthenics can act as a self-confidence and self-esteem booster. **(Wener Hoeger., 2016).**

Calisthenics exercise can provide the benefits of muscular and aerobic conditioning, in addition to improving psychomotor skills such as balance, ability and coordination. Calisthenics exercises are often used as baseline physical evaluation. **(Roper's., 2011).**

Calisthenics is a form of anaerobic exercise that is usually done without weights and helps to increase your strength and flexibility. Calisthenics are a form of dynamic exercise consisting of a variety of simple, often rhythmical, movements, generally using minimal equipment or apparatus. **(Prezi., 2016).**

NEED FOR THE STUDY

Recent study done by clean cut media all over the world, reported that almost across the nation 50% of elderly are engaged in negative activities such as injuring and cutting themselves or engaging in unhealthy eating habits and disorders due to low self-esteem and self-image issues. The characteristics associated with low self-esteem persons are irritability, rigidity, defensiveness, self doubt, pessimism, negativity, blindness to reality, over controlling behavior, over dependence on people or things, fear of the new or unfamiliar, rapid and sudden anger, fear of looking foolish, inability to accept new ideas, inability to manage pressure situations. These

traits will limit old age growth and development indirect proportion to their level of self esteem. **(Sidneyj.Harris., 2010).**

Old age is an irreversible biological phenomenon and no one in the world can stop aging. Due to in advancements in medical field the life expectancy of people is steadily increasing year after year. Life expectancy in India has increased from 41 years in 1951 to 64 years today. The elderly population in India accounts for 5.6% of the total population in 1971, but in 2007 it has been increased to 7.5% and is predicted to be 12.5% or about 1 out of 8 by 2025. **(Milkier., 2010).**

One issue about the aging population is that after certain age (around 60 years) productivity appears to decline. Old age people have low self-esteem and poor psychological well-being. About 60% of the old age living in old age homes in India is having depressed mood and poor psychological well-being. Risk for depression in the elderly increases with other illnesses and the ability to function becomes limited. Estimates of major depression in older people living in the community range from less than 1 percent to about 5 percent in elderly hospital patients. Low self-esteem in the elderly is more likely to lead to depression. 14.3 of every 100, 00 people aged 65 and older was dead by suicide in 2004, higher than the rate of about 11 per 100,000 in the general population. These findings point the urgency of improving the self-esteem among the elderly to reduce low self-esteem and thereby reduce the depression risk among older adults. **(National Institute of Mental Health., 2009).**

The “old age” population is growing at an accelerated rate all over the world and India is no exception. In 2006, the population of 60 years and above was 56 million (6.8%). In 2009, it has crossed 70 million and is expected to reach 177 million by 2025. The growth rate of elderly population (37.3%) is twice that of general population (16.8%). One out of seven elderly in the world is an Indian. Average

expectation of life from 60 years in 1999 is expected to reach 70 years by the year 2025. And there were around 354 old age homes in 1997. In 2009 the number of old age homes in the country has grown to 969. **(Derrick., 2009).**

The overall prevalence rate of low self esteem rises from 71.5 percent for those over 60 to 124 years of age in India, particularly self esteem and dementias form the bulk of total mental morbidity. Low self esteem is not the same for everyone, but several indicators might be dealing with it. **(IJ Prakash., 2012).**

Elderly people with low self esteem may feel powerless and incompetent about herself. Mostly low self esteem operates as a risk factor for depression, which is the most problem in elderly people causing multiple behavioral changes as well as may increase the chances of depression and suicide among elderly people. **(Suhail N., 2016).**

A study to assess the effect of calisthenics exercise upon the self esteem among elderly people. The quasi experimental post test design used a study group and a control group of a subject who were in old age home. Self esteem was measured by self esteem scale. The findings showed that there was significant difference in the level of self esteem in experimental group than the control group at $P < .008$. **(Ananthi S., 2014).**

A study to assess the effectiveness of selected calisthenics exercise to improve the level of self esteem among elderly people in old age homes. The results showed that 70% had moderate self esteem in pre test was improved to 50% in post test. The study concluded that the selected calisthenics exercise can be used to improve the level of self esteem among the elderly people. **(Helen Shaji., 2013)**

Calisthenics is a widely practiced form of exercise and is recognized as a fun and healthy way to keep fit. Calisthenics is a type of arranged exercises made up of many different movements performed by using simple steps. Calisthenics is an ideal way to increase flexibility by strengthening the muscle tone. While performing calisthenics a proper routine must be followed. They are very simple to teach and practice by any age group. **(Stanley., 2009).**

Calisthenics has been a decisive advantage that has proven to increase human mental and physical performance for thousands of years. Their implementation has only been improved upon and continues to deliver faster workout results than any machine or equipment. **(Banerjee., 2010)**

The researcher selected this study, based on the prevalence of low self esteem among elderly people. The researcher felt that a study should be conducted to improve the self esteem among elderly people. Hence the researcher was too interested on improving the level of self esteem by demonstrating calisthenics exercise among elderly people.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age homes at Tirunelveli district.

OBJECTIVES

- ✚ To assess the pre-test and post-test level of self-esteem among elderly people in experimental group and control group.
- ✚ To find out the effectiveness of calisthenics exercise on self-esteem among elderly people in experimental group.

- ✚ To compare the pre-test and post-test level of self-esteem among elderly people in experimental group and control group.
- ✚ To associate the post-test level of self-esteem among elderly people in experimental group and control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

HYPOTHESES

RH1-The mean post-test level of self-esteem among elderly people in experimental group will be significantly higher than the mean post-test level of self-esteem in the control group.

RH2- The mean post- test level of self-esteem among the elderly people in experimental group will be significantly higher than the mean pre-test level of self-esteem.

RH3-The mean post-test level of self-esteem among elderly people in control group will be significantly lower than the mean pre-test level of self-esteem.

RH4-There will be a significant association between the post- test level of self- esteem among elderly people in experimental group and control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

OPERATIONAL DEFINITIONS

Assess

In this study it denotes the way to finding out the effectiveness of calisthenics exercise on level of self-esteem among elderly people who were residing in selected old age homes.

Effectiveness

In this study effectiveness refers to the extent to which calisthenics exercise achieved the desired effect in the level of self-esteem among elderly people who were residing in old age homes and was measured by using Modified Self esteem inventory.

Calisthenics exercise

Calisthenics exercise is a form of exercise consisting of a variety of movements which exercise large muscle groups such as standing, walking, side bending, arm swing and pushups. Calisthenics are great way to build muscle and improve mood. Calisthenics also act as a self confidence and self esteem booster.

In this study it refers to a set of exercises that include standing, walking, side bending, arm swings, and push-ups which was done in every day morning for 45 minutes about 25 days.

Self esteem

In this study self-esteem refers to describe the overall sense of self worth or personal value by the elderly people. Elderly people with mild low self esteem and moderate low self esteem was measured by using Modified Self esteem inventory.

Elderly people

It refers to a person between the age group of 50 to 65 years and who were residing in selected old age homes.

Old age homes

Old age home refers to an institution run by private agency which gives shelter, food and care for the elderly on free of cost.

In this study the researcher selected St.Anne's old age home, Shalom old age home, Jayam helping home trust and hill charity old age home at Tirunelveli district.

ASSUMPTIONS

- ❖ Elderly people residing in old age homes may have low self-esteem.
- ❖ Calisthenics exercise may help the elderly people to improve their self-esteem.
- ❖ Calisthenics exercise may improve the physical and mental health of elderly people.

DELIMITATIONS

- ❖ The study was limited to selected old age homes in Tirunelveli District.
- ❖ The study was delimited to sample size of 60.
- ❖ The study period was limited to one month.

PROJECTED OUTCOME

- ❖ The study will help the mental health nurse to identify the prevalence of low self esteem among elderly people.
- ❖ The findings of the study will help the mental health nurses to demonstrate calisthenics exercise for elderly people with low self-esteem.
- ❖ The study will help the nurse to motivate the elderly people about the importance of calisthenics exercise.

CONCEPTUAL FRAMEWORK

The conceptual framework is a set of interrelated concepts that are assembled together in some rational scheme, in virtue of their relevance to a common theme. Conceptual framework helps to stimulate research and extensive knowledge. Conceptual framework is the base. (Polit & Hungler., 2003).

The conceptual framework for research study presents the measures on which the purpose of study is based. The framework provides the perspective from which the investigator views the problems.

The study is based on the concept that the effectiveness of calisthenics exercise in improving the level of self esteem among elderly people residing in old age homes. The investigator adopted the modified Ernestine Widenbach's helping art of clinical nursing theory as a base for developing conceptual framework.

Ernestine Widenbach's proposes helping art of clinical nursing theory in 1964 for nursing, which describes a desired situation and away to attain it. It directs action towards the explicit goal. This theory has 3 factors.

- Central purpose
- Prescription
- Realities

CENTRAL PURPOSE

The central purpose which the practitioner recognizes as essential to the particular discipline. In this study the central purpose is to promote the self esteem among the elderly people.

PRESCRIPTION

The prescription for the fulfillment of the central purpose. In this study the prescription is calisthenics exercise which will help to improve the self esteem.

REALITIES

The realities in the immediate situation that influence the fulfillment of the central purpose. The five realities identified by Widenbach are agent, recipient, goal, means, activities and framework.

Agent

The agent is one who has personal attributes, capacities, capabilities, commitment and competence to provide calisthenics exercise. In this study the researcher is the agent. It refers to plan for providing demonstration of calisthenics exercise to the elderly people.

Recipient

The recipient or patient who is vulnerable and is dependent on others for help. In this study, the recipient is the elderly people who have demonstrated the calisthenics exercise.

Goal

The goal is to direct actions and to explain the reason for taking those actions. In this study, the goal is to improve the self esteem of the elderly people.

Means

The means which includes the actions, skills and experience that empowers the nurse to achieve the desired goals. In this study, Calisthenics exercise like standing, walking, side bending, arm swing, push- ups were carried out by the elderly people with the purpose of improving the level of self esteem.

Framework

The framework consists of the human, environmental, professional and organizational facilities. In this study framework refers to the place where the exercise

was administered, that is St. Anne's old age home and shalom old age home at Tirunelveli district.

The conceptualization of nursing according to this theory consists of three steps as follows.

Steps I: Identifying the need for help.

Step II: Ministering the need for help.

Step III: Validating that the need for help was met.

Step I: Identifying the need for help.

In this study the researcher identified the need for help of elderly people who had mild and moderately low self esteem. The level of self esteem of elderly people in both experimental group and control group can be assessed in this step as pre-test.

Step II: Ministering the need for help.

In ministering the need for help, the nurse may give advice or information, make referral, and apply comfort measure or carryout exercise.

In this study the researcher after assessing the level of self esteem of elderly people as pre test in experimental group and control group. Calisthenics exercise demonstrated and practiced regularly only to the experimental group and no intervention was given to the control group.

In this step the following are involved,

Agent: - The nurse researcher

Recipient: - Experimental group of elderly people

Goal: - To improve the level of self esteem

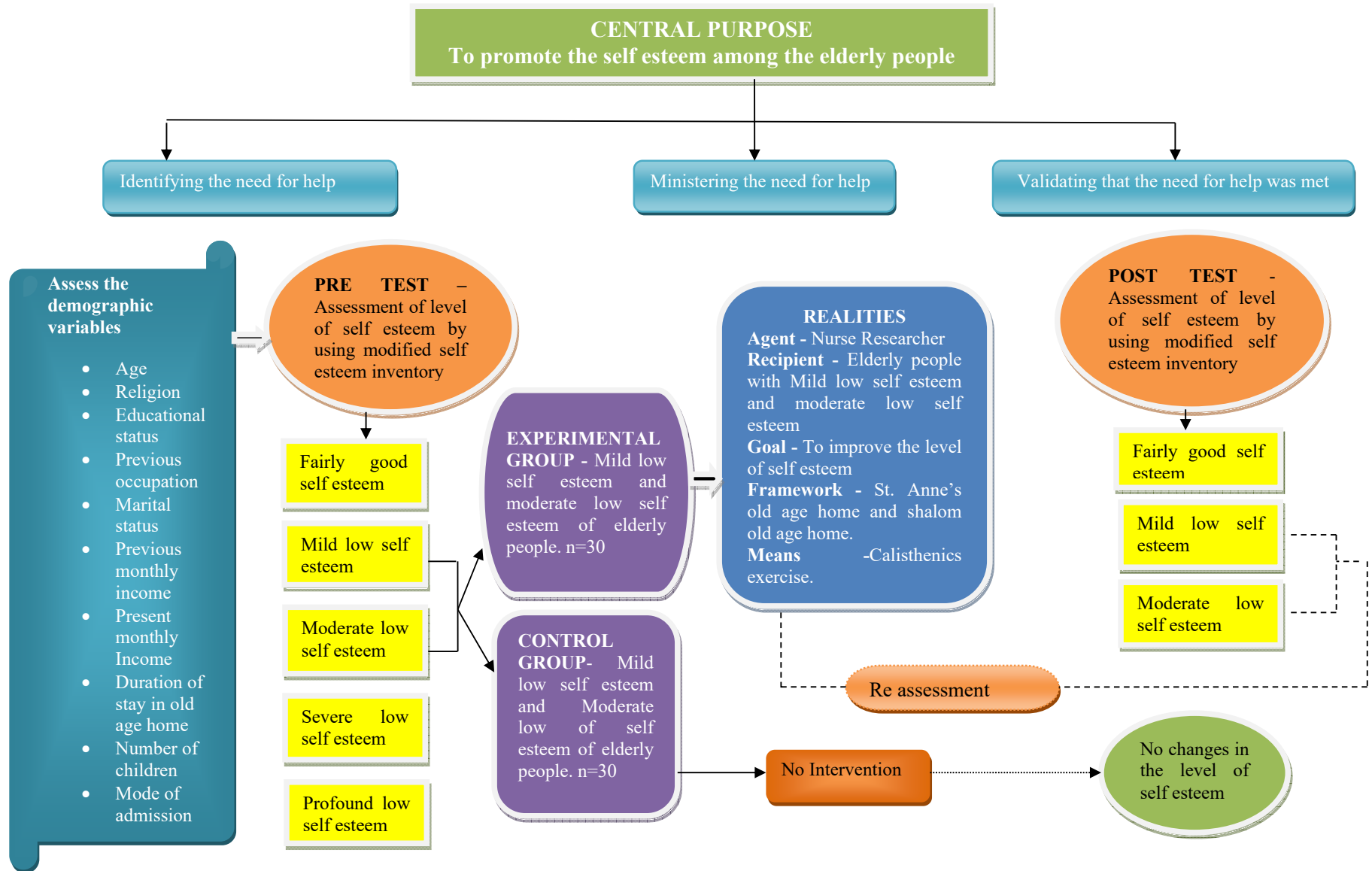
Means: - Calisthenics exercise

Framework: - Old age home

Step III: Validating that the need for help was met.

After the help has been ministered the nurse validates that the actions were indeed helpful.

In this study the researcher validates by means of assessing the post test level of self esteem among elderly people in the experimental group and control group.



-----Not included in the study

FIGURE 1: MODIFIED ERNESTINE WIDENBACH'S HELPING ART OF CLINICAL NURSING THEORY

CHAPTER - II

REVIEW OF LITERATURE

Review of literature refers to an extensive and systematic examination of publication relevant to the research project. One of the most satisfying aspects of the literature review is the contribution it makes to the new knowledge of the researches. **(Basavanthappa B.T., 2000).**

Researcher almost never conducts a study in an intellectual vacuum. Their studies are undertaken within the context of an existing knowledge base. Researcher generally undertakes the literature review to familiarize himself / herself with the knowledge base. **(Polit and Hungler., 1991).**

The review of literature in the research report is a summary of current knowledge about a particular practice problem and includes what is known and not known about the problem. The literature is reviewed to summarize knowledge for use in practice or to provide a basis for conducting a study. **(Burns., 1997).**

The literature reviewed for present study has been organized and presented under the following sections.

Section- A Studies related to self-esteem among elderly people.

Section – B Studies related to elderly people.

Section- C Studies related to the effectiveness of calisthenics exercise on other conditions.

Section- D Studies related to effectiveness of calisthenics exercise on improving the level of self-esteem among elderly people.

Section- A Studies related to self-esteem among elderly people.

Savera Aziz Ali., (2016) conducted a case study to determine the self-esteem among elderly people. The objective of this case study was to understand the problems faced by elderly people in the nursing home and to relate the self-esteem among them. A face to face in depth interview was conducted with a 70 years old female living in the nursing home of Karachi, Pakistan. Her perception of life was explored through a questionnaire. It can be concluded that low self-esteem is one of the most common problems in geriatric population.

Janeiro., (2016) conducted a study to evaluate the self-esteem and quality of life of elderly in an urban community. The study was conducted with 1,691 elderly people's residents in urban area and Rosenberg self-esteem scale were used in this study. A descriptive statistical analysis and a linear regression model were conducted. The self-esteem scores showed an average of 9.36 ± 4.09 . The results provide data that contribute to a better understanding of the aspects of improving the self-esteem, thus providing information for the development of health strategies.

Flavia Aparecida Dias., (2013) conducted a study to assess the self-esteem of community-based elderly and verify its association with socio-demographic and health variables. The epidemiological survey was held in the urban region of Uberaba, a city in the state of Minas Gerais, with 980 elderly people. The Rosenberg Self-Esteem, Katz, Lawton and Short Geriatric Depression Scales were used and for descriptive analysis, the Mann-Whitney and Kruskal-Wallis tests, Spearman's correlation and multiple linear regression were used ($p < 0.05$) The data were collected between August 2012 and March 2013. The female gender was predominant, 70-80 years, married, income one minimum wage, between four and seven years of

education, who lived with their children. The median number of illnesses was five. The median self-esteem score was ten. The predictors of worse levels of self-esteem were higher age.

Zyoudi., (2012) conducted a study to investigate whether there were differences in self-esteem among old age. The sample population consisted of (23) old age, aged 60-65 years in the old age home. The researcher used Tennessee self-esteem scale for the evaluation of self-concept. The result of the study showed that there were some differences in the old age self-esteem and self-behavior. Female old age people scored lower on social self-esteem, family self-behavior, and moral self-behavior dimensions than male old age people, but higher on physical self-esteem.

Chui et al., (2011) conducted a study to analyze self-esteem among the elderly visiting Kermanshah healthcare services. The findings of the study showed generally high level of self-esteem in the elderly although one third of the samples had poor self-esteem. The maximum and minimum scores for self-esteem were 20 and 46, respectively. Seventy five (33.8%) elderly had low self-esteem and 146 (66.2%) had high self-esteem. Give the significance role of self-esteem in reducing physical, psychological and social problems of elderly people.

Jenni L. Strange and Abby L. Dauer., (2010) conducted a study to investigate the association between the scores for quality of life and self-esteem among the elderly in an urban community. A cross sectional, quantitative and analytical household survey was conducted with 1,691 elderly person's resident in an urban area in a country in Minas Gerais state. The WHO Quality of life questionnaires and the Rosenberg self-esteem scale were used in this study. The self-esteem scores

showed an average of 9.36 ± 4.09 . A descriptive statistical analysis and a linear regression model were conducted the adjusted analysis ranged from 0.160 to 0.534.

Chiang KJ, et al., (2010) conducted a study to analyze the self-esteem among the elderly. This randomized, controlled trial consisted of 75 elderly males from a Veterans' homes in Northern Taiwan, 36 of whom were in the experimental group and 39 of whom were in the control group. The subjects in the experimental group participated in a 4 weeks intervention exercise. The subject had a mean age of 70 years. The findings showed a mean of 35.63 ± 5.25 for self-esteem, indicating a high level of self-esteem (66.2%) among the elderly.

Collins AL, et al. J., (2009) conducted a study to examine the resilience of self-esteem after a loss in the lives of older adults. Specifically, the authors investigated the relationship between loss and change in self-esteem during one month period. Study was used to examine loss in the domains of health, financial security, or work and career and self-esteem before and after the loss. There was a small but significant decrease in self-esteem. The low incidence of loss and small change in high levels of self-esteem are further evidence of resilience in older adults' psychological wellbeing.

Section – B Studies related to elderly people.

Engedal K., (2013) conducted a study to assess the depression among elderly people seventy-five studies, 38 clinical and 37 community settings, were included. Out of these, 44 were evaluated to be of higher quality. Studies recruiting samples of older persons with a major depressive disorder, moderate or severe cognitive impairment or those who were dependent on care were scarce, thus the research is not representative of such samples. The results found the relation between resources and

strategies of coping and depression to be strong in the majority of studies and positive religious coping were significantly associated with fewer symptoms of depression both in longitudinal and cross-sectional studies in clinical and community settings.

Guralnik et al., (2011) conducted a study to evaluate the older adults is primarily linked to their underlying chronic disease status and to physiological changes associated with aging. In the Established Populations for Epidemiologic Studies of the Elderly, intact mobility was defined as the ability to walk a half-mile and climb stairs without assistance. The epidemiological Studies of the elderly showed that, of those individuals aged 65 and older with intact mobility, 36% lost their mobility over the following four years. It was also estimated that the likelihood that these individuals would lose mobility altogether increased two-fold with each 10-year increase in age after 65 years.

Hae sook jeon., (2010) conducted a study to assess the stress and psychosocial resources play a crucial role in late-life depression. These study samples were aged 85 and older. The study used a convenience sample of 193 community-dwelling elders aged 85 and older with four interviews every six months. The results showed that changes in positive life events, daily hassles and mastery were significantly associated with changes in late-life depression among elderly people.

Glass et al., (2010) conducted a study to focused on negative life events to predict depression found that these events e.g., as loss of friends due to a move, death of a close relative/friends, illness of a close relative, loss of a hobby, victimization in a crime, admission to a nursing home, and hospitalization are significantly related to increased depressive symptoms among non institutionalized elders aged 65 and older. Although these two studies included longitudinal data, they only assessed between-

person differences in the associations between stress and depression, which limited understanding of the long-term patterns within individuals.

Section-C Studies related to the effectiveness of calisthenics exercise on other conditions.

Leslie H. Willis., (2014) conducted a study to assess the calisthenics, a form of resistance training, continue to increase in popularity; however, few studies have examined their effectiveness for muscle strength improvement. The purpose of this study was to compare progressive calisthenics push-up training to free weight bench press training as techniques to develop muscle strength and thickness. Twenty-three healthy, moderately trained males (mean \pm standard deviation: age 23 ± 6.8 years) were randomly assigned to push-up training (n=14) and bench press training (n=9), and trained three days per week for four weeks. Muscle thickness, seated medicine ball put, one repetition max bench press, and push-up progression were measured pre- and post-training. The study result shows that there was significant improvement in muscle strength.

C A Johnston, D M Lindsay, J P Wiley., (2014) conducted a retrospective case study to review the effectiveness of calisthenics exercise in the treatment of iliopsoas syndrome. This study relates the outcome of an exercise program (hip rotation calisthenics exercises and stretching) to address clinical deficiencies observed in iliopsoas syndrome. Studied pain and activity limitation for 9 patients before and after application of the rehabilitation program. The tool used to assess pain was a 4-point ordinal scale. The result showed that pain and function improvement occurred in 7 of 9 (77%) patients. Five patients improved by at least 2 pain/activity levels at the time of follow-up all but 2 patients were able to return to full activity. This study

concluded that a specific exercise regimen incorporating hip rotation might improve function and reduce pain for patients with iliopsoas syndrome.

SL Cassidy, DH Nielsen., (2013) conducted a study to assess the cardio respiratory responses of healthy subjects to calisthenics performed on land versus in water. Forty healthy subjects performed one upper-extremity and one lower-extremity exercise at three selected cadences on land and in water. Steady-state heart rate was determined by electrocardiographic radio telemetry and expressed as a percentage of age-predicted maximal heart rate. Percentage of age-predicted maximal heart rate was used as the criterion measure of relative exercise intensity. Oxygen consumption was determined by the open-circuit method. Results indicated systematic increase in oxygen consumption from 2 to 9 metabolic equivalents and 40% age-predicted maximal heart rate from 45% to 73% with increased cadence. The oxygen consumption responses were highest during water exercise, whereas 48% age predicted maximal heart rate was greater during land exercise. Based on the magnitude of the responses, water calisthenics appear to be of sufficient intensity to elicit training adaptations.

Elisabeth Preisinger, Katharina Kerschan-Schindl., (2012) conducted a long term observational study to assess the long-term effects of calisthenics home exercises on the incidence of fractures in postmenopausal women. The samples selected were post menopausal women between 45 and 75 years of age. The number of fractures before and during the observation time was recorded by means of a questionnaire. Vertebral deformities due to fractures were diagnosed by X-rays at entry and at follow-up. Walking speed, muscle strength, static post urography, and maximum oxygen uptake were measured in addition. The results showed that after a follow-up 73 women of the exercise group and 64 subjects of the control group were

investigated. Thirty-three per cent of the exercise group reported to have exercised continuously at least three times a week for 20 minutes. The incidence of fracture was lowest in women with a baseline bone mass less than one standard deviation below the mean for young adults.

W M Kohrt, R J Spina., (2011) conducted a study to evaluate the heart rate of elderly people after prescribing exercise intensity. Participants were 112 healthy but sedentary women, aged 66 to 72 years, who performed treadmill walking at four speeds. Subjects were recruited from the community, and exercise tests were performed at a university laboratory facility. Maximal aerobic power and maximal heart rate were determined during treadmill walking. The results indicate that heart rate expressed as a percentage of maximal heart rate is an appropriate method of prescribing exercise intensity in healthy, sedentary 60- to 72-year-old women.

Invergo, Ball, & Looney., (2010) conducted a study to evaluate the push-up exercise may be one of the most recognizable calisthenics exercises today. The push-up is used to improve specific musculoskeletal characteristics in the chest, shoulders, arms, and trunk. The primary muscles utilized during the push-up are the pectorals major and triceps brachial. The most common form of progression prescribed to trainees is to increase the number of repetitions of the exercise. This type of progression has little to do with muscular strength, but has established the push-up as a very popular method for improving and assessing a person's muscle strength.

Jhila Rudra., (2010) conducted a study to assess the symmetrical and asymmetrical hip rotation and its relationship to hip rotator muscle strength. The sample size selected for the study was 64. Muscle strength was measured in the standard 0 degrees and mid-range hip positions. The samples were divided into three groups depending on hip rotation, symmetrical, internal rotation greater than external

rotation and external rotation greater than internal rotation. The result of the study showed that difference in muscle strength of the hip rotators is dependent upon the position and the type of hip rotation either symmetrical or asymmetrical.

Michael T Cibulka, Michael J Strube, Damon Meier., (2009) conducted an evaluative study designed to determine 1-month calisthenics exercise program can improve self-reported physical functioning limitations among healthy, physically inactive older individuals. Ninety-four community residents ages 65 to 96 (M age = 72.8 years, standard deviation = 5.1) volunteered to participate in the study. Participants were randomly assigned to either a 1-month experimental group (n = 49), which exercised twice per week for 60 min, or a wait-list control group (n = 45). A 6-item self-report physical functioning scale was used. Overall, the experimental group had 65% improvement across all 6 functional status measures ranging from daily activities such as walking and lifting to moderate-vigorous activities such as running. It was concluded that the 1-month calisthenics exercise program was effective for improving functional status in healthy, physically inactive older adults.

Kim JM, Stewart R., (2009) conducted a study to assess the long term effect of calisthenics exercise to estimate the incidence and prevalence of insomnia and associate with depression and physical illness. 1204 elderly people aged 65 years and above were assessed at baseline observation. 909 of them were re-assessed after 2 years. The researcher reported that 27% of elderly people had insomnia at baseline observation, and it increased to 40% at subsequent observation. Baseline depression was significantly associated with incidence and prevalence of insomnia. The study concluded that insomnia was common in that population and was closely related to depression and physical illness.

Section -D Studies related to the effectiveness of calisthenics exercise on improving the level of self-esteem.

Jong Im Kim and Sun Kyung Kim., (2012) conducted a study to evaluate the calisthenics exercise on self esteem in the older adults. This was a single-group experimental study with pre- and post-tests given to 57 community older adults. The aerobic exercise program was conducted in three different districts in city. It was conducted once per week for 8 weeks. The outcome measures were self-esteem, self concept and image. Data were analyzed using descriptive statistics and paired t-test. Following the intervention, there were significant improvements in self concept and self-esteem. The aerobic exercise program may be an effective nursing intervention as it has a positive impact on both the physical and psychological health of community older adults.

Deepika Papneja., (2012) conducted a study to evaluate the effects of self esteem and Strong exercise program on the physical and psychological function of community old age people experiencing low self esteem. This was a single-group experimental study with pre-test and post-tests given to 57 community old age people. The exercise program was conducted in three different districts in city. It was conducted once per week for 8 weeks. Following the intervention, there was a significant improvement in balance, flexibility of the left shoulder, and self-esteem. The exercise program may be an effective nursing intervention as it has a positive impact on both the physical and psychological health of the elderly people.

Ramesh and Subramanian., (2011) conducted a study on the effect of aerobic and calisthenics exercise on health related self concept, confidence and depression of old age people. Their age ranged from 50 to 70 years. They were

divided into two groups and assigned as the experimental group and control group. The Experimental group was given aerobic and calisthenics exercise for a period of three months, both morning and evening for five days in a week. However, the control group was not allowed to participate in aerobic and calisthenics exercise training programme. The result of this study indicated that self concept, self confidence was improved.

Zahra Fathirezaie., (2011) conducted a study to evaluate the self esteem changes resulting from a six-month public health model intervention that encouraged seniors 62–91 years of age living in two low-income congregate housing facilities to increase their self esteem by participating in existing community-based physical activity classes and programs of their choice. Using a comparison-group design, the intervention group was more active for all comparison months of the intervention period. The intervention also was associated with improvements in self-esteem though not with an array of other measures of health-related quality-of-life. An intervention promoting increased self esteem through the use of existing community resources may help increase self esteem in older adults.

B Kara, L Pinar., (2011) conducted a study to assess the effect of exercise on aerobic fitness, and the correlations between self esteem and cognition. In this study, an aerobic exercise program consisting of sub-maximal level calisthenics exercises was devised for relatively healthy women between 60 and 80 years old, attending a solidarity center for the aged for daily activities. The rhythmic and entertaining calisthenics exercises were performed by the older women for four months, three days a week, 40 or 50 minutes a day. Tests for aerobic capacities, self esteem were carried out during the sedentary period and after the exercise program.

The results revealed significant improvements in aerobic capacity, self esteem, and some of the cognitive functions after the 4-month exercise program.

Robins RW, Trzesniewski., (2011) conducted a study to test the feasibility and effectiveness of the Senior Exercise Self-efficacy Project using a randomized control trial. The total sample included 166 persons, with a mean age of 73 years (standard deviation=8.2), the majority of whom were female (81%). There were 100 participants in the intervention group and 66 in the comparison group. The primary outcomes included self-efficacy, outcome expectations, exercise, and overall physical activity, and the secondary outcomes were mental and physical health-related quality of life, depressive symptoms, pain, and fear of falling, mobility, and chair rise time. Data were collected at baseline and following the 12-week intervention. There were statistically significant improvements in outcome expectations, time spent in exercise, and depressive symptoms. Overall, there was a 77% rate of participation.

Reed et al. (2010) conducted a study to focus on the effect that exercising in an outdoor space had on self-esteem in the United Kingdom. In a movement referred to as calisthenics exercise that individuals would experience an increase in self esteem by relying on the environment for enjoyment and distractibility, which they believed would lead to people feeling better about them-selves. Participants in this study were elderly people between the ages of 50 and 65. Participants completed a questionnaire on what they thought their self concept and self efficacy, the Rosenberg Self-Esteem Scale and the Ratings of Perceived Exertion scale was used to analyze the self esteem. The study results shows that self-esteem were 50 and 65 respectively. Seventy five (33.8%) elderly had low self-esteem and 146 (66.2%) had high self-esteem. Give the significance role of self esteem in elderly people.

Mridha., (2010) conducted a study to assess the self esteem and self concept in older adults. Twenty male subjects in each of the groups 50-69 years were the subjects of this study. Each group divided into experimental group and control group. All experimental groups underwent into individual specific exercise programme (50-70 min/session and 5 for calisthenics exercise, 5 sessions/week for one year). Exercise programme consisted of push up, jogging/walking, stretching, and cool-down exercise. Control groups did not take part in any physical activity programme. Self esteem was measured by Rosenberg self esteem scale. Pre- and post-tests were analyzed before and after one-year experimental period. Pre- and post-test data were made by paired and independent test and level of significance was set at 0.05 level of confidence. Calisthenics has the potential to be an effective.

Kraemer & Ratamess, et al., (2009) conducted a study to evaluate the self esteem that allowed for 10-12 repetitions per set, increasing the resistance by approximately 20% when subjects could perform more than the desired number of repetitions, 12, for three consecutive sets. “The calisthenics training group” however, only added repetitions to their exercises in order to increase training intensity. Once repetitions reach numbers greater than the strength training stimulus, muscular strength improvements are no longer the training variable being impacted. The result of this study indicated that self esteem was improved.

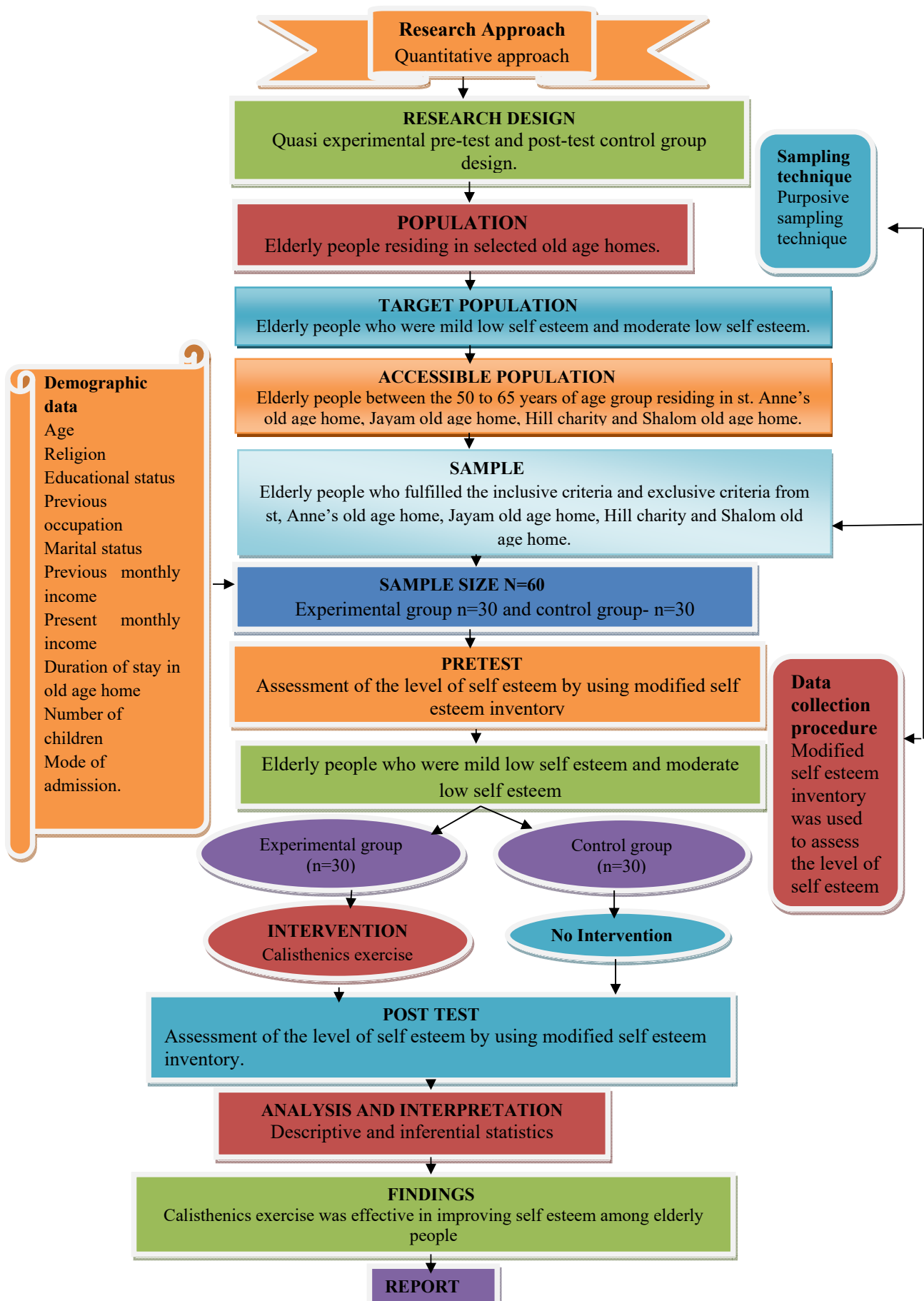


FIGURE 2: SCHEMATIC REPRESENTATION OF RESEARCH METHODOLOGY

CHAPTER - III

RESEARCH METHODOLOGY

Research methodology refers to the techniques used to structure a study and to gather and analyze information in a systematic fashion. **(Polit and Hungler., 2000).**

Methodology includes the steps, procedures and strategies for gathering and analyzing the data in the research investigation.

This chapter deals with the research approach, research design, variables, setting of the study, population, sample, sample size, sampling technique, criteria for sample selection, development and description of tool, scoring procedure, Development of intervention, content validity, reliability, pilot study, data collection procedure, plan for data analysis and protection of human rights.

RESEARCH APPROACH

Quantitative research approach was used in this study.

RESEARCH DESIGN

The research design adopted for this study was quasi experimental pre-test and post-test control group design. It is diagrammatically represented as,

GROUP	PRE-TEST	INTERVENTION	POST-TEST
EXPERIMENTAL GROUP	O ₁	X	O ₂
CONTROL GROUP	O ₃	–	O ₄

Fig 3; Schematic representation of research design

Keys:

O_1 : Pre-test level of self-esteem in experimental group.

O_2 : Post-test level of self-esteem in experimental group.

X : Calisthenics exercise

_ : No intervention

O_3 : Pre-test level of self-esteem in control group.

O_4 : Post-test level of self-esteem in control group.

VARIABLES**Independent variable**

The independent variable of this study was calisthenics exercise.

Dependent variable

The dependent variable of this study was level of self-esteem.

Demographic variable

The demographic variables of the study includes age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

SETTING OF THE STUDY

The setting of the study refers to the area where the study was conducted. The study was conducted in 4 old age homes in Tirunelveli district. The old age homes were St. Anne's old age home, Jayam helping home trust, Shalom old age home and Hill charity old age home in Tirunelveli District.

Setting - I

The St. Anne's old age home was situated 62 kms away from Sri K.Ramachandran Naidu College of nursing. The total population of elderly people in this home was 35 females between the age group of 50 to 65 years. The facilities

available in this home were free food, accommodation, medical services and recreational activities. This home was allotted for experimental group.

Setting - II

The Shalom old age home was situated 62 kms away from Sri K.Ramachandran Naidu College of nursing. The total population of elderly people in this home was 30 females and 3 males between the age group of 50 to 65 years of age group. The facilities available in this home were free food, accommodation and medical services were rendered twice in a week. This home was allotted for experimental group.

Setting - III

The Jayam helping home trust was situated 65 kms away from Sri K.Ramachandran Naidu College of nursing. The total population of elderly people in this home was 33 females and 5 males between the age group of 50 to 65 years. The facilities available in this home were free food, shelter and medical services were rendered once in a week. This home was allotted for control group.

Setting - IV

The Hill charity old age home was situated 65 kms away from Sri K.Ramachandran Naidu College of nursing. The total population of elderly people in this home was 30 females between the age group of 50 to 65 years of age group. The facilities available in this home were free food, shelter, recreational activities and medical services. This home was allotted for control group.

POPULATION

The population of the study was elderly people who were residing in St.Anne's old age home, Jayam helping home trust, Shalom old age home and Hill charity old age home at Tirunelveli District.

Target population

The target population of the study was elderly people who were mild low self esteem and moderate low self esteem.

Accessible population

The accessible population of the study was elderly people with mild low self esteem and moderate low self esteem residing in St. Anne's old age home, Jayam helping home trust, Shalom old age home and Hill charity old age home at Tirunelveli District.

SAMPLE

The elderly people between the 50 to 65 years of age group who fulfilled the inclusive criteria and exclusive criteria from St. Anne's old age home, Jayam helping home trust, shalom old age home and Hill charity old age home were the samples of the study.

SAMPLE SIZE

The sample size consists of 60 elderly people, among them 30 were allotted to experimental group and 30 samples were allotted to control group.

SAMPLING TECHNIQUE**STEP - I**

The researcher selected St. Anne's old age home and shalom old age home for experimental group.

The total population of St. Anne's old age home was 35 females. Non probability purposive sampling technique was used to select the samples. The pre-test was given with Modified Self esteem inventory to all the elderly people in St. Anne's old age home and scoring was done in that 4 of them were having fairly good self esteem, 6 of them were having mild low self esteem, 9 of them were having moderate

low self esteem, 8 of them were having severe low self esteem and 8 of them were having profound low self esteem.

The total population of Shalom old age home was 33 elderly people which include 30 females and 3 males. Non probability purposive sampling technique was used to select the samples. The pre test was given with modified self esteem inventory to all the elderly people in shalom old age home in that 5 of them were having fairly good self esteem, 4 of them were having mild low self esteem 11 of them were having moderate low self esteem 7 of them were having severe low self esteem and 3 of them were having profound low self esteem.

Based on the pre-test scores, inclusion and exclusion criteria the researcher assigned 30 samples to the experimental group.

STEP – II

The researcher selected Hill charity old age home and Jayam helping home trust old age home for control group.

The total population of Hill charity old age home was 30 females. Non probability purposive sampling technique was used to select the samples. The pre-test was given with Modified Self esteem inventory to all the elderly people and scoring was done in that 4 of them were having fairly good self esteem, 3 of them were having mild low self esteem, 12 of them were having moderate low self esteem, 7 of them were having severe low self esteem and 4 of them were having profound low self esteem in hill charity old age home

The total population of Jayam helping home trust was 38 which include 33 females and 5 males. Non probability purposive sampling technique was used to select the samples. The pre test was done with modified self esteem inventory to all the elderly people and scoring was done in that 2 of them were having fairly good self

esteem, 7 of them were having mild low self esteem, 8 of them were having moderate low self esteem, 10 of them were having severe low self esteem and 6 of them were having profound low self esteem in Jayam helping home trust.

Based on the pre-test scores, inclusion and exclusion criteria the researcher assigned 30 samples to the control group.

CRITERIA FOR SAMPLE SELECTION

Inclusive criteria:

- Female elderly people those who were in the age group of 50 to 65 years.
- The elderly people who were willing to participate in the study.
- The elderly people who were having mild low self esteem and moderate low self-esteem.

Exclusive criteria:

- The elderly people who are physically and psychologically handicapped.
- The elderly people who have systemic illness.
- The elderly people who had already practicing calisthenics exercise.
- The elderly people who had fairly good self-esteem, severe low self-esteem and profound low self esteem.

DEVELOPMENT AND DESCRIPTION OF TOOL:

The tool consists of two sections. Section-A and Section-B

Section-A-Demographic variables

Section A consists of demographic variables. It includes age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

Section-B- Modified Self esteem inventory

Section B consists of Modified Self esteem inventory. The inventory assess the self identity, self image, self confident, self worth and interpersonal relationship of elderly people.

SCORING PROCEDURE:

It is a 5 point Likert scale. It consists of 30 items and the items were scored as 1-Never, 2-Rarely, 3 - Sometimes, 4 -Frequently, 5 - Almost always. Total score is 150.

The score is interpreted as follows

SCORE	DESCRIPTION
30	Fairly good self esteem
31-60	Mild low self esteem
61-90	Moderate low self esteem
91-120	Severe low self esteem
121-150	Profound low self esteem

DEVELOPMENT OF INTERVENTION

Calisthenics exercise is a form of exercise consisting of a variety of movements which exercise large muscle groups such as standing, walking, side bending, arm swing and pushups. Calisthenics are great way to build muscle and improve mood. Calisthenics also act as a self confidence and self esteem booster.

Calisthenics exercise is a set of exercise consisting of a variety of gross motor movements standing, walking, side bending, arm swings, push-ups often performed rhythmically with minimal equipment.

The researcher explained and demonstrated calisthenics exercise.

EXERCISE I: WALKING

Time- 10 minutes

Steps

- Gathered the elderly people in the ground.
- Told them to start walking for 8 minutes.
- After walking made them to relax for 2 minutes.

EXERCISE II: STANDING

Time-8 Minutes

Steps

- Gathered the elderly people in the prayer hall.
- Told them to think positively and straightly focus on the bell.
- Encouraged them to stand straightly for 8 minutes.
- Positive feedback was given to motivate them feel better.

EXERCISE III: SIDE BENDING

Time – 8 minutes

Steps

- Told the elderly people to sit in a chair in straight position.
- Told them to place the right hand on their back of the head,
- Slightly bending on left side,
- And place the left hand on their back of the head,
- Slightly bend the head and hip for right side,
- Do the same exercise for five times in each side,
- Made them to relax.

EXERCISE IV: ARM SWINGS

Time- 10 minutes

Steps

- Told the elderly people to stand in a same place.
- Maintained a distance of 10 feet between each individual person.
- Told the elderly people do the forward rotation of both upper extremities for five times in each side.
- In the same way do the backward rotation of both upper extremities for five times in each side.

EXERCISE V: PUSH-UPS

Time- 6 minutes

Steps

- Made the elderly people to lie in prone position.
- Told the elderly people to lift the head upwards.
- And made the legs to flex and moves upwards.
- Do the same exercise for three times.

Termination session – 3 minutes

Made them to calm and lie down and relax.

Duration: The calisthenics exercise was given for 45 minutes per day about 25 days from Monday to Saturday.

CONTENT VALIDITY

Content validity of the tool was established after obtaining certification from four nursing experts and two medical experts in the field of psychiatry. The suggestions given by the experts were incorporated in the final tool after consultation with the research guide.

RELIABILITY

The researcher tested the reliability of the tool by split half method by using Karl Pearson's correlation coefficient formula. The reliability score obtained was $r=0.08$ which showed a highly positive correlation of the tool. The tool was found to be feasible to conduct the study.

PILOT STUDY

It was a rehearsal for main study. The researcher conducted pilot study in Ponnagam old age home after obtaining formal permission from the Principal, Research and Ethical committee of Sri K. Ramachandran Naidu College of nursing and from the Director of Ponnagam old age home at Murambu and the study was conducted from 28/01/2019 to 02/02/2019.

The investigator introduced herself to the elderly people and established rapport with them. The investigator explained everything regarding the study and obtained an informed consent from them. Data pertaining to the demographic variables were collected. The total population of the Ponnagam old age home was 48 which include 36 females and 12 males. The pre-test was done with Modified Self esteem inventory. Based on the pre-test scores, inclusion criteria and exclusion criteria the researcher selected six samples with mild low self esteem and moderate low self esteem. Out of the 6 samples, 3 of them were allotted to Experimental group and 3 of them were allotted to control group.

The investigator gathered all the elderly people. The first day of intervention the investigator demonstrated the calisthenics exercise to the elderly people, from the next day the elderly people were practicing the calisthenics exercise under the supervision of investigator. The calisthenics exercise was given only to the experimental group for 45 minutes per day for 5 days and no intervention was given

to the control group. At the end of the intervention, on 6th day the post-test level of self-esteem was assessed by using the same tool and scored for both groups and result of the study was assessed for its effectiveness.

The pilot study revealed that there was a highly significant difference between the pre test and post-test level of self-esteem of elderly people in experimental group and control group at $P < 0.05$ level.

The result of the pilot study showed that the study was feasible and practicable to conduct the main study. There was no modification made in the tool after the pilot study.

PROCEDURE FOR DATA COLLECTION

The researcher obtained formal permission from the Principal, Research and Ethical committee of Sri.K.Ramachandran Naidu College of nursing and from the Director of St.Anne's old age home, Jayam helping home trust, shalom old age home and Hill charity old age home, Tirunelveli. Data collection was done in the old age homes from 04.02.2019 to 09.03.2019.

The investigator introduced herself to the elderly people and established rapport with them. The participants were assured that there was no physical or emotional harm done to them during the course of the study. The investigator obtained an informed consent from each participant. Assurance was given that their data was kept confidential.

PHASE – I PRE TEST FOR EXPERIMENTAL GROUP AND CONTROL GROUP.

The researcher was selected St.Anne's old age home and shalom old age home for experimental group. The total population of St.Anne's old age home was 35

females and shalom old age home was 33 elderly people which include 30 females and 3 males. The investigator used non probability purposive sampling technique to select samples. The pre-test was given with Modified Self esteem inventory to all the elderly people in St. Anne's old age home and scoring was done in that 6 of them were having mild low self esteem and 9 of them were having moderate low self esteem and in the same way pre test was given for the elderly people in shalom old age home in that 4 of them were having mild low self esteem and 11 of them were having moderate low self esteem. Based on the pre-test scores, inclusion and exclusion criteria the researcher selected 30 samples to experimental group.

In the same way the researcher selected Hill charity old age home and Jayam helping home trust for control group. The total population of Hill charity old age home was 30 females and Jayam helping home trust was 33 which include 30 females and 3 males. The pre-test was given with Modified Self esteem inventory to all the elderly people in Hill charity old age home and scoring was done in that 3 of them were having mild low self esteem and 12 of them were having moderate low self esteem and in the same way pre test was given for the elderly people in Jayam helping home trust in that 7 of them were having mild low self esteem and 8 of them were having moderate low self esteem. Based on the pre-test scores, inclusion and exclusion criteria the researcher assigned 30 samples to control group.

PHASE – II DEMONSTRATING THE CALISTHENICS EXERCISE.

Calisthenics exercise was given only to the experimental group. The investigator gathered all the elderly people. On first day of intervention the investigator demonstrated the calisthenics exercise to the elderly people, from the next day the elderly people were practicing the calisthenics exercise under the supervision of investigator. The exercise was practiced for 45 minutes per day from Monday to

Saturday. The total intervention was given for 25 days and no intervention was given to the control group.

PHASE – III POST TEST FOR EXPERIMENTAL GROUP AND CONTROL GROUP.

At the end of the intervention post-test level of self-esteem was assessed for both the groups by using the Modified self esteem inventory and scored for both groups. The collected data were analyzed and interpreted.

PLAN FOR DATA ANALYSIS:

Both descriptive and inferential statistics was used for data analysis.

Descriptive statistics:

- ❖ Frequency and percentage distribution was used to assess the demographic variables.
- ❖ Frequency and percentage distribution was used to assess the level of self-esteem among elderly people.
- ❖ Mean and standard deviation was used to assess the level of self-esteem among elderly people.

Inferential statistics:

- ❖ Unpaired 't' was used to compare the post-test level of self-esteem between experimental group and control group of elderly people.
- ❖ Paired 't' test was used to compare the pre-test and post-test level of self-esteem between experimental group and control group of elderly people.
- ❖ Chi-square test was used to find out the association between the post-test level of self-esteem of elderly people in experimental group and control group with their selected demographic variables.

PROTECTION OF HUMAN RIGHTS:

Ethical clearance was given by the Principal, Research and Ethical committee of Sri.K.Ramachandran Naidu College of nursing and got formal permission from the Director of old age homes. Informed consent was obtained from each elderly people before starting the data collection. Assurance was given to the elderly people that confidentiality was maintained throughout the data collection period the study subjects were safe and no adverse effects because of intervention done by the researcher.

CHAPTER - IV

DATA ANALYSIS AND INTERPRETATION

This chapter deals with the analysis and interpretation of data related to assessing the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age homes at Tirunelveli district.

Descriptive and inferential statistics were used to analyzing the data on the basis of the objectives of the study.

The data has been tabulated and organized as follows.

ORGANIZATION OF DATA:

The organization of the data is presented under the following sections

SECTION A: DESCRIPTION OF DEMOGRAPHIC VARIABLES OF ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP.

- ❖ Frequency and percentage distribution of demographic variables of elderly people in experimental group and control group.

SECTION B: ASSESSMENT OF THE LEVEL OF SELF ESTEEM OF ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP.

- ❖ Frequency and percentage distribution of the pre-test level of self esteem of elderly people in experimental group and control group.
- ❖ Frequency and percentage distribution of the post-test level of self esteem of elderly people in experimental group and control group.

SECTION C: COMPARISON OF THE EFFECTS OF CALISTHENICS EXERCISE ON IMPROVING THE LEVEL OF SELF ESTEEM OF ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP.

- ❖ Mean and standard deviation of the pre test level of self esteem of elderly people in experimental group and control group.
- ❖ Mean and standard deviation of the post test level of self esteem of elderly people in experimental group and control group.
- ❖ Mean and standard deviation of the pre test and post test level of self esteem of elderly people in experimental group.
- ❖ Mean and standard deviation of the pre test and post test level of self esteem of elderly people in control group.

SECTION D: ASSOCIATION BETWEEN THE POST TEST LEVEL OF SELF ESTEEM OF ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

- ❖ Association between the post test level of self esteem of elderly people in experimental group with their selected demographic variables.
- ❖ Association between the post test level of self esteem of elderly people in control group with their selected demographic variables.

SECTION A: DESCRIPTION OF DEMOGRAPHIC VARIABLES OF ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP.

Table 1: Frequency and percentage distribution of demographic variables of elderly people in experimental group and control group.

(N=60)

SI. NO	Demographic variables	Experimental group		Control group	
		f	%	f	%
1.	Age				
	51-55 years	13	43.3	8	26.7
	56-60 years	8	26.7	16	53.3
	61-65 years	8	26.7	6	20
	Above 65 years	1	3.3	0	0
2.	Religion				
	Hindu	7	23.3	13	43.3
	Christian	23	76.7	17	56.7
	Muslim	0	0	0	0
3.	Educational status				
	Illiterate	12	40	13	43.3
	Only school education	17	56.7	17	56.7
	Diploma education	1	3.3	0	0
	Professional education	0	0	0	0
4.	Previous occupation				
	Unemployed	4	13.3	8	26.7
	Coolie worker	26	86.7	22	73.3
	Private employee	0	0	0	0
	Government employee	0	0	0	0

5.	Marital status				
	Unmarried	1	3.3	4	13.3
	Married	25	83.4	26	86.7
	Divorced	0	0	0	0
	Widow	4	13.3	0	0
6.	Previous monthly income				
	Below Rs. 5000	26	86.7	28	93.3
	Rs.5001-10,000	4	13.3	2	6.7
	Rs. 10,001-20,000	0	0	0	0
	Rs. Above Rs. 20,001	0	0	0	0
7.	Present monthly income				
	Below Rs. 1000	28	93.3	27	90
	Rs.1,001-3,000	2	6.7	3	10
	Rs. 3,001-5,000	0	0	0	0
	Above Rs.5,001	0	0	0	0
8.	Duration of stay in old age home				
	Less than 1 year	4	13.3	8	26.7
	1-3 years	16	53.3	4	13.3
	4-6 years	7	23.4	15	50
	Above 6 years	3	10	3	10
9.	Number of children				
	No child	3	10	0	0
	Only one child	2	6.7	8	26.7
	2 children	6	20	11	36.6
	3 children	10	33.3	8	26.7
	More than 3 children	9	30	3	10
10.	Mode of admission				
	By own willing	11	36.7	4	13.3
	By their family members	19	63.3	26	86.7
	By Non-Governmental organization	0	0	0	0
	Through police	0	0	0	0

Table 1 depicts the frequency and percentage distribution of demographic variables of elderly people with respect to age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission in experimental group and control group.

With respect to age in experimental group, out of 30 samples 13 (43.3%) of them were belongs to the age between 51-55 years, 8 (26.7%) of them were belongs to the age between 56-60 years, 8 (26.7%) of the elderly people belongs to the age between 61-65 years, 1 (3.3%) of them were belongs to the age of above 65 years. Whereas in control group, out of 30 samples 8 (26.7%) of them were belongs to the age between 51-55 years, 16 (53.3%) of them were belongs to the age between 56-60 years, 6 (20%) of them were belongs to the age between 61-65 years, and none of them were in the age of above 65 years.

With regard to religion in experimental group, out of 30 samples 7 (23.3%) of them were Hindus, 23 (76.7%) of them were Christians, and none of them were Muslims. Whereas in control group out of 30 samples 13 (43.3%) of them were Hindus, 17 (56.7%) of them were Christians and none of them were Muslims.

With respect to educational status in experimental group, out of 30 samples 12 (40%) of them were illiterates, 17 (56.7%) of them were having only school education, 1 (3.3%) of them were having diploma education, and none of them having professional education. Whereas in control group, out of 30 samples 13 (43.3%) of them were illiterates, 17 (56.7%) of them were having only school education and none of them were having diploma education and professional education.

With respect to previous occupation in experimental group, out of 30 samples 4 (13.3%) of them were unemployed, 26 (86.7%) of them were coolie worker and

none of them were private employee and government employee. Whereas in control group, out of 30 samples 8 (26.7%) of them were unemployed, 22 (73.3%) of them were coolie worker and none of them were private employee and government employee.

With regard to marital status in experimental group, out of 30 samples 1 (3.3%) of them was unmarried, 25 (83.4%) of them were married, 4 (13.3%) of them were widows and none of them were in the category of divorced. Whereas in control group, out of 30 samples 4 (13.3%) of them were unmarried, 26 (86.7%) of them were married and none of them were in the category of divorced and widow.

With respect to previous monthly income in experimental group, out of 30 samples 26 (86.7%) of them belong to the income of below Rs. 5,000, 4 (13.3%) of them belong to the income of Rs. 5,001-10,000, and none of them were in the income category of Rs. 10,001-20,000 and above Rs. 20,001. Whereas in control group, out of 30 samples 28 (93.3%) of them belongs to the income of below Rs. 5,000, 2 (6.7%) of them belongs to the income of Rs. 5,001-10,000, and none of them belong to income of Rs. 10,001-20,000 and above Rs. 20,001.

With respect to present monthly income in experimental group, out of 30 samples 28 (93.3%) of them belong to the income of below Rs. 1,000, 2 (6.7%) of them belongs to the income of Rs. 1,001-3,000, and none of them belong to the income of Rs. 3,001-5,000 and above Rs. 5,001. Whereas in control group, out of 30 samples 27 (90%) of them belong to the income of below Rs. 1,000, 3 (10%) of them belong to the income of Rs. 1,001-3,000 and none of them belong to the income of Rs. 3,001-5,000 and above Rs. 5,001.

With regard to duration of stay in old age home in experimental group, out of 30 samples 4 (13.3%) of them were staying less than one year, 16 (53.3%) of them were staying 1-3 years, 7 (23.4%) of them were staying 4-6 years, 3 (10%) of them were staying above 6 years. Whereas in control group, out of 30 samples 8 (26.7%) of them were staying less than one year, 4 (13.3%) of them were belongs to the 1-3 years, 15 (50%) of them were staying 4-6 years and 3 (10%) of them were staying above 6 years.

With respect to number of children in experimental group, out of 30 samples 3 (10%) of them were having no child, 2 (6.7%) of them were having only one child, 6 (20%) of them were having 2 children, 10 (33.3%) of them were having 3 children and 9 (30%) of them were having more than 3 children. Whereas in control group, out of 30 samples 8 (26.7%) of them were having only one children, 11 (36.6%) of them were having 2 children, 8 (26.7%) of them were having 3 children, 3 (10%) of them were having more than 3 children and none of them were having no child.

With regard to mode of admission in experimental group, out of 30 samples 11 (36.7%) of them were admitted by own willing, 19 (63.3%) of them were brought by their family members, and none of them were admitted by non-governmental organizations and through police. Whereas in control group, out of 30 samples 4 (13.3%) of them were admitted by their own willing, 26 (86.7%) of them were brought by their family members and none of them were brought by non-governmental organizations and through police.

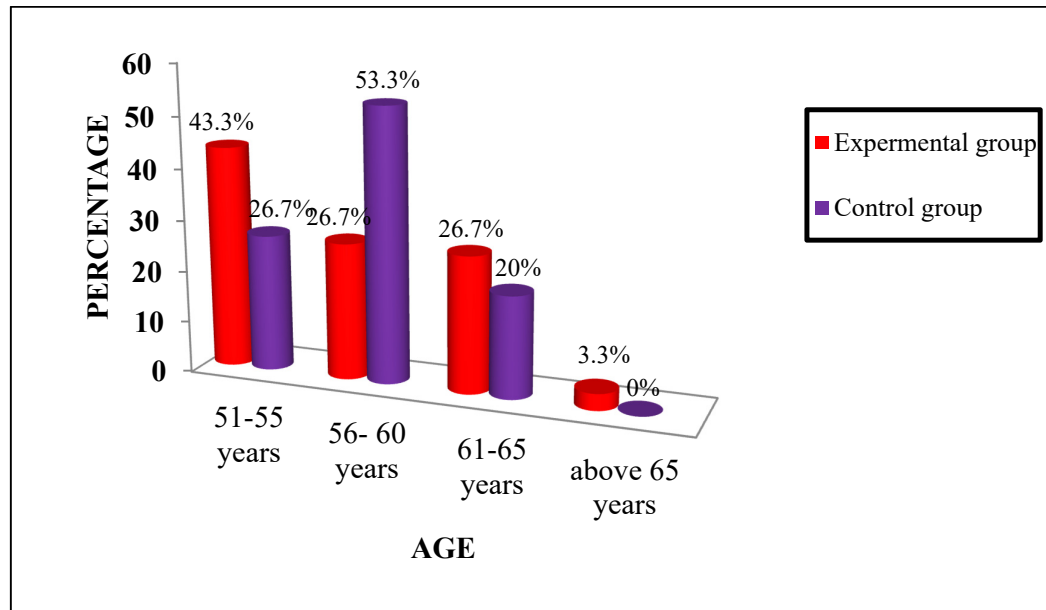


Figure 4: Percentage distribution of age of elderly people in experimental group and control group.

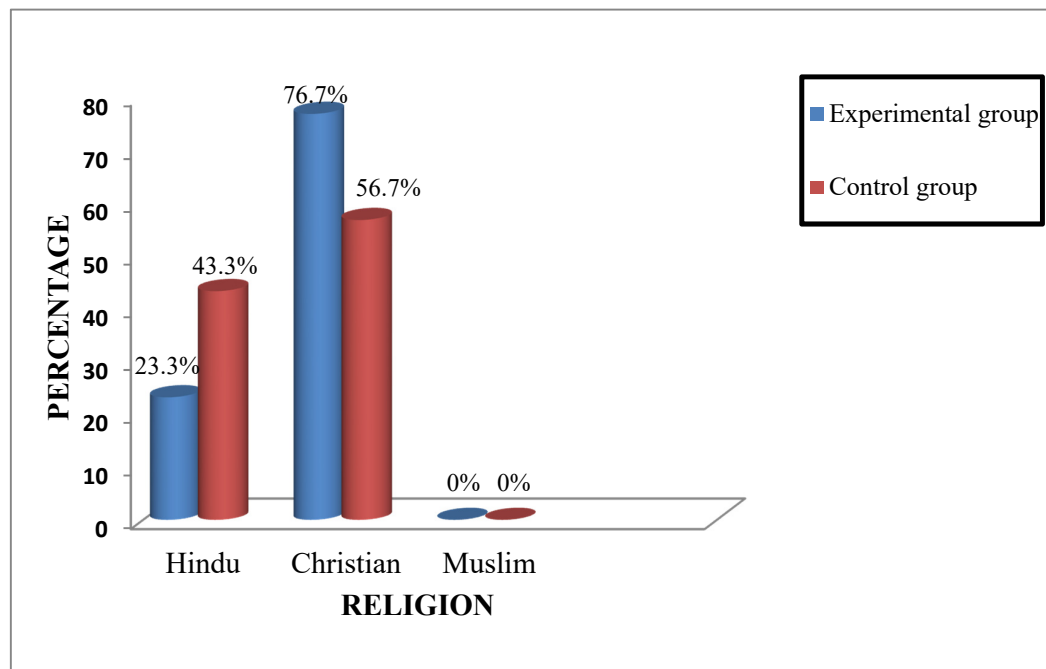


Figure 5: Percentage distribution of religion of elderly people in experimental group and control group.

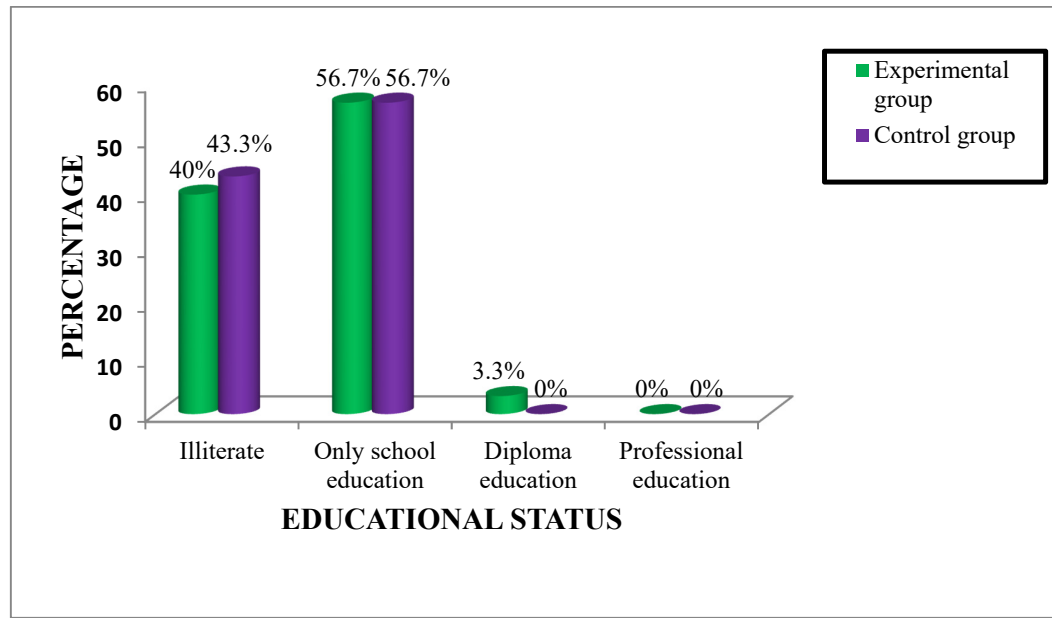


Figure 6: Percentage distribution of educational status of elderly people in experimental group and control group.

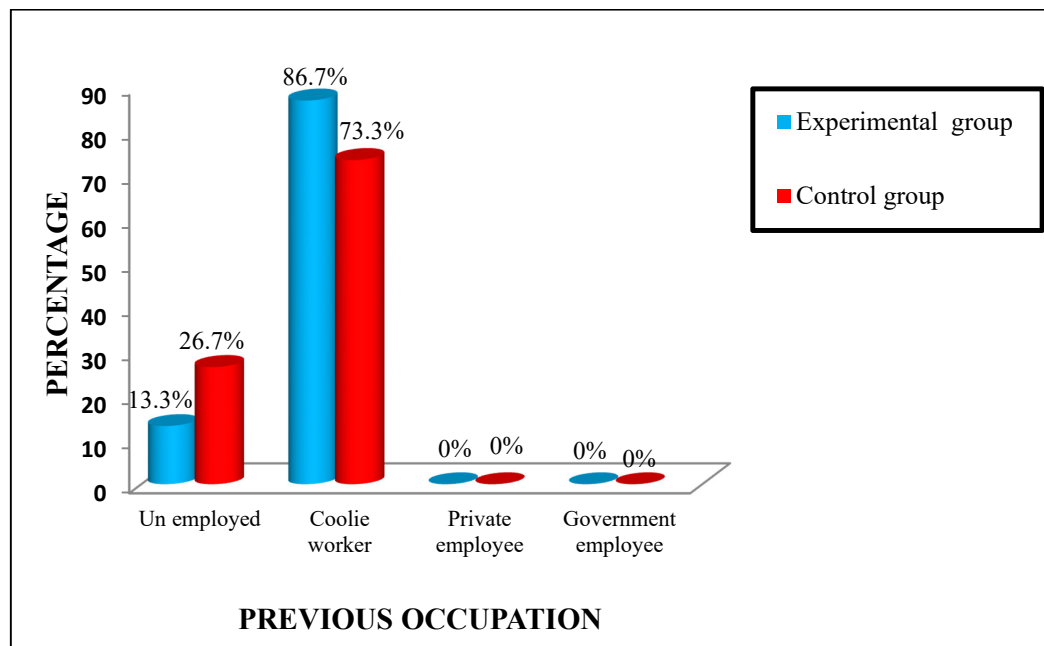


Figure 7: Percentage distribution of previous occupation of elderly people in experimental group and control group.

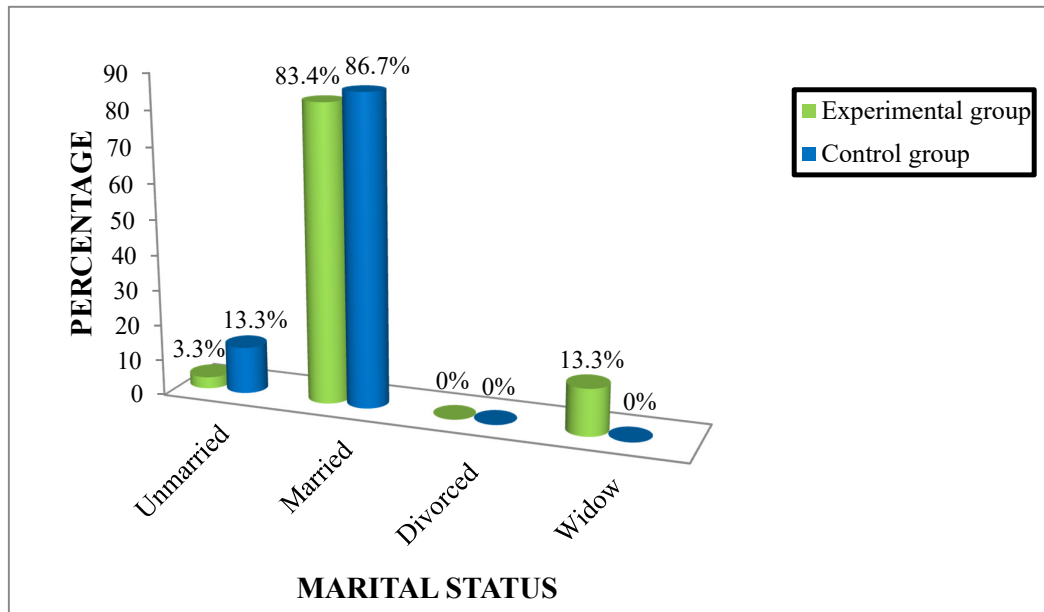


Figure 8: Percentage distribution of marital status of elderly people in experimental group and control group.

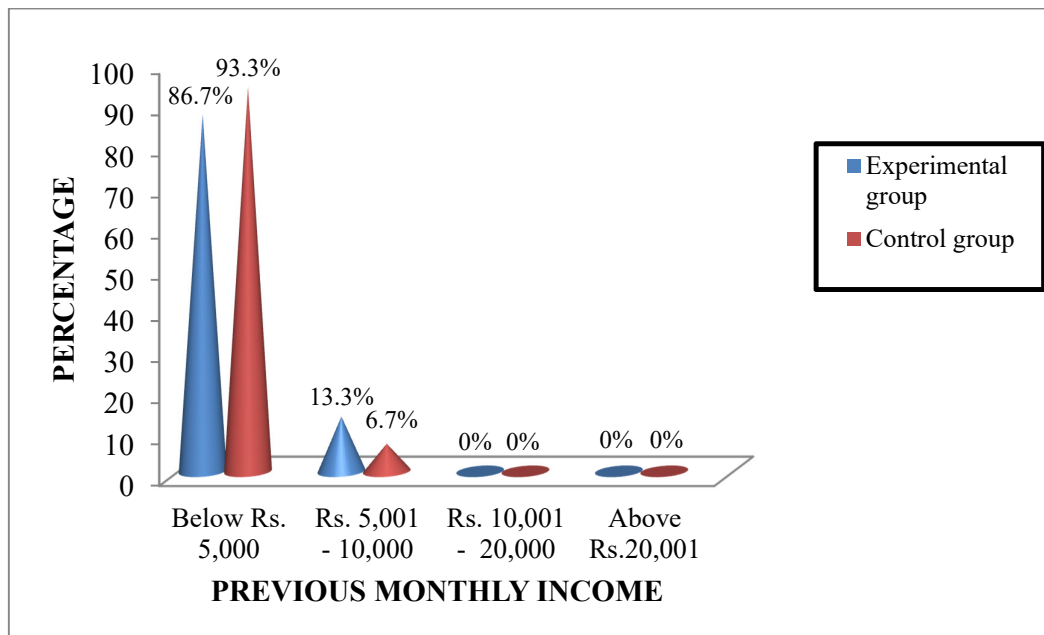


Figure 9: Percentage distribution of previous monthly income of elderly people in experimental group and control group.

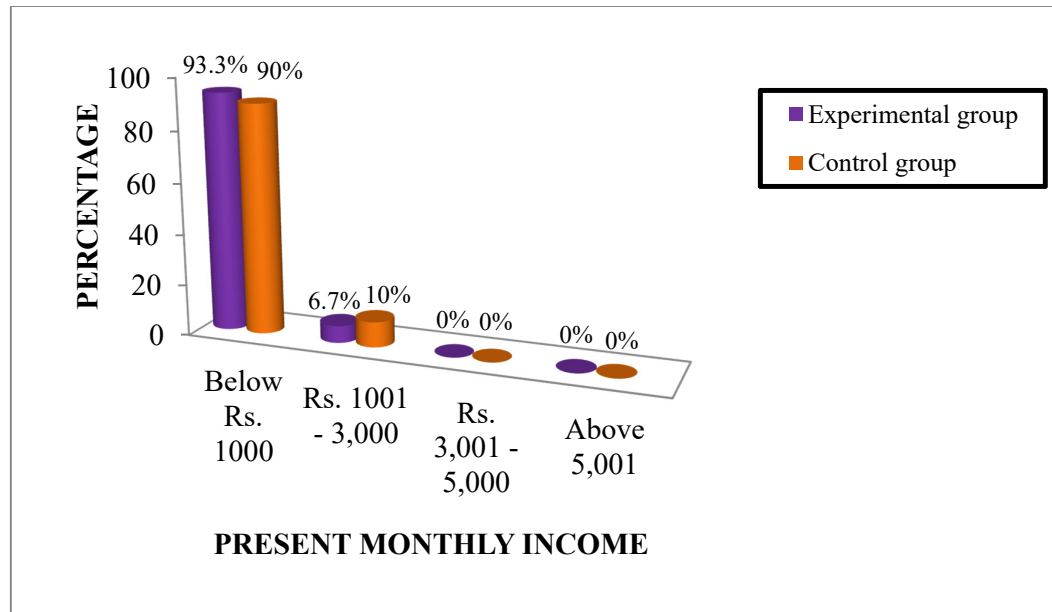


Figure 10: Percentage distribution of present monthly income of elderly people in experimental group and control group.

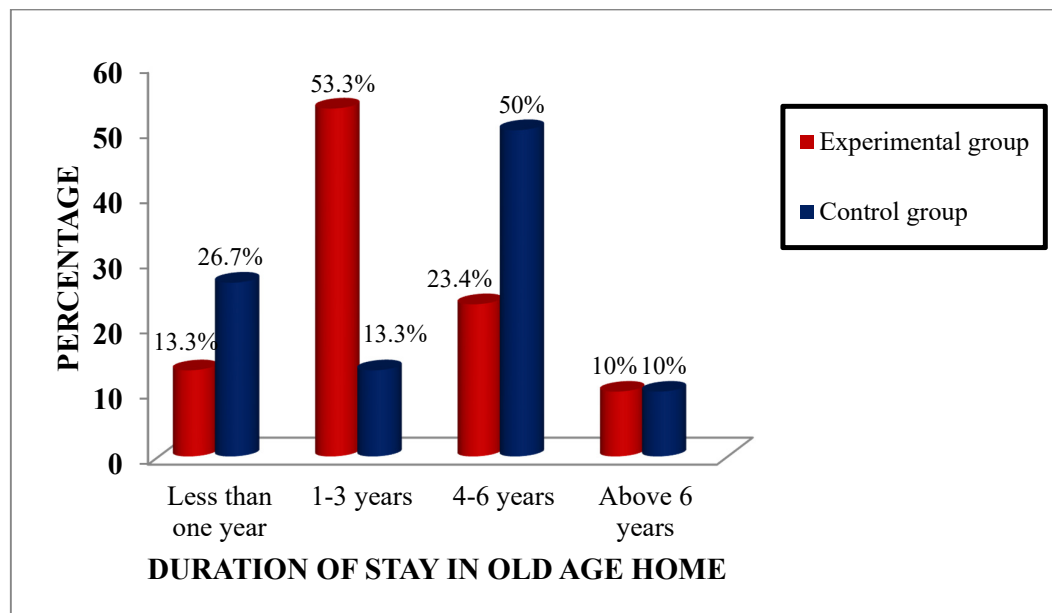


Figure 11: Percentage distribution of duration of stay in old age home of elderly people in experimental group and control group.

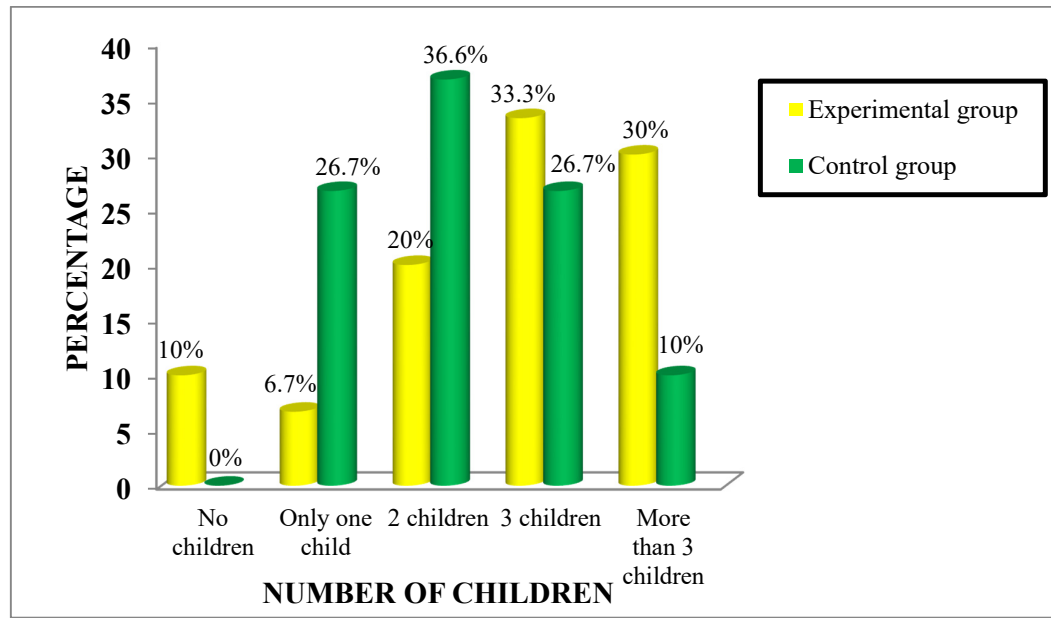


Figure 12: Percentage distribution of number of children of elderly people in experimental group and control group.

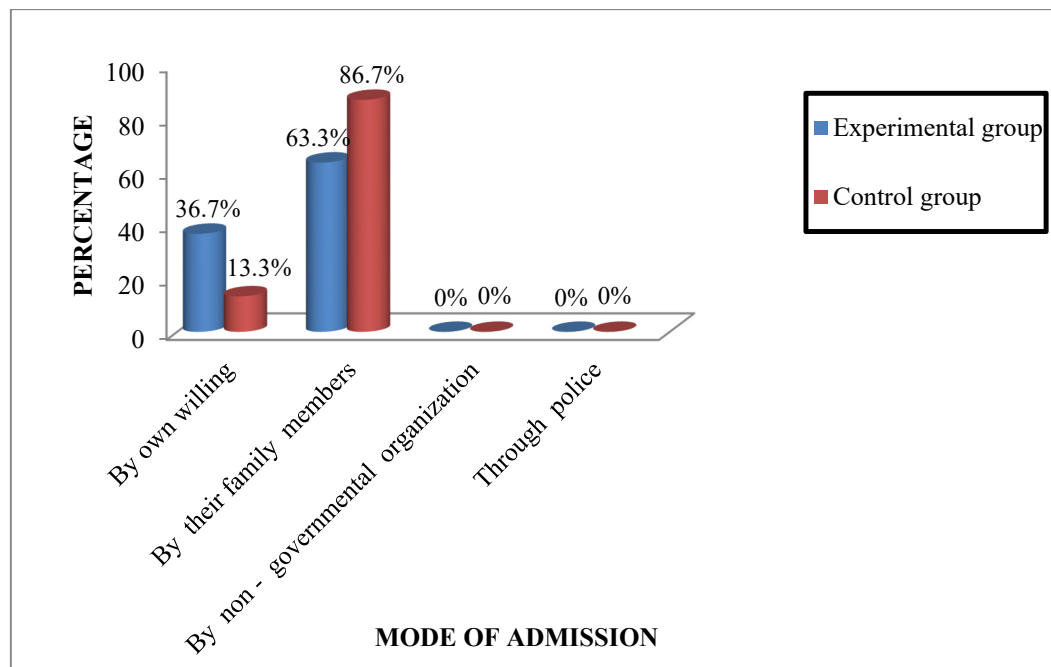


Figure 13: Percentage distribution of mode of admission of elderly people in experimental group and control group.

SECTION B: ASSESSMENT OF THE LEVEL OF THE SELF ESTEEM OF ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP

Table 2: Frequency and percentage distribution of the pre test level of the self esteem of elderly people in experimental group and control group.

(N=60)

S.NO	GROUP	PRE TEST LEVEL OF SELF ESTEEM									
		Fairly good self esteem		Mild low self esteem		Moderate low self esteem		Severe low self esteem		Profound low self esteem	
		f	%	f	%	f	%	f	%	f	%
1.	Experimental group	0	0	16	53.3	14	46.7	0	0	0	0
2.	Control group	0	0	20	66.7	10	33.3	0	0	0	0

The table 2 reveals the frequency and percentage distribution of the pre test level of self esteem of elderly people in experimental group and control group.

With regard to pre test level of self esteem in experimental group, out of 30 samples 16 (53.3%) of the elderly people were having mild low self esteem, 14 (46.7%) of them were having moderate low self esteem and none of them were having severe low self esteem, profound low self esteem and fairly good self esteem.

Whereas in control group out of 30 samples 20 (66.7%) of the elderly people were having mild low self esteem, 10 (33.3%) of them were having moderate low self esteem and none of them were having severe low self esteem, profound low self esteem and fairly good self esteem.

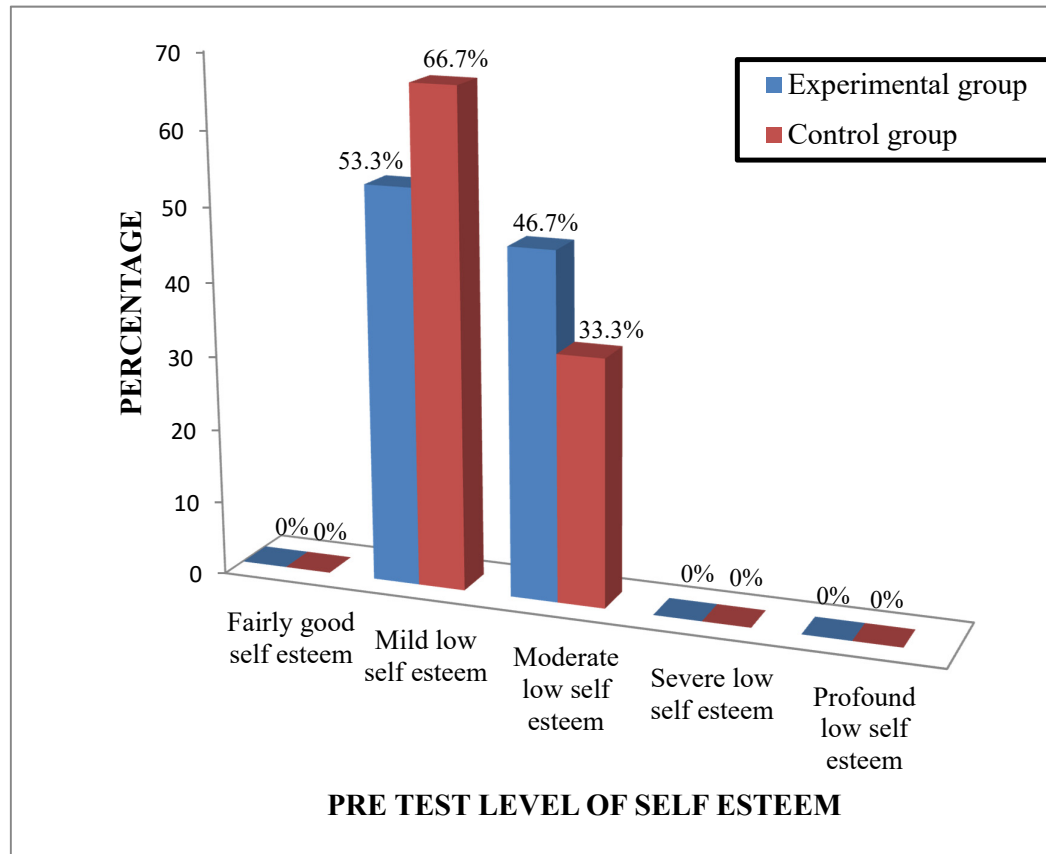


Figure 14: Percentage distribution of the pre test level of self esteem of elderly people in experimental group and control group.

Table 3: Frequency and percentage distribution of the post test level of self esteem of elderly people in experimental group and control group.

(N=60)

S.NO	GROUP	POST TEST LEVEL OF SELF ESTEEM									
		Fairly good self esteem		Mild low self esteem		Moderate low self esteem		Severe low self esteem		Profound low self esteem	
		f	%	f	%	f	%	f	%	f	%
1.	Experimental group	13	43.3	10	33.3	7	23.4	0	0	0	0
2.	Control group	0	0	22	73.3	8	26.7	0	0	0	0

The table 3 reveals the frequency and percentage distribution of the post test level of self esteem of elderly people in experimental group and control group.

With regard to the post test level of self esteem in experimental group out of 30 samples 13 (43.3%) of the elderly people were having fairly good self esteem, 10 (33.3%) of them were having mild low self esteem, 7 (23.4%) of them were having moderate low self esteem and none of them were having severe low self esteem and profound low self esteem.

Whereas in control group out of 30 samples 22 (73.3%) of the elderly people were having mild low self esteem, 8 (26.7%) of them were having moderate low self esteem and none of them were having severe low self esteem, profound low self esteem and fairly good self esteem.

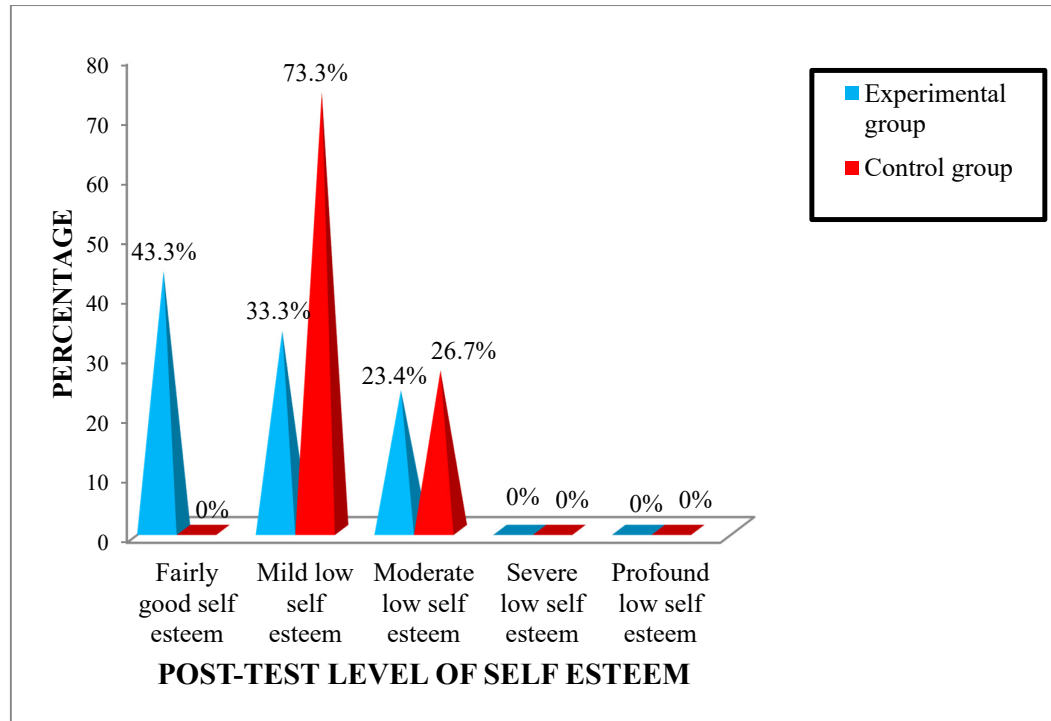


Figure 15: Percentage distribution of the post-test level of self esteem of elderly people in experimental group and control group.

SECTION C: COMPARISON OF THE EFFECTS OF CALISTHENICS EXERCISE ON IMPROVING THE LEVEL OF SELF ESTEEM OF ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP.

Table 4: Mean and standard deviation of the pre test level of self esteem of elderly people in experimental group and control group.

(N=60)

S.No	Group	Pre test		't' value
		Mean	Standard deviation	
1.	Experimental group	60.5	14.02	1.58
2.	Control group	45.3	12.1	NS#

NS# - No Significant

p<0.05

The table 4 shows the mean and standard deviation of the pre test level of self esteem of elderly people in experimental group and control group.

In experimental group the pre test mean value of self esteem was 60.5 with the standard deviation of 14.02. In control group the pre test mean value was 45.3 with the standard deviation of 12.1. The calculated 't' value was 1.58.

The findings showed that there was no significant difference in the mean pre test level of self esteem of elderly people in experimental group and control group.

Table 5: Mean and standard deviation of the post test level of self esteem of elderly people in experimental group and control group.

(N=60)

S.No	Group	Post test		't' value
		Mean	Standard deviation	
1.	Experimental group	64.5	16.29	3.42 S*
2.	Control group	50.3	14.9	

S*- Significant

p<0.05

Table 5 shows the mean and standard deviation of the post test level of self esteem of elderly people in experimental group and control group.

In experimental group the post test mean value of self esteem was 64.5 with the standard deviation of 16.29. In control group the post test mean value was 50.3 with the standard deviation of 14.9. The calculated 't' value was 3.42.

The above findings showed that the mean post test level of self esteem in experimental group was higher than the mean post test level of self esteem in control group of elderly people.

Table 6: Mean and standard deviation of the pre test and post test level of self esteem of elderly people in experimental group.

(n=30)

S.No	Group	Pre test		Post test		Mean Difference	't' test Value
		Mean	SD	Mean	SD		
1.	Experimental group	60.5	14.02	64.5	16.29	4	3.42 S*

S*- Significant

p<0.05

The table 6 reveals the mean and standard deviation of the pre test and post test level of self esteem of elderly people in experimental group.

In experimental group, it showed the mean value of self esteem was 60.5 with the standard deviation 14.02 in pre test and the mean value of 64.5 with the standard deviation 16.29 in post test. The mean difference was 4. The calculated 't' value was 3.42.

The findings showed that the mean post test level of self esteem among the elderly people was higher than the mean pre test level of self esteem in experimental group.

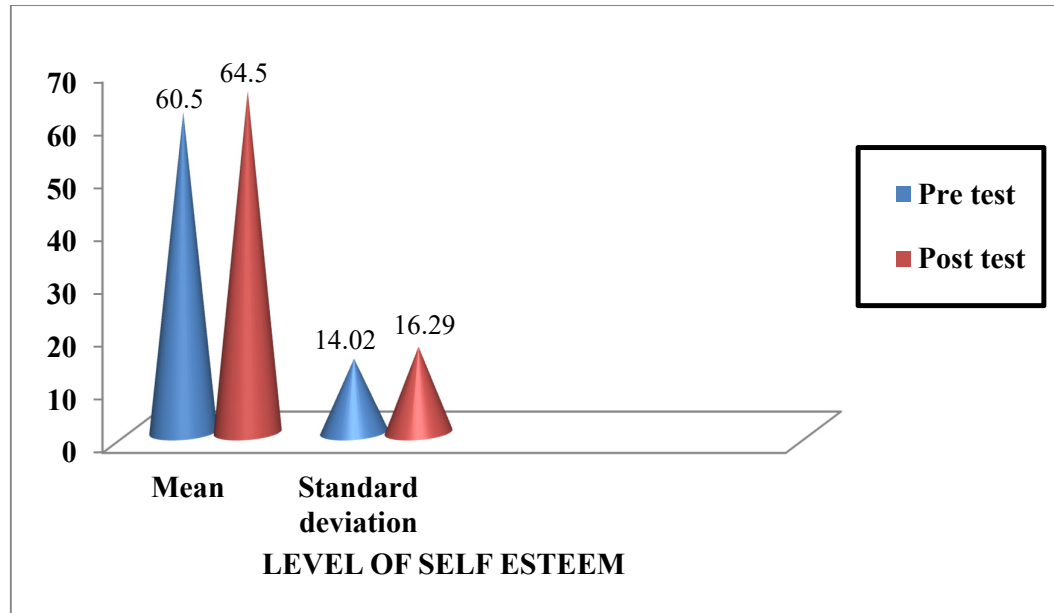


Figure 16: Mean and standard deviation of the pre test and post test level of self esteem of elderly people in experimental group.

Table 7: Mean and standard deviation of the pre test and post test level of self esteem of elderly people in control group.

(n=30)

S.No	Group	Pre test		Post test		Mean Difference	't' test Value
		Mean	SD	Mean	SD		
1.	Control group	45.3	12.1	50.3	14.9	5	2.41 S*

S*- Significant

P<0.05

Table 7 reveals the mean and standard deviation of the pre test and post test level of self esteem of elderly people in control group.

In control group, it showed the mean value of self esteem was 45.3 with the standard deviation 12.1 in pre test and the mean value of 50.3 with the standard deviation 14.9 in post test. The mean difference was 5. The calculated 't' value was 2.41.

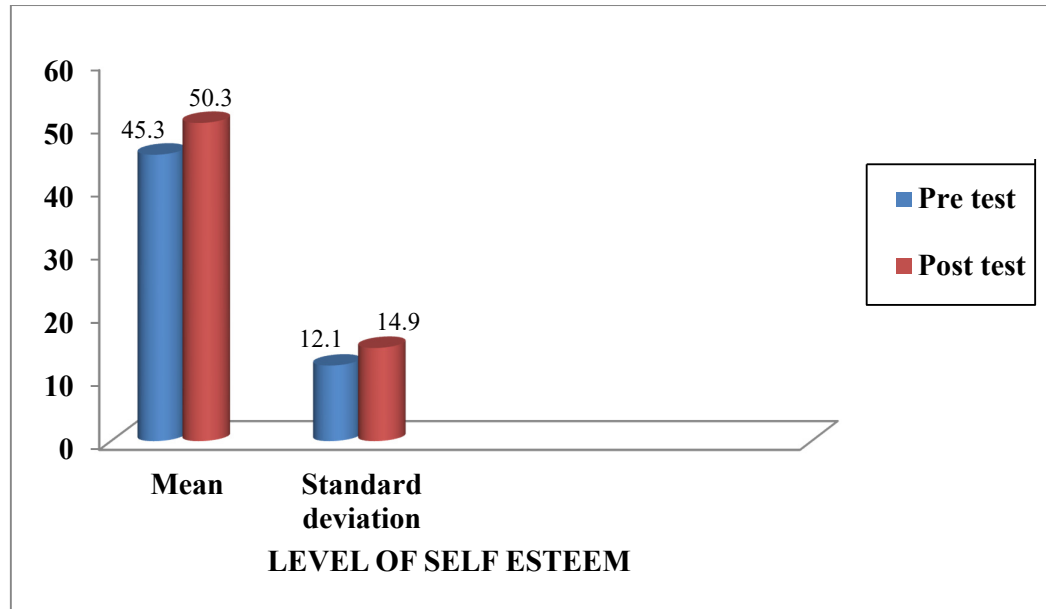


Figure 17: Mean and standard deviation of the pre test and post test level of self esteem of elderly people in control group.

SECTION D: ASSOCIATION BETWEEN THE POST-TEST LEVEL OF SELF ESTEEM AMONG ELDERLY PEOPLE IN EXPERIMENTAL GROUP AND CONTROL GROUP WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

Table 8: Association between the post test level of self esteem among elderly people in experimental group with their selected demographic variables.

(n=30)

S. No	Demographic Variables	Post-test level of self esteem										Chi square value X^2
		Fairly good self esteem		Mild low self esteem		Moderate Low self Esteem		Severe low self esteem		Profound low self esteem		
		f	%	f	%	f	%	f	%	f	%	
1.	Age											
	50-55 years	6	20	7	23	0	0	0	0	0	0	14.67 df=12 S*
	56-60 years	5	16.66	2	6.66	2	6.66	0	0	0	0	
	61-65 years	2	6.66	1	3.33	5	16.66	0	0	0	0	
	Above 65 years	0	0	0	0	0	0	0	0	0	0	
2.	Religion											
	Hindu	3	10	3	10	1	3.33	0	0	0	0	0.56
	Christian	10	33.33	7	23	6	20	0	0	0	0	df=8
	Muslim	0	0	0	0	0	0	0	0	0	0	NS#
3.	Educational status											
	Illiterate	4	13.33	6	20	2	6.66	0	0	0	0	3.71
	Only school education	8	26.66	4	13.33	5	17	0	0	0	0	

7.	Present monthly income											
	Below Rs.1,000	12	40	9	30	7	23.33	0	0	0	0	0.74 df=12 S*
	Rs.1,001-3,000	1	3.33	1	3.33	0	0	0	0	0	0	
	Rs.3,001-5,000	0	0	0	0	0	0	0	0	0	0	
	Above Rs.5,001	0	0	0	0	0	0	0	0	0	0	
8.	Duration of stay in old age home											
	Less than one year	1	3.33	2	6.66	1	3.33	0	0	0	0	6.22 df=12 NS#
	1-3 years	9	30	5	17	2	6.66	0	0	0	0	
	4-6 years	2	6.66	3	10	2	6.66	0	0	0	0	
	Above 6 years	1	3.33	0	0	2	6.66	0	0	0	0	
9.	Number of children											
	No child	1	3.33	2	6.66	0	0	0	0	0	0	7.04 df=16 NS#
	Only one children	0	0	2	6.66	0	0	0	0	0	0	
	2 children	2	6.66	3	10	1	3.33	0	0	0	0	
	3 children	6	20	2	6.66	2	6.66	0	0	0	0	
	More than 3 children	4	13.33	1	3.33	4	13.33	0	0	0	0	
10.	Mode of admission											
	By own willing	5	17	4	13.33	2	6.66	0	0	0	0	6.05 df=12 NS#
	By their family members	8	26.66	6	20	5	17	0	0	0	0	
	By nongovernmental organization	0	0	0	0	0	0	0	0	0	0	
	Through police	0	0	0	0	0	0	0	0	0	0	

NS# – No significant

S* – Significant

P < 0.05

Table 8 shows the association between the post test level of self esteem among elderly people in experimental group with their selected demographic variables such as age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

The findings shows that there was significant association between the post test level of self esteem of elderly people with the demographic variables of age and present monthly income and there was no significant association between the post test level of self esteem of elderly people in experimental group with the demographic variable like religion, educational status, marital status, number of children, previous occupation, previous monthly income, duration of stay in old age home at $P < 0.05$ level.

8.	Duration of stay in old age home											
	Less than one year	0	0	4	13.33	2	6.66	0	0	0	0	5.95 df=12 NS#
	1-3 years	0	0	7	23.33	5	16.66	0	0	0	0	
	4-6 years	0	0	6	20	3	10	0	0	0	0	
	Above 6 years	0	0	0	0	3	10	0	0	0	0	
9.	Number of children											
	No child	0	0	2	6.66	0	0	0	0	0	0	9.25 df=16 NS#
	Only one children	0	0	2	6.66	0	0	0	0	0	0	
	2 children	0	0	6	20	1	3.33	0	0	0	0	
	3 children	0	0	8	26.66	2	6.66	0	0	0	0	
	More than 3 children	0	0	7	23.33	2	6.66	0	0	0	0	
10.	Mode of admission											
	By own willing	0	0	13	43.33	4	13.33	0	0	0	0	6.05 df=12 NS#
	By their family members	0	0	9	30	4	13.33	0	0	0	0	
	By nongovernmental organization	0	0	0	0	0	0	0	0	0	0	
	Through police	0	0	0	0	0	0	0	0	0	0	

NS# – No significant

P< 0.05

Table 9 shows the association between the post test level of self esteem among elderly people in control group with their selected demographic variables such as age, religion, educational status, previous occupation, marital status, previous monthly

income, present monthly income, duration of stay in old age home, number of children and mode of admission.

The findings shows that there was no significant association between the post test level of self esteem of elderly people in control group with their demographic variables such as age, religion, educational status, marital status, number of children, previous occupation, previous monthly income, present monthly income, duration of stay in old age home and mode of admission at $P < 0.05$ level.

CHAPTER – V

DISCUSSION

This chapter deals with discussion of the results of data analysis based on the objectives and hypothesis of the study. The problem stated was “A study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age homes at Tirunelveli district.”

Major findings of the study were:

- With regard to pre test level of self esteem in experimental group, out of 30 samples, 16 (53.3%) of the elderly people were having mild low self esteem, 14 (46.7%) of the elderly people were having moderate low self esteem and none of the elderly people were having severe low self esteem and profound low self esteem.
- With regard to pre test level of self esteem in control group, out of 30 samples, 20 (66.7%) of the elderly people were having mild low self esteem, 10 (33.3%) of the elderly people were having moderate low self esteem and none of the elderly people were having severe low self esteem and profound low self esteem.
- With regard to the post test level of self esteem in experimental group, out of 30 samples 13 (43.3%) of the elderly people were having fairly good self esteem, 10 (33.3%) of the elderly people were having mild low self esteem, 7 (23.4%) of the elderly people were having moderate low self esteem and none of the elderly people were having severe low self esteem and profound low self esteem.
- With regard to post test level of self esteem in control group, out of 30 samples 22 (73.3%) of the elderly people were having mild low self esteem, 8

(26.7%) of the elderly people were having moderate low self esteem and none of the elderly people were having severe low self esteem and profound low self esteem.

- In experimental group the pre test mean value was 60.5 with the standard deviation of 14.02. In control group the pre test mean value was 45.3 with the standard deviation of 12.1. The calculated 't' value was 1.58.
- In experimental group the post test mean value of self esteem was 64.5 with the standard deviation of 16.29. In control group the post test mean value of self esteem was 50.3 with the standard deviation of 14.9. The calculated 't' value was 3.42.
- In experimental group, it showed the mean value of self esteem was 60.5 with the standard deviation 14.02 in pre test and the mean value of 64.5 with the standard deviation 16.29 in post test. The mean difference was 4. The calculated 't' value was 3.42.
- The findings shows that there was significant association between the post test level of self esteem of elderly people with their demographic variables of age and present monthly income and there was no significant association between the post test level of self esteem of elderly people in experimental group with their demographic variables like religion, educational status, marital status, number of children, previous occupation, previous monthly income, duration of stay in old age home and mode of admission at $P < 0.05$ level.
- The findings shows that there was no significant association between the post test level of self esteem of elderly people in the control group at $P < 0.05$.

The first objective was to assess the pre-test and post-test level of self esteem among elderly people in experimental group and control group.

The experimental group showed a mean value of self esteem was 60.5 with the standard deviation of 14.02 in pre-test and the control group showed a mean value of 45.3 with the standard deviation of 12.1 in pre test. The calculated 't' value was 1.58 which showed that there was no significant difference between the pre test level of self esteem among experimental and control group at $p < 0.05$ level.

The experimental group showed a mean value of self esteem was 64.5 with the standard deviation of 16.29 in post-test and the control group showed a mean value of 50.3 with the standard deviation of 14.9 in post-test. The calculated 't' value was 3.42. which showed that there was a significant difference between the post-test level of self esteem among experimental and control group at $p < 0.05$ level.

The second objective was to find out the effectiveness of calisthenics exercise on self esteem among elderly people in experimental group.

In experimental group the post test mean value of self esteem was 64.5 with the standard deviation 16.29 in post test. The mean difference was 4. In control group the post test mean value of 50.3 with the standard deviation 14.9 in post test. The mean difference was 5. The calculated 't' value was 3.42.

With regard to the post test level of self esteem in experimental group out of 30 samples 13 (43.3%) of the elderly people were having fairly good self esteem, 10 (33.3%) of the elderly people were having mild low self esteem, 7 (23.4%) of the elderly people were having moderate low self esteem and none of the elderly people were having severe low self esteem and profound low self esteem.

Whereas in control group out of 30 samples 22 (73.3%) of the elderly people were having mild low self esteem, 8 (26.7%) of the elderly people were having moderate low self esteem and none of the elderly people having severe low self esteem, profound low self esteem and fairly good self esteem.

The findings revealed that the post test level of self esteem in experimental group was higher than the post test level of self esteem in control group.

Hence the research hypothesis stated earlier that “RH₁” the mean post test level of self esteem among elderly people in experimental group will be significantly higher than the mean post test level of self esteem in the control group” was retained at $p < 0.05$ level.

The above result was supported by **Ananthi S., (2014)** who had conducted a study to examine the effect of calisthenics exercise upon the self esteem among elderly people. The quasi experimental post test design used as experimental group and a control group of a subject who were in old age home. Self esteem was measured by self esteem scale. The findings showed that there was significant difference in the level of self esteem in experimental group than the control group at $P < .008$.

The third objective was to compare the pre test and post test level of self esteem among elderly people in experimental group and control group.

The analysis of pre test level of self esteem among elderly people in the experimental group revealed that out of 30 samples 16 (53.3%) of the elderly people were having mild low self esteem, 14 (46.7%) of the elderly people were having moderate low self esteem and none of the elderly people were having severe low self esteem, profound low self esteem and fairly good self esteem. Whereas in the control group revealed that out of 30 samples 20 (66.7%) of the elderly people were having

mild low self esteem, 10 (33.3%) of the elderly people were having moderate low self esteem and none of the elderly people were having fairly good self esteem, severe low self esteem and profound low self esteem.

The analysis of the post test level of self esteem among elderly people in experimental group revealed that out of 30 samples 13 (43.3%) of the elderly people were having fairly good self esteem, 10 (33.3%) of the elderly people were having mild low self esteem, 7 (23.4%) of the elderly people were having moderate low self esteem and none of the elderly people were having severe low self esteem and profound low self esteem. Whereas in control group revealed that out of 30 samples 22 (73.3%) of the elderly people were having mild low self esteem, 8 (26.7%) of the elderly people were having moderate low self esteem and none of the elderly people were having fairly good self esteem, severe low self esteem and profound low self esteem.

The experimental group showed a mean value of 60.5 with the standard deviation of 14.02 in the pre test and a mean value of 64.5 with the standard deviation of 16.29 in the post test. The mean difference was 4. The findings showed that the mean post test level of self esteem among elderly people was higher than the mean pre test level of self esteem in experimental group.

Hence the research hypothesis stated earlier that “RH₂” the mean post test level of self esteem among elderly people in the experimental group will be significantly higher than the mean pre test level of self esteem was retained at $P < 0.05$ level.

The control group showed a mean value of self esteem was 45.3 with the standard deviation of 12.1 in the pre test and a mean value of 50.3 with the standard deviation of 14.9 in the post test. The calculated ‘t’ value was 2.41. In control group, it

showed that the mean post test level of self esteem among elderly people was higher than the mean pre test level of self esteem in control group.

Hence the research hypothesis stated earlier that “RH₃” the mean post test level of self esteem among elderly people in the control group will be significantly lower than the mean pre test level of self esteem was rejected at $P < 0.05$ level.

The above results was supported by a study conducted by **Helen Shaji., (2013)** to assess the effectiveness of selected calisthenics exercise to improve the level of self esteem among elderly people in old age homes. The results showed that 70% had moderate self esteem in pre test was improved to 50% in post test. The study concluded that the selected calisthenics exercise can be used to improve the level of self esteem among the elderly people.

The fourth objective was to associate the post test level of self esteem among elderly people in experimental group and control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

The findings showed that there was a significant association between the post test level of self esteem of elderly people in experimental group with their demographic variables such as age and present monthly income and there was no significant association between the post test level of self esteem of elderly people with their demographic variables such as religion, educational status, marital status, number of children, previous occupation, previous monthly income and duration of stay in old age home at $P < 0.05$ level.

Hence the research hypothesis stated earlier that “RH₄” there was a significant association between the post test level of self esteem among elderly people in

experimental group with their selected demographic variables was accepted for the variables age and present monthly income and rejected for the variables religion, educational status, previous occupation, marital status, previous monthly income, duration of stay in old age home, number of children and mode of admission was rejected at $P < 0.05$ level.

The above results was supported by a study conducted by **Michelle Couto Salerno., (2015)** to assess the self esteem of elderly people and verify its associated with socio demographic variables and health variables. The epidemiological survey was held in the urban region of Uberaba with 980 elderly people. The Rosenberg self esteem and geriatric Depression scale were used. The data were collected between August 2012 and March 2013. The female gender was predominant, 70-80 years, married and income one minimum wage, between four and seven years of education, who lived with their children. The community based elderly presented high self esteem and signs of depression were the main predictor of low self esteem.

The findings showed that there was no significant association between the post test level of self esteem of elderly people in control group with the demographic variables age, religion, educational status, marital status, number of children, previous occupation, previous monthly income, present monthly income, duration of stay in old age home and mode of admission at $P < 0.05$ level.

Hence the research hypothesis stated earlier that “RH4” There was a significant association between the post test level of self esteem among elderly people in control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission was rejected at $P < 0.05$ level.

CHAPTER – VI

SUMMARY, CONCLUSION, LIMITATIONS, NURSING IMPLICATIONS AND RECOMMENDATIONS

This chapter deals with the summary, conclusion, limitations, nursing implications and recommendations.

SUMMARY

This study was undertaken to assess the effectiveness of calisthenics exercise on improving the level of self-esteem among elderly people residing in selected old age homes at Tirunelveli district.

Self-esteem is a human basic need according to Maslow's Hierarchy. People need to feel worthy of living. Self-esteem is important in the maintenance of self-concept. Self-esteem is our sense of self-worth. It is an evaluation an individual makes and maintain about the self. All humans have a need to be respect and have self-esteem. Esteem presents the normal human desire to be accepted and valued by others. **(Abraham Maslow., 2010).**

Self esteem is defined as “how we value our self”, it affects our trust and relationships in every part of life. Person with low self esteem may feel powerless and incompetent about himself/herself. Moreover, low self esteem operates as a risk factors of depression, which is most common disorders among elderly people both in developed and developing countries, causing multiple behavior changes as well as may increase the chances for severe level of low self esteem and suicide among the elderly people. **(Savera Aziz Ali., 2010).**

The term self-esteem comes from a Greek Word meaning “reverence for self”. Self esteem reflects an individual's overall subjective emotional evaluation of their

own worth. It is the decision made by an individual as an attitude towards the self. Self-esteem encompasses beliefs about oneself, for example, “I am competent”, “I am worthy”, as well as emotional states, such as triumph, despair, pride, and shame. **(Smith and Mackie., 2011).**

Self-esteem is closely associated with a person’s mental image about one self as well as the coping style. A positive image about one’s body creates a sense of worthiness in the person, and conversely, the mental image that is undergone a change leads to changes in the sense of worthiness. **(Nokani et al., 2013).**

Age is measured chronologically where person’s birthday plays an important role. Chronological aging may also be distinguished from social aging and biological aging. Social ageing means how the people should act as they grow older and biological aging refers to the organism’s physical state as age progresses. **(Jhilam Rudra., 2012).**

Calisthenics is a widely practiced form of exercise and is recognized as a fun and healthy way to keep fit. Calisthenics is a type of arranged exercises made up of many different movements performed using simple steps. Calisthenics is an ideal way to increase flexibility by strengthening the muscle tone. **(Liliane Roux., 2009).**

THE OBJECTIVES OF THE STUDY WERE

- ✚ To assess the pre-test and post-test level of self-esteem among elderly people in experimental group and control group.
- ✚ To find out the effectiveness of calisthenics exercise on self-esteem among elderly people in the experimental group.
- ✚ To compare the pre-test and post-test level of self-esteem among elderly people in experimental group and control group.

- ✚ To associate the post-test level of self-esteem among elderly people in experimental group and control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

THE RESEARCH HYPOTHESES STATED WERE

RH₁-The mean post-test level of self-esteem among elderly people in experimental group will be significantly higher than the mean post-test level self-esteem in the control group.

RH₂- The mean post- test level of self-esteem among the elderly people in experimental group will be significantly higher than the mean pre-test level of self-esteem.

RH₃-The mean post-test level of self-esteem among elderly people in control group will be significantly lower than their mean pre-test level of self-esteem.

RH₄-There will be a significant association between the post- test level of self- esteem among elderly people in experimental group and control group with their selected demographic variables like age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission.

THE ASSUMPTION WERE

- ❖ Elderly people residing in old age homes may have low self-esteem.
- ❖ Calisthenics exercise may help the elderly people to improve their self-esteem.

- ❖ Calisthenics exercise may improve the physical and mental health of elderly people.

THE REVIEW OF LITERATURE COLLECTED FOR THE STUDY WERE

Section- A Studies related to self-esteem among elderly people, Section – B Studies related to elderly people, Section- C Studies related to effectiveness of calisthenics exercise on other conditions and Section- D Studies related to effectiveness of calisthenics exercise on improving the level of self-esteem among elderly people.

The theoretical frame work for this study was based on modified Ernestine Widen Bach's helping art of clinical nursing theory. The research design adopted for this study was quasi experimental pre test and post test control group design.

The study was conducted in St. Anne's old age home, shalom old age home, Jayam old age home and hill charity old age home for elderly people in Tirunelveli district. The tool used for data collection consisting of two sections. Section A deals with demographic variables such as age, religion, educational status, previous occupation, marital status, previous monthly income, present monthly income, duration of stay in old age home, number of children and mode of admission. Section B consists of Modified self esteem inventory which was used for the study to assess the level of self esteem among elderly people.

The tool was validated by six experts consisting of four nursing experts and two medical experts in the field of psychiatry. The reliability of the tool was confirmed by split half method by using Karl Pearson's correlation coefficient formula. The reliability obtained was $r= 0.08$ which showed a highly positive correlation of the tool. The pilot study was conducted and findings revealed that the tool was feasible and practicable to conduct the main study. The main study was

conducted in st. Anne's old age home, shalom old age home, Jayam old age home and hill charity old age home for elderly people in Tirunelveli district. Sixty elderly people with mild low self esteem and moderate low self esteem were selected for the study, out of which 30 elderly peoples from st. Anne's old age home and shalom old age home were allotted to experimental group and 30 elderly people from Jayam old age home and hill charity old age home were allotted to the control group. The calisthenics exercise was given to the experimental group and no intervention was given to the control group.

FINDINGS

The data was collected and analyzed by using descriptive and inferential statistics. The findings revealed that there was a significant difference in the level of self esteem among elderly people after demonstrating calisthenics exercise. The calculated "t" value was 3.42 which showed a highly significant difference in the post test level of self esteem between the experimental group and control group of elderly people at $P < 0.05$ level. Hence the research hypotheses stated that "the mean post test level of self esteem among elderly people in the experimental group will be significantly higher than the mean post test level self esteem in the control group" was retained at $p < 0.05$ level.

Data findings revealed that there was a significant association between the post test level of self esteem among elderly people in experimental group with their selected demographic variables such as age and present monthly income and there was no significant association between the post test level of self esteem of elderly people in experimental group with their demographic variables such as religion, educational status, marital status, number of children, previous occupation, previous monthly income, duration of stay in old age home and mode of admission.

The findings shows that there was no significant association between the post test level of self esteem of elderly people in control group with the demographic variables age, religion, educational status, marital status, number of children, previous occupation, previous monthly income, present monthly income, duration of stay in old age home and mode of admission at $P < 0.05$ level.

CONCLUSION

From the result of the study, it was concluded that demonstrating calisthenics exercise to the elderly people was very effective in improving the level of self esteem. Therefore the investigator felt that more importance should be given for demonstrating calisthenics exercise to improve the self esteem of elderly people.

IMPLICATIONS

The researcher has derived the following implications from the study which are of vital importance in the field of nursing practice, nursing administration, nursing education and nursing research.

Implication for nursing practice

1. The nurse can teach the elderly people about the alternative therapies.
2. Nurses should be encouraged to study in-depth knowledge of other alternative therapies.
3. Nurses should be knowledgeable regarding the benefits of calisthenics exercise for the elderly people.
4. Nurses can encourage the mental health nurse to practice the calisthenics exercise for the elderly people to reduce the prevalence low self esteem.
5. Nurses should teach the calisthenics exercise for the geriatric people who are admitted in the ward.

Implications for nursing education

1. The nurse educators can conduct the seminar regarding calisthenics exercise and other alternative therapies.
2. Nursing students should receive adequate training regarding the principles of exercise and the specific health benefits of regular exercise for the elderly people.
3. Nursing educator can conduct the workshop / training program for nurses regarding calisthenics exercise and the benefits of calisthenics exercise on improving the level of self esteem.
4. The nurse educators can conduct the conference regarding calisthenics exercise and other type of exercise to reduce the low self esteem.

Implication for nursing administration

1. Nurses should assist in implementing public health awareness campaigns aimed at promoting calisthenics exercise programs to the elderly people.
2. Nurses should provide knowledge, resources and leadership for establishing public health policies that focus on calisthenics exercise for improving the self esteem among elderly people.
3. Public information programs should be designed by nurses to encourage calisthenics exercise for the elderly people.

Implication for nursing research

1. Extensive research must be conducted in various settings and find out the therapeutic ways to improve level of self esteem of elderly people in clinical practice.
2. Encourage further research to be conducted calisthenics exercise on improving the level of self esteem among elderly people in home settings.

3. Disseminate the findings of research through conferences, seminars and publishing in journals.

LIMITATIONS

- The study was limited to selected old age homes in Tirunelveli District.
- The study was delimited to sample size of 60.
- The study period was limited to one month.
- The study was limited to only females.

RECOMMENDATIONS

The following studies can be undertaken to strengthen calisthenics exercise as a good remedy for low self esteem among elderly people.

- ❖ A study can be carried out to assess relationship between the self concept, self efficacy and psychological well being among elderly people in old age home.
- ❖ A similar study can be conducted among the elderly people and elderly patient on improving the sleeping pattern.
- ❖ A similar study can be conducted among patients with depression.
- ❖ A similar study can be conducted among people with stress.
- ❖ A similar study can be conducted with large samples.

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APPENDIX – A

LETTER SEEKING AND GRANTING PERMISSION FOR CONDUCTING THE STUDY.



SRI K. RAMACHANDRAN NAIDU COLLEGE OF NURSING

Approved by Govt. of Tamilnadu and Indian Nursing Council / T.N.C
Affiliated to the Tamilnadu Dr. M.G.R. Medical University

K.R. Naidu Nagar - 627 753, Paruvakudi Village, Post Bag No.1, Karivalam (via), Sankarankovil (Tk), Tirunelveli (Dt),
Ph. : 04636 - 260950, E - Mail : srikncon@gmail.com Web : sriknaiducollegeofnursing.org

01.02.2019

To,

The Managing Director,
St. Anne's Special School,
Palayamkottai,
Tirunelveli – 627007.

Respected Sir/Madam,


Ms.B.Suganya is a bonafide student of our college studying in M.Sc (N) programme. As a partial fulfillment of the university requirement for the award of the M.Sc (N) degree, she needs to conduct research project.

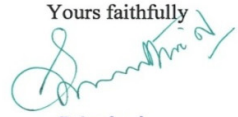
Her chosen research project is as follows **“A study to the assess effectiveness of Calisthenics Exercise on Improving the Level of Self Esteem among elderly people residing in selected old age homes at Tirunelveli district”.**

She will abide by the rules and regulations of the home and adhere to the policies during her period of data collection from 04.02.2019 to 09.03.2019. Permission may kindly be granted to her for conduction of the study at St.Anne's Special School.

Further details of the proposal project will be furnished by the student personally, confidentiality will be ensured in the research project.

Thanking you


Head Mistress
Anne's School for Mentally Retarded
St. THOMAS ROAD,
TIRUNELVELI - 627 011.

Yours faithfully

Principal
Sri K. Ramachandran Naidu
College of Nursing
K.R. Naidu Nagar - 627 753, Karivalam (Via)
Sankarankovil (Tk.) Tirunelveli Dt.

**LETTER SEEKING AND GRANTING PERMISSION FOR
CONDUCTING THE STUDY**



**SRI K. RAMACHANDRAN NAIDU
COLLEGE OF NURSING**

Approved by Govt. of Tamilnadu and Indian Nursing Council / T.N.C
Affiliated to the Tamilnadu Dr. M.G.R. Medical University

K.R. Naidu Nagar - 627 753, Paruvakudi Village, Post Bag No.1, Karivalam (via), Sankarankovil (Tk), Tirunelveli (Dt),
Ph. : 04636 - 260950, E - Mail : srikncon@gmail.com Web : sriknaiducollegeofnursing.org

01.02.2019

To,

The Managing Director,
Shalom Old Age Home
CSI Church Campus
Shanthi Nagar
Tirunelveli – 627002.

Respected Sir/Madam,

Ms.B.Suganya is a bonafide student of our college studying in M.Sc (N) programme. As a partial fulfillment of the university requirement for the award of the M.Sc (N) degree, she needs to conduct research project.

Her chosen research project is as follows **“A study to the assess effectiveness of Calisthenics Exercise on Improving the Level of Self Esteem among elderly people residing in selected old age homes at Tirunelveli district”.**

She will abide by the rules and regulations of the home and adhere to the policies during her period of data collection from 04.02.2019 to 09.03.2019. Permission may kindly be granted to her for conduction of the study at Shalom Old Age Home.

Further details of the proposal project will be furnished by the student personally, confidentiality will be ensured in the research project.

Thanking you

*Permitted
for Research*

MANAGER & SUPERINTENDENT
SHALOM - HOME FOR DESTITUTE
9-A, SANKAR COLONY
PALAYAMKOTTAI - 627 002

Yours faithfully
[Signature]

Principal
Sri K. Ramachandran Naidu
College of Nursing
K.R. Naidu Nagar - 627 753, Karivalam (Via)
Sankarankovil (Tk.) Tirunelveli Dt.

**LETTER SEEKING AND GRANTING PERMISSION FOR
CONDUCTING THE STUDY.**



**SRI K. RAMACHANDRAN NAIDU
COLLEGE OF NURSING**

Approved by Govt. of Tamilnadu and Indian Nursing Council / T.N.C
Affiliated to the Tamilnadu Dr. M.G.R. Medical University

K.R. Naidu Nagar - 627 753, Paruvakudi Village, Post Bag No.1, Karivalam (via), Sankarankovil (Tk), Tirunelveli (Dt),
Ph. : 04636 - 260950, E - Mail : srikncon@gmail.com Web : srikmaiducollegeofnursing.org

01.02.2019

To,

The Managing Director,
Hill Charity,
New No 11, Old No 62,
5th Street, Perumalpuram,
Tirunelveli – 627007.

Respected Sir/Madam,

Ms.B.Suganya is a bonafide student of our college studying in M.Sc (N) programme. As a partial fulfillment of the university requirement for the award of the M.Sc (N) degree, she needs to conduct research project.

Her chosen research project is as follows **“A study to the assess effectiveness of Calisthenics Exercise on Improving the Level of Self Esteem among elderly people residing in selected old age homes at Tirunelveli district”.**

She will abide by the rules and regulations of the home and adhere to the policies during her period of data collection from 04.02.2019 to 09.03.2019. Permission may kindly be granted to her for conduction of the study at Hill Charity.

Further details of the proposal project will be furnished by the student personally, confidentiality will be ensured in the research project.

Thanking you


The Managing Director
HILL CHARITY
New No: 11, Old No: 62,
5th Street, Perumalpuram,
Tirunelveli - 627 007.

Yours faithfully


Principal
Sri K. Ramachandran Naidu
College of Nursing
K.R. Naidu Nagar - 627 753, Karivalam (Via)
Sankarankovil (Tk.) Tirunelveli Dt.

**LETTER SEEKING AND GRANTING PERMISSION FOR
CONDUCTING THE STUDY.**



**SRI K. RAMACHANDRAN NAIDU
COLLEGE OF NURSING**

Approved by Govt. of Tamilnadu and Indian Nursing Council / T.N.C
Affiliated to the Tamilnadu Dr. M.G.R. Medical University

K.R. Naidu Nagar - 627 753, Paruvakudi Village, Post Bag No.1, Karivalam (via), Sankarankovil (Tk), Tirunelveli (Dt),
Ph. : 04636 - 260950, E - Mail : srikncon@gmail.com Web : sriknaiducollegeofnursing.org

01.02.2019

To,

The Managing Director,
Jayam Helping Home Trust,
Home for senior citizen No. 153,
Srivasagam Nagar A colony, V.M Chatram,
KTC Nagar, Tirunelveli – 627011.

Respected Sir/Madam,

Ms.B.Suganya is a bonafide student of our college studying in M.Sc (N) programme. As a partial fulfillment of the university requirement for the award of the M.Sc (N) degree, she needs to conduct research project.

Her chosen research project is as follows **“A study to the assess effectiveness of Calisthenics Exercise on Improving the Level of Self Esteem among elderly people residing in selected old age homes at Tirunelveli district”**.

She will abide by the rules and regulations of the home and adhere to the policies during her period of data collection from 04.02.2019 to 09.03.2019. Permission may kindly be granted to her for conduction of the study at Jayam Helping Home Trust.

Further details of the proposal project will be furnished by the student personally, confidentiality will be ensured in the research project.

Thanking you

Managing Director
Jayam Helping Home Trust

Yours faithfully

Principal
Sri K. Ramachandran Naidu
College of Nursing
K.R. Naidu Nagar - 627 753, Karivalam (Via)
Sankarankovil (Tk.) Tirunelveli Dt.

APPENDIX - B
LETTER SEEKING EXPERT'S OPINION FOR
CONTENT VALIDITY OF TOOL

From

Ms. B. Suganya,
M.sc. (N) II year,
Sri. K. Ramachandran Naidu College of Nursing,
Sankarankovil, Tirunelveli (Dt).

To

Respected sir,

Subject: Request for opinion and suggestion of expert for establishing content validity of research tool.

I, B. Suganya II year student of Master of nursing course (Mental Health Nursing) at Sri. K. Ramachandran Naidu College of Nursing. I have selected the following topic for my dissertation, **“A study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age homes at Tirunelveli District”** to be submitted to The Tamilnadu Dr.M.G.R. Medical University, in partial fulfillment of university requirement for award of Master of Science in Nursing degree. I humbly request you to kindly validate the tool and give your valuable suggestion. Your prompt opinions and suggestions will be appreciated.

Thanking you in anticipation,

Place:

Yours faithfully,

Date:

(B. Suganya)

Enclosures:

- Certificate for content validity
- Statement of the problem, objectives of the study, operational definition, methodology
- Research tool
- Criteria check list for validation of tool.

APPENDIX – C

CERTIFICATE FOR CONTENT VALIDITY

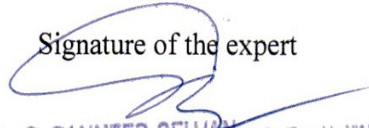
I, Dr. C. PANNEER SELVAN hereby certify that I have validated the tool of B.Suganya,
II year M.Sc Nursing student of Sri. K. Ramachandran Naidu College of Nursing,
Sankarankovil who is undertaking the following study,

**“A study to assess the effectiveness of calisthenics exercise on improving
the level of self esteem among elderly people residing in selected old age homes at
Tirunelveli District”**

Place: Tirunelveli

Date: 25.01.2019

Signature of the expert


Dr. C. PANNEER SELVAN M.D. (Psych), MIMHANS
Consultant Psychiatrist
Sneka Mind Care Centre
12, South Bye Pass Road,
TIRUNELVELI - 627 005.

Designation and address

CERTIFICATE FOR CONTENT VALIDITY

I, Dr. KARTHIK DURAISAMY hereby certify that I have validated the tool of B.Suganya,
II year M.Sc Nursing student of Sri. K. Ramachandran Naidu College of Nursing,
Sankarankovil who is undertaking the following study,

**“A study to assess the effectiveness of calisthenics exercise on improving
the level of self esteem among elderly people residing in selected old age homes at
Tirunelveli District”**

Place: Tirunelveli

Date: 25.01.2019



Signature of the expert

Dr. KARTHIK DURAISAMY M.D., (Psych) NIMHANS
Consultant Psychiatrist
Sneka Mind Care Centre
12, South Bye Pass Road,
TIRUNELVELI - 627 005.
Reg. No: 75556

Designation and address

CONTENT VALIDATION CERTIFICATE

I, M.NITHYANANTHAM. hereby certify that I have validated the tool of B. Suganya, II year M.Sc Nursing student of Sri. K. Ramachandran Naidu College of Nursing, Sankarankovil who is undertaking the following study,

“A study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age homes at Tirunelveli District”

Place: Chennai

Date: 12/03/19


Signature of the expert

Designation and address

M.NITHYANANTHAM, M.Sc(N),
READER IN NURSING
DEPT. OF PSYCHIATRIC NURSING
COLLEGE OF NURSING,
MADRAS MEDICAL COLLEGE,
CHENNAI - 600 003.

CONTENT VALIDATION CERTIFICATE

I, R. Vijaya Kumar hereby certify that I have validated the tool of
B. Suganya, II year M.Sc Nursing student of Sri. K. Ramachandran Naidu College of
Nursing, Sankarankovil who is undertaking the following study,

**“A study to assess the effectiveness of calisthenics exercise on improving
the level of self esteem among elderly people residing in selected old age homes at
Tirunelveli District”**

Place: Chennai

Date: 20.02.19

R. Vijaya Kumar
Signature of the expert

R. VIJAYAKUMAR
M.Sc, M.Phil.

PROF & Head of
Designation and address
Dept of Mental Health
Nursing
Sankarankovil College of
Nursing
Tirunelveli District
Chennai-77

CONTENT VALIDATION CERTIFICATE

I, Prof. Dr. S. Rajamoni hereby certify that I have validated the tool of
B. Suganya, II year M.Sc Nursing student of Sri. K. Ramachandran Naidu College of
Nursing, Sankarankovil who is undertaking the following study,

**“A study to assess the effectiveness of calisthenics exercise on improving
the level of self esteem among elderly people residing in selected old age homes at
Tirunelveli District”**

Place: mvolinai

Date: 4.2.19

S. Rajamoni
4/2/19
Signature of the expert

Principal
COLLEGE OF NURSING
Madurai Medical College
Madurai-20.

Designation and address

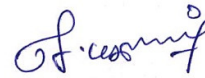
CONTENT VALIDATION CERTIFICATE

I, Mr. MAHIBALAN C hereby certify that I have validated the tool of
B. Suganya, II year M.Sc Nursing student of Sri. K. Ramachandran Naidu College of
Nursing, Sankarankovil who is undertaking the following study,

**“A study to assess the effectiveness of calisthenics exercise on improving
the level of self esteem among elderly people residing in selected old age homes at
Tirunelveli District”**

Place: Pudukottai

Date: 04.02.2019



Signature of the expert

MAHIBALAN C
ASSOCIATE PROFESSOR
KARPAGIA VINAYAGA COLLEGE
OF NURSING
PUDUKOTTAI.

Designation and address

APPENDIX - D

LIST OF EXPERTS FOR CONTENT VALIDITY

- 1. Dr.C.Panneer Selvan, M.B.B.S., M.D(Psychiatry) NIMHANS,**
Consultant Psychiatrist,
Sneka Mind Care Centre,
South Bye Pass Road, Tirunelveli - 627055,
Tamil Nadu.
- 2. Dr.Karthik Duraisamy, M.B.B.S., M.D(Psychiatry) NIMHANS,**
Consultant Psychiatrist,
Sneka Mind Care Centre,
South Bye Pass Road, Tirunelveli - 627055,
Tamil Nadu.
- 3. Dr.Prof.S.Rajamani, M.Sc(N) PhD,**
Principal,
College of Nursing,
Madurai Medical College,
Government Rajaji Hospital Campus,
Madurai - 605020.
- 4. Mr.M.Nithyanantham, M.Sc(N),**
Reader,
College Of Nursing,
Madras Medical College, Chennai – 600003.
- 5. Mr.Mahibalan M.Sc(N),**
Associate Professor,
HOD of Mental Health Nursing,
Karpaga Vinayaga College of Nursing,
J.J Nagar, Sivapuram Post,
Pudukottai – 622422.
- 6. Mrs.R.Vijayakumari M.Sc(N), M.Phil,**
Professor & Head of the department of Mental Health Nursing,
Shenbaga College of nursing,
Thiruverkadu, Chennai – 77.

APPENDIX – E

CERTIFICATE OF ENGLISH EDITING

TO WHOME SO EVER IT MAY CONCERN

This is to certify that the dissertation work, “A study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age home at Tirunelveli district” done by Ms.

B. Suganya, M.Sc Nursing II Year in Sri. K. Ramachandran Naidu College of Nursing, Tirunelveli was edited for English language appropriateness by DR. M. JAYACHANDRAN

Date: 03.07.2019



Signature

Dr. M. JAYACHANDRAN M.A., M.Phil., Ph.D.,
Asst. Professor & Research Advisor
(Ref. No: 22115)
Dept. of English-Centre for Research
Srimad Andavan Arts & Science College (Autonomous)
T. V. Kottaiyur - 626 005.

Designation

APPENDIX – F

CERTIFICATE OF TAMIL EDITING

TO WHOME SO EVER IT MAY CONCERN

This is to certify that the dissertation work, “A study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age home at Tirunelveli district” done by Ms. B. Suganya, M.Sc Nursing II Year in Sri. K. Ramachandran Naidu College of Nursing, Tirunelveli was edited for Tamil language appropriateness by E. Vela Sakthivel

Date: 20.1.2019


முனைவர் **E. Vela Sakthivel**
எம்.ஏ., எம்.பி.லீ., எம்.எட்., பி.எச்.டி.
முதுகலைத் தமிழாசிரியர்,
அரசு மேல்நிலைப் பள்ளி,
மருங்காபுரி - 621308
Designation

APPENDIX – G

CERTIFICATE OF INFORMED CONSENT

Dear elderly peoples,

I **Ms. B. Suganya**, M.Sc (N) II Year student from Sri.K.Ramachandran Naidu College of Nursing, Tirunelveli is conducting a study to assess the effectiveness of calisthenics exercise on improving the level of self esteem among elderly people residing in selected old age home at Tirunelveli district, as a partial fulfillment of the requirement for the degree of M.Sc in Nursing under the Tamil Nadu Dr.M.G.R Medical University. The level self esteem will be assessed using Modified self esteem inventory. I assure that the responses given by you will be used only for my study purpose. There is no right or wrong answers. So please feel free in answering the question. Then I will administer calisthenics exercise to you. This will be promoting your welfare.

So, I request you to kindly give your full co-operation and willingness to conduct this study effectively and successfully.

Thanking you,

APPENDIX – H

SECTION – A DEMOGRAPHIC VARIABLES

1. Age
 - a. 51- 55 years
 - b. 56- 60 years
 - c. 61- 65 years
2. Religion
 - a. Hindu
 - b. Christian
 - c. Muslim
3. Educational Status
 - a. Illiterate
 - b. Only school education
 - c. Diploma education
 - d. Professional education
4. Previous occupation
 - a. Unemployed
 - b. Coolie worker
 - c. Private employee
 - d. Government employee
5. Marital Status
 - a. Unmarried
 - b. Married
 - c. Divorced
 - d. Widow
6. Previous monthly income
 - a. Below Rs.5000
 - b. Rs.5001- 10,000
 - c. Rs.10,001-20,000
 - d. Above Rs.20,001
7. Present monthly income
 - a. Below Rs. 1,000
 - b. Rs.1,001-3,000

- c. Rs.3,001-5,000
- d. Above Rs. 5,001

8. Duration of stay in old age home

- a. Less than 1 year
- b. 1-3 years
- c. 4-6 years
- d. Above 6 years

9. Number of children

- a. No child
- b. Only one child
- c. 2 Children
- d. 3 children
- e. More than 3 children

10. Mode of admission

- a. By own willing
- b. By their family members
- c. By Non-Governmental Organization
- d. Through Police

APPENDIX - H

SECTION – B MODIFIED SELF ESTEEM INVENTORY

S. no	Items	Never 1	Rarely 2	Sometimes 3	Frequently 4	Almost Always 5
1.	I seek approval and affirmation from others and I am afraid of criticism.					
2.	I guess at what normal behavior is, and I usually feel as if I am different from other people.					
3.	I isolate myself from and I am afraid of people in authority roles.					
4.	I am not able to appreciate my own accomplishments and good deeds.					
5.	I tend to have difficulty following a task through from beginning to end.					
6.	I certainly feel useless at times.					
7.	In order to avoid a conflict, I find it easier to lie than tell the truth.					
8.	I think that I am very much selfish in my activities.					
9.	I judge myself without merely. I am my own worst critic and I am harder on myself than I am on others.					

10.	I feel more alive in the midst of a crisis and I am uneasy when my life is going smoothly.					
11.	I have difficulty having fun. I don't seem to know how to play for fun and relaxation.					
12.	I am attracted to others whom I perceive to have been victims and I develop close relationship with them.					
13.	I need perfection in my life and I expect perfection from others in my life.					
14.	I have problems developing and maintaining intimate relationship.					
15.	I feel guilty when I stand up for myself or take care of my needs first, instead of giving in or taking care of others needs first.					
16.	I feel responsible for others and find it easier to have concern for others.					
17.	I cling to and will do anything to hold on to relationship because I am afraid of being alone and fearful of being abandons.					
18.	I have difficult in being able to feel (or) to express feelings, I feel out of touch with my feelings.					

19.	I wish I could have more respect for myself.					
20.	I feel that I am person of worth, at least on an equal plane with others.					
21.	I take myself very seriously, and I view all of my relationships just as seriously.					
22.	I seek and or attract people who will be caring and taking concern about me.					
23.	I feel that I have a number of poor qualities.					
24.	I am impulsive and act too quickly, before considering alternative actions or possible consequences.					
25.	I mistrust my feelings and the feelings expressed by others.					
26.	I am not able to do things as well as most other people.					
27.	I can be responsible much of the time, but I can be extremely irresponsible at other times.					
28.	I spend a lot of time and energy rectifying or cleaning up my messes and the negative consequences of negative thought or impulsive actions for which I am responsible.					

29.	I deny that my current problems stem from my past life. I deny that I have stuffed-in feelings from the past which are impeding my current life.					
30.	I try out new challenges in my life with little concern given to the consequences of such action.					

INTERPRETATION

SCORE	DESCRIPTION
30	Fairly good self esteem
31-60	Mild low self esteem
61-90	Moderate low self esteem
91-120	Severe low self esteem
121-150	Profound low self esteem

APPENDIX – I

பிரிவு - அ வாழ்வியல் விவரங்கள்

1. வயது

அ. 51 வயது முதல் 55 வயது வரை

ஆ. 56 வயது முதல் 60 வயது வரை

இ. 61 வயது முதல் 65 வயது வரை

2. மதம்

அ. இந்து

ஆ. கிறிஸ்தவம்

இ. இஸ்லாம்

3. கல்வித்தகுதி

அ. படிப்பறிவில்லை

ஆ. பள்ளிப்படிப்பு மட்டும்

இ. பட்டப்படிப்பு

ஈ. தொழில் கல்வி

4. முந்தைய தொழில்

அ. வேலையின்மை

ஆ. கூலி வேலை

இ. தனியார் வேலை

ஈ. அரசாங்க வேலை

5. திருமண நிலை

அ. திருமணம் ஆகாதவர்

ஆ. திருமணம் ஆணவர்

இ. விவாகரத்து

ஈ. விதவை

6. முந்தய மாதவருமானம்

- அ. ரூ 5,000 க்கு குறைவு
- ஆ. ரூ 5,001 முதல் 10,000 வரை
- இ. ரூ 10,001 முதல் 20,000 வரை
- ஈ. ரூ 20,001 க்கு மேல்

7. தற்போதய மாத வருமானம்

- அ. ரூ 1,000 க்கு குறைவு
- ஆ. ரூ 1,001 முதல் 3,000 வரை
- இ. ரூ 3,001 முதல் 5,000 வரை
- ஈ. ரூ 5,001 க்கு மேல்

8. முதியோர் இல்லத்தில் தங்கியிருக்கும் காலம்

- அ. ஒரு வருடத்திற்கு கீழ்
- ஆ. 1 வருடம் முதல் 3 வருடம் வரை
- இ. 4 வருடம் முதல் 6 வருடம் வரை
- ஈ. 6 வருடத்திற்கும் மேல்

9. குழந்தைகளின் எண்ணிக்கை

- அ. குழந்தையின்மை
- ஆ. ஒரு குழந்தை மட்டும்
- இ. இரண்டு குழந்தைகள்
- ஈ. மூன்று குழந்தைகள்
- உ. மூன்று குழந்தைகளுக்கு மேல்

10. சேர்க்கை முறை

- அ. சொந்த விருப்பப்படி
- ஆ. குடும்ப உறுப்பினர்கள் மூலம்
- இ. அரசு சார்பற்ற நிறுவனத்தின் மூலம்
- ஈ. காவல்துறை மூலம்

APPENDIX – I

பிரிவு - ஆ மாற்றியமைக்கப்பட்ட சுயமதிப்பீடு அளவிடுதல்

வரிசை எண்.	பொருட்கள்	இல்லை	அரிதாக	சில நேரங்களில்	அடிக்கடி	எப்பொழுதும்
		1	2	3	4	5
1.	நான் மற்றவர்களிடமிருந்து ஒப்புதல் பெற விரும்புகிறேன் மற்றும் நான் மற்றவர்களின் விமர்சனத்திற்கு பயப்படுகிறேன்.					
2.	நான் எதை சாதாரண நடத்தை என எண்ணுகிறேனோ அதை மற்றவர்களிடமிருந்து வேறுபட்டதுபோல் உணர்கிறேன்.					
3.	நான் என்னை தனிமைப்படுத்திக்கொண்டு அதிகாரம் உள்ள மக்களிடம் பயப்படுகிறேன்					
4.	என்னுடைய சொந்த சாதனை மற்றும் நல்ல செய்களை என்னால் பாராட்ட முடியவில்லை					
5.	நான் தொட்கத்தில் இருந்து முடிவு வரை ஒரு பணியைத் தொடர கஷ்டப்படுகிறேன்					
6.	சில நேரங்களில் நான் எதற்கும் பயனற்றவனாக இருக்கிறேன்.					
7.	சண்டையைத் தவிர்ப்பதற்கு உணமையைச் சொல்வதைவிட சுலபமாக பொய் சொல்வேன்.					

8.	நான் எனது காரியங்களில் மிகவும் சுயநலமாக இருக்கிறேன் என்று நினைக்கிறேன்.					
9.	மற்றவர்களுடன் ஒப்பிடும்போது எனக்கு கருணை இல்லை என்று நினைத்து நான் எனக்குள் கடினமாக நடந்து கொள்கிறேன்.					
10.	ஒரு நெருக்கடியான சூழ்நிலையில் சுமுகமாக இருப்பதற்கு எனக்கு மிகவும் சிரமமாக இருக்கிறது.					
11.	பொழுபோக்கு மற்றும் விளையாட்டு நிகழ்ச்சிகளில் எப்படி செலவழிப்பது என்று எனக்கு கஷ்டமாக இருக்கிறது.					
13.	நான் வாழ்க்கையில் முழுமையடைவதற்கு மற்றவர்களை எதிர்பார்க்கிறேன்.					
14.	மற்றவர்களிடம் உறவை வளர்க்க எனக்கு மிகவும் கடினமாக இருக்கிறது.					
15.	மற்றவர்களின் தேவைகளை பார்க்காமல் என்னுடைய தேவைகளை கவனிக்கும்பொழுது குற்ற உணர்வு அடைவதில்லை.					
16.	நான் எனது வேலைகளில் அக்கறை கொள்வதைவிட மற்றவர்களின் செயல்களில் அக்கறை கொள்கிறேன் என்று உணர்கிறேன்.					

17.	நான் தனியாக இருப்பதற்கு பயப்படுவதால் என்னுடன் இருப்பவர்களை தக்க வைத்துக்கொள்கிறேன்.					
18.	எனது உணர்வுகளை வெளிப்படுத்துவதற்கு எனக்கு மிகவும் கடினமாக இருக்கிறது.					
19.	நான் என்னை அதிகம் மதிக்க வேண்டும் என விரும்புகிறேன்.					
20.	மற்றவர்களுக்கு சமமாக நானும் மதிக்கத்தக்க ஒரு நபர் என நினைக்கிறேன்.					
21.	என்னை மற்றும் எனது உறவுகளை மிகவும் தீவிரமாக கருதுகிறேன்.					
22.	நான் என்னை பற்றியும் என்னை கவனிப்பவர்களையும் பற்றியும் கவலைப்படுகிறேன்.					
23.	எனக்கு நல்ல பண்புகள் உள்ளன என நான் நினைக்கிறேன்.					
24.	நான் சாத்தியமான விளைவுகளை கருத்தில் கொள்வதற்குமுன் மிகவும் தீவிரமாக செயல்படுகிறேன்.					
25.	என்னுடைய உணர்வு மற்றும் மற்றவர்களின் உணர்வுகளில் எனக்கு நம்பிக்கை இல்லை					
26.	என்னால் மற்றவர்களைப் போல் எல்லா காரியங்களையும் செய்ய முடியும்.					
27.	நான் சில நேரங்களில் பொறுப்புடனும் மற்றும் சில நேரங்களில் பொறுப்பில்லாமலும்					

28.	என்னுடைய தவறுகள் மற்றும் எதிர்மறையான எண்ணங்களை சரிசெய்வதற்கு அதிக நேரம் செலவிடுவதாக நினைக்கிறேன். அந்த தவறுகளுக்கு நானே காரணம் என்பதை உணர்கிறேன்.					
29.	எனது கடந்தகால பிரச்சனைகள் அனைத்தும் தற்போதைய பிரச்சனைகளுக்கு காரணமாக இருக்கிறது என்று நினைக்கிறேன்.					
30.	எனது வாழ்வில் புதிய சவால்களை எந்த கவலையின்றி எடுக்க முயற்சிக்கிறேன்.					

விளக்கம்

மதிப்பெண்	விளக்கம்
30	மிகவும் நல்ல சுயமரியாதை
31-60	லேசான குறைந்த சுயமரியாதை
61-90	மிதமான குறைந்த சுயமரியாதை
91-120	கடுமையான குறைந்த சுயமரியாதை
121-150	ஆழ்ந்த குறைந்த சுயமரியாதை

APPENDIX - J

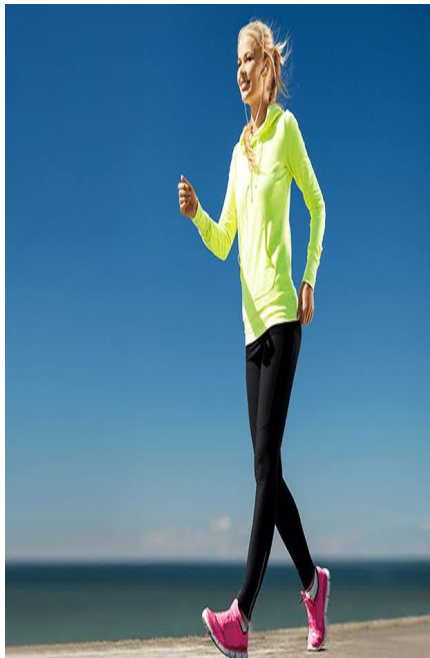
INTERVENTION – CALISTHENICS EXERCISE

EXERCISE I: WALKING

Time- 10 minutes

Steps

- Gathered the elderly people in the ground.
- Told them to start walking for 8 minutes.
- After walking made them to relax for 2 minutes.



EXERCISE II: STANDING

Time-8 Minutes

Steps

- Gathered the elderly people in the prayer hall.
- Told them to think positively and straightly focus the bell.
- Encouraged them to stand straightly for 8 minutes.
- Positive feedback was given to motivate them feel better.



EXERCISE III: SIDE BENDING

Time – 8 minutes

Steps

- Told the elderly people to sit in a chair in straight position.
- Told them to place the right hand on their back of the head,
- Slightly bending on left side,
- And place the left hand on their back of the head,
- Slightly bend the head and hip for right side,
- Do the same exercise for five times in each side,
- Made them to relax.

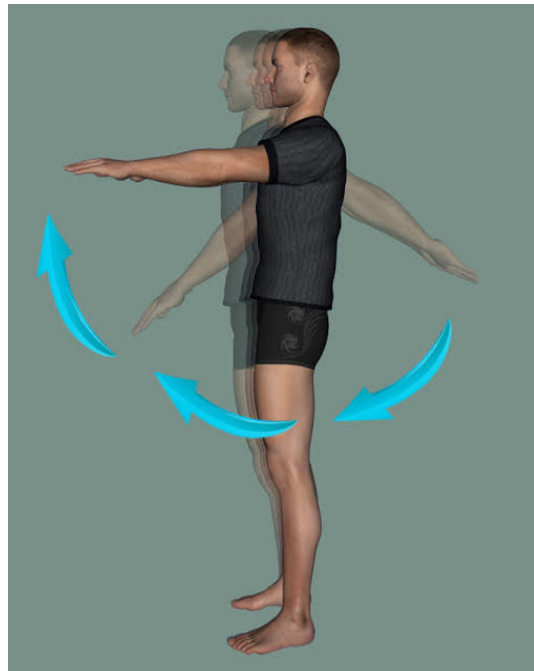


EXERCISE IV: ARM SWINGS

Time- 10 minutes

Steps

- Told the elderly people to stand in a same place.
- Maintained a distance of 10 feet between each individual person.
- Told the elderly people do the forward rotation of both upper extremities for five times in each side.
- In the same way do the backward rotation of both upper extremities for five times in each side.

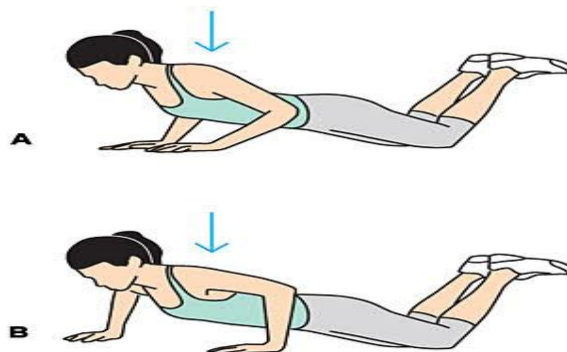


EXERCISE V: PUSH-UPS

Time- 6 minutes

Steps

- Made the elderly people to lie in prone position.
- Told the elderly people to lift the head upwards.
- And made the legs to flex and moves upwards.
- Do the same exercise for three times.



APPENDIX – K

CERTIFICATE OF PLAGIARISM

88

88 chapter i introduction we do not stop exercising because we grow old we grow old because we stop exercising -kennath cooper background of the study self esteem is defined as how we value our self it affects our trust and relationships in every part of life. person with low self esteem may feel powerless and incompetet about himself/herself. moreover low self esteem operates as a

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