

Social and Psychological Rehabilitation of Older People in Nursing Homes

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Abstract: The study deals with theoretical aspects of social and psychological rehabilitation of elderly people in a nursing home and also the results of a pilot study on the implementation of comprehensive, integrated program that includes socio-educational, socio-household and socio-cultural components. The study identified and tested the forms, methods and technologies improving the socio-psychological state of the elderly. This study presents a multiple number of basic concepts and categories of the issue research. The social and psychological aspect of rehabilitation aims to use all remaining resources of an individual. At that the main task is “not to get rid of a problem” which a client has but learn to live as much as possible using compensatory possibilities of mentality and personality traits. The need to develop and implement specific approaches, forms and methods of social work with older people is determined by the following factors: an increase of older people proportion in the population, the change of an old person social status, the termination or restriction of employment, the transformation of values, lifestyle and communication and the emergence of various problems in social, domestic and psychological adaptation to new conditions. Within the implementation of a pilot- experimental a variety of complex research techniques was used to ensure the reliability of the results. The results of research-experimental work proved the validity of the study hypothesis.

Key words: Nursing home, adaptation, socio-psychological conditions, the elderly, social worker, rehabilitation, social work

INTRODUCTION

The relevance of research: Now a days, there is a network of nursing homes in Russia which accept elderly (women from 55 years, men from 60 years) and disabled ones of the I and II ind over 18 years of age who do not have capable children or parents who are obliged to support them by law. The study of elderly people entering nursing homes indicates the development of disadaptation processes among them. The choice of research topic is conditioned by the contradiction between an objective need for social and psychological rehabilitation of the elderly and the underdevelopment of content, forms, methods and technologies of its implementation in the conditions of a nursing home. The object of study is the process of socio-psychological rehabilitation of the elderly.

The subject of study: A set of tools and technologies for social and psychological rehabilitation of the elderly in nursing homes.

The purpose of study: To substantiate theoretically and experimentally the effectiveness of programs, forms, methods, technologies and social-psychological rehabilitation of elderly people in a nursing home.

The hypothesis of study: socio-psychological rehabilitation of elderly people in a nursing home will be successful if:

- To conduct a comprehensive psycho-diagnostics of older people on the basis of a nursing home for the elderly
- To develop a comprehensive integrated program for psychosocial rehabilitation including: socio-educational, socio-household and socio-cultural components
- To identify the methods, forms and techniques improving the socio-psychological state of the elderly

Objectives of the study:

- To describe the theoretical aspects of the socio-psychological rehabilitation of the elderly
- To develop a comprehensive integrated program for psychosocial rehabilitation of elderly people in a nursing home
- To identify the conditions of social-psychological rehabilitation of elderly people in a nursing home and prove their effectiveness experimentally

There is a continuous process of social relations humanization in modern Russia, the transition to the

principles of social tolerance, the recognition and respect for the rights and dignity of every person, regardless of their age, gender, capacities or convictions (Salakhov *et al.*, 2014).

As a rule, the programs of social assistance, rehabilitation, correction are developed, depending on the membership of a particular category of elderly people. The use of different principles, methods and techniques of working with the elderly is related to it (Logvinenko, 2011).

Speaking of social adaptation and rehabilitation with regard to the elderly, M.D. Aleksandrova gives the following definition (Dementieva, 2011): "The social adaptation is the way of getting new qualities by elder people due to their age, their adaptation to society and the adaptation of society to old people.

The article "Experimental study of correction of addictive behavior of teenagers in the Internet environment" written by Fahrutdinova *et al.* (2014), notes that the adaptation criterion involves the manifestation of high resistance to stress, an adequate perception of criticism, good health and mood, cheerfulness, healthy ambitiousness, mobility, high performance, self-confidence, a stable and a positive self-esteem, understanding and sharing of self-images.

The main objective of the socio-psychological rehabilitation is the restoration of the social-psychological status, the elimination or reduction of social-psychological dysfunction and other disorders of social-psychological regulation, which were the result of difficult life situations.

The psychological counseling takes a boundary place between psychotherapy and usual learning process, based on information, advice and recommendations. The emphasis in psychological counseling, according to the modern Russian researcher V.E. Kagan, unlike psychotherapy is based not on disease but on the problematic situation of a client and his personal resources. In contrast to the education an important task of psychological counselling is to encourage a client to an independent decision (Zabrodin, 2012).

It is a systematic approach to the process of rehabilitation when the interaction of social, medical, psychological, socio-cultural and labor rehabilitation is placed at the center and gives the optimum effect. The basis of rehabilitation measures makes a multidimensional principle, which reflects the multiple pathology that is the basis of health inferiority as well as the combination of an integrated approach and individualization.

Recently, the innovative technologies of the elderly socio-psychological rehabilitation take place. Sociocultural rehabilitation is the system of organizational

techniques and the methods of impact by the means of cultural and leisure activities and/or the provision of services used for the purpose of assistance concerning the restoration (compensation) of damaged or lost abilities to operation in accordance with their spiritual interests, needs and capabilities. The rehabilitation experts have gaming and entertaining (mobile, non-mobile, theatrical, etc.), artistic and spectacular, dialogical (display, story telling, retelling, explaining, illustration), reproductive and creative educational (training, improvisation), training (exercises, repeat), problem-search, information and other technologies. A special role among them is played by cultural and leisure activities of older people, which include: the classes of art, crafts, technical creativity; the holding of celebrations, competitions, festivals, etc., sport, active movements, sightseeing, games: business, commercial, logical, intellectual games and activities; quiet passive recreation (reading, watching television, listening to the radio, etc.).

The article written by Auhadeeva (2014) "Communicative Competency in Teacher Training" states that "social competency of a person is implemented through different types and forms of communication, the communicative versions of methodological bases of competence building activity in the unity of its three sides: communicative, qualitative model of higher professional education, there interactive and perceptive, presenting".

Among the institutions of social services for the elderly a special place is occupied by residential institutions of population social protection system, the main type of which are nursing homes (Danilin, 2013).

The admission to a nursing home, the change of one's usual life activity is a critical moment in the life of an elderly person (Galperin, 2011).

Three categories of reasons are identified for the admission of elderly people in a nursing home: the admission is associated with the state of health; with a conflict situation in a family; with the desire to preserve the independence from relatives (Hansen, 2013).

Thus, an important area of social rehabilitation for elderly patients in a nursing home is a purposeful work involving older people in communication, developing medical and social operations, creating a favorable social and psychological climate.

MATERIALS AND METHODS

The methods for the diagnostics of socio-psychological adaptation by Rogers and Diamond

(2002) reveal the following states of man: the level of adaptation, the acceptance of others, internality; self-perception, emotional comfort, the desire for domination.

The methods for the diagnostics of socio-psychological state is "Self-assessment of mental states" test (Eysenck, 2009) are intended to diagnose mental conditions such as anxiety, frustration, aggression, rigidity.

The methods for the diagnostics of socio-psychological state "Life satisfaction index" test given by G.S. Nikiforov. The purpose of the test is to determine an overall psychological state.

An experimental research base is an autonomous state institution of social service Chistopolsky nursing home for the elderly "Yuldash", the study sample was constituted by the elderly at the amount of 60 people aged from 60-74.

In accordance with the hypothesis of the study during the first stage, the comprehensive psychodiagnostics of elderly people was conducted on the basis of a nursing home for elderly. Then, a comprehensive integrated program for psychosocial rehabilitation was developed and tested including socio-educational, socio-household, socio-cultural and labor components.

Let us consider in detail each of the elements concerning the measure plan carried out for the socio-psychological rehabilitation of the elderly:

- The social program of elderly people adaptation in the group which in its turn comprises
- Movie therapy-a kind of psychotherapy sessions, jointly called "art therapy"
- Interest clubs for the elderly: crafts, music, singing and dancing, lectures on health, bibliotherapy
- Music therapy for the elderly in the form of thematic musical evenings (such as "Music of different countries", "Music from favorite movies" and others). Musical clocks, such as calendar events, receive guests "Aurora", Kazan, School of Music, Sweet Home (Orphanage), artists from the House of Culture take part in the organization of festivities. An excellent of music therapy is singing karaoke
- Occupational therapy is the therapy of social-psychological rehabilitation of older people by weekly visits of needlework and creative crafts circle
- Rehabilitation program, mental health improvement and the relaxation on the basis of sensory cabinet and the room for mental health restoration among elderly people. The room of psychological relief is the way to a gradual stimulation for those older people whose knowledge about the world decreased

So, the technology of social rehabilitation may be defined as the methods of social and psychological rehabilitation activity performance, based on its rational separation into the procedures and operations with their subsequent coordination and the choice of optimal means and methods for their implementation (Chelyshkova, 2014).

RESULTS AND DISCUSSION

All factors of socio-psychological adaptation among the elderly after the performed events concerning their social and psychological rehabilitation have a positive dynamics, namely: the level of elderly adaptation increased by 20.61%; the level of elderly people self-acceptance increased by 19.72%; the level of other people acceptance (the participation in collective life) increased by 8.67%; the level of emotional comfort among older people increased by 25.78%; the level of self-control concerning the social-psychological state of a person increased by 37.66%; the level of desire for domination (the presence of open competition in social and public life) among elderly people increased by 14.25%.

Figure 1 shows the comparison of integral indicators concerning the socio-psychological adaptation of the elderly (the first group of elderly people from the second which had a standard treatment) after the events concerning the social and psychological rehabilitation of the elderly.

The results of re-diagnosis concerning the socio-psychological adaptation by Rogers and Diamond (2002) showed that an average growth of all adaptation ratios makes 21.1%, which underlines the high importance of the performed measures. According to Mann-Whitney criterion, these differences may be considered statistically significant ($r = 0.001$).

The dynamics of socio-psychological adaptation among the elderly by Rogers and Diamond (2002) based on the re-scan of the diagnostic experiment is shown on Fig. 2.

Let's perform the analysis according to the procedure of socio-psychological state diagnosis "Self-assessment of mental states" test (Eysenck, 2009):

- The anxiety of older people decreased by 40% (100-60) and corresponds to the standard value in the range of 8-14 points average anxiety
- The frustration of older people decreased by 43% (100-57) and corresponds to the standard value in the range of 8-14 points, the average level, there is some frustration

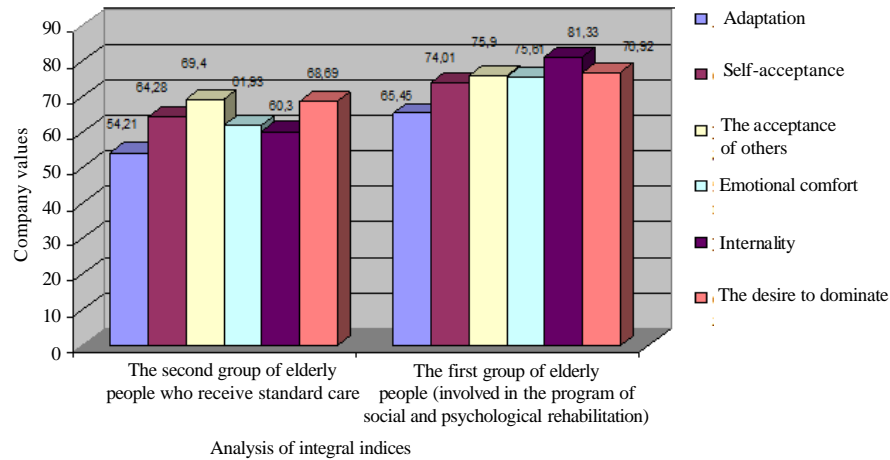


Fig. 1: The comparison of the integral indices concerning social and psychological adaptation of elderly people according to Rogers and Diamond (2002) at the beginning and the end of the study

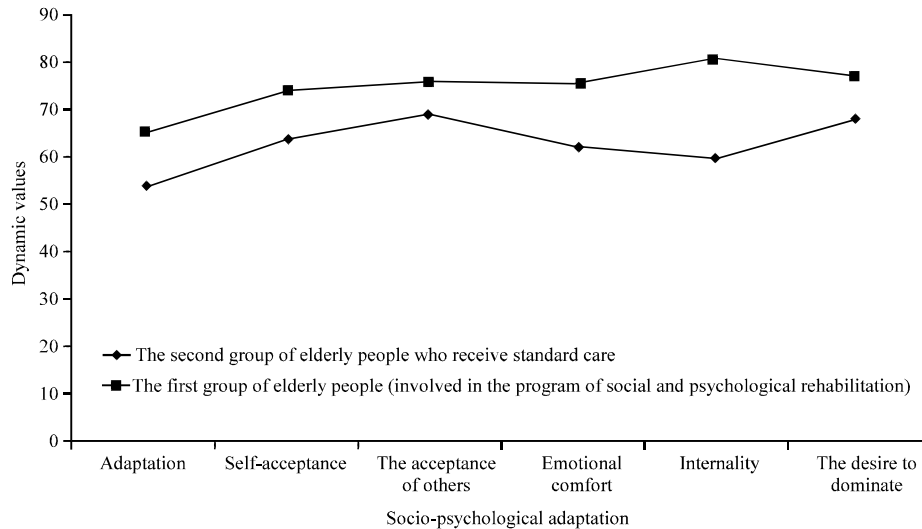


Fig. 2: The dynamics of socio-psychological adaptation among elderly people by Rogers and Diamond (2002) at the beginning and the end of the experiment

- The aggressiveness of older people decreased by 14% (100-86) and corresponds to the standard value in the range of 8-14 points, an average level of aggressiveness
- The rigidity of older people decreased by 20% (100-80) and corresponds to the standard value in the range of 8-14 points, an average level

Diagnostic results on Fig. 3, at the re-examination of socio-psychological rehabilitation among the elderly by Eysenck showed that when you compare social and psychological condition indicators of the first group of elderly people with the corresponding second one, to which is a standard care was performed, the carried out activities are effective ones. The average reduction of

social-psychological state factors among the elderly was 28.53%. According to the Mann-Whitney criterion these differences may be considered as statistically significant ($r = 0.001$) compared with the results of the first experiment which made 0.6%.

The average reduction of social-psychological state factors (anxiety, frustration, aggression, rigidity) among elderly people made about 27.46%. The dynamics of socio-psychological rehabilitation among elderly by Eysenck is shown on Fig. 4.

The negative dynamics of social-psychological rehabilitation factors among of older people of the first group of samples by Eysenck involved in the program of social-psychological rehabilitation emphasizes the effectiveness of the proposed measures (Fig. 5-7).

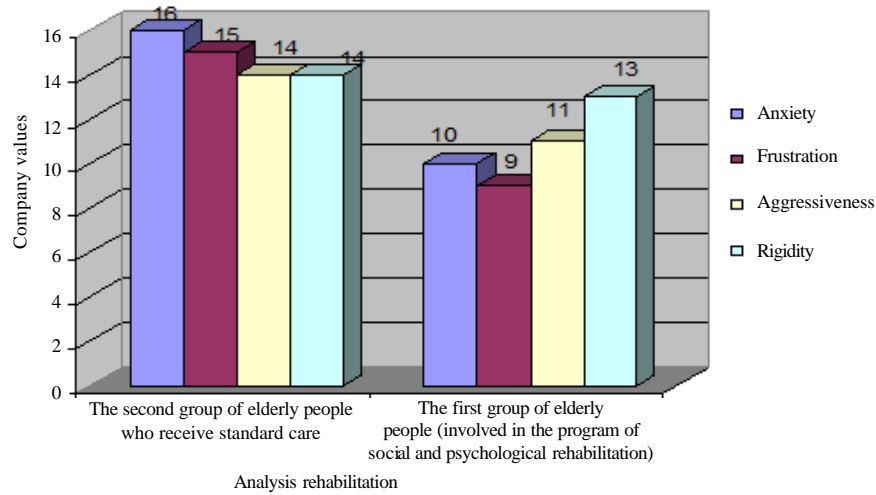


Fig. 3: The comparison of socio-psychological rehabilitation values among the elderly by Eysenck (2009) at the beginning and the end of the experiment

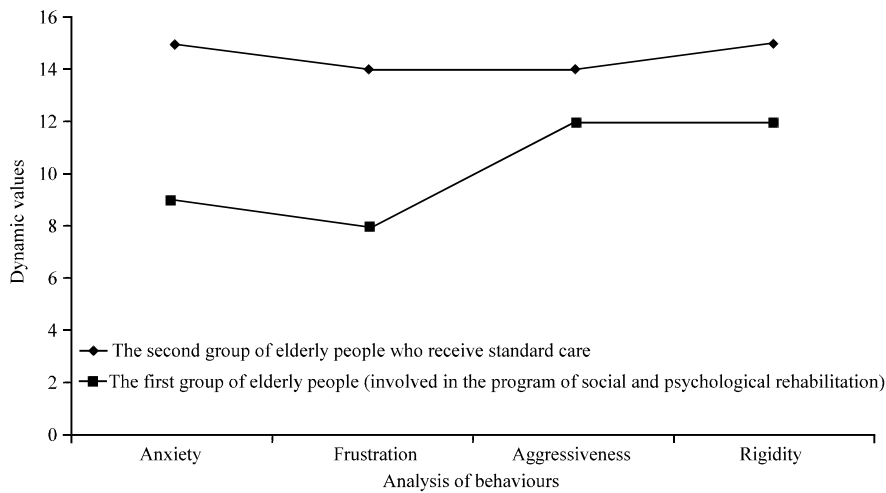


Fig. 4: The dynamics of socio-psychological rehabilitation of the elderly by Eysenck (2009) at the beginning and the end of the study

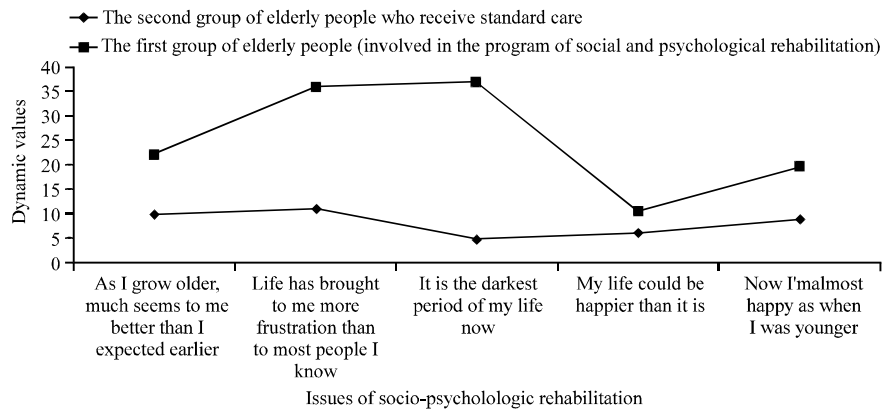


Fig. 5: The dynamics of scores on the issues of socio-psychological rehabilitation of the elderly according to the index of life satisfaction on the basis of repeated study

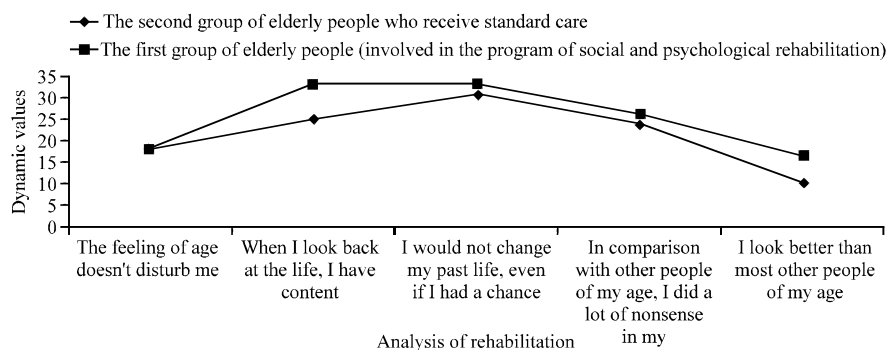


Fig. 6: The dynamics of points on the issues of socio-psychological rehabilitation of the elderly according to the index of life satisfaction on the basis of repeated study

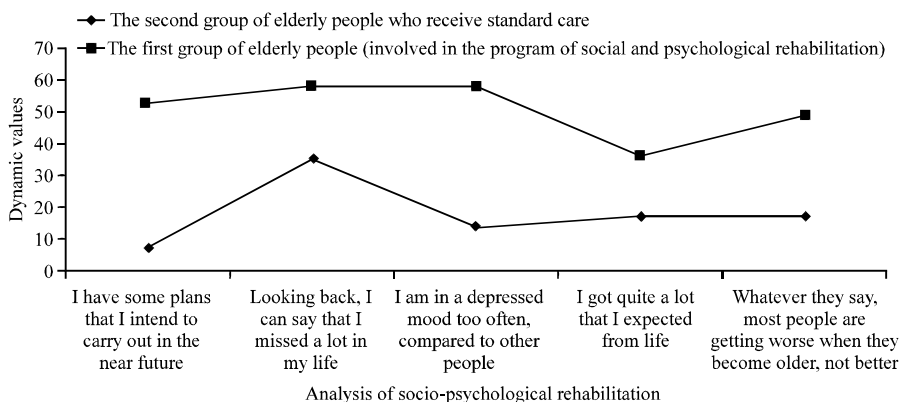


Fig. 7: The dynamics of points on the issues of socio-psychological rehabilitation among the elderly by the index of life satisfaction on the basis of repeated study

During the repeated analysis by the method of socio-psychological state diagnosis among the elderly on the basis of the performed test “Life satisfaction index” given by G.S. Nikiforov, we obtained the following results.

Thus, let’s conclude that according to the presented criteria the index of life satisfaction among older people after the performance of events by their socio-psychological rehabilitation increased more than twice. It emphasizes the accuracy of the study hypothesis.

CONCLUSION

Scientific novelty and theoretical significance of the study: The theoretical aspects of the social and psychological rehabilitation of older people in a nursing home are revealed.

A comprehensive integrated program for psychosocial rehabilitation of elderly people in a nursing home is developed. The terms of socio-psychological rehabilitation among elderly people in a nursing home are determined.

The practical significance of the study: the materials of the study may be used by educators, methodologists, social workers, social educators, heads and the directors of different institutions concerning social work organization in general and socio-psychological rehabilitation of the elderly in a nursing home in particular.

ACKNOWLEDGEMENT

The research is performed according to the Russian Government Program of Competitive Growth of Kazan Federal University.

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