

Was Elderly People Affected Covid-19? See the Life Satisfaction with Life in Pandemic Scenarios

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ABSTRACT

Objective: The present aim to compare the life of elderly person in the aspect of pandemic v/s post pandemic in strict distancing protocols. The research examines the effect on satisfaction with life among elderly people regarding Covid-19 scenario. **Materials and Methods:** The study's sample size is restricted to a small number of participants of (N = 30) same subjects in both situations from the district Fatehabad in the state of Haryana, India. Furthermore, to achieve the objectives, the measures of 'satisfaction with life scale' (SWLS) (Diener et al., 1985) and 'Depression, Anxiety, Stress Scale-21' (DASS-21) (Lovibond, & Lovibond, 1995) were administered to the participants. For fulfilment of this objective, the pair t-test was applied to study the significance difference between the mean scores. **Results:** The lives of elderly people are more overwhelmed by the pandemic than others. It affected the life of an elderly person physically as well as mentally. Despite staying at home, they experienced fear, anxiety, stress, and depression during the pandemic. **Conclusion:** The study showed that it is likely that self-isolation and being put in quarantine would hurt a person's mental health. Government mandates to stay at home and the risk of illnesses lead to raise the level of anxiety, stress, and depression all through the population.

Keywords: Covid-19, elderly person, Life satisfaction

Pandemics have happened for centuries. This pandemic was not a medical emergency; it affected every individual in every country world-wide. It has gripped the world in a short time, destroying thousands of lives and killing livelihoods. The psychological health and well-being of a member varies from person to person and is affected by a variety of factors such as educational background, work experience, professional life, and social standards (C.D.P.C. 2020).

Its impact on all of life, mainly the elderly affected people, from this pandemic was very high in society. Not only was it grabbing physically, but also mentally. It spread fear, intolerance, and anxiety, exhausting everyone's emotions. Individual behaviour has been significantly impacted by COVID-19, including the vulnerability, degree of spread, and health consequences (Moukaddam, & Shah, 2020).

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According to WHO (2018), the number of elderly people is rapidly increasing around the world. According to the government of India, the Department of Social Justice & Empowerment reported that 8.58% of the population is aged 65 or older and that it will reach a level of 9.7 million in the near future, according to censuses (Govt. of India). A person who is 60 years old or older is called "elderly" by the Census of India, but it's not clear who should be categorised as "old" (ORGI, 2011).

According to the journal *The Lancet*, the condition of the individual's mental health status can be adversely affected as a result of being separated from friends and family, the loss of independence, loneliness, and fluctuation (Yao et al., 2020). The result was that family members took extra care of their grandparents. So, they are cut off from seeing their nearest and dearest. As well as adversely impacting their daily routines, this will have a psychological burden on the elderly (Baumgart, 2020). Some elderly people are unable to care for themselves and must depend on family members to help them with their everyday responsibilities. As a way to stop the virus from spreading, long-term treatment facilities in many areas have limited or banned visits from family and friends (Karlawish, Grabowski, & Hoffman, 2020).

COVID-19 has affected all ages. The elderly appeared to be more affected than other age groups (Liu, Chen, Lin, & Han, 2020). The elderly have a higher COVID-19 severity risk. Global figures confirmed this (Kluge, 2020).

The study proved that the effectiveness of COVID-19 infected people was shown to be higher in those aged 60 and up (Zhonghua et al., 2020).

Considering this, the current study makes an attempt to explore the comparison between quality of life affected during COVID-19 and post-COVID-19. It influenced individuals' lives physically as well as mentally, and they faced stress, anxiety, and depression in their lives.

Elderly people & Covid-19 Outbreak

It is reported that the case fatality of (60-69 years) aged population was 3.6%, (70-79 years) was 8% & aged 80 years and above NCIP (2020). The pandemic had complicated the physically, mentally and emotionally of older adults (aged 50 to 65) and adults (aged 65 to 80). They experienced a lot of stress, particularly low-income adults. They reported poor physical or mental health. 27% of elderly people stated that leaving their homes made them stressed about catching COVID-19, while 58% said crowded indoor places made them stressed (Kabayashi, & Finalay, 2021). During the COVID-19 epidemic, elderly people had a higher case fatality rate. (Wang et al., 2020)

Objectives

- To examine the relationship during pandemic v/s post pandemic situation.
- To examine the comparison of life satisfactions of an elderly people during Covid-19 pandemic v/s post pandemic.
- To examine the comparison of factors like stress, anxiety and depression of an elderly people regarding pandemic v/s Post-Pandemic situation.

Hypotheses

- There shall be significant relationship between Covid-19 pandemic & Post-Pandemic situation.
- There shall be significant relationship between life satisfactions of elderly people during Covid-19 pandemic v/s post pandemic.
- There shall be significant relationship between Stress, Anxiety and Depression of an elderly person in Covid-19 pandemic & Post-Pandemic situation.

METHODOLOGY

Sample

The sample of the present study comprises of 30 (N=30) male elderly people (60 & 60+ Age) coming from district Fatehabad, the state of Haryana, India.

Measuring Instruments

- **Satisfaction with Life Scale (SWLS) (Diener et al., 1985):** SWLS scale consists five items developed by (Diener et al., 1985) to explore the subjective well-being and life satisfaction of an individual. It does not indicate whether an effect is positive or negative. Participants rated each of the 7 items on a rating scale. The scales ranged from 1 to 7, 1 indicate "strongly disagree" and 7 show for "strongly agree." The expert described how the scale assessed life satisfaction reliably.
- **Depression, Anxiety, Stress Scale-21 (DASS-21) Lovibond, & Lovibond, (1995):** The Scale DASS-21 consists of a 21-item self-reported inventory developed by Lovibond & Lovibond (1995) to measure the three subscales such as depression, anxiety, and stress. Each subscale consists of 7 items, further divided into subscales with identical content. The DASS-21 has a 21-item short version instead of the original 42-item scale, which has a 4 point Likart scale with 21 items, such as did not apply to me at all, applied to me very much, and most of the time. The Depression Scale measures discouragement, life devaluation, self-direction, lack of interest, and inertia. Autonomic arousal, situational anxiety, and subjective anxiety affect are measured. The Stress Scale measures chronic nonspecific arousal. It measures relaxation, nervous arousal, irritability, overreaction, and impatience.

Procedure

The researcher contacted face-to-face with the same participants to collect the data, taking precaution and social distancing during the pandemic and post-pandemic times. After establishing rapport with the subjects, the participants learned about the nature and purpose of the study. A consent form was filled by the participants and assured that their information would be kept confidential. They were all ready to share their experiences with the researcher. Questionnaires were filled out with the help of their relatives and completed separately. The data was applied for statistical analysis and inferences were made.

RESULT

The data obtained from the study was analysed with the help of SPSS (25.0, version). To explore the relationship among these variables, descriptive statistics (Mean & Standard deviation) and Pair t-test was applied in the present study. Table 1 and Table 2 shows outcomes obtained after analysis.

Table 1: Descriptive statistics for quality of life during pandemic situation, stress, anxiety, and depression in aspect of elderly person in both situation during Covid-19 v/s Post Covid-19 (N= 30).

Group-A(During Pandemic Situation)				Group-B (Post-Pandemic situation)			
Variable	N	Mean	SD	Variable	N	Mean	SD
DPSQ	30	14.00	2.971	PPSQ	30	21.27	5.489
DPS	30	18.07	7.852	PPS	30	12.13	6.538
DPA	30	21.20	8.413	PPA	30	12.27	9.078
DPD	30	15.33	7.415	PPD	30	5.80	5.209

Note: DPSQ- Quality of Life in During Pandemic situation, DPS-During Pandemic Stress, DPA-During Pandemic Anxiety, DPD- during Pandemic Depression, PPSQ- Quality of Life in Post Pandemic situation, PPS-Post-Pandemic Stress, PPA-Post Pandemic Anxiety, PPD- Post Pandemic Depression

The quality of life during the pandemic score was M = 14.00 (SD = 2.971), during the pandemic stress score was M = 18.07 (7.852), during the pandemic anxiety score was M = 21.20 (8.413), and during the pandemic depression score was M = 15.33 (7.415). The quality of life post pandemic score was M = 21.27 (SD = 5.489), the post pandemic stress score was M = 12.13 (6.538), the post pandemic anxiety score was M = 12.27 (9.078), and the post pandemic depression score was M = 5.80 (5.209).

The data exhibited that there is a significant difference between both groups. The higher the mean score, the better the quality of life in post Covid-19 than during the pandemic. The level of Stress, Anxiety & Depression are lower in post Covid-19 than during the pandemic situation. We can say that life is better in a post-pandemic and worse in a pandemic.

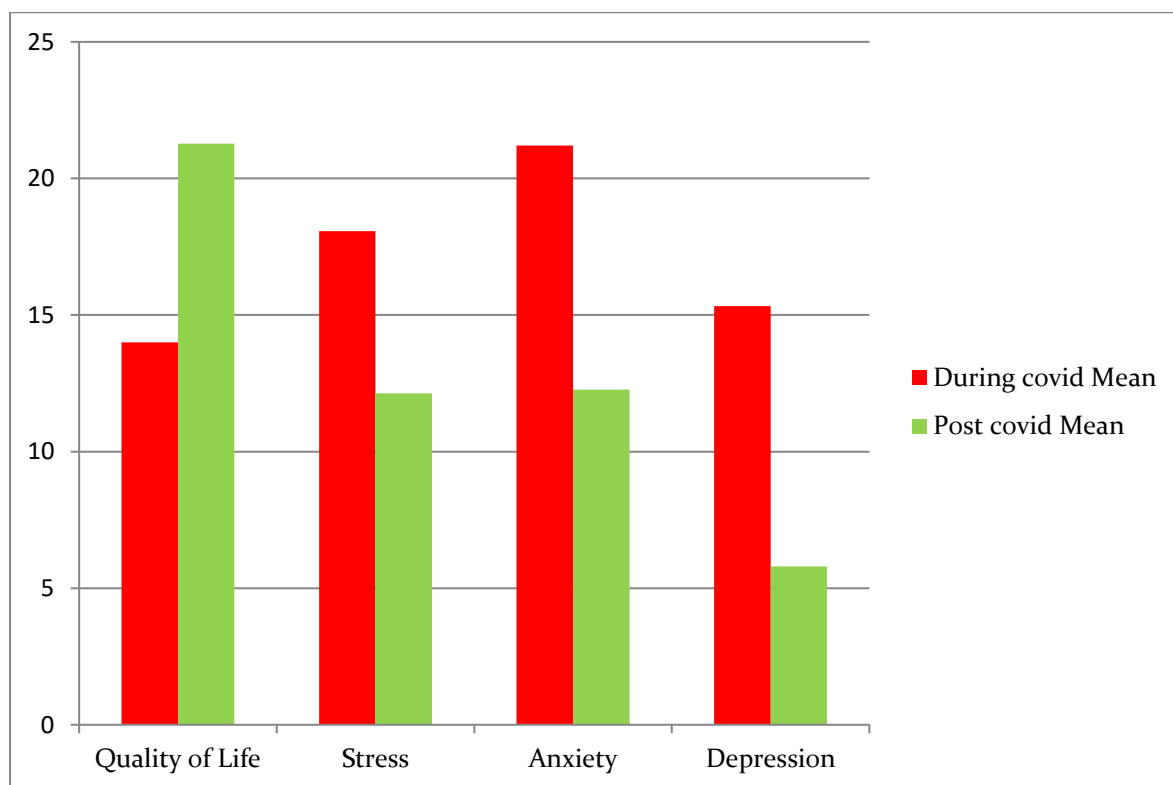


Figure 1 Show the data in tabular form during pandemic life situation & post pandemic life situation in the aspect of elderly person.

Table 2: Outcomes (paired t-test) for quality of life, stress, anxiety, and depression regarding elderly people during Covid-19 & post Covid-19(n=30).

Variable	M. Diff.	Std error of diff.	95% Confidence Level		t	df	Sig.	
			Lower	Upper				
Quality of Life	Pair 1	-3.667	.863	-5.433	-1.901	-4.246	29	.000
Stress	Pair 2	5.933	1.196	3.488	8.379	4.962	29	.000
Anxiety	Pair 3	8.933	1.372	6.127	11.740	6.511	29	.000
Depression	Pair 4	9.533	1.149	7.182	11.884	8.294	29	.000

Note: Pair 1-; Quality of life during Covid-19 & post Covid-19 Pair 2-stress during Covid-19 & post Covid-19 Pair 3- Anxiety during Covid-19 & post Covid-19; Pair 4- Depression during Covid-19 & post Covid-19

The paired t-test outcomes obtained from the pair 1 (quality of life during Covid-19 & post Covid-19) depicted in table 2, revealed the mean difference of quality-of-life $M = -3.667$ [$t(29) = -4.246, p < .001$] at a 95% level of confidence, ranging from -5.43 to -1.90. The findings obtained in pair 2 (stress during Covid-19 & post Covid-19) revealed the mean difference of stress $M = 5.933$ [$t(29) = 4.962, (p < .001)$] at a 95% level of confidence, ranged from (3.49 to 8.38). The findings obtained in pair 3 (Anxiety during Covid-19 & post Covid-19) revealed the mean difference of anxiety 8.933 [$t(29) = 6.511, (p < .001)$] at a 95% level of confidence, ranging from 6.13 to 11.74. At the end findings obtained in pair 4 (Depression during Covid-19 & post Covid-19) revealed the mean difference of depression 9.533 [$t(29) = 8.294, (p < .001)$] at a 95% level of confidence, ranged from (7.18 to 11.88).

The t score of quality of life indicates that there is a significant relationship between the elderly person's quality of life during and post-pandemic situation. It reveals that the quality of life increased when life was a normal and that the quality of life decreased during a pandemic situation. The t score of stress demonstrates that there is a significant relationship between stress scores in both situations. It reveals that stress will be increased when pandemic situations increase and stress decreases its opposite. The t scores of anxiety and depression also showed that when pandemic situations increase anxiety and depression, they go higher than normal life situations.

DISCUSSION

The current study was to explore the relationship between elderly people's life satisfaction, stress, anxiety, and depression during and post-pandemic situations. All items are positively associated with a positive correlation in both scenarios. It is uncountable that the restricting restrictions have impacted an individual's life in the aspects of socially, emotionally, and mentally changing broadly (Nicolás, 2020). According to medical specialists, those over 60 are more prone to having SARS-CoV-2 and being infected with a life-threatening disease or infection (Armitage, & Nellums, 2020). Pandemic affected us to explore stress, anxiety, and depression in this vulnerable group. Older people's mental health may be affected by isolation (Huang, & Zhao, 2020).

The present findings are in line with the findings of (Whiting, (2020) pandemics can raise tension, anxiety, and depression among the elderly. Family members observed the above changes in elderly relatives.

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The quality of life of elderly people is affected by more care, COVID-19, social distancing, maintaining distance from friends etc. Their life affected by unwanted restrictions like: Social isolation, quarantine, family distancing. They were pressured by their family members because there was a pandemic outside. Pandemic may increase or relapsed fears/phobias, anxiety problems, obsessive disorder (Girdhar, Srivastava, & Sethi 2020). The study proved that social isolation increases in older individuals' risk of depression & anxiety, according to (Santini et al., 2020).

Overall, elder people faced problems by environment as well as family environment and suffered from stress, anxiety, and depression situation.

CONCLUSION

The available evidence indicates that the danger of COVID-19 causing serious disease is substantially increased in the elderly. The result of unwanted restrictions like quarantine and self-isolation created life disturbances for elderly people, physically and emotionally. The study showed that it is likely that self-isolation and being put in quarantine would hurt a person's mental health. Government mandates to stay at home and the risk of illnesses lead to raise the level of anxiety, stress, and depression all through the population. All forms of social media have the potential to facilitate resolving mental health problems in society by involving people in healthy exercise, sports, and daily routine awareness must focus on public awareness campaigns to overcome the level of stress, anxiety, and depression in the prevailing situation urgently.

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Conflict of Interest

The author(s) declared no conflict of interest.

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