RESEARCH METHODOLOGY
CHAPTER 2

RESEARCH METHODOLOGY

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Research Methodology is to solve the research problem systematically. It can be seen as the most important component of a research. A well defined methodology is a necessity for guiding the entire process of research. The present chapter explains in detail the methodology adopted for the present study such as the process involved in sampling, data collection, analysis and interpretation.

2.1 BACKGROUND OF THE PROBLEM

Life span of an individual can be seen as different stages. The six important stages in the life of an individual are prenatal, infancy, childhood, adolescence, early adulthood, middle age and old age. Old age is the closing period in the life span. It is a period when people “move away” from previous more desirable periods – or times of usefulness. As people move away from the earlier periods of their lives, they often look back on them, usually regretfully, and tend to live in the present, ignoring the future as much as possible. Age sixty is usually considered the dividing line between middle and old age.

The elderly population is in an increasing number in today’s society. The country of ours – India is in a stage of rapid increase of the number of elderly. It is said that the country is now referred as the “Graying Country” as the number of senior citizens outnumbered the young. With the advent of the globalization, the disintegration of the family values and changes in the cultural context – the children felt it difficult to take care of their older parents and as a last resort, they themselves or by the family members are brought to the Senior Care Homes which are usually referred as the Old Age Homes in the state of Kerala. The health and the psychological conditions of these residents are largely poor and their conditions seemed to get worsen as years pass by.

2.2 NEED FOR THE STUDY

Ageing is an inevitable phenomenon in all biological species. It is a restless process in life, leading to its extinction. One of the upcoming issues in the global demographic situation is the population ageing. By the sheer magnitude of their number, the next century society can be rightfully termed as society of the aged.
In the Indian culture, the elderly must depend on their family members for economic, social and psychological support. Moreover among the family members the elderly pass their leisure time happily, especially with their grand children. Living arrangements are an important component of the overall well-being of the elderly. Family care is the main source of social protection for the elderly. Now-a-days in India too as in western countries, old age homes are increasing. Some elderly persons, even though they like to stay in their family, are forced to stay in the old age homes. Studies have been conducted on different aspects comparing their well-being, life satisfaction etc in India and all the studies revealed that life satisfaction was higher among the non-institute living elderly group when compared to the institutional living elderly.

Present conditions become vulnerable for the aged because, on one side the traditional welfare institutions are deteriorating and on the other side, the population of the aged in increasing rapidly. There is a big gap between the problems of the aged and the available resources. The attempt made by government and non government organizations are nothing compared to the needs. Research plays a very important role in planning policy and programmes. In the area of the elderly, research is random and there is a need for systematizing it in an established organization.

Social work research into issues surrounding older people and those with age-related impairments is limited. In the past, the contribution of social work to this service user group has been seen as subsidiary to that of medicine and it is the medical profession, and latterly that of nursing, which has therefore dominated the research field.

The institutionalization was once considered as a last resort. But as the changes occurred in the social situation and because of the change in value system, it is now seen as the immediate alternative for the care of the elderly. The conditions of the elderly in the senior care home are another important topic of concern. There is little current research into residential care home practice. As earlier research stressed the institutionalizing aspects of such care which seems to be less of an issue today, as most care homes are much more open to outside access. Most of the old age homes do not possess even the basic amenities required to take care of the elderly. Hence there is an increasing need for the research and studies among the residents of the old age.
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homes. As the ethical responsibility of the researcher does not end with the study and suggesting the remedial measures, there is a need for intervention research to bring out the effective and apt remedy in case of any problem under study.

2.3 SCOPE OF THE STUDY

In the Indian culture, the elderly must depend on their family members for economic, social and psychological support. Moreover among the family members the elderly pass their leisure time happily, especially with their grand children. Family care was the main source of social protection for the elderly. The institutionalization was once considered as a last resort. But as the changes occurred in the social situation and because of the change in value system, it is now seen as the immediate alternative for the care of the elderly.

In Kerala too, the condition is the same. Claiming to be the most literate and developed state in India, the number of old age homes is in its increasing number. The mushrooming of the old age homes too is seen as a development indicator today. The migration being the major cause, the other causes like the negligence, financial break down, family problems etc., account to the increasing number of residents in old age homes in the state. Even though the number of Government old age homes is less, i.e., 15 nos; the number of nongovernmental old age homes is alarmingly high. And the statistics shows that number of non government organization for elderly operates more in cities and corporation area of Kerala than rural areas.

The present study looks at this psychological wellbeing of the senior citizen. As part of the research work, an intervention was provided for the institutionalized elderly which can be replicated in other old age homes. This will increase the efficiency of the service provider and also will act as an effective tool for solving the psychological problems faced by the elderly under institutional care.

The intervention study on the psychological wellbeing of the elderly will be helpful for the working group to frame policies and design programmes for the elderly that can in turn help the aged to be motivated to the life and help them to lead a life of pride and prestige.
2.4 RESEARCH DESIGN

The present study on psychological wellbeing of the residents in senior care homes adopted Single-Subject Design. Intervention research design or single subject designs are basically quasi experimental research designs, which use time series analysis technique of social research to evaluation of the impact of interventions on individual cases, groups, family and community. Single Subject Research Design involves studying a single individual or system by taking repeated measurements of one or more dependent variables and systematically applying & sometimes, withdrawing or varying the independent variable\(^1\). Such designs involve repeated measure of the dependent variable before and after a particular intervention, to see if a sustained pattern of change in the dependent variable commences shortly after the onset of intervention. The single subject research designs are applied when the sample size is one or when a number of individuals are considered as one group, these designs are used to study the behavioral change an individual exhibits as a result of some treatment. In single subject design, each participant serves as her or his own control. Basically, the participant is exposed to a non-treatment and a treatment phase and performance is measured during each phase\(^2\). The present study adopted An **AB Pattern** of Single subject Design. AB design is basically a two-phase experiment, the A phase is a baseline period and the B phase is an intervention period. Typically multiple measurements/observations enable the researcher to ascertain first of all if the baseline period is stable, which allows a suitable assessment of the subject before the intervention.

2.4.1 Procedure of Single Subject Research Design Adopted for the Study

The baseline date was collected from the respondents. The same data was collected from the respondents 5 times in order to ensure the accuracy of the data being collected. A Continuous assessment of the individual behavior is undertaken. The same data was collected from each respondent 5 times using the same questionnaire. The average scores of these five were used as the baseline data for the research work. Each subject was then exposed to intervention. After the intervention,

\(^1\) (Ottenbacher, 1986; Bloom & Fischer, 1982)
the respondents were given a time before the post data collection. The post data was also collected five times from each respondent using the same tool of data collection. The average score of this data was used as the score for data collection. Analysis was conducted using these average scores of data before and after the intervention.

The present study is designed in such a way that it promotes the intervention and also aid to measure the effectiveness of the intervention being provided. The purpose of the intervention study is to measure the effectiveness of the intervention designed and implemented. An intervention on the psychological wellbeing was the independent variable and the impact of the intervention formed the dependant variables of the total study.

The present study is designed in a one to one manner. The intervention is being provided using Case Work Method of Social Work and also hence each respondent need to be studies with utmost care and attention. Hence the single subject research design is adopted for the present study. Single Subject Research Design can be depicted as below:

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\text{Effect of Intervention} = \text{Mean Percentage of (D-B)}
\]

Figure 2.1 Diagrammatic Representation of the study
2.5 OBJECTIVES OF THE STUDY

Major objective of the study was to assess and develop a suitable intervention package to improve the psychological wellbeing of the residents in the Government and Private Senior Care Homes of Kerala State.

The specific objectives of the study are:

- To examine the socio-demographic profile of the residents of the government and private senior care homes in Kerala
- To study the circumstances led the senior citizen to the care home
- To assess the psychological wellbeing of the residents in the care homes.
- To implement intervention strategies on Psychological wellbeing of the residents of the senior care home.
- To evaluate the effectiveness of intervention strategies on elderly in the institution.

2.6 HYPOTHESES

2.6.1. The feeling of Autonomy will increase as a result of the intervention on psychological wellbeing.

2.6.2. The intervention on psychological wellbeing will improve the Environmental Mastery

2.6.3. The feeling of Personal Growth will develop as a result of the intervention on psychological wellbeing.

2.6.4. Positive relation with others of the residents will improve with the intervention on psychological wellbeing.

2.6.5. The intervention on psychological wellbeing and the self acceptance are significant
2.6.6. The intervention on psychological wellbeing is significantly related to the purpose in life.

2.7 DEFINITIONS OF CONCEPTS

2.7.1 Socio demographic Profile

2.7.1.1 Socio demographic Profile (Conceptual): Profile is the outline or contour of the human face viewed from one side or a vivid and concisely written sketch of life and characteristics of a person. (Webster's Dictionary)

2.7.1.2 Socio demographic Profile (Operational): In the present study, socio demographic profile includes the details of the senior citizens in the government care homes such as age, sex, education, religion, and marital condition, type of family, number of children, previous occupation, and income status and so on.

2.7.2 Senior Care Home

2.7.2.1 Senior Care Home (Conceptual): A place where people live and are cared for when they cannot live at home or look after themselves. A care home for the elderly. (Oxford Advanced Learner’s Dictionary)

2.7.2.1 Senior Care Home (Operational): The senior care home refers to the institutions run by the government of Kerala or any private association for the elderly in the state with the facilities of accommodation, food and medicinal services. In Kerala, the Senior Care homes are termed as Old Age Homes.

2.7.3 Psychological Wellbeing

2.7.3.1 Psychological Wellbeing (Operational): In this study, psychological wellbeing referred to the overall wellbeing of the residents of the senior care home which includes six dimensions- autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance.
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2.7.4 Autonomy

2.7.4.1 Autonomy (Operational): In this study, autonomy is defined as the ability of the residents in senior care home to take independent decisions and to have confidence in one’s own decision without depending on the approval of others.

2.7.5 Environmental Mastery

2.7.5.1 Environmental Mastery (Operational): Environmental mastery refers to the capability of the senior citizen to manage his responsibilities and situation. The elderly could maintain relationship with other residents and the caretakers at the home and could plan and accomplish his life activities.

2.7.6 Personal Growth

2.7.6.1 Personal Growth (Operational): In the present study, personal growth can be defined as the urge of the senior citizens for continuous growth and mature views over the years of the residents in the care home.

2.7.7 Positive relation with others

2.7.7.1 Positive relation with others (Operational): Positive relation with others means the maintaining of warm and trusting mutual relationship and the willingness to share time with other residents and caretakers at the home.

2.7.8 Purpose in Life

2.7.8.1 Purpose in Life (Operational): In the present study, purpose in life referred to those thoughts of the residents about the aim in life and having a plan for future and work to make it real. It included the feeling of the residents on the satisfaction with the accomplishments.
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2.7.8 Self Acceptance

2.7.8.1 Self Acceptance (Operational): Self Acceptance referred to the feeling of confidence about oneself and acceptance personality.

2.7.9 Intervention

2.7.9.1 Intervention (Conceptual): Intervention is defined as an influencing force or act that occurs in order to modify a given state of affairs. In the context of behavioral health, an intervention may be any outside process that has the effect of modifying an individual’s behavior, cognition or emotional status. (Encyclopedia of Mental Disorders).

2.7.9.2 Intervention (Operational): In the study, intervention refers to a designed package of process which includes activities and classes on the psychological wellbeing that were given to the people above the age of 60 residing in the Senior Care Home run in the state of Kerala.

2.7.10 Effectiveness

2.7.10.1 Effectiveness (Operational): The changes that the intervention package can make on the psychological wellbeing of the elderly residing in the senior care home.

2.8 UNIVERSE OF THE STUDY

The universe of the study included the entire residents of all the 15 senior care homes run by the Government in the Kerala State and also in the Private Care Homes in the State of Kerala.

2.9 UNIT OF THE STUDY

The unit of the study is a single male or female resident in the senior care home run in the District of Kollam
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2.10 SAMPLING

The study was conducted in the government and private senior care home. The Sampling is done in two steps for the Government and the Private Old Age Home.

Phase 1: There are 15 Government Senior Care Homes (ANNEXURE 3- List of Govt. Old Age Homes) in Kerala. One among the Fifteen Old Age Homes was selected for the present study using the Lottery Method. The chits were made for all the 13 old age homes as the old age homes in the district of Trivandrum is excluded as the old age homes are separate for the men and women in Trivandrum district. From the rest 13 Old age homes, one Old age home is selected using the Lottery Method.

The respondents were selected using the Systematic Random Sampling based on the inclusion exclusion criteria. The attendance list of the Old Age Home is used as the database for the selection of the sample. The total number of residents in the old age home was 65; among them 31 are male and 34 are female. A sample list was prepared based on the inclusion exclusion criteria and the sample list contained 42 residents; 22 are male and 20 are female. 24 respondents were selected from this list using Systematic Random Sampling and baseline data was collected from these 24 respondents.

The 12 clients for intervention was selected from this 24 residents based on the dimensions of Psychological Wellbeing and also the consistency of their scores of dimension. One female and one male are selected for intervention of each dimension. The respondents were selected based on their low scores for each variable.

Phase 2: As the District selected for the Government Care Home was Kollam, the researcher purposely selected Kollam District. Thus from the list of Help Age India recognized three Senior Care Homes in Kollam District, one home was selected using Lottery Method.

The respondents were selected using the Stratified Sampling Method. From the attendance register, the residents were classified based on the Inclusion- exclusion Criteria. And the final list comprised of 14 Males and 15 Females. 24 respondents were selected from this list using Systematic Random Sampling and baseline data was collected from these 24 respondents.
The 12 clients for intervention was selected from this 24 residents based on the dimensions of Psychological Wellbeing and also the consistency of their scores of dimension. One female and one male are selected for intervention of each dimension. The respondents were selected based on their low scores for each variable.

2.11 LOCALE OF THE STUDY

The Kerala State has the Senior Care Homes (named as Old Age Homes) in both the Government and Non Government Sectors. As per the records available from the Social Welfare Department of Kerala State, there are 15 Old Age Homes run by the Government.

The Old Age home, Kollam was Locale of the present study. The Old Age Home is situated in Peruman, Kollam District. The home has its own building with admission of 65 residents. The Home is headed by the Superintendent who is of Gazette Rank. There are two other office staff and 4 helpers for the residents. The funds are provided by the Social Welfare Department under the Ministry of Social Welfare, State of Kerala. Apart from that, food is supplied by the kind-hearted people too.

The Bhavana Old Age Home, Kollam was selected for the study. The Ola Age Home was started by a kind-hearted person and his family to support the elderly. There were altogether 52 residents in the care home.

2.12 PILOT STUDY

The feasibility study was conducted prior to the conduct before the designing of the present study. The discussions were held with the experts in the field of Geriatric, Gerontology and Geriatric Social Work. The Centre for Research on Ageing, S.V University, Tirupati was visited for collecting the literature and also to hold discussion in the subject area with Dr. Ramamurthy and Dr. Jamuna. The researcher visited the psychologist to understand the concept of the psychological wellbeing and the details were sought. The Director of Social Welfare, Kerala State, the Social Welfare Officers of Malappuram, Trivandrum and Kollam Districts were visited to analyse the feasibility of the Study. Also the Government and Non Government Old Age homes were visited to study the conditions of the residents in
these homes and hence the study area was restricted only to the Government Old Age Homes.

The final topic and the methodology were finalized inculcating the expert opinion and the knowledge derived out of the extensive literature survey.

2.13 INCLUSION- EXCLUSION CRITERIA

The following Inclusion- Exclusion criteria were adopted to finalize the sample.

2.13.1 Inclusion criteria

1. Male and Female who fall to the category of young old (60-70 years) staying in the Government and Private Senior Care Home in the State of Kerala.

2. The resident who is staying in the home for a period of two years and more

3. Those who have an interest in taking part in the data collection and the intervention programme.

2.13.2 Exclusion Criteria

1. The resident in the home who is not with sound mind

2. The person who is having a disability or a serious illness.

3. The resident who is staying less than two years.

4. The person who is above the age of 70 or below the age of 60.

2.14 TOOL OF DATA COLLECTION

The tool of data collection used for the present study was an Interview Schedule which was divided into two parts. The first part consisted of self prepared questions and the second part is the scale to measure the psychological wellbeing.
2.14.1 Part 1: Socio demographic profile

The Socio demographic profile has 19 questions to study the basic profile of the respondents and the conditions of the respondents. There are also questions on the reasons for leaving the house and selecting the old age home.

2.14.2 Part 2: Scale on Psychological wellbeing

The scale on psychological wellbeing developed by Dr. Carol Ryff, University of Wisconsin Madison is used for measuring the psychological wellbeing of the respondents. The scale is a six point one. The psychological wellbeing is measured in six dimensions: autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance.

Indices of Dimensions

a. Autonomy
   Independent decision making
   Approval of others
   Confidence in one’s own decision
b. Environmental Mastery
   Manage responsibilities and situations
   Maintain relationship
   Plan and accomplish life activities
c. Purpose in Life
   Good sense of aims in life
   Have a plan for future and work for its reality
   Satisfies with the accomplishments
d. Personal Growth
   Urge for continuous growth
   Mature views over the years
e. Positive relation with others
   Maintain warm and trusting mutual relationship
   Willing to share time with others
f. Self acceptance
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Feeling of confidence about oneself
Acceptance of one’s personality.

Presentation Format/Scoring. Items from the separate scales are mixed (by taking one item from each scale successively into one continuous self-report instrument). Participants respond using a six-point format: strongly disagree (1), moderately disagree (2), slightly disagree (3), slightly agree (4), moderately agree (5), strongly agree (6). Responses to negatively scored items (-) are reversed in the final scoring procedures so that high scores indicate high self-ratings on the dimension assessed. There are no specific scores or cut-points for defining high or low well-being. Those distinctions are best derived from distributional information from the data collected.

2.15 PRE-TEST

The interview schedule was tested with the residents in the Senior Care Home with the assistance of the Doctor who used to visit the Senior Care Homes in every month. The acceptance of the scale on psychological wellbeing is done with the help of the Neuro-Psychiatrist Dr. K A Pareed among the senior citizens of the Senior Care Homes.

2.16 INTERVENTION PROGRAMME

An intervention programme on the psychological wellbeing was developed after the extensive literature survey and consultation and discussions with the subject experts in the field of psychology, social work, geriatric research and medicine and geriatric care. The module for the intervention programme on psychological wellbeing was designed with the support of:

- Publications of Help Age India
- Reports of UNESCO for the Aged
- WHO Study on global AGEing and adult health (SAGE)
- Studies of Institute for Social and Economic Change on Ageing
- Longitudinal Ageing Study in India (LASI) of International Institute for
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Population Sciences.

- Publications of International Federation of Associations of the Elderly (FIAPA)
- Publications of International Federation on Ageing (IFA)

The package covers all the dimensions of Psychological wellbeing as per the definition given be Carol Ryff, which included autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance.

The modules included in the intervention programme are:-

Module 1: Introduction to the Intervention Package
Module 2: Elderly & Psychological Health
Module 3: Elderly & Physical Health
Module 4: Rest & Exercise
Module 5: Self Awareness
Module 6: Psychological Wellbeing
Module 7: Concluding Module

Methodology adopted in the Intervention Programme

The methodology adopted for the intervention process was discussion, sharing, story time, presentations, role play, game sessions and query addressing. The method focused intervention is designed and the principles, values and the philosophy were given the utmost care and importance. Social Case Work is the methodology adopted and hence the intervention revolves around the principles, techniques and tools of the Social Case Work Method.
2.17 COLLECTION OF DATA

Both the primary and the secondary data were used for the conduct of the study. The primary data included the direct responses collected from the respondents based on the interview schedule prepared.

- Pre Assessment Data Collection

The researcher collected the data from the same respondent 5 times using the same questionnaire. The purpose of the data collection was to ensure the reliability. The data was collected on a weekly basis. The 5 time pre testing using the same tool on a respondent helped the researcher to find the respondents who were consistent in scores.

- Post Assessment Data Collection

After the intervention, the researcher collected the data from the respondents five times, which helped to assess the real effect of the intervention of the package provided. Thus an accurate data were collected from the respondent. This act as the major source of primary information for the respondent.

The discussions were hold with the experts working in the field of psychological wellbeing, research and the elderly to acquire sufficient knowledge on the conduct of research on the psychological wellbeing of the elderly. The secondary date was obtained from books, documents, websites, journals, articles, working papers and so on.

2.18 ANALYSIS OF DATA

The tool used for Data Analysis and Interpretation in the present study is SPSS (Statistical Package for Social Sciences). The data collected was first presented into data sheet and was then analyzed using SPSS. The tables and graphs were prepared with the data base.

Single Subject Research design was used as the research design for the present study. The single subject research design is used to study a particular case in detail. Hence the case work process accounts to the major portion of the Data analysis and
interpretation. Unlike the conventional hypotheses testing tools, the present study uses the “Celeration Line” technique for the testing of hypothesis. The effectiveness of the intervention is assessed by the change in the mean percentage of the pre and post intervention data collected.

2.19 LIMITATIONS AND JUSTIFICATIONS

The study is restricted only to the district of Kollam. The study only covers a small number of samples. The study followed the AB model of Single Subject Research which means only the immediate effect of the intervention was studied. The latter effect of the intervention can also be studied.

2.20 ETHICAL CONSIDERATIONS

The researcher throughout the process follows the Code of Ethics put forth by National Association of Social Workers (2003) section – 5 Social Workers ethical responsibilities to the social work profession, under the sub section 5.02

- Considered the possible consequences and followed the guidelines from authorities to ensure the protection of the respondents. (5.02d)

- Respondents were informed about the purpose of the study and the informed consent was obtained prior to the conduct of the study. (5.02e)

- Respondents were informed about their right to withdraw from evaluation and research at any time without penalty. (5.02 h)

- Social workers ensured the protection of the participants from unwarranted physical or mental distress, harm, danger, or deprivation. (5.02 j)

- The information collected is only used for professional purposes and only with people professionally concerned with this information. (5.02 k)

- Researcher assured to ensure the anonymity or confidentiality of
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participants and of the data obtained from them. (5.02 l)

- Any information giving the details of the participants or information for identifying the participant will be omitted unless proper consent has been obtained authorizing disclosure. (5.02 m)

- The researcher reported the evaluation and research findings accurately. No finding was fabricated and should take steps to correct any errors later found in published data using standard publication methods. (5.02 n)

2.21 CHAPTERIZATION

Chapter 1 : Introduction

Chapter 2 : Research Methodology

Chapter 3 : Review of Literature

Chapter 4 : Data Analysis and Interpretation

Chapter 5 : Findings, Suggestions and Conclusion

Appendices