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The views of university students regarding senile

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Abstract

In this study, it is aimed to determine the views of university students regarding senile. The study group consisted of 166 1th-4th year students studying at Ankara University Faculty of Law, Faculty of Dentistry, Faculty of Political Science, Faculty of Humanities, Hacettepe University Faculty of Economics and Administrative Sciences, Faculty of Engineering, Faculty of Communication, Ege University Faculty of Pharmacy , Faculty of Nursing, Gazi University Faculty of Architecture, Faculty of Tourism in Spring 2014-2015 academic year. There were 90 female students and 76 male students who participated in the study. In this study, University Students' Views Regarding Senile. Senile Form were developed by the researcher in order to determine the views of university students. The study is a descriptive type of study. These forms consisted of 10 open ended questions related to the students' views about senile. The answers given to the 10 open ended questions in the form were combined and gathered under common headers. The frequencies and percentages will be calculated later on.

Keywords: University students, senile, student views.

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1. Introduction

The concept of social aging refers to the changes in social and cultural relationships that accompany old age. In contrast, biological aging refers to the biological and physiological changes that accumulate over time. Aging is a multidimensional concept with psychological, economic, cultural and social aspects. The elderly are naturally members of society and life, and actively participate in daily life; however, over time, these natural members of society gradually lose their homeostasis. Aging is accompanied by the loss of mental and physical capacity and by slowed movement, even though the aging person may not feel old. Old age is not a constant and unchanging stage of life. On the contrary, aging involves the interaction of various forces. Among the most important of these forces are the wisdom and intuition brought about by having survived the challenges of all previous stages of life (Beger & Yavuzer, 2012; Colak & Ozer, 2015; Imamoglu, 2015; Kerem et al., 2001). The psycho-social dimension of aging refers to the meaning of aging, values and attitudes towards aging, the importance of family for the elderly, risks and problems faced in old age, the sexual life of the elderly, retirement and loss of roles, questions about the meaning of life, and healthy aging (Oz, 2002). Life satisfaction for the elderly is affected by many variables, including demographics such as gender, chronological age, health, income, social security and marital status, relationships with adult children, grandchildren, friends and neighbors, and behaviors such as leisure activities, membership of voluntary organizations and associations and taking part in their activities (Kurt, Beyaztas & Erkol, 2010). On the other hand, abuse and neglect are preventable social problems that hurt the elderly physically, mentally and socially. Abuse of the elderly is a growing, worldwide problem (Gulen et al., 2013).

In a review of studies conducted on senile, Kacan-Softa (2015) found that elderly people living in private households had lower average depression scores compared with those living in nursing homes, but both groups had moderate levels of depression. Similarly, elderly people living in private households had higher mean scores for life satisfaction and healthy lifestyle behaviors compared with those living in nursing homes. Polat and Kahraman-Bayrak (2013) found that elderly people living with their spouse, or children and spouse, received higher mean scores for all aspects of social support, and married elderly people had higher mean scores for significant others. Compared with other groups elderly people with an elementary school diploma were found to have higher mean scores for self-realization, health responsibility, inter-personal support, and nutrition. Genc and Dalkilic (2013) identified declining health, loneliness, fear of death and the need to be respected as the major problems encountered in old age. The elderly experience exclusion from social relationships, cultural and social activities, access to basic services, and the immediate social environment. Seyhan (2015) found attitudes towards prayer to be significantly more negative among the young when compared with the middle-aged and the elderly. In other words, attitudes towards religion and prayer are more negative in young adulthood but become more positive as old age approaches. In conclusion, the elderly are an important component of society, and understanding and meeting their needs and thus supporting them, is a basic social requirement. In this light, this study aims to identify the opinions of university students regarding senile.

2. Method

The studies aiming to define a situation, which already exists or existed in the past, are studies designed according to scanning model (Karasar, 2003). In this study, an existing situation was analysed since the study aims to determine the views of university students on senile. Therefore, this study is a patterned research designed according to scanning model.

2.1. Participants

In this study, it is aimed to determine the views of university students regarding senile. The study group consisted of 166 1th-4th year students studying at Ankara University Faculty of Law, Faculty of Dentistry, Faculty of Political Science, Faculty of Humanities, Hacettepe University Faculty of Economics and Administrative Sciences, Faculty of Engineering, Faculty of Communication, Ege

University Faculty of Pharmacy , Faculty of Nursing, Gazi University Faculty of Architecture, Faculty of Tourism in Spring 2014-2015 academic year. The number of female students participating in the study was 90 (54.22%) and the number of male students participating in the study was 76 (45.78%).

2.2. Research Instrument

“University Students’ Views Regarding Senile” was developed in order to determine the views of university students senile. These forms consist of ten open ended questions to determine their views about senile.

2.3. The Analysis of the Data

The answers given to the ten open ended questions in the form were combined and gathered under common headings. Frequencies and percentages calculated.

3. Results

3.1. Results Regarding University Students’ Perception of Senile

In this section, you can see the frequency and percentage distributions according to the answers given to the items in the “University Students’ Views Regarding Senile”.

Table 1. Distribution of Frequencies and Percentages of Student Opinions Regarding Developing Productive Aging Satisfaction in the Elderly

Opinions	n	%
Spiritual health	43	25.89
Physical health	40	24.10
Financial income level	27	16.27
	28	16.87
Positive environment		
The opportunity to establish social relationships	28	16.87

As seen in Table 1, 26% of the students mentioned “spiritual health” as the most important personal characteristics, whereas 17% of the students mentioned “the opportunity to establish social relationships” as the least important characteristics.

Table 2. Distribution of Frequencies and Percentages of Student Opinions Regarding Causes of the Fall of Life Satisfaction in the Elderly After Retirement

Opinions	n	%
Loneliness	45	27.10
Economic deficiency	38	22.89
Self worthless feeling	36	21.69
Physical deficiencies	27	16.27
Urbanization	20	12.05

As seen in Table 2, 27% of the students mentioned “loneliness” as the most important personal characteristics, whereas 12% of the students mentioned “urbanization” as the least important characteristics.

Table 3. Distribution of Frequencies and Percentages of Student Opinions Regarding Emergence of Depression in the Elderly

Opinions	n	%
Reduction of social relationships	68	40.97
Physical diseases	38	22.89
Low self esteem	31	18.67
Reduction in financial gain	29	17.47

As seen in Table 3, 41% of the students mentioned “reduction of social relationships” as the most important personal characteristics, whereas 18% of the students mentioned “reduction in financial gain” as the least important characteristics.

Table 4. Distribution of Frequencies and Percentages of Student Opinions Regarding Changes in Sleep with Aging

Opinions	n	%
Night sleep reduction	49	29.51
Increase sleeping in the middle of the day	36	21.69
Increased need for sleep	32	19.28
The change of sleep time	26	15.66
After sleeping an increase in physical discomfort	23	13.86

As seen in Table 4, 30% of the students mentioned “night sleep reduction” as the most important personal characteristics, whereas 14% of the students mentioned “after sleeping an increase in physical discomfort” as the least important characteristics.

Table 5. Distribution of Frequencies and Percentages of Student Opinions Regarding Necessary in a Society Balanced and Healthy Aging Logic

Opinions	n	%
Determining the society development strategy	51	30.72
Do psychological counseling	46	27.71
Do guidance	29	17.47
The use of mass media	20	12.05
Only to meet the physical needs	20	12.05

As seen in Table 5, 31% of the students mentioned “determining the society development strategy” as the most important personal characteristics, whereas 12% of the students mentioned “only to meet the physical needs” as the least important characteristics.

Table 6. Distribution of Frequencies and Percentages of Student Opinions Regarding Spiritual Feelings and Thoughts Increase in Old Age

Opinions	n	%
Knowing that life is limited	40	24.10
The need for meaning of the death phenomenon	37	22.28
Increase of guilt about past	36	21.69
The need for meaning of existence perception	28	16.87
See counterbalance to psychological problems	25	15.06

As seen in Table 6, 24% of the students mentioned “knowing that life is limited” as the most important personal characteristics, whereas 15% of the students mentioned “see counterbalance to psychological problems” as the least important characteristics.

Table 7. Distribution of Frequencies and Percentages of Student Opinions Regarding Things to do on Old Age Challenges

Opinions	n	%
Adapt to declining physical strength and health	80	48.19
Adapt to retirement and declining revenue	29	17.47
Adapt to wife/husband’s death	29	17.47
Closeness with age groups	28	16.87

As seen in Table 7, 48% of the students mentioned “adapt to declining physical strength and health” as the most important personal characteristics, whereas 17% of the students mentioned “closeness with age groups” as the least important characteristics.

Table 8. Distribution of Frequencies and Percentages of Student Opinions Regarding Psychological Counseling and Guidance Practices for the Elderly

Opinions	n	%
Education problems coping with advancing age	60	36.14
Retirement and Pre-retirement counseling	32	19.28
Individual psychological counseling	26	15.66
Assertiveness training	25	15.06
Couples psychological counseling and family counseling	23	13.86

As seen in Table 8, 36% of the students mentioned “education problems coping with advancing age” as the most important personal characteristics, whereas 14% of the students mentioned “couples psychological counseling and family counseling” as the least important characteristics.

Table 9. Distribution of Frequencies and Percentages of Student Opinions Regarding Type of Behaviors Affecting the Elderly Well Being

Opinions	n	%
Psychological	42	25.30
Emotional	40	24.10
Economic	34	20.48
Physical	25	15.06
Sexual	25	15.06

As seen in Table 9, 25% of the students mentioned “psychological” as the most important personal characteristics, whereas 15% of the students mentioned “sexual” as the least important characteristics.

Table 10. Distribution of Frequencies and Percentages of Student Opinions Regarding Reasons of Behaviors Affecting the Elderly Well Being

Opinions	n	%
Elder people’s old age perception	46	27.71
Elder people 's lack of self-protection and recovery capabilities	45	27.10
Economic burden of care of elderly individuals	41	24.71
Be vulnerable elderly people living in institutions	34	20.48

As seen in Table 10, 28% of the students mentioned “elder people’s old age perception” as the most important personal characteristics, whereas 21% of the students mentioned “be vulnerable elderly people living in institutions” as the least important characteristics.

4. Discussion

The list of reasons for resorting to senile as listed according to the opinions of university students are as follows, according to priority: Adapt to declining physical strength and health (80), reduction of social relationships (68), education problems coping with advancing age (60), determining the society development strategy (51), night sleep reduction (49), elder people’s old age perception (46), loneliness (45), spiritual health (43), psychological (42), and knowing that life is limited (40). In their study on elderly people living in private households and in nursing homes, Kerem and colleagues (2001) found that the elderly faced many physical, psychological and social challenges, with those living in nursing homes having more psychological problems. Kacan-Softa (2015) found that elderly people living in private households, compared with those living in nursing homes, were in better condition in physical, social and mental terms and this can be attributed to their having better family, peer and social support systems. According to Yilmaz (2013), elderly people who make a transition from an active to a passive lifestyle, struggle with illness and experience death at close proximity, through the loss of spouses and peers, require more moral support than ever. Genc and Dalkilic (2013) reported that elderly people who have a negative attitude toward death also reflect this attitude on their immediate environment, arousing feelings of exclusion. Compared with men, women experience higher levels of anxiety concerning social exclusion. A positive relationship is reported between increasing old age and social exclusion. In the sense, the results found by Genc and Dalkilic (2013), Kacan-Softa (2015), Kerem and colleagues (2001) and Yilmaz (2013) are consistent with the findings of this study, where the opinions among university students that adapt to declining physical strength and

health, reduction of social relationships, education problems coping with advancing age, determining the society development strategy, elder people's old age perception, lonelines, spiritual health, and knowing that life is limited are factors.

5. Conclusion and Suggestions

In conclusion, elderly people should be supported to improve their self esteem and integration into society and to minimize the negative effects of aging on perceptions of life, life satisfaction and physical health. In light of these findings, the following recommendations are made: To minimize the negative effects of aging, elderly people should be provided with psychosocial support, together with the participation of their adult children, in centers of psychological guidance and counseling. In addition, efforts should be made, in cooperation with psychological guidance and counseling centers and healthcare organizations, to raise awareness about old age, particularly among the family members of elderly people.

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