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Determining reasons why old people come to old age asylum

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Abstract

This study was made descriptive-cross sectional in order to identify the reasons why old people come to old age nursing home. This descriptive study was conducted with the participation of 64 old people among 69 who stayed in a nursing home in Samsun between 13.04.2016 and 15.06.2016, who could communicate with us and who were willing to participate. The data was collected by a survey form prepared by the researchers in line with the literature. Survey form consists of 59 questions aiming to determine the socio-demographical properties of old people and their social and family living conditions before coming to a nursing home. In the evaluation of data percentage calculation and chi-square test were used. The age average of old people is 74.9 ± 8.4 . 32.8% of the old people are women and 67.2% of them are men. 34.4% of them were graduated from primary school. 53.1% of them have chronic diseases, 40.6% of them do not have a relative to take care of them, 23.4% of them came to nursing home as they faced decline in proceeding with daily activities without dependence on others, 53.3% of them do not communicate with their children, 43.8% do not have any visitors coming to the institution. 76.6% of them expressed that they stay in the nursing home since their families consider the old people in the family as a burden. 45.3% of them describe the nursing home as a place where they wait for the end of their lives, 25% of them express that they were not wanted by their relatives before coming to a nursing home. 3.1% of them faced physical violence from the relatives with whom they stayed together. In this study, it was observed that reasons, why old people preferred to live in the nursing home, are the absence of individuals to give them care, loneliness, and conflict with children. It is suggested that interventions should be made in order to increase the interactions of old people with family members and convert nursing homes to joyful places where old people can perform social activities with their coevals.

Keywords: Family, care, nursing home, loneliness, senescence.

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1. Introduction

The World Health Organization reported that the number of people aged 65 and over in developing countries was 524 million in 2010; this number will reach 1.5 billion by 2050, and the elderly population will increase mostly in developing countries (World Health Organization, Global Health, and Aging, 2011). Turkey is one of the developing countries that have a rapid aging process. According to the records of the Turkish Statistical Institute by the year 2013, the population of Turkey is 76,481,847 with 5,875,603 people in 65 and above age group (Turkish Statistical Institute, 2013). However, it is expected that the population of 65 years and above age group in Turkey will constitute 10.8% of total population in 2030, 13.6% in 2040 and 17.3% in 2050 (Akin, 2012).

In modern societies, due to industrialization, fast developing technology, and individualized life cycle, immigration to the city accelerates; the core family structure becomes widespread; cultural and social norms change with the role in the family; the understanding of the old care is changing depending on the adoption of modern family structure; elderly care becomes more difficult since household individuals get involved in work life, and the need for nursing home care increases (Sokmen, 2008). In this context, the studies that reveal the differences between countries, regions, and cultures and the findings and information obtained from these studies are needed in order to identify the reasons for elderly people to come to nursing homes and to develop appropriate strategies in the direction of findings. With this research, it is thought that the results will be useful in developing appropriate strategies in national and local action plans to increase the quality of life and satisfaction of the elderly individuals.

1.1. Study Objective

The study was conducted as a descriptive cross-sectional study in order to identify the reasons for the elderly residing in a nursing home in Samsun in the north of Turkey. This study searches for answers to following questions:

- What are the sociodemographic characteristics of the elderly?
- What are the reasons for elderly to come to nursing homes?

2. Material and Method

2.1. Study place and time

This descriptive-cross-sectional study was conducted in a nursing home in the province of Samsun in the north of Turkey between 13.04.2016 and 15.06.2016.

2.2. Study population and sample

The study was carried out with the participation of 64 elderly people who were selected by the non-probability sampling method and who were staying in the nursing home where the research was conducted between the relevant dates. Elderly individuals—who were 65 years or above of age, had no psychological or mental problems, were capable of verbal communication, and were willing to participate in the survey—were enrolled into the study. Four elderly individuals with no inclusion criteria were excluded from the study.

2.3. Data collection tools

The data were collected by the researchers using a questionnaire prepared in accordance with the literature. The survey constitutes of total 59 questions based on the socio-demographic characteristics of the elderly (age, gender, educational status, marital status, who they were living with before coming to nursing home, where they spend most of their lives, insurance status, having a chronic illness, if yes diseases they have, etc.), reasons for coming to nursing home (thoughts about the value given to elderly people, thoughts about the nursing home, reasons for coming to a nursing home, physical abuse before coming to the nursing home, type of physical violence that is exposed if yes,

who performed the physical abuse, any visitor to the nursing home, who are visitors, the frequency of visits, the frequency of face-to-face conversations and telephone conversations with their children, the sharing of their room with another individual if yes with who, the frequency of leaving the institution, the participation in social activities, etc.), and the social and familial life situations before coming to the nursing home.

2.4. Data collection

This study conforms to the ethical standards of the Helsinki Declaration. The data was collected with a face-to-face interview method by the researchers after getting the informed consent from each participant. The prepared questionnaire form was applied to participated elderly after giving an explanation about the study. The patients were informed that they were completely free to decide whether to participate in the study, that their names will not be specified on the questionnaire forms, and that all data collected in the study were going to be used only in the scope of the present research. The data collection period was completed in approximately 15-20 minutes.

2.5. Data evaluation

The statistical analysis of the collected data was done with the package software SPSS v15.0. Descriptive statistics and chi-square test were used in the analysis of the data. The results were presented as percentages, means, and standard deviations. Statistical significance level was accepted as $p < 0.05$.

3. Findings

64 elderly individuals participated in this research. It was found that 32.8% of the elderly were women, 67.2% were men, 34.4% were primary school graduates, 64.1% lived alone before coming to the nursing home, 68.7% had insurance, and 56.2% spent their lives in small cities mostly; 53.1% had a chronic disease, 39.1% had hypertension, 23.4% had coronary artery disease, 20.3% had asthma, and 14.1% had diabetes mellitus diagnosis, and the mean age of the elderly was 74.9 ± 8.4 (Table 1).

Table 1. The Distribution of Sociodemographic Characteristics of the Elderly (N = 64)

CHARACTERISTICS		n	%
The mean age	74.9±8.4		
Age Groups	Age of 62-72	25	39.1
	Age of 73-83	35	54.7
	Age of 84 and above	4	6.2
Gender	Female	21	32.8
	Male	43	67.2
Education Level	Illiterate	13	20.3
	Literate	19	29.7
	Primary school	22	34.4
	Middle School	8	12.5
	High school	2	3.1
Marital status	Married	3	4.7
	Single	15	23.4
	Widowed/Divorced	46	71.9
	With my children	8	12.5
Who they lived with before the nursing home	With my wife/husband	8	12.5
	With relatives	7	10.9
	Alone	41	64.1
The place where they spend most of their lives	Large city	28	43.8
	Small city	36	56.2
Health insurance	Present	44	68.7
	Absent	20	31.3
Presence of a chronic disease	Yes	34	53.1

	No	30	46.9
	Hypertension	25	39.1
	Diabetes	9	14.1
* If the answer is yes, which chronic diseases (n = 34)	Rheumatoid	5	7.8
	Asthma	13	20.3
	Heart	15	23.4
	Kidney	7	10.9
	Depression	10	15.6

It was found that 78.1% of the elderly stated the value given to the elderly is now declined, and 98.4% stated that the participation of the elderly in decisions taken in the family was decreased; 70.3% stated that the elderly should live with their children and their families, 68.8% defined nursing homes as "a place for needy people" before coming to nursing home, 51.6% defined nursing home as "a place where they could be together with their peers," and 45.3% defined as "the place where they wait until death," that they stated their reasons for coming to the nursing care as the lack of relatives to take care (40.6%), being alone (23.4%), decrease in ability to perform daily activities (23.4%), 3.1% of them were exposed to physical violence in the form of severe beating and pushing by their sons, 76.6% told that other elderly people staying at nursing cares states that the reason is "families seeing elderly as burden," they spent their times by chatting (75%), watching TV or listening to radio (70.3%), resting (65.6%) while only for 46.9% visitors came to the nursing home, 20.3% were visited irregularly, 46.9% were visited only by their children, 78.1% shared the room with another elderly, 21.9% never went out of the institution, and 57.8% never attended to social activities (Table 2).

Table 2. Distribution of Thought of Elderly Regarding Condition to Stay in a Nursing Home (N = 64)

CHARACTERISTICS		n	%
Thoughts about the value given to elderly people nowadays	The value which is given to old people today is increasing	12	18.8
	Today, the value given to the elderly is decreasing	50	78.1
	Today, the value given to the elderly is not changed	2	3.1
Thoughts on elderly's right to speak within family and their participation in the decision-making nowadays	The right to speak of the elderly in the family and the participation in the decision-making are reduced	63	98.4
	The right to speak of the elderly in the family and participation in the decision-making has not changed	1	1.6
Their thoughts regarding with whom family elders should live	With children and family	45	70.3
	Alone	2	3.1
	In nursing home	17	26.6
Where they would like to stay if they had a choice	Outside, alone	10	15.6
	Outside, with their husband or wife	7	10.9
	Outside, with their children	11	17.2
	In nursing home	36	56.3
Their thoughts on nursing homes before applying to one of them	Place where poor people are taken care	44	68.8
	Place where elderly live together	7	10.9
	Place where safe, professional help can be obtained	4	6.2
	Other	9	14.1
	Place where I can be with my peers	33	51.6
*Thoughts regarding nursing home now	Place where I can find a shelter when I cannot get along with my children	12	18.8
	Place where I can stay if I have an economic difficulty	9	14.1
	Place where I wait for the end of my life	29	45.3
	Other	4	6.3
	Due to a decrease in ability to do work with aging	15	23.4
*Reason/reasons for coming to nursing home	Due to progression of diseases and difficulties fighting against diseases	11	17.2
	Due to the loneliness after the death of their spouses	14	21.9

	Due to seeing themselves as a burden in the nuclear family structure	1	1.6
	Due to refusal of their children to live with them	11	17.2
	Due to economic problems they face with	6	9.4
	Due to the physical and psychological health problems they have experienced	2	3.1
	Due to the fear of being alone at home	3	4.7
	Due to the absence of relatives to care for them	26	40.6
	Due to getting divorced from their spouse	3	4.7
	Due to not wanting to be a burden to anyone	9	14.1
	Due to being alone and lonely	15	23.4
	Due to the desire to be with their peers	1	1.6
	Loneliness	17	26.6
The most important reason for applying to a nursing home and choosing this lifestyle	Not getting along with children	12	18.7
	No one to care for him or her	24	37.5
	Nursing home is a comfortable and peaceful place	11	17.2
Exposure to physical abuse before coming to nursing home	Yes	2	3.1
	No	62	96.9
	Slapping	-	-
	Severe beating, being pushed	2	3.1
If the answer is yes then the type of the violence	Hitting with a stick	-	-
	Throwing a hard object	-	-
	Pinching anywhere	-	-
	Maltreatment	-	-
	Spouse	-	-
	Son-in-law	-	-
Who carried out the violence	Daughter	-	-
	Son	2	3.1
	Daughter-in-law	-	-
	Families seeing them as a burden	49	76.6
*Thought about the reasons why other elderly people stay in nursing home	The nursing home environment is more comfortable	3	4.7
	Preference of the elderly themselves	10	15.6
	Economic reasons	22	34.4
	Chatting	48	75.0
	Doing hand-crafted works (painting, jewelry, handwork, etc.)	2	3.1
	Playing games like backgammon, rummy cube in the cafeteria	7	10.9
* How to spend time in nursing home	Watching TV, listening to the radio	45	70.3
	Reading newspapers, books, magazines, and writing	11	17.2
	Resting	42	65.6
	Walking/hiking	26	40.6
	By performing religious rituals	15	23.4
Nursing home visitor arrivals	Yes	30	46.9
	No	34	53.1
	Once a week	3	4.7
If yes, the frequency of visits (n = 30)	Once in two-three weeks	3	4.7
	Once a month	11	17.2
	Irregularly	13	20.3
	Children	30	46.9
*If yes, who visited (n = 30)	Relatives	11	17.2
	Friends/neighbors	6	9.4
	Other (Philanthropists)	3	4.7
	Everyday	1	2.2
Frequency of face-to-face interviews with children (n = 30)	Once a week	2	4.4
	Once in two-three weeks	2	4.4
	Once a month	6	13.3

	Irregularly	19	29.7
	Everyday	3	6.7
Frequency of phone conversations with children (n = 30)	Once a week	6	13.3
	Once in two-three weeks	1	2.2
	Once a month	7	15.6
	Irregularly	13	20.3
Sharing the room with someone else	Yes	50	78.1
	No	14	21.9
If yes, share with whom (n = 50)	With spouse	3	6.0
	With a roommate	47	94.0
	Never	14	21.9
Frequency of leaving the institute	Sometimes	38	59.4
	Frequently	12	18.7
	Frequently	3	4.7
Participation in social activities	Sometimes	24	37.5
	Never	37	57.8
Average time to stay in nursing home	3.4±0.3 years		

*More than one answers are given.

When we look at the social and familial living conditions of elderly before coming to the nursing home, 4.7% were embarrassed and humiliated by their relatives or people they stay with, 4.7% were cursed, 6.3% were threatened, home, car, or money of 10.9% were seized, 25% were told that they were not wanted, 62.5% had not fulfilled their health needs sufficiently and were not given their medicines on a regular basis (Table 3).

Table 3. The distribution of answers (N = 64) to the questions about determining the social and familial life situations of the elderly before applying to the nursing home

	Yes		No	
	n	(%)	n	(%)
1) Were you provided physical cleaning when needed (nail cutting, bathing, tooth brushing, etc.) by your relatives or those you were staying with?	23	(35.9)	41	(64.1)
2) When you need it, when your clothes are dirty, were they cleaned by your relatives or those you stay with?	23	(35.9)	41	(64.1)
3) When you need it, when your bed is dirty, is it cleaned by your relatives or those you stay with?	23	(35.9)	41	(64.1)
4) When you need it, was your supplies such as glasses, dentures, walking sticks, etc. provided by relatives or those you stay with?	25	(39.1)	39	(60.9)
5) Are your health needs adequately met when you are sick by your relatives or those you have with?	24	(37.5)	40	(62.5)
6) When you need it, are your medications given regularly while you are taking medication by your relatives or those you have with?	24	(37.5)	40	(62.5)
7) When you need it, was there any time when your food and drink needs were not met and you remained hungry and thirsty by your relatives or those you stay with?	11	(17.2)	53	(82.8)
8) Were there times when you are embarrassed or insulted by your relatives or those you stay with?	3	(4.7)	61	(95.3)
9) Was there any time when meeting with some of your friends was prevented by your relatives or those you stay with?	2	(3.1)	62	(96.9)
10) Was there any time when you are threatened by relatives or those you stay with?	4	(6.3)	60	(93.7)
11) Did it ever happen to you that you were sworn or told negative remarks by your relatives or those you stay with?	3	(4.7)	61	(95.3)
12) Have you been told that you are not wanted by your relatives or those you stay with them?	16	(25.0)	48	(75.0)
13) Did it ever happen that you were spoken to in an insulting and humiliating manner	5	(7.8)	59	(92.2)

by your relatives or those you stay with?

14) Have your home, your car, or your money been seized if you have home, car, or money by your relatives or those you stay with?	7(10.9)	57(89.1)
15) Were your relatives or those you stay with often asking for money from you except for your personal needs?	4(6.3)	60 (93.7)
16) Were some of your personal belongings (gold, watches, jewelry, paintings, etc.) taken by your relatives or those you stay with other than your wishes?	1(1.6)	63(98.4)
17) Were you forced to make money by your relatives or those you stay with?	2 (3.1)	62 (96.9)
18) Were you spending your money with permission?	2 (3.1)	62 (96.9)
19) Were there times, when you need it, when you could not get your own money from your relatives or those you stay with?	3 (4.7)	61 (95.3)

4. Discussion

64 elderly individuals participated in this research. It was determined that before coming to nursing care, more than half of the elderly were living alone, spent a large part of their lives in small cities, half having a chronic disease, and having hypertension, coronary artery disease, asthma and diabetes diagnoses respectively.

After Atila's (2006) study on the effect of social change on families and the elderly, it was reported that a large part of the elderly living in the nursing home spent their lives in the city center, 21.5% lived with their children 33.5% with their partners while 36% lived alone, 64.5% of them have children and in the first place they told "I do not have children," but as communication increases, they are reported to have no children because they do not care about their care which is in accordance with our research findings.

It was determined that most of the elderly think that value given to them, right to express themselves and involving in taken decisions were decreased, that elderly should be living with their children and family, they defined nursing homes as "a place where they can live with their peers" or "a place where you wait for the end of your life," they list the reasons why elderly people refer to the nursing home as absence of relatives to take care of them, being alone and without their relatives, decreasing their ability to work with aging process, 76.6% said that the elderly states the reason for staying in their old age as "families seeing elderly people as burden," they spend their time chatting, watching TV or listening to radio, resting, nearly half of them are visited by their children, one-fifth never went out of the institution, and more than half of them never participated in the social activities.

In accordance with the findings of the study, Atila (2006) found that when the reasons for elderly applying to nursing homes were examined; they found that they had trouble getting along with their children, they did not take care with them and that they referred to nursing homes because they were sick, half of the residents of the nursing home were visited by their children, if they had the choice 48.5% of elderly would prefer to stay with their children, they wanted to stay in the nursing home because they could not tolerate what their families' say and how they behave though they are longing for a family. In the same study, supporting the findings of the research, it was reported that the elderly think of the reason for coming to the nursing home as "families seeing the elderly as burdens," they think that the value given to the elderly is decreasing, they see the nursing home as a place where they can be together with their peers, seek shelter when they cannot get along with their children, spend the rest of their lives; their visitors arrive once in a month for the elderly who have children whereas the elderly with no children are only visited on special days and holidays, and often they are not familiar with the visitors.

While the visit of the elderly in the nursing home is a very important factor, in the study of Akin (2010) done to establish the relationship between the level of psychological acceptance and anxiety signs of the elderly that are residents of the nursing home, sociodemographic variables which are the

frequency of leaving the institution and getting visited in the institution was found related to geriatric situation of the elderly, it is reported that regardless of who it is, visits reduce the anxiety.

In the study by Kilic (2009) done to identify the reasons for choosing nursing home life, the elderly have chosen nursing homes because of loneliness, neglect by their families, not wanting to burden their children, their children not taking care of them, not wanting to get into quarrels with their children, their relatives not taking care of them, and not having anywhere else to go, their son and daughter in laws not wanting the elderly.

In another study by Sokmen (2008) conducted to determine perceptions of elderly staying in nursing home about their lives in nursing home, the reasons for elderly to come to nursing home were detected as coming to be taken care of, to take advantage of health services, to make friends, to get rid of the burden on others, they referred through their own wishes, of children, acquaintances, and other persons respectively. In the same study in accordance with research findings women spent their times by hand-crafting in their rooms, reading newspapers, solving word puzzles, watching TV, chatting with friends, involving in activities organized by the nursing home male elders spent their times playing rummy cube in the cafeteria, playing backgammon, taking walks outside the nursing home involving in activities organized by the nursing home.

In a study conducted by Dereli, Koca, Demircan, and Tor (2010), it is reported that more than half of the elderly comes to nursing homes since they are in need of care and that there is a meaningful relationship between the level of loneliness and having visited, having communications without other than visits, involving in group activities, the level of feeling loneliness and group relation profiles and it was reported that the elderly living in the nursing homes did not feel lonely.

When we look at the social and familial living conditions of elderly before applying to the nursing home, 3.1% of the elderly had been subjected to physical violence in forms of severe beating and being pushed by their son before coming to the nursing home; it was determined that they were embarrassed and humiliated by their relatives or cohabitants, that they had been faced with negative remarks, threatened; their homes, cars, or money have been seized, they are told that they are not wanted and that their health necessities were not adequately met, and that their medicines were not given regularly.

In the study by Kilic (2009) conducted to identify the reasons for forcing elderly to choose the nursing home lifestyle, it was found that the elderly were subjected to violence by their son and daughters-in-law and other people, that the elderly are neglected, humiliated, not wanted, their belongings were taken away without consent, and they were humiliated and abused. In another study by Artan (2013), elderly faced with mostly "psychological abuse," secondly "economic abuse," and thirdly "physical abuse."

Among the reasons for accepting an institutional care by the elderly residents are the fact that they can not keep up with the pace of urban life due to the decline in their ability to work with the aging process; progression of their diseases and difficulties coping with the disease; losing their husbands, wives, or relatives with whom they have lived together, neglected by their partners or relatives, loneliness; not finding room for themselves in the core family structure of modern life, and therefore refusing to continue their lives beside their children; the economic problems of elderly individuals and their children; physical and psychological health problems (Miroglu, 2009).

In this study which was aimed to determine the causes of elderly coming to nursing homes, it was seen that the most important reasons for choosing life in the nursing home by elderly people are the lack of individual to care for, loneliness and disagreement with their children. In the direction of the findings obtained, it was understood that nursing home is a living area, this area is preferred by elderly people to meet their physiological, social and economic needs.

5. Conclusion

In this study, it is seen that the most important reasons for choosing to live in the nursing home for elderly people are the lack of individuals to take care for, the loneliness and disagreement with their children. In the direction of the findings obtained, it is suggested that initiatives aimed to increase the interaction of the elderly with the family members should be taken and together with this nursing homes should be transformed into a fun environment where elderly can involve in social activities and events with their peers. In addition, we recommend that both qualitative and quantitative research methods are used together in the future studies, employing focus group interview method for its advantages.

Limitations of the Study

- One limitation of the present study is that the correctness of statements given by patients during the face-to-face interview was not evaluated with long-term observations.

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