

**Coping Mechanisms of institutionalized Elderly Gay
Of Golden Gays Home**

An Undergraduate Thesis

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ABSTRACT

Name of institution: Golden Gays Home

Address: 108 David St., cor. Harrison, Pasay City

Title: The Coping Mechanisms of Institutionalized Elderly Gays of Golden Gays Home

Authors: Feliciano, Gilnard G., Tubongbanua Hazeline L., Valencia Stephanie S.

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Objectives:

General: To identify the coping mechanism of institutionalized elderly gays inside the institution.

Specific: 1. What is the profile of the institutionalized gay elderly as to age, educational background, religion, previous employment, status, previous residence and family background?

2. What are the reasons for staying or living in the institution?

3. What are the problems they encounter in Golden Gays Home?

4. What are the coping mechanisms used by the institutionalized elderly gay in dealing with their problems?

Scope: This study was conducted at Golden Gays Home in Pasay City, from December to January 2009. The eight (8) respondents are selected based from their age ranging from sixty and above who are institutionalized.

This study does not tend to generalize the results of the answers of all elderly gays in the Philippines, whether institutionalized or not.

Methodology: The researchers gathered and reviewed some literature related to their study. This enabled them to clarify and identify some specific factors and variables relevant to the issues regarding the status of the institutionalized elderly gays. The researchers looked for an institution for elderly gays. They found this institution by searching on the internet for the address of the institution. Researchers decided to ask permission to the staffs to conduct their study there. The management agrees to cooperate with the researchers. The researchers then let the management select the participants of the study. After gathering all the data, the researchers conducted a comprehensive analysis of the results and findings.

Findings: The usual ages of institutionalized elderly gays are ranging from 61-73, all belong to the Catholic faith. Prevalent reasons for staying include disowning by their own families, financial problems, lack of place to stay, and fear of growing old without someone who will take care of

them. They usually encounter problems such as how to get along well with others, jealousy arising among gays staying in the institution, and other health concerns that go along with aging. 6 out of 8 respondents made use of Emotion-Focused as their means of coping mechanism while the remaining 2 respondents made use of problem-focused as a means of their coping mechanisms

Conclusion:

1. Majority of the institutionalized elderly gays are Catholic and was not able to finish their studies due to financial concerns and family problems.
2. Family problems, financial problems and other health related concerns are the key factors which contributed in the decision of elderly gays to stay in the institution.
3. The most common problem that the institutionalized elderly gays experienced is maintaining a good relationship with other elderly gays.
4. The most common way of coping among the institutionalized elderly gays is Emotion-Focused.

Recommendation:

1. Do a similar study on male homosexuals who are institutionalized together with heterosexual adults.

2. Do a more extensive study using the same respondent from the same institution to validate the reliability of the results of this study.
3. Do a comparative study between the coping mechanism of drop-in and stay-in clients in the said institution.
4. For the institution, do an intervention plan such as management of emotion, guidance and counseling, group dynamics to help stop the frequent misunderstanding of the homosexuals inside the institution.
5. Do a weekly activity plan that would keep the institutionalized elderly gays busy by having livelihood activities like paper crafting and things that can be a source of income to keep them from being bored most of the time.
6. Implement fitness program which are appropriate for their age to maintain good health, e.g. exercises during morning, dietary plan, etc.
7. Implement transparency when it comes to donations and other financial matters which are for the institutionalized elderly gays.
8. Have an organizational flow chart and officers in the institution for maintenance and management of the said institution.