



**ABSTRACT**

**Name of Institution:** Hospicio de San Jose

**Address:** Brgy. 663-A Zone 71 Dist.-V, Manila

**Title:** Emotional Problems and Adjustments of Institutionalized Elderly People of Hospicio de San Jose: A Basis for Intervention Program

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**Objectives of the Study:**

**General**

1. To determine what are the emotional problems and adjustments of the elderly people in Hospicio de San Jose.

**Specific**

1. To determine what are the most prevalent emotional problems based on what elderly people of Hospicio de San Jose experience.
2. To determine what kind of intervention program would be appropriate based on the most prevalent emotional problems.



### **Scope and Limitation**

The scope and limitation of the study was within the boundaries of emotional problems and adjustments by the residing elderly people of Hospicio De San Jose to further gather and impart the information to all concerned to give focus on the needs of the elderly. The study also focused on the prevailing emotional problems experienced by the elderly in the institution and the probable intervention program that would fill the needs of the old people of Hospicio de San Jose, which was planned and constructed by the based on the data gathered.

### **Methodology**

The researchers used the descriptive survey to have a critical examination for the specificity of gathering the necessary data from the selected subjects. The researchers also used this, for ascertaining the facts regarding the conditions or situations and to provide exact information especially to the person/people responsible or interested

### **Major Findings**

1. The emotional problems of the institutionalized elderly are as follows:
  - Self-pity
  - Feeling of inadequacy
  - Feeling of uselessness



2. The emotional adjustments of the institutionalized elderly are:
  - Praying or going to church
  - Socializing
  - Joining in the programs and services
3. The researchers found out that the prevalent emotional problems are self-pity, feeling of uselessness and feeling of inadequacy. Self-pity got a mean score of 2.03, 1.93 for feeling of uselessness and 1.8 for feeling of inadequacy.
4. The researchers were able to come up with an intervention program based on the prevalent emotional problems that the elderly are experiencing. The proposed intervention program is a livelihood program through art therapy that somehow aims to minimize the feelings of self-pity, feeling of uselessness and feeling of inadequacy, and to let them realize that old people are still capable of doing things through craft making. Since old age is a retirement stage, the program would help the elderly earn their own income.

### **Conclusions**

1. The elderly people in Hospicio de San Jose are well-adjusted living in the institution. It is because the institution is already established and rendered various programs and services for the benefit of the elderly.



2. There are times that the elderly still feel emotionally challenged even though they have their personal way of adjusting.
3. The prevalent problem that the elderly in Hospicio de San Jose experience are self-pity, feeling of uselessness and feeling of inadequacy.
4. The researchers concluded that the Individuals who are in the institutions are susceptible to self-pity, feeling of uselessness, and feeling of inadequacy as a consequence of their limited mobility and helpless dependence on their caretakers.

#### **Recommendations**

1. The researchers recommend that the institution provide activities that would enable them to have regular interaction among themselves to have deeper understanding of the concerns.
2. The institution should update the families and relatives, about the situation of the institutionalized elderly. Regular visitation to their institutionalized elderly for their benefit and welfare could result from this.
3. The institution may use the proposed intervention program as an added way for the betterment of their stay in the institution.



4. Future researchers could compare their study in terms of the problems and adjustments experienced by the elderly in the institution.
5. The institution and other elderly people should continue their support, love and care for the bed-ridden for them to have a positive outlook in life.

