

## Facilitating and impeding factors in self-care of the elderly referred to health care centers

Maryam Amin Nasab<sup>1</sup>, Beheshteh Tabarsi<sup>2</sup> and Mohammad Zare<sup>3</sup>

<sup>1</sup>Graduate Master of Nursing, School of Nursing and Midwifery, Tehran Medical Branch, Islamic Azad University, Tehran, Iran

<sup>2</sup>Instructor, Faculty of Nursing and Midwifery, Tehran Medical Branch, Islamic Azad University, Tehran, Iran

<sup>3</sup>Faculty of Nursing and Midwifery, Tehran Medical Branch, Islamic Azad University, Tehran, Iran

### ABSTRACT

The population of elderly has been increasing worldwide and the problems and diseases from this evolutionary stage can incur huge costs on governments and cause numerous disabilities, thus they need attention and compliance with effective self-care program in improvement of their health. The present research aims to determine on Facilitating and impeding factors in self-care of the Elderly who referred to health care center of Kabudrahang city affiliated to University of Medical Sciences in 2015. This analytical-descriptive study was conducted using simple random sampling, participated by 384 elderly referred to health care center of Kabudrahang city affiliated to University of Medical Sciences in 2015. The information was collected via the demographic questionnaire and questionnaire of Facilitating and impeding factors in self-care of elderly. Data analysis of this research was made based on descriptive statistics (frequency, mean, frequency percent, standard deviation).findings of this study indicated that mental, physical and social factors with mean of 2.30, 2.02 and 1.63 had the most rate of significance in facilitating self-care for the elderly. Among various impeding factors, physical, mental and social factors with mean of 1.42, 1.08 and 0.96 had the most rate of significance in impeding self-care for the elderly. Physical factor was recognized as the first and the most important impeding factor in self-care of the elderly. The elderly believed that muscle weakness is the most important physical impeding factor which impedes their self-care; mental factor is the second major impeding factor in self-care in the elderly. Findings of this research indicated that facilitating factors in self-care of the elderly have been in average level. Mental factor was recognized as the most important facilitating factor in the self-care of the elderly. On the other hand, physical factor was recognized as the most important impeding factor in self-care of the elderly. Thus the more improvement in factors affecting improvement in self-care in the elderly and the more reduction in impeding factors, it can help the elderly to have a huge self-care.

#### ARTICLE INFORMATION:

\*Corresponding Author: [m.aminnasab58@yahoo.com](mailto:m.aminnasab58@yahoo.com)

Received 25<sup>th</sup> Oct, 2016

Accepted after revision 20<sup>th</sup> Dec, 2016

BBRC Print ISSN: 0974-6455

Online ISSN: 2321-4007



Thomson Reuters ISI ESC and Crossref Indexed Journal  
NAAS Journal Score 2015: 3.48 Cosmos IF : 4.006

© A Society of Science and Nature Publication, 2016. All rights reserved.

Online Contents Available at: <http://www.bbrc.in/>

## INTRODUCTION

Elderly is a natural process of change by the passage of time which starts at birth and continues throughout life [Brunner and Suddarth 2014]. However the elderly is the constant process in human life, it is not specified exactly when it starts. As specified, 60-year-old people and elder ones are recognized as the elderly of a country [Shamloo, 2013] and in some sources 65-year-old people have recognized as the elderly [WHO, 2014].

It is forecasted that number of elderly increases to 18 million people by 2051 and share of elderly population reaches to 20% [Sadeghi, 2013]. Due to low birth rates, increasing life expectancy in Iran, and population movement to elderly population, the elderly have been proposed as the largest demographic group [SCI, 2011]. The demographic crisis in Iran can be called elderly tsunami that will have different social and health aspects. The inability is of the consequences of elderly, defined as dysfunction in function of daily activities in form of need to help in at least one of the activities of daily living. This disorder causes the dependence of the elder and his needing to increase care supports. Physical disability of the elderly which is due to the disease can be followed by disastrous consequences, such as hospitalization, the increasing use of health care system and death. These findings display the necessity to attention to the elderly and the disabilities from it [Arshinji, 2010]. Adults naturally have the ability to take care of themselves, but the children and especially the elders need help in doing their self-care activities [George, 2011].

Studies have shown that the elderly are persuaded to the activities which cause improvement in level of their health. However, chronic diseases and disability in elderly cannot be resolved thoroughly, they can use the activities which help them to maintain independence and reach the highest level of health and self-care. The aim of self-care in elderly is to assist the elderly to maintain the highest level of independence and their self-esteem despite social, physical and mental disabilities [Brunner and Suddarth, 2014].

The study by Hemmati et al. indicated that 80% of the elderly have low self-care and 20% had high self-care [Hemmati, 2013]. In a research by Abedi [2011] et al, the results indicated that perceived health, lifestyle, spiritual beliefs are the family factors and the medical insurance and protection are the personal, social and economic factors, found as the most important factors contributed in self-care of the elderly. A variety of factors including mental maturity, skills, values, knowledge, motivation and health individuals in family affect extent of self-care [Memarian, 2015].

Review on studies in the context of self-care in the elderly indicates that barriers to optimal self-care have

been examined in various countries, but due to differences in cultural context in various countries including Iran, the fact that to which extent the existing findings can be generalized is not specified. As a result, the significance to recognize facilitating and impeding factors in the elderly's self-care by increasing the ability of self-care can result in self-actualization in the elderly.

## MATERIALS AND METHODS

The current research is an analytical-descriptive study conducted among the elderly who referred to health care center of Kabudrahang city affiliated to University of Medical Sciences in 2015. Data collection instruments have been as follows:

1. The research made demographic information questionnaire under study included age, gender, education level, marital status, employment status, monthly income, source of income, satisfaction with income, living conditions, housing status, insurance status, daily and personal activities, medical history, medical checkup, history of participation in training related courses.
2. The facilitating factors questionnaire included 35 questions and the impeding factors questionnaire included 28 questions in three physical, mental and social dimensions, prepared using various sources and articles and interviewing with a number of patients. Content validity of the questionnaire after modifications by 10 professors at Hamedan University of Medical Sciences was confirmed and the reliability coefficient of the instruments was measured via Cronbach's alpha(0.83). Both questionnaires were organized with the responses in terms of 5-point Likert scale and given score with scores ranging from 1-5 with very high, high, average, low and never degrees. The sample size(384) was estimated using statistical formula. The inclusion criteria include awareness of place and time, not having severe physical problems, lack of mental problems such as Alzheimer. In compliance with code of ethics in the research, the participants participated in the study after awareness from aim of research, informed satisfaction, confidentiality of information and optional participation in the study.

## RESULTS

With regard to the obtained results in this research, the highest (61.5%) and lowest (38.5%) percent of the units under research included of women and men, respectively.

Table 1: Absolute and relative frequency distribution of the elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015 in terms of demographic features

Frequency Personal features	Highest(%)	Least (%)	mean	standard deviation
Age	(5/56%) 60-70 years old	(2/5%) 81 years old and above	52/69	56/6
Gender	(5/61%) woman	(5/38%) man		
Education level	(8/57 %) illiterate	(8/0%) high school		
Marital status	(2/55 %) married	(6/1 %) divorce		
Employment status	(7/47 %) housewife	(13 %) retired		
Income source	(1/34 %) family	(6/7 %) Aid Committee		
Extent of satisfaction with income	(1/47 %) average satisfaction	(6/3 %) very little satisfaction		
Living condition	(4/29 %) with spouse	(8/0 %) with other individuals		
Living status	(6/96 %) personal house	(4/3 %) rental house		
Supplementary insurance status	(1/71 %) lack of supplementary insurance	(9/28%)supplementary insurance		
Disease history	(6/71 %) high blood pressure	(6/0 %) Brain problems		
Making personal and daily activities	(8/88 %)by the person	(2/11 %) by other's help		
Medical checkup	(6/64 %) irregular	(4/35 %) regular		
The record of participation in Related training courses	(3/51 %) participating in courses	(7/48%) lack of participating in the courses		

The highest percent(56.5%) has been at age group(60-70 years old). 57.8% have been illiterate, 55.2% have been married, 47.7% have been housewives, 71.1% had no Supplementary insurance, 71.6% had high blood pres-

sure, 88.8% did their personal and daily tasks, 64.6% had irregular medical checkup and 51.3% participated in related training courses. Findings related to effective physical factors in self-care of the elderly who referred

Table 2: Status of physical facilitating factors in self-care of the Elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015

physical facilitating factors in self-care	Mean	Standard deviation	Least	Highest	Rank
Having good physical conditions helps me to take care of myself	19/2	86/0	0	4	3
Daily activity and sport help me to take care of myself	80/1	08/1	0	4	6
healthy diet helps me to take care of myself	93/1	95/0	0	4	4
Awareness on how to keep healthy assists me to take care of myself	63/1	26/1	0	4	7
I have sufficient energy to take care of myself	83/1	81/0	0	4	5
due to personal independence, I am able to have self-care	48/2	93/0	0	4	1
I feel healthy by self-care	26/2	83/0	0	4	2
physical impeding factors	02/2	67/0	29/0	86/3	

Table 3: Status of mental facilitating factors in self-care of the Elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015

mental facilitating factors in self-care	mean	standard deviation	least	highest	rank
I know my self-care needs properly	13/1	98/0	0	4	20
I value myself	64/2	81/0	0	4	4
I take care of my health at any situation and take care of myself	35/2	82/0	0	4	11
I have sense of responsibility to maintain my health and self-care	47/2	83/0	0	4	9
I feel happy with all the tasks which cause maintenance of my health	50/2	74/0	1	4	6
I enjoy making my personal tasks	55/2	84/0	0	4	5
I put effort to maintain my health	26/2	86/0	0	4	13
I expect to achieve thorough health	66/1	98/0	0	4	18
I ensure that if I put huge effort to maintain my health, my efforts will not remain fruitless	18/2	84/0	0	4	14
I should take care of myself so as not to get ill	50/2	79/0	1	4	7
health is the best blessing and I have to take care of myself to maintain it	23/3	66/0	1	4	2
if I get ill, I should take care of myself again	25/3	85/0	1	4	1
I feel that I am an important person in family	15/2	99/0	0	4	15
I know that if I do not take care of myself, I might face problem	79/2	67/0	1	4	3
The elderly is not disability and I should take care of myself	40/1	92/0	0	4	19
If I do not take care of myself, I will be more likely taken to the elderly house	42/2	43/1	0	4	10
I believe in myself and I know that I can take care of myself	28/2	72/0	0	4	12
If I have a good condition mentally, it can take care of myself better	01/2	11/1	0	4	16
I hope my future, thus I take care of myself	73/1	92/0	0	4	17
I have power of decision making in my personal and care affairs and I can take care of myself	49/2	90/0	0	4	8
Mental facilitating factors in self-care	30/2	48/0	85/0	55/3	

to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015 have been displayed in table 2. With regard to the obtained results, the items “due to personal independence, I am able to have self-care”, “I feel healthy by self-care”, “having good physical conditions helps me to take care of myself” had the highest significance.

Findings related to effective mental factors in self-care of the elders referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015 have been displayed in table 3. With regard to the obtained results, the items “if get ill, we must be grateful and take care of myself”, “the health is

the best blessing and we should take care of ourselves to maintain it”, “I know that if I do not take care of myself, there would be problems”, have the highest significance in terms of facilitating factors in self-care of the elderly.

Findings related to social factors affecting self-care of the elderly referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015 have been displayed in table 4. With regard to the obtained results, items “having medical insurance assists me to make my medical checkup regularly so as to take care of myself”, “having care at house assists me in making self-care” have the highest significance in facilitating self-care. Data of effective physical

Table 4: Status of social facilitating factors in self-care of the Elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015					
Social facilitating factors in self-care	Mean	Standard deviation	Least	Highest	Rank
The government's financial support assists me to take care of myself	71/0	08/1	0	4	8
The family's financial support assists me to take care of myself	14/1	25/1	0	4	6
Part-time jobs well suited to age assist me to take care of myself	95/0	20/1	0	4	7
If I have sufficient income, it can take care of myself	11/2	10/1	0	4	2
Special trainings to elderly assist me to take care of myself	93/1	52/1	0	4	4
Making more relationship with peers, friends and family assist me to take care of myself	70/1	91/0	0	4	5
Having medical insurance assists me to make my medical checkup so as to take care of myself	54/2	89/0	1	4	1
Having nurse at home assists me in making self-care	98/1	18/1	0	4	3
Social facilitating factors in self-care	63/1	65/0	50/0	25/3	

Table 5. Status of physical facilitating factors in self-care of the Elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015					
Physical impeding factors in self-care	mean	standard deviation	least	highest	rank
The limitations due to my disease have not caused me failing to take care of myself	92/1	90/0	0	4	3
My vision weakness is a barrier to make my self-care activities	13/1	99/0	0	4	7
My hearing weakness is a barrier to make my self-care activities	07/1	12/1	0	4	8
My muscle weakness is a barrier to make my self-care activities	09/2	86/0	0	4	1
I have not sufficient energy to take care of myself	81/1	94/0	0	4	4
I have not sufficient time to take care of myself	63/0	94/0	0	4	11
motor disorder in my limbs is a barrier to make my self-care activities	94/1	98/0	0	4	2
I have not sufficient power to take care of myself	81/1	99/0	0	4	5
Due to sleepless night and daytime sleepiness, I cannot take care of myself	76/0	96/0	0	4	9
Due to fatigue, I cannot take care of myself	67/1	03/1	0	4	6
Due to effect of Medications such as drowsiness and weakness and so on, I cannot take care of myself	76/0	00/1	0	4	10
Physical impeding factors in self-care	42/1	67/0	27/0	18/3	

Table 6: Status of mental facilitating factors in self-care of the Elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015					
mental facilitating factors in self-care	mean	standard deviation	least	highest	rank
I do not need to make self-care	67/0	79/0	0	4	9
feeling of hopelessness in life impedes making self-care activities	61/1	09/1	0	4	2
Sense of belonging is a barrier to make self-care activities	03/1	89/0	0	4	5
I am bored and I cannot take care of myself	53/1	10/1	0	4	3
I have no motivation to make self-care	95M0	95/0	0	4	7
my children are assigned with taking care of me	61/1	23/1	0	4	1
As I live along, there is no possibility to self-care	59/0	02/1	0	4	10
As I have fear from failing to take care of myself, I do not make self-care	03/1	87/0	0	4	4
I am indifferent to myself and self-care	77/0	78/0	0	3	8
Anxiety does not allow me to take care of myself	01/1	91/0	0	3	6
Mental impeding factors in self-care	08/1	63/0	00/0	80/2	

impeding factors in self-care of the elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015 are shown in table 5. With regard to the obtained results, items “muscle weakness impedes me to make my self-care activities”, “motor disorder in my limbs impedes doing my self-care activities” and “the barriers due to my disease have caused failing to have self-care” had the highest rate for effect of impedance in the elderly’s

self-care. The findings related to effective mental impeding factors in the self-care of the elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015 have been displayed in table 6.

With regard to the obtained results, the items “my children are assigned with taking care of me”, “feeling of hopelessness in life impedes making self-care activities”, and “I am bored and I cannot take care of myself” have

Table 7: Status of social impeding factors in self-care of the elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015					
Social impeding factors in self-care	Mean	Standard deviation	Least	Highest	Rank
Financial problems are barriers to make my self-care activities	72/1	18/1	0	4	1
no having supporting family is a barrier to make my self-care activities	58/1	16/1	0	4	2
long distance from home to health center is a barrier to make my self-care activities	65/0	04/1	0	4	5
unsuitable treatment of the personnel and physical at health center are a barrier to refer for care	28/0	59/0	0	3	6
lacking special supports for the elderly such as transport systems and motor equipment are barriers to make my self-care activities	75/0	91/0	0	4	4
my belonging to my family has impeded me to make my self-care activities	78/0	93/0	0	4	3
social impeding factors in self-care	96/0	62/0	00/0	67/2	

the highest significance of impedance in self-care of the elderly. Findings related to the effective social impeding factors in self-care of the elderly who referred to health care center of Kabudrahang city affiliated to Hamedan University of Medical Sciences in 2015 have been displayed in table 7. With regard to the obtained results, the items “financial problems impede making my self-care activities”, “lacking supporting family impedes making self-care activities”, “my dependence on my family impedes making self-care activities” had the highest effect of impedance in self-care of the elderly.

## DISCUSSION

Study by Tinda Rabie indicated that lacking self-care information is the major barrier to self-care in the elderly, which this is inconsistent with this study (Tinda Rabie, 2015). In accordance with this study, the study by Abedi et al indicated that the religious beliefs have been the effective factors in self-care of the elderly, which this is due to the Islamic and religious culture in our country (Abedi et al 2010).

The study by Salimi et al indicated that the elderly have not a good prospect to their health status in future and have expected worsening their health status, which this was consistent with this study (Salimi et al 2015). The study by Sundsli Kari indicated that feeling of helplessness has been a strong impedance in self-care which this is consistent with this study [14]. The study by Azad bakht et al in accordance with this study indicated that however the elderly understand the consequences from lack of making self-care behaviors such as dependence, transfer of them to the elderly houses, heavy medical costs and making health behaviors will increase in them [Sundsli et al, 2012]. In the study by Azad bakht et al, the economic status reported by the elderly associated to the facilitating self-care behaviors in health, which this is consistent with the results from this study [Azadbakht et al, 2014]. Further, the study by Abedi et al indicated that having the health services insurance and supporting area have been the most important effective factors in self-care of the elderly, which this has not been consistent with the results from this study [Abedi et al, 2010]. The results from study by Yeon-Hwan Park et al indicated that deterioration in physical condition has been of the impeding factors in self-care, which this is consistent with the present research (Yeon-Hwan et al 2015). In this ranking, the items “I have not sufficient time for taking care of myself”, “due to effect of Medications such as drowsiness and weakness and so on, I cannot take care of myself” and “due to sleepless night and daytime sleepiness, it cannot take care of myself” had the least degree of impedance which has not been consistent with the study by Rabie et al., (Rabie et al.,

2015). According to their research, Lack of sleep and lack of sufficient time have been among the major impeding factors. Further, the study by Yeon-Hwan Park et al (2015) indicated that lack of sufficient time has been the barrier to the self-care in the elderly, which this was inconsistent with the results from this study.

The study by Dale et al (2011) indicated that frustration, dissatisfaction with life, sense of belonging, lack of mental health are the impeding factors in the self-care, which the results from this study are consistent with the results from the present research. The study by Dale indicated that belonging to the family is the major barrier to the self-care of the elderly, which this is consistent with the results from this study (Dale et al 2011). Findings from this research indicated that in general the facilitating factors in self-care of the elderly have been at average level in which the physical, mental and social factors have been contributed.

Thus the more improvement in factors affecting improvement in self-care in the elderly and the more reduction in impeding factors, it can help the elderly to have a huge self-care. The mental factor is the most important facilitating factor in the self-care of the elderly. Thus it should assist for increasing the feeling of the elderly and remove the problems such as hopelessness in them. Health care professionals should make the required actions to increase self-esteem of the elderly.

## ACKNOWLEDGEMENTS

Thanks to *Chancellery* for Research in Tehran Medical Branch, Islamic Azad University, Tehran, Iran in approving this research project, to the professors and all the elderly who collaborated in this study as well as our colleagues in the health care centres of Kabudrahang city for their cooperation and help.

## REFERENCES

- Abedi Heidarali, Mostafavidarani Firoozeh, Mohd Riji Haliza (2010). The elderly perception and views on their health -Facilitating and inhibiting factors in elderly health care in Iran: a qualitative study. *Proceedings Social and Behavioral Sciences* 5, 222-226
- Arshinji M, (2010) Physical health status of elderly in different aged groups and association with socioeconomic components in Tehran province :public health school- Tehran University of Medical & Health Sciences;
- Azadbakht, M, Garmaroudi, GH, Taheri Tanjani, Parisa, Sahaf, R., Shojaeizadeh, D, Gheisvandi, E. (2014). Promoting self-care behaviors and related factors among the elderly, *Tehran University of Medical Sciences, Education and Community Health Magazine* Volume 1, Issue 2,
- Björg Dale RN., Ulrika So Derhamn RN and Olle So Derhamn (2011) Centre for Caring Research – Southern Norway, Faculty

- of Health and Sport Sciences, University of Agder, Grimstad, Norway doi: 10.1111/j.1471-6712.2011.00917
- Brunner LS.Suddarth Ds Smeltzer Scoc and Bare B (2014) Medical surgical Nursing. Lippincott Williams & Wilkins 125-141.
- George J.B. (2011) The base for professional nursing practice. Nursing Theories 6th ed. Pearson Education
- Hemmati Maslak , Hashem, L. M. Khalkhali, HR (2013) The effects of their ability Self Care of the elderly. School of Nursing and Midwifery Journal. Number 2, pp. 119-226.
- Memarian R (2015). Application of nursing theory concepts, third edition, publication of scientific publishing TMU, Gill Wakley; Alison Blenkinsopp. Supporting Self Care in Primary Care. Radcliffe Publishing. pp. 15, 101, 105. ISBN 1846190703. Retrieved 29 August 2013
- Sadeghi R (2013) The Iranian population changes process Past, present and future. Research report, Tehran, Institute of Statistics,
- Salimi F. Garmaroudi , G, Hosseini, M Batebi (2015) The effect of self-care training program to improve the quality of life of elderly people covered by health centers and community health education in Zanjan, Volume 2, Issue 2, , pages 28 to 37
- Shamloo S. (2013) Growth Clinical Psychology, XVI publication, Tehran, Roshd Publication,
- Statistical Center of Iran.(SCI) (2011). Statistical year book of Iran Publication of Statistical Center 27-8( Book in Persian).
- Sundslø Kari, Söderhamn Ulrika, Arild Espnes Geir, Söderhamn Olle, (2012). Ability for self-care in urban living older people in southern Norway. J Multidiscipline Health. Published online 2012; 5: 85–95 March 26. doi: 10.2147/JMDH.S29388
- Tinda Rabie, Hester C SA Gesundheit (2015)) Guidelines to facilitate self-care among older persons in South Africa Health 5: 85–95
- World Health Organization (2014) Ageing and Life Course (cited 7/10/2014); Available from: <http://www.who.int/ageing/en/>
- Yeon-Hwan Park, Hwal Lan Bang, Ga Hye Kim, and Ji Yeon Ha (2015) Facilitators and barriers to self-management of nursing home residents: perspectives of health-care professionals in Korean nursing homes Clin Inter Aging; 10: 1617–1624 Published online 2015 Oct 12. doi: 10.2147/CIA.S93333