39 - ELDERLY IN HOSPITAL SITUATION: SOCIAL SUPPORT AND COPING STRATEGIES

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INTRODUCTION:

In Brazil, in the last five decades, has seen a population characteristic reversal process established, in which there was decrease in birth rates and child mortality and increase of the share of population aged 60 years or more. This is a process present both in developed countries but also that in development, and that has implications in the life of all citizens of a society.

Not everybody understands the real impacts of this growing elderly population quota, which proves in the absence of structure and policies geared to seniors who experience. According To Carvalho Filho; Papaléo Neto (2006), statistics from the World Health Organization (who) projects that, in 2025, Brazil will be the seventh population of elderly in the world.

Increasing numbers of elderly, as well as the increased longevity of humans, should not be considered, because they are achievements and problems arising from the process of social development. It is therefore to create conditions so that man to live longer, can enjoy better living conditions, whereas the normal changes of aging process.

However, due to the fragility and vulnerability of the physiological status of the third age, and also due to lack of family support, health and institutional enabling a healthier ageing, in addition to the lack of planning to encompass changes in the population pyramid, there are many challenges and difficulties faced by the elderly during old age, among them, the lack of health service that makes for better living conditions of the elderly; the lack of family support, because the elderly have feeling of uselessness and capacity and fits the family reverse this idea and motivate couple explore their skills; and the lack of respect by considering an elderly unproductive.

This study has a proposal to analyse some psychological aspects that can better understand the perception and behavior of elderly front to aging. With such aim adopts some of the assumptions of Social Health Psychology. Has as main features the performance centered on a collective perspective and commitment to social rights and citizenship, breaking, so more traditional approaches focused on individual (SPINK, 2003).

In this context, the Social Psychology of health, to contribute to the overcoming of the biomedical model, aims to work within a more integrated model, recognizes health as a multi-dimensional phenomenon in which biological aspects interact, psychological and social and forwards it to a more holistic understanding of health-disease-care process. Among psychosocial aspects, it was decided to address two key aspects that influence on health behaviors, are they fighting strategies and social support, both relevant to the subjective well-being and the quality of an individual.

Given the above, it was decided to analyse a particular group of elderly, hospitalized, they find themselves in situations of both physical and emotional weaknesses, seeking to better understand the psychological aspects they experienced. With this aim, sought to examine the psychological aspects of elderly such as coping strategy adopted by the same to face his pathology, for we believe that this aspect can help pair meet high care measures. And another factor that has been associated with ACE health thematic and perceived social support, in which people who have greater social support are better emotionally and face old age more directly.

Thus, without doubt, such aspects deserve to be better studied, this being the purpose of this study. Goals of this study were specifically: Check the main coping strategies of elderly hospitalized; and understand how the elderly patient perceives the social support in hospital sector.

METHODOLOGY:

The present study is a descriptive exploratory study of quantitative character. Exploratory research "aims to provide greater familiarity with problem with views to make it more explicit or constitute hypothesis and main aims the improvement of ideas or the discovery of intuitions" (GIL, 2002). The quantitative study involves all strategic based research that seeks to obtain statically significant objectives results establishing or not between phenomena and provide greater experience in respect of a given problem, for obtaining the desired result, when you contact a particular population (TRIVINUS, 2004).

The study was carried out on a top hospital, being the paraibano population consisting of 30 elderly people aged above 60 years, selected from random way according to accessibility criteria and acceptance in participating in the study. For completion of the study was used an instrument composed of three parts: socio-demographic issues, coping mode scale of problem and social support scale. The data were analyzed in a quantitative approach. The quantitative aspects include the mathematical analysis of the data and this provided in tables. Data was used to analyze the statistical package SPSSWIN version 14.0 (Statistical Package for the Social Sciences).

Analysis and Discussion of Results

After data collection was approached an analysis from the quantitative method which is characterised by personal and demographic data partners – an analysis with specific data characterization of participants.

Table 1 – socio-demographic Characterization of participants

Age group	*f*	%
61 the 65 years	17	57
66 the 70 years	10	33
71 the 75 years	3	10
Sex		
Female	13	43
Male	17	57
Schooling		
Not literate	7	23
Fundamental	18	60
Medium	4	14
Top	1	3
Total	30	100

Table 2 – average Scores of the elderly in hospital fighting strategies.

Fatores	Coping strategies	Average
Seeking social support (M=3,48)	- I'm seeking professional help to address my problem.	3,87
	- I have to keep my feelings to myself.	3,63
	- I ask Council to a relative or a friend who I respect.	2,93
Religious practices (M=3,46)	- I would like to be able to change what happens to me.	3,77
	- Dream and imagine a better time than I am.	3,53
	- I hope that a miracle happens.	3,53
	- I try to forget the whole problem.	3,03
	- I pray/oro.	3,47
Focus of the problem (M=3,3)	- I want to be a stronger person and optimistic	3,60
	- I take into account the positive side of things.	3,03
	- I see the situation by steps, doing one thing at.	2,93
	- I accept someone's sympathy and understanding.	2,53
Focus of emotion (M=2,66)	- I believe in unreal or fantastic things that make me feel better.	4,00
	- Try me away from the people in General.	4,00
	- Demonstrate anger to people that caused the problem.	2,50
	- I appeal to credit that this is happening.	2,43
	- I blame the other.	1,93
	- I blame.	2,90

FINAL CONSIDERATIONS

The population development brings new realities, which implies the need for further reflections on the social context in which the elderly are inserted. The results have found that elderly people above 60 years hospitalized who participated in the study were mostly males and showed a low degree of schooling. It is known that education influences the shape of a person understand a disease, a disease that requires constant care the health care professional need to act together to patients in order to inform and educate in health, what has to be a work in progress for the elderly become aware of their condition and to adopt measures which would enable a better quality of life.

Among the coping strategies adopted hospitalized elderly the main was the search for Social Support, which demonstrates the importance of professional help to deal with the problems. Another psychological aspect studied was the social support perceived by elderly hospitalized. Thus, the social support to these patients will contribute positively to how it will cope with a disease.

Therefore, it was possible to realize that it is of fundamental importance that the elderly hospitalized realize the value that have as human beings, seeking to relate satisfactorily with others, helping to establish emotional balance and reduce harmful environmental conditions. The professional for his own role and commitment can perform activity that instruct and guide the possibility as the patient may experience illness and provide support in tackling situations of vulnerability of patients.

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ELDERLY IN HOSPITAL SITUATION: SOCIAL SUPPORT AND COPING STRATEGIES.

SUMMARY

Population ageing is a worldwide phenomenon, being the increase in life expectancy considered a positive factor, but that quality should be increased. Among the elderly hospitalization is high, being accurate to think of ways to provide quality assistance in that context, we consider all dimensions of this study sought to examine therefore the coping strategies and perceived social support for elderly hospitalized. For both, was developed a quantitative character field study, conducted in a hospital of high paraibano. The sample was composed of 30 elderly hospitalized, with ages ranging from 61 to 72 years, who answered an instrument composed of three parts: socio-demographic Issues, coping Scale and Scale of Social support, and the data were analyzed statistically. The main results have revealed that in relation to the coping strategy, seeking social support is the more significant for hospitalized elderly (M = 3.70). Given the above, it is concluded that it is important and essential in helping

the elderly hospitalized take into consideration the psychological aspects, because these things have an important role in health. How to deal as a problem and social support are the factors that influence the patient's suffering, either old or not. Thus, health professionals can play in seeking to provide support and assist that encompasses all dimensions of human being.

KEYWORDS: elderly. Strategy. Social Support.

PERSONNES ÂGÉES DANS LA SITUATION DE L'HÔPITAL: LES STRATÉGIES DE SOUTIEN SOCIAL ET D'ADAPTATION.

RÉSUMÉ

Vieillissement de la population est un phénomène mondial, étant l'augmentation de l'espérance de vie considérée comme un facteur positif, mais que la qualité doit être augmentée. Parmi la personnes âgée hospitalisation est élevé, étant exacts à penser de manière à fournir une assistance de qualité dans ce contexte, nous considérons que toutes les dimensions de cette étude visait à examiner par conséquent les stratégies d'adaptation et soutien social perçu pour personnes âgées hospitalisées. Dans les deux cas, a été mis au point une étude de terrain de caractère quantitatif, menée dans un hôpital de paraibano élevé. L'échantillon était composé de 30 personnes hospitalisées, avec des âges allant de 61 à 72 ans, âgées qui ont répondu à un instrument composé de trois parties : soutiennent les questions sociodémographiques, coping échelle et échelle de Social, et les données ont été analysées statistiquement. Les principaux résultats ont révélé que relativement à la stratégie d'adaptation, qui cherchent un soutien social est la plus importante pour les personnes âgées hospitalisées (M = 3.70). Compte tenu de ce qui précède, il est conclu qu'il est important et indispensable pour aider les personnes âgées hospitalisées prennent en considération les aspects psychologiques, parce que ces choses ont un rôle important dans la santé. Comment traiter comme un problème et le soutien social sont les facteurs qui influencent la souffrance du malade, soit âgé ou non. Ainsi, la santé professionnels peuvent jouer en cherchant à soutenir et aider qui englobe toutes les dimensions de l'être humain.

MOTS CLÉS : personnes âgées. Stratégie. Soutien social.

ANCIANOS EN SITUACIÓN DE HOSPITAL: ESTRATEGIAS DE APOYO SOCIAL Y SUPERVIVENCIA.

RESUMEN

Envejecimiento de la población es un fenómeno mundial, siendo el aumento de la esperanza de vida considerado un factor positivo, pero que la calidad debe incrementarse. Entre las anciana hospitalización es alto, siendo preciso pensar en formas de proporcionar asistencia de calidad en ese contexto, consideramos todas las dimensiones de este estudio trató de examinar, por tanto, las estrategias de supervivencia y percibido apoyo social para ancianos hospitalizados. Para ambos, se desarrolló un estudio de campo de carácter cuantitativo, llevó a cabo en un hospital de alta paraibano. La muestra fue compuesta de 30 ancianos hospitalizados, con edades que van de 61 a 72 años, que respondieron a un instrumento que se compone de tres partes: apoyan las cuestiones socio-demográficas, haciendo frente a la escala y la escala Social, y los datos fueron analizados estadísticamente. Los resultados revelaron que en relación con la estrategia, buscando apoyo social es la más importante para ancianos hospitalizados (M = 3.70). Dado lo anterior, se concluye que es importante y esencial para ayudar a los ancianos hospitalizados toman en consideración los aspectos psicológicos, porque estas cosas tienen un papel importante en la salud. Cómo tratar como un problema y apoyo social son los factores que influyen en el paciente sufrimiento, ya sea antiguo o no. Por lo tanto, salud profesionales pueden desempeñar a fin de proporcionar apoyo y asistencia abarca todas las dimensiones del ser humano.

PALABRAS CLAVE: Ancianos. Estrategia. Apoyo social.

IDOSOS EM SITUAÇÃO HOSPITALAR: ESTRATÉGIAS DE ENFRENTAMENTO E APOIO SOCIAL.

RESUMO

O envelhecimento populacional é um fenômeno mundial, sendo o aumento da expectativa da vida considerado um fator positivo, mas que deve ser acrescido de qualidade. Entre os idosos a hospitalização é elevada, sendo preciso pensar formas de proporcionar assistência de qualidade nesse contexto, que considere todas as dimensões do ser. Assim este estudo objetivou analisar as estratégias de enfrentamento e o apoio social percebidos por idosos hospitalizados. Para tanto, foi desenvolvido um estudo de campo de caráter quantitativo, realizado em um hospital do alto sertão paraibano. A amostra foi composta por 30 idosos hospitalizados, com idades variando entre 61 a 72 anos, que responderam um instrumento composto de três partes: Questões sócio-demográfico, Escala de Enfrentamento e Escala de Apoio Social, e os dados foram analisados estatisticamente. Os principais resultados revelaram que em relação à estratégia de enfrentamento, a busca de suporte social é a mais significativa para idosos hospitalizados (M=3,70). Diante do exposto, conclui-se que é importante e essencial na assistência aos idosos hospitalizados levar em consideração os aspectos psicológicos, pois estes aspectos têm um importante papel na saúde. A forma de lidar como um problema e o apoio social são fatores que influenciam no sofrimento do paciente, seja idoso ou não. Assim, os profissionais de saúde podem atuar na busca de proporcionar um suporte e prestar uma assistência que englobe todas as dimensões do ser humano.

PALAVRAS CHAVE: Idosos. Estratégia. Apoio Social.