

SUMMARY

The increasing number of elderly, higher expectation of a good life within society, and policy interest in the potential for reducing public expenditure ,has led to international interest in the enhancement ,and measurement of cognitive function ,and memory function at an older age. psychosocial factors are necessary for human survival and health which can provide an organizing framework within which to articulate themes about development, progress, and quality of life. the elderly like any group have certain basic needs, so that an affective nursing in any population requires familiarity with health problems of the groups and needs with emphasizing wellness with the goal of maintaining optimal function ,physically, mentally, socially, and spiritually so as to be as independent as possible for as long as possible.

There is increasing interest in the recognition and treatment memory problems at an older age, especially mild cognitive impairment (MCI). MCI is viewed as a state between normal cognitive functioning and dementia. Those with MCI are characterized as exhibiting mild problems with memory and/or other cognitive functions, while still being able to perform daily life activities normally or nearly so . Despite having a higher overall risk of developing dementia ,

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conversion outcomes among those with MCI are quite heterogeneous.

Aim of the Study:

This study aimed to assess relationship between memory problems and psychosocial factors among elderly resident in geriatric home.

Research question:

This study is based on answering the following questions:

- What are the level of memory impairment and depression among elderly people?
- What is there relation between psychosocial factors and memory problems among elderly?

Research settings:

The study was conducted at two geriatric homes, these homes are geographically representing two sectors in Beniseuf as :east and North as following:

1.Dar Elaml and El Nor (governmental home).

2.Dar El Helal (private home).

Subjects of the study:

The sampling method was convenient sampling. Residents from both gender in the previously mentioned study settings

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will be involved in the study , their total number 50(30 residents in Dar ElAml and El Nor,20 residents in Dar El Helal). which fulfilling the following criteria :

- 1.Age 60 years and above.
- 2.Have no sever cognitive impairment and can respond to questions .
- 3.Not suffering from complete hearing or vision impairment to be able to listen or see.
- 4.not suffering from complete impairment of hearing to be able to listen.
- 5.agree to participate in the study.

Tools of data collection:

Data were collected using the following tools:

1- An interview Questionnaire sheet to assess socio-demographic characteristics of the elderly. This tool was developed by researcher based on review of related literatures.

2- questionnaire for assessing elderly psychosocial condition: (

It was developed by **Afefe(2008)**. This questionnaire is a combination of 9items social egogram (sugita,1985) and

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15 geriatric depression scale (GDS) items (**Yesavage et al., 1983**). the combination of 9 items ego-gram with the items of GDS was done by **Matsuo, et al(2003)**. This questionnaire assesses psychosocial condition of the elderly.

3-Standeradizedmini-mentalstate examination(SMMSE)

It was developed by **Folstein et al. (1975)**. Cognitive status was evaluated by using the MMSE, a 30-point item assessment. The Mini-Mental State Examination (MMSE) was performed to assess global cognitive function. a brief screening tool for MCI with high sensitivity and specificity, was used to categorize participants as with, or without MCI.

The main findings of this study revealed that:

- An analysis of socio-demographic characteristics showed that 48% of the subjects were older than 70 years. Adding to that almost two thirds (60%) of the participants are males while 40% are females and only 52% reported having children. Regarding Marital Status 24% of participants were currently married by the time of the study while the remaining subjects(76%) were either divorced or widows. Besides, most of our subjects 82% could read and write ,and 16% are illiterate . Only less than half of subjects (44%) reported having pensions more than 1500 pounds/month, however 54% stated that their income was enough. The

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results also showed that less than two thirds of subjects (58%) have been staying in the elderly home for less than 4 years while 42% subjects exceeded this period.

- An analysis of psychosocial condition assessment showed that only less than one third of subjects (22%) recorded the appropriate psychosocial condition of studied elders score compared to 78% who had inappropriate psychosocial condition.
- An analysis of mini mental state examination showed that more than half of subjects(54%) had the appropriate memory compared to 46% of them with inappropriate memory.
- Regarding the relationship between socio-demographic characteristics of the studied sample and psychosocial condition, the current study illustrated that, there were no statistically significant differences between both groups (Appropriate and Inappropriate psychosocial condition regarding any of socio-demographic characteristics of studied sample ($p > 0.05$).
- Regarding the correlation between socio-demographic characteristics and memory functions, the current study illustrated that, there were no statistically significant

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differences between both groups (Appropriate and Inappropriate MMSE) regarding any of socio-demographic characteristics of studied sample ($p > 0.05$).

- Regarding the correlation between memory functions and psychosocial condition of studied sample, the current study illustrated that, there was no statistically significant correlation between memory functions and psychosocial condition of studied sample ($p > 0.05$).

Conclusion

Based on the result of the current study; it can be concluded that:

- the majority of elderly people residents in geriatric homes included in this study suffer from inappropriate psychosocial condition (depression & anxiety).
- more than half of them have appropriate memory
- There was no significant relation between psychosocial condition and memory functions of elderly people under

In the light of these findings it was recommended that:

- Further researches for the elderly should focus on enhancing their perception toward their lives and change their attitudes and relative traditional concepts regarding aging.

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- Further researches should be applied to the people before retirement to prepare them how to obtain successful aging and what steps or accomplishments needed to be obtained in order to realize this stage of life.
- Continuing education and/or in-service education is necessary for all those working in geriatric homes and training programs for lay persons who participate in the care of the elderly are important to improve the services provided.
- Services given to the elderly must be based on actual assessment to identify actual assessment to identify the appropriate facilities to meet these basic needs .

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