Abstract:

Epidemiology of loneliness in Elder Women of Gonabad in 2013 and the Effect of a Pender's Health Promotion Model Based intervention on Their loneliness

Introduction & Objective: Lack of communication and social relations is an avoidable Problem in old age and lonliness is one of major Problems in this age. Therefore, this study was done in order to determining the epidemiology of loneliness in elder women of Gonabad in 2013 and the Effect of a Pender's Health Promotion Model Based intervention on Their loneliness.

Material & Methods: This study was done in two sections; at first, a cross-sectional method was used to determining the epidemiology of loneliness in elder women and in second section, a randomized field trial with control group for assessing the effect of a Pender's Health Promotion Model Based intervention on lonliness of elder women.

The Population of study included women 60 years old and above who were covered by healthcare centers of Gonabad, with ProPortional stratified samPling 500 women were selected and data were gathered by a demograPhic questionnaire and Russel's loneliness revised scale (UCLA). For second section, 150 elder women among samPling who had moderate loneliness were entered the study by census samPling. Data were analyzed by SPSS software and descriPtive and analytical tests. Significant level in tests were 0.05.

Findings: Prevalence of moderate and severe loneliness were 50.4% and 39.4%, respectively. Also, there was Significant relationshiP between loneliness and education(0.011) and family status(0.037). After intervention
the loneliness was decreased in intervention group which was statistically significant (P<0.001).

Conclusion: Results have shown an Pender's Health Promotion Model Based intervention is effective in reducing elder women loneliness and can use as a framework for Planning intervention in older to anticipating and improving mental health of elder People.

Keyword: Epidemiology, loneliness, elder women, Pender's Health Promotion Model