

CHAPTER VI

CONCLUSION

With the goal of developing comprehensive nursing interventions and assessing for its' effectiveness on well-being and quality of life of the senior people in rural communities, the study found various problems related to well-being and quality of life. Comprehensive nursing interventions has been found as a cost effective structured program to improve well-being and QOL of the senior citizens in rural communities. It can be added in Gerontological Nursing as a holistic approach for the promotion and maintenance of well-being and QOL of the senior people. The CNIs have therapeutic effects physically, psychologically, socially, and spiritually.

The health problems of the senior citizens increase during older age. Similarly, the well- being and QOL of the senior people also decrease and it increases together with their increased age, which may affect their living as healthy aging. It ultimately increases the family's burden for caring of the aged people.

The senior citizens had many physical, social, psychological, spiritual and financial problems which affect their well-being and QOL. The physical, social, interpersonal, personal habits and personality factors are responsible for the good well- being and quality of life. They perceived elderly life as the worst life among all age groups and expressed that it is a natural process. Self-motivation of elderly also helps to solve some of the problems and maintain quality of life. Becoming busy and performing an active role are key for successful aging.

Most of the senior citizens had good well-being after one month and all senior citizens had good well-being after six months of the intervention. The overall well-being including all the domains of well-being; 'physical, psychological, social and spiritual', of the senior citizens was improved effectively after the comprehensive nursing interventions of six weeks in the interventional group as measured by elderly well-being tool.

Most of the senior citizens had good quality of life after one month of intervention and all senior citizens had good QOL after three and six months in the interventional group. And the overall quality of life including all domains; 'physical, psychological, social relationship and environmental,' of the senior citizens was also improved after the CNIs in the interventional group as measured by WHOQOL-BREF. So, it is concluded that the structured comprehensive nursing interventions is an effective program to enhance the well-being and QOL of senior citizens in the rural community. Moreover, the CNIs are also helpful to improve their health related behavior such as water intake, physical exercise and substance taking habits.

The CNIs program has a longer-term effect on well-being and quality of life as it showed continuous improvement on well-being and QOL after three and six months of the intervention.

The well-being was positively correlated with the QOL of the older people. Well-being of the senior citizens was not significantly associated with socio-demographic variables and marital status was significantly associated with the QOL of the senior citizens.

6.1 Implications of the study

This study provides current information on the status of well-being and quality of life of the senior citizens in the rural community and the effectiveness of the CNIs on the well-being and QOL. In this sense, this information may provide immense benefits to the nurses, senior citizens, health care professionals, health educators, health care manager or administrators, policy makers, other investigators and care takers of the senior citizens.

- The outcome of the study would provide insights for the nurses and health care professionals to understand the status of well-being and Quality of Life of the senior citizens as well as to understand the importance of the CNIs. They can utilize this CNIs as well as restructure nursing interventions or modify the CNIs as per the well-being and QOL status of the senior citizens.
- The public health nurse or community nurse an underutilized resource in the community may be used to provide geriatric care in community at regular intervals.
- The outcome of the study would be beneficial in providing insights to the planners and policy makers to include nursing interventions for the senior citizens as health prevention and promotion approach.
- The CNIs can be used as a continuous nursing education program in the geriatric ward to enhance the knowledge and practice of the nursing staff on the well-being and QOL of the geriatric patients.
- The results of the study may be instrumental in providing the direction for

further nursing research to explore both physiological and psychological problems of the senior citizens including but not limited to the development of structured interventions.

6.2 Recommendations

The following recommendations are suggested from the findings of the present study;

1. There is a need to conduct multi-centric research among a larger number of participants to support and explore the long-term effects of comprehensive nursing interventions on well-being and QOL of elderly, including their impact on specific health outcomes, social interactions, and overall life satisfaction make greater generalization of the outcomes.
2. We can expand the research to encompass diverse rural communities with varying socio-economic, cultural, and geographical characteristics. And explore how contextual factors influence the effectiveness of CNIs and tailor interventions accordingly.
3. If proposed CNIs give positive results, then further training for healthcare professionals, especially nurses and caregivers, on implementing and delivering comprehensive nursing interventions effectively should be done. This will ensure the consistent application of the program and maximize its benefits.
4. We can tailor nursing interventions to address the specific physical, social, psychological, spiritual, and financial needs of each individual senior citizen, recognizing that these factors contribute to their overall well-being and quality of life.

5. We can further develop educational initiatives for senior citizens and families to dispel negative aging stereotypes and raise awareness about positive aging. Foster collaboration among healthcare professionals, community groups, and local authorities for comprehensive support. This can enhance the effectiveness of interventions and provide a comprehensive support system.
6. Use the success of the CNIs program to promote positive health-related behaviors among senior citizens, such as increasing water intake, engaging in physical exercise, and reducing substance use etc.
7. Encourage and support senior citizens in maintaining self-motivation and an active role in their daily lives, as these factors have been identified as key components of successful aging and can contribute to better well-being and quality of life.
8. Educate the family about the importance of maintaining well-being and quality of life during the aging process and involve family members in the care and well-being of senior citizens reducing the burden on families and ensuring a more holistic approach to improving quality of life.
9. Establish a routine assessment and evaluation process to measure the impact of comprehensive nursing interventions on well-being and quality of life. This can help identify areas for improvement and fine-tune the interventions over time.
10. Advocate for policies that support the well-being and QOL of aged people including access to health care services, social support systems, and

opportunities for meaningful engagement in the community.

Summary: The chapter six included the conclusion and implications of the study, and the recommendations for future research.