

Training Strategies And Life'S Quality: Seniors

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Resumen

Esta investigación se basa en las estrategias de formación para mejorar la salud y calidad de vida de las personas mayores en la comunidad Simón Bolívar, su principal objetivo es mejorar las capacidades y habilidades a través de diversas actividades como la participación, la recreación, la terapia de baile, ejercicios, formas de auto- cuidado y chequeos médicos permanentes. Esta etapa se inicia a los 60 y termina cuando la persona muere, por eso los adultos mayores necesitan que los residentes de la comunidad los incluyan y motivar a que se sientan útiles, porque a veces son vistos como una carga económica y no se consideran en las decisiones familiares. La investigación utiliza una metodología de diseño de deductivo, inductivo, el modelado, la acción participativa, exploratorio, descriptivo y de campo. Se aplicaron técnicas tales como encuestas, entrevistas y observación, el mismo que se determinó en la comunidad nunca ha sido ningún tipo de formación que mejoren la calidad de vida de los mayores, en términos de su calidad de vida se ha descubierto que no es satisfactorio y se afectará a su salud. Es necesario definir las líneas estratégicas de la atención que promueven el envejecimiento activo y saludable.

Estrategias, capacitación, calidad de vida, salud.

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Abstract

This research is based on training strategies to improve health and quality of life of seniors in the community Simon Bolivar, its main objective is to enhance the skills and abilities through various activities such as participation, recreation, dance therapy, exercises, forms of self-care and permanent medical checkups. This stage starts at 60 and ends when the person dies, for that reason older adults need that community residents include them and motivate them feel useful, because sometimes they are seen as an economic burden and are not considered in family decisions. The research uses a design methodology of deductive, inductive, modeling, participatory action, exploratory, descriptive and field. Techniques such as surveys, interviews and observation were applied, the same as determined in the community has never been any kind of training that will improve the quality of life of seniors, in terms of their quality of life it was found is not satisfactory and it will affect their health. It is necessary to define the strategic lines of care that promote active and healthy aging.

Strategies, training, life´s quality, health.

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Introduction

In the world, it was estimated that the population in 2005 was 2,936.607 million people over 65 years equivalent to 7 % of the world population, of which 1,386.537 million (5 %) live in developing countries (Population Reference Bureau, 2014).. In Ecuador, according to the latest statistics from the National Institute of Statistics and Census (INEC) there 1'229.089 elderly (people over 60 years), most live in the mountains (596,429) region followed by the coastal region (589,431) . They are mostly women (53.4 %) and the highest amount is in the range between 60 and 65 years old. 11% of older adults living alone, this proportion increases in the Ecuadorian coast (12.4 %) ; while older adults living mostly accompanied live with their child (49 %) , grandchild (16%) and spouse or partner (15%).

The proportion of older adults with reference to the previous census has increased by 5 % , as dumped data report the existence of 341,664 people who are over 60 years old, equivalent to 9.3 % of the Ecuadorian population . According to the same study, health is the right and duty as citizens consulted, it is the most important for this group of the population, whose most diagnosed diseases are osteoporosis, heart problems, diabetes and lung problems.

The rising of seniors currently generates important challenges for society and for international public health organizations, aimed at promoting public policies to improve the quality of life.

In the province of Santa Elena, there are 16,981 (5.50%) older adults of whom 8,393 are men and 8,588 are women, the average age is between 65 years and over. The Manglaralto parish has an area 497.4 km², has a population 29,512 inhabitants, where the elderly population is of 2,558 inhabitants, equivalent to 8.7 % of the population (INEC, 2011)

In the community of LibertadorBolivar, seniors have difficult situations that lead to many consequences, such as loneliness, isolation of families, depression, economic limitation, diseases. There is also little importance of family or public institutions to promote active and healthy aging, as they are not considered in family decisions, and they are seen as an economic burden, and this situation affect their quality of life. The seniors unknown their rights, including the right to live in independence, participation, care, self-fulfillment and dignity, this leads to low self-confidence, feel sick, wanting to not live, they think they are useless , and are reflected in solitude, temper, bad relationship with their environment, sadness, poor diet and diseases.

In most social organizations, there are no policies or programs that are targeted to older adults, the services they can access that is why society devalues and marginalizes the elderly.

There is currently little information on active aging , this generates violence against older adults, according to data presented by the United Nations (UN) , in families the kind of violence that is most exerted on the elderly, is psychological abuse up to 95% . The most frequent insults aggression (85%), humiliation and devaluation (66.3%), death threats (40%) and rejection (48.8%) (ONU, 1954)

There is little importance of family to the elderly people and this attitude creates difficulty performing daily activities, which will result in the loss of independence, physical and mental autonomy and social rejection and family abandonment, so therefore, the purpose of this research is to design a set of training strategies to improve the quality of life of seniors in the Libertador Bolivar community, province of Santa Elena, the same that foster a comprehensive life where relevant information, it is provided to relatives about the practice of daily care, the importance of physical activity as well as the demonstration of the skills they possess (relaxation method), knowledge of their rights and especially promoting healthy living habits.

Older adults

Adulthood is a stage of human development, which starts at 60 and ends when the person dies, for that reason, older adults need training strategies that seek not only to improve the quality of life but also improve family relationships. Growing old, it involves a series of physiological, psychological and sociocultural that most seniors are not prepared to face changes, these changes will happen to both the elderly as well as those around them.

The aging of the individual is a process that begins before birth and continues throughout the life cycle of living beings, it is a set of phenomena that occur continuously over time and it happens to all people who come to the stage of old age. Aging is a set of changes or modifications that occur in the body of the individual and is affected by different factors like these:

Biological, psychological and social. The design of training strategies is based on working with this group of people on issues related to the care, prevention and health promotion (Brañas. 2001).

Active and Healthy aging

Active aging: The process of optimizing opportunities for participation, health and safety, which allow individuals to develop their potential for physical, social and mental well-being throughout their life cycle, participate in society according to their needs, desires and capabilities, provides them security protection and care. Aging well is actively growing old and this essentially involves three conditions: having a social role aging, healthy aging and age with security. Active aging has three basic conditions: participation, health and safety.

These pillars help older adults maintain their independence and autonomy, becoming longer a human potential for many countries (Rodríguez, M. 2006).

Healthy Aging: Adopting healthy lifestyles and active participation in self own cares are important at all stages of each person. Healthy aging is defined based on good physical and mental functioning, which in turn includes a small number of chronic conditions, good mobility, ability to lead an independent life, good cognitive function and absence of depression. For healthy aging should adopt healthy lifestyles, and recommend: to exercise, eat a balanced diet, sleep well, avoid alcohol and smoking habits (Seeman, T., Bruce, M., & Mcavay G, 1996).

Gerontology: Gerontology as science dedicated to study the various aspects of aging and the aging population, such as psychological, social, economic and even cultural. On the other hand includes physical, mental, social, and how they should be addressed by government and non-governmental institutions that serve the aging population. Science and theory of continuity argue that aging does not involve drastic changes in the life of the elderly, habits, tastes and personal styles acquired, developed during life, persist and remain in old age (Metchnikoff, M. E, 1903)

Priority areas of older adults

Older persons and development

Protecting the human rights of older people and create the conditions for economic security, social participation and education that promote the satisfaction of the basic needs of this age group and their full inclusion in society and development.

Promoting health and well-being in old age

Provide access to the elderly to comprehensive health services appropriate to their needs, to ensure a better quality of life in old age and maintaining its functionality and autonomy.

Creating a supportive and enabling environment

Getting older people enjoys physical, social and cultural environments that enhance their development and encourage the exercise of rights and duties in old age.

Training strategies

The strategy is the set of basic aims and objectives of the organization, the main programs of action chosen to achieve these goals and objectives, the most important allocation systems used to relate to the organization with its environment resources. Further characterized by having multiple options, multiple paths and multiple outcomes, its design is more complex and more difficult to implement than other solutions.

As stated by the author, discuss strategies can turn into a tower of babel in which many express ideas and want to enforce them, but nobody understands anyone. This has led many organizations have implemented strategies that have bogged down and have led to serious errors whose effect has been to keep them away from the real objectives towards which they wanted to go or routed (Schendel, D., & Hatten, K, 1972).

Strategies are set of plans for learning goals, also are conceived as organized whole, and controlled the processes performed by the trainees with the aim of reaching a goal involved in conducting a complex and new task.

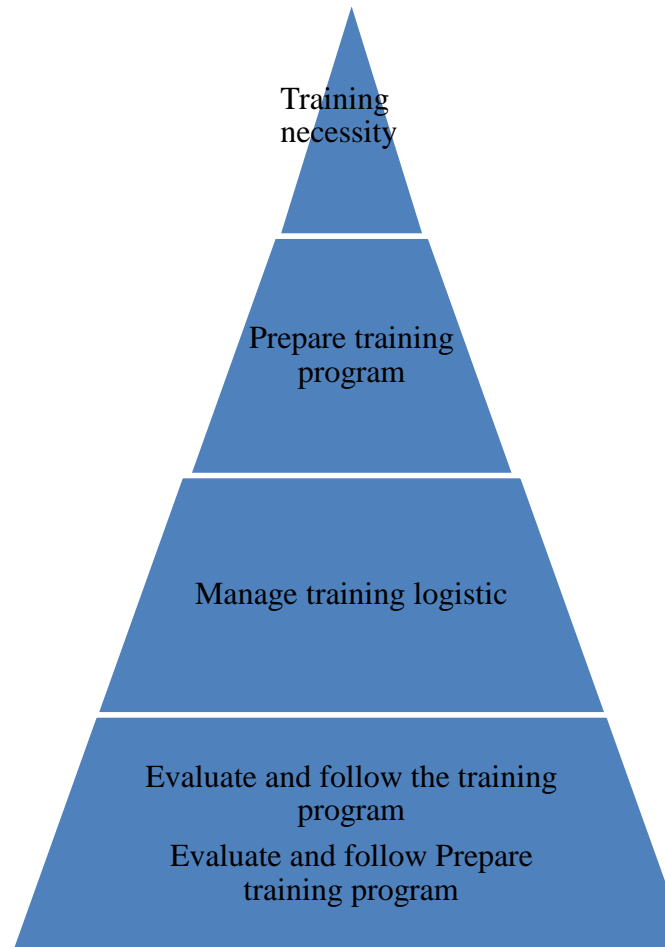
Training

Training is defined as a short-term process through which people learn new skills. From this point of view it is considered training as an important method to reach a goal.

This procedure is planned, systematic and organized, comprising a set of educational and administrative actions aimed at changing and improving knowledge, skills and attitudes of staff, to promote better performance levels consistent with the requirements of the position they hold.

Training is an essential tool because it improves the quality of life of older adults and family (Ibáñez, 1998).

The training process consists of a constant cycle of activity which is represented in the following graph:



Graph 1 Training Cycle

Source: Autor (Chiavenato, 1998)

The training cycle begins determining necessities, it is the first step for institution than want to do capacitation and quality depends the success of our training.

Steps to do training strategies

This process has five steps:

- Analyze needs: identify abilities and needs for knowledge and developing.
- Design the teaching way, made the content of strategy, program, flyer, books, activities.
- Here don't exist wrong strategies and only show a little representation.
- Apply: put in practice training strategy
- Evaluation: that shows the party or headache of strategy.

In order to do this possible, all organization must stablish coworking strategies, do that state, society, families participate and to improve the life's quality of older adults of one specific community.

Training strategies

The training strategies are processes that can be developed during each stage of the Project and the relation between them, telling who must participate, how do the participants will be identity and which skills apply to get the goal. To participate in a leisure activity give freedom to choice, giving more independent sense, more motivation.

To design these strategies of training the community and families must be integrated, to give a better quality of life for seniors, to get better opportunities to give suggestions to improve continuously, with preparation previous, according each rol. (Peterson, C., &Stumbo, N, 2000).

Participative Strategy Features

The most important characteristics have to be made at size, be adaptable, so the seniors can develop abilities, accept the changes for their aging and can resolve different problems during their ages. For this you need an action plan, versus the technique that is rutinary and mechanical. (Beltrán, 1996).

By this strategy the society must be integrated, break social and cultural walls that don't allow improve the quality of life of seniors, for this is necessary develop active participation activities, kermesses, local meetings, to get and active and healthy aging. To promote the collaborative strategy it is necessary to create a participative process, increase opportunities to seniors, to develop social potencial and creativity in seniors, by a nice and secure environment to improve their quality of life.

Strategies to train a better quality of life for seniors

Each country, region or province create public laws where the state, society and family stay included to execute project or programs to help seniors, with general items to get social and political helps to immerse older adults to different programs.

The most important part of life quality is the family, the studies show that olders that live in couple have an unconditional support. The widowed has a big impact in their life, so they feel lonely, it is stronger for women, they live more time. The values and attitude to senior make them feel valious, with a warm care, respect, each adult needs love, and consideration in human relations, to give and to receive building a security base and physical needs satisfied.

Life Quality

It is measurable by a comfortable, satisfied and dignity life, it could be evaluated by 5 areas.

Physical, material, social wellbeing, develop and emotional wellbeing. For seniors be in peace and calm, be care and protected by family, with dignity, love and respect, can express his opinions with freedom, decide, communicate and get information. It is vital for adults that covers his necessities of food, dressing, health and house. (Vera, 2007).

In Ecuador, like in develop and undevelop countries has increase the senior population, that is the reason why is important to care them, be valuated by family, with dignity, love and respect, in this way improve their life, with the help of people around them, with auto care, and high motivation to develop their personal potentials. Increasing of senior population produce the necessity to generate action plans to give an adequate service in health, social and economic area.

In order to guarantee the medical and psychological attention with an inclusive society that don't separate, give dignity and at the same time the state have real laws, to deliver an economical income that allow that population to get a dignify and good quality life. (González, 2002).

Under this context, it is important to define the meaning of quality of life in that age, to find strategies that help to improve the life of senior people. While the older adult can satisfy their necessities, he will be considered psychological healthy, this is the reason why is so important to study the quality of life, including general health, psychological and social wellbeing.

Life's quality dimensions

It has three dimensions: physical, psychological and social. With these dimensions is easy to present a model to integrate personal and social environment dimensions, subjective elements and objective included in senior quality of life.

Physical dimension

The health of seniors is the most important of life, because health influences every aspect of life. When you don't have good health, they become dependent, lost their vision and movement. The principal problems are visual and hearing, that generates isolated and insecurity in each person, that affects the relation with other people.

Social dimension

The author says the aging produce the lost of capacities to move mental and physically, could be a little aggressive and competence, they need less to be with other people, and is happy living alone, because they feel no necessary for other people..

Psychological dimension

The disease comes with psychological problems like depression, anxiety to future, lack of human relations and social activities that affects to older adults. The wellbeing means be well, adapted and satisfied, comfortable, have a purpose for life, it is known like quality of life and it can be measured with human satisfaction in different areas of his life (Ballesteros, R. F, 1993)

Objectives

General objective

To design training strategies with participation in different activities to improve the quality of life in seniors of Libertador Bolivar community.

Specific objectives

Determine theoretical facts about capacitation strategies to support the develop of an active and healthy aging.

Analyze actual situation of older adults, about an active and healthy aging, using surveys, interviews and observation techniques.

Design strategies that allow improve the quality of life of senior by talks, courses, workshops, conferences about health for people of advance age.

Methods and resources

The research design show an effective form of general procedure of a researcher to get multiples questions begins with the problem and the daily activity during Project development.

The used method was deductive, inductive, modelation and active participation. It was deductive analysis of possible causes to determine why the population don't improve their life quality, and design strategies to help adults to have a better life.

Inductive begins at specific population, since Libertador Bolivar community to what happened with seniors around the world, reviewing causes of habitual living of seniors.

Modelation propouse education because for different reasons this adults could not study neither basic grades, female genre have more this problem, in this years this problem has been decreased, because in the last years the government has attended that forgot population.

Participative Action in order to know, examine and analysis of population and its relation with the researcher, talking with the population to get information that support this research, to have an effective proposal for this special group.

The population is the total of people that has similar characteristics to be studied, for this research the population is from Libertado Bolivar community, of Manglaralto, It's population is 240 persons and sample was 69.

Results

CATEGORY	RESULTS	PERCENTAGE
YES	25	36%
NO	44	64%
TOTAL	69	100%

Table 1 Training strategiesapplied Instrument: Survey

64% of senior of Libertador Bolivar community said that hasn't gotten training to improve their quality of life, 36% said they have receive this training. Like suggestion analyse causes and elaborate an activities schedule to improve habilities and skills.

CATEGORY	RESULT	PERCENTAGE
YES	35	74%
NO	12	26%
TOTAL	47	100%

Table 2 Training Assistance Instrument: Survey

74% of senior's shows interest to go to training capacitation, 26% don't want to receive capacitation. Suggest to find the obstacles that affect the assistance to this training to secure the adults assistance.

It is in order to improve their quality of life.

CATEGORÍES	RESULTS	PERCENTAGE
ANSIETY	16	23%
FEAR	20	29%
WORRIES	18	26%
NERVOUS	15	22%
TOTAL	69	100%

Table 3 Feelings to life Instrument: Survey

Only 29% of seniors feel fear for this age stage, 29% are worried, 23% feels anxiety to their future life, 29% fear and 22% has nervous for the future. There is no organization to manage this group in order to improve their quality of life.

CATEGORY	RESULT	PERCENTAGE
EXCELLENT	4	6%
VERY GOOD	8	12%
GOOD	25	36%
BAD	32	46%
TOTAL	69	100%

Tablet 4 Quality of life Instrument: Survey

Only 46% said that their quality of life is bad, 36% said is good, 12% very good and only 6% said that their quality of life is excellent. It is good to teach their families that take care of this group, offer spaces where the senior can get medical analysis periodically and guarantee their quality of life.

Conclusions

After collected, got and analysed the result of this research

In Libertador Bolivar community, they have a lot of problems for senior people, first they do not know the importance of active and healthy aging. At age between 60 -65 the senior population are not considered like productive, they are considered like a charge to their family. Not exist organization that improve their quality of life, so nobody can help teaching the advantage of improve their abilities , healthy habits and get a better health and active aging.

Recommendations

Give information about the importance of a healthy and active aging, and ítems that are useful to study the quality of life, they have to use different strategies to resolve problems own of their age.

Develop strategies lines to give capacitation for senior and their families, so they can help in this way of aging. Knowing the items is easier get an active and healthy aging.

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