

Defence Seminar

Seminar Title	: Impact of Social Isolation and Loneliness on Cognition and Psychological Well-being: An Intervention Study among Residents of Indian Old Age Homes
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Venue	: Seminar Room, HS Department
Date and Time	: 23 Sep 2024 (11.00 AM)
Abstract	: The population dynamics in India is undergoing changes resulting in an increased proportion of the aged population. Among multiple concerns associated with the process of aging, lack of social connections is an important concern. The prevalence and social isolation and loneliness is understudied in India. Further, the impact of reduced social connections on the cognitive functioning and psychological well-being of older adults residing in old-age homes is less explored in the Indian context. The study assesses the prevalence of social isolation and loneliness among the residents of old-age homes and examines their impact on the psychological well-being and cognitive functioning of older adults. Further, it examines the efficacy of leisure-based intervention aimed to reduce social isolation, loneliness, enhance psychological well-being, and prevent faster cognitive decline among elderly. Data has been collected from residents of various old-age homes of Odisha. The participants (60-75 years) have been selected using purposive sampling (n=320). Standardized measures like Lubben Social Network Scale-6 (LSNS-6) Revised UCLA Loneliness Scale, Ryff's Psychological Well-Being Scale, and Hindi Mental State Examination (HMSE) have been used for data collection. After the analysis of pretest scores, sixty participants categorised based on their social isolation and loneliness scores have been purposively selected for administration of leisure-based intervention framework. Various statistical methods like t-tests, multivariate analysis of variance, linear regression, and mediation analysis have been employed for data analysis. The results reveal a high prevalence of social isolation (84.38%) and loneliness (86.88%) among the participants. A statistically significant impact of social connections of cognitive functioning and psychological well-being has been observed. Additionally, leisure-based intervention has been effective in enhancing social connections and psychological well-being, and preventing faster cognitive decline. The findings of the study can be incorporated into measures aiming at alleviation of feelings of social isolation and loneliness, as well as enhance their psychological well-being, and prevent faster cognitive decline among the elderly.

Keywords: Social Isolation Loneliness Psychological Well-Being Cognition Older Adults Old-age Homes