

GENDER OF A CHILD AS AN EFFECTIVE FACTOR ON THE MENTAL HEALTH OF OLD PARENTS

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Introduction: Given to role of children in supplying of needs to love and belonging in old parents this research was carried out on assessment of relationship between gender and number of children and mental health of resident people in nursing home.

Material and methods: A descriptive-Analytical study with aim-centered sampling was performed on 56 elderly people residing on Golabchi nursing house –Kashan-IRAN 2007. Including factors were; normal IQ and lack of serious mental disease and Alzheimer .The standard mental health Questionnaire (GHQ28) was used. Some other factors like demographic features, satisfaction from living in NH and...were assessed too. SPSS software was used to analyze the collected data.

Results: Resulted showed %41.1 of samples was unhealthy mentally. The rate of male and female in this research were 35/7% and 64/3% respectively and there was no significant relationship between mental health and gender. Education status was; illiterate %89.3, able to read and write %7.1 and high school level %3.6. Economic status of samples was; %60.8 undesired, %30.4 medium and %8.9 undesired.%62.5 of samples had no child,%17.9 1-2, %19.6 3 or more children. There was negative significant relationship between mental health and number of male children ($p<0.005$) and the more male children, the less mental health.

Conclusion: It's a most to encourage the children especially male's ones in supporting of parents' needs as well caring them in old period and promoting the culture of paying attention in parents' needs should have to be in our priorities.