

MENTAL HEALTH OF THE ELDERLY AND THEIR WISHES

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Background: hope and wishes in every period of life especially in elderly increase the happiness and mental health. Given to growth trend of referring to nursing home, this research was carried out on relationship between mental health with ambitious and wishes in elderly people.

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. The standard mental health Questionnaire (GHQ28) was used and scores less than 23 was mentioned as healthy. Some other factors like demographic features, their wishes, satisfaction from living in NH andwere assessed too. SPSS software was used to analyze the collected data.

Results: Results showed %41.1 of elderly population (56 samples) were unhealthy mentally. The rate of male and female in this research were 35/7% and 64/3% respectively. Duration of residing in the center less than 10 years, 1-3 years, 3-7 years and more than 7 were respectively; %8.9,%8.9, %26.8,and %55.4. %82.2 of samples disagreed with staying in nursing home. Cause of residing were; lake of supervisor %50, disease %26.8 and lack of supervisor plus disease %23.2. The biggest wishes of elderly aged was; returning to family as a family member %78.6, death %3.6, pilgrimage travel %3.6, marriage %5.4 and be healthy %8.9.

Conclusion: It's a must to change the attitude of aged to positive trend about residing in nursing home and providing the situation in family for accepting the elderly as a cultural priority.