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Vansač P.

The use of ergotherapy in the retirement home

St. Elizabeth University of health and social work, Bratislava, Institute of bl. M.D. Trčku, Michalovce, Slovakia

vansac.p@gmail.com

Вансак П.

Використання ерготерапії

в закладах для людей похилого віку

Вища школа охорони здоров'я та соціальної роботи
Св. Алжбети, м. Братислава, Словаччина

Вансак П.

Использование эрготерапии в доме престарелых

Высшая школа здравоохранения и социальной работы
Св. Елизаветы, г. Братислава, Словакия

Introduction

The word therapy comes from the Greek word (therapeia), meaning to heal, nurse, educate, exercise, help, care. Therapy is just a tool to restore human physical, mental functions and social integration. One of the important therapies is ergotherapy. [1] According to the World Federation of Occupational Therapists (2004), "occupational therapy is a profession that aims to promote the health and wellbeing of a client through activities. The primary purpose of ergotherapy is to enable clients to participate in everyday activities. Occupational therapists achieve this goal by trying to help people carry out activities that increase their ability to integrate into everyday life. The goal of ergotherapy, according to the Council of Occupational Therapists for the European Countries (2000), is to "promote the health and wellbeing of the client through meaningful employment. Occupational therapists believe that health can be affected by human activity. Occupational therapy is the treatment of persons with physical or mental illness or disability, using specifically selected activities to enable them to achieve maximum functional standards and independence in all aspects of life. Occupational therapy is a profession that draws on medical and social sciences. It focuses on the nature, balance, forms and context of being busy in an individual's life. [2] It is interested in how the disease or disability affects a person's ability to perform an activity and how to strike a balance between a person's ability, the demands of activities and environmental factors. Occupational therapy is based on the belief that people are active beings who are constantly evolving through their relationship with the physical, social, cultural and spiritual environment. The philosophy of ergotherapy is based on a holistic view of a person and assumes that each person is a unique being able to improve his/her health, functional abilities and thus achieve a better quality of life. The quality of life concerns the physical, psychological state, but also the area of social relations and the economic and financial situation. [3] Therapists of the Czech Association of Occupational

Therapists, define these goals in their Concept of the Department of Occupational (2007):

- Promote a person's health and well-being through meaningful activity.
- Help improve the ability a person needs to manage their daily activities.
- Allow a person to fulfill their social role.
- Help to fully involve a person in the activities of their social environment and community.
- Apply client-targeted therapy.
- Empower the person in maintaining, restoring or acquiring the abilities needed to carry out their daily activities.
- Seek to maintain the opportunity for everyone to participate in everyday activities, regardless of their disability.

The areas covered by ergotherapy are broad categories of human activities that form part of his daily life. There are three basic categories:

- Everyday activities. We divide them into personnel daily activities (eg eating, dressing, personal hygiene, walking, etc.) and instrumental daily activities (eg telephoning, using public transport, shopping, preparing meals, housework, etc.).
- Work or producing activities. This includes education and "keeping them busy" activities.
- Leisure activities that are adequate to the age of the individual. [4]

According to Malíková (2011), the activity of occupational therapy in a retirement home should be deliberately designed in such a way that as many stimuli, methods and activities can be intertwined in it. Therefore, during the selected activity, e.g. ergotherapist releases favorite music or sounds from music therapy during hand work, and clients use the aroma lamp to inhale fragrant oil. To maintain concentration and interest of clients, activity alternates with some element of relaxation. [6]

According to Maleshko, I Mironyuk, Slabý, Brych social workers within the multidisciplinary team should work particularly closely with the physician in drawing conclusions in the context of social therapy. [5]

The aim of the research was to point out the importance of social therapy, which is carried out in retirement homes. Based on the main goal, we have set the following partial goals:

- See if clients are participating in social therapy
- to find out whether the length of stay in a retirement home has an impact on the use of the type of social therapy,
- identify the relationship to social therapy and whether it helps them to manage their daily activities.

Data and methodology

We conducted research in three retirement homes. 107 respondents participated in the research, of which 44 men and 63 women. There are 19 women more than men in the research, representing 30,15%. This has been influenced by several factors, the most important being that there are more women than men in the retirement homes surveyed. We used statistical method chi-square test for testing individual hypotheses.

Research results

In order to obtain the most important knowledge and objectives of the research, we present the following hypotheses:

Hypothesis 1: Length of stay in a retirement home is related to respondents' social therapy.

Table 1. Observed and expected frequencies of length of stay in the retirement home and the use of social therapy

Observed frequencies			
	0-5 years	6 or more years	total
ergotherapy	5	9	14
music therapy	22	5	27
bibliotherapy	10	6	16
occupational therapy	10	16	26
other	5	6	11
total	52	42	94
Expected frequencies			
ergotherapy	7,74468	6,25532	14
music therapy	14,9362	12,0638	27
bibliotherapy	8,85106	7,14894	16
occupational therapy	14,383	11,617	26
other	6,08511	4,91489	11
total	52	42	94
df	4	9,49	
chi test	13,41002128		
p value	0,009436786		

Given the calculated chi square of 13.41, we found in Hypothesis 1 a link between the length of stay in a retirement home and the use of social therapy. The chi square value is higher than the tabular value for the 4 df degree of freedom, which indicates the dependence between variables. Also,

a p value of 0.009436786, which is less than a significance level of 0.05, suggests that there is a link between the items. Based on the results of testing, we can reject the null hypothesis and accept the alternative hypothesis, ie the length of stay in the retirement home affects the social therapy of the respondents they use. It is clear from Table 1 that the longer the respondents have been in a retirement home, the more often they use ergotherapy. In all facilities, 13 clients do not like any therapy, which is 12.4%.

Conclusion: Hypothesis 1 was confirmed.

Hypothesis 2: Subjective perception of therapy in coping with respondents' daily activities.

When analyzing the relationship between the length of stay in a retirement home and the subjective perception of assistance in managing everyday activities, a statistically significant difference was found at a significance level of 5% chi square = 10.11502965, df = 3, p = 0.017613227. Based on the results of testing, we can reject the null hypothesis and accept the alternative hypothesis, there is a statistically significant relationship between the length of stay in a retirement home and the subjective perception of respondent therapy in managing everyday activities.

Conclusion: Hypothesis 2 was confirmed.

Table 2. Observed and expected frequencies of length of stay in a retirement home and perception of assistance in managing everyday activities

Observed frequencies			
	0-5 years	6 or more years	total
I forget about everyday problems in therapy	23	6	29
interview with therapist	7	7	14
the activity itself	14	20	34
the community we create - therapist and clients	6	7	13
total	50	40	90
Expected frequencies			
I forget about everyday problems in therapy	16,1111	12,8889	29
interview with therapist	7,77778	6,22222	14
the activity itself	18,8889	15,1111	34
the community we create - therapist and clients	7,22222	5,77778	13
total	50	40	90
df	3	7,82	
chi test	10,11502965		
p value	0,017613227		

Discussion

Old age is a challenge for every individual and society. The maturity of society also depends on how old people and their experience are embraced by society and how they take care of their seniors. Nowadays, seniors in society are often perceived as a burden on the family. [6] Older people live their lives in different ways. The home environment is ideal for the elderly and is also an environment where he/she should live his/her senior age. However, circumstances often force an older person to leave his home and live in a retirement home. We usually realize the quality of life when it is reduced. Life itself is influenced by several factors. The most important factor is the health condition that determines the self-sufficiency of seniors. The research was focused on the use of social therapy in selected retirement homes and based on the answers of the respondents we gained knowledge about the use of a therapy. Research shows that therapy in retirement homes is very beneficial, about 80% of seniors enjoy therapy and use it for the benefit of their health. Although we find that social therapy is popular in up to 80% of clients, we cannot express full satisfaction, because the remaining 20% of clients are reasons to improve the delivery of therapy itself and therefore we propose these recommendations for practice:

- Social workers should target clients who do not participate in either individual or group therapy. From our survey, we found that it's 14 clients.

- For all the retirement homes surveyed, we recommend regular training for social workers or those providing therapies.

- For social workers providing therapies, we recommend training from professional literature by self-study and participation in conferences on this topic.

Conclusions

Old age cannot be seen only as a change for the worse. It is a period of life with its own qualities. Older people have the right to a dignified old age. Therefore John Paul II. He stressed the need to build a culture of old age, where elderly people would be provided with social assistance, either at home or in elderly facilities. The elderly is not able to live in stress, it is not allowed by his/her physical and psychological abilities and therefore he/she needs a human approach from relatives, carers, social workers.

In view of this, the psychological impact of therapeutic activities on seniors is beyond doubt. It helps seniors to accept themselves because they still feel capable of performing a useful activity.

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Social therapy is a set of individual and group practices for creating, restoring and strengthening social relationships and skills of individuals. One of the important therapies is ergotherapy. The aim of the research is to show the importance of social therapy, which is carried out in retirement homes.

Research data and methods. We used the inductive statistics tools, Chi-square test, to verify the hypotheses. We make decisions on the significance of the differences based on the calculated value and the significance level of 0.05. We conducted the research in three retirement homes. We found out the relation between the length of stay in the retirement home and the type of respondents' social therapy and the subjective perception of help in managing everyday activities.

Results. From the research results we found a link between the length of stay in a retirement home and the use of social therapy. The longer the respondents have been in the retirement home, the more often they use ergotherapy. There is also a

statistically significant relationship between the length of stay in a retirement home and their subjective perception of therapy in managing everyday activities.

Conclusions. The psychological impact of therapeutic activities on seniors is undeniable. It helps seniors to accept themselves because they still feel capable of performing a useful activity.

Key words: old age, senior, therapy, method, retirement home.

Соціальна терапія являє собою набір індивідуальних та групових практик для побудови, відновлення та зміцнення соціальних відносин та навичок окремих осіб. Одним з важливих методів лікування є ерготерапія. Метою дослідження стала демонстрація важливості соціальної терапії, яка проводиться в закладах для людей похилого віку.

Матеріали та методи. Щоби перевірити гіпотезу ми використовували інструменти індуктивної статистики, тест Chi-квадрат. Ми приймаємо рішення про значення розбіжностей на основі значення MPWS та рівня значимості 0,05. Ми провели дослідження в трьох будинках для людей похилого віку. Ми з'ясували зв'язок між тривалістю перебування в будинку для людей похилого віку та типом соціальної терапії респондентів і суб'єктивним сприйняттям допомоги в управлінні повсякденною діяльністю.

Результати. За результатами дослідження ми знайшли зв'язок між тривалістю перебування у будинку для людей похилого віку та використанням соціальної терапії. Чим довше респонденти знаходяться у будинку для людей похилого віку, тим частіше вони використовують ерготерапію. Існує також статистично значимий взаємозв'язок між тривалістю перебування у будинку для людей похилого віку та їх суб'єктивним сприйняттям терапії в управлінні повсякденною діяльністю.

Висновки. Психологічний вплив терапевтичної діяльності на людей похилого віку незаперечний. Це допомагає людям похилого віку прийняти себе, оскільки вони все ще почувають себе здатними на участь у корисній діяльності.

Ключові слова: старість, похилий, терапія, метод, будинок для людей похилого віку.

Социальная терапия представляет собой набор индивидуальных и групповых практик для создания, восстановления и укрепления социальных отношений и навыков отдельных лиц. Одним из важных методов лечения является эрготерапия. Целью исследования является демонстрация важности социальной терапии, которая проводится в домах престарелых.

Материалы и методы. Мы использовали инструменты индуктивной статистики, тест Chi-квадрат, чтобы проверить гипотезу. Мы принимаем решения о значении различий на основе значения MPWS и уровня значимости 0,05. Мы провели исследование в трех домах престарелых. Мы выяснили связь между продолжительностью пребывания в доме престарелых и типом социальной терапии респондентов и субъективным восприятием помощи в управлении повседневной деятельностью.

Результаты. Из результатов исследования мы обнаружили связь между продолжительностью пребывания в доме престарелых и использованием социальной терапии. Чем дольше респонденты находятся в доме престарелых, тем чаще они используют эрготерапию. Существует также статистически значимая взаимосвязь между продолжительностью пребывания в доме престарелых и их субъективным восприятием терапии в управлении повседневной деятельностью.

Выводы. Психологическое воздействие терапевтической деятельности на пожилых людей неоспоримо. Это помогает пожилым людям принять себя, потому что они все еще чувствуют себя способными участвовать в полезной деятельности.

Ключевые слова: старость, пожилой, терапия, метод, дом престарелых.

Відомості про автора

Vansač Peter – St. Elizabeth University of health and social work, Bratislava, Institute of bl. M. D. Trčku, Michalovce; Partizánska 23, 071 01 Michalovce, Slovakia.
vansac.p@gmail.com.