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RESEARCH ARTICLE

EFFECTIVENESS OF MINDFUL BREATHING TECHNIQUE ON LIFE SATISFACTION AMONG OLDER ADULTS OF SELECTED OLD AGE HOMES

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Abstract

Background: With increasing age, people experience various crises like loss of physical, mental, and social status and modification in their roles and responsibilities within family and society paving their way towards dependency in life. This dependency on others deteriorates the quality of life and diminishes life satisfaction. The present study examines the level of life satisfaction among the elderly people.

Objectives: To evaluate the effectiveness of mindful breathing technique on life satisfaction among older adults residing in selected old age homes of Dehradun, Uttarakhand.

Material and methods: A quantitative approach with non-randomized control group research design was used in the study. Purposive sampling technique was used to collect data. Fifteen days of mindful breathing techniques were exercised for at least 15-20 min daily. Data were collected by using semi-structured satisfaction with life scale and socio-demographic profile.

Results: A significant increase in the level of life satisfaction with a mean difference (MD) of 4.1 was found significant ($p=0.001$). The calculated 't' value is 8.371 which is greater than the tabulated value of 2.045 which was found significant ($p=0.001$).

Conclusion: This study concluded that the mindful breathing technique is an effective method in increasing life satisfaction among elderly people. It is cost-effective and can be done at any time.

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Introduction:-

Ageing is an inevitable, organic, and universal process that affects every individual regardless of their ethnicity, caste, creed, wealth, or status. It is necessary to re-evaluate the quality of life for the elderly and to protect, promote, and extend their lifespan. As we grow and develop, we reach our peak and eventually enter a new phase of life.

In India, old age was not considered a burden until recently due to the prevalence of joint family systems and the cultural emphasis on supporting and respecting elders. However, in today's world, with more families opting for nuclear households and both parents pursuing careers, it has become increasingly challenging for children to provide

the necessary time and attention to their elders within the family. Life satisfaction among elderly people is a way to measure their subjective well-being and healthy aging.

Currently, life satisfaction is considered the best indicator of quality of life. It is a popular and profound feeling of internal happiness that arises from a person's perception of their external surroundings.

According to WHO, the number and proportion of people aged 60 years and older in the population is increasing. In 2019, the number of people aged 60 years and older was 1 billion. This number will increase to 1.4 billion by 2030 and 2.1 billion by 2050. This increase is occurring at an unprecedented pace and will accelerate in coming decades, particularly in developing countries.

With the decadal growth rate of the elderly population of India currently estimated to be at 41%, and the percentage of elderly population in the country projected to double to over 20% of total population by 2050.

Materials and methods:-

study was conducted at Nari Niketan, in Dehradun, Uttarakhand from June 28, 2023 to July 11, 2023. Quasi experimental Non-randomized control group design was adopted and a total of 60 subjects were taken through the purposive sampling technique. A Self- structured questionnaire was used to assess demographic variables and semi- structured Satisfaction with Life Scale was used to assess the level of life satisfaction.

Instrument/ tool:

The effectiveness of mindful breathing technique in improving life satisfaction among older adults aged 60 years and above was assessed by using a semi-structured 5 point Likert Scale i.e. Satisfaction with Life Scale.

Tool 1 Self-Structured tool for socio demographic variables:

It consists of 11 demographic variables (Age, Marital status, Education, Source of income, ADL, Health status, Type of family, duration of stay in old age home, Mode of entry, Frequency of getting visitors, Whether doing any Type of exercise)

Tool 2 Semi- Structured Satisfaction with LifeScale:

It consists of the 5-point Semi-structured rating scale i.e. Satisfaction with life scale developed by Diener, E., Emmons, R. A., Larsen, R.J., & Griffin, S. (1985) and Quality of life scale developed by Bowling A, Hankins M, Windle G, Bilotta C, Grant R. (2013). The scale comprises of 20 items under 5 categories.

Statistical analysis:

The data was analyzed using both descriptive and inferential statistics. This involved examining the frequency and percentage distribution of demographic variables and level of life satisfaction, t-test and chi square test to find out the association.

Table No. 1: Frequency and Percentage Distribution of the subjects based on their Socio-Demographic variable.

N=60					
S. No.	Socio-Demographic Variable	Experimental Group		Control Group	
		F	%	F	%
1.	Age in years				
1.1	61-70	19	63.33	20	66.6
1.2	71-80	6	20	8	26.66
1.3	81-90	5	16.66	2	6.66
2.	Marital status				
2.1	Married	11	36.66	12	40
2.2	Widow	17	56.66	18	60
2.3	Separated	2	6.66	-	-

3.	Education				
3.1	No formal education	12	40	12	40
3.2	Primary education	12	40	14	46.66
3.3	Secondary education	4	13.33	4	13.33
3.4	Higher Secondary	2	6.6	-	-
4.	Source of income				
4.1	No income	18	60	19	63.33
4.2	Pension	3	10	2	6.66
4.3	Family support	9	30	9	30
5.	Recreational activity				
5.1	TV	6	20	4	13.33
5.2	Music	3	10	2	6.66
5.3	Tailoring	14	46.66	16	53.33
5.4	Gathering	7	23.33	8	26.66
6.	Health status				
6.1	Healthy	10	33.33	14	46.66
6.2	Physical illness	20	66.66	16	53.33
7.	Type of family				
7.1	Nuclear family	15	50	12	40
7.2	Joint family	13	43.33	15	50
7.3	Extended family	2	6.66	3	10
8.	Duration of stay in old age home				
8.1	1month- 12 month	18	60	19	63.33
8.2	13month-24month	8	26.66	9	30
8.3	25 month- 36 month	4	13.33	2	6.66
9.	Mode of entry in old age home				
9.1	By family member	11	36.66	12	40
9.2	By police	5	16.66	7	23.33
9.3	By health worker	6	20	5	16.66
9.4	Volunteer	4	13.33	2	6.66
9.5	By neighbor	4	13.33	4	13.33
10.	Frequency of getting visitors				
10.1	No visitors	12	40	15	50
10.2	Once in a month	10	13.33	4	13.33
10.3	Once in a year	3	10	3	10
10.4	Very rare	5	16.66	8	26.66
11.	Do you perform any type of exercise?				
11.1	Yes	12	40	11	36.66
11.2	No	18	60	19	63.33

Table No. 1 showed the sample characteristics of older adults in both experimental and control groups. The experimental group had a mean age of 70.83. Within the control group, the average age was 69.5 years old.

Fig. 1: Percentage distribution of pre-test and post-test level of life satisfaction among older adults in the experimental group and control group.

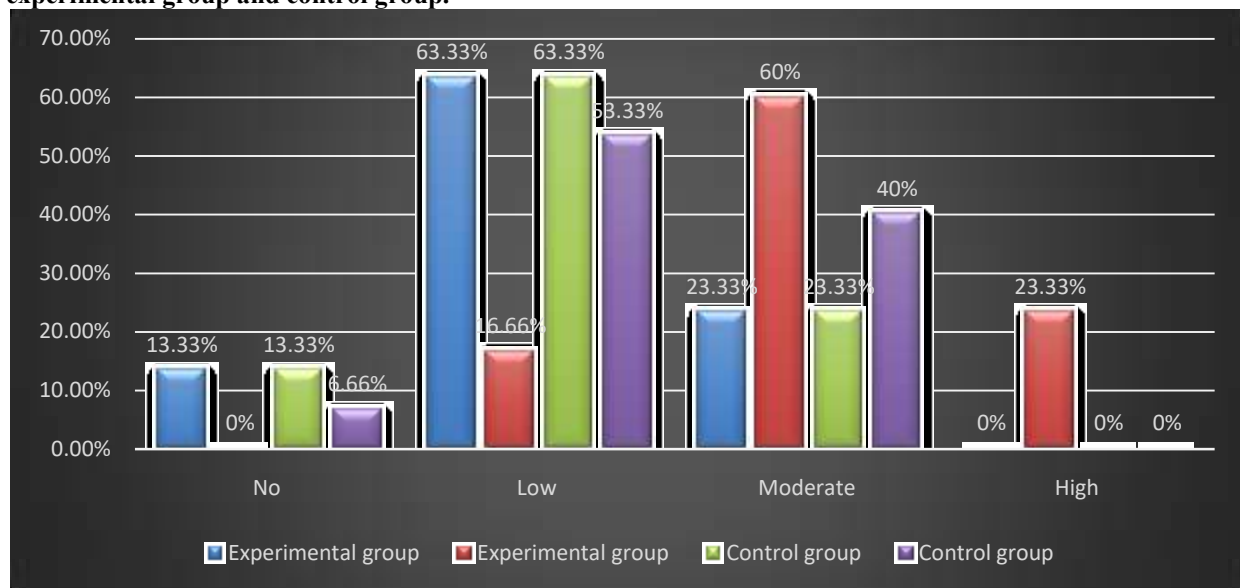


Fig. 1 shows that during the pre-test, more than 19 (63.3%) of the subjects had a low level of life satisfaction in the experimental group, which was similar to the control group. After the administration of mindful breathing exercises, more than 18 (60%) were found to have a moderate level of life satisfaction in the experimental group, while 12 (40%) of the subjects had a moderate level of life satisfaction in the control group. It means that practicing mindful breathing exercises had a positive impact on increasing life satisfaction.

Table 2. Comparison of pre-test and post-test level of life satisfaction among older people with Paired t-test n=30

Level of satisfaction	Mean±SD	df	't' value	p-value
Pretest	49.53 ±14.99	29	8.371	0.0001*
Post-test	53.63 ±15.21			

*The hypothesis is tested at the level of $p \leq 0.0001$

Table No. 2 indicates that there was a significant difference between the pre-test and post-test scores in the experiment group, with a p-value of 0.001.

Table 3. Comparison of pretest and post-test level of life satisfaction among older adults with Unpaired t-test N=60

Group		Mean ± SD	df	't' value	p-value
Pretest	Experimental group	49.53 ± 14.99	58	1.558	0.125
	Control group	43.87 ± 13.10			
Post-test	Experimental group	53.63 ± 15.21	58	2.515	0.015*
	Control group	44.40 ± 13.14			

*The hypothesis is tested at the level of $p \leq 0.05$

Table No.3 indicates that, there was no significant difference between the pre-test levels of both the experimental and control groups with a p value of 0.05 or less. However, after the intervention, there was a significant increase in the post-test level of life satisfaction among the experimental group as compared to the control group with a $p \leq 0.05$.

Discussion:-

Mean score of study participants were 53.63 ± 15.21 and MD was found 4.1. The calculated 't' value was 8.371 with the p-value of 0.0001, indicating a higher significance at a level of $p \leq 0.0001$. The result was supported by the findings of the study conducted by Jahan S., Mojtaba A., Mohammad G. (2022) on the effectiveness of the Four-Factor Model Training of mindfulness on life satisfaction and resilience of elderly women. The study result revealed that life satisfaction in the pre-test, post-test and follow-up of experimental group were 0.929 ($p=0.312$), 0.921($p=0.201$) and 0.904 ($p=0.110$, respectively) and 0.932($p=0.312$), 0.951($p=0.510$) and 0.926($p=0.125$) in pre-test, post-test and follow up of control group.

Limitations:-

- Conducted among the senior citizens in a selected old age home at Dehradun only, so generalizations must be done with caution.
- Done on a small sample size of 60; hence generalization is possible only for the selected participants.

Conclusion:-

The current study results conclude that, mental health is very essential for every healthy person. Mindfulness meditation is a simple, safe and easy to implement and most acceptable method for enhancing life satisfaction. The findings of the study support this intervention to improve life satisfaction level of senior citizens.

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