

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

POTREBE STAREJŠIH PO MEDGENERACIJSKEM SODELOVANJU

**THE NEEDS OF THE ELDERLY TO INTERGENERATIONAL
COOPERATION**

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POVZETEK

Uvod: Medgeneracijsko sodelovanje ima velik pomen tako za mlajše kot starejše ljudi v sodobni družbi. Namen diplomskega dela je predstaviti staranje, medgeneracijsko solidarnost in potrebe starejših po medgeneracijskem sodelovanju.

Metoda: Za izdelavo diplomskega dela je bil uporabljen kvantitativni raziskovalni pristop. V teoretičnem delu je bila uporabljena metoda deskripcije. Podatki v raziskavi so bili pridobljeni s pomočjo anketnega vprašalnika. Uporabili smo neslučajnostni, priložnostni vzorec, ki je zajemal 38 starejših posameznikov, ki obiskujejo Center aktivnosti Trzin. Vrnjenih je bilo 38 anketnih vprašalnikov, kar predstavlja 100 % realizacijo vzorca. Podatki so bili obdelani s pomočjo programa Microsoft Excel.

Rezultati: Več kot polovica, 67 % starejših meni, da je medgeneracijsko sodelovanje pomembno za današnjo družbo. Odnosi različnih ljudi do starejših so dobri, saj je to trditev izbralo 76 % anketiranih. Trditev, da se v Sloveniji število starejših povečuje, je izbralo 66 % anketirancev, 92 % pa meni, da se potrebe starejših spreminjajo. Informacije o medgeneracijskem sodelovanju 79 % anketiranih dobi od prijateljev, 50 % preko televizije, 24 % v domu starejših občanov, 8 % pri zdravniku, 8 % od medicinskega osebja, 13 % iz oglasov in 13 % preko drugih virov. 79 % anketiranih trdi, da je promoviranje medgeneracijskega sodelovanja prenizko. 92 % anketiranih se strinja, da bi morali starejše bolj spodbujati k medgeneracijskemu sodelovanju. 71 % anketiranih je izbralo trditev, da se radi družijo z mladimi. Kar 92 % anketiranih je izbralo trditev, da je medgeneracijsko sodelovanje pomembno za našo družbo, kar podpira tudi 97 % anketirancev, ki so ocenili, da je dobro, če v starosti nisi sam. Celoten vzorec se je strinjal s trditvijo, da medicinsko osebje obvešča starejše o medgeneracijskem sodelovanju, 95 % anketiranih pa se strinja, da starejši sprejemajo pomoč mladih, če le-to potrebujejo.

Razprava in sklep: Pridobljeni rezultati kažejo, da so starejši zelo pozitivno naravnani do medgeneracijskega sodelovanja in da si želijo več tovrstnih oblik sodelovanja. Iz rezultatov je razvidno, da so o samem medgeneracijskem sodelovanju dobro informirani preko različnih virov in da z vključevanjem v takšne aktivnosti, krepijo svoj um in telo. Rezultati naše raziskave kažejo, da so anketiranci izkazali veliko zanimanje za tovrstne oblike sodelovanja in da si želijo biti videni, slišani in predvsem aktivno dejavni med mladimi. Sodelujoči v naši raziskavi so izpostavili promocijo medgeneracijskega sodelovanja, saj menijo, da je le-ta v javnosti prenizka. Starejši se radi družijo z mladimi in se veselijo skupnih aktivnosti. Vloga diplomirane medicinske sestre v procesu medgeneracijskega sodelovanja je pomembna. Samo medgeneracijsko sodelovanje pa ne zvišuje zgolj kakovosti življenja starejših, temveč tudi mladih.

Ključne besede: medgeneracijsko sodelovanje, potrebe starejših, star človek, staranje.

SUMMARY

Introduction: Intergenerational cooperation has great importance for the younger and older generations in today's society. The purpose of the thesis is to present the ageing process, intergenerational solidarity and the needs of the elderly for intergenerational cooperation.

Method: We used a quantitative research approach for the purposes of this thesis. The descriptive method was used in the theoretical. The data in the study were obtained by means of a questionnaire. We used a non-probability convenience sample, which accounted for 38 elderly individuals who attend the Activities Centre in Trzin. 38 questionnaires were returned, which translates to 100% realisation of the sample. The data were processed with the help of Microsoft Excel.

Results: More than half of the sample, or 67% of elderly believe that the intergenerational cooperation is important for today's society. Relations of different people toward the elderly are good, as this claim was selected by 76% of respondents. The claim that the number of older people in Slovenia is increasing was chosen by 66% of respondents and 92% of respondents believe that the needs of the elderly are changing. Information on intergenerational cooperation is obtained from friends by 79% of respondents, 50% via television, 24% in home nursing, 8% at the doctor's office, 8% from the medical staff, 13% from the commercials and 13% from other sources. 79% of the respondents claim that the promotion of intergenerational cooperation too low. 92% of respondents agree that older people should be more encouraged to participate in intergenerational cooperation. 71% of respondents claimed that they love to mingle with young people. About 92% of respondents claimed that the intergenerational cooperation is important for our society, which was also supported by 97% of the respondents who have evaluated that it is a good idea if you are not alone in old age. The entire sample agreed with the claim that medical personnel should inform seniors about the intergenerational cooperation. 95% of respondents agree that the elderly receive help from young people if they need it.

Discussion and conclusion: The results obtained indicate that the elderly have a very positive stance toward the intergenerational cooperation and that they want more of such forms of cooperation. It was also clear from the results that they are well informed on the intergenerational cooperation from various sources, and that cooperating in such activities strengthens their mind and body. The results of our research indicate that respondents showed a great interest in this type of intergenerational cooperation, that they want to be seen, heard, and above all active among young people. Participants in our study highlighted the promotion of intergenerational cooperation because they feel that it is too low in public. Older people like to mingle with young people and look forward to joint activities. The role of registered nurses in the process of intergenerational cooperation is important. The intergenerational cooperation itself not only increases the quality of older people, but also the young.

Keywords: intergenerational cooperation, needs of the elderly, the elderly, ageing.