

Relation of loneliness, perceived stress and disability in elderly men and women covered by the Imam Khomeini Relief Committee of Rasht

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The purpose of this study was to investigate the relationship between perceived stress and perceived stress in elderly men and women covered by Imam Khomeini Relief Committee in Rasht city. The present study is descriptive-correlational and its nature is applicable. The statistical population of the study is 1562 elderly women and men aged 65 and over during 1397 who are members of the Imam Khomeini Relief Committee of Rasht. Using Morgan's table, a sample of 310 people (155 women and 155 males) were randomly ed. The data gathering tool was a standard questionnaire (Perceived Stress Questionnaire (PSS) in 1983 by Cohen et al., Dyshare Loneliness Questionnaire, WHO Disability Assessment Questionnaire). SPSS software was used to analyze the data. The findings showed that there is a significant relationship between loneliness, perceived stress and disability in elderly men and women covered by the Imam Khomeini Relief Committee of Rasht. The results of this study showed that life with other family members has a positive effect on the physical and mental health of the elderly. Therefore, considering the psychological and cultural status of the elderly in Iran, the best place to meet their psychological needs is the family.

Keywords : Keywords: loneliness, perceived stress, disability, seniors.

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