Healthcare among the Elderly: Annotated Bibliography

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Hunter, I. R., & Gillen, M. C. (2009). Stress coping mechanisms in elderly adults: An initial study of recreational and other coping behaviors in nursing home patients. *Adultspan Journal*, *8*(1), 43-53.

The basis of the research herein lies in the potential that one in every five Americans will be aged 65 years and above by 2050. Therefore, it would be important to understand some of the critical stress coping mechanisms available to the elderly in addition to the sources of such stress. Consequently, the researcher focused on three professional nursing homes as the sources of information based on which they would develop insight into different aspects of interest to society and presenting stressors to the elderly. Consequently, the survey of 32 respondents from the three nursing homes yielded the findings that medical stressors and living conditions were the most significant sources of stress among the respondents, which they would often alleviate through prayer, talking to family, reading, and the television, as the most significant coping mechanisms among the respondents.

Notably, the effectiveness of the research herein primarily lies in the use of primary data as the basis of analysis. Having respondents from different nursing homes, which implies diversity in the experiences of the elderly therein contributes to the external validity of the research. Hence, the study would be an effective source of information related to the experiences among the elderly in different environments based on the different stress factors they experience in such environments. Nonetheless, the research could improve with the use of a larger population size distributed in the American society to include individuals in nursing homes as well as those living at home with their loved ones or under the care of nurses.

Hong, M., Shin, H., & De Gagne, J. C. (2019). Social networks, health-promoting behaviors, and health-related quality of life in older adults with and without arthritis. *PloS one*, *14*(7), 1-15.

In this research, the scholars sought to understand the variations in the use and consequences of social networks on different individuals. In particular, a focus on two groups of elderly respondents with and without arthritis sought presented critical information concerning their application and implications of technology on their quality of life. Particularly so, the research findings determined that people with arthritis were less inclined to using social networks compared to those without arthritis. Ultimately, the study determined that availability of resources likely to improve involvement in physical activities would increase individual experiences and quality of life therein.

The study herein is especially critical to understanding issues associated with the management of elderly patients. Use of primary data as the basis for analysis makes the study especially credible since the audience can effectively identify possible errors and cases of bias in the analysis. Hence, the study forms an effective source of information on developing insight into measures necessary to development of technology paying attention to elderly members of society.