

Relationships Among Self-Efficacy, Depression, Life Satisfaction, and Adaptation Among Older Korean Adults Residing in For-Profit Professional Nursing Facilities

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ABSTRACT

Background: Adapting to a new environment is especially difficult for older adults relocating into professional nursing facilities or other specialized care centers. This relocation is a prominent life stressor in older adults.

Purpose: This study examined the self-efficacy, depression, life satisfaction, and adaptation and the relationships among these four variables of older Korean adults residing in for-profit professional nursing facilities to provide preliminary information necessary to improve nursing interventions.

Methods: This was a cross-sectional and descriptive correlation study. The 322 participants were all over the age of 65 years and resided in one of three different for-profit professional nursing facilities in Seoul and Gyeonggi-do, South Korea. Measures used included a demographic characteristics form, Self-Efficacy Instrument, Korean Simple Depression Scale, Standard Life Satisfaction Instrument, and Facility Adaption Scale.

Results: Results found positive self-efficacy, depression, life satisfaction, and adaptation among participants. We found significant positive correlations among self-efficacy, life satisfaction, and adaptation and significant negative correlations among depression, life satisfaction, and adaptation. Moreover, we found noticeable differences in the degree of adaptation to professional nursing facility placement in several variables, including gender, age, level of education, religious background, perceived health status, presence of a spouse, presence of a nonprofessional caregiver(s), and decision maker.

Conclusions/Implications for Practice: This cross-sectional study provides preliminary evidence that older Korean adults in for-profit professional nursing facilities generally maintain a healthy level of well-being. However, nursing interventions to improve self-efficacy and life satisfaction and decrease depression in older adult residents are needed to help these older adults adapt to life in such facilities.

KEY WORDS:

aged, adaptation, nursing home.

Introduction

Although difficult for everyone, regardless of age (Hertz, Rossetti, Koren, & Robertson, 2007; Lee, 2010), adapting to a new environment is especially difficult for older adults relocating to professional nursing facilities or other specialized care centers. This is because these older adults are facing not only the hardships of the relocation but also the hardships associated with older age such as physiological changes, economic difficulties, death of loved ones, and other major life crises (Lee, 2010; Rossen & Knafl, 2003). Therefore, such relocation is a very prominent life stressor and a negative influence on the physical, psychological, and social health of older adults (Lee, Lee, & Lee, 2009; Miles, 2012; Onishi et al., 2010; Yang & Moon, 2010).

Currently, 2.5% of older adults in South Korea reside in professional nursing facilities or other specialized care centers (Korea Ministry of Health and Welfare, 2010). This is compared with the approximately 50% of older adults in the United States who have previously lived in a care center environment at least once in their lives (Stone, 2000) and 80% of older adults in Germany who lived their final years in a professional nursing facility (Miller, Lima, & Mitchell, 2012). Because of the expected increase in older adults relocating into professional nursing facilities, there is a growing worldwide interest in health promotion measures to help older adults successfully adapt to these facilities.

Previous research indicates that older adults require an average of 6 months to 1 year (and oftentimes more) to resolve relocation issues, build new close relationships, and feel comfortable in a new nursing facility or other specialized care

Accepted for publication: January 15, 2013

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doi:10.1097/01.jnr.0000432047.93802.df