

Elderly life in covid-19 and the collateral damage of social isolation.

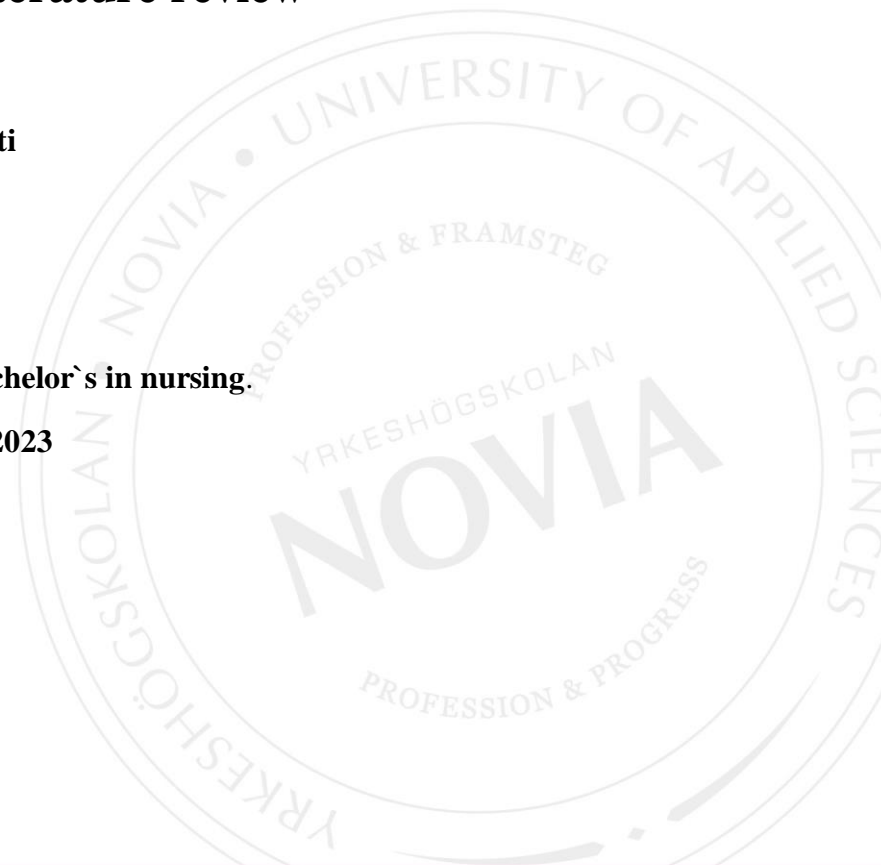
A Systematic Literature review

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Bachelor's thesis

Degree Programme: Bachelor's in nursing.

Place and year: Vaasa, 2023



BACHELOR'S THESIS

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Degree Programme: Bachelor`s degree

Specialization: Nursing

Supervisor(s): Jannica Andtfolk

Title: Elderly life in covid-19 and collateral damage of social isolation.

Date: 2023/April/28

Number of pages: 27

Appendices:1

Abstract

The pandemic of covid-19 was notoriously responsible for millions of deaths and it complicated health conditions for people with various medical conditions or with weak immune systems. And social distancing as a preventive measure also created diminished social life. Due to the rules of social distancing many people had to refrain themselves from their social life and experienced loneliness.

The aim of this study is to understand the effect of loneliness on elderly people during the covid-19 period, the effect in their livelihood which includes their social life, mental health through various sources of data and information. Therefore, the research questions for this study are, how covid-19 has affected the life of elderly, with relation to loneliness? And what are the possible ways to promote elderly well-being?

This study is a systematic literature review of 9 qualitative peer reviewed studies based on the relevance to the study and their contents have been included and the information is derived through content analysis.

The result of the study contains three themes, which include hindered quality of life of the elderly people during the covid-19, with relation to their social life, mental health status. Secondly, the denied access to health care due to age related discrimination during the shortage of medical resources caused by the pandemic. And the third theme of the result mentions the use of technologies and various therapies which can be used to avoid loneliness and establish positive attitude towards their life to enhance the quality of life.

Language: English

Keywords: Loneliness in elderly people, covid-19, Lockdown in elderly homes, Covid-19 worldwide deaths, Qualitative research

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1 Introduction

The SARS-CoV-2 or covid-19 is considered to be one of the most infectious viral outbreaks that has impacted the social life and economical aspect. As the government implemented the rule of social distancing and lockdowns worldwide during the spring of 2020, which indeed helped to stop the virus to transmit to some extent. But it had an adverse effect on the social and psychological level of all aged group of people. However, the elderly people were the most vulnerable aged group of people considering the infection rate and mortality rate. Apart from that, lockdowns and social distancing which was the consequences of Covid-19 pandemic also had other severe disadvantages to the elderly group of people as an active social life is considered to keep them at low risk from Parkinson disease and Alzheimer's disease, lowers the risk of cardiac diseases, lowers their blood pressure, and improves their cognitive function. It has been acknowledged that lack of social relationship leads to stress, depression and anxiety which finally reduces the lifespan. The number of aged people is growing due to availability of better health services. Therefore, there is larger figure of elderly people than ever before. As aged people are more likely to have deteriorated physiological and cellular integrity which weakens the physical and mental ability of the elders, make their immune system less effective to several diseases. Furthermore, elderly people dealing with several chronicle diseases and conditions are more likely to be vulnerable to the risks of Covid-19 (Faraji & Metz,2021).

Faraji and Metz (2021), further states that social relationship has been diminishing in the western society leading to the feeling of isolation and it is more difficult to have social life and social connections as people age. It was found that 9.3 million women and 4.5 million men above 75 years of age lived alone in the US. And during the covid-19, social isolation was one of the methods used to prevent the spread of virus. During this period people has suffered from different types of negative emotions. This is because humans are social beings and were not evolved to be alone. The quotation from Nobel laureate biophysicist Michael Levitt as cited in Faraji & Metz (2021, p.1631) states that, *"lockdown [for COVID-19] caused more deaths than it saved"* through *"social damage - domestic abuse, divorces, alcoholism"*.

2 Background

At the end of December 2019, several cases of pneumonia due to unknown cause was reported in Wuhan, China. It was believed that it was spread from the nearby local food market which sold wild animals and sea foods. It began to spread so fast with few cases of deaths within Wuhan. Later this new kind of coronavirus was named as SARS COV-2 and the disease caused by it as COVID-19. However, the cases of transmission did not limit within Wuhan, rather grew as a global pandemic because till then many countries had reported of the covid-19 cases among their people with several deaths. The authorities in Wuhan made a lot of efforts and laws to control the transmission of covid-19. And Wuhan became the first place to witness the things like social distancing, isolation, and quarantine in order to minimize the transmission of covid-19. It was also very difficult in to tackle the problem with insufficient medical equipment and unknown medical intervention during the pandemic. (Peng, T., Liu, X., Ni, H., Cui, Z., & Du, L.,2020)

According to Violato, C., Violato, E.M., & Violato, E.M. (2021), the research found that the lockdown was beneficial to minimize and control the infection to an extent. To do so, authorities restricted in any kind of public gathering which impacted almost every sector of society like schools, restaurants and workplace including the ban in travel.

Similarly, this safety protocol of social distancing was also implemented in elderly care homes. This was to protect the elderly residents from getting possible infection through the incoming visitors. To do so there were restrictions for the volunteers, students, and religious groups. And even the family members, who mean a lot to the elders had to face visit restrictions. However, this led the already isolated elderly to feel more isolated (Oliveira de Araújo, P., Guimarães Silva Freitas, M. Y., de Santana Carvalho, E. S., Moreira Peixoto, T., Silva Servo, M.L., da Silva Santana, L., dos Santos Silva, J.M., & Vieira Moura, J.C.,2021)

2.1 Loneliness

In spite of the fact that loneliness highly effects the physical, mental health of the person and determines their quality of life, it is a tough topic to talk about since it is considered as a matter of shame. Furthermore, we have been familiar with the bad feeling of solitary since our childhood from the situations when we wished of companion like everyone. Apart from that, many situations in any stage of your life where you were alone in the party or being left by your partner, the feeling of being alone was and is always unpleasant. (Svendsen, L.,2017)

2.2 Impacts of covid-19 on social life.

The world experienced the quarantine, social distancing, and lockdown as a safety protocol. A lot of country faced the decline in the economy, many businesses went down. The social life of people got effected. Many places where people gather to meet and have fun were closed. People were confined inside their rooms with only social media as a form of interactions with others. Government had to formulate various kinds of laws and regulation to minimize the spread of covid among the public. The pubs, bars and restaurants were either shut down or had time restrictions, globally. People were relying on video games, television and social media for entertainment and communication. As a social being these things acted as a temporary relief. Many people were separated from their families since there were many travel restrictions during the lockdown. And most importantly, the uncertainty of the situation where no one knew till when the pandemic was going to last, traumatized a lot of people. Many of the people had to suffer the losses of their loved ones to covid-19, adding more pain to the injury. In addition, the safety protocol of social distancing can result in mood disorders, self-harm, suicide and trigger the pre-existing mental health condition. According to a survey about 36% of the participants mentioned of feeling loneliness during the covid-19 pandemic (Groarke, Berry, Wisener, Plumley, McGlinchey, Armour 2020).

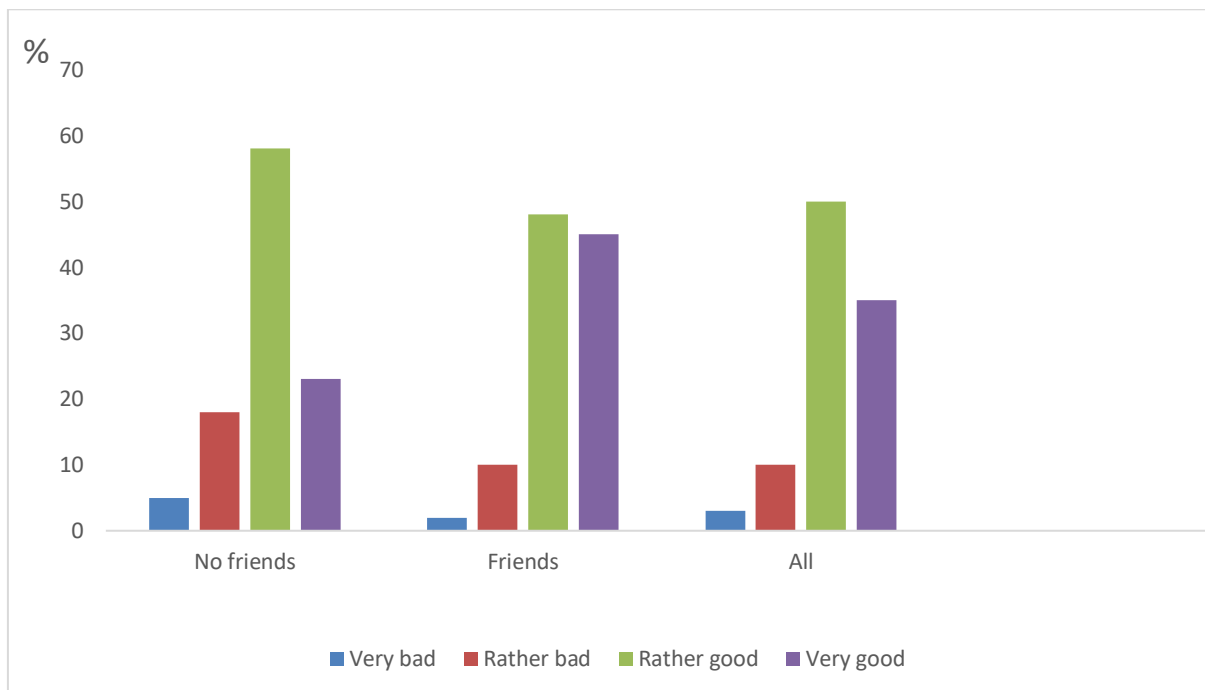
2.3 Elderly people in elderly homes

According to Wolff. (2013), the global elderly population is rising and so is the entries of elderly people in nursing homes including the concerns about their quality of life. The research showed that the sadness and depression among elders living in elderly homes had direct relation with social connections and interactions which is an important factor to determine the quality of life. It was also found that the wellbeing of the residents was more determined by them having friends more than the family or visit. Elderly homes usually have same aged group of people where it becomes more easier for them to make friends and in addition to that the various activities conducted by the institutions could provide them to connect and communicate with each other.

The *figure 1* illustrates the SAEP survey where the residents were asked about their living conditions, where the residents chose between very bad, rather bad, rather good, or very good to answer. The participants in the survey were categorized as one of the three categories, on the basis of having friends, not having friends and family visits. It was found

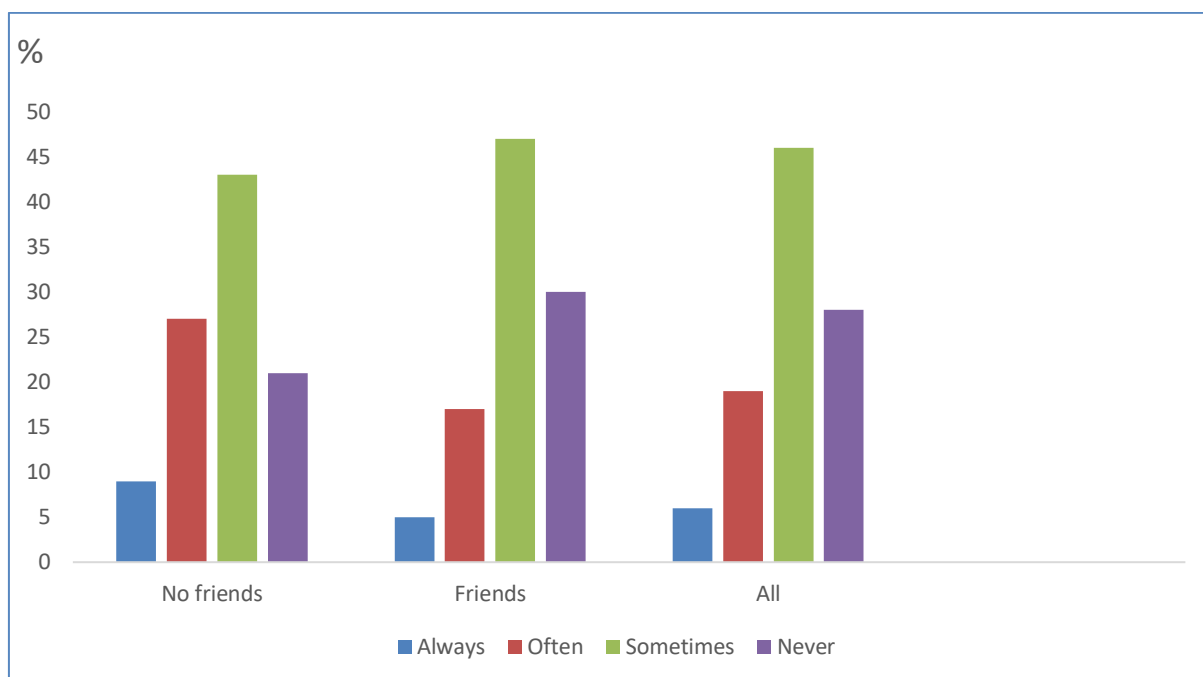
that the number of people without friends were more likely to be living conditions compared to them who had friends and family visitors.

Figure 1. Living conditions (Adapted from 2007 SAEP survey, Wolff.,2013).



Similarly, when asked about the feeling of sadness/depression, the elders chose between always, often, sometimes, or never. In this survey also, participants were categorized in one of the three categories, on the basis of having friends, not having friends and family visits. It was found that the number of people without friends were more likely to be sad/depressed compared to them who had friends and family visitors. On the other hand, there was not much difference between having family visitors and not having family visitors for who were always depressed as shown in *Figure2*.

Figure 2. Sadness/ Depression (Adapted from 2007 SAEP survey, Wolff.,2013).



2.4 Causes of loneliness in elderly people

Elderly people suffer relationship losses like the death of their closest one. Their declined physical ability and health condition also might not help them to get along with the younger generation of people. Thus, they are more likely to suffer social isolation and loneliness (Hosseini, Froelicher, Sharif Nia, 2021). There are many things that comes with ageing and act as the responsible factors for the isolation.

The same idea of loneliness related to age was mentioned by Owen., T (2007). They are free after the retirement and suddenly gets withdrawn from the activities and schedules and the social meetings. Even if they wish to go out, they might face trouble in doing so due to health issues, lack of fitness and energy. According to the survey conducted by Help the aged, among 1000 aged people in the UK in 2006, it was clear that people were more lonely and socially isolated as they grew older.

2.4.1 Social engagement

Social engagement has been one of the major factors in determining the social isolation or the state of loneliness. The research among the older adults has shown that the level of social engagement has been directly proportional to the level of social support, social activity, and the feeling of loneliness. However, social engagement is also affected by a lot of factors like

social activity, network, contextual factors, and health factors (Lydon, E.A., Nguyen, L.T., Nie, Q., Rogers, W.A., & Mudar, R.A.,2022)

2.5 Elderly people in covid-19

Older people were more vulnerable to covid-19, compared to another aged group. According to research conducted in Italy, among the total deaths due to covid-19 till June 2020, 85% of the deaths occurred among the patients of aged 60 and above (Santesmasses, Castro, Zenin, Shindyapina, Gerashchenko, Zhang, Gladyshev,2020).

With the decline functionality of the immune system, there is age related decline for the clearance of inhaled particles and nasal resistance which can result in the higher prevalence of covid-19 in the elders (Perrotta, Corbi, Mazzeo, Boccia, Aronne, D'Agnano, Bianco,2020).

In addition, according to Dziebic, B., Idzik, A., Kobos, E., Sienkiewicz, Z., Kryczka, T., Fidecki, W., & Wysokiński, M. (2021), the survey conducted among the people of Poland above 50 years of age during the covid-19 concluded that, one among five participants mentioned of experiencing depression and anxiety while one out of three mentioned the feeling of loneliness.

2.6 Prevention of Covid-19 in elderly homes.

After the covid-19 pandemic started, WHO came up with different protocols with the intention of preventing covid-19 in the elderly homes. The mortality rates of elderly were high compared to others during the pandemic, and it was even higher among the elderly with chronic conditions. (Oliveira de Araujo, P., Guimaraes Silva Freitas, M.Y., da Silva Santana, Carvalho, E.S., Moreira Peixoto, T., Silva Servo, M.L., da Silva Santana, L., dos Santos Silva, J.M., & Vieira Moura, J.C.,2021)

The other aspect of the protocols for social distancing to save general public from infection also came up with the issues of loneliness, feeling depressed among elderly people during the Covid-19 period as mentioned by Oliveira de Araújo, P., Guimarães Silva Freitas, M. Y., et.al (2021). Therefore, the preventive measures of Covid-19 can help to save life and also could be beneficial to maintain the social life of the elderly people in a certain way.

2.6.1 Implementing regulations on visits

According to Chow, L. (2021), there was a restriction in visiting the elderly residents of Hongkong from the beginning of February 2021. And independent health workers and staffs were the only one to have access to the residential site. And even when the rules were eased after sometimes, rules like mandatory use of mask by both the parties were implemented. And the author suggests that the experience in Hongkong, regarding the restriction of visitors policies was highly beneficial to control the pandemic.

2.6.2 Ratio of staffs and residents

According to Oliveira de Araujo, P., Guimaraes Silva Freitas, M.Y., da Silva Santana, et. al, (2021) in the pandemic situation, the limited number of elderly care service providers could have a negative consequence. A single person might have to take care of many elders where the transmission rate has more chances to increase. In addition, the use of protective gears might also get compromised in certain situations where they must work fast since they must handle more residents. This could result in high risk of transmitting the disease to the vulnerable elderly residence and could have a deadly consequence.

2.6.3 Infrastructure and equipment

Oliveira de Araujo, P., Guimaraes Silva Freitas, M.Y., da Silva Santana, et. al, (2021) mentions the importance of infrastructures like a proper room or place to store the body who have died due to covid-19. This is due to the infrastructural setting of the elderly homes, which are not built as in the hospitals. But this difference could be crucial during the pandemic. Furthermore, the lack of safety gears and equipment to perform the test to check if the residents are infected could add the risk of transmitting covid-19 from one person to another within the elderly care homes.

2.6.4 Rules and information regarding the vaccination

According to Ayukekbong, J. (2002), one of the preventive measures of covid-19 in elderly home is vaccinating the elderly residents and the health workers. For this, the authorities must formulate a strict policy of vaccination. However, a study in UK found that 1 out of 6 health workers were not in favour of compulsory vaccination rule. Therefore, those people who are hesitant about the vaccination must be well educated and motivated to take the

vaccine by explaining the threat they carry for themselves and the vulnerable elderly residents.

2.6.5 Educating the staffs

Staffs should be instructed in the risk for working in for than one place in the pandemic. In addition, they should be well trained for the preventive measures that has to be carried out in the elderly homes, such as proper hand hygiene, use of the protective gears, identification of flu like symptoms and regular tests. (Oliveira de Araujo, P., Guimaraes Silva Freitas, M.Y., da Silva Santana, et. al, 2021)

3 Aim and research question

The aim of the study is to understand the consequences of Covid-19 pandemic, among the elderly people and to promote the wellbeing of the elderly residents on the basis of accumulated knowledge from various studies.

Research questions

- How covid-19 has affected the life of the elderly, with relation to loneliness?
- What are the possible ways to promote the elderly's well-being?

4 Theoretical Framework

Framework is a basis or foundation of the study, while not all the studies are necessarily based on theory, but every study consists of framework. Thus, the framework of the theory-based study is known as theoretical framework (Polit & Beck,2010). Similarly, this part will discuss three theories by Katie Erikson and Svendsen, L. And they have been chosen on the basis of relevance to the study.

4.1 Theory of Caritative Caring

Suffering is described as an ontological concept of struggle between good and bad in human beings. Suffering somehow implies dying from something, however, through reconciliation when the sanctity and self-regard appears, the entire body, soul and spirit are re-created. Suffering does not carry the meaning as the pain and is a distinctive and solitary complete experience (Eriksson, 1984, 1993 as mentioned in Alligood, M.R. 2017, p.143,144).’

According to Katie Erikson's *Theory of Caritative Caring*, Suffering basically means the inner struggle of human beings and basically gives the experience of unpleasant nature. However, with the restoration of relationship, one is able to maintain self-respect and the faith, through which positivity in life is re-stored (Eriksson, 1984, 1993 as mentioned in Alligood, M.R. 2017, p.143,144).

According to Katie Erikson, (1987b), human beings basically rely on other human or other abstract form like "god", so basically human beings are communion dependent beings. Similarly, Katie Erikson, (1987a), mentions that Human beings seeks a communion to exchange love, experience, faith, and hope and then sees his life as meaningful (Alligood, M.R. 2017, p.145).

Human beings are social beings that expect the support and companionship to share intimate thoughts and feelings, mentally and spiritually. And to do so they are dependent with people and the god which makes their life more meaningful to them (Eriksson, 1987b,1987a as mentioned in Alligood, M.R. 2017, p.145).

4.2 A Philosophy of loneliness

According to Lars Svendsen's philosophy of loneliness, the interesting thing about loneliness is that it can occur in any kind of place. You can be in one of the most populated cities but still be motivated to create a song like "*All is loneliness*" by Moon dog (1916-1999) who resided in Manhattan, New York. Or also write an essay like "*The metropolis and mental life*" like Georg Simmel who suggests that loneliness occurs because human beings are social beings (Svendsen, L.,2017, p.8-12).

Loneliness is not determined by where you live, in fact it's about how you live, whether you have a better social life or not, actually determines your state of loneliness. If you do not have any social connection in a very crowded place, you might still experience loneliness, like various singer and poets who chose to include loneliness in their creation, while residing in the big cities (Svendsen, L.,2017).

5 Methodology- Qualitative research

According to Polit & Beck (2010), qualitative research uses an emergent design which is based on the inquiry based on the realities and viewpoint from those under study. And these inquires emerges as the research goes on with the pre-existing knowledge. It is flexible in terms of data collection and seeks for understanding of whole in the study. Some of the features of qualitative research are that the qualitative research does not manipulate or mask any aspect of their study so that there can be better understanding of the existing phenomenon, although the comparison of the categories is not initially intended in quality research, to understand the saturation of the categories, comparison is made and research settings of qualitative research to collect data are in the naturalistic manner or the real world.

5.1 Systematic literature review

Systematic literature reviews can help to formulate the ideas which can be the basis for the study. And systematic literature review is one of the most important parts of the qualitative research since it helps to shape the research question, help in the argument for the requirement of the new study, guides to proper methodology and directs towards the conceptual or theoretical framework. Furthermore, literature review can help the researcher to understand the better way of contributing the pre-existing evidence-based research (Polit & Beck, 2010)

According to Helen & Aveyard (2010), Systematic literature review covers a large area of study concerning the topic of study, provides common perspective of the research and it provides necessary data and information for the formulated research questions.

5.2 Data collection

The data was collected through the e-articles from different data bases. The most relevant articles which could help in the research were included to gather the data and information. The primary data base for the articles was EBSCO and more data base were included or combined through EBSCO. The key words were Loneliness in elderly people, covid-19, Lockdown in elderly homes, Covid-19 worldwide deaths, Qualitative research so that the desirable articles could be accessed. Furthermore, to narrow and to include the intended search of articles, peer reviewed, and full text was selected. Finally, the most relevant and appropriate articles which had the potentiality of answering the research question. The

Figure.3 shows the mode and means of search of the data found in the articles.

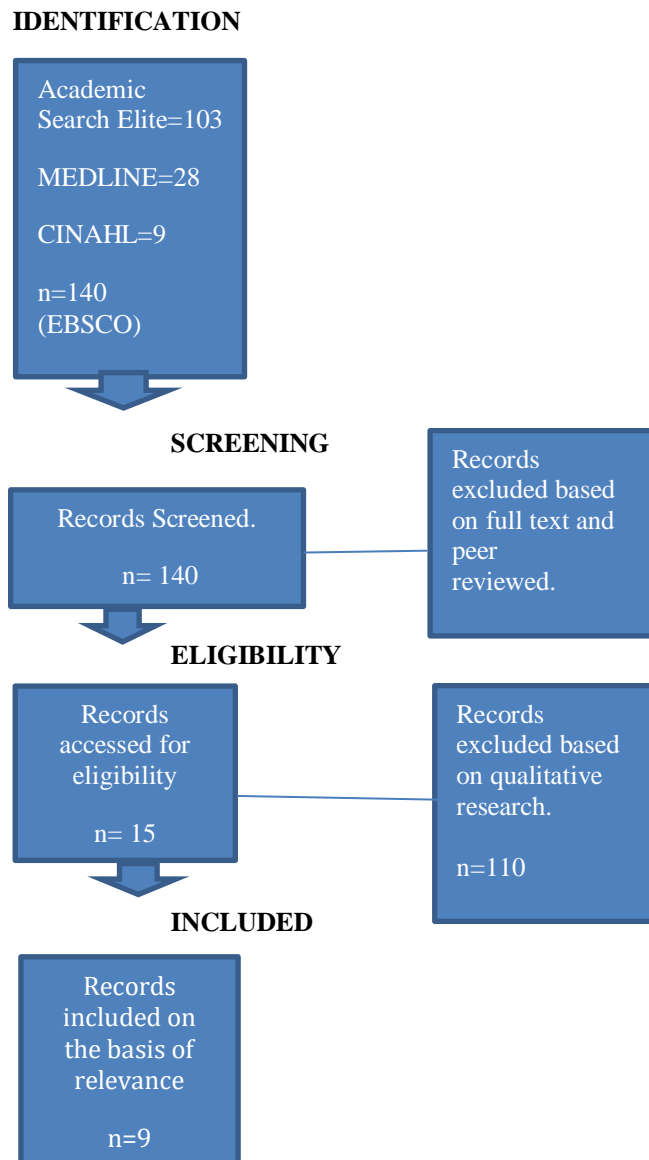


Figure.3, Method of data collection

5.3 Data analysis

According to Polit & Beck (2010, p.463) the aim of the data analysis is to manage, formulate structure and to extract the meaning from the data, regardless of its type. However, in the case of qualitative data analysis, there are four major challenges. First of all, due to the lack of predetermined process or rules of analysing qualitative data, it becomes difficult to analyse and present the data in a valid manner. Secondly, the qualitative analysis needs a lot of effort where proper management of the pages, and the narrative materials is required. The

third challenge for the qualitative data analyst is to have the ability of inductive thinking regarding the identification of pattern or phenomenon. And the fourth challenge is to minimize the data for the report. Unlike, qualitative data, quantitative data analyst cannot summarize the results in a few tables and must focus on the preservation of evidentiary value of their data.

Qualitative researchers observe the data repeatedly for the better understanding and familiarizing themselves with the phenomenon. The aim of the data analysis is to organize, formulate the structure and obtain the meaning of the data. Due to the lack of standard procedure to analyse the data, it becomes difficult to present the data in a valid way (Polit & Beck, 2010, p.464)

5.4 Ethics

A promise of confidentiality that nothing will be publicly reported in the manner that discloses the identity of the participants. (Polit & Beck, 2010, p129). The research has been done taking the confidentiality of the participants under full consideration. Nothing that identifies them as a particular individual has been included in the research.

Finnish guidelines have categorised research misconduct into four categories of fabrication, falsification, plagiarism and miss appropriation. Fabrication refers to the use of method different than the claimed one and the included results are invented. Falsification is the modification or exclusion of results or information which can lead to different conclusion. Plagiarism includes direct copy or adapted copy of others material without the references. And misappropriation is the act of presenting other`s ideas, plan, observation, and data as their own in an unlawful manner. (TENK,2020)

6 Results

The part describes the three themes based on the chosen literature which consist proper information required for the study. It describes the social life, mental health condition, access to health care, remote communication, and benefits of various therapies for the elderly people during the covid-19. Among various, 8 articles were included which provided proper information on the declined quality of life among the elderly people and the possible ways to deal with them through various method.

Figure 4. Themes and the subcategories

Hinderance in the quality of life	<ul style="list-style-type: none"> • Diminished Social life of elderly residents • Negative impact on mental health
Discrimination on the basis of age	<ul style="list-style-type: none"> • Denial of health care
Methods to avoid loneliness in elderly people	<ul style="list-style-type: none"> • Remote communication • Implementation of therapies

6.1 Hinderance in the quality of life

According to Irtelli, F., Durbano, F., & Taukeni, S.G. (2020, p.4), the determining factors of quality of life are physical health, psychological and emotional health which is directly associated with the social relationship.

After understanding the responsible factors of quality of life, the quality of life of the elderly people was highly compromised in terms of social life and mental health.

6.1.1 Diminished Social life of elderly residents

Physical distancing was one of rules implemented to stop the spread of covid-19 among the public, as a safety guideline during the pandemic. And it was acknowledged that elderly people were more vulnerable to this new epidemic, thus it was highly recommended for the people above to 65 above to follow social distancing even more. For the safety of the elderly residents, authorities limited or completely stopped the visitors, which led to the social isolation of the elderly people living at elderly homes (Fearn, M. Harper, R., Major, G., Bhar, S., Bryant, C., Dow, B., Dunt, D., Mnatzaganian, G., O'Connor., Ratcliffe, J., Samuel, S., Bagnall, A.M., & Doyle, 2021).

Similarly, as Maslow mentions in his theory, Hierarchy of Human needs that the need to love and belonging to the social group was very much important part of the human needs. The covid-19 pandemic had disrupted the feeling of belonging due to the lack of face-to-face contact during the pandemic. As a result, the elderly people had to experience loneliness, depression, anxiety, frustration (Derrer-Merk, E., Ferson, S., Mannis, A., Bentall, R. P., & Bennett, K.M., 2022).

6.1.2 Negative impacts on mental health

The findings by Koszalinski, R.S., & Olmos, B. (2022) concluded that the mental health of elderly residents in nursing homes was deteriorated with the increased number of anxieties and depression after the being socially isolated due to lockdown during the covid-19 pandemic, compared to before. Lack of communication and human contact was highly responsible for the negative outcomes related to the mental health of the elders, therefore, the significance of social life for human was well understood through the study.

Similarly, research conducted among the elderly residents showed that the dementia got worse very quickly among the dementia patients due to the lack of social engagement during the covid-19 period (Giebel, C., Hanna, K., Cannon, J., Marlow, P., Tetlow, H., Marlow, P., Tetlow., H., Mason, S., Shenton, J., Rajagopal, M., & Gabbay, M., 2022).

6. 2 Discrimination on the basis of age

Elderly people might be victimized by the bias attitude by the society or even by the rules in many situations. As a human being, it's our nature to feel isolated or left out which naturally creates the feeling of loneliness when this kind of event occurs. As mentioned by Emmesjö, L., Hallgren, J., Gillsjö, C., (2022), there were certain rules that created discriminatory attitude towards the elderly people during the Covid-19 pandemic.

6.2.1 Ageism health care

It was found that the elderly people had more covid-19 related mortalities compared to with in the general population. And the deaths were more common on the elders with chronic conditions. As in Sweden, more than 10,000 deaths were reported due to covid-19, till March 28, 2022. Although, most people who lost their lives to covid-19 were above 85, they somehow had to face discrimination on the basis of their age for receiving medical care

during the pandemic, where medical resources were limited (Emmesjö, L., Hallgren, J., Gillsjö, C.,2022).

Unlike, the Covid-19 pandemic, where there could have been shortages of medical equipment, there are other cases that indicates the discriminatory behaviour of the society towards elderly people in general. According to Emler, C.A (2006), in an interview with the HIV/AIDS patients who were above 50 years old concluded that 68% of the participants experienced ageism.

6.3 Methods to avoid loneliness in elderly people

As mentioned earlier in the study, social engagement is a vital aspect for determining one's state of loneliness. However, the situation becomes different in specific condition like the Covid-19 pandemic. The conventional method of socializing could be forbidden by law and could be useless. However, with the combination of modern technology and various therapies, it can be possible to socialize elderly people.

6.3.1 Alternative method of communication during lockdown

Research was conducted among the volunteers who befriended with the elderly by meeting them in person, initially before the covid-19 started. They maintained the communication and contacts remotely through various methods, in order to help them overcome loneliness. And the study showed that, overall, most befrienders preferred modern technology to maintain communication. However, the use of traditional way of communication like letters were more used by elderly befrienders compared to their younger counterparts (Fearne, M. Harper, R., Major, G., et al., 2021).

Likewise, in a study done among the elderly people of Taiwan in 8 weeks long online interactive courses concluded that there was a significant improvement in the quality of life of the adults in which they experienced the low level of loneliness during the period of covid-19 (Yang, S.-Y., Yang, C.-C., Lee, Y. -C., Hsieh, P.-L., & Lin, Y.-L.,2023). Investigating the effectiveness of online interactive courses on loneliness and quality of life of older adults in community during the covid-19 pandemic: *A pilot study and a randomized controlled trial. Geriatrics & Gerontology International.*

6.3.2 Therapies to combat loneliness

Feeling of isolation usually originates from being disconnected from the society. Most of the activities that keeps us in touch with the society diminishes gradually as we age. This can be really depressing for the elders. However, spiritual reminiscence therapy conducted among the Malaysian elders was found to be really beneficial. The spiritual therapy included religion, culture, and ethnicities. It was able to connect the people engaged in it and had some feelings of wellbeing. The findings also concluded that the therapy was successfully conducted among multi ethnical and religious people (Syed Elias, S. M., Petriwskyj, A., Scott, T., & Neville, C.,2019)

In the same manner, a survey conducted in China, which was a doctor based cognitive behavioural therapy for the older adults living in remote areas showed that the elders received a lot of benefits in dealing with the depression at the old age and were motivated and supportive of receiving such therapies (Tang, X., Yang, F., Tang., Yang, X., Zhang, W., Ji, L., Xiao, Y., Ma, K., Wang, Y., Kong, X., Wang, J., Liu, J., Xu, Q., & Qu, Z.(2015).

7 Discussion

This part discusses the result, methodology of the study has been done and the strength and weakness of the study that has been acknowledged during the study.

7.1 Result discussion

The purpose of the study is to find the effect of covid-19 among the elderly people, regarding their social life and the possible methods of dealing with their loneliness in order to raise their quality of life. And the result of the study was able to follow the purpose of the study by providing some important information with relation to the study.

With aging, people are more likely to be the victim of social isolation, resulting in deteriorated mental health and psychological condition. However, during certain situations like the pandemic of covid-19, where people have to maintain distance to prevent the disease, things could get worse for elderly people compared to younger generation. They could also be the victim of age related discriminated for receiving health care in the situation of scarcity of medical equipment and pandemic. They have limited options for extracurricular activities in order to cope with their loneliness. But still there are some ways like the use of remote

communication and various therapies that could help the elders to maintain social connections, possess the feeling of belongingness and eradicate negative feelings.

7.2 Method discussion

The study uses the methodology of qualitative research in order to identify how Covid-19 has become contributing factor to ruin the social life of elderly people, along with its negative outcomes and the possible ways to tackle the issue.

After careful consideration, 9 articles which were relevance to the study and had proper information related to the aim of the study were chosen in the study. And the chosen articles had provided significant information needed for the study. The study can be informative to anyone, seeking information in the field of elderly wellbeing and also in the situation like Covid-19 pandemic, where social distancing is essential.

7.3 Strength and Weakness

The study follows the rules of plagiarism and ethics strictly. The articles are chosen through studying many details that has proper information regarding the livelihood of the elders during covid-19 period and few methods to promote their well-being during the pandemic period and in general as well.

However, many articles that could have increased the strength of the study was not included due to various circumstances and the methodology.

8 Conclusion

In conclusion, elderly people were more likely to have various medical conditions, weak physicality, and various chronicle diseases. These factors greatly influenced in the high mortality rates of the aged people during the covid-19 pandemic, worldwide. In some cases, they also faced aged, related discrimination to receive health care due to lack of health care instruments during the pandemic. Therefore, elders were highly vulnerable to the covid-19 when it came to covid-19 related deaths.

Apart, from that they were highly affected by the social distancing which was implemented as a safety protocol. Elderly people were more likely to experience loneliness prior to covid-19 pandemic due to relationship losses, unable to cope with new generation of people, unable to take part in social gatherings due to physical and health conditions and many more. So, it was even worse during the lockdowns during the pandemic. Although, the primary motive of the social distancing rule was to save lives, it somehow also deteriorated the mental health of many elderly people with increased depression, anxieties, and many mental health issues. In addition, it also found that there was some discriminatory attitude towards the elderly people regarding the health services during the covid-19 period or in general as well. Such behaviour also could easily trigger the negative feelings like helplessness, feeling of left out among the elderly people.

However, the study also found out that the alternative method of communication played a vital role in maintaining the social life of the elders during the pandemic to an extent. A study conducted prior to the pandemic suggested that the use of spiritual reminiscence therapy was helpful to bring the elders together, in spite of, differences like ethnicity, religion. Although, the study was conducted prior to the pandemic, this finding can be very beneficial in the future too, if similar situation to covid-19 occurs, where the collaboration of modern technology for communication and certain therapies could promote the wellbeing and quality of life in elders. This could help the depressed elders to add new meaning in their life and develop positive attitude toward their existence.

Since, aging is a natural process and anyone that lives long enough has to experience the inevitable phase. Thus, it is very important for the society that we live in to acknowledge the fact that elderly people are more likely to experience the absence of social life and has to live in a depressed situation. By recognizing the factors that could be beneficial to promote the wellbeing of elderly people and proper implementation as per the need could help to regenerate the well beingness among the elderly people.

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Appendix 1

Authors, Title, and year	Aim of study	Study Method	Results
<p>Fearn, M. Harper, R., Major, G., Bhar, S., Bryant, C., Dow, B., Dunt, D., Mnatzaganian, G., O'Connor., Ratcliffe, J., Samuel, S., Bagnall, A.M., & Doyle., (2021).</p> <p>Befriending Older Adults in Nursing Homes: Volunteer Perceptions of Switching to Remote Befriending in the Covid-19 Era. <i>Clinical Gerontologist</i></p>	<p>The study intended to understand the perception of volunteers, on the change of medium to befriend with elders during covid-19.</p>	<p>A qualitative data derived from the interviews of 18 participants taken from either group or individual interviews, in order to understand to impacts of new method of befriending.</p>	<p>During the covid-19, volunteers changed the meeting in person to remote, however, they had difficulties with modern technologies and also due to hearing impairment.</p>
<p>Derrer-Merk, E., Ferson, S., Mannis, A., Bentall, R. P., & Bennett, K.M. (2022).</p> <p>Belongingness challenged: Exploring the impact on older adults during the COVID-19 pandemic.</p>	<p>The study aims to find out the effect of lack of social interactions and face to face meeting among the elderly people during the Covid-19 period.</p>	<p>On the basis of constructivist grounded theory, the experience of the elderly people within one year, during the Covid-19 pandemic was analysed.</p>	<p>It was clear that the elderly people lost the feeling of belongingness during the Covid-19, since there was the absence of social interaction, engagement in various activities that brought people together.</p>
<p>Koszalinski, R.S., & Olmos, B. (2022).</p> <p>Communication challenges in social isolation, subjective cognitive decline, and mental health status in older adults: A scoping</p>	<p>To study was conducted to understand the psychosocial and mental health of the elders prior to and during the lockdown due to social isolation.</p>	<p>The study is scoping review on the basis of Preferred Reporting Items for Systematic Reviews and Meta analysis (PRISMA).</p>	<p>The qualitative data suggested that there was a drastic increment in depression, anxiety during covid-19. In addition, the lack of communication due to social distancing caused stress-related cognitive</p>

<p>review (2019-2021). <i>Perspectives in Psychiatric Care</i></p>			<p>changes and led the dementia patients to feel socially isolated.</p>
<p>Giebel, C., Hanna, K., Cannon, J., Marlow, P., Tetlow, H., Marlow, P., Tetlow., H., Mason, S., Shenton, J., Rajagopal, M., & Gabbay, M., (2022).</p> <p>Are we allowed to visit now? Concerns and issues surrounding vaccination and infection risks in UK care homes during COVID-19. <i>Age & Ageing.</i></p>	<p>The aim of the study is to explore the effect of covid-19 in the rules regarding the visitation, including the impact of vaccination and testing on visitation.</p>	<p>The study was conducted among the care home staffs and family carers who attended the base line and follow up interview, using thematic data analysis.</p>	<p>The finding suggested that there was uptake of covid-19 vaccination among care home staffs compared to family carers which greatly affected the visitation.</p>
<p>Emmesjö, L., Hallgren, J., Gillsjö, C., (2022).</p> <p>Home health care professionals and experiences of working in integrated teams during the COVID-19 pandemic: a qualitative thematic study. <i>BMC Primary Care.</i></p>	<p>To make a description about the experience of the home care health workers during the covid-19 pandemic, who worked in an integrated care model.</p>	<p>A qualitative thematic study on the basis of Braun and Clark was the method of the study.</p>	<p>The findings suggested that the health workers felt that they were imposed with certain rules like the use of digital method for communication. Furthermore, they felt helpless with dealing with the fear of infection with in themselves and others.</p>

<p>Emlet, C.A. (2006). "You're Awfully Old to Have This Disease". Experience of Stigma and Ageism in Adults 50 Years Older Living with HIV/AIDS. <i>Gerontologist</i></p>	<p>The study aims to inspect if the elderly people living with HIV/AIDS suffer from stigma and ageism.</p>	<p>Purposive sampling of 25 interviews were done from the participants who were above 50 years old with HIV/AIDS. Open and axial coding of the transcripts were used to generate the framework.</p>	<p>The result clearly indicated that the majority of the elderly patients experienced social discrimination, institutionalized discrimination, and anticipatory stigma.</p>
<p>Yang, S.-Y., Yang, C.-C., Lee, Y.-C., Hsieh, P.-L., & Lin, Y.-L.,(2023). Investigating the effectiveness of online interactive courses on loneliness and quality of life of older adults in community during the covid-19 pandemic: A pilot study and a randomized controlled trial. <i>Geriatrics & Gerontology International</i></p>	<p>The aim of the study is to analyse the advantages of 8 week online interactive courses during the Covid-19 pandemic. The courses were about loneliness, social support, and quality of life of the elderly people.</p>	<p>89 participants from long term care were selected for the 8 weeklong online interactive courses in Taiwan. 44 of them were divided in experimental group and 45 were divided into control group, randomly.</p>	<p>The result concluded that the people in the experimental group had a lot of improvement with their state of loneliness (on the basis of UCLA loneliness scale), psychological health social relationship domain.</p>
<p>Syed Elias, S. M., Petriwskyj, A., Scott, T., & Neville, C., (2019). Spiritual reminiscence therapy for older people</p>	<p>The aim of the study is to see the response to spiritual reminiscence therapy among the elderly people with</p>	<p>Unstructured observation and group discussion was done among the 18 participants involved in</p>	<p>It was found that people were very enthusiastic in the participation. And it was accepted in a group</p>

<p>with loneliness, anxiety and depression living in residential aged care facility, Malaysia: A <i>qualitative approach</i>. <i>Australasian Journal on ageing</i>.</p>	<p>depression, anxiety, and loneliness. It also intended to know if it was accepted by the Malaysian people.</p>	<p>6 weeks of spiritual reminiscence therapy program from the elderly homes of Kuala Lumpur, Malaysia.</p>	<p>of people with different religions and ethnicity.</p>
<p>Tang, X., Yang, F., Tang., Yang, X., Zhang, W., Ji, L., Xiao, Y., Ma, K., Wang, Y., Kong, X., Wang, J., Liu, J., Xu, Q., & Qu, Z. (2015). Advantages and Challenges of A Village Doctor-Based Cognitive Behavioural Therapy for Late-Life Depression in Rural China: A qualitative study.</p>	<p>The purpose of the study is to identify the benefits and challenges of implementing cognitive behavioural therapy among the elders by the doctors in the village of China.</p>	<p>First of all, a group discussion was done with the 10 village doctors, later, individual interviews of all the doctors and 19 elderly people were audio recorded, transcribed, and thematically analysed.</p>	<p>It was clear that the both the doctors and the elderly people were positive about implementing the therapy. However, there were still few challenges like the presence of other people and time limitation during the therapy.</p>

