"Elderly Peoples' Perception of Their Wellbeing in Selected Mainstream Churches in Kenya"
Esther Wangari Gachuri and Anne Wambugu
Africa International University, Pan Africa Christian University, Nairobi
Mental Health Symposium 2024
Friday, May 17

Note: Text includes some additional transcript in square brackets from video livestream

[2024/05/17 07:30] Gentle Heron: Good morning, audience. Welcome to Virtual Ability's 2024 Mental Health Symposium.
We hope you will enjoy your time with us today, and that you will learn a LOT about how the mental health of both our youth and elderly people can be supported.
We know that the COVID pandemic took a tremendous toll on school-age youth's mental health.
Springtide Research Institute's 2022 poll showed that almost a third of students who considered visiting a school counselor, school-based therapist or school psychologist about mental health issues said
they ended up not doing so.
They didn't think their issues "were big enough to bother someone with" or else
they felt that they would be judged due to stigma.
Even worse. 45% said they hesitated to see a therapist because their parents don't take their concerns seriously.
The elderly are at the other end of the age spectrum, and we are a growing population segment.
It is estimated that 20% of us have some type of mental health issue.
However, less than half of these individuals receive treatment.
Many older people have comorbid physical disabilities or chronic illnesses and pain, which can impact mental wellness.
About a quarter of all elderly people are socially isolated and/or lonely, which leads to mental health issues.
The theme of our 2024 Mental Health Symposium emphasizes the importance of considering the mental health needs of both our youth and our elders.
A gentle reminder: all our presenters are new to Second Life.
Please be patient. Hold your thoughts and questions until they are done presenting; they need to concentrate. Thank you.
Now Karla will introduce our first speakers.

[2024/05/17 07:34] Itico Spectre: I am here to provide an English translation to Karla's introduction.
[2024/05/17 07:34] karlinha19 Resident: Olá e sejam bem vindos ao simpósio de Saúde mental 2024 da Virtual Ability.
Eu sou Karla Collazo sou do Brasil
[2024/05/17 07:34] Itico Spectre: Hello and welcome to Virtual Ability's 2024 Mental Health Symposium.

This is Karla Collazo, she is from Brazil.

[2024/05/17 07:34] karlinha19 Resident: e na RL particularmente não possuo uma deficiência.
[2024/05/17 07:34] Itico Spectre: In first life she doesn't particularly have a disability

[2024/05/17 07:35] karlinha19 Resident: Porém convivi na infância com uma tia e um vizinho que eram deficientes físicos e cuidei de um adolescente com paralisia cerebral.
[2024/05/17 07:35] Itico Spectre: In her childhood she helped an aunt and a neighbor who were physically disabled and she took care of a teenager with cerebral palsy.

[2024/05/17 07:35] karlinha19 Resident: Atualmente faço trabalhos voluntários e aqui na SL gosto de passear e levar a palavra de Deus as pessoas.
[2024/05/17 07:35] Itico Spectre: She currently does volunteer work and here in SL she likes to walk around and bring the word of God to people.

[2024/05/17 07:35] karlinha19 Resident: Hoje gostaria de apresentar a Dra Esther Gachuri que trabalha no departamento de Psicologia na Universidade Internacional da Africa ,Além de ser professora e Psicóloga de aconselhamento praticante.
[2024/05/17 07:36] Itico Spectre: Today Karla would like to introduce Dr. Esther Gachuri who works in the Department of Psychology at the Africa International University in Nairobi where she teachers and is a practicing counseling psychologist.

[2024/05/17 07:36] karlinha19 Resident: Também gostaria de apresentar a Dra Anne Wambugu que é professora de longo prazo,consultora e terapeuta no departamento de Psicologia da universidade cristã Pan Africana de Nairóbi,Quênia..
[2024/05/17 07:37] Itico Spectre: She would also like to introduce Dr. Anne Wambugu who is a long-term teacher, consultant and therapist in the Department of Psychology at the Pan Africa Christian University in Nairobi, Kenya.

[2024/05/17 07:37] karlinha19 Resident: Ela é terapeuta de casamento e família e trabalha nas áreas de saúde mental a saber perda e luto,mediação só para citar alguns.
[2024/05/17 07:37] Itico Spectre: She is a marriage and family therapist and works in the fields of mental health, namely loss, grief and mediation just to name a few.

[2024/05/17 07:38] karlinha19 Resident: Hoje a Dra Esther e a Dra Anne estarão a palestrar sobre o tema: A percepção dos idosos sobre seu bem-estar em igrejas tradicionais selecionadas no Quênia.
[2024/05/17 07:38] Itico Spectre: Today Dr. Esther and Dr. Anne will be speaking on the topic: The Perception of Older Persons on Their Well-Being in Selected Traditional Churches in Kenya

[2024/05/17 07:38] karlinha19 Resident: Lembrando a todos presente para não digitar e falar enquanto nossas palestrantes estiverem falando.
[2024/05/17 07:38] Itico Spectre: Reminding everyone present not to type and speak while our speakers are speaking.

[2024/05/17 07:39] karlinha19 Resident: Agora Gostaria de dar as boas vindas a Dra Esther Gachuri e Dra Anne Wambugu.

[2024/05/17 07:39] Itico Spectre: I would like to welcome Dr. Esther Gachuri and Dr. Anne Wambugu.

[2024/05/17 07:39] Elektra Panthar: Hello everyone.
Today's presentation is being transcribed so those without audio or who require text only can participate in real time.
Some speakers may be using a text teleprompter tool for some or all of their presentation.
Transcriptionists will fill in any gaps and support the Question & Answer section at the end.
A little explanation about this service.
Voice-to-text transcriptionists provide a translation of the key ideas discussed, NOT a word for word transcription.
Voice-to-text services provide an in-the-moment snapshot of ideas and concepts, so that those who are unable to hear or to understand the audio program are able to participate in real-time.
You will see the transcription in local chat.
Transcription is provided by Virtual Ability, Inc.
The transcriptionists are:
Elektra Panthar
Max Chatnoir
The speakers will be identified by initials as they speak.
The following initials in the transcription record will identify the speakers:
EWG: Dr. Esther Wangari Gachuri
AW: Dr. Anne Wambugu

((In memory of LoriVonne Lustre))

<>

[2024/05/17 07:39] Elektra Panthar: EWG: Thank you very much about the introduction
AW: I'm Dr. Wambugu and I'm speaking from Kenya
EWG: Thank you for inviting us
we'll look at the research, according to the demographics, at the implications of the study, recommendations, completion, and references
particularly The Elderly Peoples' Perception Regarding Their Psychosocial Wellbeing in Selected Mainstream Churches in Affluent Karen -Langata, Nairobi Kenya
AW: Thank you Esther, I wanted to look at the problem that caused this research

PROBLEM STATEMENT
• The problem that gave this study its impetus was that there is a global concern about the aging population that needs to be put into perspective. Most of the studies on the elderly people have been done in developed countries which reflect their environmental context, and their findings are tailor made and may not be applicable to different settings (Lopez et al., 2020; Saadeh et al., 2020; Chung et al., 2021).

AW: the studies done didn't take in consideration environments like sub Sahara Africa

• A few Studies on the psychosocial wellbeing of the elderly in sub Sahara Africa have been done in Nigeria and South Africa (Animasahun &Chapman, 2017).

• In Kenya studies on the elderly have concentrated on the elderly living in the rural areas, poor urban settings and in old people's homes. There is scanty literature on the elderly living in affluent areas (Kyobutungi et al., 2010; Kago et al., 2016; Henia, 2019). For this reason, this study sought to fill this gap by examining the elderly peoples' perception of their psychosocial wellbeing from selected churches in Karen, Langata, Nairobi Kenya

AW: RESEARCH OBJECTIVE
-To assess the elderly peoples' perception regarding their psychosocial wellbeing in selected mainstream churches in affluent Karen-Langata Nairobi, Kenya

RESEARCH QUESTION
-How does the perception of the elderly in selected mainstream churches in Karen-Langata Nairobi, Kenya influence their psychosocial wellbeing?

Only a number of churches was selected
Dr Esther will explain more about this

EWG: LITERATURE REVIEW
Literature reviewed was planned in line with the objectives of the study exploring previous studies on the elderly globally and in Kenya. Old age:
Those who are 60 years and above were 709 million in 2019; the number is expected to rise to 1.4 billion by 2030 (WHO, 2019).
- Measured by chronological age, changes in social roles, retirement and the elderly's capabilities (Shofeyeke & Amoson, 2014; WHO, 2019).
- Influenced by economic insecurity, lack of social security Individualism and poor adjustment, leading to poverty, feelings of isolation, psychological distress and loneliness .
- The elderly peoples' perception of their psychosocial wellbeing reviewed literature related to perception about healthy family relationships, elderly peoples' autonomy and of their environmental masterly.

RESEARCH METHODOLOGY
Research paradigm– social constructivism
Research Design: qualitative design and a phenomenological approach (Creswel,2017).

EWG: Target Population :the young-old category, 60-75 years old and who attend selected mainstream churches in Karen-Langata area.
Sample size: 17 participants. 11 in the in-depth interviews,12 in focus group discussions 6 from in the in-depth interviews and 6 in Wednesday fellowship.

It was a qualitative study , so not many participants
Ethical assurances: were ensured and maintained
Sampling method: purposeful sampling.
Data collection method: semi- structured interviews through focus groups and In-depth interviews.
Data analysis: verbatim transcription and thematic analysis
Validity and reliability: trustworthiness and authenticity as operationalized through credibility, transferability, dependability, and conformability

RESULTS: DEMOGRAPHIC DISTRIBUTION

- Gender: in-depth interviews 9 females and 2 males. Focus group discussions 12 females.
- Age: in-depth interviews 60-65 years: 1male, 3 females,66-75;1 male 6 females .
In the focus group 60-65years:4 females;66-75years 8 females. Majority were between 66-75 years.
- Marital status : in-depth interviews 2 males and 4 females are married while 5 females are widowed.
In focus group discussions 5 females are married 6 females are widowed, 1 female is separated.

Number of children per respondent: in in-depth interview 1 male and 1 female have 2 children each;3 females have 3 children each , 3 females have 4 children each while 1 male and 1 female have 5 children each .
In the focus group discussions 1 female has 2 children,6 females have 3 children each,3 females have 4 children and 2 females have 5 children each

Academic qualifications: The study revealed the respondents were well educated.
In the in depth interviews 4 respondents had High school education, 4 had Diplomas, 1 had a Degree and 2 had Masters' Degree. In the focus group discussions 3 had a high school education.4 had Diplomas, 2 had Degrees and 3 had Masters' degrees.
- Occupation Distribution: The study also found that the respondents had professions before retirement.
There were 3 bankers, 2 secretaries,2 teachers,1 engineer,1 marketer,1 administrator and 1 statistician in in-depth interviews. In the focus group discussions there were 2 counsellors,3 teachers,2 secretaries, 2 bankers,1 administrator and 1 statistician.

- Denomination distribution: The study interviewed respondents from different denominations.
In the in-depth interviews 2 respondents were Methodists,3 African Inland church(A.I.C.),2 Catholics,1 from Presbyterian Church of East Africa (P.C.E.A.),2 Anglicans, and 1 Baptist.

AW: these were the results
THE ELDERLY PEOPLES' PERCEPTION OF THEIR PSYCHOSOCIAL WELLBEING

Healthy family relationships: Family relationships before old age
cordial relationships; raising families, taking care of their siblings, and their elderly parents and sibling rivalry.
Changes in Family Relationships in Old Age.
Bereavement of spouses, inheritance conflicts, inadequate finances ,co-residency with grown up children , bringing up grand children elder maltreatment, empty nests.
The elderly peoples' perception of their autonomy: The elderly's decision making in old age. Made their own decisions, inclusion of family members where necessary.

Limitations to decision making in old age.
Cultural beliefs, inadequate finances, family cut-offs, lack of spousal support.
In particularly when children have grown up
Their elderly peoples' perception of their environment: Impact of old age on the elderly peoples' daily activities.
Arthritis, problems in negotiating the stairs, reliance on others for driving.
They found hard to adapt to these changes
Family members intervention in the environmental masterly [sic] of the elderly.

Most of the elderly people had children run parent's errands, drive them to places even buying them cars and taking them for holidays. A few had family members who did not care
.
Some were very hurt by this

[2024/05/17 08:02] Max Chatnoir: IMPLICATIONS
☐ The study brought out information that will help the young people prepare for old age.
☐ That the elderly need to be supported to live healthily emotionally and psychologically.
☐ That inheritance wrangles are distressing consequently, the study calls for better ways of protecting the widows. The church can also find avenues of addressing loss and grief in her congregation.
☐ The young people (women) need to preserve their autonomy.
☐ Family conflicts killed cohesiveness in the family. In addition, faulty spousal relationships in early life effect parent –children relationship in old age.
☐ The church has a duty to equip the congregants in interpersonal and parental skills.
☐ Strong family ties in later life are as a result of earlier more positive relationships
☐ Culture plays a big role in peoples' lives therefore, the church, County and National governments can find forums to demystify cultural beliefs like patriarchal patronage, property ownership and inheritance beliefs that are oppressive.
☐ Elderly people without caring children may require psychological assistance to equip them with the knowledge and abilities to find healthier ways of living free from distressing emotional resentments.

RECOMMENDATIONS
- The National government: to have policies which ensure workers are given financial education to help them set goals while in employment .
- Policies to warrant that the elderly will have enough money to cushion them against poverty in their retirement.
- The government can also review the Ksh.2,000 given to the elderly taking into account those who also retired at 60 years.
- The County government: could check that building plans are made with the elderly in mind and that ramps, lifts, and bedrooms which are easily accessible are included.
- Mental health professionals like psychologists, counsellors, and marriage and family therapists can be made accessible to the elderly to help their psychosocial wellbeing.
- Religious leaders : To prioritize programs for the elderly by having transportation arrangements for those who are unable to attend services. The church administrators checking on the elderly and having home visits .Setting up a fund that helps the elderly who cannot not afford the necessities. Facilitating the health insurance for the elderly.
- The church can organize talks and forums on healthy aging, healthy grieving mechanisms, and setting up structures and programmes for better support to the elderly.

CONCLUSION
The findings of the study indicated that poor health, lack of health insurance, lack of money, death of a spouse, inheritance wrangles, children moving out of home, unfriendly neighborhoods, cultural beliefs, loss of social networks led to isolation of the elderly people and to loneliness which therefore impacted on the elderly people's psychosocial wellbeing.

[2024/05/17 08:14] Zzri Avian (Zri Portal): /me clap claps!
[2024/05/17 08:14] Buffy Beale: Applauding!

[2024/05/17 08:15] Sofia Varela: thank you!
[2024/05/17 08:15] Jill Marie (jiwings Resident): claps
[2024/05/17 08:15] Wisdomseeker (Lissena Resident): excellent!
[2024/05/17 08:15] Paws Pawzouti (Opinicus Extraordinaire): Nicely done. ^^

[2024/05/17 08:14] Gentle Heron: Thank you for your presentation.
Audience, click the box up front to get their handout.
QUESTION(S) - Your results seem to be similar to what might be found anywhere in the world. Do you agree? And are there factors other than cultural (which you covered) are local to Kenya that might make your results different from similar studies in other countries?
[2024/05/17 08:16] Max Chatnoir: AW: I would say that in spite of where we live, humans are humans. Every person deserves to be loved and [we were created as] social beings. I would imagine that elderly people in other countries also experience loneliness and isolation.
I have visited other countries, like Canada, [I have presented other works in US and UK], and there are similar findings across the board.
However, it seems to me that in other countries, there is elderly care by the government. In past day, people lived in a communal setting, but now elderly people have fewer resources for care.
We don't have many care homes, and those who go there come from poor backgrounds and don't have family caregivers.
[2024/05/17 08:19] Gentle Heron: So most elderly in your country live at home?
[2024/05/17 08:22] Max Chatnoir: EG: [We don't have many care homes, and most are church-based, and those who go there are from very poor backgrounds, and they do not have anybody to take care of them. In our culture you get children and they look after you when you are old. So that is changing. Even in the city they are not living with their relatives, they are far away, so no one is taking care of them. We don't have much of that [care homes] in our country. The culture is very patriarchal, the property belongs to the man. When widows lose their spouses the relatives of the man take over the property and the widow is left without anything. I don't think that would happen in any developed country] The difference is we are living in a different culture, and women have less independence.
[AW: The laws are changing in the court of law. Laws have been put in to look at the succession. There is something good coming, but it is not yet there] Government and lawmakers are working to make inheritance laws more fair.

[2024/05/17 08:20] Faith Frances (Roxie Marten): Here in American the solution is file them and forget them in government sponsored housing that is almost impossible to get

[2024/05/17 08:23] Elektra Panthar: [08:19] Mook Wheeler: QUESTION: Do you think that the elderly people's perceptions of their psychosocial wellbeing, the implications derived, as well as current changes in traditional life-traditions, have little or much to do with technology? Since technology is here to stay, do you think you will look at how technology influences elderly people's perceptions, and how?
[2024/05/17 08:24] Max Chatnoir: AW: [We do say change is very threatening, the community we live in now, Nairobi, is very fast, it is not what they [old people] are used to, but the young people are into it, so in their psycho-social imagination it is something that threatens them because they don't have the understanding] The community we are living in now, the elderly people are not benefitting from technology.

EG: [At the same time] Technology is giving [old] people information about how the elderly are treated in other countries, and are asking for more from the government [This also makes them realise they should be treated differently so I think in one way or another there's a positive side to that, it makes them know what happens to people in e.g. US, and that can form their community, knowing the government is not doing enough and asking for more]

[2024/05/17 08:25] Elektra Panthar: [08:22] Polaris Grayson: QUESTION: How has the disabled entering age requirements changed church interactions?
[2024/05/17 08:28] Max Chatnoir: AW: Churches can create fellowships where the elderly can meet together.
EG: [Most of the churches now have ramps, where the disabled can use the wheelchair. We also have sign languages, because the churches projects the services online, so they are reaching those who cannot come to church, who are in their houses, they can follow the programs from their sitting rooms or beds. We are not there but we are trying and I think we need to do much more] Churches can arrange for church rituals to be taken into the homes of the elderly.
We are trying but we need to do much more.
AW: We must agree that the government is very keen [to inspect the buildings, to see that everyone is included, and the churches being built now have to consider everyone] about inclusivity.
[2024/05/17 08:30] Polaris Grayson: Thank you

[2024/05/17 08:30] Elektra Panthar: [08:20] Faith Frances (Roxie Marten): Here in America the solution is to file them and forget them in government sponsored housing that is almost impossible to get
Question: [08:29] what if they are not christian?
[2024/05/17 08:32] Max Chatnoir: EG: [We have something called 'Nyumba Kumi', where we count ten houses, and in those ten households, someone is elected to find out how the others are doing. In the countryside it is very impactful, but in a town, a city, it becomes so hard because everyone is in their own compound, they don't want inclusivity, they don't want to include others, but the government has tried that. Those who don't go to church can then belong to those 10 households. Those who don't go to church might be going to the mosque and the mosque also has a way of finding out, how to reach the elderly] Later we can do another study to find out how people from other faiths are doing.
AW: When it comes to care, we are not thinking about who is or is not Christian. Service to all is important. But most of us in Africa are associated with some church.

[2024/05/17 08:34] Gentle Heron: One last QUESTION- Does your government pay good attention to the results of research such as yours? And listen to your suggestions?
[2024/05/17 08:35] Max Chatnoir: AW: [Currently there is a law that has come up, that every organisation would need to have a mental health practitioner to address issues. We are not as developed as many other countries in terms of therapy and counselling and psychotherapy, however, the government has recognised the need of mental health since the bomb blast of 1998 here in Nairobi, the issues of mental health have been very carefully looked at by the government since.] The government has recognized the need for mental health since the bomb blast here in Nairobi.
We want to present this work many more times so that government can become aware of it.
[2024/05/17 08:36] Gentle Heron: Thank you both so much.

[2024/05/17 08:37] Buffy Beale: Excellent presentation, thank you!
[2024/05/17 08:37] Karla Collazo Dufour (karlinha19 Resident): excelente palestra,gostei muito
pt>en: Excellent lecture, I liked it a lot
[2024/05/17 08:37] Sofia Varela: thank you for a great presentation
[2024/05/17 08:38] iSkye Silvercloud (iSkye Silverweb): Thank you Esther and Anne for coming and sharing your study results and experiences with us today!
[2024/05/17 08:38] Lilly Croft (LillyCroft Resident): *•.¸*•.¸ ★☆Applause☆ *•.¸*•.¸ ★
[2024/05/17 08:38] Petlove Petshop: Yes!
[2024/05/17 08:38] Elektra Panthar: Thank you ! Amazing presentation
[2024/05/17 08:38] Zzri Avian (Zri Portal): /me claps!
[2024/05/17 08:38] Itico (Itico Spectre): You did great Doctors.
[2024/05/17 08:39] Made In Taiwan (serdeluz24 Resident): congratulations!
[2024/05/17 08:39] Elektra Panthar: ♫♪♫♪ Applauds ♫♪♫♪

<>

[2024/05/17 08:38] Dr. Anne Wambugu (VAIPresenter7 Resident): Welcome
Huge thanks for your kind comments,
We are humbled and thankful.