



To survey information and demeanor with respect to Alzheimer's among grown-ups in Rohtak with a see of conducting an mindfulness programe on avoidance of Alzheimer's

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Abstract

One of the diseases with the fastest global growth is dementia. Alzheimer's dementia is a main cognitive impairment illness marked by a steady decline in cognitive performance that eventually causes a person to lose recognition of objects, people, and places that they were once familiar with. In the latter stage, there is no longer ability to talk or walk.

The study's main goal was to evaluate and determine people's overall attitudes and awareness regarding Alzheimer's disease as a social concern.

Keywords: Alzheimer's, demeanor, mindfulness programe, global growth

Introduction

According to the World Health Organization (WHO, 1992) ^[1], Alzheimer's disease (AD) is a syndrome marked by a persistent or progressive decline in cognitive function that goes beyond what is typical of aging. Although prompt medical attention and skilled caretakers can help delay the onset and progression of symptoms, dementia is a neurodegenerative disease that is irreversible, lessening its effects on the affected person as well as their family (WHO, 1992) ^[1]. With 1.36 billion inhabitants, India is the second most populated country in the world. the A sizable portion of the population is elderly. According to the 2011 census, 138 million Indians are 60 years of age or older, making up 8.6% of the country's total population. The International Institute for Population Sciences (2020) Longitudinal Ageing Study of India predicts that by 2050, there will be 319 million older people living in India. This pattern is consistent with the global scenario, according to which by 2030 there will be more elderly people than children under the age of ten (UN World Population Ageing, 2017).

The stigma associated with Alzeihmer's adds another layer of complexity to the problem, hindering the provision of appropriate care and support. Efforts to raise awareness and destigmatize the disease are crucial to ensure early diagnosis, access to services, and a supportive environment

for individuals living with alzheimers' and their families

Methodology

The purpose of the current study is to examine people's knowledge, attitudes, and social comfort with Alzheimer's disease in urban as well as rural regions. The study looks at these variables in an effort to pinpoint areas that need improvement and attention in order to create Alzheimer-friendly societies in Bharat.

Research Design

A comparative quantitative study was carried out in which self-reported information on physicians' knowledge and attitudes on Alzheimer's disease was gathered through surveys given to individuals, caregivers, and patients. This method sought to evaluate and contrast different groups' views and levels of knowledge about the illness.

Informed consent: Due informed consent was taken from the survey participants before enrolling them into answering the questionnaires. The information obtained through the research procedure was not disclosed to any third party under any circumstances thereby maintaining the confidentiality of research and protection of safety and ethics of participating subjects.

Tools: The mode of survey was involved both paper and electronic forms.

The survey was drafted in the form of a demographic questionnaire on paper (as offline format) and on a 'Google form' that could be accessed through an auto generated link (as online/ electronic format).

The results, as obtained were fed to an excel sheet for generating the statistics as laid down in the primary objective of the study.

Data collection & analysis: The poll was distributed to a variety of people, including medical professionals who treat dementia patients, caregivers in their personal and professional lives, and people who are familiar with friends or family members who are experiencing dementia. For about four weeks, the survey was available so that participants had plenty of time to do it.

Results

In a sample size of 200 subjects, 61% of the sample population had prior idea about Alzheimer's as a social stigma. Rest 39% were unaware. Out of the 122 subjects that were aware about the disease, 5 had personal experiences of caregiving and family associations with patients suffering from Alzheimer's that statistically accounts to 4.0% of the aware subjects and as a whole 2.5% of the entire study population.

Discussion

The findings of the survey majorly help in assessing and reflecting on the issues of how Alzheimer's as a disease, not only affects the patient but also the lives of the innumerable people that surround the patient including their caregivers, family, colleagues, friends etc.

The overall statistics suggest better understanding of patient lives and situations, taking into consideration, parameters like household, background, educational levels, lifestyle etc. This research endeavour promotes and encourages better approach and the attempt to have a more positive outlook towards handling of this disease and lowering the habit of visualising Alzheimer's as a social stigma.

Conclusion

It is evident that addressing the knowledge gap and misconceptions about Alzheimer's in both rural and urban areas is crucial for effective care planning and support. Educational initiatives and awareness campaigns targeted at communities, caregivers, and healthcare professionals can help dispel myths and enhance understanding of dementia as a distinct condition. This, in turn, can alleviate the burden on caregivers and improve the overall well-being of individuals living with Alzheimer's.

Overall, the findings emphasize the need to bridge the knowledge gap and improve awareness about this disease. Efforts should focus on educating all types of population about the distinct symptoms and challenges associated with Alzheimer's, as well as the importance of care and support for individuals with the condition. By upgrading understanding and giving fundamental preparing and assets, both urban and rustic communities can work towards making dementia-friendly situations that advance successful care and bolster for those influenced by the malady.

GAPS

Several limitations and gaps can be addressed with regard to this study. First, the focus population being demographically bound causes a decrease in the generalizability of the study results over a broader perspective. The difference in socio cultural attitudes and geographical diversity prevents the possibilities of laying out explicit statistics on the attitude and awareness of people over a vast region. Thus, to establish a stronger and more directive conclusion to these objectives, studies in future should aim at focusing on a much larger and diverse sample size spread across a larger demography to obtain results based on greater decisive parameters.

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