

Using Self- Help Groups to Allviate the problems of Rural Elders

Abstract

Title of the study: "Using Self-Help Groups to Alleviate the Problems of Rural Elders".

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Elders and their situations have become as a global issues that attract the interest of the all countries that seek to pay attention to elders in all social, health, psychological aspects and other aspects, especially in developing countries which attempts to get along with global developments in this rapidly changeable world. The developing societies witnesses rapidly changing political, social, and economic variables which have much affected all systems, especially the family system. The family system has been affected by these variables where family coherence and commitment to customs and traditions have decreased. The family members have also been affected by these variables. This has affected the extent of attention paid to elders, in general, and particularly the rural elders. Elders in big cities may find a lot of facilities such as elders residential care centers or elders' clubs that offers much help and care to elders, satisfy their needs, and face their problems where familial care is absent. The conditions of elders in rural areas is worse, where there are not elders clubs or residential care centers, and it is difficult for siblings to send their elder parents to those homes or clubs. The problems of elders in rural areas have exaggerated because their children are busy earning living or leave their parents alone as a result of looking for their own future and living. Accordingly, elders have become suffering from various problems. Hence, the researcher found that they can receive a lot of help and care by getting benefit from their capabilities and experiences through using the method of self-help.

Terminology of the Study: 1- Self-Help 2- Elders

Methodology of the Study:

The study used the experimental approach which was applied using the one-group model with rural elders. The study used a scale for rural elders' problems.

Results of the Study:

The study proved its main hypothesis to be true, that "There statistically significant positive correlation between using the self-help method and the alleviation of rural elders' problems".

The study also proved the truth of the following sub-hypotheses:

- 1- There statistically significant positive correlation between using the self-help method and the alleviation of rural elders' **social** problems.
- 2- There statistically significant positive correlation between using the self-help method and the alleviation of rural elders' **psychological** problems.
- 3- There statistically significant positive correlation between using the self-help method and the alleviation of rural elders' **economic** problems.
- 4- There statistically significant positive correlation between using the self-help method and the alleviation of rural elders' **health** problems.