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## The effect of a program called "tell me about me" on the perception of social support, self- esteem and self-compassion in the elderly

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**Aim:** The process of aging brings with it a need for practices to improve mental health. The aim of the study is to investigate the effect of a program called "Tell Me About Me" on the perception of social support, self-esteem and self-compassion in the elderly in a rest home.

**Materials and Method:** This was an semi-experimental study. The data for the research were collected at a rest home over the period May 2015 - May 2016. A sample selection was not made for the study; those that agreed to participate (n:44) were recruited. A Questionnaire, the Multidimensional Scale of Perceived Social Support, the Coopersmith Self-Esteem Inventory and the Self-Compassion Scale were employed as data collection instruments. The "Tell Me About Me" program involves: having each participant prepare and present before the rest of the group his/her life story with the help of photographs and music the individual enjoys; discussing the participant's positive characteristics in the group; carrying out group activities to increase social ties with friends; presentations geared to foster self-acceptance and to eliminate feelings of self-judgment; and, role-playing within the group. The program consists of twenty –four sessions.

**Results:** The mean age of the participants was  $76.93 \pm 6.26$  and 52.3% were women. The difference found between the mean scores of the participants' perceived social support and self-esteem on the scores (pretest/posttest/retest) were statistically significant ( $p < .01$ ), but the difference in their mean scores in self-compassion in the (pretest/posttest/retest) were not significant ( $p > .05$ ).

**Conclusion:** The "Tell Me About Me" program, which was developed in an effort to improve the mental health of the elderly, is effective in improving self-esteem and social support among the elderly.

### Biography

Kader Mert has completed her PhD at the age of 32 years from Community Health Nursing Department in Marmara University, Turkey. She has been working as an assistant professor in Community Health Nursing Department at Kocaeli University for 3 years. She has published 6 articles in international and national journals, 6 oral/poster international presentations and 18 national oral/poster presentations. She has two book sections in national books. She is interested in disadvantaged groups. Her master thesis is about school health nursing interventions and PhD thesis is about children working on the street.

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