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Measurement of resilience in Chinese older people

The increasing number of older people in the Chinese population poses additional healthy problems to those faced in the Western world. Resilience has been identified as a personal construct which may contribute to the process of healthy ageing in older people. To date, no measurement instrument has been tested to evaluate resilience in Chinese older people. A descriptive cross sectional study was then designed and made implementation which aims to examine the psychometric testing and clinical application of the Chinese version of the Resilience Scale (RS) in Chinese older people by forwarding and backwarding translation procedures used to obtain semantic equivalence of the original english version of the resilience scale. Content validity was examined by identified experts, followed by exploratory factor analysis, item-to-total correlation, Cronbach's alpha coefficients and test-retest reliability. Then the 25-item Chinese version Resilience Scale (RS-CN) was completed by 461 Chinese older people. Result showed that Cronbach's alpha for the total Chinese version of the revised resilience scale was 0.947 with a range of 0.848-0.893 for the subscales. Item to total correlation coefficients ranged from 0.505-0.746 and items were excluded with item to total correlations coefficients lower than 0.4. The test-retest reliability of the total scale was 0.799, subscale test-retest reliability ranged from 0.605-0.620. The exploratory principal components analysis with varimax rotation revealed RS-CN to have a four factor structure. It is concluded from the study that the RS-CN is a valid and reliable instrument for the measurement of the concept of resilience in Chinese older people. Also the results of this study provide cross-cultural evidence for the potential application of this scale in Chinese older people. Measurement of resilience in older people will potentially allow clinical nurses to provide appropriate psychological care for older people.

Biography

Fang Yang has completed her PhD from the Second Military Medical University and Postdoctoral studies from the University of Edinburgh, School of Nursing. She is currently working as a Professor of Nursing as well as Associate Dean of School of Nursing of Zhejiang University City College, China. Also she is employed as Visiting Professor of School of Nursing, Midwifery & Social Care of Edinburgh Napier University, UK from 2014 to till date. She has published more than 50 papers in reputed journals and has been serving as Editorial Board Member of repute including 2 international journals.

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