

Grief Management and Elderly Care: A Case Study in Lagos Mainland

ABSTRACT

This study examined Grief management and effective Older Person's care are crucial aspects of healthcare, particularly in urban areas with a growing aging population like Lagos State. Lagos, the economic hub of Nigeria, is experiencing rapid urbanization and demographic changes, leading to an increasing number of elder persons who require specialized care and support. Furthermore, the loss of loved ones is an inevitable part of life, and effective grief management is essential for individuals and communities to cope with these losses. To assess the current state of grief management practices in selected facilities in Mainland. To evaluate the effectiveness of existing elderly care services in selected facilities in Mainland.

Grief is a natural response to loss, which can encompass various emotional, cognitive, and behavioral reactions. Effective grief management is essential to help individuals cope with their loss and adjust to life without their loved ones. Several theoretical frameworks and interventions have been developed to assist individuals in managing grief effectively.

Statistical package for social science (SPSS), Simple percentage, bar Charts and other descriptive statistics was used in analyzing the returned questionnaires to show the respondents analysis by google form.

This chapter focused on the presentation and analysis of data on the topic of study. As already indicated in previous chapter, three hundred and sixty-two (362) respondents were selected from Lagos Mainland Local Government Area. However, three hundred and fifty-one (351) copies were duly filled and returned.

It's significant to see that 86.6% of respondents have experienced the loss of a loved one. This suggests that a substantial majority of individuals have encountered the profound and challenging experience of losing someone close to them.

It's noteworthy that 16.7% of respondents have sought professional counseling or therapy to help manage their grief. This indicates a smaller portion of individuals who have opted for professional support in their grief journey.

Key words: Grief Management, Effective, Older Person and Care, Bereavement Support

1. INTRODUCTION

Grief management and effective elderly care are crucial aspects of healthcare, particularly in urban areas with a growing aging population like Lagos State. Lagos, the economic hub of Nigeria, is experiencing rapid urbanization and demographic changes, leading to an increasing number of elder persons who require specialized care and support. Furthermore, the loss of loved ones is an inevitable part of life, and effective grief management is essential for individuals and communities to cope with these losses. Therefore, this research project aims to investigate the current state of grief management and elder persons care in Lagos State, identify challenges, and propose strategies for improvement (1).

The global population is experiencing a significant demographic shift, with an increasing number of individuals reaching old age. This aging population presents unique challenges and demands for healthcare systems and communities worldwide. In particular, addressing grief management and providing effective care for the elderly are crucial aspects of promoting their well-being and ensuring a high quality of life during their later years (2).

Grief Management: Grief is a natural and complex emotional response to loss, encompassing a range of cognitive, emotional, and behavioral reactions (Angute et al., 2022). Older adults may experience multiple losses, including the death of spouses, siblings, friends, or children, leading to heightened grief experiences. The process of grief can be influenced by factors such as cultural background, social support, coping strategies, and pre-existing health conditions. However, there is a need for more research specifically focusing on grief management strategies tailored to the elderly population (3).

Unique Challenges in Elderly Care: Effective care for the elderly requires a comprehensive approach that considers the physical, psychological, social, and spiritual dimensions of their well-being. Aging is often accompanied by health conditions, functional limitations, increased dependency, and changes in social roles and relationships. Older adults may also face social isolation, financial constraints, inadequate healthcare access, and limited support systems. Addressing these challenges and providing appropriate care and support is essential for maintaining the health, dignity, and autonomy of the elderly population (4).

Cultural and Contextual Factors: Grief management and elderly care approaches need to be culturally sensitive and contextually relevant. Cultural norms, beliefs, and practices surrounding death, mourning, and caregiving vary across different societies and communities. Understanding the cultural context is crucial for tailoring interventions and services to meet the specific needs and preferences of elderly individuals from diverse backgrounds. In the case of Lagos State, Nigeria, cultural practices, family structures, and healthcare systems play significant roles in shaping grief experiences and elderly care practices (5).

Research Gap: Despite the importance of grief management and effective elderly care, there is a notable research gap in understanding and addressing these areas, particularly within the local context of Lagos State. Limited research exists on the specific needs and challenges faced by the elderly population in the region, as well as evidence-based interventions and practices for grief management and comprehensive care. Conducting research in this area will contribute to filling the knowledge gap and provide insights that can inform policy development, healthcare practices, and support services for the elderly in Lagos State (6).

2. MATERIALS AND METHODS

Research Design

A descriptive research design was adopted in conducting this study. It was used to carry out design in order to allow relevant instruments to be identified, evaluated and summarized.

Population of the Study

The target population for this study which include caregivers, healthcare professionals, and elderly, individuals receiving care in Lagos Mainland Local Government.

Sample Size Determination

Sampling size is a representative part of the population. Therefore, the sample size must be a representative of population from which they are drawn so that viewed conclusion about the population can be referred to. Since the population under study is finite, a finite population characteristic formula for

sample size determination shall be used. The Taro Yamane's formula for sample size determination for a finite population characteristic is hereby adopted in this study.

The formula:

$$n = \frac{N}{1 + N(e^2)}$$

Where n = Sample size

N = Population figure

e = Error margin

1 = Mathematical constant

The research was applied the above formula to determine the sample size of the study as follows: n = sample size (to be calculated)

N = 3500

e = 5% = 0.05

$$\begin{aligned} \text{Hence } n &= \frac{3500}{1 + 3500(0.05^2)} \\ &= \frac{3500}{1 + 8.75} \\ &= \frac{3000}{9.75} \\ n &= 358.97 \end{aligned}$$

Therefore, the sample size for this study is three hundred and fifty-nine. Approximately 359 with social workers.

Sample and Sampling Technique

A Sample size of 359 respondents were used for this study based on the recommendation of Taro Yamane formula of the minimum respondents for a quantitative study; sample were selected using convenience sampling technique will be used to select the respondents because each member has a fair chance of being selected. The sample was drawn within Lagos Mainland Local Government Area.

Method of Data Analysis

Statistical package for social science (SPSS), Simple percentage, bar Charts and other descriptive statistics was used in analyzing the returned questionnaires to show the respondents analysis. The inferential statistical analysis was employed for the purpose of comparing variables from the health institutions using chi-square test for data analysis. A level of significant of 5% was used.

3. RESULTS AND DISCUSSION

Three hundred and sixty-two (362) respondents were selected from Lagos Mainland Local Government Area. However, three hundred and fifty-one (351) copies were duly filled and returned. The simple percentage method was used to analyse the returned questionnaire for both the individual questions on section A and B.

Table 1 Questionnaire Distribution

Questionnaire	Frequency	Percentage
Returned	351	96.96%
Unreturned	11	3.03%
Total	362	100%

Source: Field Survey, 2023.

Table 1 above shows a percentage response rate of 96.96% for returned questionnaires and 3.03% for unreturned questionnaire. The returned questionnaires are considered favourable for further analysis of the data generated for the study.

Analysis of Responses According to Bio-Data

Table 2: Socio-demographic characteristics of respondents

Items	Responses	Frequency	Percentage (%)
Gender	Male	140	39.8%
	Female	202	57.5%
	Prefer not to say	9	2.5%
	Total	351	100%
Age	Less than 20	13	3.7%
	21 – 30years	82	23.4%
	31 – 40years	109	31.05%
	41years& above	138	39.31%
	Others	12	3.41%
	Total	351	100%
Marital Status	Single	116	33.04%
	Married	223	63.53%
	Divorced	5	1.42%

	Widowed	10	2.8%
	Total	351	100%
Religion	Christianity	224	63.8%
	Islam	126	35.8%
	Traditional	1	0.28%
	Others	0	0
	Total	351	100%
Educational Level	Primary	7	1.9%
	Secondary	11	3.1%
	Tertiary	200	56.9%
	M.Sc/MBA/Postgraduate	124	35.3%
	Others	0	0
	Total	351	100%
Occupation	Civil Servant	209	59.5%
	Students	81	23.1%
	Trading	18	5.1%
	Artisan	6	1.7%
	Others		
	Total	351	100%

Source: Field Survey, 2023.

The analysis of the table above shows that more males responded to the research questionnaire than females. Accordingly, 39.8% represented male while 57.5% respondents represented female and 2.5% prefer not to say.

More so, the table shows that 3.7% of the respondents fall within less than 20 years in the age bracket, 23.4% of the respondents falls between the age bracket of 21 – 30years, 31.0% of the respondents fall between the age bracket of 31 – 40years while 39% of the respondents are in age bracket of 41years& above and 3.41% are others.

The table also shows that 33.0% of the respondents are single, 63.5% are married, 1.4% are divorced while 2.8% are widowed.

Analysis of the table also shows that 63.8% of the respondents were Christian, 35.8% of the respondents were Islamic while 0.3% of the respondent were traditional worshippers. This further showed that majority of the respondents were Islam

Evidence from table 1 indicates 1.9% of the respondents were Primary School Certificate holder, 3.1% of the respondents were Secondary School degree holder while 56.9% respondents were Tertiary degree holder and others are 35.3%.

Based on the occupations of the respondents, 59.5% of the respondents are Civil Servant, 23.1% of the respondents are students, while 5.1% of the respondents are Trader while 1.7% of the respondents are Artisan.

Fig 1: Analysis of Research Questions on Grief Management

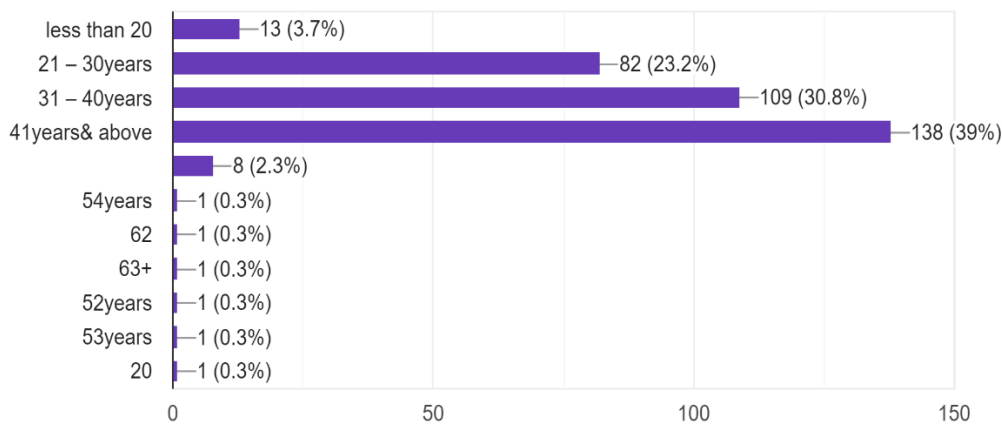


Table 3: Have you ever experienced the loss of a loved one?

Statement	Frequency	Percentage (%)
Yes	304	86.6%
No	40	11.4%
Not sure	7	1.9%
TOTAL	351	100%

Source: Field Survey, 2023.

It's significant to see that 86.6% of respondents have experienced the loss of a loved one. This suggests that a substantial majority of individuals have encountered the profound and challenging experience of losing someone close to them.

The 11.4% who responded "No" may represent those who, for various reasons, have not yet experienced the loss of a loved one. It's important to note that everyone's life journey is different, and the experience of loss occurs at different times for each individual.

The 1.4% who are "Not sure" may indicate some uncertainty among respondents about whether they have experienced the loss of a loved one. This could be due to a variety of factors, including the nature of relationships and the passage of time.

Fig 2: HAVE YOU EVER EXPERIENCED THE LOSS OF A LOVED ONE

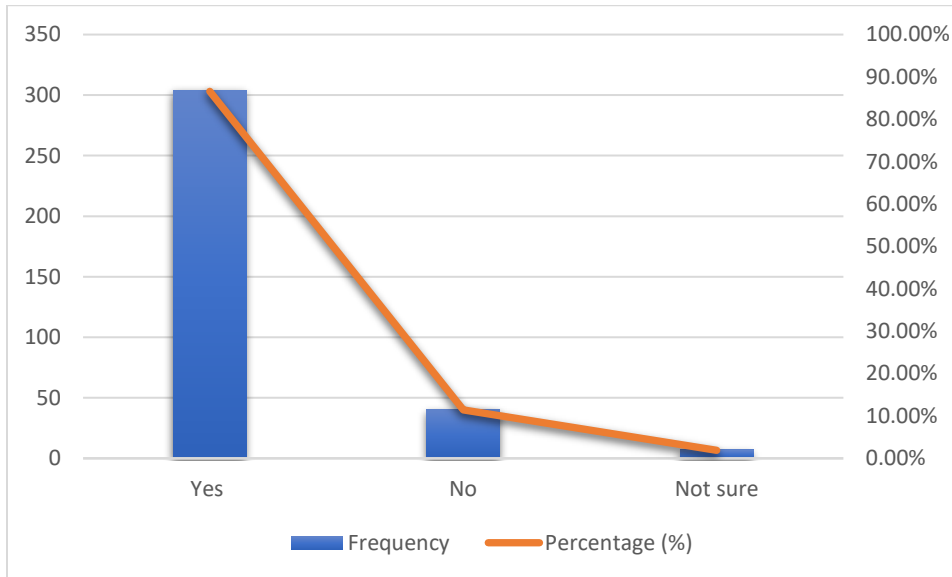


Table 4.: DID YOU SEEK PROFESSIONAL COUNSELING OR THERAPY TO HELP YOU MANAGE YOUR GRIEF

Statement	Frequency	Percentage (%)
Yes	59	16.7%
No	280	79.7%
Not sure	12	3.4%
TOTAL	351	100%

Source: Field Survey, 2023.

It's noteworthy that 16.7% of respondents have sought professional counseling or therapy to help manage their grief. This indicates a smaller portion of individuals who have opted for professional support in their grief journey.

The 79.7% who responded "No" may represent those who, for various reasons, have not sought professional counseling or therapy for their grief. This could be influenced by factors such as personal preferences, access to services, or the perception of their own coping abilities.

The 3.4% who are "Not sure" may indicate some uncertainty among respondents about whether they sought professional counseling or therapy. This could be an opportunity for self-reflection and clarification on the nature of the support they received.

Fig 3: DID YOU SEEK PROFESSIONAL COUNSELING OR THERAPY TO HELP YOU MANAGE YOUR GRIEF

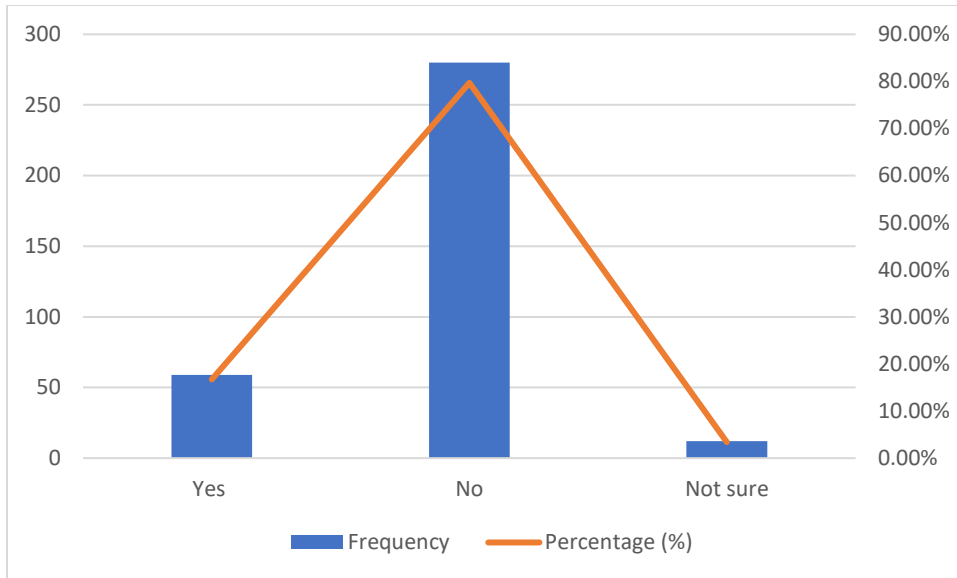


Table 5: Have you participated in any support groups to cope with your grief

Statement	Frequency	Percentage (%)
Yes	71	20.2%
No	275	78.3%
Not sure	5	1.4%
TOTAL	351	100%

Source: Field Survey, 2023.

It's notable that 20.2% of respondents have participated in support groups to cope with their grief. This indicates a smaller portion of individuals who have sought support through group settings.

The 78.3% who responded "No" may represent those who, for various reasons, have not participated in support groups as part of their grief coping strategy. This could be influenced by individual preferences, the availability of support resources, or the nature of their grief journey.

The 1.4% who are "Not sure" may indicate some uncertainty among respondents about their participation in support groups. This could be an opportunity for self-reflection and exploration of available resources for additional support.

FIG 4 HAVE YOU PARTICIPATED IN ANY SUPPORT GROUPS TO COPE WITH YOUR GRIEF

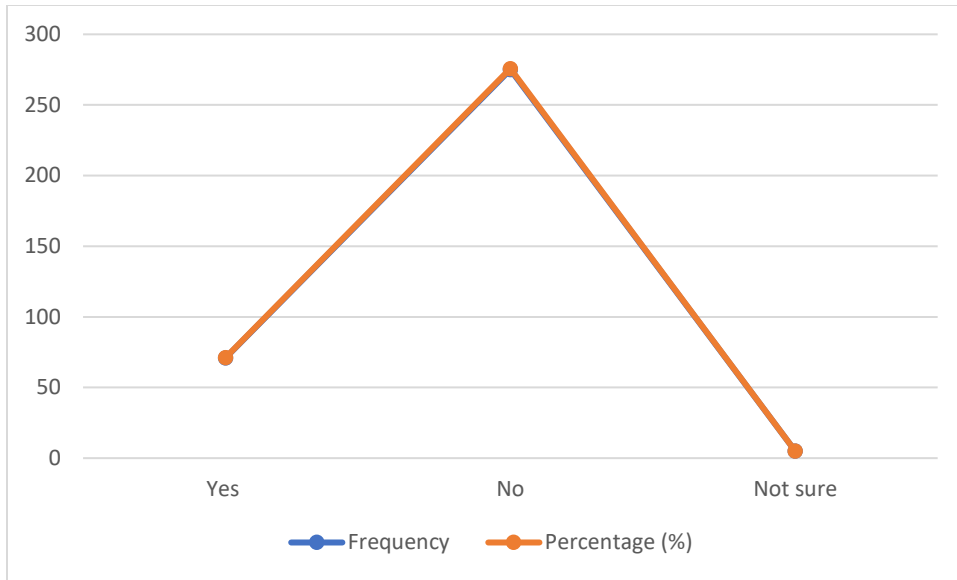


Table 6: Do you believe that expressing your emotions openly has helped you in managing your grief?

Statement	Frequency	Percentage (%)
Yes	279	79.5%
No	52	14.8%
Not sure	20	5.7%
TOTAL	351	100%

Source: Field Survey, 2023.

It's heartening to see that 79.5% of respondents believe that expressing their emotions openly has helped them in managing their grief. This suggests that a substantial majority recognizes the therapeutic value of emotional expression during the grieving process.

The 14.8% who responded "No" may represent those who, for various reasons, did not find expressing their emotions openly helpful in managing their grief. This could be influenced by individual coping styles, cultural factors, or the nature of their grief experience.

The 5.7% who are "Not sure" may indicate some uncertainty among respondents about the impact of expressing emotions on their grief management. This could be an opportunity for self-reflection and exploration of the ways in which emotional expression might contribute to their overall coping strategy.

FIG 5 DO YOU BELIEVE THAT EXPRESSING YOUR EMOTIONS OPENLY HAS HELPED YOU IN MANAGING YOUR GRIEF

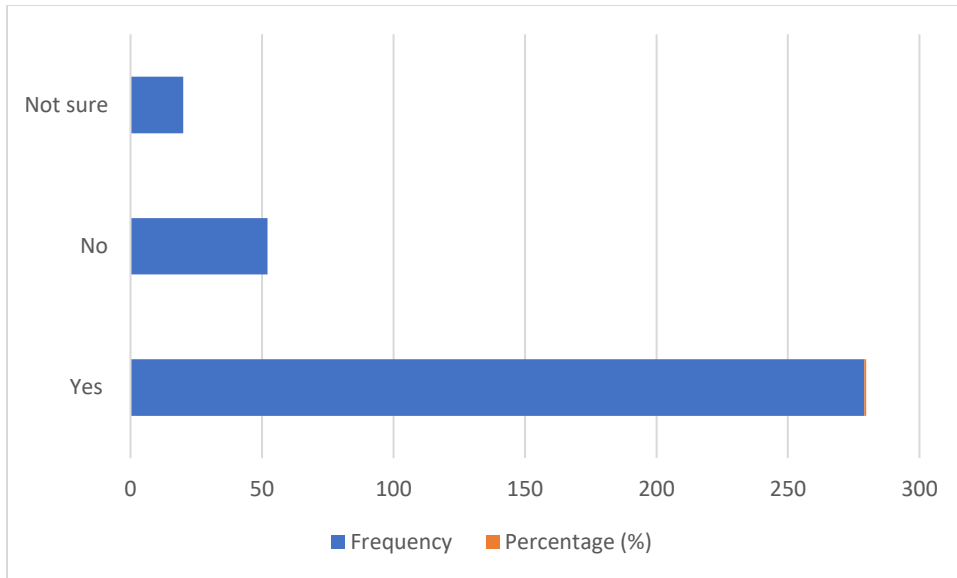


Table 7: Have you found engaging in physical exercise to be beneficial for alleviating your grief symptoms?

Statement	Frequency	Percentage (%)
Yes	214	60.6%
No	109	31.0%
Not sure	27	7.6%
TOTAL	351	100%

Source: Field Survey, 2023.

It's encouraging to see that 60.6% of respondents have found engaging in physical exercise to be beneficial for alleviating their grief symptoms. This indicates a significant proportion of individuals who recognize the positive impact of physical activity on their well-being during the grieving process.

The 31.0% who responded "No" may represent those who, for various reasons, did not find engaging in physical exercise to be beneficial for alleviating their grief symptoms. This could be influenced by personal preferences, health constraints, or the nature of their grief.

The 7.6% who are "Not sure" may indicate some uncertainty among respondents about the effectiveness of physical exercise in alleviating grief symptoms. This could be an opportunity for self-reflection and exploration of the ways in which physical activity might contribute to their overall well-being during grief.

FIG 6 HAVE YOU FOUND ENGAGING IN PHYSICAL EXERCISE TO BE BENEFICIAL FOR ALLEVIATING YOUR GRIEF SYMPTOMS

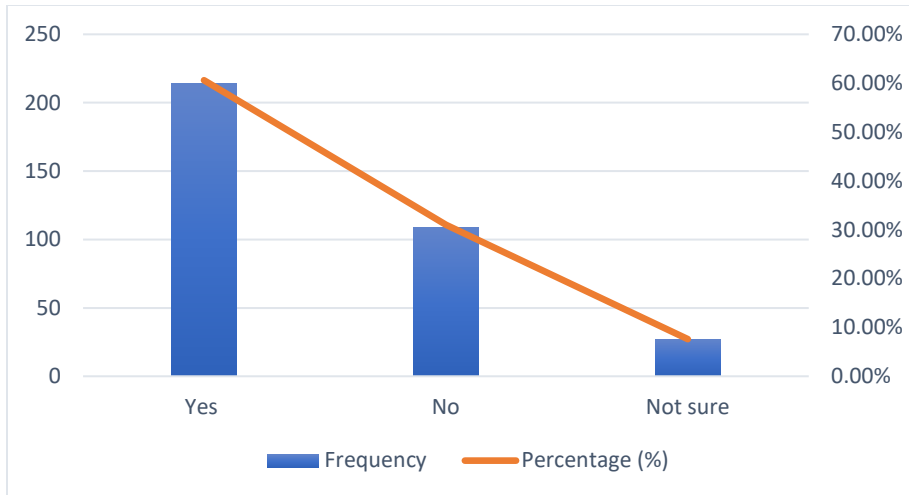


Table 8: Do you think practicing mindfulness or meditation has helped you cope with your grief?

Statement	Frequency	Percentage (%)
Yes	205	58.4%
No	95	27%
Not sure	51	14.5%
TOTAL	351	100%

Source: Field Survey, 2023.

It's notable that 58.4% of respondents believe that practicing mindfulness or meditation has helped them cope with their grief. This suggests a substantial portion of individuals who have found solace and support in these contemplative practices during their grieving process.

The 27% who responded "No" may represent those who, for various reasons, did not find mindfulness or meditation helpful in coping with their grief. This could be influenced by individual preferences, the nature of their grief, or the effectiveness of other coping strategies.

The 14.5% who are "Not sure" may indicate some uncertainty among respondents about the impact of mindfulness or meditation on their grief coping. This could be an opportunity for self-reflection and exploration of the ways in which these practices might have played a role in their grief journey.

FIG 7 DO YOU THINK PRACTICING MINDFULNESS OR MEDITATION HAS HELPED YOU COPE WITH YOUR GRIEF

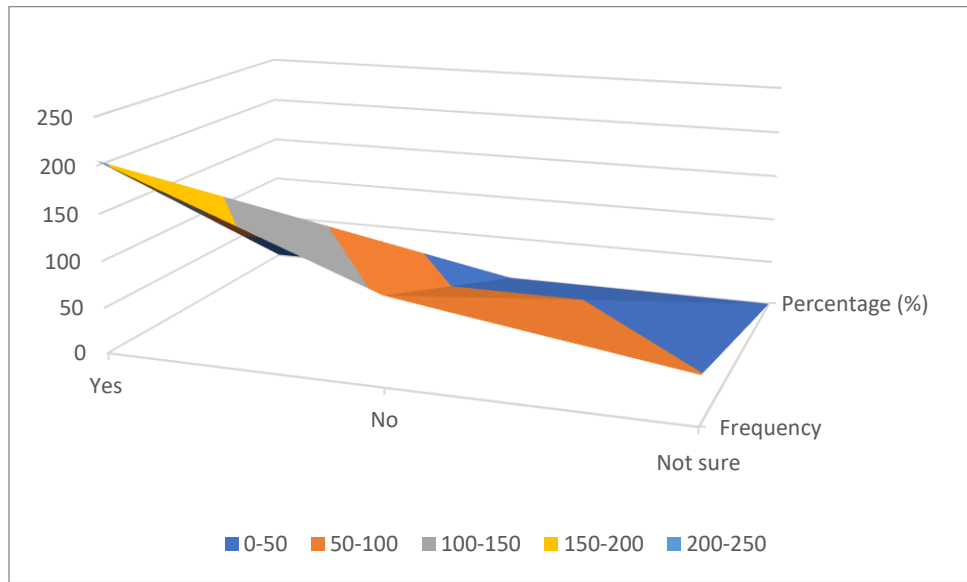


Table 9: Have you used creative outlets like art, writing, or music to process your grief?

Statement	Frequency	Percentage (%)
Yes	232	66.1%
No	106	30.1%
Not sure	13	3.7%
TOTAL	351	100%

Source: Field Survey, 2023.

It's interesting to note that 66.1% of respondents have used creative outlets like art, writing, or music to process their grief. This indicates a significant portion of individuals who have found solace and expression through creative means during their grieving process.

The 30.1% who responded "No" may represent those who, for various reasons, did not turn to creative outlets as a means of processing their grief. This could be influenced by individual preferences, coping mechanisms, or the availability of such outlets.

The 3.7% who are "Not sure" may indicate some uncertainty among respondents about whether they have used creative outlets for processing grief. This could be an opportunity for self-reflection and exploration of the ways in which creative expression might have played a role in their grieving journey.

FIG 8 HAVE YOU USED CREATIVE OUTLETS LIKE ART, WRITING, OR MUSIC TO PROCESS YOUR GRIEF

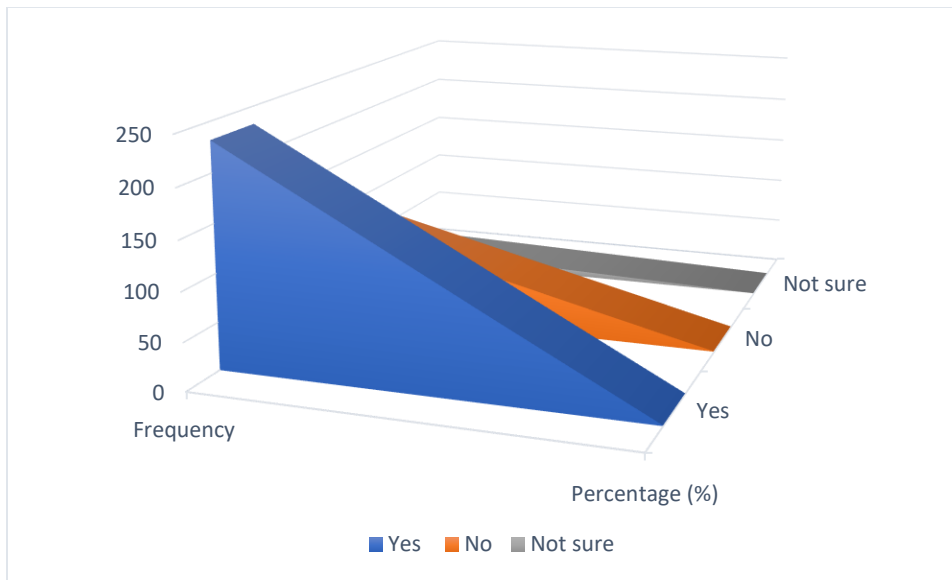


Table 10: Did receiving support from friends and family positively impact your grief management?

Statement	Frequency	Percentage (%)
Yes	284	80.9%
No	50	14.2%
Not sure	17	4.8%
TOTAL	351	100%

Source: Field Survey, 2023.

It's heartening to see that 80.9% of respondents acknowledge that receiving support from friends and family positively impacted their grief management. This underscores the importance of social connections and support networks in navigating the challenges of grief.

The 14.2% who responded "No" may represent individuals who, for various reasons, did not find the support from friends and family to be as impactful in their grief management. This could be influenced by the nature of relationships, individual coping styles, or the complexity of their grief experience.

The 4.8% who are "Not sure" may indicate some uncertainty among respondents about the impact of support on their grief management. This could be an opportunity for reflection and exploration of the ways in which support, or the lack thereof, played a role in their grieving process.

FIG 9: DID RECEIVING SUPPORT FROM FRIENDS AND FAMILY POSITIVELY IMPACT YOUR GRIEF MANAGEMENT

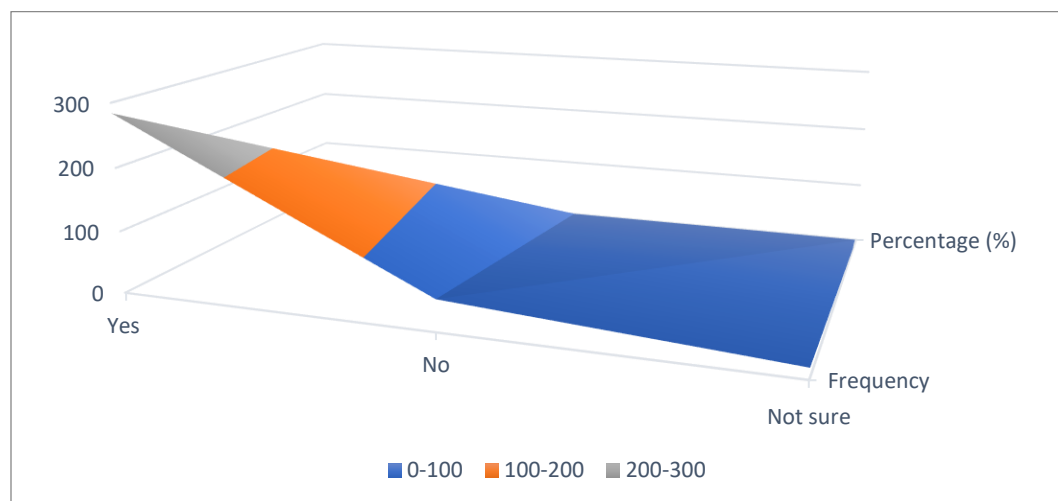


Table 11: Have you noticed changes in your understanding of grief over time?

Statement	Frequency	Percentage (%)
Yes	279	79.5%
No	56	15.9%
Not sure	16	4.5%
TOTAL	351	100%

Source: Field Survey, 2023.

It's intriguing that 79.5% of respondents have noticed changes in their understanding of grief over time. This indicates a significant portion of individuals who have experienced a dynamic and evolving perspective on the complexities of grief.

The 15.9% who responded "No" may represent individuals who feel that their understanding of grief has remained relatively consistent over time. This could be influenced by personal experiences, beliefs, or a limited exposure to diverse grief situations.

The 4.5% who are "Not sure" may indicate some uncertainty among respondents about the changes in their understanding of grief. This ambiguity could be an opportunity for self-reflection and exploration of the ways in which their perspectives on grief may have shifted.

FIG 10 HAVE YOU NOTICED CHANGES IN YOUR UNDERSTANDING OF GRIEF OVER TIME

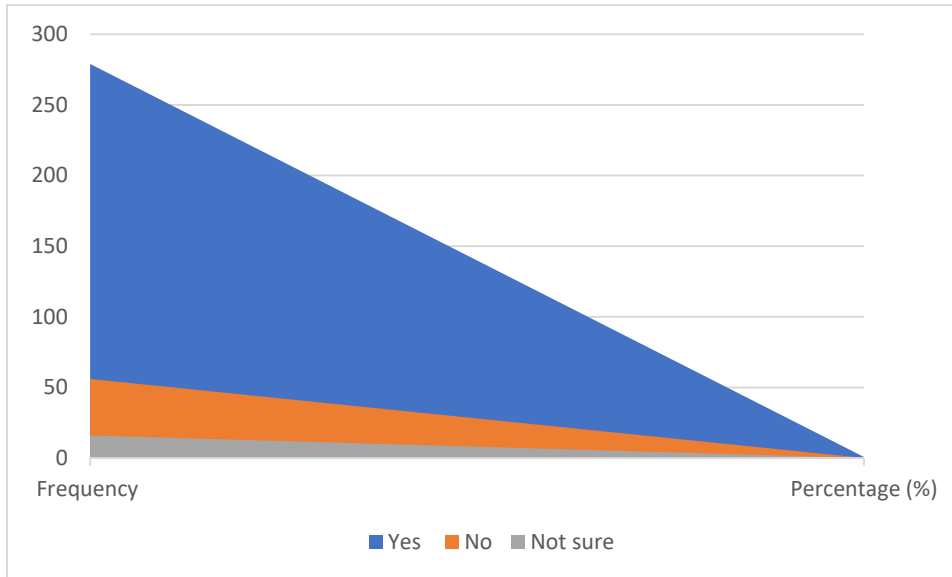


Table 12: Do you think your experience with grief has influenced your personal growth and perspective on life?

Statement	Frequency	Percentage (%)
Yes	276	78%
No	59	16.8%
Not sure	16	4.5%
TOTAL	351	100%

Source: Field Survey, 2023.

It's significant that 78% of respondents believe that their experience with grief has influenced their personal growth and perspective on life. This suggests that for the majority, the encounter with grief has been a transformative and enriching aspect of their lives.

The 16.8% who responded "No" may represent individuals who, for various reasons, feel that their experiences with grief have not significantly influenced their personal growth or outlook on life. This could be due to the individual nature of grief responses and coping mechanisms.

The 4.5% who are "Not sure" may indicate some uncertainty among respondents about the impact of grief on their personal growth. This could be an opportunity for self-reflection and exploration of the ways in which grief might have subtly influenced their perspectives.

FIG 11 DO YOU THINK YOUR EXPERIENCE WITH GRIEF HAS INFLUENCED YOUR PERSONAL GROWTH AND PERSPECTIVE ON LIFE

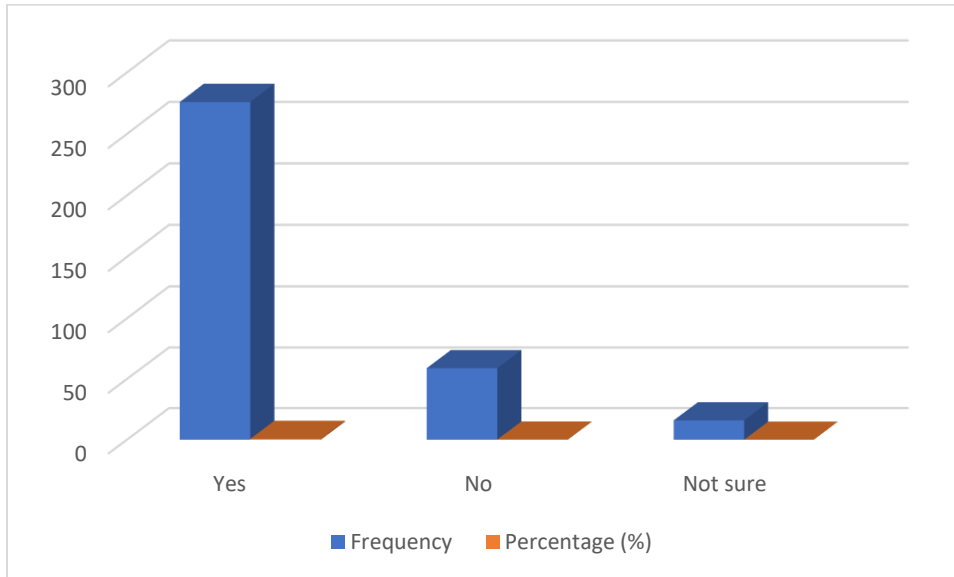


Table 13: Are you currently involved in the care of an older person (e.g., family member, relative, and friend)?

Statement	Frequency	Percentage (%)
Yes	251	71.5%
No	96	27.3%
Not sure	4	1.1%
TOTAL	351	100%

Source: Field Survey, 2023.

It's notable that 71.5% of respondents are currently involved in the care of an older person, reflecting a significant portion of individuals who are actively engaged in providing support and assistance to older family members, relatives, or friends.

The 27.3% who responded "No" may represent those who are not currently involved in caregiving for older individuals. This could be due to various reasons such as not having elderly family members, relatives, or friends in need of care at the moment.

The 1.1% who are "Not sure" may indicate some uncertainty among respondents about their current caregiving roles. This could be an opportunity for clarification and exploration of the extent of their involvement in the care of older individuals.

FIG 12 ARE YOU CURRENTLY INVOLVED IN THE CARE OF AN OLDER PERSON (E.G., FAMILY MEMBER, RELATIVE, AND FRIEND)

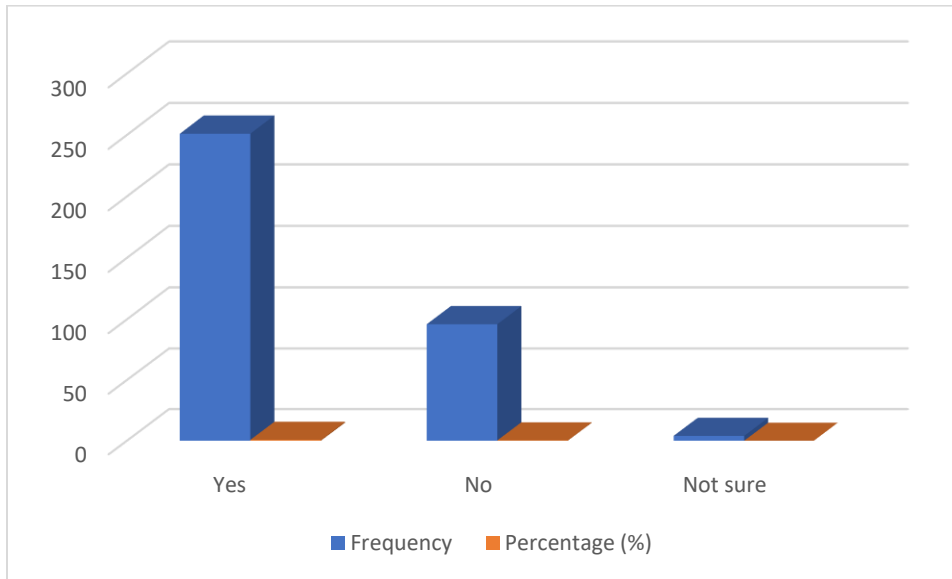


Table 14 Do you believe that providing older individuals with companionship and social interaction is important for their well-being?

Statement	Frequency	Percentage (%)
Yes	342	97.4%
No	5	1.4%
Not sure	4	1.1%
TOTAL	351	100%

Source: Field Survey, 2023.

It's overwhelmingly positive to note that 97.4% of respondents believe that providing older individuals with companionship and social interaction is important for their well-being. This strong consensus highlights a widely recognized understanding of the significance of social connections in promoting the overall well-being of older individuals.

The 1.4% who responded "No" may represent a small minority with differing perspectives. Understanding the reasons behind this response could provide insights into potential barriers or challenges in recognizing the importance of companionship and social interaction for the well-being of older persons.

The 1.1% who are "Not sure" may indicate some uncertainty among respondents. This could be an opportunity for further education and awareness-building about the positive impact of companionship and social interaction on the mental and emotional health of older individuals.

FIG 13 DO YOU BELIEVE THAT PROVIDING OLDER INDIVIDUALS WITH COMPANIONSHIP AND SOCIAL INTERACTION IS IMPORTANT FOR THEIR WELL-BEING

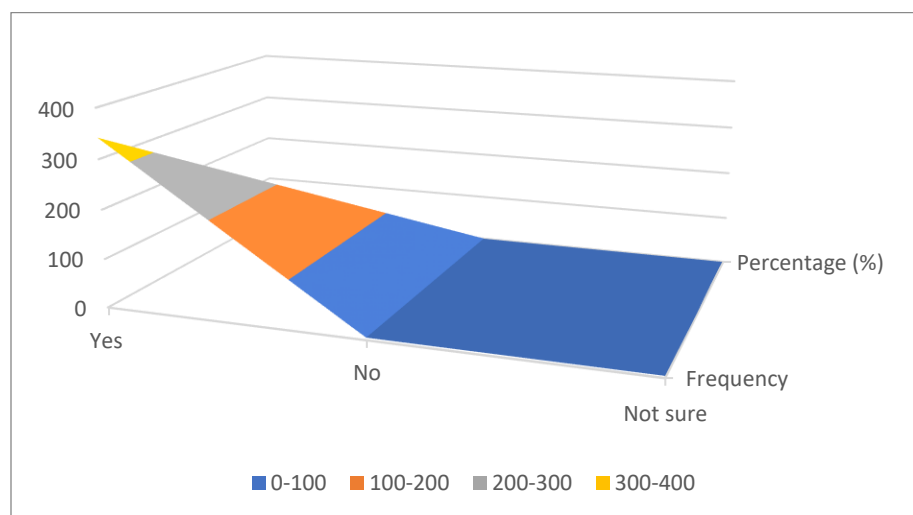


Table 15 : Have you ensured that the living environment of the older person is safe and adapted to their needs?

Statement	Frequency	Percentage (%)
Yes	316	90.0%
No	17	4.8%
Not sure	18	5.1%
TOTAL	351	100%

Source: Field Survey, 2023.

It's wonderful to see that a substantial majority, 90.0% of respondents, have ensured that the living environment of the older person is safe and adapted to their needs. This high percentage reflects a commitment to creating a living space that promotes the well-being and safety of older individuals.

The 4.8% who responded "No" may represent a smaller portion of respondents who, for various reasons, have not taken steps to ensure the safety and adaptability of the living environment for older persons. Understanding the reasons behind this response could provide insights into potential challenges or areas for improvement in home safety measures.

The 5.1% who are "Not sure" may indicate some uncertainty among respondents about the adequacy of safety measures in the living environment. This could be an opportunity for education and guidance on home safety adaptations for the elderly.

FIG 14 HAVE YOU ENSURED THAT THE LIVING ENVIRONMENT OF THE OLDER PERSON IS SAFE AND ADAPTED TO THEIR NEEDS

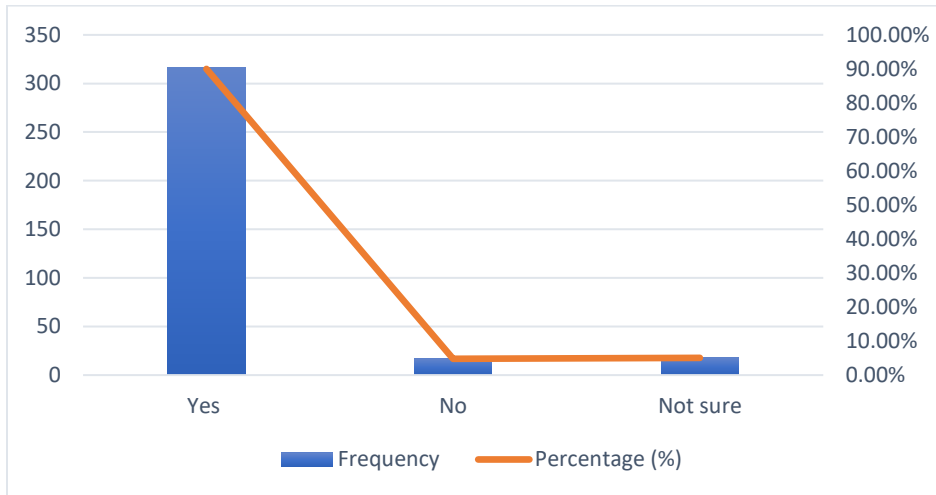


Table 16: Are you aware of the older person's medical and dietary needs?

Statement	Frequency	Percentage (%)
Yes	303	86.3%
No	36	10.3%
Not sure	12	3.4%
TOTAL	351	100%

Source: Field Survey, 2023.

It's reassuring to note that a significant majority, 86.3% of respondents, are aware of the older person's medical and dietary needs. This high level of awareness suggests a proactive approach to caregiving, with individuals being informed about the specific health and dietary requirements of older persons.

The 10.3% who responded "No" may represent a portion of respondents who, for various reasons, are not currently aware of the medical and dietary needs of the older individuals in their care. Understanding the reasons behind this response could provide insights into areas for improvement in communication or information-sharing regarding healthcare and dietary considerations.

The 3.4% who are "Not sure" may indicate some uncertainty among respondents about their level of awareness regarding medical and dietary needs. This could be an opportunity for education and communication to ensure that caregivers have the necessary information to provide optimal support.

FIG 15 ARE YOU AWARE OF THE OLDER PERSON'S MEDICAL AND DIETARY NEEDS

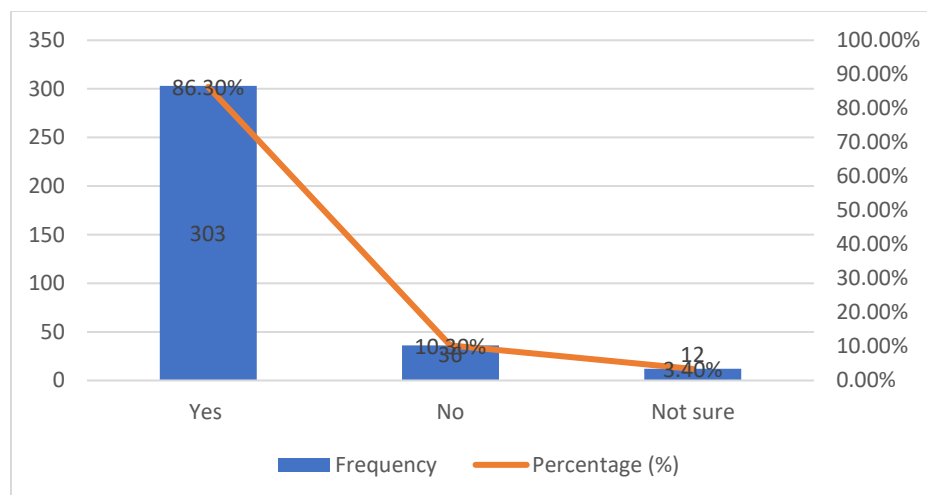


Table 17: Have you assisted the older person in managing their medications as prescribed?

Statement	Frequency	Percentage (%)
Yes	302	86.0%
No	38	10.8%
Not sure	11	3.1%
TOTAL	351	100%

Source: Field Survey, 2023.

It's wonderful to see that a large majority, 86.0% of respondents, have assisted older individuals in managing their medications as prescribed. This indicates a strong commitment to ensuring the well-being of the elderly by supporting them in maintaining proper medication routines.

The 10.8% who responded "No" may represent a portion of respondents who, for various reasons, have not been involved in assisting older individuals with their medication management. Understanding the reasons behind this response could provide insights into potential challenges or areas for improvement in medication support.

The 3.1% who are "Not sure" may indicate some uncertainty among respondents about their role in medication management. This could be an opportunity for education and training to enhance awareness of the importance of medication adherence for the health and safety of older individuals.

FIG 16 HAVE YOU ASSISTED THE OLDER PERSON IN MANAGING THEIR MEDICATIONS AS PRESCRIBED

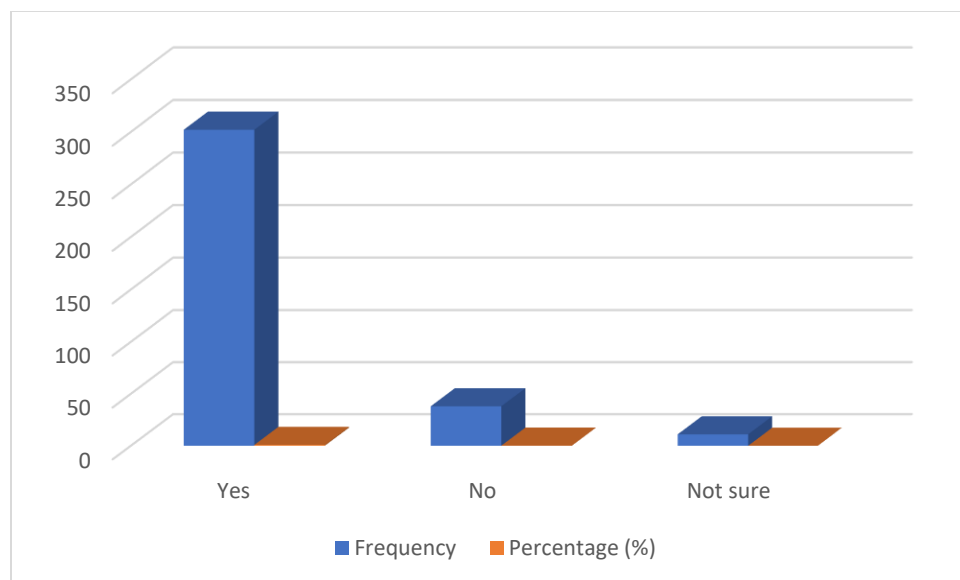


Table 18: Do you make an effort to engage the older person in regular physical activity or exercises?

Statement	Frequency	Percentage (%)
Yes	252	71.7%
No	87	24.7%
Not sure	12	3.4%
TOTAL	351	100%

Source: Field Survey, 2023.

It's uplifting to see that a substantial majority, 71.7% of respondents, make an effort to engage older individuals in regular physical activity or exercises. This reflects a positive commitment to promoting the health and well-being of the elderly through physical fitness.

The 24.7% who responded "No" may represent a portion of respondents who, for various reasons, do not currently engage older individuals in regular physical activity. Understanding the reasons behind this response could provide insights into potential barriers or challenges in incorporating physical activity into the lives of older persons.

The 3.4% who are "Not sure" may indicate some uncertainty among respondents about their role in promoting physical activity for older individuals. This could be an opportunity for education and awareness-building about the importance of physical activity in maintaining good health and mobility for the elderly.

FIG 17 DO YOU MAKE AN EFFORT TO ENGAGE THE OLDER PERSON IN REGULAR PHYSICAL ACTIVITY OR EXERCISES

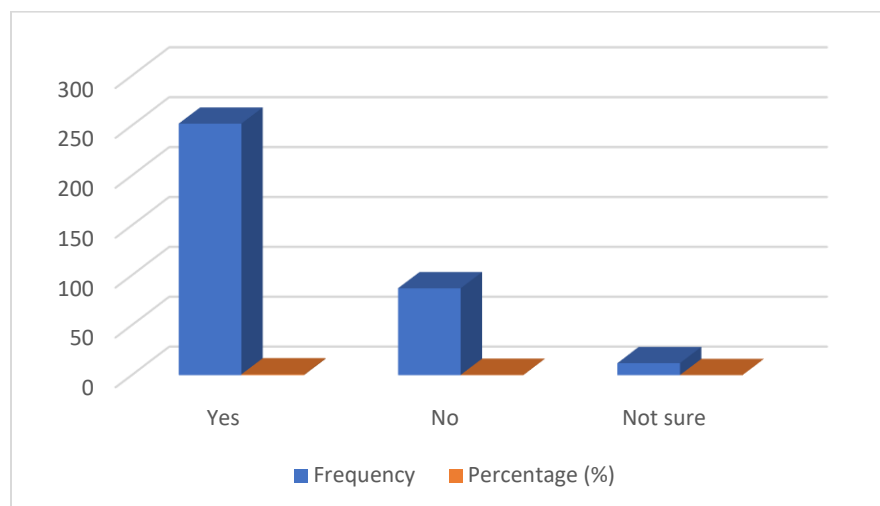


Table 19: Have you facilitated opportunities for the older person to participate in social activities and hobbies?

Statement	Frequency	Percentage (%)
Yes	226	64.3%
No	101	28.7%
Not sure	24	6.8%
TOTAL	351	100%

Source: Field Survey, 2023.

It's heartening to see that a majority, 64.3% of respondents, have facilitated opportunities for older individuals to participate in social activities and hobbies. This suggests a proactive approach towards promoting social engagement and well-being among the elderly.

The 28.7% who responded "No" may indicate a portion of the respondents who have not yet facilitated such opportunities. Exploring the reasons behind this response could provide insights into potential barriers or challenges in organizing social activities for older persons.

The 6.8% who are "Not sure" may reflect some uncertainty among respondents about their role in facilitating social activities for older individuals. This could be an opportunity for education and awareness-building about the positive impact of social engagement on the overall health and happiness of the elderly.

FIG 18 HAVE YOU FACILITATED OPPORTUNITIES FOR THE OLDER PERSON TO PARTICIPATE IN SOCIAL ACTIVITIES AND HOBBIES

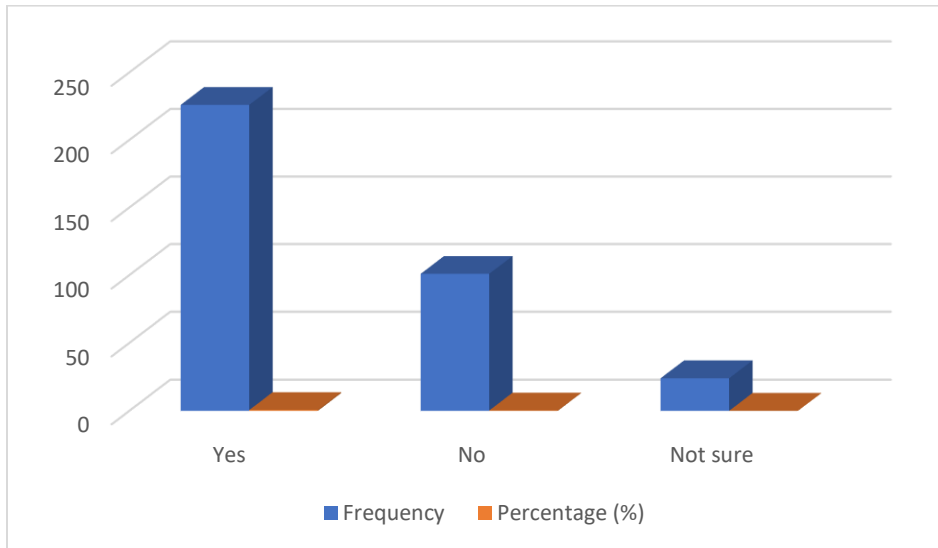


Table 20: Do you believe that involving older individuals in decision-making regarding their care promotes their autonomy?

Statement	Frequency	Percentage (%)
Yes	316	90.3%
No	16	4.6%
Not sure	18	5.1%
TOTAL	351	100%

Source: Field Survey, 2023.

It's fantastic to see that a large majority, 90.3% of respondents, believe that involving older individuals in decision-making regarding their care promotes their autonomy. This strong agreement suggests a positive and empowering perspective on the importance of autonomy for older persons.

The 4.6% who responded "No" may represent a smaller group with differing opinions. It would be interesting to explore the reasons behind this perspective, as understanding these viewpoints can contribute to more nuanced discussions on autonomy and decision-making in elder care.

The 5.1% who are "Not sure" indicate a level of uncertainty among respondents. This could be an opportunity for further education or dialogue to emphasize the benefits of involving older individuals in decisions about their care and the positive impact on their overall well-being.

FIG 19 DO YOU BELIEVE THAT INVOLVING OLDER INDIVIDUALS IN DECISION-MAKING REGARDING THEIR CARE PROMOTES THEIR AUTONOMY

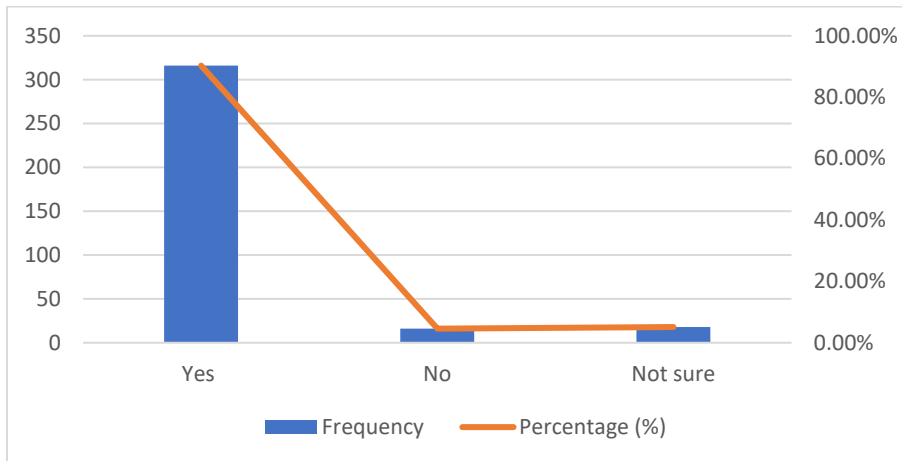


Table 21: Are you familiar with the signs of cognitive decline or mental health issues in older individuals?

Statement	Frequency	Percentage (%)
Yes	266	75.6%
No	71	20.2%
Not sure	15	4.3%
TOTAL	351	100%

Source: Field Survey, 2023.

It's encouraging to see that a significant majority, 75.6% of the respondents, have indicated that they are familiar with the signs of cognitive decline or mental health issues in older individuals. This suggests a relatively high level of awareness within the surveyed population.

However, the 20.2% who responded "No" highlight a portion of the respondents who may not be well-informed about these signs. This underscores the importance of educational initiatives to enhance awareness of cognitive decline and mental health issues in the elderly.

The 4.3% who are "Not sure" indicate a level of uncertainty among respondents. It could be beneficial to provide additional resources or training to address this uncertainty, ensuring that individuals are equipped to recognize and respond to signs of cognitive decline and mental health issues in older persons.

FIG 20 ARE YOU FAMILIAR WITH THE SIGNS OF COGNITIVE DECLINE OR MENTAL HEALTH ISSUES IN OLDER INDIVIDUALS

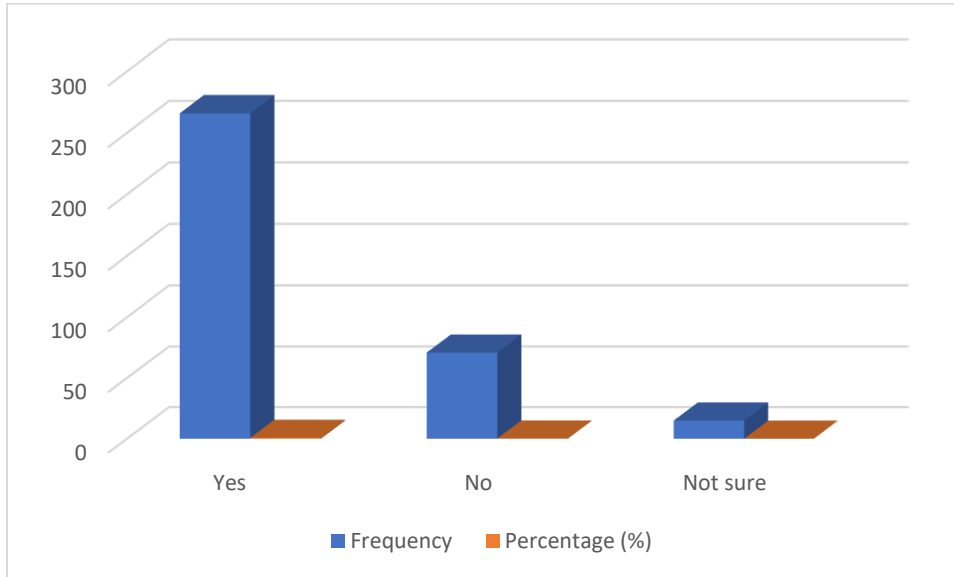


Table 22: Have you explored and utilized community resources that provide support and services for older persons?

Statement	Frequency	Percentage (%)
Yes	157	44.6%
No	168	47.7%
Not sure	27	7.7%
TOTAL	351	100%

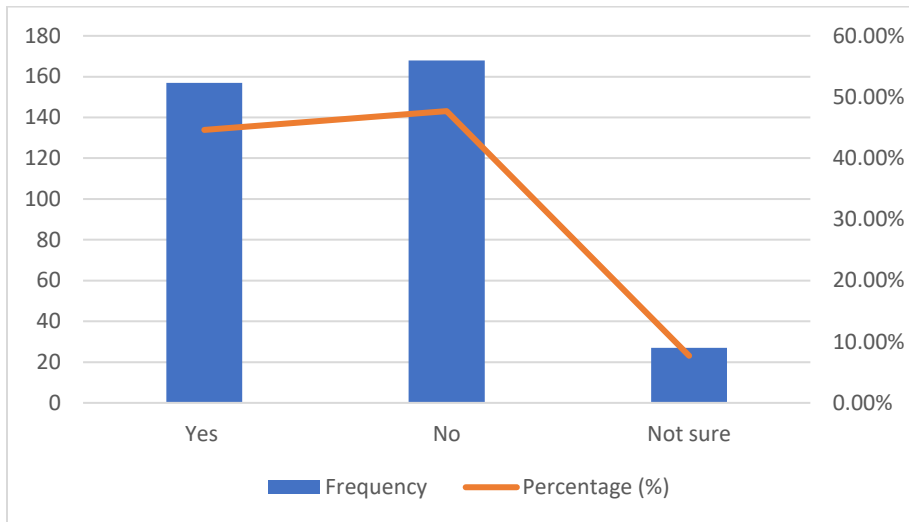
Source: Field Survey, 2023.

From the Table 22 above; The 44.6% who responded "Yes" indicate a portion of the population actively engaging with available community resources. This group might be benefiting from the support and services provided, showcasing a positive aspect of community involvement.

On the other hand, the 47.7% who responded "No" may represent a segment that is either unaware of existing resources or faces barriers in accessing them. This highlights a potential area for improvement in terms of information dissemination or the accessibility of these community services.

The 7.7% who are "Not sure" suggest a level of ambiguity or lack of clarity among respondents regarding available community resources. This group might benefit from increased awareness campaigns or improved communication about the support services available to them.

FIG 21 HAVE YOU EXPLORED AND UTILIZED COMMUNITY RESOURCES THAT PROVIDE SUPPORT AND SERVICES FOR OLDER PERSONS



2.3 Discussion of Findings

The findings show the significant of majority that they have experienced the loss of a loved one underscores the commonality of grief as a shared human experience. It's a reminder of the importance of empathy and understanding when supporting others through their grief journey while a smaller percentage has sought professional counseling or therapy, it's important to recognize the diversity of coping strategies individuals employ. Seeking professional support is a valid and valuable option for those who find it beneficial, and there are various pathways to healing during the grieving process.

Secondly, 1.4% who are "Not sure" may indicate some uncertainty among respondents about their participation in support groups. This could be an opportunity for self-reflection and exploration of available resources for additional support. The 5.7% who are "Not sure" may indicate some uncertainty among respondents about the impact of expressing emotions on their grief management. This could be an opportunity for self-reflection and exploration of the ways in which emotional expression might contribute to their overall coping strategy.

It's encouraging to see that 60.6% of respondents have found engaging in physical exercise to be beneficial for alleviating their grief symptoms. This indicates a significant proportion of individuals who recognize the positive impact of physical activity on their well-being during the grieving process. It's interesting to note that 66.1% of respondents have used creative outlets like art, writing, or music to process their grief. This indicates a significant portion of individuals who have found solace and expression through creative means during their grieving process.

Lastly, individuals react to tension in relationships, predictable patterns of behaviour developed as a way of adapting and managing the dilemma. Rather than becoming overwhelmed by the emotional reactivity

and defaulting to patterns that may be unhelpful or undermine our own or someone else's functioning in the relationship, it is a challenge in all relationships to learn how to hold onto our thinking selves while at the same time remaining connected to significant others.

4. Conclusion

In conclusion, addressing grief and improving older person care in Lagos State requires a concerted effort from various stakeholders, including government agencies, healthcare providers, and community organizations. Recognizing the diverse nature of grief and tailoring interventions accordingly is crucial for effective support.

Furthermore, a comprehensive approach to elderly care should encompass not only medical attention but also social, emotional, and recreational support. This holistic perspective is essential for promoting a dignified and fulfilling life for older persons in Lagos State.

Ethical Approval:

As per international standards or university standards written ethical approval has been collected and preserved by the author(s).

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