

The Effectiveness of the Orem Self-Care Model on Single Parent Women's General Health

Authors : Sahar Esmaeili, Ramezanali Ghaderi sanavi, Masoomah Maarefvand, Samaneh Hosseinzadeh

Abstract : Introduction: Conducted researches reveal that nowadays, 60 percent of women around the world are the households. The adverse economic condition causes female-headed households and their children to be the most vulnerable people against social harm. Mainly a symptoms of mental illness such as depression, anxiety, obsession and aggression can be seen in female-headed households and their children are potentially exposed to issues such as crime-work, child labor in the black and informal jobs, education deprivation and malnutrition. The aim of this study is to evaluate the effect of Orem self-care education with the FGC technique on the public health of female-headed households. Methods: Sixty-four Female-headed householders who were supported by Saleh Foundation participated in a clinical trial study and were assigned to the case (n=32) and control (n=32) groups. The case group received 4-session Orem's self-care education with family group conferencing technique. Data were collected using the demographic questionnaire and General Health Questionnaire (GHQ-28) prior to intervention and post-intervention. ANOVA was used to evaluate outcomes. Results: The results showed significant improvement of the intervention group in GHQ ($P<0.001$) and subscales of Physical Health ($P<0.001$) Agitation and Insomnia ($P<0.001$) and Social disorder ($P<0.001$) and Depression ($P<0.001$) compared with the control group after the intervention. Conclusion: The intervention of Orem's self-care education with family group conferencing technique was effective in improving the General Health of Female-headed households

Keywords : orem's self-care, female-headed households, general health, group

Conference Title : ICAHSS 2021 : International Conference on Arts, Humanities and Social Sciences

Conference Location : Prague, Czechia

Conference Dates : September 06-07, 2021