



Negative Attitude and Anxiety towards Aging in students from a Nursing School in Saltillo, México.

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Purpose:

To identify negative attitudes and anxiety levels towards aging and their relationship with socio-demographic variables and co-existence with the elderly, in students in Bachelor's Level, in a Public Nursing School in Mexico's northeast.

Introduction

Nursing is one of the professions that have a greater contact with patients, therefore, measuring the attitudes of students and nursing professionals is important, since with these is the deal that will be given to the patient, having negative repercussions such as: Aggravate their illness, psychological traumas and in case of the positive effects would be improvement in shorter time, effectiveness of treatments, good emotional and psychological development of the patient, depending on how expressed to said.

Conclusion:

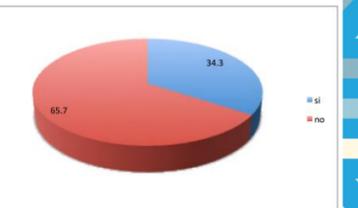
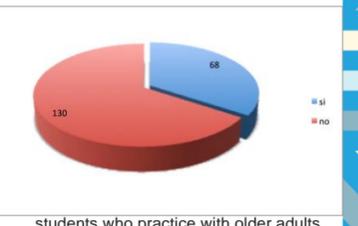
Nursing undergraduate students have anxiety and negative attitudes towards aging, which may allow us to make proposals to include educational programs with a gerontological approach to not only see the negative qualities of the older adult

Methods:

Correlational-Descriptive Design with proportional fixing by genre of 198 students in Bachelor's Level, in a Public Nursing School in Mexico's northeast. This sample had an associated reliability of 95% and an error of 5%, based on the calculation of infinite populations. The instruments that were applied were: socio-demographic format, co-existence with the elderly format and questionnaire about attitudes towards aging, and Anxiety Scale towards aging; which shows an acceptable reliability (Cronbach Alpha= 0.710 and 0.867).

Results:

An attitude towards aging was found, with a mean of 41.4, with an SD of 9.09 with an average anxiety of 42.5 and a standard deviation (SD) of 10.04; for the variable (both oscillate in values of 21 and 63), where, with a higher score, a higher presence of negative attitudes and higher level of anxiety. We found a mean positive relationship between attitudes towards aging and anxiety towards aging ($r = 0.522, p < 0.000$), which means that the greater negative attitudes the greater the anxiety before the aging; a negative relationship between anxiety and age was found ($r = 0.169, p = 0.024$), which means that the higher anxiety is the age of the trainers. Through the chi² test, the relationship between higher anxiety and the first semesters of the race was found ($\chi^2 = 38.49, p < 0.05$)



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