

## **CARING FOR THE HEALTH CHALLENGES AMONG ELDERLY PERSONS IN A PERIOD OF COVID-19 PANDEMIC IN DELTA STATE**

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### **Abstract:**

*This study was undertaken to investigate caring for the health challenges among elderly persons in a period of COVID-19 pandemic in Delta state. The study utilised descriptive survey design. The population was 10,759 teachers in public secondary schools in Delta State in the 2020/2021 academic year. The researcher sampled 2152 teachers representing 20 % of teachers in public secondary schools in Delta State. The tool utilised in this investigation was described as “Caring for the Health Challenges among Elderly Persons Questionnaire” (CHCEPQ)”. Items on the tool were appraised with the four points scoring scale of Strongly Agree (4 points), Agree (3 points), Disagree (2 points) and Strongly Disagree (1 point). From 2152 copies of the tool administered, 2141 copies or 0.99 % were retrieved. Male teachers were 1335 whereas female teachers were 806. Mean rating and standard deviation were utilised to respond to the 4 research questions.. z test were utilised to test the two null hypotheses created to direct the investigation at 0.05 levels of significance. Findings: in the investigation revealed that the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high. There was significant difference between “male” and “female” Teachers on approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state. There was significant difference between “experienced” and l”ess experienced” teachers approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state. It was concluded in the investigation that the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state were high. The factors responsible for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high. The approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high. “male” and “female” Teachers significantly differs on approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state. “experienced” and l”ess experienced” teachers significantly differs on approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state. It was suggested in this investigation that adequate care should be provided by families of elderly persons in a period of COVID-19 pandemic in Delta state. The government of Delta state should make provision for the care of elderly persons*

*in a period of COVID-19 pandemic in Delta state. Corporate organizations should assist the government of Delta state in caring for the elderly persons in a period of COVID-19 pandemic in Delta state.*

**Key Words:** Delta state, Care, Elderly persons, Health challenges, Period of COVID-19 pandemic.

### **Introduction**

COVID-19 or Coronavirus (CoV) pandemic are prevailing respiratory diseases that are acknowledged to cause ill health varying from the ordinary cold to harsh severe respiratory disorder (Yin and Wunderink, 2018). It's a zoonotic pathogen that can be spread through animal -to- human being and human being to human contacts (Li *et al*, 2020). Several pandemic eruption happened in 2002 (SARS), with about 800 fatality and in 2012 (Middle East respiratory disorder COVID-19 with 860 fatality (Bhagavathula and Shehab, 2020). Approximately eight years following the MERS-CoV pandemic, the present eruption of (COVID-19 in Wuhan City, Hubei region, China, has surfaced as a worldwide epidemic and important public health concern. severe acute respiratory syndrome COVID-19 (2) (Lai *et al* , 2020).

On January 30, 2020, the World Health Organisation (2020) acknowledged COVID-19 a public healthiness crisis of global anxiety. Surprisingly, in the first week of March, an overwhelming amount of novel cases were reported globally, and COVID-19 appeared as an epidemic. In Nigeria, the first case started from an Italian entrepreneur on a tour to Nigeria on 23<sup>rd</sup> February 2020. The infected cases in Nigeria were mainly from tourist coming and leaving the nation and with individual to individual, the disease proliferated in Abuja (FCT), Lagos state, Ogun state, Kano state and partly other states. Thus, the emergence of COVID -19 disease caused much anxiety in Nigeria due to the increasing sum of assumed cases and the virus' varying stance.

Growing old is described as the continuing failure of the organisms' capability to react to the surroundings, the failure harmonise can heighten illness and in the likelihood of death (Edington and Edgerton, 2017). As the populace become elderly, they obviously retard and a few even turn out to be debilitated. As in the number of elderly persons in Delta State shoot-up, the difficult question of how to care for them is very serious. They have extended families where children, parents and grandparents lived together. The elderly have their pains and they occasionally complain. The basic reason why childbearing is so important to citizens of Delta state is that their children will care for them in the future.

Although norms are altering in Delta state, family unit take critically the liability to care for their elderly parents. If there are no children, other relations will care for them. When children become adult, get married and have family of their own, frequently they are confronted with the dilemma of caring for their aged,

weak and sometimes constantly sick parents. Health expert noted that behavioral modification as a fundamental approach for lengthy existence among the elderly persons

Investigations uncovered that, that in the past, male children offered monetary support, but it is mainly the female children who offer their hands on care. They prepare foods for their aged parents, sometimes spoon-feed them. They bathe and dress them, change them, take them to hospitals and provide their medical requirements. Often they are the eyeballs, ears and brainpower of their elderly parents. Presently, the thought that most married children send their aged parents to spend their dilapidated existence in the nursing homes, are not just truthful.

In an analysis, The German Newspaper *Rheinischer Merkur* (GNRM, 2019) established that the elderly who don't perceive any prospect for themselves or have modest to perform with caring for themselves and making their own judgment, may have a poorer possibility of continued existence. In a similar investigation, Pill and Stott (2015) ifound that ill health among elderly persons were given lesser precedence by them. In another study, Federal Republic of Germany (2019) observed that positive approaches and perceptions significantly relate with prolonged vigor as populace become elderly.

In a study, Eisdorfer (2011) found that bulk of care for the elderly persons was offered by their family unit. In similar investigation, *The Wall Street Journal* (WSJ, 2013) ascertained that about 6 in 7 representing 86% of the mistreatment elderly persons were physically abused by their own family unit. In another study *Modern Maturity Magazine* (2013) observed that mistreatment of the elderly is merely the greatest family unit aggression to create its line of attack out of the secret and onto the rages of the newspaper. In an investigation *The World Press Review* (WPP, 2011) found that some 600 million people or 12% of the world population were over 60 years of age.

In a similar investigation the *New York City Newspaper* (NYCN,2011) established that American who were 65years and older ones were in every eight of the populace and the elderly populace were increasing twofold as rapid as the other parts of the population.. In a similar investigation, Herzlich (2013) found that health and ill health were the results of efforts and resistance between the inactive elderly persons and their ways of existence. In a comparable inquiry, *Apotheken Unschau Newspaper* (AUN, 2010) observed that inadequate talk with the elderly deprive them of their self-worth as well dreadful for their health. Additional findings showed that the fewer elderly the persons were appreciated, the more they rot physically and psychologically.

In a more exploration, Ross (2017) asserted that the elderly stay younger and more active when they live independently. *Vancouver Sun* (2014) noted that children should be the target of school programme intended to encourage that merit of the elderly citizens. In another study, the *Nassauische Newspaper* (NN, 2014)

observed that unhelpful pressure among the elderly, deteriorate their bodily resistance. In a comparable analysis carried out in Italy and sum up in Corriere Salute (2012) established that the motives for the noticeable turn-down of remembrance may be failure of self-assurance among elderly persons. In a similar study, The *Nassauische Newspaper* of Frankfurt, Germany (NNFG, 2019) ifound that the elderly persons do not consume food excessively and were likely to be ill. A small number of calories deteriorate the body resistance.

That the food of the elderly persons was frequently not very nutritious as they cook too much food in advance and keep it for a lengthy period. In addition, many elderly persons eat insufficient fresh fruit and vegetables, particularly when they were not spice up. The study further established that general-practitioners should notify the elderly persons to consume sufficient foods and regularly.

The standard life expectation for Americans was 35 in 1786. For an American child born in 1989 is 75. In Canada the number of the very elderly age 85 and above is expected to be more than tripled by the 21<sup>st</sup> century. In Europe, in 100 years ago, the elderly made up just 1 % of its populace. Today their figure has ascended to 17%. Four-fifths of the increase in older people is occurring in the third world. In another investigation, *United State of America Census Bureau (USACB, 2011)* accounted that four-fifth of the enrichment among elderly persons was in the developing nations.

### **Statement of the Study.**

The traditional Delta state protection arrangement for the elderly persons is being battered by western standards. The inadequate care provided for the elderly persons by their own household is a problem for their health and happiness. Some elderly persons in Delta state do not eat enough food. Some of the elderly persons suffer from different kinds of diseases without medical care and some drink alcohol so much in place of food. They are not cared for by the government and their family members ensuing in incessant death among them.

Their children do not observe care give to their elderly parents as a way of paying back to them for everything that they performed in their lives. The elderly in Delta state have turn out to be victims of disgusting mistreatment and abandonment. Kid and their parents do not interact with benefit to one another. It is turning out to be a common experience that the fastest on the rise age group in Delta state is said to be 75 plus grouping. Most elderly persons in the families neither are not adequately cared for by their children and relations. They observe them decline in health and suffer from pains. Lack of emotional support from their children, friends and relations. The challenges of care giving are hindering their sustaining a close association with their elderly parents.

The problem of this study, therefore, is to investigate caring for the health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state with a view to establishing if there is a significant relationship, if there is no

significant difference between “male” and “female”,”experienced” and l”ess experienced” teachers’ approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state

### **Research Questions.**

The following questions were tested

- i What are the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state?
- ii What are the factors responsible for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state?
- iii What are the approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state?

### **The following hypotheses were tested:**

- (1) There is no significant difference between “male” and “female” teacher’s approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state.
- (2) There is no significant difference between “experienced” and l”ess experienced” teachers approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state.

### **Method.**

The study utilised descriptive survey design. The population was 10,759 teachers in public secondary schools in Delta State in the 2020/2021 academic year. The researcher sampled 2152 teachers representing 20 % of teachers in public secondary schools in Delta State. The tool utilised in this investigation was described as “Caring for the Health Challenges among Elderly Persons Questionnaire” (CHCEPQ)”. The tool was authenticated with experts assessment. The investigator utilised the split-half procedure to ascertain the steadiness of the tool with piloting assessment and 50 teachers who were in public secondary schools in Bayelsa state were administered the tool used in ascertaining the steadfastness of the tool.

The steadfastness of the tool was determined with the Pearson Product Moment Correlational Coefficient (r) and it yielded 0.85. The factors responsible for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state yielded 0.71. The approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state yielded 0.63. The investigator with the sustenance of experienced investigation helpers in the administration of the tool was in the different public secondary schools in Delta state utilised in the investigation to administer the tool to teachers who were used in the investigation.

From 2152 copies of the tool administered, 2141 copies or 0.99 % were retrieved. Male teachers were 1335 whereas female teachers were 806. Mean rating and standard deviation were utilised to respond to the four research questions. Mean rating of 2.50 was acknowledged as the considerable level of acknowledgment while mean rating under 2.50 was leftover. z test were utilised to test the two null hypotheses created to direct the investigation at 0.05 levels of significance.

## Presentation of Results.

### Research Question 1.

What are the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state?

**Table 1: Mean Rating of Respondents on the Forms of Health Challenges Facing the Elderly Persons in a Period of COVID-19 Pandemic in Delta State.**

S/N	Forms of Health Challenges	Male Teachers				Female Teachers			
		N	$\bar{X}$	SD	Decision	N	$\bar{X}$	SD	Decision
1	Alzheimer syndrome	1335	4.13	0.81	+	806	4.05	0.85	+
2	COVID-19 pandemic	1335	4.07	1.13	+	806	3.89	1.06	+
3	Cancer	1335	4.03	0.79	+	806	4.01	0.82	+
4	Heart disease s	1335	3.95	1.15	+	806	3.93	1.19	+
5	Drug Addiction	1335	3.91	0.76	+	806	3.85	0.75	+
6	Mental illness	1335	3.87	1.19	+	806	3.83	1.11	+
7	Smoking	1335	3.84	0.83	+	806	3.77	1.07	+
8	Alcoholism	1335	3.77	0.67	+	806	3.69	0.79	+
9	Hypertension	1335	3.75	1.19	+	806	3.64	1.11	+
10	Lung diseases	1335	3.65	0.87	+	806	3.61	0.75	+
11	Kidney diseases	1335	3.61	1.09	+	806	3.57	1.19	+
12	Diabetes	1335	3.55	0.83	+	806	3.52	0.81	+
	<b>Total</b>		<b>46.13</b>	<b>11.31</b>			<b>45.36</b>	<b>11.5</b>	
	<b>Grand Mean</b>		<b>3.83</b>	<b>0.94</b>			<b>3.78</b>	<b>0.96</b>	

+ = Agreed, - = Disagreed

The data in Table 1 shows that the mean rating from items 1 to 12 on the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state. Applying the details in table 1 and the mean rating from items 1 to 12, the ensuing was noted. The sample for male teachers were 1335

with mean rating of “3.94” and standard deviation of “0.94” while the sample for female teachers was 806 and mean rating of “3.78” and standard deviation of “0.96”. Relating the substantial level of reception for the study as 2.50, the ratings of urban and female teachers were higher than the significant level of acceptance. This denotes that the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.

### Research Question 2.

What are the factors responsible for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state?

**Table 2: Mean Rating of Respondents on the Factors Responsible for Health Challenges among Elderly persons in a period of COVID-19 pandemic in Delta State.**

S/N	Factors Responsible for Health Challenges among Elderly persons in a period of COVID-19 pandemic in Delta state	Male Teachers				Female Teachers			
		N	$\bar{X}$	SD	Decision	N	$\bar{X}$	SD	Decision
1	The elderly are unwilling to disclose that they are going through physical assault	1335	4.15	1.13	+	806	4.09	1.07	+
2	The elderly are unwilling to disclose that they are going through financial assault	1335	4.03	1.09	+	806	4.05	1.13	+
3	The elderly are unwilling to disclose that they are going through psychological neglect	1335	3.97	0.77	+	806	3.93	0.81	+
4	The children of the elderly persons are not willing to live with the parents to avoid conflict.	1335	3.91	0.69	+	806	3.85	1.01	+
5	The children of the elderly persons cannot show honour to them.	1335	2.39	1.11	-	806	2.33	0.71	+

6	The children of the elderly persons cannot send their children to help their aged parents.	1335	2.39	1.11	-	806	2.33	0.71	+
7	Poor elderly persons die because they cannot they cannot afford even the inadequate medical assistance that are obtainable.	1335	2.39	1.11	-	806	2.33	0.71	+
<b>Total</b>			<b>18.45</b>	<b>4.79</b>			<b>18.25</b>	<b>4.73</b>	
<b>Grand Mean</b>			<b>3.69</b>	<b>0.96</b>			<b>3.65</b>	<b>0.95</b>	

+ = Agreed, - = Disagreed

The data in Table 2 shows that the mean rating from items 1 to 5 on factors responsible for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state. Applying the details in table 2 and the mean rating from items 1 to 5, the ensuing were noted. The sample for Male teachers were 1335 with mean rating of “3.69” and standard deviation of 0.96 and the sample for female teachers was 806 and mean rating of “3.65” and standard deviation of “0.95”. Relating the substantial level of reception for the study as 2.50, the ratings of urban and female teachers were higher than the significant level of acceptance. This denotes that the factors responsible for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.

### Research Question 3.

What are the approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state?

**Table 3: Mean Rating of Respondents on the Approaches for Caring for Health Challenges among Elderly persons in a Period of COVID-19 Pandemic in Delta state.**

S/N	Approaches for Caring for Health Challenges among Elderly persons in a Period of COVID-19 pandemic in Delta State	Male Teachers				Female Teachers			
		N	$\bar{X}$	SD	Decision	N	$\bar{X}$	SD	Decision
1	The elderly should have the determination to survive healthily.	1335	4.11	1.13	+	806	4.07	1.11	+

2	Children of the elderly should take caring for their health requirements	1335	4.09	0.79	+	806	4.03	0.75	+
3	Children of the elderly should allow their aged parents to live alone despite some difficulties.	1335	4.05	1.15	+	806	3.97	1.13	+
4	Children of the elderly should ensure that parents have their photographs in their homes.	1335	4.01	0.81	+	806	3.95	0.71	+
5	Children of the elderly should pay attention to their parent's distress.	1335	3.97	1.13	+	806	3.91	1.13	+
6	Children of the elderly should ensure that parents have conveniences in their homes.	1335	3.95	0.85	+	806	3.88	0.81	+
7	Children of the elderly should make regular phone call with their aged parents who live alone.	1335	3.93	1.09	+	806	3.85	1.15	+
8	Children of the elderly should make periodic re-evaluation of their parents' desires.	1335	3.88	0.75	+	806	3.82	0.75	+
9	Children of the elderly should explain to their parents what can they do.	1335	3.84	1.07	+	806	3.79	1.08	+
10	Children of the elderly should have regular conversation with their parents to	1335	3.81	0.73	+	806	3.75	0.77	+

11	shun sentiments and bitterness. Children of the elderly should bring their aged parents to perform to ensure that they are contented	1335	3.79	1.16	+	806	3.72	1.15	+
12	Children of the elderly persons should choose home to institutional care for their aged parents.	1335	3.77	1.01	+	806	3.68	0.85	+
Total		1335	47.2	11.67	+	806	46.42	11.39	+
Grand Mean			3.93	0.97			3.87	0.97	

+ = Agreed, - = Disagreed

Table 3 was on the approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state. Applying the details in table 3 and the mean rating from items 1 to 12, the ensuing were noted. The sample for male teachers were 1335 with mean rating of “3.93” and standard deviation of “0.97” simultaneously as the sample for female teachers was 806 with mean rating of “3.87” and standard deviation of “0.97”. Relating the substantial level of reception for the investigation of 2.50, the ratings of urban and Female Teachers were higher than the criterion level of acceptance. This denotes that the approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.

**Hypothesis 1.**

There is no significant difference between “male” and “female” teachers on approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state.

**Table 4: z test of Significant Difference between “male” and “female” Respondents on Factors Responsible for Management of Stress among Teachers who Retired in Delta state Civil Service between 2011 to 2020.**

States	N	$\bar{X}$	SD	Df	Level of Significance	of Calculated z-Value	Critical z-Value	Decisions
Male Teachers	1335	52.54	5.46	2139	0.05	4.45	1.96	Significant Reject $H_0$
<b>Female Teachers</b>	806	51.23	7.17					

**Significant at 0.05 < P level**

Table 4 signified that calculated z value of 4.45 was greater than the critical z value of 1.96. As a result, the null hypothesis was rejected. This denotes that there was significant difference between “male” and “female” respondents on factors responsible for female genital Mutilation that relate with health issues Among female students in public secondary schools in Delta State.

### Hypothesis 2:

There is no significant difference between “experienced” and less experienced” teacher’s on approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state.

**Table 5: z test of Significant Difference between “experienced” and less experienced” Teacher’s on approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state.**

States	N	X <sup>-</sup>	SD	Df	Level of Significance	Calculated z-Value	Critical z-Value	Decisions
Male Teachers	1335	34.33	25.10	2139	0.05	-0.42	1.96	Significant Reject Ho <sup>2</sup>
Female Teachers	806	34.63	25.20					

### Significant at 0.05 < P level

Table 5 indicated that calculated z value of -0.42 was greater than the critical z value of 1.96. Consequently, the null hypothesis was rejected. This implies that there was significant difference between “experienced” and less experienced” teacher’s on approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state

### Findings:

- (1) The forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.
- (2) The factors responsible for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.
- (3) The approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.
- (4) There significant difference between “male” and “female” teachers on approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state

- (5) There significant difference between “experienced” and l”ess experienced” teachers approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state.

### **Discussion of Results**

Research question 1 was on the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state? The data in Table 1 shows that the mean rating from items 1 to 12 on the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state. Applying the details in table 1 and the mean rating from items 1 to 12, the ensuing was noted. The sample for male teachers were 1335 with mean rating of “3.94” and standard deviation of “0.94” while the sample for female teachers was 806 and mean rating of “3.78” and standard deviation of “0.96”. Relating the substantial level of reception for the study as 2.50, the ratings of urban and female teachers were higher than the significant level of acceptance. This denotes that the forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.

Research question 2 was on the factors responsible for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state? The data in Table 2 shows that the mean rating from items 1 to 5 on factors responsible for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state. Applying the details in table 2 and the mean rating from items 1 to 5, the ensuing were noted. The sample for Male teachers were 1335 with mean rating of “3.69” and standard deviation of 0.96 and the sample for female teachers was 806 and mean rating of “3.65” and standard deviation of “0.95”. Relating the substantial level of reception for the study as 2.50, the ratings of urban and female teachers were higher than the significant level of acceptance. This denotes that the factors responsible for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.

Research question 3 was on the approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state? Table 3 was on the approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state. Applying the details in table 3 and the mean rating from items 1 to 12, the ensuing were noted. The sample for male teachers were 1335 with mean rating of “3.93” and standard deviation of “0.97” simultaneously as the sample for female teachers was 806 with mean rating of “3.87” and standard deviation of “0.97”. Relating the substantial level of reception for the investigation of 2.50, the ratings of urban and Female Teachers were higher than the criterion level of acceptance. This denotes that the approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state were high as the ratings were high.

Hypothesis 1 stated that there is no significant difference between “male” and “female” teacher’s approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state. Table 4 signified that calculated z value of 4.45 was greater than the critical z value of 1.96. As a result, the null hypothesis was rejected. This denotes that there was significant difference between “male” and “female” teacher’s approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state. This findings was in line with the findings of Federal Republic of Germany (2019) that positive approaches and perceptions significantly relate with prolonged vigor as populace become elderly.

Hypothesis 2 stated that there is no significant difference between “experienced” and “less experienced” teachers approaches for caring for health challenges among Elderly persons in a period of COVID-19 pandemic in Delta state.. Table 5 indicated that calculated z value of -0.42 was greater than the critical z value of 1.96. Consequently, the null hypothesis was rejected. This implies that there was significant difference between “experienced” and less experienced” teacher’s on approaches for caring for health challenges among elderly persons in a period of COVID-19 pandemic in Delta state . This findings was in agreement with the findings of Pill and Stott (2015) i that ill health among elderly persons were given lesser precedence by them.

### **Conclusion and recommendations**

The forms of health challenges facing the elderly persons in a period of COVID-19 pandemic in Delta state were high and the factors responsible for health challenges among elderly persons in a period of COVID 19 pandemic in Delta state were high. The approaches for caring for health challenges among elderly persons in a period of COVID 19 pandemic in Delta state were high male and female teachers significantly differs on approaches for caring for health challenges among Elderly persons in a period of COVID 19 pandemic in Delta state

### **The following recommendations were made;**

- (i) Adequate care should be provided by families of elderly persons in a period of COVID-19 pandemic in Delta state.
- (ii) The government of Delta state should make provision for the care of elderly persons in a period of COVID-19 pandemic in Delta state.
- (iii) Coporate organizations should assist the government of Delta state in caring for the elderly persons in a period of COVID-19 pandemic in Delta state.

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