



Experimental (n=5)	Female (80%)	68.2	Widow (60%)	Secondary (60%)	Govt. Job (60%)	6–10 years (60%)	Yes (80%)
Control (n=5)	Female (60%)	66.4	Widow (60%)	Primary/Secondary (80%)	Govt. Job (60%)	1–5 years (80%)	Yes (60%)

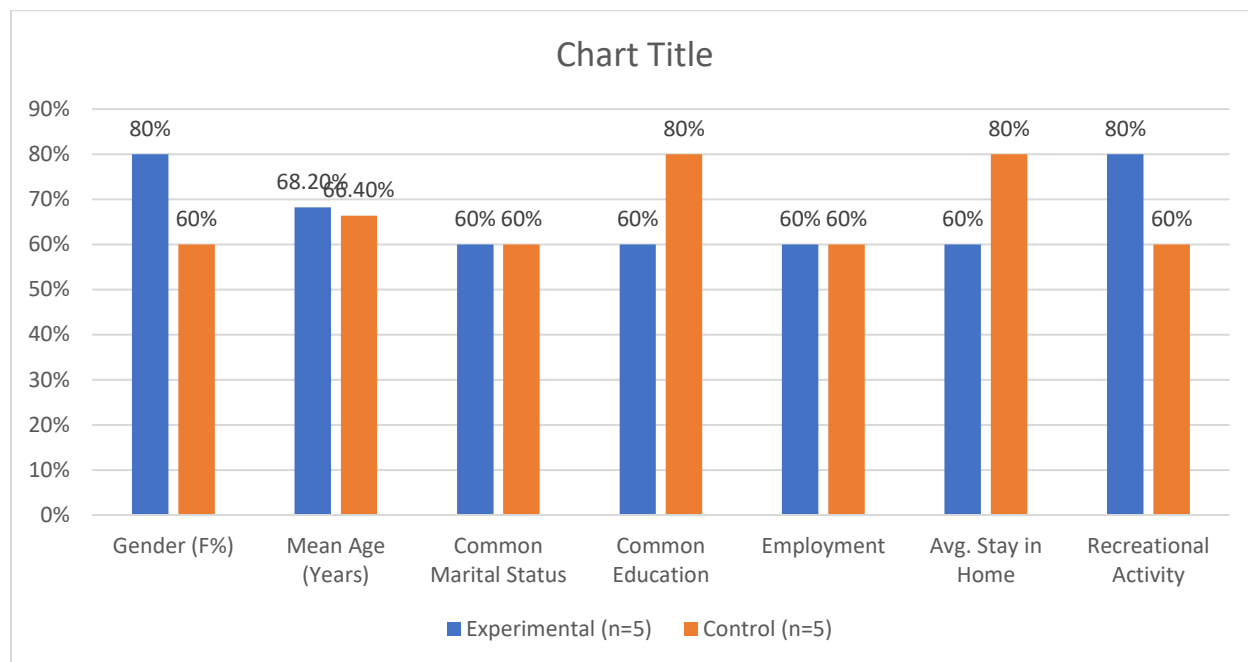


Figure 3.1 Demographic Profile of the experimental group and control group.

### 3.2 Psychological Well-being Scores

Psychological Status	Experimental Group (n=5)	Control Group (n=5)
Good	20%	0%
Average	60%	20%
Poor	20%	80%

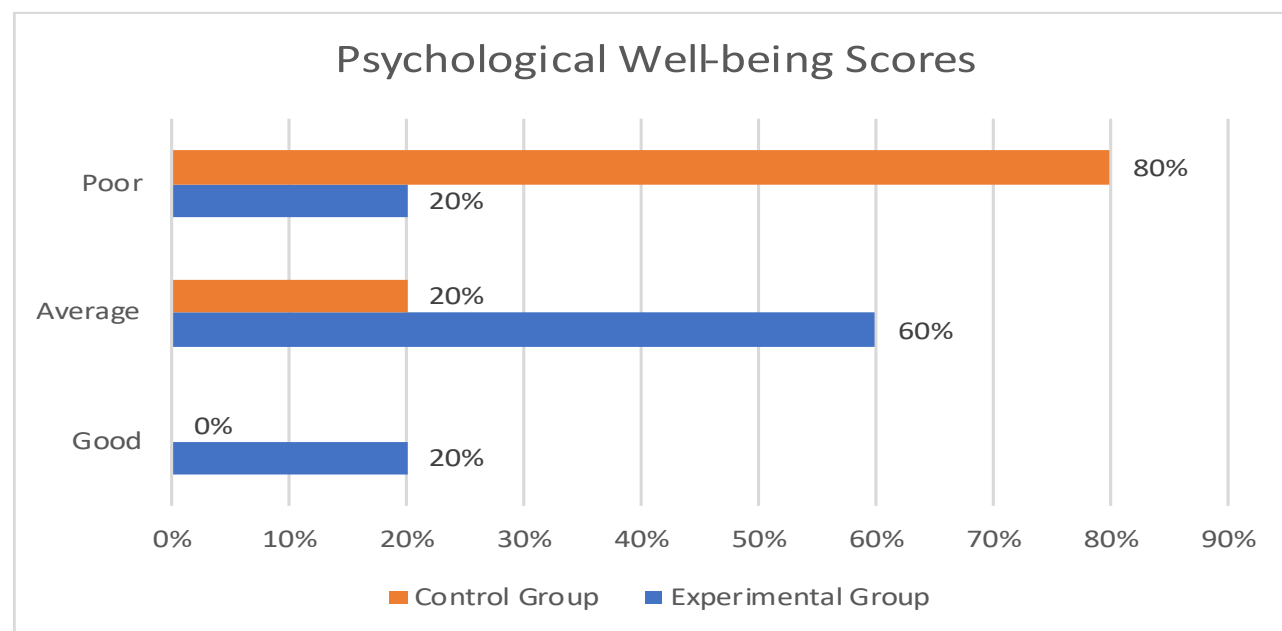


Figure 3.2 Data of psychological score of the experimental group and control group.

### 3.3 Statistical Analysis

Group	Mean	SD	t-value	p-value	Significance
Experimental	1.30	0.675	5.960	0.001	Significant
Control	2.80	0.422			

Interpretation: A highly significant difference ( $p < 0.001$ ) was found between the post-test scores of the experimental and control groups, confirming the effectiveness of MMCT in improving psychological well-being.

### 3.4 Association with Demographic Variables

Chi-square analysis showed no significant association between demographic variables (age, gender, marital status, education, or income) and psychological well-being ( $p > 0.05$ ).

## 4. Discussion

The findings indicate that MMCT effectively enhanced the psychological well-being of elderly individuals. Participants who received MMCT reported improved emotional stability, reduced stress, and greater life satisfaction. These results are consistent with previous studies emphasizing the effectiveness of group and recreational therapies in improving elderly mental health (Diener & Chan, 2011; Park & Unutzer, 2011).

## 5. Conclusion

The study concluded that Modified Multi-Component Therapies (MMCT) significantly improve the psychological aspects of elderly individuals in institutional care. Implementation of MMCT can enhance overall mental well-being and quality of life.

## 6. Implications

- a) MMCT can be integrated into daily routines of elderly care homes to promote holistic well-being.
- b) Training caregivers to conduct MMCT sessions may improve mental health outcomes.
- c) Nursing professionals should adopt MMCT-based interventions for geriatric care.

## 7. Ethical Considerations

- a) Ethical clearance obtained from the institutional ethics committee.
- b) Informed consent taken from all participants.
- c) Confidentiality and anonymity maintained throughout the study.

## 8. Acknowledgement

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## 9. References

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