

Development of stress scale for aged

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■ **ABSTRACT** : The aim of the study was to construct and validate a scale for assessment of stress in aged widows and widowers. The stress scale consisted of 56 questions on various aspects of stress. A pilot study was conducted and forty aged citizens (20 widows and 20 widowers), between the age range of 60 to 80, were selected from Kanpur (U.P.). The content of structured scale was validated by panel members. The reliability and validity of tools were computed. In view of high validity and reliability scores, this tool was found to be an acceptable instrument to assess the level of stress of widows and widowers.

■ **KEY WORDS** : Stress, Scale, Aged citizen, Validation

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