

Dissertation Viva Presentation

Course: BSc (Hons) Health and Social Care

Module: Independent Project (BMHP6020_LON)

Assessment title: Major Project

Student ID: 2014619

Student Name: Winnie Nzaramba

Lecturer: Dr Eleni Koutsogeorgou-Andreou



Introduction

- My dissertation was titled “***The impact of loneliness on the mental health of elderly people in the UK***” where the prime aim of the research was to examine and analyse effects, causes as well as ways of easing loneliness to support the mental health of elderly people in the UK.
- The objectives of the research was;
- To define the main concept of loneliness.
- To identify impact policies and legislation regarding loneliness
- To figure out health promotion intervention available.
- To suggest best practices etc.
- All the objectives were focus on loneliness among elderly in the UK.

Structure

The Structure of the research comprised of five different Chapter;

- Introduction
- Background
- Methodology
- Result and discussion
- Conclusion.



Background

Background of the research
illustrated following chapter;

Historical background where
social, emotional, family,
romantic, cultural loneliness
were discussed.

Theoretical background
where cognitive and health
functions, loneliness
mechanism, health
behaviors, psychological
functioning were discussed.



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International context where global loneliness data, elderly loneliness data, age range, gender contrast were discussed.

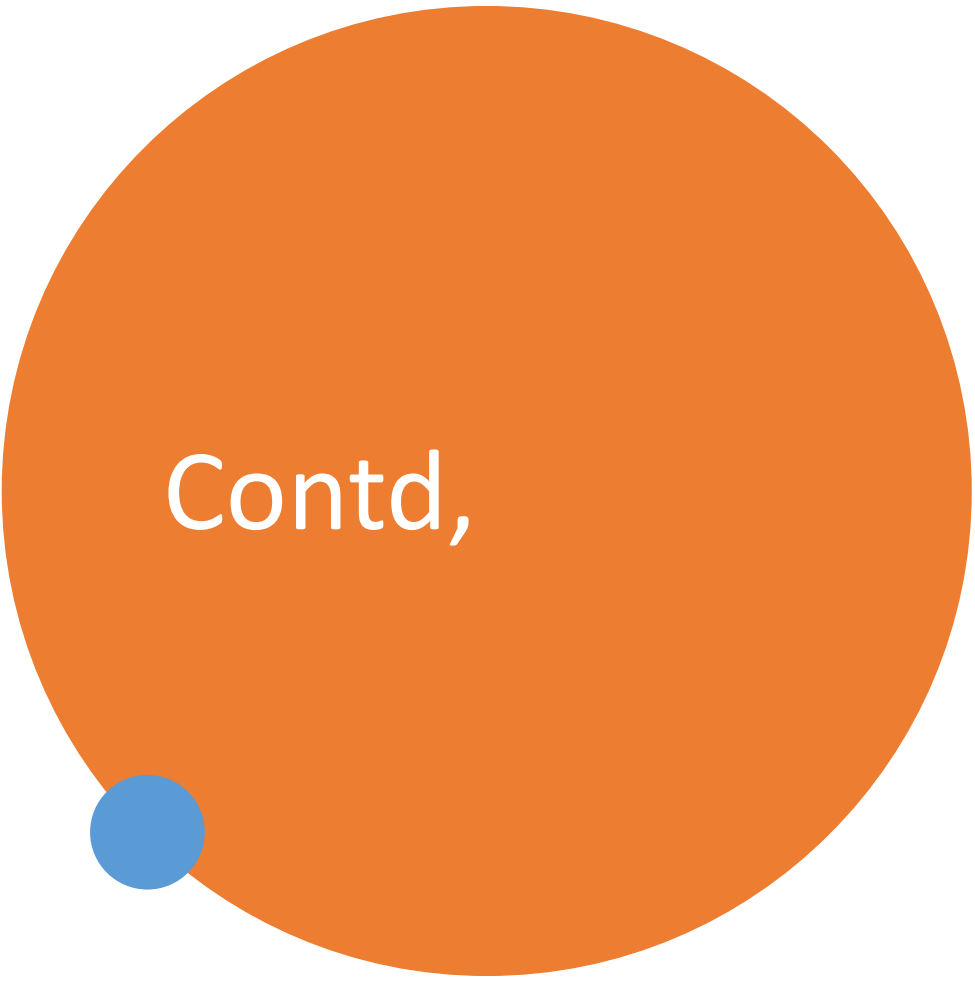
UK context where overall elderly loneliness among elderly people in the UK were discussed.



Research Methods

As per philosophy interpretivism research philosophy were used as this philosophy indicates the world is complex where making law-like generalisation is not easy (Aityan, 2021).

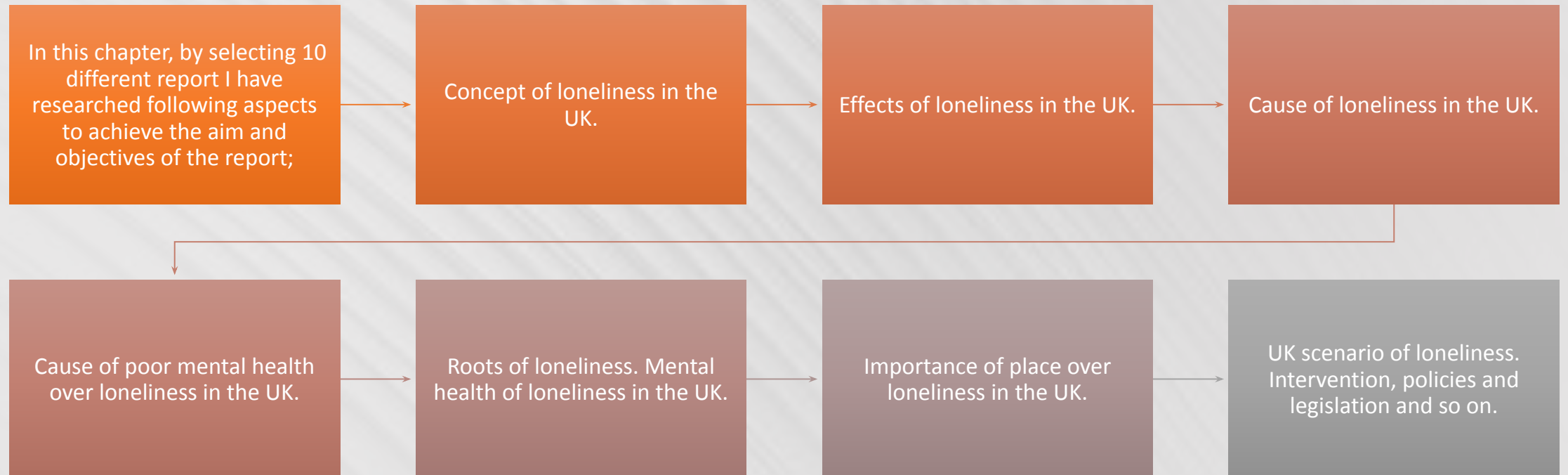
As per design, case study research design was adopted by choosing elderly age group and as per strategy exploratory research strategy was undertaken that enable me to seek new insight to figure out the nature of the problem (Saunders et al, 2019).



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- Data collection was based on secondary research methods where to carry out literature review various book, e-book, journal and article were used and for result and discussion chapter 10 report was chosen to demonstrates elements of loneliness among elderly people in the UK.

Result and analysis- discussion



Conclusion and recommendation s

In this chapter following elements were demonstrated;

How I have achieved the aim and objectives.

Recommendations that can be adopted by private and public stakeholders to aid the loneliness among elderly people in the UK.

References

50 references were included.
10 reports were selected for
result and analysis.

Books, e-books, journal
article were used.

All the information gathered
were referenced accurately
following UWTSD guidelines.

Thank
You!