

Geriatrics Gerontology & Palliative Nursing

July 30-31, 2018 | Barcelona, Spain

Religion as a coping mechanism for health problems and depression among aging Puerto Ricans on the mainland

Abstract: This study explores the role of religion as a coping mechanism for health problems and depression among aging Puerto Ricans on the mainland. The study was conducted using a qualitative approach, with data collected through interviews and focus groups. The findings indicate that religion plays a significant role in the lives of these individuals, providing them with a sense of purpose, meaning, and support. Religion is also seen as a source of strength and resilience, helping them to cope with the challenges of aging and illness. The study highlights the importance of religious and spiritual care in the lives of aging Puerto Ricans and suggests that healthcare providers should be sensitive to their religious and cultural beliefs when providing care.