**3.0 Research Methodology**

Our research is quantitative considering the issue is already widespread and often overlooked since these changes are considered by many to be normal and acceptable in the elderly which is sad. Thus, the need to recognize and address the aspects of mental and physical health that led to emotional instability. We are inclined to determine the impact of these factors (independent variables) from the perspective of the areas and size of the affected populations in parts of Kenya.

**3.1 Research Setting and Participants**

The targeted population is the elderly since they are affected by these factors in various ways. In other terms the elderly are vulnerable and the population tends to rise each year.

**3.2 Methods and Procedure of Data Collection**

Since it is costly surveying the whole population, we intend to use simple randomization as our sampling method. In a simple random sample, every member of the population has an equal chance of being selected. Your sampling frame should include the whole population. To conduct this type of sampling, you can use tools like random number generators or other techniques that are based entirely on chance. Data collection is administered through the use of questionnaires since it provides raw/crude data from the field.

**3.3 Methods and Procedure of Data Analysis**

We intend to use Pearson’s correlation coefficient method in R Studio to compute the correlation between physical and mental health.

Doing a literature review on projects that have been done before and interviewing the healthcare providers in the hospitals about the interventions the government has put in place to reduce ill physical and poor mental health.

Locating areas with high physical and mental problems we intend to do online surveys, and assessing mental hospitals' records to identify geographical locations with a high number of patients.

**3.4 Ethical Issues**

During the study, the participants will be given informed consent about the study, the

information they provide we assure to handled it with integrity and respect. We purposes to be objective in the study since the inclusion and exclusion criteria will be applied.

**3.5 Google Form Link**

https://forms.gle/FoqRY4KdAMtyzrhY9