

## ADJUSTMENT IN AGEING ADULTS A PREDICTOR OF REACTION TO FRUSTRATION

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Old age is the closing period in the life span. It is the period when people move away from previous more desirable times of usefulness to forthcoming inactivity and decreasing capabilities ( **United Nations Population Division** ). Globally the population of the aged is increasing. The portion of people aged 60 years or older is estimated to double from the 10% of the world population in 2002, to approximately 20% in 2050 ( **Chandah, 2005** ). Historical and anthropological evidence indicate that in many societies' elderly retain status, authority and power in positive social environment. However these characteristics have been unfortunately modified by economic stress in many of the material societies. Till the age of retirement elders are fully active and many family members are dependent on them in work-life and non- work life but retirement disturbs the routine and the self rated mental health and life satisfaction decreases ( **Arora, 1995** ). Decline in health and social interaction becomes the cause of distress in old age. Frustration is an external event, acting as a stimulus to an individual and eliciting emotional reaction. Amongst the various ages in admission of psychiatric patients 58% were more than 65 years of age. Aggressive behavior was frequently observed in them ( **Dill, 2004** ). An individual is aroused by this external cause and response is often expressed towards the environment ( **Britt, 2000** ). Stress, social relations, loneliness, health influences the self concept and early death in aged ( **Saruhashi, 2000** ), which can only be controlled by when peace, love, attention and care is provided ( **Solomon, 1994** ).

**Objectives-** a) To find out the level of adjustment among ageing adult males. b) To find out the level of reaction to frustration among ageing adult males. c) To study the correlation between the variables adjustment and reaction to frustration. d) To study the impact of adjustment on reaction to frustration of ageing adult males.

### METHODOLOGICAL PROCEDURE-

**Sample-** The sample of 100 ageing adult males (60 years and above) were selected from the middle income group from Gangapur city of Rajasthan. The sample was literate with minimum education till

secondary level.

**Tools-** The data was collected through Shamshad Jasbir Old Age Adjustment Inventory (SJOAI) with various dimensions of adjustments ( Health, Home, Social, Mental, Emotional and Financial ) and Reaction to Frustration Scale by B.M. Dixit and Dr. D.N. Srivastava with various aspects of reaction to frustration ( Aggression, Resignation, Fixation and Regression ). Shamshad Jasbir Old Age Adjustment Inventory consists of 125 items with various dimensions of adjustments. The test has the reliability coefficient around 0.80 or higher. The responses were scored with the help of scoring key. The scores ranging from 0- 1, where 0 meant maladjustment. The sum of scores measured overall scores. Reaction to Frustration Scale consists of 40 items with various dimensions of Reaction to Frustration. It is a six point scale with the scores ranging from 0- 5. The maximum scores in each category ranges 50. Higher the scores higher the reaction to frustration.

**Statistical analysis-** The mean, Standard-deviation, correlation and t- values were computed to analyse the data.

(See Table-1) Overall interpretation of adjustment scores indicate that ageing people have to make maximum adjustment regarding health and home, while minimum adjustments regarding marriage and finance. (See Table-2)

(See Table-3) As seen in table 1.1 the ageing adults were divided in two groups (ageing adults with low adjustments and ageing adults with high adjustments) depending on their adjustment level. The group with low level of adjustment scored high in reaction to frustration as compared to their counterparts. The mean scores of aggression, resignation, fixation, regression, and frustration of adult male with low adjustment were found to be high ie. 26.65, 28.00, 29.61 and 27.98 as compared to their counterparts whose scores were 22.24, 23.39, 23.57 and 23.84 at 0.01 level of significance.

The results indicates that the difference between the two groups (ageing adults with low adjustments

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and ageing adults with high adjustments) was significant at 0.01 level, in respect of their Reaction to Frustration and correlation between both the variables was found to be negative at 0.01 level of significance, that is, when the adjustment in various aspects increases, reaction to frustration decreases. Negative correlation was found between health adjustments and fixation (-0.224\*) at 0.05 level of significance, Home adjustment and Resignation (-0.296\*\*) at 0.01 level of significance, Home Adjustment and Regression (-

0.205\*\*) at 0.01 level of significance and social adjustment and aggression (-0.227\*) at 0.05 level of significance. Thus, the research concludes that, in the old people with low level of adjustment, the dimensions of reaction to frustration ie. Aggression, regression, fixation, and resignation are high whereas where the adjustment levels are high, the reaction to frustration is low Supported by the research indicating that it is reported that nearly 60% of the Aged were not satisfied with personal and financial help extended.

**RESULTS AND DISCUSSIONS**

**Table-1 Presentation of various dimensions of adjustments in ageing adults ( males )**

Health	Home	Social	Marital	Emotional	Financial	Total
14.83	14.92	13.88	10.91	13.52	9.09	77.15

**Table-2 Mean scores and t - values for Reaction to Frustration of ageing adults with low adjustments (n=50) and ageing adults with high adjustments (n=50)**

Variables	Groups	n	Mean	SD	t- test	Level of significance
<b>Aggression</b>	Low adjustment	49	<b>26.65</b>	6.93	3.421	0.01**
	High adjustment	51	22.24	5.97		
<b>Resignation</b>	Low adjustment	49	<b>28</b>	5.11	4.05	0.01**
	High adjustment	51	23.39	6.19		
<b>Fixation</b>	Low adjustment	49	<b>29.61</b>	6.43	4.926	0.01**
	High adjustment	51	23.57	5.83		
<b>Regression</b>	Low adjustment	49	<b>27.98</b>	4.78	3.677	0.01**
	High adjustment	51	23.84	6.33		
<b>Frustration</b>	Low adjustment	49	<b>112.24</b>	11.46	8.115	0.01**
	High adjustment	51	93.17	12.17		

\*\*Significant at 0.01 level

**Table-3 Coefficient of correlation between variables of adjustment with its dimensions and reaction to frustration with its dimensions**

Variables	Aggression	Resignation	Fixation	Regression	Frustration Total
<b>Health</b>	.046	.175	-.224*	.079	-.222*
<b>Home</b>	.162	-.296**	.188	-.205*	-.356**
<b>Social</b>	-.227*	.105	.066	.133	-.225*
<b>Marital</b>	.042	.047	.053	.156	.123
<b>Emotional</b>	.122	.075	.056	.065	.085
<b>Financial</b>	.171	.162	.225	-.212*	-.325**
<b>Adjustment Total</b>	-.291**	-.335**	-.277**	-.328**	-.517**

\* Significant at 0.05 level ; \*\* Significant at 0.01 level

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