



Adjustmental Problems of Old Persons

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Research Paper—Food & Nutrition

Introduction -Old age is defined as age of retirement that is 60 years and above. Improvement in health care technology has resulted in increased life expectancy. In India the elderly constitute about 7 percent of the total population and by 2016 the number is likely to increase to 10 percent. The problems of elderly are confined not only to their increasing numbers, but also include mental stress and physical incapability, felt by them. The scenario is changing and creating its impact on elderly. According to National sample survey Organization, 36.7% of 70 Million elderly want to shift to old homes because they can't manage alone. Saraswati (1976) concluded in his study that the old age has started emerging as the social problem in Indian Society due to the socio-cultural changes brought about by Industrial revolution. The past recognition of old man or woman in the family, neighbourhood and community as mentor has been reduced to great extent in modern Indian life and therefore old man or woman perceives low social worth or self esteem in certain family situations.

Several studies reported that a large number of old men and women badly need health care, financial assistance, social recognition and counselling services to cope up with stress for overcoming 'death anxiety', 'sense of isolation', feeling of social deprivation due to negligence, "feeling of disability and dependency", "low social esteem and lethargic feelings" [Dutta 1989, Saha 1984, Ananthraman 1982, Agnihotri 1976, Rammurti 1962]. Keeping in view, the adjustmental problems of old persons which have taken place with time, the present study was undertaken - to study the adjustmental problems of old persons living with their families and in old age homes.

Materials and Methods :-

1. Sample - This study was carried out to find out adjustmental problems of aged persons. For this very purpose a sample of 100 old persons was selected randomly from old homes and community. 50 old persons residing in old age homes & 50 living with their families.
2. Questionnaire - The old age adjustment inventory developed and standardized by Hussain S. & Kaur J.

(1995) was administered to find out adjustment problems in following areas -

- (1) Problems of material adjustment.
- (2) Social adjustment problems.
- (3) Emotional adjustment problems.

The inventory measures the adjustment problems in areas of home, health, financial, marital, social and emotional. Out of them three areas marital, social and emotional aspect was taken for this study. Marital area dealt with the questions like - Attraction for marital relationship, feeling life incomplete without marital relationship, dependency on life partner, affection for each other, seeking opinion from each other, importance for physical attraction etc.

Social area dealt with the questions like feeling secure with people, feeling happy when people come to meet, like to live alone, taking interest in children etc. Likewise emotional area dealt with the questions & views of old persons as old age is emotionless age, feeling to commit suicide, anxiety about self respect, anxiety about disease, feeling of fear, feeling of dissatisfaction for life etc.

Statistical Analysis - Comparison was done between two group and results were analysed by using Mean, S.D. & 't' test, as statistical tools.

Results & Discussion :-

Table No. 1

Marital Adjustment of Old People

	Group	Size of sample N = 100	Mean	S.D.	calculated t value	
1	Old people living with their families	50	12.6	1.55	.51	.05 level of significance & Table value 2.36
2	Old people living in old age homes	50	12.4	2.24		

Above table shows, very slight difference in the marital adjustment of elderly people. Mean value for marital adjustment is 12.6 and 12.4 & SD 1.55 and 2.24 respectively which shows that there is no significant difference in marital adjustment for people living with their families and

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living in old age homes. The obtained t value is 0.51 at 98 degree of freedom and .05 level of significance, which is less than the table value (2.36), which shows that both the groups have poor adjustment whether they are living with their families or in old age homes. In present time elderly are more depressed and sad in the materialistic world. They are having worries and tensions and uncertainties of life which make their adjustment unsatisfactory.

Lug Y.C. (1953) worked on marital adjustment and concluded that marital could have been at its optimum when husband and wife both are agreed or ready to perform his/her own task.

Table No. 2
Social adjustment of Old People

	Group	Size of sample N = 100	Mean	S.D.	calculated t value
1	Old people living with their families	50	19.00	1.40	7.24
2	Old people living in old age homes	50	15.9	2.65	

The analysis of data shows that elderly who are living in old homes feel more social adjustmental problems than those who are living with their families. Mean value for social adjustment is 19.00 & 15.9 S.D. 1.40 & 2.65 for old people living with their families and in old age homes respectively which shows significant difference in social adjustment of both the groups. The obtained 't' value is 7.24 at 98 degree of freedom & .05 level of significance which is higher than table value (2.36) which confirms that old persons living with their family members are socially well adjusted and have lesser social adjustmental problems as com-

pared to the old living in old age homes Dutta (1989) Saha (1984) also observed low social worth and self esteem, feeling of social deprivation due to negligence & sense of isolation and poor adjustment in the society in old people living in old age homes than who were living with their families.

Table No. 3
Emotional Adjustment of Old People

	Group	Size of sample N=100	Mean	S.D.	calculated t value
1	Old people living with their families	50	17.1	2.62	2.43
2	Old people living in old age homes	50	15.8	2.68	

Above table shows significant difference in emotional adjustment of older people. Old people living in old age homes feel more emotional problems than those who are living with their own families. The calculated 't' value (2.43) is greater than table value (2.36) at 98 D.F. which shows significant difference in their emotional adjustment. Studies have proved that 'elderly are more sad and depressed in the materialistic culture' and feeling of insecurity is more due to lack of moral support from children which increases emotional disturbances. They are mentally and emotionally stressed and have tensions and worries due to growing uncertainties these days. Sharma [1980], Nayar [1987] also reveal problems like loneliness, isolation and neglect faced by elderly people in today's society.

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