



ISSN: 2395-7476
IJHS 2016; 2(2): 277-279
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www.homesciencejournal.com
Received: 12-03-2016
Accepted: 13-04-2016

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Influence of types of living on life satisfaction among elderly of Lucknow city

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Abstract

Aging of population is one of the most significant global phenomena of the 21st century. The issue of aging is experienced by the societies of the world. The present study was conducted to assess the influence of types of living on life satisfaction of elderly in Lucknow city. The present study is based on a sample of 120 people 60 local home residence and 60 old age homes drawn from Lucknow city. Sample consisted of adults living in homes with families it was planned to assess the relationship between life satisfaction and place of living of the old age people. Researcher used standardized scale (Satisfaction with life scale, Diener, E) and self-structured questionnaire. The results of the present study revealed that there is relationship between life satisfaction and place of living of the elderly.

Keywords: life satisfaction, elderly

1. Introduction

Aging is common to mankind. Aging is a process which takes place during the entire life span of all organisms. In recent years the science of gerontology and the process of aging have been expanded. This recent interest in aging and the aged stems largely from the fact that the proportion of old age in our society is increasing at a very higher pace. Older people who are not able to manage daily life by themselves may have a different view of life satisfaction than those with preserved self-care capacity. Numerous studies have examined the links between the objective living conditions and the life satisfaction of persons aged 60 and over. Despite the wide variety of methods and data used, these studies all show that good health, a favorable economic status and a good family network positively influence the subjective well-being of older adults (AL Berg, 2006) ^[1]. It has also been observed that people living alone are less satisfied with their life than those living with a partner (M Baird Brenden, 2010) ^[2]. It may therefore seem paradoxical that women report being satisfied with their lives only slightly less often than even though they are the ones who face multiple disadvantages: not only higher rates of living alone but also greater economic insecurity (Eurostat, 2002) and poorer health (Christian, 2013) ^[5]. Some (B Neugarten, 1961) ^[6] have suggested that subjective well-being is not determined by the same factors among men and women. Indeed, it has been shown (Mishra, 2010) ^[7, 8] that life satisfaction is more strongly dependent on social integration for women than for men, and the reverse is true for socioeconomic status. People living alone and those living with a partner must be analysed separately because their characteristics and needs are different and vary by gender. In general, those living with a partner are better integrated socially, in terms of both social relationships and participation in the world of leisure and consumption (Sunita Mishra, 2010) ^[7, 8]. They are also better at handling everyday domestic tasks since they benefit from role sharing and specialization (PB Patil, 2009) ^[9]. In addition, in the event of disability, the spouse is the primary caregiver, thereby postponing or even preventing institutionalization (Pinquart, 2001) ^[10]. Life satisfaction is one among a range of concepts that is assumed to reflect the conditions of a good life'. This section aims to clarify the relationship between life satisfaction and the two related concepts of quality of life and subjective well-being. Subjective well-being also provides the theoretical context for the definition of life satisfaction applied in the thesis. The distinction between a top-down and bottom-up theoretical framework for life satisfaction judgments is also addressed.

The main aim of this article is to show the extent to which disparities of living alone, with children or with a partner generates a greater or lesser degree of similarity in determinants of well-being.

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While some studies have emphasized the important link between older people's sociocultural context and life satisfaction (KM Prenda, 2001) ^[11], international comparisons of gender differences remain rare (Radhika, 2012) ^[12]. The field of aging has long been concerned with what happens to well-being as people grow older. Social gerontology was launched as a field with prominent emphasis on whether life satisfaction was affected by the aging process.

The level of satisfaction among the aged effects not only their psychological adjustment but also physical, emotional and social well-being. Studies on various aspects of social gerontology conducted in India are mostly in the context of urban societies, whereas a larger segment of Indian aged lives in villages. The present study deals with effect of place of living on satisfaction level of elderly.

2. Methodology

2.1 Sample

The sample consists of 120 elderly of age group 60 and above 60 years who were selected randomly from different colonies, villages, old age homes of Lucknow district, Uttar Pradesh.

S. No.	Parameter	MEAN±SD (With children)	MEAN±SD (With spouse)	MEAN±SD (Alone)	MEAN±SD (Old age home)	F-Value	P-Value
1	In most way in my life is close to my ideal.	5.02±1.291	5.13±.641	2.50±.707	4.95±1.343	2.528	.061
2	The condition of my life is excellent.	4.96±1.371	5.13±1.126	2.00 ±.000	4.91±1.430	3.045	.032
3	I am satisfied with my life	5.25±1.312	5.13±1.126	2.00 ±.000	5.14±1.395	3.791	.012
4	So far i have gotten the important things i want in life	5.10±1.176	4.75±.886	3.00 ±.000	4.98±1.207	2.180	.094
5	If i could live my life over, i would change almost nothing	3.23±1.477	3.50±1.069	4.50 ±.707	3.34±1.421	.575	.633

The information in the above table indicates that there were no significant differences between place of living of elderly and life satisfaction. Elderly who are living with their children, with their family and old age homes that reported higher mean score than elderly who were live alone, with spouse. This could be because health leads to a number of problems among aged. Physical impairment of vision and hearing reduces the mobility and interaction of the elderly. This results in feeling of loneliness and isolation. The onset of diseases one after other due to slow degradation of body starts lowering one's life satisfaction. As people age, health related problems increase and life quality decreases since health affects all aspects of life, including participation in social life, types of living, and dependency. Though this aging affect is universal a no. of facilities and specialized services in medical field is available in urban cities. Thus there is a better platform to fight with aging problem related to place of living with elderly. To provide better environment for better adjustment of the elderly. Satisfaction level is increase when elderly lives with their children.

4. Conclusion

The study adds to the necessity of research in gerontology which is the need of hour as with the rapid increase in elderly population of India it's the forthcoming challenge for the nation. The present research however dispels that the condition of elderly on a whole is not satisfactory for elderly either in village families or city families. The elderly who lives with their family and children reported better health and financial satisfaction because of good health facilities due to advanced hospitals and other urbanized sectors for reemployment and some source of earning money comparatively who lives alone or with their spouse only. They have traditional occupation as

2.2 Tools Used

Researcher used standardized scale (Satisfaction with life scale, Diener, E) and self-structured questionnaire for assessment of general profile and health profile. Life satisfaction scale for specific domains developed and standardized by researcher (2009) was used for measuring life satisfaction for specific domains of elderly people.

2.3 Procedure

Along with the satisfaction with life scale for specific domains, an interview schedule was developed by investigator to collect general information. After administration of these tools collected data was scored and analyzed statically using ANOVA.

3. Observation and Discussion

To find out the mean difference in life satisfaction of the elderly and place of living, ANOVA was done.

3.1 Life satisfaction across place of living.

farming and children have fled to nearby city for earning leaving them alone and isolated. The study had shown non significant differences influence of types of living on life satisfaction of elderly. Ensuring good quality geriatric health care services at the primary level would greatly help in improving the utilization rates of the available health services. Health care services should be based on the felt needs of the elderly population especially rural and semi urban areas. Their ability to lead healthy and fruitful lives should be ensured by the Government. The elderly should be considered as human resources and their rich experience and residual capacities should be put to optimum use for the benefit of national development. Although well-being does not increase with more money to spend, the experience of financial insecurity probably represents a basic menace to life satisfaction even in old age. Thus it is important to strengthen these values and the capacity of families to cope with the problems of caring for the elderly. Since a culture of both working partners is on rise so there is an immediate need for developing such systems and options where elderly who lives with their family can interact, enjoy and develop social relations to satisfy their intense need for proper socialization. Thus elderly in both the dwellings have their own problems and issues which need to be addressed accordingly.

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