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A study on Psychological well-being among Elderly

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Abstract

Psychological well-being is closely related to old age. The main purpose of this research was to assess the psychological well-being among the elderly. The study was carried out in Lucknow and the sample was selected following Multistage sampling technique. The sample for this study comprised 120 elderly individuals (60 females and 60 males respectively) comprising of elderly living in home and old age home. Psychological well-being scale developed by Sisodia and Choudhary (1999) was used to assess the psychological well-being level. Significant difference in psychological level was found among the elderly living in the families and old age home.

Keywords: psychological well-being, old age

Introduction

Aging is an inevitable developmental phenomenon bringing along a number of changes in the physical, psychological, hormonal and the social conditions. Define ageing in terms of the biology; referring to "the regular changes that occur in mature genetically representative organism living under oppressive environmental conditions as they advance in chronological age." Old age has been viewed, as problematic period of one's life and this is correct to some extent. Depression is one of the most common psychological conditions during the normal course of life with so much of losses and disappointments. Depression itself refers to a heterogeneous set of phenomenon ranging from simple mood swing to severe affective state.

Psychological well-being studied extensively as there is a need to improve the state of mental conditions of people and are getting affected by mental health problems. Research studies reveal that there is a prevalence of depression and a lower life satisfaction and more adjustment problems among Wellness is generally used to mean a healthy balance of mind, body, and spirit and its results in an overall feeling of well-being.

A study was conducted by Tejal on psychological well-being among aged individuals in India. It was found that institutionalized aged, specially, females have greater psychological well-being than the lower age group aged than higher age group aged. The present study is an attempt to find out state of depression and psychological well-being in old age.

Although psychological well-being has been extensively evaluated (e.g., Diener, 1984; Diener & Emmons, 1984) [4, 5], when it comes to articulating the basic structure of psychological well-being, the researchers always center the discussions around the discussion between positive and negative affect and life satisfaction (Diener & Emmons, 1984) [4].

Diener (1984) [5] grouped the definition of well-being into three categories. Firstly, wellbeing is defined by external criteria such as virtue or holiness. In this normative definition, wellbeing is not thought as a subjective state but rather as one possessing some desirable qualities. Secondly, social scientists have focused on the question of what leads people to evaluate their lives in positive terms. This definition of wellbeing has come to be labelled life satisfaction and relies on the respondents to determine what a good life is. Thirdly the meaning of well-being comes closest to the way the term is used in everyday discourse and denotes a preponderance of positive over negative affect, which emphasize pleasant emotional experiences.

Psychological well-being refers to how people evaluate their lives. According to, these evaluate may be in the form of cognitions or in the form of affect. There are several psychological and social factors that have been linked to increase individual life expectancy and quality of life in older adults.

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Researchers in the field of psychological well being agreed that psychological wellbeing generally consists of two important aspects, namely positive and negative affect. Hence, both positive mental health (e.g. happiness and life satisfaction) and mental ill-health (e.g. anxiety and depression) are taken into account in the evaluation and measurement of psychological wellbeing. In line with this division, also considering the discussions above, we can finally conceptualize that psychological well being as including both positive and negative aspects. One may ask whether positive mental health and mental ill- health are opposite poles of the same continuum of psychological wellbeing or whether they refer to two independent constructs and realities that should be measured on two independent axes. It has been proposed that positive mental health and mental ill-health are two independent axes. Here, positive affect is used to indicate mental health, and negative affect to indicate mental ill health, on the basis of the reasons provided below.

Review of Literature

Psychological well-being refers to how people evaluate their lives. According to these evaluations may be in the form of cognition or in the form of affect. There are several psychological and social factors that have been linked to increased individual life expectancy and quality of life in older adults. Psychological well being has been examined as an indicator of successful adaptation during old and very old age. Psychological well being studied extensively as there is a need to improve the state of mental condition of people. Researchers find a large number of people are getting affected by mental health problem.

Conducted a study entitled psychological well-being of the aging women urban and rural differences. Each subject from rural and urban areas was interviewed individually with the help of a semi-structured interview schedule. Self-rated health, number of social support, satisfaction with support, life and marital satisfaction, presence of negative mood states were assessed from each woman. Self-reported questionnaire was administered on subjects as a measure of psychological well-being. Rural women as compared to urban women had significantly lower scores on health rating, marital and life satisfaction. Rural women had less number of supports and life satisfaction with support. They reported more negative mood states and had higher scores on self-rating questionnaire. Scores on negative mood state and self-rating questionnaire showed significant negative relationship with scores on other variables.

Have conducted a study on “psychological health among 109 aged males and females” and they found that three psychological variables namely hopelessness, alienation and

life satisfaction were measured with the help of objective psychological tests. Females were found to be more on hopelessness and less satisfied with life as compared to males. Married older people were found to be low on hopelessness and high on life satisfaction as compared to widow / widower. Married females were high on alienation as compared to married males.

Objective

To measure psychological well-being among old age.

Methodology

Research design: The aim of present research was to a study of psychological well-being among old age.

Locale of the study: Lucknow district of Uttar Pradesh was selected as the study area as it is convenient for the researcher to conduct the study.

Sampling procedure: For selection of the respondents, multistage random sampling technique was adopted A sample of size N drawn from a population of size N in such a way that every possible sample of size n has the same chance of being selected.

Selection of the respondents - The data was collected from the elderly living with families and the elderly living in old age homes. A total sample of 120 comprising of 60 each from each section will be selected.

Tools and techniques used - For assessing the psychological well –being of the elderly, Psychological well- being scale devised by was used.

Methods of data collection

The data for the present research was collected personally through interview method. A pilot study was conducted on 120 of the sample to ensure the validity of the sample and data collection instrument. After the pilot study requisite change in the schedule were made. Visits were made to the selected areas in order to establish a rapport and to ensure full cooperation for the identified sample.

Data processing

Coding refers to the process of assigning, numbers or other symbols to answer. So that workers on them be part into a limited number of categories or classes appropriate to the research problem under consideration.

Analysis of the data

The data was analysed using relevant statistical techniques using PAS software.

Results and Discussion

Assessment of psychological well-being among elderly

Psychological well- being	Living in home	Old age home	t-value	p- value
Strongly Agree	42.13±4.68	43.03±4.47	1.07	0.78
Agree	43.43±5.11	44.07±4.19	0.85	0.85
Undecided	43.83±5.11	43.68±5.93	0.14	0.32
Disagree	39.15±5.18	40.34±5.22	1.24	0.72
Strongly Disagree	43.40±5.43	44.43±5.17	1.06	0.87
Total	211.95±17.04	215.81±18,91	1.17	6.28

There are no significant difference between psychological well-being among elderly there are no significant value of old age home and living in home elderly.

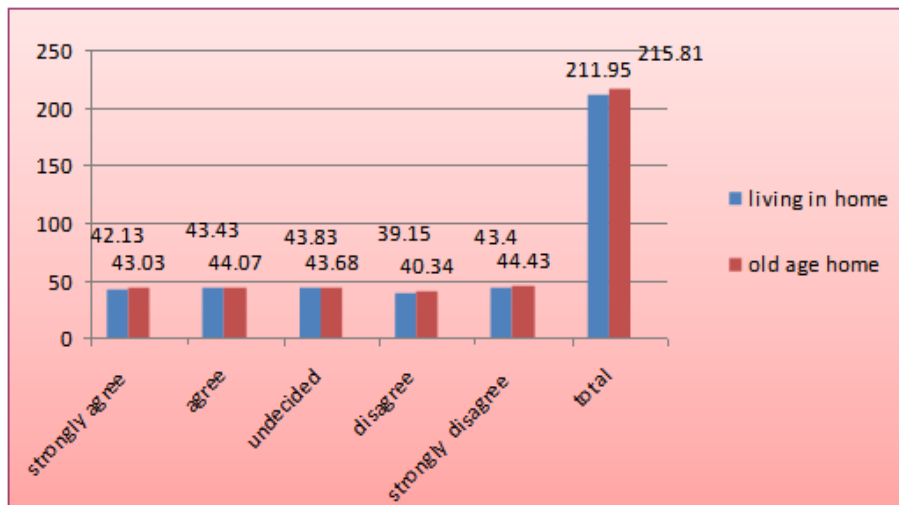


Fig 1: assessment of psychological well – being among elderly.

Conclusion

The elderly psychological well-being experiences in stress which can only be evaluated by each person in response to the agreement of stress pleasure, it depends upon the individual’s expectation, needs and desire in their elderly. This would mean the degree of psychological well-being they feel with their elderly. The age of 60-65, roughly equivalent to retirement ages in most development countries is said to be the beginning of old age. There were no significant difference in psychological well-being among residing in old age home and residing in their home. There were negative correlation are seen between older people.

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