



# International Journal of Home Science

ISSN: 2395-7476  
IJHS 2019; 5(3): 69-71  
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www.homesciencejournal.com  
Received: 01-07-2019  
Accepted: 05-08-2019

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## To study about the aging process & its coping mechanisms

**Priya Agrawal and Sunita Mishra**

### Abstract

The number of increasing people & in the present study attempt as been made to indentify the variable associated with older adults ability to cope with that retirement years & coping mechanisms in this study 56 community dealing men & women between group of 60-70, 70-75 was taken & correlation was found between two variable & life coping. The study revealed that majority of elderly had low social support and those which nuclear family elderly reported for low joint family having higher social support the finding financial, health, social and personal domain. The result revealed that significant in nuclear family was highly significant. The test was applied to check difference social support of elderly people in nuclear family and joint family. The ANOVA method used to check the difference.

**Keywords:** Attempt, identify, associated, ability, dealing

### Introduction

In this study coping for elderly person is different from coping for people of other age groups, as stressors also change with age. It includes a reduction in strength, endurance speed of reaction, agility, basal metabolisms sexual activity and hearing acuity. The bones are more brittle, the skin drier and less elastic and teeth are shed. The family members & friends are loss and their own morality Age and the coping process an alternative explanation for age differences in the amount of age differences in the amount of reported stress may be that older individuals cope in a different way than their younger counterparts. Researchers have shown that older adults use less escapism or avoidant coping but a similar or higher level of problem. The boundary between senior and old age cannot be defined exactly because it shift according to context and to society. The elderly person is dynodes as a person who has completed 60 year or more. The United Nations generally uses age 60 as the lower limit to define elderly population the national practices. An alternative explanation for age differences in the amount of reported stress may be that older individuals cope in a different way than their younger counterparts. Various theorists have posited changes in coping with age. For instance, suggested that mastery styles shift from active too passive from youth to midlife, then to "magical" mastery in late life. In contrast, believed that a positive change occurred in the use of defense mechanisms. He proposed that an incremental developmental process occurs across the life span, characterized by a decrease in the use of neurotic or immature defensive styles coupled with an increase in more mature defensive styles in midlife. Alternatively, others have suggested an absence of systematic change in coping strategies with age except those due to situational demands. Empirical evidence for these positions appears to be mixed.

### Methodology

For the present study experimental design was used for aging process & its coping mechanisms researcher was gone out to Lucknow city. The time taken for the study was one year that is July 2017 to May 2018. A self-prepared questionnaire was used to collect general and specific information from elderly. The data was coded, tabulated, decoded, and analyzed by statistical tools. Male and female were selected for the present study. The study was categorized in to descriptive research design. The study was consisted of 56 respondents. The sample random sampling technique was used to select the sample from the selected urban area of Lucknow city.

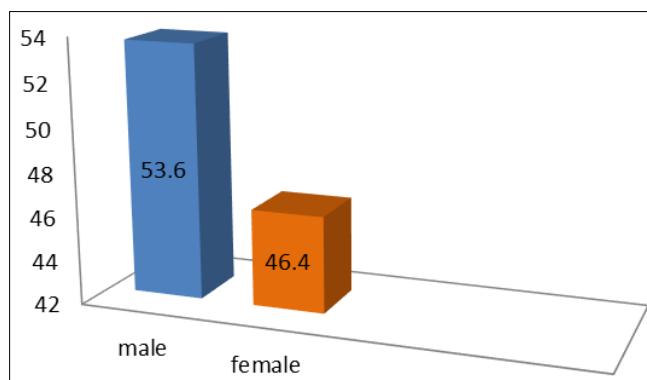
Random sampling focuses on sampling techniques where the units that are investigated are based on judgment of the researcher. The main goal of random sampling is to focus on particular characteristics of a population that are of interest, which has been best enable to answer research questions.

**Result**

In this chapter analysis and interpretation of data gathered to assess to "Healthy ageing and its coping Mechanisms" among elderly people live in old age home and residing in their home age group of 60-80.

**Table 1:** Distribution of respondent a/c to gender

S. No.	Gender	F (%)
1	Male	30 (53.6)%
2	Female	26(46.4)%
3	Total	56(100.0)%



**Fig:** Type of male and female

Respondent the distribution of respondent according to the

**Table 3:** Distribution of respondent according to overcome elderly stress?

S.N.	Parameter	Meeting with friends	worship	socialization	Enjoy with grand children	Other	F	P
		Mean±SD	Mean±SD	Mean±SD	Mean±SD	Mean±SD		
1	Overcome your stress	12.2±1.20	14.4±2.9	13.5±2.9	12.4±2.11	13.00	1.243	0.303

The table Shows that different type of overcome your stress by elder person where the relative variable are meeting with friends, worship, socialization, enjoy with grandchildren, other activity. All variable mean value was not equal to standard deviation value become SD was not fluctuate to mean value as well as fit is higher that mean value in case of yes condition, and some situation find out with the no condition: ANOVA (F-test) is only fitted with only worship habits that means people were more do this activity as compare to other habits P value is not statically significant to all variables become most of the respondent were not agreed for these habits. Therefore, the analysis find out that people affected but they not agreed accept to these habits in the study area. Where null hypothesis was accepted.

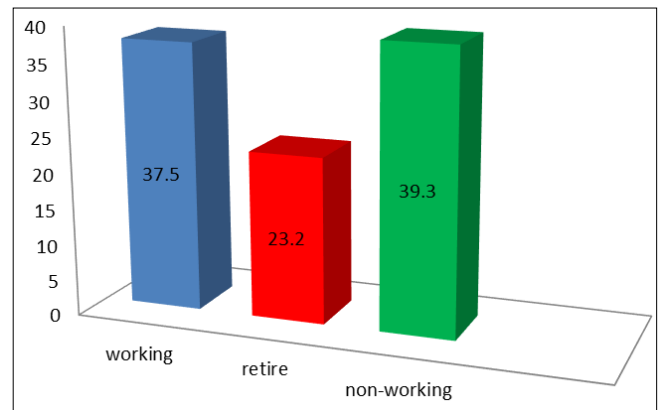
**Table 4:** Distribution of respondent according to gender male or female because of gender by different, (N=56)

		Gender		Total
		Male	Female	
	Taking food	15	4	19
Do for healthy aging	Doing exercises	12	6	18
	Taking healthy food	3		18
	others	0	1	1
Total		30	26	56

gender group it is noticed that 53.6 percent respondent belonged to male and 46.4 percent respondent belonged to female. Thus we see that most of the respondents were male member.

**Table 2:** Distribution of respondent according to occupation

S. No.	Occupation	F (%)
1	Working	21(37.5)
2	Retire	13(23.2 %)
3	Non-working	22(39.3%)
4	Total	56(100%)



**Fig:** Type of working, retire and non-working

Respondent the distribution of respondent according to the occupation it is noticed that 37.5 percent respondent belonged to working and 23.2 percent respondent belonged to retire and 39.3 percent respondent belonged to non-working. Thus we see that maximum number of the respondents were non-working.

**Table 5:** Chi-square tests

	value	df	Asymp.sig. (2-sided)
Person chi-square	17.170	3	.001
Likelihood ratio	18.655	3	.000
Linear-by-linear association	15.141	1	.000
N of valid cases	56		

a. 2 cells (25.0%) have expected count less than 5. The minimum expected count is 56

Table shows that the activities for healthy aging according to gender where the data was statistically significant which means that the activity of elderly (respondent) affected by due to gender. It was also find out that in this analysis null hypothesis (Ho) was rejected.

**Conclusion**

The ageing process is of course a biological reality which has its own dynamic, largely beyond human control. However, it is also subject to the constructions by which each society makes sense of old age. In many parts of the developing words. Chronological time has little or no importance in the meaning of old age. Other socially constructed meaning of age are more significant such as the role assigned to older people, in some cases it is the loss of roles accompanying physical decline which is significant in defining old age.

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