

# Impact of Stress on Successful Adjustment in Ageing



**Nimisha Tiwari**

Research Scholar,  
Deptt.of Home Science,  
Jiwaji University,  
Gwalior



**Jyoti Prasad**

Former Principle,  
Deptt.of Home Science,  
V.R.G. P.G. College,  
Gwalior

## Abstract

Stress is a common factor of life. Seniors feel stress, even though some may have retired, raised their children and paid off their homes. Certain amounts of stress are a part of life for people of all ages. This stress affects the adjustment of aged person, because every area of adjustment demands smooth conditions for adjustment. The investigator tried to understand the relation between stress and adjustment. Result indicates that in some area of adjustment is negatively significantly related whereas some result shows negative insignificant co-relation between them.

**Keywords:** Successful Aging, Adjustment ,Stress

### Introduction

Many serious still manage to sail through their later life. "Successful ages" tend have a few things in common : They stay connected to friends and family, they exercise and keep active, and, above all, they find ways to both reduce and manage the stress in their lives.

High level of stress crease many behavioral problems & it is difficult for the individual to cope up with these problems. High level of stress affects the successful adjustment of individual is verified by the investigator.

Old age is a stressful period of time. Studies have consistently shown that older adults experience fever life events than do younger adults. However, though the overall number of events that individuals experience may decline. With advancing ageing, some specific types of life events are more likely to he encountered in votes life illness & injury, hospitalization, and the death of a spouse or a friend or examples of undesirable life events that are more prevalent in old age.

Considered from an individual's point of view, stress is our body's physical, mental and chemical reactions to circumstances that frighten, confuse endanger or irritate us.

If controlled, stress s a friend that strengthens is for the here encounter. If handled poorly, it becomes an enemy which can cause diseases like high blood pressure, ulcer, asthma and overactive thyroid. According the medical explanation of the term, "Stress is the body's general response to environment situation". It can lead to :-

1. Physiological discomfort
2. Some kind of Emotional unhappiness
3. Strained Relationships with other people

In simple words, stress refers to an individual's reaction to a disturbing factor in the environment.

Two of the most powerful of all stressors, change and uncertainly, particularly affect elderly people stress is widely recognized as a problem many old people have to contend with an its treatment is accordingly regarded as an integral part of caring for the aged.

At any stage, stress is a part of life, young and old like have to face difficult situations and overcome obstacles

### Objectives

1. To study the level of stress in old age.
2. To study the adjustment in old age.
3. To study the effect of stress on successful adjustment in old age.

### Material & Method

#### Sample

1. This study was carried out to find out the impact of stress on the successful adjustment in Ageing" for this very purpose a sample of 300 old persons was selected randomly from the Gwalior city.
2. In which 150 male & 150 females were randomly included. Thus total 300 old age people of age group between 60-80. Urban area,

educated group, middle socioeconomic status form the universe of the study.

- To measure the level of adjustment the old age adjustment inventory developed and standardized by Hussain S. and Kaur J. (1995) was administered.
- The inventory measures the adjustment problem in area of financial, home, health, marital, social and emotional aspect was taken for the study.
- To measure the stress level during aged years, the stress test (ADSS) developed by Pallavi Bhatnagar was utilized. The degree of stress was classified by the investigator.

#### Statistical Analysis

To prove the research objective the following analysis was made by researcher.

**Table No.- 1**

#### Level of stress in Aged Person

Category	Stress		
	No	Mean	SD
Low	66	1.85	1.16
Average	181	5.72	1.35
High	53	9.57	0.66
Total	300	5.55	2.71

**Table No.2**

#### Assessment of adjustment of Aged people

Category	No	Mean	SD
Low	48	61.21	5.05
Average	193	82.00	8.27
High	59	103.15	5.03
Total	300	82.83	14.47

**Table No.-3**

#### Correlation between stress with various adjustment among aged people

Parameter	Statistical value				
	Mean	SD	r	t	p
Stress	5.55	2.71			
Health	14.16	5.59	-0.381	7.114	<
Home	16.77	4.35	-0.212	3.745	<
Social	13.76	3.85	-0.125	2.175	<
Marital	12.68	2.86	-0.001	0.017	>
Emotional	15.59	3.68	-0.040	0.691	>
Financial	9.88	3.10	-0.095	1.647	>
<b>Total</b>	<b>82.83</b>	<b>14.47</b>	<b>-0.274</b>	<b>4.918</b>	<b>&lt;</b>

#### Result

The following conclusions are drawn in the present study as the table No.-1 shows that stress among the aged person. Mean scores of overall stress was found (5.55) among the aged person. In the present study high category of (9.57) was contributed more followed by : average category of stress (5.72), over all category of stress (5.55) and the minimum was contributed by the low category of stress (1.85) all the aged person were divided in to three categories on the basis of the scores obtained by them towards the stress.

Table No.-2 Indicates the classification of adjustment into 3 category that is low average & high. Maximum person falls in the average category whereas high & low category seems accordingly. The mean & SD value between the three group differs significantly. This show that adjustment during old age differ significantly in different aged people.

Table No.-3 indicates the co-relation between stress with various adjustment among the elderly people. Negative & significant co-relations were observed between stress with health, home, social & total adjustment (P<0.05). Among the aged person i.e. as the stress among the aged person increased, the health, home, social and total adjustment were decreased & vice versa. While the co-relation between stress with marital emotional and financial adjustment were observed negatively in significant even at 5% level of significance. Among the aged person.

#### Conclusion

Thus results indicates that as the level of stress increases the financial management is decline therefore it is the duty of the society to develop some supportive system for stress management.

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