

# Adjustment Problem of Old Age

## Abstract

The present study was to find out the effect of type of family and gender on adjustment in old age. A sample of 120 people in the age of 60 above were administered SJOAI (Shamshed-Jasbir old age adjustment inventory). Analysis by ANOVA revealed that the main effect and the interaction effect of type of family and Gender were non-significant. The results indicate that old age person adjustment is not affected by the type of family and gender as well.

**Keywords:** Adjustment, gender, old age.

## Introduction

Old age is the closing period in the life span. It is a period when people move away from previous more desirable periods of time of usefulness.

The number of people in old age homes is constantly increasing and also most of the parents are now are deciding to live in old age homes rather than living with their children. Now a day's people are facing problems like lack of care, emotional support and economical support from the family etc. Our culture recognizes the status of the parents as that of god. A normal duty is put on children to take care of their parents. But now days what we are observing in our society is that children are not willing to take care of their parents, they do not want to spend money on them, they are treating their parents as aliens. They do not want to share emotional bond with parents. At this stage almost all people need some kind of support.

Old age home is necessity in the present day scenario as the younger generation do not have time or in many cases the resources to meet their needs ( like medicine expenses, special food, etc ). But old age homes should be considered only as a secondary option. Elder in the family are definitely an asset. It is they who can import the much needed ethical values and code of conduct in younger generation. Old age home as an option should be considered only for the betterment of the senior citizen by way of better physical and mental status, greater possibility for social bonding, etc. Under no pretext should the aged be made to feel that they are a burden and hence turned away. Builder can also consider allocating a few houses for the senior citizens within an integrated town ship (at subsidized rates), so that feeling of isolation goes away while proximity to dear ones is maintained.

Old age has become a prevalent social problem in our society. It is strange, no one wants to grow old but everyone wants to live long. In our modern society, where money is the scale of everything, the old age people are measured as an economic liability and social burden. Old age is observed as an undesirable, problem-ridden stage of life that we all are compelled to live, marking time until our final exit from life itself. Many people get extremely fearful when they become old.

Surender, et al. (2003) in their study indicate that elderly face health and economic problems, which affect their mental health and well-being. In general, health and financial problems are most among the present day elderly (Batra, 2004). In a recent study Goswamee (2009) revealed that the elderly face a number of psychological and adjustment problems and as a result adjust to those problems in different ways i.e. to become a part of old age homes and other sorts of out of family institution.

## Aim of the Study

To study the interaction effect of type of family and gender on adjustment in old age.

## Hypothesis

1. There will be no significant effect of type of family on adjustment in old age.



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- There will be no significant effect of Gender on adjustment in old age.
- There will be no significant interaction effect of type of family and gender on adjustment in old age.

**Variables****Independent Variable****1. Type of Family**

- Nuclear family
- Joint family
- Old age home

**2. Gender**

- Male
- Female

**Dependent Variable**

Adjustment

**Sample**

The study was conducted on 120 older persons, 60 male and 60 female (60 year above). 40 older people live in joint family, 40 people live in nuclear family and 40 people live in old age homes. The older people are selected from different HIG colonies of Meerut. Some old people are selected from old age home.

**Tools**

Shamshad-Jasbir old age adjustment inventory (SJOAI) constructed by Dr. Shamshad Hussain and Dr. Jasbir Kaur.

**Procedure**

After selecting the sample good report was established with subjects and co-operative and healthy environment was created. After this inventory were distributed simultaneously and subjects were instructed to fill the form as per instructions given on the first page of inventory. They were asked to clear their doubts if any. There is no possibility of your answers being wrong. There is no time limit, even then try to complete this earliest possible. Inventories were collected as soon as they were filled by the subjects and it was made sure that they had given responses to all the questions. Investigator noted all the response carefully.

**Experimental Design**

In the present study 3 × 2 factorial design (with six cells) was used consisting of two independent variables. These were Type of family and gender. The dependent variable was adjustment.

**Results**

To find out the affect of Type of family and gender on adjustment in old ages 3 × 2 factorial design was used in this study. Mean scores are given below (Table 1) and ANOVA is used to analyze the data (Table 2).

**Table 1: Table Showing Mean Scores on Adjustment**

Gender	Nuclear family	Joint Family	Old Age Home
Male	86.05	98.55	66.15
Female	76.6	91.1	64.25

**Table 2 : Summary Table of ANOVA**

Sources of Variation	Sum of Squares	Degree of Freedom	Mean Square	F - ratio
A (Gender)	1178	1	1178	0.18
B (Type of family)	17598.76	2	8799.38	1.33
A × B	305.24	2	152.62	.023
Within error	757581.4	114	6642.46	
<b>Total</b>		119		

The main effect of gender is non – significant F (1, 114) = 0.18, > 0.01 Level.

The main effect of Type of family is non – significant F (2, 114) = 1.33 > 0.01 Level.

The interaction between gender and Type of family is non – significant, F (2, 114) = .023 > 0.01 Level.

The mean value for the adjustment in male who are living in nuclear family, M = 86.05, with family M = 98.55 and old age home M = 66.15.

The mean value for the adjustment in female who are living in nuclear family, M = 76.6, with family M = 91.1 and old age home M = 64.25.

This study indicates that the socio – economic status and family isolation and living alone affect the adjustment in old age.

**Discussion**

The purpose of the present study was to find out the effect of Type of family and gender on adjustment in old age. For this purpose three hypotheses were formulated.

The first hypotheses was “There will be no significant effect of type of family on adjustment in old age,” which deals with the main effect of Type of family. The result indicates that the type of family has no significant effect on adjustment in old age.

Second hypotheses was “There will be no significant effect of gender on adjustment in old age,” which deals with the main effect of gender. The result indicates that the gender has no significant effect on adjustment in old age.

The last hypotheses were related to interaction effect of type of family and gender. It was hypothesized that “There will be no significant interaction effect of type of family and gender on adjustment in old age.” The result indicates that there are no significant interaction between type of family and gender.

The result revealed that the overall adjustment of the old age persons who lives in joint family is more than the one who lives in a nuclear family and old age home. The males aged persons have better adjustment than of females aged persons according to mean scores.

This study reveals that socio economic status highly affects the adjustment in old age. High socio – economic status persons are more adjusted with their life than socio – economic status persons. Adjustment problems were experienced significantly more by having low socio – economic status than with high socio – economic status.

**Conclusion**

In this study it was found that there exist no significant interaction between type of family and gender. Majority of the male aged persons have better adjustment than the female aged persons. It is also found that economical status of the aged persons shows their adjustment. The better adjustment is always found in those who have the high socio – economic status and live in the joint family.

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