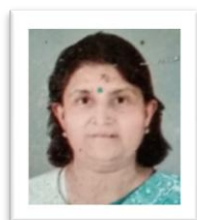


A Comparative Study on Perceived Psychological Problems of Elderly People Living in Family and Old Age Home



Chitra Chandra

Reader and Head,
Dept of HDFs,
Institute of Home Science,
Khandari, Agra

Neha Saxena

Lecturer,
Deptt. of HDFs,
Institute of Home Science,
Khandari, Agra

Deeksha Shukla

Student,
Deptt. of HDFs,
Institute of Home Science,
Khandari, Agra

Abstract

Old age is a period of decline. In old age various physical as well as mental changes occur that affects structure and functioning. The population of the aged in the country is already large and is going to be larger still. Being a large part of the population it becomes necessary to study the psychological problems faced by the elderly people living in family and old age home. Thus, total 80 elderly people between the age group of 65 and above were selected for the study. One self constructed questionnaire was used for measuring psychological problems of elderly people living in family and old age home. Obtained scores showed that elderly people living in old age home perceived more psychological problems in comparison to elderly people living in the family.

Keywords: Psychological Problems, Elderly People, Family, Old Age Home.

Introduction

Old age refers to age nearing or surpassing the life expectancy of human beings, and is thus the end of the life cycle. People during the sixties are usually referred to as "elderly" meaning somewhat old or advanced beyond middle age (Hurlock, 2004). Old age is a period of decline. In old age various physical as well as mental changes occur that affects structure and functioning. Psychological disorders are very much associated with old age. Elderly people suffer from psychological problems like mental fatigue, distress, Alzheimer and Dementia (Singh and Mishra, 2009). Many older people use cues, especially visual, auditory and kinesthetic ones, to aid their ability to recall.

The population of the aged in the country is already large and is going to be large still. Being a large part of the population it becomes necessary to study the problem faced by the elderly people living in family and old age home. Many persons think of the old person as nonproductive and the generation without any hope (Gupta et.al., 2012). In their later period of life, elderly people face many problems as physical, psychological, social, family, financial, emotional such as death of spouse etc (Ali, 2014). Some families consider elderly people as a burden and send them to the old age homes as they find themselves incapable in serving for them. That is why old age homes are increasing day by day. With the increase of old age homes, researcher wants to compare the perceived old age problems of elderly people living in family and old age home.

Review of Literature

Ali (2014) discussed the adjustment problems of old age persons and highlighted the need of preserving our tradition of a joint family and the mutual cooperation and understanding between the younger and the older generations. The situation calls for efforts of the government, non government organizations, religious institutions and individuals not only to understand but also to solve or at least mitigate the whole gamut of problems resulting from a graying society so that the aged people can lead a dignified and meaningful life.

Ramchandra and Solunkhe (2014) found that elderly population having physical problems was more in nuclear family in comparison to joint family. They also assumed that there will be an impact of type of family on psychological health of geriatric population.

Gupta et. al. (2012) found in their study that 9.6% elderly people had psychological problems like depression, psychological problems were more common in males than females. Psychological problems were found more in lower socio-economic class rather than higher class.

Singh and Mishra (2009) conducted a study to investigate the relationship among loneliness, depression and sociability in elderly people. Results revealed a significant relationship between depression and loneliness.

Garg et. al. (2008) explained that old age may have its challenges and limitations, old age deformities enough of its own. Ageing is a progressive, universal decline in functional reserve of body. Process of ageing varies widely in different individual and in different organs within a particular individual.

Objectives of the Study

1. To assess the perceived psychological problems of elderly people living in family and old age home.
2. To compare the perceived psychological problems of elderly people living in family and old age home.

**Methodology
Sample**

The sample of elderly people living in family comprised of 20 elderly males and 20 females, who were selected by using random sampling method (multistage stratified sampling method) for the present study. The sample of elderly people living in old age home was selected from an old age home viz. 'Ramlal Vradh Ashram', total 20 elderly males and 20 females

were selected by using systematic random sampling method (odd method) for the study. Thus, total 80 elderly people between the age group of 65 and above were selected for the study.

Research Tool

In the present study, one tool was self-constructed by the researcher for achieving the objectives of the research. One questionnaire on "perceived old age psychological problems by elderly people" was used for measuring problems of elderly people living in family and old age home. For each question three options had been given to respond. A score of '2' was assigned when respondent select 'Yes' option. A Score of '1' was given for 'sometimes' and '0' was given to 'No' option. Thus sum of the score represented the perceived old age psychological problems by elderly people.

Results and Discussion

Table 1: Distribution of the sample on the basis of Place of Residence

Place of Residence	Male		Female		Total	
	N	%	N	%	N	%
Family	20	50.00	20	50.00	40	50.00
Old age home	20	50.00	20	50.00	40	50.00

Table 1 shows the distribution of the sample on the basis of place of residence. Out of the sample, 20 elderly males and 20 females were living in the family and 20 elderly males and 20 females were living in the old age home. Thus, total sample consisted 50.00% elderly people living in family and 50.00% elderly people living in old age home.

Table 2: Distribution of the Scores on Certain Perceived Psychological Problems of Elderly People

Psychological Problems	Family						Old Age Home					
	Male		Female		Total		Male		Female		Total	
	N	%	N	%	N	%	N	%	N	%	N	%
Feeling of loneliness	4	10.00	4	10.00	8	10.00	12	30.00	10	25.00	22	27.50
Forgetfulness	4	10.00	6	15.00	10	12.50	10	25.00	8	20.00	18	22.50
Avoidance and ignorance by family	2	5.00	2	5.00	4	5.00	16	40.00	16	40.00	32	40.00

Table 2 shows the distribution of the scores on certain perceived psychological problems of elderly people. Elderly males (30.00%) and females (25.00%) living in old age home were complaining about the feeling of loneliness more than elderly males (10.00%) and females (10.00%) living in family. Forgetfulness was found more common in elderly people living in old age home (22.50%) than elderly people living in family (12.50%). It was found that problem of ignoring by the family was more common in elderly people living in old age home (40.00%) than elderly people living in family (5.00%).

Rasquinha and Bantwal (2016) also found in their study that as the elders perceive the time to pass slow, their natural ability to think positive or attribute time in positive ways was reduced. Dubey et al. (2011) also revealed that most of the elderly felt the attitude of the younger generation is unsatisfactory towards them especially those who were in old age homes in terms of getting respect, love and affection from the family members instead they were considered as burden for others.

Table 3: Comparison of perceived psychological problems of elderly people living in family and old age home

		N	Mean	SD	t	p
Male	Family	20	26.37	12.53	4.19	0.01
	Old age home	20	42.90	8.46		
Female	Family	20	28.25	13.14	4.15	0.01
	Old age home	20	41.64	5.96		
Total	Family	40	27.28	12.98	4.10	0.01
	Old age home	40	41.64	8.75		

Table 3 shows the comparison of perceived psychological problems of elderly people living in family and old age home. Obtained mean scores showed that perceived psychological problems of elderly people living in old age home (41.64) were higher than elderly people living in family (27.28). It is also evident from the significant 't' value (4.10). It is also evident from the significant 't' value that there was a significant difference between perceived psychological problems of elderly males (t=4.19) and females (t=4.15) living in family and old age home. Thus, elderly people living in old age home perceived more psychological problems in comparison to elderly people living in the family. Dubey et al. (2011) also revealed that more of the elderly residing in the old age homes felt a fall in the overall efficiency, sociability, degree of involvement in work and hobbies than elderly residing within the family setup.

Conclusion

It was found that elderly people living in old age home perceived more psychological problems in comparison to elderly people living in the family. There was a significant difference between perceived psychological problems of elderly males and females living in family and old age home.

References

1. Rasquinha D. M. and Bantwal, P. (2016). State boredom and emotion regulation among the institutionalised elderly. *Indian journal of gerontology*. Vol. 30. Issue 4. 434-440.
2. Ali M.A. Z. (2014). A study on adjustmental problems of old persons. *International journal of academic research*. Vol.1. Issue.2. 31-34.
3. Ramchandra M.U. and Solunkhe A.H. (2014). A study to asses physical problems of old age with special emphases on psychosocial problems of geriatric population among nuclear verses joint family in selected rural area. *International journal of science and research*. Vol.3. Issue 4. 303-307.
4. Sharma N. K., Parihar A., Vyas H., Prasanna K. L. and Pandey V. (2014). Assess the geriatric problems among inmates of old age home. *International journal of scientific and research publications*. Vol. 4. Issue 2. 1-6.
5. Gupta S.K., Varshney A., Tiwari S.C. and Shinde M. (2012). The investigation of medical and psychosocial problems of geriatric population in the urban area of Madhya Pradesh in India. *Open journal of internal medicine*. Vol.2. 170-175.
6. Dubey A., Bhasin S., Gupta N. and Sharma N. (2011). A study of elderly living in old age home and within family set-up in Jammu. *Studies on home and community science*. 5(2). 93-98.
7. Singh A. and Mishra N. (2009). Loneliness, depression and sociability in old age. *Industrial psychiatry journal*. Vol.18. No.1. Page no.51-55.
8. Garg K.G., Sharma M., and Koundal R. (2008). A review on geriatrics-common problems of old age people and their management. *International ayurvedic journal*. Vol. 4. No.3. 32-36.
9. Hurlock. B.E. (2008). *Development psychology (Fourth Edition)*. Tata McGraw-hill publishing company Ltd. Mumbai. New Dehli.