

Research Note

Study on Adjustment Problems of Elderly living in Old Age Home and Within Family set up in Gwalior City

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ABSTRACT

The number of older person rising in the 21st century in the country consequently, there are certain problems in different region and cultures. Adjustment is a common problem in old age and it is difficult to adjust due to limited capacity, lower mental ability and increased dependency on others. The present investigation is an attempt to study adjustment problems of old age, residing in old age home and with their families. Purposive random sampling technique was used to select 100 elderly persons aged between 60 to 70 years (50 each from the old age home and family setups) of Gwalior, Madhya Pradesh. Shamsad-jasbir Old-age Inventory (SJOAI, 1995) was used to measure the variables. The findings of the study showed higher adjustment problems in old age living in old age home, than in family setups.

Keywords: Ageing, Old age home, Family setups, Old-age inventory

INTRODUCTION

In old age many unpredictable and unmanageable health issues challenge the threshold of tolerance and limitations of capabilities (Singh, 2021). Total constellation of social, biological and psychological changes that occur in last stage of life is referred as ageing (Richard, 1962). Ageing of the population is one of the most important demographic factors that have emerged in the 21st century. The number of elderly has exponentially multiplied since 1948, due to increased life expectancy rates and decreased fertility worldwide (World Bank, 2011). A more alarming number i.e. 1250 million is estimated to this bulk of ageing population by the year 2025 (Global Statistics, 2012). United Nations report states that the population of aged growing at faster rate (3:4 times) in the developing region than in the developed region (1.84 times of the world). The population of older persons (60+) has constantly been rising since the first census in independent India in 1951.

The population of aged (60+) in the total population of India was around 5.5 per cent that increased to nearly 6 per cent in 1971 and almost 5 per cent in 2001. The number has increased from nearly 20 million in 1951 to 77 million in 2001 (Verma, 2011), 100 million in 2011 (Agewell study, 2011) and 110 million in 2017. Adjustment involves both mental and behavioral process by which a person maintains equilibrium with their needs and the obstacle imposed upon them by the environment. A number of adjustments begin when it is felt and end when it is satisfied. Generally it is difficult to adjust in old age due to diminishing health, limited capacity, poor mental ability and increased economic dependency (Shukla *et al.*, 2013). It is a period of transition where one has to face set of changes, expectations and also do several compromises (Neema, 2013 and Lalithakumari, 2017). A study conducted by Sijuwade (2013) showed a significant relation on the effect of life satisfaction and gender on general adjustment of elderly.

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METHODOLOGY

This study was carried out in Gwalior (Madhya Pradesh) to investigate the adjustment problems of aged persons. For this purpose a sample of 100 old persons (both male and female) was selected randomly from old age homes and family setups. 50 old persons were residing in old age homes and 50 with their families. Statistical Analysis (comparison) was done between the two groups and result were analyzed by T-test. The old age adjustment inventory developed and standardized by Shamsad-jasbir (1995) was administered to find out the adjustment problems of old men and women in the areas of social adjustment, emotional adjustment and marital adjustment. The inventory measures problems faced by elderly people in areas of home, health, financial, social, emotional and marital adjustment, out of them three areas i.e. social, emotional and marital adjustment were taken for this study. Social area dealt with the question – like self-respect, social circle, social security, feeling happy with others, social relation with neighbors and friend circle etc. Emotional area deals with questions like anxiety, temper tantrum, feeling of insecurity, feeling of self-respect, anxiety about disease, feeling of crying etc. Marital area deals with loss of spouse, expectation from spouse, & from children, feeling of loneliness, depression, dependency, never want to stay with others etc.

RESULTS AND DISCUSSION

Table 1 reveals that elderly, residing in old age homes felt more adjustment problems, than those who are living in their own homes. Mean value for social adjustment

living in their own home is 19.0 and SD is 1.40 and mean value is 15.9 and SD 2.65 for old people living in old homes shows significant difference and T value is 7.24 at 0.05 level of significance and 98 DF, which is quite high than the table value 2.36 which shows significant difference in social adjustments. Social adjustments are similar to physiological adjustments. People strive to be comfortable in their surrounding and to have their psychological needs such as love affection, met through the social networks they inhabit ongoing difficulties in social and cultural adjustment may be accompanied by anxiety or depression (Neema, 2013). Table further reveals significant difference in both groups. Elderly people living in old age homes felt more emotional problems than those who are living with their own families. The calculated T value is greater than table value (2.36) at 98 DF, and 0.05 level of significance. Family support improves emotional well-being and relieves stress (Shukla, 2013). Table-also shows that there is no significant difference in marital adjustment of both the groups. Calculated T value (0.51) less than the table value (2.36). Marital adjustment problems faced by old people were same whether they were living in old age homes or with their own families. In India there is strong cultural pressure to look after the parents in family. Old age home is not a popular or feasible option. Old People live in their later years will make a significant difference to the quality of their living. Availability of caretakers in case of illness, disability, emergencies, depends on living arrangements. Old people feel more support in family setups as compared to old age home (Verma, 2011 and Dubey, 2017).

Table 1: Status of social adjustment between old people living in old age home and family setups

Group	Size of Sample	Mean	SD	T value
Social adjustment				
Old people living with their families	50	19.0	1.40	7.24*
Old people living in old age home	50	15.9	2.65	
Emotional Adjustment				
Old people living with their families	50	17.1	6.62	2.43*
Old people living in old age home	50	15.8	2.68	
Marital Adjustment				
Old people living with their families	50	12.6	1.55	0.51*
Old people living in old age home	50	12.4	2.24	

DF-98, Table value 2.36, Significant at 5% level of significance

CONCLUSION

The study was carried out to highlight the problems and its effect on adjustment of old people living in old age home in comparison to living in family setups. There should be a joint effort on the part of government and non-government organization to aware about various plans and scheme meant for the elderly. Counseling with the elderly and their family member is also needed for better adjustment in old age. There is need to introduce active leisure, physical activities and involvement in spiritual gatherings as preventive measures to ensure both better health and better functionality status in elderly at all physical, mental and emotional levels.

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