



Economic Soundness and Psychological Well-being among the Elderly

Kavitha Rani. V¹, R. Revanth², N. Shanmughavadivu³ & F.X. Lovelina Little Flower⁴

^{1,2}Research scholars, Department of Social Work, Bharathiar University, Coimbatore, Tamil Nadu, India.

³Assistant Professor, Department of Social Work, Bharathiar University, Coimbatore, Tamil Nadu, India.

⁴Professor and Head, Department of Social Work, Bharathiar University, Coimbatore, Tamil Nadu, India.

Corresponding Author: Kavitha Rani. V, **Email:** sairaju2728@gmail.com

Received: 14th January 2023

Accepted: 7th March 2023

Published: 3rd April 2023

ABSTRACT

Mental Health is the overall concern for many throughout the world, it helps the individual to express their feelings and engage with others. To achieve a stable or positive mental health, one should achieve a positive well-being. Well-being could be viewed with different components, among them psychological well-being is a main factor, which is debatable. Psychological well-being of an individual depends on his interaction with himself and the society. Many researches have been carried out to find the relationship between various factors and individuals psychological well-being. Elderly termed to be the most vulnerable population in terms of mental health issues, as they face lot of problems related to health, economic stability and difficulties in coping with the modern world. Individuals over 60 years are referred to as elderly (WHO, 2019), their population is one billion and is projected to reach 2.1 billion by 2050 around the world. The Mental health services in India are not standardized to satisfy the elderly needs. India with 1.3 billion populations among which 27% are youth, in near future the elderly population is going to be high in India. It is the need of the hour to direct these youth population towards a positive elderly life. Thus, this study focuses on analysing the impact of the saving habit and the expenditure of elderly in determining their psychological well-being. For this empirical study, descriptive design using purposive sampling was adopted. The researcher has collected data from elderly population living in Tauta Nagar, Thondamuthur Road, Coimbatore and used the psychological well-being scale. The results of the study showed monthly income and savings of the elderly positively influence the psychological well-being. Whereas, monthly expenditure on the other hand doesn't show any influence when kept as a predictor variable.

Keywords: Economic Soundness, Mental Health, Elderly, Psychological Well-being, Financial planning and management.

INTRODUCTION

According to WHO (2022) World Mental Health Report, intellectual fitness isn't a binary state; we aren't either mentally healthy or mentally ill, however intellectual fitness is a complicated continuum with adjustments in situations from the high quality state of well-being to crippling ranges of excessive emotional ache and suffering. Psychological well-being is the elementary characteristic of intellectual fitness. Each individual at some point of time in this world needs to expertise emotions like pleasure, happiness, cause in life, exhibiting productiveness and healthful coping and problem determination mechanisms. Psychological well-being which describes a person's capacity for contentment, accomplishment, impulse stability, creative reasoning, and ability to cope and recover from challenging moments, is the underlying component of a sound mental health. Varied studies recommend that folks with excessive mental wellbeing have a far better, healthier, and longer life- Gale, C. R., Cooper, C. (2014). Decrease in mental wellbeing leads to biological changes like inflammation, low immune function, excessive stress inner hormone secretion (poor growth emotion), muscle tightness, type 2 diabetes, coronary heart diseases, body ache, and difference in sleep and appetite. Old age is the age wherein one is close to the existence expectancy. According to WHO it's far expected in 2030 that one in six human beings in the globe might have someone dwelling in their 60s. Individuals who are 60 years and above are typically taken into considered as aged (WHO 2019). Elderly peoples basic need include nutritious food, clothing, personal health care and mental health care and financial security. But in reality many elders faces problems in planning their retirement benefits or other financial savings. The NCOA (National Council for Aging) predicts that 47 million elders struggle financially. Elderly people who able to prioritize their needs and well planned for their financial needs with available sources of savings are better in handling emergencies, experience more independent feeling, undergo less stress and anxiety, and ultimately achieve their goals in life (Alsaad & Lazim, 2023; Salem, Ismail & Mohammed, 2023).

The modifications or changes that occur in elderly which affect the psychological well-being are classified as follows:

Biological Modifications	Cognitive Modifications	Social Modifications	Emotional Modifications
<ul style="list-style-type: none"> • The inner modifications that arise within the frame include alternate in-frame mass, a decline in breathing function, down flip in the kidney and aerobic vascular system, osteoporosis, hearing loss, visible deterioration, continual body aches, diabetes, high blood pressure, and stroke, etc. 	<ul style="list-style-type: none"> • Cognitive modifications arise because of harm to the nerve cells in the brain and they constitute to the reminiscence decline, dementia, Alzheimer's disease, Parkinson's disease, melancholy and anxiety etc. - M. Felez-Nobrega, J.M. Haro, (2022), Lisa Engel, Yael Bar, et.al., (2016). 	<ul style="list-style-type: none"> • Elders have problems completing their everyday chores, limitations to accessing health care and fitness and health coverage, the lack of the life of a cherished one, and end-of-existence preparation- Srivastava, S., et al., (2021). 	<ul style="list-style-type: none"> • The decline in fitness both physically and mentally makes the aged turn out to be extra dependent, sense lonely, disregarded, financially constrained, have attachment needs, and helpless - Kenneth F. Ferraro, Ya-ping Su, (1999).

Figure 1: Modifications or changes that occur in elderly which affect the psychological well-being among the elderly.

Along with the above modification the Economic soundness plays an important role in affecting the Psychological well-being.

Economic Soundness

Aside the organic and bodily hassle, the aged confront economic distress, economic dependence, and economic anxiety. Elders face trouble in how to make use of economic resources - Li, W., & White, M. J. (2020). Even with careful planning, certain life circumstances may necessitate the elderly to incur debt, pay arrears, have their property repossessed or even face eviction. Poor psychological well-being, sleep disruption, and a general decline in mental health are all associated with low economic soundness.

Factors contributing to economic troubles in the elderly are lack of proper education, lack of task opportunity, joint family, down charge or loan, financial scam and furthermore.

Studies showing elderly financial vulnerability:

- Out of many troubles which cause economic pressure fitness troubles or deterioration in physical health condition had been tremendous - Lyons, A. C., & Kim, H. (2007).
- When the daily demand and age requirements aren't met the elders begin to rely on tremendous incomes members of the family for their needs and necessity- Khawar, S., & Sarwar, A. (2021).
- The elders have own assets and different economic savings, the own circle of relatives, spouse and children attempt to take gain of the elder's assets and sometimes the elders have few or no trust worthy members, making elders victims of financial exploitation- Lachs, M. S., et.al., (2015)
- Some quantity of studies shows that each elderly male and elderly female have low mental health in phrases of lifestyle satisfaction – Olena Hryhorivna, et.al., (2018).
- Elderly women are who are subjected to domestic house works suffer from diabetes, hypertension and obesity and continue to do domestic house hold work throughout their lives- Zunzunegui, M., (2015).
- On the authority of the National Statistical Office of India, Older ladies have a tendency to be greater economically insecure and stay longer (live) than elderly men.

Studies showing elderly financial independent:

- Health and wealth have advanced command on monetary consumptions that too unexpected fitness problems (physical ailment) regularly cause a decline in bodily activity and cause disruption to well-being but emergency funds saved for sudden or unforeseen ailment reduces the burden. - Buckland, J. (2018).
- The financially unbiased elders choose to lead a nuclear Lifestyle and control their finances - Kapur, Radhika (2018).

- Elders who got successful economic control competencies have more vanity and confidence - Arellano, et.al. (2014).
- Elders with income security or profit protections fulfilled their important functions in life and had more satisfied standard of living as their had planned for their financial needs in the young adulthood stage.
- Elders who were financially wealth or secured participated in regular social activities and socialized more - Kim, S. I. (2012).

We can deduce that elders with stable finances and those with unstable finances experience old age very differently. Financial stability enables individuals to live comfortably during retirement and other life stages without having to worry about running out of money. They might have a stable income through pensions, investments, or savings, allowing them to pay for housing, healthcare, and other requirements without sacrificing their standard of living. On the other hand, older adults who are in financial difficulty usually face significant financial difficulties. If their income is minimal or they haven't saved enough money for retirement, they can have trouble making ends meet. They might have to make difficult decisions about which requirements to pay for on their own and might even need to rely on government assistance programmes or family members. Elderly women are subjected to domestic household work more than what they are capable of themselves and some study also points the factors like serious illness, limited mobility, theft and scam, cognitive impairment and change in the elders quality of life increases the risk for Age Associated Financial Vulnerability (AAFV). The financial stability of an elderly individual can greatly impact their quality of life and sense of security in their golden years. Hence this paper attempts to perceive the independent variable which influences psychological well-being greater.

METHODS AND MATERIALS

Hypothesis:

1. The psychological wellbeing of elderly is being influenced by economic soundness (monthly income and monthly expenditure).
2. There exists a relationship between psychological well-being and economic soundness of elderly.

This is a quantitative study using primary data. The goal of this study is to locate the effect on Economic soundness and psychological well-being among the populace in Tauta Nagar, Vadavalli, and Coimbatore. A descriptive design was used to interpret the information in order to explain the urgent actual existence scenario of financial soundness effect on psychological well-being; the information becomes accumulated from a set to inquire about the function of the aged group in real life. The population of the study become all of the aged citizens of Tauta Nagar (176 homes). The Sampling layout used was Purposive sampling; The Sample length for this study is seventy-five respondents (75) (elderly residing in north Tautanagar, Thondamuthur road, Vadavalli, Coimbatore). The study had inclusive and specific criteria's. SPSS 23 was used to interpret the information. The information accumulated was through interview schedule and the interview schedule contained 2 parts, The Part 1 of the interview schedule was a socio-demographic profile to evaluate the financial soundness, and Part 2 of the interview schedule become a device to evaluate psychological well-being which was developed by psychologist Carol D. Ryff, 18 object scale which is the shortened model of the authentic forty-two object scale) and 6 sub-scales namely Autonomy, Environmental mastery, personal growth), positive relation, purpose in life and self-acceptance. Number of items in the interview schedule was 18 with an Answer Format: 1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree or disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree. And some questions in the head reverse scoring pattern.

LIMITATIONS

There are limitations in this study, the study is done with a small group of elderly (75 elderly respondents) hence the results cannot be generalized, the elders are from one particular locality hence generalization in other location and community might be different. The study may only focus on a limited set of variables, such as financial stability, and may not consider other important factors that could impact the elderly population.

RESULT

Monthly income and monthly expenditure were fixed as predictor variable to measure the economic stability of the respondents. Using the psychological well-being 18 items scale the overall score of the respondents were calculated for analysis purpose. To understand the association between the predictor variables on psychological well-being a correlation test was

performed and the impact of these on the dependent variable was measured using the multiple regression analysis. The overall analysis of the study was performed using SPSS version 23.

Relation between Monthly Incomes on psychological well-being

Since the respondents are elderly and most of them don't have any standardized monthly income. The Researcher calculated the monthly income based on their savings, pensions and income from their assets and further. Based on the above said criteria the monthly income were categorized into three based on their ranges. The relation between the monthly income and the overall psychological well-being score shows that the monthly income of the elderly person has a positive influence on the psychological well-being (with $r = 0.262$). The results of the regression show that for every 0.485 percent increase in monthly income will give a 1.753 percent increase in the psychological well-being of elderly.

Relationship between Monthly expenditure and psychological well-being

The monthly expenditure are calculated using their expenses they spend in a month for their living, it includes health, food, clothing and other related activities. While computing the relationship between these two variables, it shows a negative correlation (with $r = -0.015$, p value > 0.05). Since the p value is above .05 which means there is no relationship between psychological well-being and monthly expenditure. The regression analysis shows that, a -0.290 change in monthly expenditure will increase 1.753 psychological well-being, which is very small and it doesn't make any changes.

Thus the results from this study shows that the monthly income plays an important role in determining the psychological well-being of the elderly, whereas the monthly expenditure doesn't show any major changes in the dependent variable. The Result of this study is limited to a small area; hence the results may vary when implemented with larger sample.

DISCUSSION & SUGGESTIONS

In India the aged populace has been growing since 1961, according to the Social statistics Division of Government of India, the financial stability of elderly has grown from 47% (2004) to 52% (2018), in India. This is feasible due to monetary literacy (planning, managing, and monitoring expenses), low-threat saving schemes for the elderly, and increasing awareness in creating of emergency funds which can be used when in need. And additionally, medical

coverage up gradation can assist the aged to get first-class bodily and intellectual fitness care at low-priced cost – Stacey Wood & Peter A. Lichtenberg (2017). We need to improve clinical care, increase aged well-being, create age-pleasant habitats, and offer long-time period fitness care thereby enhancing their existence. In order to overcome the economic burden, today's youth need to cautiously put money into systemic saving schemes, and plan for retirement, and destiny economic financial savings have to be achieved timely. Elders must be taught to avail tax and transportation reductions, and be cautious not to rely on people from taking economic benefits especially their own significant family members. Intervention application for people before retirement or before 60 years might lessen the societal issues they face in later life- Carlsson, Christer (2017)". Promoting institutional remedies like group therapy in locations, which the elderly live and acquire make the elderly sense extra safe, control comparable struggles, spend time for leisure and recreational activity, discover new pals, and ease melancholy and anxiety - Barde, S. (2020). Besides institutional remedy Geriatric physical therapy can make the elderly achieve mobility of to carry out every day functioning and become more energetic and independent and also reduce the risk of elderly fall - Keith G. Avin, (2015). Promoting cures like this make the aged reduce their want for prescription medication, and lead to a healthful existence for a longer length of time.

CONCLUSION

This study shows that the predictor variable - monthly income had an effect on the psychological well-being, the elders got monthly income from pension plans, systemic saving scheme, monthly rent from their own house or property rented to others or from close family members. Slow profits have been related to low mental and vanity and overall well-being. Income generators are protected in their own circle of relatives' and make important decisions like education, employment, and relationships. The elderly who are not economically sound are abused, left in isolation, now no longer given any position in their own family circle in selection or decision making. The different predictor variable month-to-month expenditure did now no longer have a big effect on the extent of mental well-being due to the fact elders did now no longer spend their budget on amusement or leisure activity however offered their finances to fundamental necessities and went for fundamental fitness screening/clinical compliance and purchased prescription medicinal drugs wished and opted for sickness prevention and staying healthful.

REFERENCE

- Alsaad, M.A., & Lazim, Y.Y. (2023). The Impact of the Sustainable Strategy on Strategic Performance: Field Study in the Iraqi Tourism Sector . *South Asian Journal of Social Sciences and Humanities*, 4(1), 55–68. <https://doi.org/10.48165/sajssh.2023.4104>
- Ansari, S., Anand, A., & Hossain, B. (2022). Multimorbidity and depression among older adults in India: Mediating role of functional and behavioural health. *PLOS ONE*, 17(6), e0269646. <https://doi.org/10.1371/journal.pone.0269646>
- Arellano, et.al.,(2014). The effect of self-confidence on financial literacy. BBVA, Economic Research Department. <https://ideas.repec.org/p/bbv/wpaper/1428.html>
- Barde, S. (2020). Effect of group therapy promotion on of psychological well-being among elderly at selected old age home. *Indian Journal of Forensic Medicine and Toxicology*, 14(4), 3963-3966. doi:10.37506/ijfmt.v14i4.12258
- Buckland, J. (2018). Financial Inclusion and Building Financial Resilience. *Building Financial Resilience*, 11– 46. https://doi.org/10.1007/978-3-319-72419-5_2
- Carlsson (2016). "Interventions to Form Wellness Routines Among Young Elderly" BLED 2016 Proceedings. 19.<https://aisel.aisnet.org/bled2016/19>
- Carlsson, Christer (2017)"Digital Coaching to Build Sustainable Wellness Routines for Young Elderly". BLED 2017 Proceedings. 45. <http://aisel.aisnet.org/bled2017/45>
- Cramer, K., Tuokko, H. A., Mateer, C. A., & Hultsch, D. F. (2004). Measuring awareness of financial skills: reliability and validity of a new measure. *Ageing & Mental Health*, 8(2), 161-171.
- Dolan, P., Elliott, A., Metcalfe, R., & Vlaev, I. (2012). Influencing financial behavior: From changing minds to changing contexts. *Journal of Behavioral Finance*, 13(2), 126-142. DOI: 10.1080/15427560.2012.680995
- Engel, L., Bar, Y., Beaton, D. E., Green, R. E., & Dawson, D. R. (2016). Identifying instruments to quantify financial management skills in adults with acquired cognitive impairments. *Journal of clinical and experimental neuropsychology*, 38(1), 76-95. DOI: 10.1080/13803395.2015.1087468
- Felez-Nobrega, M., Haro, J. M., & Koyanagi, A. (2022). Multimorbidity, depression with anxiety symptoms, and decrements in health in 47 low- and middle-income countries. *Journal of Affective Disorders*, 317, 176–184. <https://doi.org/10.1016/j.jad.2022.08.110>
- Ferraro, K. F., & Su, Y. P. (1999). Financial strain, social relations, and psychological distress among older people: A cross-cultural analysis. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 54(1), S3-S15. <https://doi.org/10.1093/geronb/54B.1.S3>

- Gale, C. R., Cooper, C., Deary, I. J. (2014). Psychological well-being and incident frailty in men and women: The english longitudinal study of ageing. *Psychological Medicine*, 44(4), 697-706. doi:10.1017/S0033291713001384
- Gana, K., Saada, Y., Broc, G., Quintard, B., Amieva, H., & Dartigues, J. F. (2016). As long as you've got your health: longitudinal relationships between positive affect and functional health in old age. *Social Science & Medicine*, 150, 231-238.
- Griffin, P. W., Mroczek, D. K., & Spiro III, A. (2006). Variability in affective change among aging men: Longitudinal findings from the VA Normative Aging Study. *Journal of Research in Personality*, 40(6), 942-965.
- Hindustan Times – Dec22, 2020. <https://www.hindustantimes.com/business-news/a-guide-to-effectively-manage-finances-for-the-elderly/story-fvzNTrBtr4G3J4Ae1kAzbn.html>
- Hryhorivna, O. H. O., & Spivak, L. M. (2018). Psychological well-being of elderly people: The social factors. *Social Welfare: Interdisciplinary Approach*, 8(1), 163-176. <https://doi.org/10.21277/sw.v1i8.323>
- Kapur, Radhika. (2018). Financial Problems among the Elderly Individuals. : <https://www.researchgate.net/publication/325144978>
- Keith G. Avin, (2015), Management of Falls in Community-Dwelling Older Adults: Clinical Guidance Statement From the Academy of Geriatric Physical Therapy of the American Physical Therapy Association, *Physical Therapy*, Volume 95, Issue 6, 1 June 2015, Pages 815–834, <https://doi.org/10.2522/ptj.20140415>
- Khawar, S., & Sarwar, A. (2021). Financial literacy and financial behavior with the mediating effect of family financial socialization in the financial institutions of Lahore, Pakistan. *Future Business Journal*, 7(1), 1-11. <https://doi.org/10.1186/s43093-021-00064-x>
- Kim, H., & Lyons, A. C. (2008). No pain, no strain: Impact of health on the financial security of older Americans. *Journal of Consumer Affairs*, 42(1), 9-36. <https://doi.org/10.2139/ssrn.985891>
- Kim, S. I. (2012). Relationship among social support, vitality and happiness in elderly participating physical activity program. *Journal of Sport and Leisure Studies*, 49, 617–629. <https://doi.org/10.51979/kssls.2012.08.49.617>
- Lachs, M. S., & Han, S. D. (2015). Age-Associated Financial Vulnerability: An Emerging Public Health Issue. *Annals of internal medicine*, 163(11), 877–878. <https://doi.org/10.7326/M15-0882>
- Li, W., & White, M. J. (2020). Financial distress among the elderly. *Remaking Retirement*, 89–105. <https://doi.org/10.1093/oso/9780198867524.003.0005>
- Salem, R.I.B., Ismail, H., & Mohammed, F. (2023). The Correlation Between Transformational Leadership and Employee Innovation in the Customs Department in the Emirate of Dubai . *South Asian Journal of Social Sciences and Humanities*, 4(1), 69–89. <https://doi.org/10.48165/sajssh.2023.4105>

- Srivastava, S., Chauhan, S., Muhammad, T., Simon, D. J., Kumar, P., Patel, R., & Singh, S. K. (2021). Older adults' psychological and subjective well-being as a function of household decision making role: Evidence from cross-sectional survey in India. *Clinical Epidemiology and Global Health*, 10, 100676. <https://doi.org/10.1016/j.cegh.2020.100676>
- Srivastava, S., Debnath, P., Shri, N., & Muhammad, T. (2021). The association of widowhood and living alone with depression among older adults in India. *Scientific reports*, 11(1), 21641. <https://doi.org/10.1038/s41598-021-01238-x>
- Srivastava, S., Muhammad, T., Sulaiman, K. M., Kumar, M., & Singh, S. K. (2022). Types of household headship and associated life satisfaction among older adults in India: findings from LASI survey, 2017–18. *BMC geriatrics*, 22(1), 78. <https://doi.org/10.1186/s12877-022-02772-7>
- Weissberger, G. H., Mosqueda, L., Nguyen, A. L., Samek, A., Boyle, P. A., Nguyen, C. P., & Han, S. D. (2020). Physical and mental health correlates of perceived financial exploitation in older adults: Preliminary findings from the Finance, Cognition, and Health in Elders Study (FINCHES). *Aging & mental health*, 24(5), 740-746.
- Wilkinson, L. R. (2016). Financial strain and mental health among older adults during the great recession. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 71(4), 745-754. <https://doi.org/10.1093/geronb/gbw001>
- Wood, S., & Lichtenberg, P. A. (2017). Financial capacity and financial exploitation of older adults: Research findings, policy recommendations and clinical implications. *Clinical Gerontologist*, 40(1), 3-13. DOI: 10.1080/07317115.2016.1203382
- World Health Organization. World report on ageing and health. World Health Organization; 2022
- Zunzunegui, M. V., Alvarado, B. E., Guerra, R., Gómez, J. F., Ylli, A., Guralnik, J. M., & Imias Research Group. (2015). The mobility gap between older men and women: the embodiment of gender. *Archives of gerontology and geriatrics*, 61(2), 140-148. <https://doi.org/10.1016/j.archger.2015.06.005>