

Anxiety and Psychological Well-Being among Adult and Old Age

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ABSTRACT

The study: Psychological wellbeing refers to how people evaluate their life. According to World Health Organization psychological well being is one of the key elements of our health. The study investigates the anxiety and psychological well-being and whether any relationship exists between time of evaluation and severity of the problems. **Objectives:** The aim of this study is to identify anxiety and psychological wellbeing of adult and old age people. To find the relationship between anxiety and psychological well-being of adult and old age people. **Sample Size:** Data were collected 120 respondents. 60 were adult (Male and Female) and 60 were old age (Male and Female). For old age, the data collected from the old age homes and for adult from office sectors. Simple random sampling method was used to collect the sample. **Method:** The Research instrument was used for psychological well-being, Psychological well-being questionnaire (Sudha Bhogle, 1995). For Anxiety, DASS-21 (Depression Anxiety Stress Scale, Lovibond & Lovibond, 1995). 't'-test was applied to analyze the difference of the adult and old age. For Anxiety and Psychological well-being, the Karl-Pearson 'r' method was used to check the correlation. **Results and Findings:** The result will reveal there is a significance difference in anxiety and psychological wellbeing among adult and old age. And there is a negative correlation indicates between anxiety and psychological wellbeing, that means higher the anxiety lower the psychological wellbeing and lower the anxiety higher the psychological wellbeing.

Keywords: Anxiety, Psychological well-being, Adult, Elderly

Mental health is important in every stages of life from childhood to adult through later life. It includes our emotional, social and psychological well-being. It affects our health, also helps to determine how we handle the anxiety and relate to co-occurring problems. Cognitive and social change may follow a different rate of development. A person may look young or older, but continue the mental alertness positive, young and social attitudes.

Chronological age has a powerful effect on how we are perceived, the expectations of others and the opportunities that may be available to us. Just as young people may be judged as one group

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because they are teenagers with certain physical and social attributes ascribed to them, so too are older people. People, who are retired are generally expected to have opportunities to take life more leisurely; they are ascribed a particular status because of the words that describe them – aged, retired, pensioners or, more negatively, senile, ‘over the hill’. There are increasingly many different pathways that people take through their lives, between paid employment and leisure activities (Crawford, 2006).

Successful aging has been characterized by maintaining good physical health, good cognitive function and having enthusiastic engagement with other people. (Rowe & Kahn, 1998)

In Biological perspective, most of the living organism shows age-related decline. According to Erik Erikson (1995) state, that each stage of life includes a series of dilemmas that individual needs to achieve a favorable balance before moving on next phase. Erikson viewed late adulthood, is the final phase of life, as the period of *integrity versus despair*. This involves accepting a sense of wholeness and ownership of one’s life and the choices that were made, without harboring regret or feelings of having inadequately fulfilled one’s life. The goal is the achievement of integrity. Erikson believed that when this is not achieved (despair), then this ultimately leads to a fear of the end of life.

Ageism is prejudice on the grounds of age (Bytheway, 1995). Ageism can be seen as a process of systematic stereotyping and discrimination against the people, because they are old, just as racism and sexism accomplish this for skin color and gender (Butler & Lewis, 1973).

Ageism as the social process through which negative images of and attitudes towards older people, based solely on the characteristics of old age itself, results in discrimination (Hughes & Mtezuka 1992).

Much qualitative researches explained about the Quality of life. Hegberg (2002) has strived to understand life quality through a phenomenological perspective. He found, the meaning of quality of life can be decreased to a number of basic constituents. This pattern contains one component which is central and called commitments, added by two components coined balance and continuity. Finally there are two complementary functions of a more expressive nature. I.e. to be creative and to be transcending.

Well-being is associated with number of system. Like family job, health and economic benefits. Because high level of well-being is associated reduced anxiety, better immune performing and improve the quality of life.

According to Beekman et al. (2000) Anxiety disorders are more common prevalent in older adult associate with chronic general medical conditions and are also highly co-morbid with depressive

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disorders. Accurate screening for anxiety symptoms in older populations is very difficult. A study was conducted by Doshi Dhara.(2013) on depression and psychological wellbeing in old age. It was found that adult have more psychological wellbeing than the older. Level of depression is low and psychological wellbeing is high in adult compare to the aged.

In recent days research explained 15 to 20% of old population may experience depression. Depression and anxiety in old age is quite common and it is difficulty in diagnosis, because of medical illnesses, dementia syndromes and heterogeneity of patients in the population. After getting the accurate diagnosis only the clinicians should differentiate between depression and after match of stroke, other types of brain injuries and illnesses.(Kalpan &Shadock).

The Objective of Study

1. To study about anxiety and psychological well-being among adult and old age.
2. To assess the anxiety and psychological well-being among adult and old age.

Hypotheses

1. There is no significance difference in anxiety among adult and old age.
2. There is no significance difference in psychological well-being among adult and old age.
3. There is no significance correlation between anxiety and psychological well-being among adult and old age.

METHODOLOGY

Sample

Sample in this study consist of 120 subjects having 60 adults and 60 old age. The sample collected From Trichy city, Tamilnadu.

Variables

Dependent variable: Psychological well-being

Independent variable: Anxiety

Research Tools

1. **Personal Data Sheet:** Personal data sheet developed by the investigator was used to collect the information about adult and old age.
2. **DASS-21 (Depression Anxiety Stress Scale):** The DASS-21 scale was made by Lovibond and Lovibond (1995). This was designed to measure the common symptoms of Depression, Anxiety and Stress. The short form version scale consists of 21 items.(the long form has 42 items)Each items is scored from 0 to 3(Never, Sometimes, Often, Almost always) and the final score of each item groups need to multiply by two. The Cronbach's α of Anxiety in DASS-21 is .82 (92% CI .80 - .83)

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- 3. Psychological well-being scale:** The psychological well-being scale was made by Sudha Bhogale (1995). It consists of 27 items included in psychological well-being. In this scale, positive and negative types of items are included. In positive questions '1' score awarded for every 'yes' response and '0' score awarded every 'no' response. In negative questions '0' score awarded for every 'yes' response and '1' score awarded every 'no' response. Reliability of this scale is 0.85. This is very high validity of this scale seen high.

Statistical Analysis

SPSS was used to find out the aim.

Sample size

The total samples consist of 120 of which 60 were adult and 60 were old age. And it was taken at trichy.

Research Design

The aim of research was to study of anxiety and psychological well-being among adult and old age. For these 120 samples were taken out of which 60 were adult and 60 were aged. Here to measure anxiety, DASS-21 Questionnaire by Lovibond and Lovibond, (1995) was used. For psychological well-being, psychological well-being scale by Sudha Bhogale, (1995) was used. To check the difference between groups 't' test and karl-pearson 'r' method was used to check the correlation.

RESULTS

Table No.1 To measure the significance means difference on score of anxiety among adult and old age

Group	N	M	SD	t	Sig.level
Adult(20 to 59yrs)	60	12.57	7.43	18.74**	0.01
Old age (60 and above)	60	34.80	5.40		

***at the significant 0.01 level*

To see the table no.1 explained the old age people received high mean score of anxiety 34.80 as compared to the adult 12.57 with the standard deviation 7.43 and 5.40. The t-value 18.74 is significant at 0.01 levels. Old age people are more anxiety as compared adult. So we can say 1st hypothesis was not accepted.

Table No.2 To measure the significance means difference on score of psychological well-being among adult and old age

Group	N	M	SD	t	Sig.level
Adult(20 to 59yrs)	60	19.63	3.84	11.89**	0.01
Old age (60 and above)	60	12.60	2.48		

***at the significant 0.01 level*

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To see the table no.2 explained the adult received high mean score of psychological wellbeing 19.63 as compared to the old age people 12.60 with the standard deviation 2.48 and 3.84. The t-value 11.89 is significant at 0.01 levels. Adult is more psychological wellbeing as compared old age people. So we can say 2nd hypothesis was not accepted.

Table No.3 To measure correlation between anxiety and psychological well-being among adult and old age

Variables	N	M	r	Sig.level
Anxiety	120	23.68	-0.78**	0.01
Psychological well-being	120	16.12		

***Correlation is significant at the 0.01 level*

According to table No.3 the results obtain the negative correlation between anxiety and psychological wellbeing. That is -0.78 negative correlation between anxiety and psychological wellbeing among adult and old age people. That indicates anxiety increases psychological wellbeing decreases and anxiety decreases psychological wellbeing increases. So we can say 3rd hypothesis was not accepted.

DISCUSSION AND IMPLICATION

According to this study the old age people has high anxiety and low psychological wellbeing. The old age people need to be faced different kinds of problems. Like frail health condition, lack of adequate care and acorn by the family members, also negligence by the care givers, busy life schedule due to urbanization, so the elderly people are getting neglected. As a result they, become more vulnerable to physical and mental ailments. So the elderly people getting more anxiety. They need hospice care to run through the life. For instance engaging people with anxiety in social, creative, or other activities they find interesting also can be helpful. Also the government and NGO's should communicate with older people and dealing with their health issues, financial matters, and concerns about being a burden to others, can make a big difference. In addition, spiritual experiences can benefit many older people who believe in God or some transcendental reality. Some elders find that meditation eases their anxiety. Such therapies include cognitive behavioral therapy, problem solving methods, and interpersonal, all of which require specialized training. In addition to the verbal aspects of these therapies, they often involve education and support in managing anxiety in structured ways, such as Autogenic relaxation training, Progressive muscle relaxation, Sleep hygiene, and deep breathing exercise. These are all helpful for old age people to run through better quality of life.

CONCLUSION

There were significant difference in anxiety and psychological wellbeing among adult and old age people. There were -0.78 negative correlations are seen between anxiety and psychological wellbeing.

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