

## Adjustment Problems of Aged Women in Valsad City

Dr. Nareshbhai Narayanbhai Patel<sup>1\*</sup>

### ABSTRACT

This study was carried out to find out adjustment problems of aged persons. For this very purpose a sample of 60 old women was selected randomly from old homes and community in Valsad city. 30 old women residing in old age homes and 30 living with their family. For data collation the old age adjustment inventory developed and standardized by Hussein s & Kaur j.(1995) was administered to find out adjustment problems in following areas (1) problems of material adjustment (2) social adjustment problems (3) emotional adjustment problems. The data was done between two group and result were analysed by using Mean, s.d. & 't' test as statistical tools.

**Keywords:** Adjustment, Women, Valsad City

The old age is closing period at life span. This age has lots of problems in each & everybody's life. Old people are facing problems & conflicts. They may be social, economical, psychological emotional. Most of the old people suffer from fear of losing their spouses. (Acharya P 2017)

Every old person has to do some adjustment to survive in their own life. Adjustment always depends on their own traits family background education & society in which they live. (R Pundir, A Dheeran. 2016). Today, everywhere the globe there's a contemporary trend that considers wedding and family life as a nonessential part in fulfillment and maintenance of human life. Single parenting, tubing babies and alternative scientific inventions to the brim of biological research area unit a part of human life and evolution that moves the society towards new understanding of family ethics.

We have to accept the reality that ageing is a normal process & we have to train ourselves to cope with it. We must be ready to cope up & enjoy the reaming life.

Adjustment problem can be solved by changing attitude towards old people. Nowadays government and life people and NGO are trying to help old people.

Several studies reported that a large number of old men and women badly need health care, financial assistance, social recognition and counseling services to cope up with stress for overcoming death anxiety sense of isolation feeling of social deprivation due to negligence “

<sup>1</sup>Assistant Professor, Arts College Androkha, At &po. Bhutiya Ta- Idar District-Sabarkantha, India

\*Corresponding Author

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feeling of disability and dependency” “low social esteem and lethargic feelings” [Dutta 1989, Shah 1984, Ananthraman 1982, Agnihotri 1976, Rammurti 1962,] keeping in view the adjustment problems of old persons which have taken place with time the present study was undertaken to study the adjustment problems of persons living with their families and in old age homes.

### REVIEW OF PAST STUDIES

Singh R. & Bahadur A. (2021). found that there is a significant gender difference among single earner couples and dual earner couples in marital adjustment ( $p < .05$ ). It reveals that dual earner couples have better marital adjustment than single earner couples. It also reveals that the demographic variable ethnicity did not have significant difference in marital adjustment ( $p > .05$ ). For this study they used The Marital Adjustment Questionnaire (MAQ) developed by Kanchana Rohatgi and Pramod Kumar were used for collection of data.

Sikri R. (2021). Study's focuses on the perception of mothers who have adopted authoritative parenting styles about their single children's social adjustment in their environments. The author tried to examine how in the Indian context, the authoritative parenting style affects the social adjustment in children, especially in single children. In this paper, the researcher tried to bring an original contribution by identifying what is missing in the literature. A lot of researches have been done on describing or examining the relationship between the perceived parenting styles and social adjustment among children adopting a quantitative research design but very little researches have been done with the same variables in the Indian context, especially taking single children into consideration as well as by adopting a qualitative research design. By adopting a qualitative research design, the researcher tried to understand the phenomenon by taking semi-structured interviews from five mothers who adopted authoritative parenting style. The research findings revealed that the mothers who allow their children some freedom and allow them to explore the social environment along with some rules and regulations tend to have limited but better social relationships as well as share a better relationship with both the parents. The single child shares a special bond with his/her mother where the mother lives up too many roles including that of a friend. The research finding was accompanied by certain recommendations.

### METHODS

This study was carried out to find out adjustment problems of aged persons. For this very purpose a sample of 60 old women was selected randomly from old homes and community. 30 old women residing in old age homes & 30 living with their families. The old age adjustment inventory developed and standardized by Hussain S. & Kaur J.(1995) was administered to find out adjustment problems in following areas.

- (1) Problems of marital adjustment
- (2) Social adjustment problems
- (3) Emotional adjustment problems

The inventory measures the adjustment problems in areas of home, health, Financial, marital, social and emotional out of them three areas marital, social and emotional aspect was taken for this study. Marital area dealt with the questions like- attraction for marital relationship, feeling life incomplete without marital relationship, dependency on life partner, affection for each other seeking opinion from each other importance for physical attraction etc.

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Social area dealt with the questions like feeling secure with people, feeling happy when people come to meet, like to live alone, taking interest in children etc. likewise emotional area dealt with the questions & views of old women as old age is emotionless age, feeling to commit, suicide, anxiety about self respect, anxiety about disease, feeling of fear, feeling of dissatisfaction for life etc.

### *Statistical analysis:*

Comparison was done between two groups and result were analyzed by using mean, SD & 't' test as statistical tools.

### *Objective:*

- (1) to study the effect of old persons residing in old age homes & families on a marital adjustment of old women.
- (2) to find out whether there is any significant difference in social adjustment of old people. (old age home & families)
- (3) to check out whether there is any significant difference in emotional adjustment of old women. (old age home & families)

## RESULT & DISCUSSION

*Table no- 1*  
*Marital adjustment of old women*

| No | Group                             | Size of sample<br>N=60 | mean | s.d  | Calculated<br>t<br>value |   |
|----|-----------------------------------|------------------------|------|------|--------------------------|---|
| 1  | Old women with their families     | 30                     | 7.56 | 1.20 | 0.36                     | 0.05 level of significance & table value 2.00 |
| 2  | Old women living in old age homes | 30                     | 7.44 | 1.34 |                          |   |

Above table shows very slight difference in the marital adjustment of elderly people. mean value for marital adjustment is 7.56 and 7.44 & sd 1.20 and 1.34 respective in marital adjustment for women living with their families and living in old age homes. The obtained t value is 0.36 at 98 degree of freedom and 0.05 level of significance, which is less than the table value (2.00), which shows that both the group have poor adjustment whether they are living with their families or in old age homes. In present time elderly are more depressed and sadder in the materialistic world. They are having worries and tensions and uncertainties of life which make their adjustment unsatisfactory.

*Table no-2*  
*Social adjustment of old women*

| No | Group                             | Size of sample<br>N=60 | mean  | s.d  | Calculated<br>t<br>value |
|----|-----------------------------------|------------------------|-------|------|--------------------------|
| 1  | Old Women with their families     | 30                     | 11.04 | 0.84 | 4.54                     |
| 2  | Old Women living in old age homes | 30                     | 9.54  | 1.59 |                          |

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The analysis of data shows that elderly who are living in old homes feel more social adjustment problems than those who are living with their families. Mean value for social adjustment is 11.04 & 9.54 SD 0.84 & 1.59 for old women living with their families and in old age homes respectively which shows significant difference in social adjustment of both the groups. The obtained 't' value is 4.54 at 98 degree of freedom & 0.05 level of significance which is higher than table value (2.00) which confirms that old women living with their family member are socially well adjust and have lesser social adjustment problems as compared the old living in old age homes.

**Table no -3**  
*Emotional adjustment of old women*

| No | Group                                   | Size of sample<br>N=60 | mean  | s.d  | Calculated<br>t<br>value |
|----|---|------------------------|-------|------|--------------------------|
| 1  | Old women<br>with their families        | 30                     | 10.26 | 1.57 | 2.36                     |
| 2  | Old women<br>living in old age<br>homes | 30                     | 9.48  | 1.60 |                          |

### STATISTICAL ANALYSIS

Above table shows significant difference in emotional adjustment of older women. Old women living in old age homes feel more emotional problems than those who are living with their own families. The calculated 't' value (2.36) is greater than table value (2.00) at 98 D.F which shows significant difference in their emotional adjustment. Studies have proved that elderly are sadder and more depressed in the materialistic culture and feeling of insecurity is more due to lack of morak support from children which increases emotional disturbances. They are mentally and emotionally stressed and have tensions and worries due to growing uncertainties these days.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest.

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