

## Psychological Wellbeing among Elderly Women Living in Institutionalized Home and non-Institutionalized Home

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### ABSTRACT

This study explored the levels of psychological wellbeing in elderly women living in old age home and in families. The data was collected from 200 educated female elderlies, which consisted of equal numbers of elderly females of households and in institutionalised old age homes for elderlies in Lucknow and adjacent districts. Sample was selected in a nonrandom sampling procedure. The variable of the study was measured through Wellbeing Scale developed and standardized by Mishra., Vashishtha. and Mishra. (2014). The level of psychological wellbeing indicates that 19.64% of elderly females have high psychological wellbeing living in household rather than only 9.44% of elderly females have high psychological wellbeing living in old age home. 21.48% females have low psychological wellbeing living in household in contrast to 69.44% having low psychological wellbeing living in institutionalized place. The result suggests that high percentage of females' elderly living in old age homes have poor psychological wellbeing.

**Keywords:** *Psychological well-being, Elderly, Institutionalized homes*

*“Aging well and successfully is the extent to which a person is able to interact effectively with the environment and adapt, accommodate and adjust to age related changes”*

-Teri, McCurry and Logsdon(1997, P-269)

Old age is the closing period in the life span. It has been said that “we start dying the day we are born”. The ageing process has found to be synonymous with failing health. Although it is a global phenomenon. Age sixty is usually considered to be the dividing line between middle and old age. Some person ageing might be a difficult process and for some person might take it sportingly is just a number, whereas some might go through rough roads. In India, where there is lack of resources, reforms, proper treatment, care etc, it is seen as a social challenge in upcoming future, aging can be considered a not-so-wanted period in one's life.

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Old age is most critical period in human life cycle. In this stage physical mental ability reduces and psychological wellbeing and attitude towards life satisfaction are also affected. According to steigitz “Ageing is a part of living. It begins with conception and ends with death.

Researches indicate that old age is more defenseless to certain losses. Elderly people lose their life partners relatives, friends, neighbour due to disease, death, geographical mobility and retirement. It is that stage of life where most of the people face various common problems in life viz., Physical helplessness, financial insecurity, loneliness, lack of social support and health issues which directly affect the mental health as well as psychological wellbeing.

A study was conducted by Tejal (2010) on psychological well-being among aged individuals in India. It was found that institutionalized aged, specially, females have greater psychological wellbeing than the lower age group aged than higher age group aged. The present study is an attempt to find out state of depression and psychological well-being in old age.

The phrase psychological well-being is used to describe an individual’s emotional health and overall functioning. **Huppert** describes psychological wellbeing as “the combination of feeling good and functioning effectively”. Researchers also have found that the absence of distress doesn’t necessarily indicate a person has high psychological wellbeing. High Psychological well-being is about feeling happy and doing well. People with high psychological well-being report feeling capable, happy, well supported and satisfied with life.

Psychological well-being has two vital facets. The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological well-being is referred to as subjective wellbeing (Diener, 2000)

In the Psychological well-being we used two terms “Hedonic and Eudaimonic”. Hedonic well-being is normally used to refer to the subjective feelings of happiness. It comprises of two components, an affective component (high positive affect and low negative affect) and a cognitive component (satisfaction with life). It is proposed that an individual experiences happiness when positive affect and satisfaction with life are both high. (Carruthers & Hood, 2004)

The less well-known term “Eudaimonic” well-being is used to refer to the purposeful aspect of PWB. The psychologist Ryff has developed a very clear model that breaks down Eudaimonic well-being into six key types of psychological well-being.

In the new era of 21<sup>st</sup> century youngsters are engaged in money-oriented practices. They are very much materialistic having insensitive attitude towards their families especially elderly people they even don’t hesitate to send their parents to old age homes and day care center due to which elderly get emotionally deprived as they are being neglected by their own children which have a negative impact on their quality of life. Due to modernization drastic changes have been taken place in the society. The patterns of joint families are diminishing day by day into nuclear families leading to change in living arrangement.

Modernization brings the culture of nuclear families and dual earning families which deprive the elderly to live along with families. The elderly is left either in old age homes or at least day care centre, so that there is nobody to take care of their regular need.

# Psychological Wellbeing among Elderly Women Living in Institutionalized Home and non-Institutionalized Home

## METHODOLOGY

### *Sample*

The present study was conducted on 200 educated elderly chosen from Lucknow and its adjacent districts. Sample was selected in a non-random sampling procedure. Elderly living in institutionalized homes as well as non-institutionalized homes were included in the sample.

### *Objectives*

To find out the level of psychological wellbeing in the elderly living in institutionalized homes and non-institutionalized homes.

### *Hypothesis*

There will be a high psychological well-being in the elderly living in noninstitutionalized homes with families rather than institutionalized home.

### *Tools*

Well-being Scale was used to measure the level of psychological wellbeing in elderly women. This scale consists of 6 items of Psychological well-being. Respondent's rate statement on a scale of 1 to 5 with indicates strong disagreement and 5 indicates strong agreements positive items are scored as 1,2,3,4,5 and negative items are scores in reverse from therefore 5,4,3,2,1 respectively.

## RESULTS

The main purpose of the study was to study the level of psychological wellbeing among elderly people. The whole data was obtained by using the well being scale obtained scores were assigned for different responses according to the items.

### *Level of Psychological Wellbeing*

Level of Wellbeing	Non institutionalized Elderly Women	Institutionalised Elderly Women
High	N=100 19.64%	N=100 9.44%
Average	33.33%	11.42%
Low	21.48%	69.44%

Table indicates that 19.64% women living in non-institutionalized reported high psychological wellbeing and 9.44% reported high level of psychological wellbeing living in institutionalized home. 69.44% women living in institutionalized homes reported low psychological wellbeing, 21.48% women reported low psychological wellbeing living in non-institutionalized homes.

## DISCUSSION

The results of the present article confirmed that elderly women subjects living in non-institutionalized home have better psychological wellbeing than elderly women living in institutionalized home. Therefore, the hypothesis is accepted that old age home living women show low psychological wellbeing and those women living in the non-institutionalized home with the families shows high level of psychological wellbeing. The elderly lives with their families they feel happy, enjoy their life and they express their feeling with other peoples in the families and they have better position in the home rather than the old age home females.

## Psychological Wellbeing among Elderly Women Living in Institutionalized Home and non-Institutionalized Home

Singh and Kiran (2013) also reported that there was a significant difference in psychological wellbeing among people living with family and in old age homes. They further reported that general feelings of the elderly living in the families had better position than that of the elderly of the institution. Better social relations are maintained by the family dwellers because they have regular interaction, expressions of feeling and support from the family. The elderly living in old age home feel lonelier, depressive and a lower level of satisfaction with life.

### CONCLUSION

Indian culture is inevitably respectful and supportive of elderly. Old age had never been a problem for India where a value-based joint family is supposed to conquer. The disintegration of the joint family system and impact of economic change have brought into sharp focus the peculiar problem which the old people now face in our country.

Ultimately it could be concluded on the basis of present article result that resident in homes scored better in all domains. Which indicates that residents living at home possessed better psychological wellbeing than nursing home residents.

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### Conflict of Interest

The author declared no conflict of interest.

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