

Comparative Study

A Comparative Study of Psychological Well Being Among Elderly Persons Living with Family and Living in Institutions

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ABSTRACT

The old age is a natural process of life cycle and it is a later part of human life. As in old age physical and psychological changes begin to occur. To cope with these psychological changes a lot of care and adjustment is required. They need physical, psychological and emotional support and attention for their well-being. Well-being is the stage of being blissful, comfy and healthy. In short well-being could be described as how one feels about himself and his life. Purpose of the present study is to compare psychological well-being among elderly persons living with family and living in institutions. For this purpose, present study is conducted on 60 respondents age ranged from 50 to 65, 30 institutionalized and 30 living with family selected on the basis of purposive random sampling method. Psychological well-being scale by Dr. D.S. Sisodia and Ms. P. Choudhary (2012) was used to measure level of psychological well-being. T-test is applied to find out the significant difference on psychological well-being between the groups. The finding shows significant difference on psychological well-being between living status among elderly persons. Elderly living with family showed higher level of psychological well-being as compared to institutionalized elderly.

Keywords: *Elderly, Psychological Well-being, Living status*

As the life of a person increases in age, changes in his life begin to occur. These changes are divided into many parts of the life cycle in man's lifetime; one of them is old age. The old age is a natural process of life cycle and it is a last period of human life. In old age people suffer from many physical and mental changes so they need a lot of care and adjustment. They need physical, emotional and psychological support during this period as it is a critical period in their life.

Elderly

“Ageing is a change in the behavior of an organism with age, which leads to a decreased power of survival and adjustment (Comfort, 1964).” Ageing is defined as “the regular changes that occur in mature genetically representative organisms living under representative environmental conditions as they advance in chronological age (Birren & Renner, 1977).”

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The concept of aged varies with location, sex, education, financial condition and the family background. There is a number of ways of defining the aged. In short, ageing is a dynamic process, which brings about physical and mental change in social status. The process cannot be stopped or reversed, but it can be delayed by helping aged people in maintain life styles.

Old age homes

Most of us would tremble at the thought of our parents having to live in an old age home during old age. But given the contemporary situation where most of the children are working away from home, whether overseas or in another town, the best alternative and sometimes the only alternative is to keep the parents in an old age home. It refers to a place where old people can reside together and be cared for their physical and psychological health. Common reasons for residing in old age homes maybe nobody taking care in their house, children staying away, death of children, having no children, loss of spouse.

So, the psychological well-being is a very important concept in old age as well as human life.

Psychological well-being

Well-being is a good and satisfactory condition of a person. It is a combination of a person's physical, mental, psychological, social and emotional factors. Well-being is strongly linked to happiness, satisfaction, mental health, efficiency and interpersonal relations. In short well-being could be defined as how you feel about oneself and your life.

The senior citizens with their advanced age undergo many psychological, social and physical problems. So present study focuses on well-being of elderly persons affected by living status (institutionalized/ living with family). Hence the present study is under taken.

Psychological well-being in old age is affected by residential status. A few studies are reported related to residential status and well-being.

Tiwari et al. (2016) conducted a study on spirituality and psychological wellbeing of elderly of Uttarakhand regarding their residential status. The results of the study showed significant differences between the levels of spirituality and psychological wellbeing of institutionalized and non-institutionalized elderly.

Srisailamaiah, et al. (2016) conducted on depression and psychological wellbeing among living institutionalized and non-institutionalized elderly from Tirupati in Chittoor district, Andhra Pradesh. This study is an attempt to find out the difference between depression and psychological wellbeing among institutionalized and non-institutionalized elderly. Result showed significant differences in depression and psychological well-being among institutionalized and non- institutionalized elderly. It shows that as depression increases the psychological wellbeing decreases and as depression decreases the psychological wellbeing increases among the elderly people.

This study was in contradiction with the study given above Tondon (2017) found no significant difference in psychological well-being among elderly residing in old age home and residing with their family.

Objective of the study

- To study the significant difference between living status on psychological well-being among elderly persons.

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Hypotheses of the study

- There will be no significant difference between living status on psychological well-being among elderly persons.

METHODOLOGY

Sample

The sample of the study comprised of 60 respondents, age ranged from 50 to 65, 30 institutionalized and 30 living with family in Udaipur city. The sample is selected by purposive random sampling method.

Instruments

It is proposed to use following standardized scale for the collection of data.

1. **Psychological well-being scale:** developed by Dr. Devendra Singh Sisodia and Ms. Pooja Choudhary (2012) are used to measure level of psychological well-being. Scale comprises of 50 items with a view to measure several aspects of well-being like Satisfaction, Efficiency, Sociability, Mental Health and Interpersonal Relation. All statements are of positive manner. It is five-point scale having 5 alternatives i.e. (5) Strongly agree, (4) Agree, (3) Undecided, (2) Disagree, (1) Strongly disagree. Respondents are expected to give their own honest response. The reliability coefficient value by Test-retest method and internal consistency method and coefficient is very high. The scale has high content validity. The scale was validated against the external criteria and coefficient obtained is very high.

Procedure

The present study has been conducted to study psychological well-being among elderly. Test of significance (t- test) was used to calculate the differences between living status.

RESULTS

Table 1: Showing Mean, SD, and t-test between institutionalized elderly and elderly living with family on psychological well-being.

	Group	N	Mean	Std. Deviation	T
Score	Institutionalized elderly	30	180.27	15.79	10.42
	Elderly living with family	30	221.03	13.86	

**Significant at .01 level*

Above table shows the mean, S.D. and t- value of elderly living with family and living in institutions (old age home). The results obtained on psychological well-being reveals that the mean of elderly living with family is 221.03 and the mean of institutionalized elderly persons is 180.27, S.D. is 15.79(institutionalized elderly), 13.86(elderly living with family), the t- value is found to be 10.42 significant at .01 level. Among the two groups the elderly living with family mean is higher than institutionalized elderly thus the hypothesis “there will be no significant difference between living status on psychological well-being among elderly persons” is rejected. This study indicates that psychological well-being is higher among elderly living with family as compared to institutionalized elderly.

The finding of the study conducted by Singh and Kiran (2013) also found the same results in their study on psychological well-being during old age. The results showed that there was a significant difference in psychological well-being among people living with family, in old

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age homes and living alone. Patel (2003) found institutionalized aged experienced poor sense of psychological well-being as compared to non-institutionalized aged.

DISCUSSION

The results of this study indicate that psychological well-being is higher among elderly living with family as compared to institutionalized elderly, this may be because of they feel more socially secure as they are cared by their family members. They feel loved and get attention from their family. Those who lived with family maintained better interpersonal relations because they had regular interaction. Emotional understanding and emotional support by the family reduces feeling of isolation and give rise to psychological well-being among elderly.

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Conflict of Interest

The author(s) declared no conflict of interest.

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