

## A Psychological Study of Adjustment among Institutionalized and Non-Institutionalized Senior Citizens

Chauhan Ajay J<sup>1\*</sup>

### ABSTRACT

The study was intended to examine the effect of Adjustment on Institutionalized and Non-Institutionalized Senior Citizens. The sample consists of 120 old senior citizens from different institute in Anand district area. The sample was selected from randomly. Adjustment was measured through a questionnaire 'Old-Age Adjustment Inventory' (SJOAI). Developed by Shamshad Hussain and Jasbirkaur (1995) were used. The inventory consists of 125 items with a response format of 'yes' or 'no'. For data collection 2×2 factorial design was used. The data was analyzed by the t test. There will be no significant difference between Gender and Types Area in relation to Adjustment.

**Keywords:** *Adjustment, Institutionalized, Non-Institutionalized, Senior Citizen*

Adjustment in psychology, the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. The dictionary meaning of the word 'adjustment' is of fit, make suitable, adapt, arrange, modify, harmonize or make correspondent. Thus, when we make an adjustment between two things, we adapt or modify one or both of them to correspond to each other. In some situation, one of the factors may not be changeable and so the one which is, has to be modified in some way to suit the other.

The concept of adjustment is as old as human race on earth. Systematic emergence of this concept starts from *Darwin*. In those days the concept was purely biological and used the term adaptation. The adaptability to environmental hazards goes on increasing as we proceed on the phylogenetic scale from the lower extreme to the higher extreme of life. Insects and germs, in comparison to human begins, cannot withstand the hazards of changing condition in the environment and as the season changes, they die. Hand dreads of species of insects and games

<sup>1</sup>Ph.D. Scholar, Department Of Psychology, Saurashtra University, Rajkot, Gujarat, India

\*Responding Author

Received: February 27, 2017; Revision Received: May 21, 2017; Accepted: June 15, 2017

## **A Psychological Study of Adjustment among Institutionalized and Non-Institutionalized Senior Citizens**

perish as soon as the winter begins. Man, among the living begins, has the highest capacities to adapt to new situation. Man as a social animal not only adapts to physical demands but he also adjusts to social pressure in society. Biologists used the term adaptation strictly for physical demands of environment but psychologists use the term adjustment for varying condition of social or inter-personal relations in the society. Thus, We Gee that adjustment means reaction to the demands and pressure of social environment imposed upon individual. The demand may be external or internal to whom the individual has to react. Observe the life of child, he is asked to do this and not to do other things. He has to follow certain beliefs and set of values which the family follows.

### **DEFINITION OF ADJUSTMENT**

**Laurence Shaffer** “*Adjustment is the process by which a living organism maintains balance between his needs and the circumstances that influence the satisfaction of his needs*” Adjustment may be defined as a process of altering behavior to reach a harmonious relationship with the environment. When people say they are in an “adjustment period” they typically mean they are going through a process of change and are searching for some level of balance or acceptance with the environment, others, or themselves.

### **REVIEW OF LITERATURE**

**Kaur (2016)** find out the Adjustment of Secondary School Students in relation to spiritual intelligence. The results showed that there exists no significant difference between the adjustment of male and female secondary school students. The results also revealed that there exists a positive relationship between the adjustment and spiritual intelligence of secondary school student’s district.

**R Parmar (2013)** find out the ‘Psycho-Sociological Issues in Old Age & Their Adjustment’, this stage generally refers to those over 60–80 years. During old age, people experience a conflict between integrity vs. despair. When reflecting on their life, they either feel a sense of accomplishment or failure. Physically, older people experience a decline in muscular strength, reaction time, stamina, hearing, distance perception, and the sense of smell. They also are more susceptible to severe diseases such as cancer and pneumonia due to a weakened immune system. Mental disintegration may also occur, leading to Dementia or Alzheimer's disease. However, partially due to a lifetime's accumulation of antibodies, the elderly are less likely to suffer from common diseases such as the cold.

#### ***Problem Of The Study***

A Psychological Study of Adjustment among Institutionalized and Non Institutionalized Senior Citizens.

## A Psychological Study of Adjustment among Institutionalized and Non-Institutionalized Senior Citizens

### **METHODOLOGY**

For the purpose of the study descriptive research design was used. The tool used was structured questionnaire. The method of obtaining responses was personal interview with convenience sampling of non-probability sampling method. The responses obtained were then further analyzed using SPSS24 version.

#### *Objectives*

In this research paper Independent variable are Educational Gender and Types of family & dependent variables is Mental Health. Following main objective are kept in this research paper.

- A study of Adjustment among Male and Female Old people.
- To explore the difference between institutionalized and non-institutionalized senior citizens on Adjustment.

#### *Hypothesis*

Ho1: There will be no significant difference between male and female senior citizens in relation to Adjustment.

Ho2: There will be no significant difference between institutionalized and non-institutionalized senior citizens in relation to Adjustment.

#### *Variable*

*In the study major variables as per following*

No.	Variable	Types of Variable	Level	Name of the Level
1.	Gender	2	Independent	<ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> </ul>
2.	Types of Family	2	Independent	<ul style="list-style-type: none"> <li>• institutionalized</li> <li>• non-institutionalized</li> </ul>
3.	Adjustment	1	Dependent	

#### *Sample*

To select the sample Type of Gender and Type of Family were considered as per independent variable taken in this research. Stratified random sampling method was old people of select the unit of sample. Total sample of the present investigation comprised 120 old People, in which 60 men were from Male and 60 Female. Thus total sample as shown in the following table.

Old Age Senior Citizen			
Male 60		Female 60	
Institutionalized	Non-institutionalized	Institutionalized	Non-institutionalized
30	30	30	30
Total 120			

## A Psychological Study of Adjustment among Institutionalized and Non-Institutionalized Senior Citizens

### **Research Design**

In this way, the research design happens of 2x2 factorial, which appends upon sample.

### **Tools Used**

Quite often questionnaire is considered as the heart of a research operation. Hence it should be very carefully constructed. If it neither is not properly set up, then the research is bound to fail. This fact requires us to study the main aspects of a questionnaire viz., the general form, question sequence and question formulation and wording.

#### **1. Shamshad-Jasbir Old-Age Adjustment Inventory (SJOAI-1995)**

The degree of adjustment of the subjects was measured using the 'old-age adjustment inventory' (SJOAI). Developed by Shamshad Hussain and Jasbirkaur (1995). The inventory consists of 125 items with a response format of 'yes' or 'no'. The inventory is scored in such a way that a score of '1' is given to the response in the direction of adjustment and zero is given to the response in the direction of lack of adjustment. Hence a high score indicates better adjustment. The inventory measures adjustment in six major areas in the life of the aged people:

Health Adjustment	26 Items
Home Adjustment	25 Items
Social Adjustment	21 Items
Marital Adjustment	17 Items
Emotional Adjustment	21 Items
Financial Adjustment	15 Items

### **Reliability**

*The test-retest and split-half reliability coefficients.*

Areas of Adjustment	Test-retest	Split-half
Health	0.96	0.81
Home	0.93	0.77
Social	0.94	0.75
Marital	0.95	0.82
Emotional	0.92	0.62
Financial	0.91	0.63
Overall Adjustment	0.93	0.91

### **Validity**

The adjustment inventory was also validated against self-concept and ego-strength by comparing the mean scores of the high and the low adjusted groups (dichotomized on the basis of median) on three variables. The findings supported the presumptions of construct validity.

Comparison between mean values of high and low adjustment groups.

**A Psychological Study of Adjustment among Institutionalized  
and Non-Institutionalized Senior Citizens**

Variables	Adjustment	Mean Value	t
Self-Concept	High	38.33	9.34*
	Low	28.53	
Ego-Strength	High	24.82	7.37*
	Low	20.37	

\* P significant at the .01 level

The manual of the inventory also provides norms, separately for men and women, in addition to the scoring details.

**RESULTS & DISCUSSION**

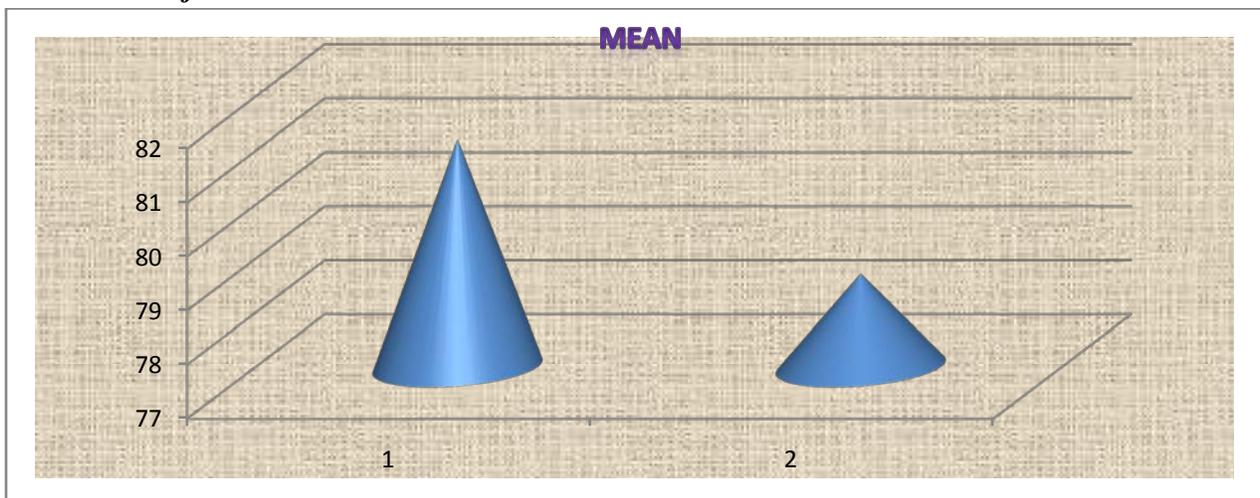
*Table No. 1 There will be no significant difference between male and female senior citizens in relation to Adjustment.*

Group	N	Mean	SD	SEM	t
Male	60	79.38	4.76	0.61	1.3663
Female	60	80.55	4.59	0.59	

df = 118, Standard error of difference= 0.854

It is revealed in Table No.1 that Mean score of adjustment in male and female belonging to old age people are 79.38 and 80.55 respectively. These means indicate that senior citizen female of the highest level of adjustment (80.55). As compared to the senior citizen male (79.38).The result indicate this as first sight when ‘t’ value was calculated to know statistical significant of mean difference, insignificant difference was observed between male and female. ‘t’ value is 1.3663 show table no.1. Which is statistically insignificant. Hence the null hypothesis (No.1) was accepted. Thus the results show that type of sex has no significant effect on adjustment.

*Graph 1 There will be no significant difference between male and female senior citizens in relation to Adjustment.*



**A Psychological Study of Adjustment among Institutionalized and Non-Institutionalized Senior Citizens**

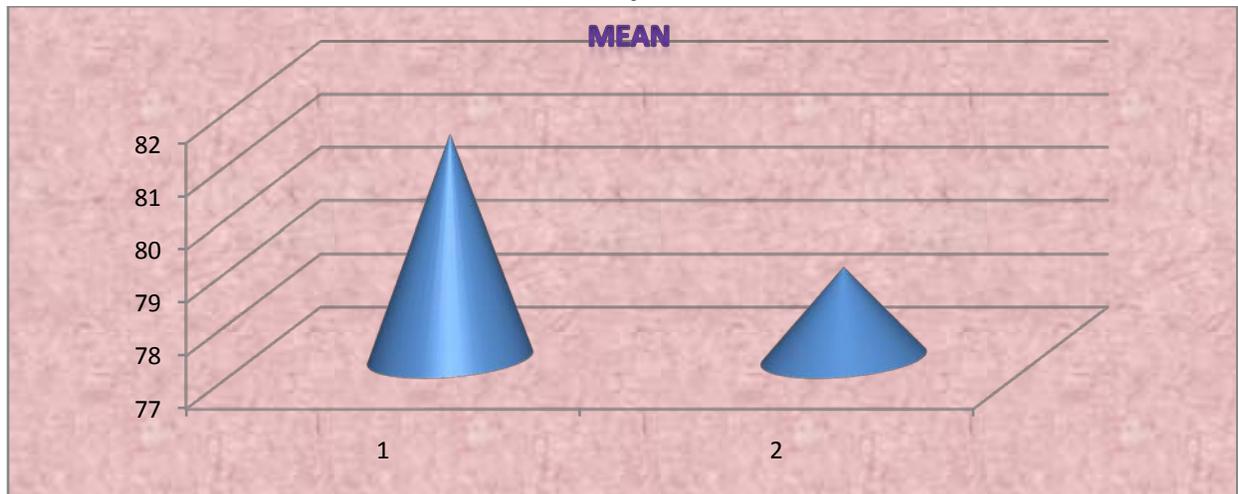
**Table 2** *There will be no significant difference between institutionalized and non-institutionalized senior citizens in relation to Adjustment.*

Group	N	Mean	SD	SEM	t
Institutionalized	60	81.22	4.53	0.58	3.0147
Non-Institutionalized	60	78.72	4.56	0.59	

df= 118, Standard error of difference= 0.829

It is revealed in table no.2 that Mean score of adjustment in institutionalized and non-institutionalized belonging to old age people are 81.22 and 78.72 respectively. These means indicate that institutionalized senior citizen of the highest level of adjustment (81.22). As compared to the non-institutionalized senior citizen (78.72).The result indicate this as first sight when ‘t’ value was calculated to know statistical significant of mean difference, insignificant difference was observed between institutionalized and non-institutionalized. ‘t’ value is 3.0147 show table no.2. Which is statistically significant. Hence the null hypothesis no.2 was rejected. Thus the results show that type of area has significant effect on adjustment.

**Graph 2** *There will be no significant difference between institutionalized and non-institutionalized senior citizens in relation to Adjustment.*



**CONCLUSION**

1. There is no significant difference between male and female senior citizens in relation to Adjustment.
2. There is significant difference between institutionalized and non-institutionalized senior citizens in relation to Adjustment.

## A Psychological Study of Adjustment among Institutionalized and Non-Institutionalized Senior Citizens

### *Acknowledgments*

The author appreciates all those who participated in the study and helped to facilitate the research process.

### *Conflict of Interests*

The author declared no conflict of interests.

## **REFERENCES**

- Agnihotri, H.K. (1976) Problems of the old age, *journal of Psychological researches*, 22, 1.
- American Psychological Association (2006). *Memory Changes in Older Adults*. Retrieved from <http://www.apa.org/research/action/memory-changes.aspx>
- Dev Ashish (2016) A study of mental health among old people living in old age home and within family set-up in uttrakhand, *The International Journal of Indian Psychology*, volume 3, issue 4, no. 59, Page no. 200-207.
- Hussain, S., and Kaur, J. (1995). *Manual for Old age Adjustment Inventory*; Agra: National Psychological Corporation
- Parmar, R.M.,(2013) Psycho-Sociological Issues In Old Age & Their Adjustment , *The International Journal of Indian Psychology*, Volume: 01, Issue: 01, Page. 25-38
- Kaur, P. (2016). A study of adjustment among secondary school Students in relation spiritual intelligence. *International Educational E-Journal*, V(I), 103-108.
- R Parmar (2013), 'Psycho-Sociological Issues In Old Age & Their Adjustment', *The International Journal of Indian Psychology*, ISSN 2348-5396 (e), ISSN: 2349-3429 (p), Volume: 1, Issue: 1, p.no. 25 to 38
- Sing A, Bano S (2016) social axioms of young and old people in India: A survey study, *The International Journal of Indian Psychology*, volume 3, issue 3, no. 8, Page no. 123-129

**How to cite this article:** Chauhan A (2017), A Psychological Study of Adjustment among Institutionalized and Non-Institutionalized Senior Citizens, *International Journal of Indian Psychology*, Vol. 4 (3), DIP:18.01.230/20170403