



## A Study on Adjustmental Problems of old Persons

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### **Abstract:**

*An attempt is made in this paper to discuss the adjustmental problems of old age persons, adjustment in old age, marital, social and emotional adjustment of old People. The study suggested that the need for preserving our tradition of a joint family and the mutual cooperation and understanding between the younger and the older generations could be more pressing. The situation calls for concerted efforts of the government, non-government organizations, religious institutions and individuals not only to understand but also to solve or at least mitigate the whole gamut of problems resulting from a graying society so that the aged people can lead a dignified and meaningful life.*

**Key words:** Age persons, retirement, woman, younger generation, opportunities

### 1. Introduction

Old age is defined as age of retirement that is 60 years and above. Improvement of health care technology has resulted in increased life expectancy – In India the elderly constitute about 7 percent of the total population and by 2016 the number is likely to increase to 10 percent. The problem of elderly is confined not only to their increasing numbers, but also includes mental stress and physical incapability felt by them. The scenario is changing and creating its impact on elderly. According to National sample survey organization, 367% of 70 million elderly want to shift to old homes because they can't manage alone. The past recognition of old man or woman in the family neighborhood and community as mentor has been reduced to great extent in modern Indian life and therefore old man or woman perceives low social worth or self esteem in certain family situations.

### 2. Problems of old Age Persons

Given the trend of population aging in the country the older Population faces a number of problems and adjusts to them in varying degrees. These problems range from absence of ensured and sufficient income to support themselves and their dependents to ill-health, absence to social security, loss of social role and recognition and the non-availability of opportunities for creative use of free times. The needs and problems of the elderly vary significantly according to their age, socio-economic status, health, living status and other such background characteristics.

### 3. Adjustment in old Age

Adjustment is "a process involving both mental and behavioural responses by which an individual strives to cope with inner needs, tensions, frustrations and conflicts and to bring harmony between the inner demands and those imposed upon him by the world in



which he lives" if the conflicts are solved to satisfy the individual needs within the tenets approved by the society the individual is considered adjusted.

The traditional norms and values of Andhra Society laid stress on showing respect and providing care for the elderly but due to urbanization and growing generation gap, the elders are being ignored and facing many problems and finding it difficult to adjust.

Keeping this in view the present study was taken up with an objective; to study the adjust mental problems made by the elderly / old age persons.

**4. Research Methodology**

- 01. **Sample** –For this very purpose a sample of 100 old persons was selected randomly from old homes and community. 50 old persons residing in old age homes & 50 living with their families.
- 02. **Questionnaire** – The old age inventory developed and standardized by Hussain 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 inventory measures the adjustment problems in areas of home, health, financial, 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.

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 persons 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.

**5. Results and Discussion**

**Table 1. Marital adjustment of old People**

	Group	Size of Sample N=100	Mean	S.D.	Calculated t value	
01	Old people living with their families	50	12.6	1.55	.51	.05 level of significance and table value 2.36
02	Old people living in old	50	12.4	2.24		



age homes					
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Above Table No. 1 shows very slight difference in the marital adjustment of elderly people. Mean value for marital adjustment is 12.6 and 12.4 & S.D. 1.55 and 2.24 respectively which show that there is no significant difference in marital adjustment for people living with their families and

living in old age homes. The obtained t value is 0.51 at 98 degree of freedom and 05 level of significance, which is less than the table value (2.36), which shows that both the groups have poor adjustment whether they are living with their families or in old age homes.

**Table 2: Social adjustment of old people**

	Group	Size of Sample N=100	Mean	S.D.	Calculated t value
01	Old people living with their families	50	19.00	1.40	7.24
02	Old people living in old age homes	50	15.9	2.65	

Above Table No.2 shows that elderly who are living in old homes feel more social adjustmental problems than those who are living with their families. Mean value for social adjustment is 19.00 & 15.9, S.D. 1.40 & 2.65 for old people 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 7.24 at 98 degree of freedom & .05 level of significance which is higher than table value (2.36) which confirms that old persons living with their family members are socially well adjusted.

**Table 3 Emotional Adjustment of old People**

	Group	Size of Sample N=100	Mean	S.D.	Calculated t value
01	Old people living with their families	50	17.1	2.62	2.43
02	Old people living in old age homes	50	15.8	2.68	



Above Table No.3 shows significant difference in emotional adjustment of older people. Old people living in old age homes feel more emotional problems than those who are living with their own families. The calculated 't' value (2.43) is greater than table value (2.36) at 98 degree of freedom which shows significant difference in their emotional adjustment.

### 6. Conclusion:

Old age had never been a problem for India where a value – based joint family system is supposed to prevailed Indian culture is automatically respectful and supportive of elders. Ageing as a natural phenomenon has all along engaged the attention of the civilized world. Provision for the aged in the society has become one of the constitutive themes of our modern welfare state. However, the disintegration of the joint family system and the impact of economic change have brought into sharp focus the Peculiar Problems which the old people now face in our country. And in the traditional sense, the duty and obligation of the younger generation towards the older generation is being eroded. The older generation is caught between the decline in traditional values on one hand and the absence of an adequate social security system on the other hand thus, finding it difficult to adjust in the family.

In this context, the need for preserving our tradition of a joint family and the mutual cooperation and understanding between the younger and the older generations could be more pressing. The situation calls for

concerted efforts of the government, non-government organizations, religious institutions and individuals not only to understand but also to solve or at least mitigate the whole gamut of problems resulting from a graying society so that the aged people can lead a dignified and meaningful life.

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