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Adjustment and quality of life among elderly across gender

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ABSTRACT

Adjustment is generally related to experience and quality of life among Elderly with growing age they face multiple problems. There is a feeling of loneliness and dissatisfaction which affects their adjustment and quality of life. The study consists of 100 participants out of which 50 participants were Elderly male and 50 participants were female. Oldmen adjustment inventory (1997) by Ragini Dubey and Quality of life scale by WHOQOL-BREF (1996) were used. The results showed a significant difference in adjustment and quality of life between Elderly across gender.

Key Words : Adjustment, Quality of life, Elderly, Gender

INTRODUCTION

Today, more noteworthy endeavors to battle ageism - partiality or segregation in view of age – are making progress, the credit for this goes to individuals who think elderly individuals as "effective, prosperous, solid, dynamic, respected, and provocative" not as "entertaining, hardheaded, unpredictable, and absurd "Maturity is considered as last phase of life where a man feels miserable and defenseless on the off chance that he don't get any good and social support. They feel disengaged and unapproachable what they need is enthusiastic support for better alteration and having a decent personal satisfaction. Jose (2010) clarified that adjustment is a procedure of endeavors to manage stretch, pressures, clashes and so on and address his or her issues by an individual. In this procedure, the individual additionally tries endeavors to keep up symphonious associations with the environment. In alteration, the two pivotal components are the individual and the environment. There are two primary elements which assume most imperative part in the alteration of a man the heredity and natural components, the mental elements, and the way toward associating in the public eye. While, the earth incorporates all the social variables. Each person from the time he or she ventures out of the family and goes to class makes to a long arrangement of changes between the entire interesting identity and the earth. There is a longing in each individual to be physically and rationally fit and appreciated by the general public in which he lives. Indeed, even

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guardians, instructors and other noteworthy individuals from the general public to which individual has a place will support this yearning and he turn into an extraordinary individual in the public arena with his remarkable perspective not quite the same as others. The passing of a mate is a critical life occasion that initiates sorrow. Notwithstanding the loss of the individual, numerous life changes happen, frequently including money related uncertainty, depression, or tension about overseeing family unit obligations prompts issues in alteration (Lee and DeMaris, 2007).

World Health Organization (1996) defines quality of life as : "an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships and their relationship to salient features of their environment."

Old age is related with weakened personal satisfaction and absence of appropriate adjustment. This is on the grounds that as individuals live more and don't experience lethal infections, their ailments are perpetual. The relationship between expanding age and expanding inability has prompted a negative picture of maturing. A few gerontologists have presented the term 'effective maturing, underlining the point that not all maturing is negative. This, be that as it may, has prompted the likelihood of slandering more seasoned grown-ups who have an inability. To stay away from this issue, Kennedy and Minkler (1998) contend for an argumentative vision of maturing wherein both capable and debilitated bodies are all piece of maturing. As Zola (1993) brought up "the issue of incapacity for people ... is not whether but rather when, not so much which one, but rather what number of and in what mix". This paper examines the inabilities that are probably going to harrow us amid seniority, the way that handicap is not a normal for the , may have their most articulated impacts through the attack on one's "assumptive world" shaking the establishment of what one accepts and the precision foreseen/expected in day by day life practices and connections. The most well-known impacts of the departure of a companion are maybe best portrayed by two super ordinate forms that speak to, from one viewpoint, more full of feeling and expressive reactions, and more evaluative and reflective procedures, then again. The previous of these incorporate significant passionate trouble, for example, misery/pain and melancholy, showing how the dispossessed individual is feeling; the last of these incorporate pondering contemplations, for example, self-viability, dominance, and confidence portraying how the deprived individual is getting along regarding dealing with his or her lives and new life conditions. The review looks at the relationship of life stress, day by day bothers, and saw self-viability to alteration in a group test of 32 men and 32 ladies between ages 65 and 75. In an organized meeting, negative life change occasions, every day bothers, self-adequacy, discouragement, psychosomatic indications, and negative prosperity were surveyed. Both negative life occasions and day by day bothers were identified with mental pain and physical side effects for men, and bothers were related with mental misery and physical side effects for ladies. An opposite connection between self-viability and maladjustment was additionally found. Bothers demonstrated the most capable relationship to trouble (Holahan *et al.,* 1984)

A few researchers have contended that convictions in an eternity may help people adapt to the bitterness created by the demise of a friend or family member and with uneasiness

over one's own particular inevitable passing (Benore and Park, 2004). Existence in the wake of death convictions might be defensive to deprived more seasoned grown-ups by giving a feeling of significance amid times of hopelessness and cultivating proceeded with enthusiastic connections with the perished. Conventional convictions in a the great beyond, where meriting people are remunerated and rejoined with their friends and family, may give deprived life partners an approach to decidedly reinterpret the passing and acknowledge the certainty of one's own destruction. This interpretive capacity may affect sly affect a scope of post misfortune mental results.

METHODOLOGY

Variables:

Independent variable
Elderly (male and female)
Dependent variables
Adjustment
Quality of life

Objectives :

To assess adjustment among Elderly across gender.
To assess the quality of life among Elderly across gender.

Hypotheses :

There would be a significant difference in adjustment among Elderly across gender.
There would be a significant difference in quality of life among Elderly across gender.

Sample :

Purposive sampling method was used for studying the Elderly population on adjustment and quality of life. A total sample of hundred (100) participants, 50 males and 50 females between the age group of 60-65 years were taken from Gandhi nagar, Janipur, Bohri and Sarwal areas of Jammu for the study.

Tools :

Old men adjustment Inventory:

Old men adjustment inventory by Smt. Ragini Dubey (1997) was used for this study. This scale is developed to measure the adjustment in the family of old man and women above the age of 55 years. The test is helpful to locate the poorly adjusted persons for counseling in order to make their life happy and effective even in their advanced age. There are 60 statements in a scale. 30 statements show good adjustment while other 30 shows poor adjustment. The reliability and validity of this test is quiet high.

Quality of life (WHOQOL) (1996):

The WHOQOL-BREF is a 26 item short version of the 100 item WHOQOL scale, both of which were developed in the 1990's with the aim of creating a cross cultural quality

of life assessment instrument. The items of this instrument factorize into four domains of quality of life, denoted by 'physical health' (domain1), 'psychological' (domain2), 'social relationships' (domain3), and 'environment' (domain 4). Validity was demonstrated in a study by the WHO-QOL Group, which found that WHO-QOL-BREF domains were representative and relevant for quality of life across several cultures. The WHOQOL Group found cronbach's alpha values ranging from .66 to .84 for the four domains (WHOQOL Group, 1998)

Procedure :

The study was conducted "To assess the adjustment and quality of life among Elderly persons residing in Gandhi Nagar, Janipur, Bohri and Sarwal areas of Jammu city. For collecting data informed consent were taken after that all elderly population were given questionnaires for filling. It took about two months time for collecting the data from them.

RESULTS AND DISCUSSION

The study was aimed to assess the quality of life and adjustment among Elderly population in Jammu region. After the data collection and scoring the data was put to statistical analysis so that the formulated hypothesis could be tested.

Based on Table 1, there was a significant difference for adjustment among Elderly male and female at both levels that is 0.01 and 0.05.

Table 1 : Dimension wise mean, S.D and t-test for adjustment among elderly male and female

OAS	Mean	S.D	t-test	Level of significance
Male	85.84	21.17	0.034	0.01
Female	91.28	13.68		

Based on Table 2, there was no difference in physical dimension of quality of life, but in psychological, social and environmental dimension significant difference were found.

The aim of the study was to find out that is there any difference in adjustment of Elderly male and female participants which largely affects their quality of life. The results of the

Table 2 : Dimension wise quality of life among elderly male and female.

Quality of life	Gender	Mean	S.D	t-test	Level of significance
A-Physical	Male	25.64	4.92	1.079	.095(Insignificant
	Female	23.00	3.29		difference)
B-Psychological	Male	21.76	4.07	2.229	.006 (Significant
	Female	21.16	2.21		difference)
C-Social relationships	Male	11.80	1.95	.647	.022(Significant
	Female	10.20	2.62		difference)
D-Environmental	Male	28.24	5.59	.287	.002(Significant
	Female	28.60	2.82		difference)
Total	Male	87.44	14.85	1.35	.001(Significant
	Female	82.96	7.37		difference)

study revealed that there is a significant gender difference in adjustment of Elderly because they belong to different physical and social setup, there is difference in their interpersonal relationships, their treatment by their families, loss of spouse, loneliness, financial insecurity, in other words the type of emotional and social support available to them which helps them in adjustment is also responsible for their adjustment (Lee and DeMaris, 2007). So, our first hypothesis is accepted.

Our second hypothesis was that they differ in quality of life, as no difference was found in physical dimension of quality of life because in old age all persons face almost same problems related to physical aspect but they differ in all other aspects of quality of life, *i.e* ,psychological, social and environmental. Helle *et al.* (2014) found that issue to accessibility is main impairment among elderly. Changes in their psychological functioning, social and environmental structure leads to poor quality of life in them. So, our second hypothesis is also accepted.

Conclusion :

Firstly in the study we conclude that is a significant difference for adjustment among Elderly male and female at both levels. Second is no significant difference was found in physical dimension of quality of life because in old age all persons face almost same problems related to physical aspect but they differ in all other aspects of quality of life, i.e. ,psychological, social and environmental.

Suggestions for further research work :

A few suggestions can be given for those who are interested to pursue the research in relation to the present study.

The present study cannot be called final or comprehensive; more work can be done on different samples of different age groups.

The same type of work can be done on the other colleges of the various states of India.

Similar types of studies with more variables may be conducted on universities students also.

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