

## **Study of Geriatrics Well being and Emotional Intelligence**

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### **ABSTRACT**

The aging procedure is obviously a natural reality which has its own particular dynamic, to a great extent outside human ability to control. It is additionally subject to the developments by which every general public understands maturity. In this study objective was well being and emotional intelligence among Geriatrics. P.G.I. General Well-being scale by Dr. Santosh K. Verma and Ms. Amita Verma (1989) and Emotional intelligence scale by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002) were used in this study. The sample for the study consisted of (100) aged persons out of which (50) were male and (50) female. The samples were selected by using the convenient sampling technique from Jammu. Results of the research study shows that there were significant difference in C, F, G, H and I dimensions of emotional intelligence of male and female students. Gender difference was found only in dimensions of, integrity, self development, value orientation and commitment and altruistic behaviour which show that females are more emotionally stable than males.

**Key Words :** Geriatrics, Gender, Emotional intelligence, Well being

### **INTRODUCTION**

The maturing strategy is clearly a characteristic reality which has its own specific dynamic, by and large outside human capacity to control. In any case, it is furthermore dependent upon the improvements by which each overall population gets development. In the made world, requested time accept a chief part. The age of 60 or 65, for the most part proportionate to retirement ages in most made countries is supposed to be the beginning of development. In various pieces of the making scene, requested time has close to zero noteworthiness in the significance of development. Other socially created ramifications old enough are increasingly gigantic, for instance, the parts designated to progressively prepared people; now and again it is the loss of parts going with physical diminishing which is enormous in portraying position. Along these lines, instead of the arranged advancements which stamp life sorts out in the made world, development in various making countries evidently starts precisely when dynamic responsibility is rarely again

possible (Gorman, 2000).

In the midst of 2000, the world's older masses created by in excess of 795,000 consistently and it is depended upon to drastically increment by 2025. By that point, there will be in excess of 800 million people more than 65, 66% of them in making nations (U.S. Organization of the Census, 1999). People today are living longer, especially in made countries, in light of financial turn of events, better sustenance, increasingly beneficial lifestyles, upgraded control of powerful affliction, and better access to safe water sanitation workplaces, and restorative consideration. Since 1900 the degree of Americans who are 65 and over has drastically increased, from 4.1 to 12.4 per cent, still commonly low differentiated and most made countries. By 2030, totally 20 per cent of Americans are most likely going to be 65 and over (Kinsella and Velkoff, 2001). The 2000 U.S. enrollment counted 50,545 centenarians - people past their one-hundredth birthday festivities, up from in every way that really matters none close to the beginning of the twentieth century. In the midst of the 1990's the amount of

centenarians about increased in the United States and Europe, as it has each decade since 1950.

Centenarians will in general continue running in families; if one kinfolk is a centenarian, the other in all probability is moreover. Centenarians tend to be commonly liberated from characteristics associated with age-related destructive contaminations and unforeseen passing. A quality on chromosome 4 has been associated with especially long life (Perls, Kunkel and Puca *et al.*, 2002).

Essential maturing is a moderate, unavoidable methodology of significant crumbling that begins in front of calendar for the duration of regular day to day existence and relentless as the years advanced, paying little heed to what people do to fend it off. Optional developing includes delayed consequences of infection, maul, and disregard factors that are routinely avoidable and inside people's control (Busse, 1987; J. C. Horn and Meer, 1987). Petrides and Furham (2001) it would be increasingly valuable to depict characteristic Emotional Intelligence and capacity EI as two separate develops rather than one being estimated in two distinct manners. A few analysts even addressed whether passionate insight is anything over a lot of character factors for which sufficient estimates as of now exist (Davies, Stankov and Roberts, 1998).

Pollard and Lee (2003) depict prosperity as "a complex, multi-faceted build that has kept on escaping specialists' endeavors to characterize and quantifies it". It is a unique state portrayed by a sensible measure of amicability between a person's capacities, needs and desires and natural requests and openings. It rises above the constraints of body, space, time and conditions and mirrors the way that one finds a sense of contentment with one's self as well as other people (Johnson, 1986). It is suggestive as an agreeable fulfillment of one's wants and objectives (Chekola, 1975). General Well-Being has been characterized as enveloping individuals' intellectual and successful assessments of their lives (Karatzias *et al.*, 2007). The term general prosperity has been reciprocally utilized with wellbeing (Emmons and Kings, 1998) and personal satisfaction. Kiefer (2008) depicted four attributes of wellbeing and health: having the option to work and do what they needed to do, being free or self-deciding, having both a physical and enthusiastic condition of prosperity and a nonattendance of torment. Along these lines factors in characterizing wellbeing and health appeared to fixate on the capacity of self-care

and control of one's life. Wellbeing mediation systems incorporate general prosperity advancement identified with eating strongly, dealing with oneself and getting to social help.

There is little examination on contrasts in Emotional Intelligence (EI) limit at different periods of adult improvement. 166 individuals (108 women), 66 of whom were developed 18–30 years, 53 developed 31–60 years, and 40 developed 61–76 years. All were either working or chosen colleges at the hour of the examination. The examination gadgets used were the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT), a test that studies execution based EI, and the Center for Epidemiologic Studies-Depression (CES-D) scale, an instrument to evaluate difficult side effects. Youthful people, women, and individuals with a higher educational level achieved higher scores on the MSCEIT. Additionally, oppressive symptomatology was simply deficiently associated with the MSCEIT (*i.e.*, with the using emotions branch). Regardless, a subsequent joint examination of the free effects of components age, sex, educational level, and difficult symptomatology and their coordinated efforts on MSCEIT complete suggests that solitary enlightening level and troublesome symptomatology were connected with EI limit, with the quick association among age and sexual direction with MSCEIT evaporating. Additionally, our examination exhibited an affiliation sway among age and troublesome signs, showing that individuals in age accomplices 18–30 and 31–60 and without oppressive appearances have a higher EI capacity. The investigation suggests that the prompt effects mature enough and sexual direction on EI limit across grown-up progress, using a wide age broaden, can change or disappear when effects of informative level and oppressive symptomatology, and their collaboration, are controlled (Navarro-Bravo B, Latorre J.M, Jiménez A, Cabello R, Fernández-Berrocal P. (2019).

#### **Variables:**

##### ***Independent variable:***

Aged (Male/Female)

##### ***Dependent variables:***

Well-being and Emotional intelligence.

#### **Objective:**

To study the well being and emotional intelligence among Geriatrics.

**Hypotheses:**

There will be a significant difference in well being among Geriatrics.

There will be a significant difference in emotional intelligence among Geriatrics.

0 to 20. High score indicate better well-being.

**Emotional intelligence:**

Emotional intelligence scale given by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002) is used in this study which consists of 34 items scored on a 5-point rating scale (5, 4, 3, 2, and 1). The split-half reliability co-efficient for this scale is 0.88, whereas the scale has high validity on account of being 0.93. The scale was administered on 200 executives and the scores obtained were subjected to factor analysis and these ten factors or dimensions were identified. Items included in these.

**METHODOLOGY****Sample:**

The sample for the study consisted of (100) aged persons out of which (50) were male and (50) female. The sample will be selected by using the convenient sampling technique. The samples from those aged persons who are willing to participate in the study were taken. After informed consent of the participants questionnaires were distributed to them.

**Tools:****P.G.I. General Well-being Measure:**

P.G.I. General Well-being measure was developed by Dr. Santosh K. Verma and Ms. Amita Verma in (1989). It consists with 20 items to be enclosed in yes (v) or no (x) format. This can be self administered or can be verbally answered also. Items are such that they do not cause any embarrassment to the subject in the presence of others. This scale is available in Hindi language too. The authors of Hindi medium are (Moudgil, Verma, Kaur and Kaur, 1986). A score of 1 is given for 'yes' and 0 for 'no' response. Thus the range of scores may vary from

**RESULTS AND DISCUSSION**

The study was aimed to analyze the well-being and emotional intelligence among elders of Jammu city. After the data collection and scoring the data was put to statistical analysis so that the formulated hypothesis could be tested.

No significant difference for well being in aged male and females at both levels that is 0.01 and 0.05.

Based on Table 1, there were no significant difference in male and females in emotional intelligence on self awareness, empathy, self motivation, emotional stability, managing emotions, but difference was found in integrity, self development, value orientation and commitment and altruistic behavior dimensions. On the basis of Table 2 results of the research study shows that

**Table 1 : Table showing well being between aged Male and Females**

| Well being | N  | Mean  | Sd.  | t-ratio | Level of Significance        |
|------------|----|-------|------|---------|------------------------------|
| Male       | 50 | 13.49 | 4.01 | .661    | Insignificant at both levels |
| Female     | 50 | 14.02 | 4.00 |         |                              |

**Table 2 : Emotional intelligence dimensions wise between aged male and females**

| Dimensions | Mean   | Mean   | Sd.   | Sd.    | t-ratio | Level of significance        |
|------------|--------|--------|-------|--------|---------|------------------------------|
| Gender     | Male   | Female | Male  | Female |         |                              |
| A          | 16.50  | 24.30  | 2.48  | 2.09   | -16.93  | Insignificant at both levels |
| B          | 18.78  | 24.22  | 2.50  | 2.40   | 11.09   | Insignificant at both levels |
| C          | 23.96  | 22.83  | 2.98  | 4.66   | 1.44    | significant at both levels   |
| D          | 15.03  | 24.06  | 1.76  | 2.14   | -23.00  | Insignificant at both level  |
| E          | 14.70  | 23.14  | 2.87  | 3.53   | -13.08  | Insignificant at both levels |
| F          | 11.88  | 23.12  | 1.69  | 3.53   | -20.38  | significant at both levels   |
| G          | 7.64   | 14.04  | 1.69  | 3.69   | -11.19  | significant at both levels   |
| H          | 8.17   | 13.34  | 1.65  | 5.13   | -6.82   | significant at both levels   |
| I          | 8.33   | 16.85  | 1.76  | 6.93   | -26.68  | significant at both levels   |
| J          | 7.98   | 22.89  | 1.76  | 3.56   | -11.26  | Insignificant at both levels |
| Total      | 132.68 | 156.02 | 10.69 | 9.99   | .711    | Insignificant at both levels |

there were significant difference in C, F, G, H and I dimensions of emotional intelligence of male and female students. Gender difference was found only in dimensions of , integrity, self development, value orientation and commitment and altruistic behaviour which shows that females are more emotionally stable than males The results are consistent with a study done by (Pandey and Tripathi ,2004) showing emotional intelligence don't differ due to gender. .Dimension of well being there were also no significant gender differences. Second hypothesis is also rejected. Aged Male and females do not differ on well being as both of them suffer from same problems. Same results are depicted by previous studies. (Bourque and Back (1977).

### Conclusion:

Gender difference was found only in dimensions of, integrity, self development, value orientation and commitment and altruistic behaviour which show that females are more emotionally stable than males.

### Delimitations of the study:

Sample was collected only from the Jammu city. Other areas must be included in the study to make it more reliable. Number of sample may be small. Findings can't be generalized on the basis of small group study.

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