

A comparative Analysis of Socio psychological problems of old age persons in Meerut District

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ABSTRACT:-

The present study was conducted in Meerut district to explore socio psychological adjustment problems i.e Adjustment after retirement and loss of spouse among elderly .Above the age of sixty years were curved out from three different areas of Meerut district i.e. Jagriti vihar, Pallavpuram and Ganga nagar .A stratified random sampling of fifty genders (twenty five males & twenty five females) for each problem and for each area, thus making total respondents as one fifty were taken for the study. The data was collected through structured questionnaire complemented with oral interview. The scoring is done according to the parameter scale i.e. mild, moderate , severe. The result of study indicated that old males & females face moderate level of adjustments for both the problems. And among the three areas, for the first problem i.e. adjustment after retirement, ganga nagar area genders facing the maximum problem and minimum problem by pallavpuram genders and for the second problem i.e. adjustment after loss of spouse, pallavepuram genders facing the maximum problem and minimum problem by ganga nagar genders.

KEY WORDS:- Old Age, Socio Psychological Problems, Retirement, Loss of Spouse.

INTRODUCTION:-

Old

age is the closing period in life span. It is a period when people "move away" from previous, more desirable periods or times of "usefulness". As people move away from the earlier of their lives, they often look back on them, usually regretfully, and trend to live in the present, ignoring the future as much as possible. The last stage in the life span is frequently sub divided into early old age, which extends from age sixty to age seventy, and advanced old age, which begins at seventy and extends to the end of life. people during the sixties are usually referred to as "elderly" meaning somewhat old advanced beyond middle age and "old" after they reach the age of seventy lost the vigor of youth (Hurlock⁹, 1978). Human concern about the phenomenon of ageing is very old. During the last few decades there has been a marked upsurge of interest in the problem of ageing. The main aim of modern research on aging are to make life in the last stages of human existence pleasant and liveable (Douglas⁴, 1980). Old age, which begins at approximately sixty years, is characterized by certain physical, social, emotional and psychological changes. The effects of these changes determine, to a large extent, whether elderly men and women will make good or poor personal and social adjustments. The characteristics of

old age, however, are far more likely to lead to poor adjustments than to good and to unhappiness rather than to happiness (Hurlock⁸, 1976). During the past few years, the socio psychological problems of aging is being observed. Elderly people face adjustment problems more in these areas (Baltes² and schaeie, 1976). A host of problems confront an individual at the time of retirement, mainly loss of status, lowering of income, reorganization of life activates, social isolation and a changing definition of self (Cox³, 1984). Attitudes towards retirement are influenced by a number of conditions, the three most important of which are the economic status of the individual, attitudes of significant people, especially family members, towards the individual's retirement, and the satisfaction the retiree derives from substitute activities (Fengler⁵, 1975). Retirement, may be the termination of a pattern of life. It always involves role changes, changes in the whole pattern of the individual's life (Schwartz¹⁶, 1974). The another maladjusted problem faced in old age is loss of a spouse, it may be due to death or divorce and it is far more likely to be due to the former (Hurlock⁹, 1978). Adjustment to the death of a spouse is difficult for men and women in old age because at this time all adjustments are increasingly difficult to make. For men complicated by loneliness and need for dependency and for women, by decreased income (Gerber⁶, 1975). The purpose of this study was to tackle the socio psychological problems of old age and to study the degree of adjustment to certain levels among the genders so that ageing can be set charming feeling of satisfaction with present status and achievements.

Having realized this concept the present study was undertaken with the following objectives.

- To find out the types and extent of problems faced by old males and females.
- Comparative study on the effect of problems among old genders and areas of Meerut District.

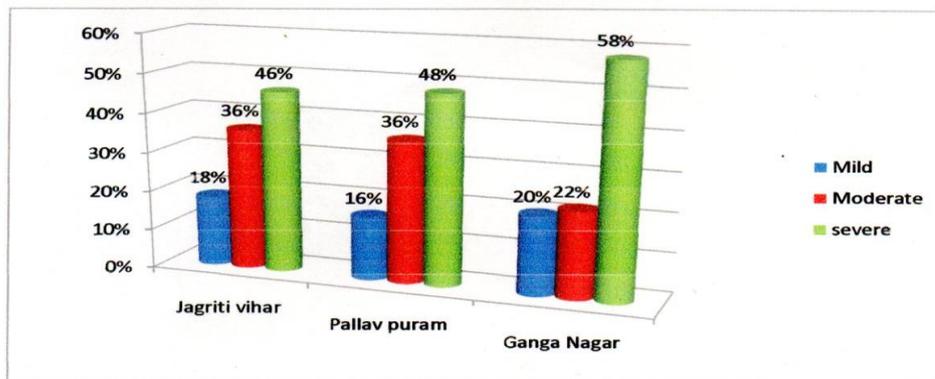
MATERIALS AND METHODS:-

The survey was conducted in the urban areas of Meerut district from Jagriti vihar, Pallavpuram and Ganga nagar at the month of June-August(2012). A sample of 50 (25males 25 females) genders for each problem and from each area, thus making total respondents as

Table 1: Effect of socio psychological problem of adjustment after retirement among genders in Meerut district

Degree of levels	Jagriti vihar (1 st area)		Pallavpuram (2 nd area)		Ganga Nagar (3 rd area)	
	Male	Female	Male	Female	Male	Female
Mild	5 (20%)	4 (16%)	3 (12%)	5 (20%)	5 (20%)	5 (20%)
Moderate	6 (24%)	12 (48%)	9 (36%)	9 (36%)	4 (16%)	7 (28%)
Severe	14 (56%)	9 (36%)	13 (52%)	11 (44%)	16 (64%)	13 (52%)
r	0.5		1		0.5	
X ²	1.92		0.3		0.6	

FIGURE 1: Effect of socio psychological problem of adjustment after retirement in Meerut district



150 were taken of the city respectively. The participant were retired and widowers old men and women (above 60 years) which more or less belongs to similar economic status.

Stratified random sampling technique was used to selected 150 respondents. The main instrument used for data collection was structured questionnaire complemented with oral interview which include information on socio psychological problems (i.e Adjustment after the retirement and Adjustment after the loss of spouse faced by elderly). The respondents were asked to give ranks. Mild, Moderate and Severe for the questions. The scoring is done according to the

parameter scale. The data thus collected after scoring is statistically analysed by two methods. The Karl Pearson's Rank Difference Method of Correlation(r) and Chi- Square(x^2).

RESULT:-

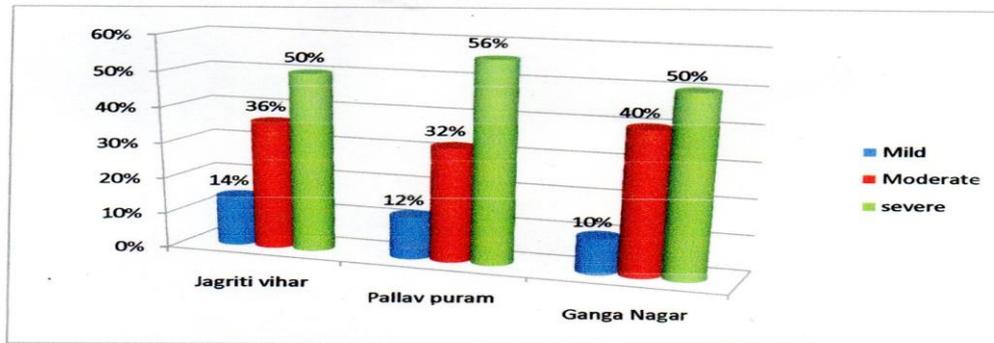
The data presented in the Table (1) indicate that the first area(i.e jagriti vihar) of male (56%) and of female (48%) is experiencing severe and moderate problem (i.e adjustment after the retirement). The second area(i.e pallavpuram) with male (52%) and female (44%) and third area (i.e ganga nagar) with male (64%) and female (52%) were also experiencing the same severe problem respectively. The comparative study between male & female reflects that both the genders were found with severe adjustment level after retirement. The data also concluded that the % of male were higher than the female. Mahajan¹³ (2006) also support the present finding who revealed that elderly suffered most with various socio psychological problem like retirement etc. The correlation(r) analysis of the study indicates that all the three areas shows the significant results which exhibit, Moderate degree with the +ve correlation(r) experiencing by genders of all the three areas of Meerut district. Data also concluded that males & females of all the three areas of Meerut district were not facing the severe adjustment to the problem hence no correlation(r) observed among the genders and the problem (i.e adjustment after retirement in old age).The chi-square(x^2) applied to data state that null hypothesis (H_0) is true, there is no gender effect on the problem of adjustment after the retirement in old age.

On the other hand figure(1) depicted overall effect of the problem among the three areas which indicate that Ganga nagar area genders facing the maximum problem while the minimum problem faced by Pallavpuram area of Meerut district.

Table 2: Effect of socio psychological problem of adjustment after loss of spouse among gender in Meerut district.

Degree of levels	Jagriti vihar (1 st area)		Pallavpuram (2 nd area)		Ganga Nagar (3 rd area)	
	Male	Female	Male	Female	Male	Female
Mild	4 (16%)	3 (12%)	2(8%)	4(16%)	2(8%)	3 (12%)
Moderate	6 (24%)	12 (48%)	6(24%)	10(40%)	7 (28%)	13 (52%)
Severe	15(60%)	10 (40%)	17 (68%)	11(44%)	16 (64%)	9 (36%)
r	1		0.5		0.5	
X ²	2		2.8		3.92	

FIGURE 2: Effect of socio psychological problem of adjustment after loss of spouse in Meerut district.



It is evident from Table (2) that among all the three areas, Males were facing severe level of problem (i.e. adjustment after the loss of spouse in old age), (60%) in Jagriti vihar, (68%) in Pallavpuram and (64%) in Ganga nagar as compared to female that is (40%), (44%) and (36%) in the above area respectively. The result also concluded that Male require adjustment with the problem of loss of spouse as compared to Female which show Moderate level of adjustment with the problem. The correlation(r) study of the problem show significant result which conclude that both male & female exhibited Moderate level of adjustment with the problem(i.e. adjustment after the loss of spouse in the old age). Hence no correlation was observed among the genders and the problem. The chi-square(x²) applied to data state that null hypothesis (Ho) is true, there is no gender effect on the problem (i.e. adjustment after the loss of spouse in the old age). And from the figure (2) depicted overall effect of the problem among the three areas which indicate that Pallavpuram area genders facing the maximum problem while the minimum problem faced by Ganga nager area of Meerut district.

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