

# Golden Research Thoughts

International Recognition Multidisciplinary Research Journal

ISSN: 2231-5063

Impact Factor : 3.4052(UIF)

Volume - 5 | Issue - 8 | Feb - 2016



## LIFE SATISFACTION AMONG OLDER PERSONS IN TIRUCHIRAPPALLI



**N. Sherrin Sophia<sup>1</sup> and S. Kabitha<sup>2</sup>**

<sup>1</sup>Head, PG and Research, Department of Social Work, Shrimati Indira Gandhi College,  
Tiruchirappalli.

<sup>2</sup>PG and Research, Department of Social Work, Shrimati Indira Gandhi College,  
Tiruchirappalli.

### ABSTRACT

The older population in India have become a burden to their families. They are abandoned, least cared, physically and verbally abused and disrespected. This study has focused on Life satisfaction of the Aged people. The present study was carried out in St Antony Old Age Home at Tiruchirappalli, 40 respondents were selected through simple random sampling technique. Life satisfaction scale (Havighurst, 1961) was applied to collect the relevant data. Life satisfaction was found to be low among the respondents. Suitable suggestions have been provided to improve their satisfaction in life.

**KEY WORDS:** *Older Persons, Life satisfaction.*

### INTRODUCTION:

Older persons in India face several problems which create a negative impact in their life which hampers their quality of life and life satisfaction. These problems range from absence of ensured and sufficient income to support themselves and their dependents during ill health, absence of social security, loss of social role and recognition, to the non-availability of opportunities for creative use of free time. Borg C et.al (2006) this study went for



examining life fulfillment and its connection to living conditions, general wellbeing, self-care limit, feeling desolate, physical exercises and monetary assets among individuals (65+) with diminished self-care limit. A subsample of 522 persons was chosen from an arbitrarily chosen cross-sectional overview utilizing an altered type of the Older Americans' Resources Schedule and Life Satisfaction Index Z. The mean age in the aggregate specimen was 77.9; ladies (79.5) were altogether more seasoned than men (77.0). Low life fulfillment was found among ladies, and those living in unique lodging. Life Fulfillment Index Z was 15.3 (SD 5.6) in the aggregate specimen. Sexual orientation and living conditions did not clarify life fulfillment whilst poor general self-reported wellbeing and poor money related assets in connection to needs had the most grounded logical quality. Additionally of critical significance were

depression, the level of decreased self-care limit and feeling stressed.

Yeung, G. T., & Fung, H. H. (2007) have done a study on social support and life satisfaction among Hong Chinese older adults; family first. The present study examined the relative contribution of those two source of support to life satisfaction among Chinese older adults living in Hong Kong. Findings suggest that, in general, family support contributes more to the life satisfaction of older adults than does friend support. While emotional support from family members is beneficial to life satisfaction of older adults regardless of individual differences in families, instrumental support contributes more to life satisfaction for older adults with higher formalism.

Kudo, H, et al. (2007) factors influencing life satisfaction were studied in a cohort study. Life satisfaction was measured using the Philadelphia Geriatric Center (PGC) morale scale. Two thousand one hundred and fifty-one older people, approximately 99% of all older people (2165 subjects) in a rural town, Tashiro, Akita prefecture responded to the questionnaire and, after eliminating 455 for incomplete answers, 1710 subjects (79% of all older people) were entered into the present study. Approximately 10% were self-care dependent older people. Results: Female self-care independent older people showed lower morale scores than men. Morale scores in self-care independent older people decreased with age in both women and men. Morale scores of self-care independent men were higher when they were healthy, had an occupation and took part in social activities in the community; morale scores of self-care independent women were higher when they were healthy and had hobbies. Family composition, self-care dependency, income and habits for health promotion were also factors of morale scores, while education was not. Healthy older persons with some gender specific lifestyles had the higher morale scores. With advanced age, lifestyles do not determine the morale scores.

Heqing Huang et.al (2011) in order to compare life satisfaction and mental health status of older adults in different living arrangements, a sample of 1,915 Chinese older adults were investigated using Satisfaction with Life Scale and Mental Health Inventory for the Urban Elderly. Difference in life satisfaction between three living arrangements is significant even after controlling age, education and income. Life satisfaction of older adults living in elderly apartments is better than those living at home. Income and co-residence with children interact to influence life satisfaction. Among older adults with high income, older adults living alone or with spouse have the greater life satisfaction than those living with children; while among older adults with average and low income, living with or separate from children have no difference on life satisfaction. The result indicates that institutionalized older adults have equal mental health with those living at home and even greater life satisfaction. Doyle, Daniel P.et.al (2014) reported that regarding life satisfaction and old age persons over age 65 were found to be only slightly less satisfied with their lives than persons aged 40 to 54 and 55 to 64. Poor health, loneliness, and money problems are the strongest correlates of life satisfaction across age groups. The small negative correlation between age and satisfaction is largely eliminated when controls for these three factors are imposed. A regression analysis is used to determine the relative strength of a number of possible predictors of life satisfaction within different age groups.

### **Methods and Materials**

The objectives of the research study were to analyze the life satisfaction among older persons and to suggest suitable measures to enhance their life satisfaction.

### **Methodology of data collection**

A self prepared interview schedule was used to collect the socio-demographic information of the respondents along with Life Satisfaction Scale (Havighurst, 1961) to analysis the level of life

satisfaction.

#### Universe and sample

The study includes the aged people above 60 years at St. Antonys Old Age Home, Trichirappalli. There were 150 aged persons at the time of study, the data were collected from 40 respondents through lottery method. Thus simple random sampling technique was adopted for the study.

#### Results

The following findings were drawn from the analysis. 40 percent of the respondents were in the age group of 71 to 80 years. Majority (65 percent) of the respondents were female. Significant majority (90 percent) of the respondents were married. 70 percent of the respondent had only primary level of education, 75 percent of the respondents were from nuclear family, 65 percent of the respondent had two children. Half of the respondents worked in private concerns. 46 percent of the respondents annual income were Rs 20,000. Regarding life satisfaction more than half (58%) of the respondents scored low and 42% were scored high.

#### Discussion

The social scientist should take up the social domain for filling the gap due to the roles loss. Since the present study has found out that majority of the older persons scored low with life satisfaction, counseling intervention with older persons can be encouraged. Counseling centers can offer specialized counseling service to the older persons on an individual basis to help them to overcome their emotional problems.

Social worker can further liaison with other organizations and implement programs for the welfare of the older persons.

Schools should offer special courses for children on building positive relationship with elders and taking care of the aged parents, This basic foundation can help children to understand the need for real love and care of the elderly and to become a better citizen.

There is need for home / family based service for home bound older persons such as mobile meals, clinics and libraries, volunteer's visits for help in home- making and running externals, information and referral services.

The parents also should make their children to grow in better way so that they will take care of their parents in future.

The government can encourage adopting aged people. Legislation should punish people who abandon their old parents.

#### CONCLUSION

In the present study, the researcher has made a humble attempt initially, to find out some of the important socio-demographic characteristics of older persons living in Antony old age home. The study has revealed that majority of the older persons irrespective of their age, economic status, domicile, gender and stage of old age, have been found to be experiencing moderate levels of activity. These variables should be considered under the watchful eye of these individuals to protect or enhance their life fulfillment. More established individuals with diminished self-care limit is controlled by a few elements, mental and money related perspectives; particularly feeling forlorn, social, physical issues, level of self-consideration limit, poor by and large wellbeing, feeling stressed and poor budgetary assets in connection to needs. This study is hoped that it will provide a good basis for more systematic

and scientific relating to social and psychological aspects of old age.

**REFERENCES**

1. Borg, C., Hallberg, I. R., & Blomqvist, K. (2006). Life satisfaction among older people (65+) with reduced self-care capacity: the relationship to social, health and financial aspects. *Journal of clinical nursing*, 15(5), 607-618.
2. Doyle, Daniel P. Forehand, Marilyn J. (2014) Life satisfaction and old age: A reexamination. *Research on Aging*, Vol6(3),432-448. Retrieved from
3. <http://dx.doi.org/10.1177/0164027584006003008>.
4. Heqing Huang et al (2011) Life satisfaction and mental health of Chinese older adults in different living arrangements *Human Health and Biomedical Engineering (HHBE) International IEEE*, 1152 – 1155, ISBN 978-1-61284-723-8
5. Kudo, H., Izumo, Y., Kodama, H., Watanabe, M., Hatakeyama, R., Fukuoka, Y., ... & Sasaki, H. (2007). Life satisfaction in older people. *Geriatrics & Gerontology International*, 7(1), 15-20.
6. Yeung, G. T., & Fung, H. H. (2007). Social support and life satisfaction among Hong Kong Chinese older adults: family first?. *European Journal of Ageing*, 4(4), 219-227.