

Assessment of Psychological Wellbeing of Elderly Women of Delhi Region

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Abstract

India, with a population of 1.22 billion, has a predominantly agriculture-based economy. Its 90 million elderly population heavily depend on their children for financial support and caregiving. Research on aging in India today is focused on the medical, biological, behavioral, and social sciences. Aging as an independent subject is only taught at a few institutions. The current study sought to clarify the psychological wellbeing of the elderly women of Delhi region. For the purpose of the study 150 physically active women of the age 60 to 64 from Delhi region, was selected as the subject of the study. For the assessment of psychological wellbeing, Ryff scale was used. The study found that on the parameters of psychological wellbeing, the women in early stage of old age, age ranging from 60-64 years are on higher scale of autonomy, environmental mastery, personal growth and self acceptance, but as the age advances the women years get lower in above mentioned parameters except positive relation and purpose in life.

Keywords- Psychological Wellbeing, Community, Health etc

INTRODUCTION

Psychological wellbeing and health are closely linked at older ages. Three aspects of psychological wellbeing can be distinguished evaluative wellbeing (or life satisfaction), hedonic wellbeing (feelings of happiness, sadness, etc), and eudemonic wellbeing (sense of purpose and meaning in life). Psychological wellbeing and health are closely related, and the link may become more important at older ages, if only because the prevalence of chronic illness increases with advancing age. As life expectancy increases and treatments for life-threatening disease become more effective, the issue of maintaining wellbeing at advanced ages is growing in importance. Studies of older people indicate that evaluations of quality of life are affected by the person's state of health, but the frequent finding that average self-reported life evaluation in the population increases with age suggests that psychological wellbeing is affected by many factors other than health. These include material conditions, social and family relationships, social roles and activities, factors that also change with age. There is a growing research literature suggesting that psychological wellbeing may even be a protective factor in health, reducing the risk of chronic physical illness and promoting longevity. It has also been argued that psychological wellbeing should be addressed in measures of health valuation, and be considered in health care resource allocation.⁴ This article summarises the current state of evidence linking psychological wellbeing with health in an ageing population. subjective well-being, goes beyond traditional measures of physical and cognitive health to understand the emotional dimension of older adults' lives—whether people perceive their day-to-day existence as positive (satisfying and enjoyable) or negative (unsatisfying and distressing).

METHODOLOGY

The subject selected for the study will be community residing independently living with regular use of assistive device and without any medication condition that prohibited the subject from participation in the test. A total of three hundred (N=300) women, 150 each in the age category of 60 to 64 years from Delhi region, will be selected as the subject of the study. The sampling technique for the selection of subject used will be stratified convenient sampling method. Psychological Well Being (Ryff ,1995) . The questionnaire was validated in the year 1995. It contains 18 statements and the response scale is based on a 6 points Likert scale. The response is anchored from strongly Agree to Strongly Disagree. The questionnaire consists of 6 dimensions namely: Autonomy , environmental mastery , personal Growth , positive Relations , purpose in life, self-acceptance

RESULT & ANALYSIS

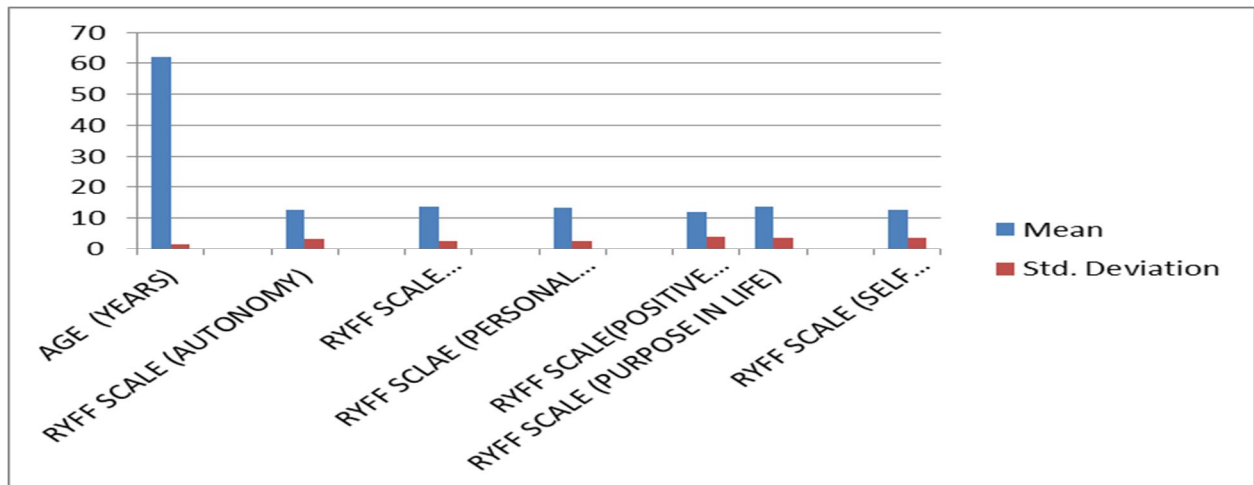
The result showed that the on the parameters of psychological wellbeing, the women in early stage of old age , age ranging from 60-64 years are on higher scale of autonomy, environmental mastery , personal growth and self acceptance, but as positive relation and purpose in life .

Table 1 : Descriptive Statistics for Psychological Wellbeing in 60 - 64 Years Old Women.

VARIABLES	Minimum	Maximum	Mean	Std. Deviation	Variance	Skewness		Kurtosis	
						Statistic	Std. Error	Statistic	Std. Error
AGE (YEARS)	60	64	61.87	1.464	2.143	-.052	.198	-1.402	.394
RYFF SCALE (AUTONOMY)	6	18	12.75	3.324	11.049	-.240	.198	-.905	.394
RYFF SCALE (ENVIRONMENTAL MASTERY)	7	18	13.71	2.622	6.877	-.287	.198	-.238	.394
RYFF SCLAE (PERSONAL GROWTH)	8	18	13.37	2.581	6.663	-.204	.198	-.182	.394

RYFF SCALE (POSITIVE RELATION)	6	18	12.07	3.815	14.552	.000	.198	-1.503	.394
RYFF SCALE (PURPOSE IN LIFE)	7	18	13.69	3.575	12.780	-.371	.198	-1.152	.394
RYFF SCALE (SELF ACCEPTANCE)	11	18	12.59	3.579	12.807	-1.582	.198	3.680	.394

Fig 1 : Mean and Standard Deviation for Psychological Wellbeing in 60 - 64 Years Old Women.



Conclusion

By surveying subjective well-being, researchers may be better able to identify particularly vulnerable groups of older adults who are at risk for poor health. An understanding of how health care practices influence the well-being of older people could help health professionals design improved treatment strategies. Researchers are also discussing whether national surveys should begin tracking well-being as an indicator of social progress and a target for policymaking. Low levels of self-reported well-being are linked to a heightened risk of disease among older adults.

Older adults report the highest levels of well-being while socializing, working or volunteering, and exercising. One of the strongest predictors of well-being among older couples is the quality of their marriage. People are willing to trade personal well-being for other things they care about—income, their family’s happiness, social status, or a sense of control. Well-being measures could help researchers identify groups of older adults who are at risk of poor health and evaluate interventions to improve their lives.

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