



## WELL BEING AND COMPONENTS OF LIFE SATISFACTION OF INSTITUTIONALIZED SENIOR CITIZENS

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### **Abstract**

*The present study was carried out with the objectives to study the demographic profile, physical and emotional well-being of elderly people in the old age home and components of life satisfaction- regarding health, social and emotional life and use of resources. Forty eight percent of elderly were aware of old age home by their relatives and main reason was lack of care from the family members which made the elderly people to stay in old age homes. The result revealed that significant positive relationship between the well-being and life satisfaction at 1 percent level ( $r = 0.509$ ). Thus it is concluded that lack of care, emotional attachment in the family made elders look at other source of care and elders were considering old age home as better alternative.*

**Keywords: Senior Citizens - Care - Old Age Homes - Wellbeing – Satisfaction.**

### **INTRODUCTION**

Ageing is unequivocally a universal and irreversible process. Getting old is the result of the interplay of biological, social, psychological and ecological factor (Dey, 2003). The elderly population (aged 60 years or above) account for 7.4 % of total population in 2001. For males it is marginally lower at 7.1%, for females it was 7.8%. From 5.6% in 1961 it is projected to rise to 12.4% of population by the year 2006 (Government of India 2011).

In older days elders were better adjusted to the joint structure of the extended family, kin taking care and giving support to elders were, emotionally satisfied with the family members. Now a days, the role of family in case of older person has declined due to structural changes that have taken place in the Indian society, concomitant disintegration of joint family system, which resulted in the rejection or neglect of the aged (Dhananjay bansod 2006).

As a result of the undermined pattern of family care and changing value system, provision for the care of elderly is increasingly being passed to the domain of the institutionalized caring. Though the concept of old age home is still new to Indian society but the role of such institution towards elderly is becoming significant (Shankardass 2000). The reason cited by the elders for shifting to old age homes were many and varied from one individuals to another but the most important reason were poverty, no support from the children, no care giver and loneliness (Balrampaswan 2006). Loneliness is important reason for adopting old age home for those elders who have lost their spouse and also have no child prefer to stay in old age home because they have no other options (karnick 2005).

Rani (2001) expresses, due to lack of primary family care, there are numerous institution that take care of the old, managed by Government, voluntary organization and Christian missionaries. She also opines that though home for the elderly are good, number of elderly who need them to provide a wide range of service such as residential, day care, geriatric care, medical care, recreation etc.

All old people are not getting satisfaction in the home as well as in the old age home because of the environmental, social, psychological, spiritual problems etc. Life satisfaction among the elderly is an important concept as it gives us an overall view of the adjustment as well as adaptive coping ability of the individual (Kay kittrell chitty 2009). Life satisfaction is very broad term expressed in terms of happiness by fulfilling the dominating needs and expectations of life. The persistence of unfulfilled needs causes unhappiness, which in turn lead to dissatisfaction. The impairment and illness, disability jointly increases somatic symptoms of distress and decrease life satisfaction. (Revicki and Mitchell 1990).

According to (Zhang and Yu, 1998) life satisfaction is significantly predicted by health and financial status as well as family support among elderly. In this context the study was undertaken with overall goal of understanding the components of life satisfaction such as physical and emotional well-being, health, social and emotional life, resources in terms of time and money of elderly living in old age home with the following objective.

### **OBJECTIVES**

- To study the demographic profile of the elderly people residing in old age homes,



- To analyse the physical and emotional wellbeing of the old people in old age home
- To ascertain the components of life satisfaction –regarding health, social and emotional life and resources use time and money

### NEED FOR THE STUDY

Old age homes are necessity in the present day scenario as the younger generation do not have the time or in many cases the resources to meet their needs (like medical expenses, special food etc). But old age homes should be considered only as a secondary option. Old age homes as an option should be considered as the betterment of senior citizen by way of better physical and mental status, gender possibility for social bonding etc. Old age was never a problem in India. Neglect of parents has become big issue so much as that the Indian Government has passed “The maintenance and welfare of the parents and senior citizen bill 2006”, which makes imperative for adult children to look after their parents.

### METHODOLOGY

Purposive sampling technique was adopted. Senior citizen residing in old age home was selected. A purposive sampling is a technique in which a desired number of sample unit is selected deliberately depending upon the objectives of the enquiry (Saravanavel 1995). One hundred senior citizens residing in old age home were selected.

### Tools Used for Assessment

An interview schedule was considered as an appropriate method for the study, because the samples were in the age group of 60 to 75 and above. Interview schedule is the name given to a method, where the interviewer asks predetermined questions in a face to face contact to other person or respondent (Gupta, 2000). The interview schedule was used to collect the information as follows.

- 1) **Demographic profile of the selected respondents:** Personal variables including age, marital status, number of children, educational level, source of income and reason for coming to the old age home were collected.
- 2) **Well being-Physical and emotional well-being**
  - Physical well-being : Information pertaining to the physical well-being of the old age people whether they “feel well and energetic”, “physically fit enough to do the things they want to do”, “well enough to work everyday”, etc were all included.
  - Emotional wellbeing: Regarding emotional well-being of the aged people such as “feeling happy about their family”, “feel sad about life” “feeling of left alone” etc were included.

A four point scale was used to measure wellbeing, The scores assigned were Always-3, Very often satisfied-2, Sometimes-1, Never-0, for negative statement reverse score was assigned, and hence higher the scores better the well being.

- 3) **Components of life satisfaction regarding health ,social and emotional life and resources( time and money)**
  - **Health :** Information pertaining to the level of satisfaction regarding health such as” consumption of balanced diet”, “taking medical examination”, “taking food at correct interval” “doing exercise”, etc were included.
  - **Social and emotional life:** Information pertaining to level of satisfaction regarding social and emotional life such as “mingling freely with other people in old age home,” visit to temples,” Emotional care provided by old age home,” etc.

### Resources

- **Time:**Regarding time, information pertaining to the level of satisfaction as” spending time by doing their work in old age home,” “entertaining by watching television,” “talking with others “ “reading books “ etc were included.
- **Money (Financial Status) :** Regarding money ,information pertaining to the satisfaction of financial status such as money for self-health,” “Sufficient money saved for family” “monthly pension from employment “ “ money from saving “ etc were included.

A four point scale was used to measure level of satisfaction. The scores assigned were fully satisfied- 3, partially satisfied-2, somewhat-1, and not satisfied-0



### Conducting the main Survey

From the Directory of old age homes published by Help Age India (2002) two homes were selected based on the permission and co-operation of the management of old age home to conduct the study. A friendly rapport was developed and the purpose of study was explained to them.

S.NO	NAME OF THE OLD AGE HOME	ADDRESS	NO OF RESIDENCE
1.	St. Thomas home for the aged	No.50 queen Victoria road poonamallee, Chennai-56.	50
2.	Avvai home	No.19 adibakthar salai,sekizhar nagar Kunrathur-69.	50

### Analysis of Data

Gupta (2000) points out that data after collection has to be processed and analyzed in according with the outline laid down for the purpose. The collected data from the respondents were edited, coded, classified and analysed statistically using 't' test and correlation to facilitate comparison to pin point significant feature of the data.

## RESULT AND DISSCUSSION

### Demographic Profile of Elderly

Table 1 depicts the demographic profile of the elderly regarding age, marital status, education level, awareness of home, reason for staying in old age,

**Table 1, Demographic Profile of Elderly**

S.No	Demographic Profile	Male N	%	Female N	%	Mean Total %
1.	<b>Age</b>					
	60 – 65 years	8	16.00	4	8.00	12.00
	65 – 70 years	11	22.00	10	20.00	21.00
	70 – 75 years	13	26.00	21	42.00	34.00
	75 years above	18	36.00	15	30.00	33.00
2	<b>Educational Level</b>					
	Illiterate	11	22.00	19	38.00	30.00
	School level	33	66.00	28	56.00	61.00
	Graduate	6	12.00	3	6.00	9.00
3	<b>Marital Status</b>					
	Married	30	60.00	30	60.00	60.00
	Unmarried	7	14.00	5	10.00	12.00
	Widowed	13	26.00	15	30.00	28.00
4	<b>Awareness of old age home</b>					
	Friends	8	16.00	10	20.00	18.00
	Relatives	19	38.00	29	58.00	48.00
	Media	23	46.00	11	22.00	34.00
5	<b>Reason for staying in old age home</b>					
	Destitution	10	20.00	11	22.00	21.00
	Lack of care from family members	24	48.00	27	54.00	51.00
	Peace of mind	16	32.00	12	24.00	28.00



A majority (34 percent) of the elderly male and female belonged to the age group of 70 – 75 years, followed by 33 percent from the age group of 75 years and above, and 21 percent belonged to the 65 – 70 years of the age group.

In general (61 percent) of the elderly were found to be educated up to school level. About 30 percent of elderly were found to be uneducated; where as 9 percent of the elderly were graduates. It is noted from the table, majority of the elderly were educated up to school level.

A majority (60 percent) of elderly were married, 12 percent of elderly were unmarried, about 28 percent were widowed in both male and female.

A majority (48 percent) of the elderly were aware about the old age home by their relatives, about 34 percent of elderly were aware of this by media, 18 percent were aware by their friends.

In general for majority (51 percent) lack of care from their family members was the reason to stay in old age home, about 28 percent were staying in homes for peace of mind and 21 percent were staying due to destitution.

In a study by Balrampaswan (2006) 30 percent had reported misunderstanding with daughter in law and 15 percent had reported no support from their children.

**Physical and emotional wellbeing based on age, education level, marital status**

**Table 2 depict the physical wellbeing and emotional wellbeing based on age, education marital status**

S.No	Well being	Sources of variation	Sum of square	d.f	Mean square	F
1	<b>Based on Age</b> Physical well being	Between groups	676.224	3	225.408	18.229**
		Within groups	1187.086	96	12.365	
		Total	1863.310	99		
	Emotional well being	Between groups	105.705	3	35.235	3.265**
		Within groups	1036.005	96	10.792	
		Total	1141.710	99		
	Well being Total	Between groups	335.827	3	111.942	5.578**
		Within groups	1926.613	96	20.069	
		Total	2262.440	99		
2	<b>Based on education</b> Physical well being	Between groups	233.112	2	116.556	6.935**
		Within groups	1630.198	97	16.805	
		Total	1863.310	99		
	Emotional wellbeing	Between groups	33.776	2	16.888	1.479 <sup>NS</sup>
		Within groups	1107.934	97	11.422	
		Total	1141.710	99		
	Wellbeing Total	Between groups	72.327	2	36.164	1.602 <sup>NS</sup>
		Within groups	2190.113	9799	22.578	
		Total	2262.440			



3	<b>Based on marital status</b>					
	Physical well being Emotional well being	Between groups	60.103	2	30.051	1.617 <sup>NS</sup>
		Within groups	1803.207	97	18.590	
		Total	1863.310	99		
	Wellbeing total	Between groups	113.360	2	56.680	5.346**
		Within groups	1028.350	97	10.602	
		Total	1141.710	99		
		Between groups	109.059	2	54.530	2.456 <sup>NS</sup>
		Within groups	2153.381	97	22.200	
		Total	2262.440	99		

\*\*-denotes significant at 1 percent level

**Duncan's multiple range test**

S.No	Well-being	Demographic	N	Subset	
				1	2
1.	Physical well-being	<u>Age</u>			
		60 – 65 years	12	-	10.42
		65 – 70 years	21	-	10.14
		70- 75 years	34	-	10.15
	Emotional well-being	75 above	33	4.67	-
		60-65 years	12	6.92	-
		65-70 years	21	7.95	7.95
		70- 75 years	34	7.50	-
	Well-being total	75 above	33	-	9.64
		60-65 years	12	-	17.33
		65-70 years	21	-	18.67
		70-75 years	34	-	17.65
		75 above	33	14.12	-
2.	Physical well being	<u>Educational Qualification</u>			
		Illiterate	30	6.60	-
		School level	61	8.67	-
	Emotional well being	Graduate	9	-	12.22
		Illiterate	30	9.00	-
		School level	61	8.03	-
	Well being total	Graduate	9	7.00	-
		Illiterate	30	6.00	-
		School level	61	16.61.	-
		Graduate	9	19.22	-
3.	Physical well being	<u>Marital status</u>			
		Married	60	8.72	-
		Unmarried	12	9.42	-



		Widowed	28	7.18	-
Emotional well being		Married	60	-	8.78
		Unmarried	12	5.42	-
		Widowed	28	-	8.25
Well being total		Married	60	17.50	-
		Unmarried	12	15.83	-
		Widowed	28	15.21	-

**Based on age**

**Physical well being**

The 'f' ratio (18.229) was found to be significant at 1 percent level for physical well being based on age , it could be noted from Duncan's multiple range table that the alpha value (10.42) higher in the age group of 60– 65 years.

**Emotional well-being**

The 'f' ratio was found to be significant at 1 percent level for emotional well being based on age, it could be noted from the Duncan's multiple table that the alpha value (9.64) was higher in the age group above 75 years.

**Based on Education**

**Physical well being**

The 'f' ratio (6.93) was found to be significant at 1 percent level, indicating the elderly with different education level differed in their physical well being. It could be noted from the Duncan's multiple range, the alpha value of graduates (12.22) was significantly higher than the alpha value of school level (8.67) and uneducated respondent alpha value (6.60) of elderly.

**Emotional well being**

The 'f' ratio ( 1.479) was not to be significant, indicating that the elderly with different educational level opined similar level of emotional well being, it could be noted from the Duncan's multiple range table, the alpha value of graduate (7.00) slightly lower than the value of uneducated (9.00) and School level (8.03).

**Based on Marital Status**

**Physical well being**

The 'f' ratio (1.617) was not significant for physical well being based in marital status, it is noted from the Duncan's table that the alpha value (9.42) is higher in the unmarried respondents than married (8.72) and widowed (7.18).

**Emotional well being**

The 'f' ratio (5.346) was found to be significant at 1 percent level, for emotional well being based on marital status, it could from the Duncan's multiple table the alpha value of (8.78) married is significantly higher than the alpha value of widowed (8.25) and unmarried (5.42). From the well being total married shows higher value as (17.50).

Life satisfaction based on age, education, marital status present in table 3.

**Table – 3, Life satisfaction based on age, education, marital status**

S.No	Life satisfaction	Sources of variation	Sum of square	d.f	Mean square	F
1	Based on age	Between groups	1085.574	3	361.858	6.545**
		Within groups	5307.416	96	55.286	
		Total	6392.990	99		



2	Based on Educational status	Between groups	900.391	2	450.466	7.956**
		Within groups	5492.059	97	56.619	
		Total	6392.990	99		
3	Based on Marital status	Between groups	500.711	2	250.356	4.121**
		Within groups	5892.279	97	60.745	
		Total	6392.990	99		

\*\*-denotes significant at 1 percent level

**Duncan's Multiple Range**

S.No	Life satisfaction	Demographic	N	Subset	
				1	2
1	Based on Age	<u>Age</u>			
		60 – 65 years	12	-	34.75
		65 – 70 years	21	-	34.33
		70- 75 years	34	-	34.12
		75 above	33	27.30	-
2	Based on Education	<u>Educational level.</u>			
		Illiterate	30	29.77	-
		School level	61	31.74	-
		Graduate	9	-	41.11
3	Based on Marital status	<u>Marital Status</u>			
		Married	60	-	33.72
		Unmarried	12	31.17	31.17
		Widowed	28	28.64	-

**Life satisfaction based on age**

There is significant difference in the life satisfaction of the elderly in the age group 60-65 years at 1percent level  $f = (6.545)$ . From the Duncan's multiple range it was found that the life satisfaction is high among elders below the age of 65 years (34.75).

**Life satisfaction based on educational level.**

There is a significant difference in the life satisfaction of elderly based on educational level at 1 percent level  $f = (7.956)$ . From the Duncan's multiple range, it was found that the life satisfaction is higher among graduate elderly (41.11).

**Life Satisfaction based on marital status**

There is a significant difference in the life satisfaction of elderly based on marital status at 1 percent level,  $f = (4.121)$ . From the Duncan's multiple range, it was found that life satisfaction is higher among married elders (33.72).

**Correlation coefficient shows the Interrelation ship between the well being and life satisfaction**

Correlation coefficient shows the Interrelation ship between the well being and life satisfaction depicted in table 4.



**Table-4, Correlation coefficient shows the Interrelation ship between the well being and life satisfaction**

Well being and life satisfaction					
S No	Well being	Physical well being	Emotional well being	Well being	Life satisfaction
1.	Physical well being	1	0.338**	0.724**	0.677**
2.	Emotional well being	-	1	0.302**	-0.182 <sup>NS</sup>
3	Well being total	-	-	1	0.509**

\*\*-denotes significant at 1 percent level <sup>NS</sup>-denotes non significance

Pearson correlation shows the significant relationship between the well being and life satisfaction.

#### Physical well being

There is significant positive relationship between physical well being and life satisfaction at 1 percent level ( $r = 0.677$ ).

#### Emotional well being

There is more significant relation ship found between emotional well being and life satisfaction ( $r = -0.182$ ).

Balrampaswan (2006) in his study reported that 50 percent of the elderly at old age home were satisfied with the service provided but majority of elderly were emotionally upset.

#### Well being total

There is significant positive relationship between the well being and life satisfaction at 1 percent level ( $r = 0.509$ )

#### Correlation coefficient shows the inter relationship between the component and life satisfaction

Correlation coefficient shows the inter relationship between the component and life satisfaction is depicted in table 5.

**Table -5 ,Correlation coefficient shows the inter relationship between the component and life satisfaction**

Component and Life Satisfaction						
S No	Components	Health	Social and emotional	Time	Money	Life satisfaction
1.	Health	1	0.250*	0.548**	0.404**	0.752**
2.	Social and emotional	-	1	0.458**	0.018	0.568**
3.	Time	-	-	1	0.193	0.816**
4	Money	-	-	-	1	0.627**

\*\*-denotes significant at 1 percent level

#### Health

There is significant positive relationship between health and life satisfaction at 1 percent level( $r = 0.752$ ).

#### Social and emotional life

There is significant positive relationship between the social and emotional life and life satisfaction at 1 percent level ( $r = 0.568$ ).

#### Time

There is significant positive relationship between the resource time and life satisfaction at 1 percent level ( $r = 0.816$ ).





### Money

There is significant positive relationship between resource money and life satisfaction at 1 percent level ( $r = 0.627$ ).

Hence there is a positive relationship between the components of life satisfaction and life satisfaction at 1 percent level. Elders were better satisfied on health, social and emotional life, time and money.

### SUMMARY AND CONCLUSION

The term “old age” conjures up of frustration, sickness, poverty, despair, senility and responsibility. Aging is more difficult in the rapidly changing materialistic society the aged feels a sense of social isolation because of the disjunction from various bonds, work relationship and diminish of relatives, friend and mobility of children to far off places for jobs. The situation of the elderly still worsens when there is physical incapacity and financial stringency (Sheela and Jayamala, 2008).

The study revealed that male is satisfied better than female. The majority of the senior citizen were in the age group of 60-65 years, higher the level of education better the satisfaction regarding physical, emotional well-being, component of life satisfaction, use of resource time and money.

Thus it is concluded that lack of care, emotional attachment in the family made elders look at other source of care and elders were considering old age home as better alternative. Further the study concluded that life satisfaction of senior citizen is a holistic approach of one's well being, physical and mental health, socio economic status which determines the level of living of a person.

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