

A STUDY OF MENTAL HEALTH OF SENIOR CITIZEN IN RELATION TO GENDER AND AREA

APURVA SOLANKI

Research Scholar, H.N.G.U., Patan

ABSTRACT : *The main aim of the present research was to study of mental health of senior citizen in relation to gender and area. Total 500 participants- 125 male urban senior citizens, 125 male rural senior citizens, 125 female urban senior citizens and 125 female rural senior citizens were selected randomly from various senior citizen club and old age home of Patan and Mahesana district. Mental health inventory by Jagdish and Srivastav was used for data collection. To analyze the data t test was used. Results indicate that Male senior citizens have better mental health than female senior citizens, Urban male senior citizens have better mental health than urban female senior citizens, Rural male senior citizens have better mental health than rural female senior citizens, Rural male senior citizens were not significantly differed as compare to urban male senior citizens and Rural female senior citizens were significantly differed as compare to urban female senior citizens. Rural female senior citizens have better mental health than urban female senior citizens.*

Introduction

Hess (1976) defines aging as “an inevitable and irreversible biological process of life. Handler (1960) views that “aging is the deterioration of a mature organism resulting from time-dependents, essentially irreversible changed intrinsic to all members of a species, such that, with the passage of time, they become increasingly unable to cope with the stresses of environment, thereby increasing the probability of death”.

Aging, as defined by Jarry (1995) in Collins dictionary of Sociology is “the chronological process of growing physically older. However, there is also a social dimension in which chronology is less important than the meaning attached to the process. Different cultural values and social expectations apply according to gender and age group and therefore there are socially structured variations in the personal experience of aging”.

Muttagi (1997) has described aging as a mutual dimensional process and specifies that aging in its demographic sense is not the same as the biological process of aging which is dynamic and continuous. Chronological age does measure physiological and psychological age. He further views that aging is generally associated with fatigue decline in functional capacity of organs of the body, decrease of ability to cope with the stress of disease or trauma.

A study on the psycho-social problems of the retired revealed that age had a significant positive relationship with psychological distress and significant negative relationship with attitude towards physical changes (Prema B. Patil, 2000). The retirement process may involve passing through a series of phases, the precise nature of which is influenced by a person’s reason for retirement and the age of retirement. Older people who have inadequate income and are in poor health, or need to adjust to stress such as the death of a partner have the most difficult time adjusting to retirement. Retirement also impacts a person’s partner and may require both people to adjust to changing roles and expectations.

Happiness in older life may be perceived to be determined by health and physical appearance as smiles in pictures of older people were significantly less likely to be included in pictures that also contained ‘physical aids’ or ‘baldness’ (Barrett & Cantwell 2007).

Bodner and Lazar (2008) found that while older men held more stereotypical perceptions of older people than women; both groups were characterized by avoidance of older people. Women tended to have more negative conceptions of the contribution of older people to society. However, research surrounding gender differences in this area must be interpreted with caution. Rupp et al. (2005), for example, pointed out that in their study, although statistically significant, the difference in ageism scores attributed to gender was relatively small and could have been affected by the size of the sample.

Objectives

- (1) To study and compare mental health of male and female senior citizens
- (2) To study and compare mental health of urban male and female senior citizens
- (3) To study and compare mental health of rural male and female senior citizens
- (4) To study and compare mental health of rural male and urban male senior citizens
- (5) To study and compare mental health of rural female and urban female senior citizens

Hypothesis

1. Ho₁- There will be no significant difference between male and female senior citizens in relation to mental health.
2. Ho₂- There will be no significant difference between urban male and female senior citizens in relation to mental health.
3. Ho₃- There will be no significant difference between rural male and female senior citizens in relation to mental health.
4. Ho₄- There will be no significant difference between rural male and urban male senior citizens in relation to mental health.
5. Ho₅- There will be no significant difference between rural female and urban female senior citizens in relation to mental health.

Variables

In present research gender and area of residence of senior citizens were taken as independent variables and scores of mental health was taken as dependent variable.

Sample

In present research sample was taken from citizen club and old age home of Patan and Mahesana district. Total sample was 500 senior citizen- 125 male from urban area, 125 male from rural area, 125 female from urban area and 125 female from rural area were selected randomly from Patan and Mahesana district.

Tools

In present research following tools were used for data collection,

Mental Health inventory by Jagdish and Srivastav

Mental health inventory (MHI) developed by Jagdish and Srivastav was utilized to access positive aspects of mental health. This test can be used as a group or an individual test, for ages 15 and above, no time and age limit is enforced in the testing. Each items from 1 to 56 given in the test booklet to be rated on 4 point rating scale. It covers the following 6 dimensions of sound mental health:

- (1) Positive Self-Evaluation (PSE) – self-confidence, self-acceptance, self-identity, realization of one's capabilities.
- (2) Perception of Reality (PR) – related to absence of excessive fantasy, ability to face and accept realities of life.
- (3) Integration of Personality (IP) – indicates balance of psychological forces in the individual, includes emotional maturity, ability to concentrate at work and interest in several activities.
- (4) Autonomy (AUT) – the actions of people are independent rather than dependant on other persons.
- (5) Group Oriented Attitudes (GOA) – ability to work with others and ability to find recreation.
- (6) Environment Mastery (EM) – Efficiency in meeting situational demands.

Reliability of the Inventory:

The reliability of the inventory was determined by 'split half methods using odd even procedure. (1) Positive self evaluation- 0.75 (2) Perception of reality- 0.71 (3) Integration of personality- 0.72 (4) Autonomy- 0.72 (5) Group oriented attitude- 0.74 (6) Environment competence- 0.71 (7) Overall- 0.73

Two inventory scores yield positive correlation of (.57) revealing moderate validity.

The test is scored with the help of manual. 4 alternative responses have been given to each statement i.e. always often, rarely and never. 4 scores to always, 3 scores to often, 2 scores to rarely and 1 scores to never, marked responses are to be assigned for true keyed (positive) statements where as 1, 2, 3 and 4 scores for always, 'often' rarely and never respectively in case of false keyed (negative) statements.

Procedure

Mental Health inventory by Jagdish and Srivastav was administered in individual setting. After completion of the data collection, responses of each participant on each inventory were scored as per the scoring key of manual of each inventory.

Statistical Analysis

To analyze the data mean, SD and t test was used. Latest version of SPSS was used for data analysis. Each hypothesis was tested at 0.01 and 0.05 level.

Results and Discussions

Table No. 1

Showing mean, SD and t value of mental health of male and female senior citizens

Group	N	Mean	SD	t value	Level of significance
Senior citizen male	250	165.39	18.54	23.20	0.01
Senior citizen female	250	156.90	15.04		

Table No. 1 shows the t value of mental health of male and female senior citizens was 23.20 which is significant at 0.01 level. It means male senior citizens were significantly differed as compare to female senior citizens. The mean scores of male senior citizen on mental health was 165.39 with 18.54 SD and mean scores of female senior citizen was 156.90 with 15.04 SD. Here male senior citizens have better mental health than female senior citizens.

Table No. 2

Showing mean, SD and t value of mental health of urban male and female senior citizens

Group	N	Mean	SD	t value	Level of significance
Urban male senior citizen	125	166.30	15.14	16.60	0.01
Urban female senior citizen	125	157.52	17.52		

Table No. 2 shows the t value of mental health of urban male and female senior citizens was 16.60 which is significant at 0.01 level. It means urban male senior citizens were significantly differed as compare to urban female senior citizens. The mean scores of urban male senior citizen on mental health was 166.30 with 15.14 SD and mean scores of urban female senior citizen was 157.52 with 17.52 SD. Here urban male senior citizens have better mental health than urban female senior citizens.

Table No. 3

Showing mean, SD and t value of mental health of rural male and female senior citizens

Group	N	Mean	SD	t value	Level of significance
Rural male senior citizen	125	165.80	15.65	20.22	0.01
Rural female senior citizen	125	156.27	12.12		

Table No. 3 shows the t value of mental health of rural male and female senior citizens was 20.22 which is significant at 0.01 level. It means rural male senior citizens were significantly differed as compare to rural female senior citizens. The mean scores of rural male senior citizen on mental health was 165.80 with 15.65 SD and mean scores of rural female senior citizen was 156.27 with 12.12 SD. Here rural male senior citizens have better mental health than rural female senior citizens.

Table No. 4

Showing mean, SD and t value of mental health of rural male and urban male senior citizens

Group	N	Mean	SD	t value	Level of significance
Rural male senior citizen	125	166.30	15.14	1.02	NS
Urban male senior citizen	125	165.80	15.65		

Table No. 4 shows the t value of mental health of rural male and urban male senior citizens was 1.02 which is not significant. It means rural male senior citizens were not significantly differed as compare to urban male senior citizens. The mean scores of rural male senior citizen on mental health was 166.30 with 15.14 SD and mean scores of rural male senior citizen was 165.80 with 15.65 SD.

Table No. 5

Showing mean, SD and t value of mental health of rural female and urban female senior citizens

Group	N	Mean	SD	t value	Level of significance
Rural female senior citizen	125	157.52	17.52	2.56	0.05
Urban female senior citizen	125	156.27	12.11		

Table No. 5 shows the t value of mental health of rural female and urban female senior citizens was 2.56 which is significant at 0.05 level. It means rural female senior citizens were significantly differed as compare to urban female senior citizens. The mean scores of rural female senior citizen on mental health was 157.52 with 17.52 SD and mean scores of urban female senior citizen was 156.27 with 12.11 SD. Here rural female senior citizens have better mental health than urban female senior citizens.

Conclusions

- (1) Male senior citizens were significantly differed as compare to female senior citizens. Male senior citizens have better mental health than female senior citizens.
- (2) Urban male senior citizens were significantly differed as compare to urban female senior citizens. Urban male senior citizens have better mental health than urban female senior citizens.
- (3) Rural male senior citizens were significantly differed as compare to rural female senior citizens. Rural male senior citizens have better mental health than rural female senior citizens.
- (4) Rural male senior citizens were not significantly differed as compare to urban male senior citizens.
- (5) Rural female senior citizens were significantly differed as compare to urban female senior citizens. Rural female senior citizens have better mental health than urban female senior citizens.

References

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