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A Study on Psychological Adjustment of Younger Generation with Their Elderly Parents

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ABSTRACT

It is the first and foremost responsibility of the children to help and provide care for their parents since they are the source of their birth. In Indian tradition respecting our parents and obeying their orders is very common. But the situational changes in human psychology, the respect on elderly are decreasing and negligence as well as abuse on elderly increasing.

"Maatha Pitha Guru Deivam" is a very popular adage in Sanskrit language and often quoted in Hinduism. Which is means "Mother Father Teacher God". The meaning of this adage is the greatest truth, and is the order in which one should offer reverence. The Phrase is a basic tenet in existence from the time of the Vedas and beyond and represents the hierarchy in which one should respect these entities.

Due to the various reasons like increasing cost of living, decreasing human values, traditional systems and joint family etc, Parents are neglecting in the present society. So that the day care centers, old age homes are increasing day by day and old age people are became most vulnerable group in the society.

Elderly care is helping the elderly person in fulfilling of the special needs and requirements. Children's has to prepare psychologically to care of their aged parent's and the same attitude should be developed among the children by the parents. It will create a harmonious environment in the society. Present study is an attempt to understand the psychological adjustment of younger generation with their elderly parents

KEYWORDS : Psychological Adjustment, Younger Generation, Elderly Parents

Introduction

The complete security of the old age people is responsibility of the children and grand children. After certain period when the children grown up and the parents reaching near to the old age, it is a common phenomenon to slowly taking the responsibility of family and maintaining the family followed with caring the parents with adjustable mentality. Children's have to develop the attitude which ultimately provides happy life for their parents at the last cycle of human life. The younger generational attitude on old age people will highly have impact on harmonious situation in the society. The generation gap, technology world, impact of westernization, increasing population with increasing social problems and many major sources are increasing the gap between old age people and younger generation. The views of younger generations in recent years on old age security is rotating around govt's responsibility rather than family obligation the growing industrialization, urbanization which resulted in modernization is paving way to more nuclear families leaving elders at traditional rural homes. At this juncture, it is important to study the changing views of younger generation on old age security to find out alternatives to take care of elderly.

In this study focus's was on Psychological adjustment of younger generation with aged parents,

Methodology

The study was carried out in selected Blocks of Chittoor district, Andhra Pradesh covering 150 men and 150 women who are staying with their old age parents. i.e. total 300 younger generation respondents were studied. The baseline survey was conducted in the Many villages and towns and sample was collected using simple random sampling method.

Results and Discussion

Psychological adjustment of younger generation with aged parents

Adjustment is the key to the successful life. Adjustment is the fine reaction in mind which deter the aggressiveness in thinking and behaviour of individuals. Adjustment promote submissiveness in mind to understand the realities surrounding the situations and incidents, and to act politely due to spread of modernism, the ideas, views, and attitudes of younger generation differ with that of elderly and the adjustment between the thinking of both the groups is essential to maintain cordial relationship at family level. The information on the psychological adjustment of younger generation with aged parents has been elicited and presented in the Table. 1

Table 1

Psychological adjustment of younger generation with aged parents								
Sl. No.	Statement		Unhappy	To some extent happy	Happy	Total	Chi-Square	Sig
1	Happy with the aged family members	N	42	152	106	300	227.12	**
		%	14.00	50.70	35.30	100.00		
			Not good	To some extent good	Good	Total		
2	Relationship with aged parents	N	75	170	55	300	174.22	**
		%	25.00	56.70	18.30	100.00		
3	Inter personal interaction with the aged parents	N	125	104	71	300	118.98	**
		%	41.70	34.70	23.70	100.00		
			Not adjusting	To some extent	Well adjusting	Total		
4	Adjusting with aged parents in day to day life	N	18	249	33	300	324.34	**
		%	6.00	83.00	11.00	100.00		
			Never	Occasionally	Often	Total		

5	Disputes with aged Parents	N	172	122	6	300	340.30	**
		%	57.00	40.70	2.00	100.00		
6	Respecting elder's views on important family decisions	N	40	70	190	300		
		%	13.00	23.00	64.00	100.00		
			Always	Occasionally	Never	Total		
6	View that aged people carry tales against Children	N	6	14	280	300	573.82	**
			2.00	4.67	93.33	100.00		
	Note :: ** = Significant at 0.01 level							
	* = Significant at 0.05 level							
	@= Not Significant							

1. Happy with the aged family members

Happiness is strength and increases the longevity of the elderly. The table shows that 152 respondents (50.70 %) are to some extent happy with the aged family members, 106 respondents (35.30 %) are happy with the aged family members and 42 respondents (14 %) are unhappy with the aged family members. By and large, more than 50 per cent of the respondents are to some extent happy with the aged family members.

2. Relationship with aged parents

Interrelationship with aged parents is dire essential for the younger generation for smooth life. It is observed from the table that 170 respondents (56.70 %) have to some extent good relationship with aged parents, and 75 respondents (25 %) not had good relationship with aged parents: the remaining only 55 respondents (18.30 %) had good relationship with aged parents. Above all, more than 56 per cent of the respondents had 'to some extent' good relationship with aged parents.

3. Inter-personal interaction with the aged people

Inter-personal interaction with aged parents is dire essential for the younger generation for their happy life. It is observed from the table that 125 respondents (41.70 %) had not maintained good inter-personal interaction with aged parents, 104 respondents (34.70 %) have 'some extent' and only 71 respondents (23.70 %) have good inter-personal interaction with aged parents. Above all, more than 56 per cent of the respondents have not maintained good inter-personal interaction with aged parents.

4. Adjustment with aged parents in day to day life

Adjusting with aged parents in day today life is crucial for healthy and hale life of the elderly which increases their longevity. The table shows that 249 respondents (83 %) are 'to some extent' adjusting happy with the aged parents in day today life, 33 respondents (11 %) are well adjusting and 18 respondents (6 %) are not adjusting in this regard. By and large, 83 per cent of the respondents are to some extent adjusting with the aged parents in day today life.

5. Disputes with your aged Parents

Disputes take place generally in every home in one way or the other due to various reasons over time with aged parents. It is observed from the table that 172 respondents (57.30 %) never had disputes with aged people, 122 respondents (40.70 %) had disputes occasionally with aged parents and mere 6 respondents (2 %) often have disputes with aged parents. Above all, more than 57 per cent of the respondents had disputes rarely with aged parents.

6. Respecting elder parents views on important family decisions

Involvement of elders parents, respecting their views, and listening to their suggestions in important family decisions by grown children is the good way for household management. In the study area, more than 60% of the youngsters 'often' respected the elder parent's views on important family decisions while 23% occasionally followed this. The remaining 13% never cared the elder's views in important family decisions.

7. View that aged people carry tales against children

There is rumor that aged people carry tales against children to others in one way or the other due to various reasons over time. It is observed from the table that 290 respondents (96.70 %) never viewed that aged parents carry tales against them to others and 10 respondents (3.30%) occasionally thought that aged people carry tales against them. Above all, around 97 per cent of the respondents never thought that aged parents carry tales against children to others.

Index on nature psychological adjustment of younger generation with aged parents

As stated earlier, the psychological adjustment of younger generation according to the severity of situation is the basis to promote inter-relationship with family members. The nature of adjustment of youngsters on 7 crucial aspects related to family life was presented in the table no. 1

In order to understand the nature of adjustment of youngster's cumulatively on 7 aspects together, an index was developed. The score range of index for 7 aspects lies in between 7 to 21. The youngsters are classified according to nature of adjustment as follows.

Score Range

Youngsters with less adjustment	7-11
Youngsters with moderate adjustment	11-16
Good adjustment	17-21

Index of psychological adjustment of younger generation with aged parents

INDEX								
			Good Adjustment	Moderately adjustment	Less Adjustment	Total	Chi square	Sig
1	Psychological adjustment of younger generation with aged parents	N	89	174	37	300	164.60	**
		%	29.67	58.00	12.33	100.00		

The table shows that 174 respondents (58 %) have moderate psychological adjustment with aged parents, 89 respondents (29.67 %) have good psychological adjustment with aged parents and the remaining 37 respondents (12.33 %) have less psychological adjustment with aged parents. Above all, 58 per cent of the respondents have moderate psychological adjustment with aged parents.

Conclusion

With the findings of the study it can be concluded that the younger generation different opinion depends upon their psychological adjustment towards caring the elderly.

1. The majority of the younger generation i.e. above 50percent somewhat happy with their aged parents with various reasons.
2. It is observed that the majority of 56 percent younger generation are having some extent good relationship with their parents.
3. More than 56 percent of the respondents have not maintained good inter-personal interaction with aged parents.
4. It is very negative impact on elderly wellbeing that the high per-

centages of younger generation i.e. 83 per cent are some extent adjusting with the aged parents in day today life.

5. More than 57 per cent of the respondents had disputes rarely with aged parents.
6. It is somewhat good that more than 60% of the youngsters 'often' respected the elder parent's views on important family decisions.
7. Around 97 per cent of the respondents never thought that aged parents carry tales against children to others.

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