| | Research Paper | Psychology |

Addressing Self- Esteem and Perceived Social Support in Elderly.

T. K. Anurekha	Teaching Assistant, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore- 43.
Anu Vargese	III year Under Graduate Students, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore- 43.
Archana Sowbarnika, A	III year Under Graduate Students, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore- 43.
B. Nandhini	III year Under Graduate Students, Department of Psychology, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore- 43.

ABSTRACT   *The presents study attempts to identify the relationship between self- esteem and perceived social support in elderly. This study was conducted in various districts of Kerala and Tamil Nadu. One hundred and seventy one samples in the age range of 54 to 88 years were selected. The personal profile which was tailored made by the researchers was used to collect the personal details of the sample. The tools used to collect the data were Rosenberg's Self Esteem Scale and Multidimensional Scale on Perceived Social Support. The data were anlaysed and the results reveal that there is a significant and positive relationship between self esteem and perceived social support in the sample. Regression analysis shows that the level of perceived social support is influencing the level of self- esteem. ANOVA results shows that there is a significant difference in the level of self- esteem of the sample with respect to the level of perceived social support.*

Summary

- *There is a significant and positive relationship between self esteem and perceived social support in the sample.*

- *Regression analysis shows that the level of perceived social support is influencing the level of self- esteem.*

- *ANOVA results shows that there is a significant difference in the level of self- esteem of the sample with respect to the level of perceived social support.*

KEYWORDS : Self- esteem and Perceived social support

Introduction

As per UN(2009)estimates, the percentage of the elderly population in India increased from 5.4% in 1950 to 6.1% in 1990, and is expected to be about 9.8% in 2015,12.7% in 2025, 14.3% in 2030,and 21.3% in 2050. (Kumar, 2010) The complication of society is changing as 75 million baby boomers begin moving into retirement. Each day 10,000 people reach age 65, which has served as a single that it is time to retrieve ever since the Retirement Age Act was passed back in the early 1990s. It is projected that the current 40 million senior citizens will balloon to 89 million by 2050.

The occupational status is lost when one retries from service. The retired find it difficult to adjust with the changed situation and suffer mental strain. They may not be able to mingle with other aged people and this which brings loneliness to them. The economic status of the aged varies from individual to individual. Widowed women living alone are affected due to a mechanical life as reassurance. Now formal agencies have emerged for the welfare of the aged. Retired professionals are expected to receive post retirement care. They are unable to have a post retirement career which affects their routine schedule and the economic status of the family and compels them to adjust to the new situation. (Pappathi, 2007)

Rates of depression are high among the elderly, and suicide rates are considerably higher among younger adults. Old age is inherently a period of high risk, but someone who had studied the elderly report that the risk are especially high in extremely youth- oriented societies, societies that do not so much abuse their elderly as underestimate and overlook them (Morgen, King, Weisz, Schopler, 1993). Older adults are less

likely to communicate their suicide intention than are younger adults and adolescents and they make fewer attempts. However, when older adults attempts suicide, they use more lethal methods and more often succeed. (McIntosh,1995). A surviving spouse is especially at risk for depression or suicide. (DeLeo, 2002 & Turve, Others, 1999).

Hawbam (2014) had found out that subjective well-being, family support, religion and spirituality, supportive community and optimism were high lightened as an important factor that contributes to successful ageing. Naz (2014) showed that elderly people who are living in joint families receiving more social support and good quality of life. A research done by Bala (2008) revealed that life satisfaction of elderly people vary with respect to gender and social support.

Mathur (2014) pointed out in his research article that positive greater association of life satisfaction with network size compared to perceived satisfaction obtained from social support in post retired years. Pramanick (2014) had found out that when age and deprivation increases, altruism also increases. Interaction of age and deprivation does not make any significant difference in altruism.

A research was done by Singh (2014) had found that females were found to be more optimism. Females were found to be more optimistic as compared to males.

The present study reminds the elderly about the positive aspects of their life which will act as a contributing factor in understanding about themselves. The literature reviewed clearly indicates that a number of researches have been conducted on various aspects of elderly.

Area

Various districts in Kerala and Tamil Nadu were selected for the present study.

Sample

One hundred and seventy one older adults between 54 – 88 years of age from various districts of Tamilnadu and Kerala were selected for the present study.

Tools

Rosenberg's Self Esteem Scale constructed and standardized by Dr. Florence Rosenberg in the year 1989. The scale is comprised of 10 items and rated in 4 point scale.

Multidimensional Scale of Perceived Social Support (MSPSS) Scale constructed and standardized by Nancy Dahlem, Sara Zimet, Gordon Farley and Gregory Zimet.

Procedure

From various districts of Kerala (Ernakulam, Malappuram, Trichur) and Tamil Nadu (Coimbatore, Karur, Avinashi) elderly people were selected to assess their level of Self esteem, and Perceived Social Support using Rosenberg's Self Esteem Scale and Multidimensional Scale of Perceived Social Support Scale. Since all the individuals expressed their willingness, questionnaires were given to all the participants.

Results and Discussion

Table 1: Mean Self- esteem and Perceived social support of the sample   N=171

Variables	Mean (SD)
Self- esteem	20.00 (4.70)
Perceived social support	61.04 (13.42)

Table 1 shows the mean and standard deviation of Self-esteem and Perceived Social Support of the sample. The mean and standard deviation of Self-esteem are 20.00 and 4.70 respectively which shows majority had "High self-esteem". The mean and standard deviation of Perceived Social Support are 61.04 and 13.42 respectively indicates that ample number of sample perceived "Moderate social support".

Newsom and Schulz (1996) found that greater perceived social support was correlated with higher life satisfaction and linked to fewer depressive symptoms in older adults. Stillman (2009) examined how being socially rejected and ignored would affect happiness and perception of meaningfulness of life.

Table- 2: Correlation between Self Esteem and Perceived Social Support of the Sample   N=171

		Perceived social support
Self esteem	Pearson correlation	.389**
	Sig.(2-tailed)	.000
	N	171

**. Correlation is significant at the 0.05 level

Table 2 shows the correlation between self esteem and perceived social support of the sample. The self esteem and perceived social support are positively correlated at 0.05 level which is statistically significant. Those who perceive a high bond of social support tend to enhance their abilities due to this encouragement; hence paving way to high self esteem.

Budd, Buschman and Esch (2009) indicated that as the level of perceived social support increases, the level of self esteem also increases.

Table- 3: Influence of Perceived Social Support on Self Esteem- Regression Analysis

					N= 171	
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	F	Sig
1	.389a	.151	.146	4.33795	30.120	.000
a. Predictors: (Constant), Perceived Social Support Value						

On subjecting the data for regression analysis, with self esteem as dependent variable under the influence of perceived social support, we find from the above table, the R square value at .151, F value at 30.120 at significant value .000.

Coefficients[a]						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	11.698	1.550		7.549	.000
	Perceived Social Support Value	.136	.025	.389	5.488	.000
a. Dependent Variable: Self Esteem Value						

The above table shows that the perceived social support influence on self esteem is at 5.488 times to the self esteem.

Table- 4: Difference in the level of Self- Esteem for the demographic variable Economic Dependency
N= 171

	Economic Dependency	N	Mean	Std. Deviation	Std. Error Mean
Self Esteem Value	Self	119	20.4790	4.70277	.43110
	Others	52	18.9231	4.53676	.62914

		Levene's Test for Equality of Variances						95% Confidence Interval of the Difference	
		F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Lower	Upper
Self Esteem Value	Equal variances assumed	1.053	.306	2.011	169	.046	1.55591	.02887	3.08296
	Equal variances not assumed			2.040	100.555	.044	1.55591	.04291	3.06892

The occupational status is lost when one retries from service. The retired find it difficult to adjust with the changed situation and suffer mental strain. They may not be able to mingle with other aged people and this which brings loneliness to them. They are unable to have a post retirement career which affects their routine schedule and the economic status of the family and compels them to adjust to the new situation (Pappathi, 2007).

From the above Table- 4, the F value found to be significant. Hence we can conclude that the level of self-esteem differs among the sample depending on the economic dependency of the sample.

Table 5: Difference among the groups of Perceived Social Support for the variable Self Esteem   N= 171

Dependent variable	Perceived social support(I)	Perceived social support (J)	Mean difference (I-J)	Sig.
Self Esteem	Low acquity	Moderate acquity	-1.34359	.350
		High acquity	-4.41637*	.000
	Moderate acquity	Low acquity	1.34359	.350
		High acquity	-3.07278*	.000
	High acquity	Low acquity	4.41637*	.000
		Moderate acquity	3.07278*	.000

*. The mean difference is significant at the 0.05 level

Table 5 shows the one way analysis of the variance of the sample with respect to the perceived social support of the sample. Sig value shows that perceived social support and self esteem differs that of moderate and high acquity as well as high and low acquity of perceived social support.

Nanthamongkolchai, Tuntichaivanit, Munsawaengsub and Charupoonphol (2009) revealed that the factors which significantly influenced the life happiness of the elderly female were self-esteem, social support, and family relationships. In addition, self-esteem, social support, and family relationships could significantly predict life happiness of the elderly female by 91.4%.

REFERENCES

Bala, S. (2008). Social support and life satisfaction. Indian Psychological Review. 3(40), 153 -160. Budd, A., Buschman, C. & Esch, L. (2009). The correlation of self- esteem and perceived social support, Undergraduate Research Journal for the Human Sciences, Vol. 8. Reterieved from www. Kon.org on 27.10.2015. DeLeo (2002). Turve & Others, (1999). In Santrock, J. W., (2007). A Topical Approach to Life- Span Developement . III Ed., Tata Mc. Graw Hill Publishers Pvt. Ltd., 653. Hawbam, S. (2014). Successful Aging through the eyes of Manipuri elders. Indian Journal of Health and Well being. 5 (5), 610 – 613. Kumar, M. (2010). Anuloma viloma pranayama and anxiety and depression among the aged. Journal of Indian Academy of Applied Psychology. 36(1), 159 -164. Mathur, S. (2014). Social network size & Hope as predictor of life satisfaction in the elderly. Indian Journal of Health and Well being. 5 (8), 904 – 908. McIntosh. (1995). In Santrock, J. W., (2007). A Topical Approach to Life- Span Developement . III Ed., Tata Mc. GrawHill Publishers Pvt. Ltd., 506. Nanthamongkolchai, S., Tuntichaivanit, C., Munsawaengsub, C., & Charupoonphol, P. (2009). Successful ageing, The social capital of older people, Aging Society, 29, 5- 31. Naz, S. (2014). Relationship between economic independence, social support and quality of life. Indian Academy of Applied Psychology. 40 (2), 255- 260. Newson, J. T. & Schultz, R. (1996). Social support as mediator in the relation between functional status and quality of life in older adults. Pubmed publications, 11 (1), 34- 44. Reterieved on 27.10.2015 from www. Mbi. Nih. Gov. Pappathi, K. (2007). Ageing: Scientific perspective and social issues, APH publications, New Delhi. Pramanick, M. (2014).Alruism as a function of age and deprivation. Journal of the Indian Academy of Applied Psychology. 40 (36), 310-314. Singh, S. (2014).Optimism among institutionalized elderly. Indian Journal of Health & Well- Being. 10(5), 1193- 1197.