



## Impact of Institutionalization on Geriatric Psychological Well Being

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### ABSTRACT

*Psychological well-being is particularly relevant to older people for several reasons. The oldest-old are the fastest-growing sector in society. As life expectancy increases and treatments for life-threatening disease become more effective, the issue of maintaining psychological well-being and morale at older ages is becoming more important. The present study found that non institutionalized elderly had high psychological well being than the institutionalized. There is no significant gender difference in psychological wellbeing of institutionalized and non institutionalized elderly. Significant difference was found in psychological well being between young old and old old of non institutionalized elderly population*

### KEYWORDS :

### INTRODUCTION

Elderly population in India is increasing, and also the problem like lack of love, emotional support, economic support is on raise simultaneously. Due to industrialization, modernization carrier minded generation, the traditional family system in India is undergoing drastic changes and result of which is raise in number of old age homes. Along with oldage comes the reduced physical and mental health, less economic independency. All these can have impact on well being of the elderly generation. According to Diener (1997), these evaluations may be in the form of cognitions or in the form of affect. There are several psychological and social factors that have been linked to increased individual life expectancy and quality of life in older adults. Psychological well-being refers to how people evaluate their lives. Psychological well-being has been examined as an indicator of successful adaptation during old and very old age. Psychological well-being studied extensively as there is a need to improve the state of mental conditions of people. Researchers find a large number of people are getting affected by mental health problems.

### REVIEW OF LITERATURE

Mughal&Nishi (2015) conducted a study on psychological well being and depression among inhabitants of old age homes of Jaipur and found that t a significant difference in depression and psychological well-being with respect to both elderly males and females. While correlation between depression and psychological well-being among elderly males and females reveals that there is positive correlation among elderly males and a negative correlation among elderly females.

Kanwar and Chadha (1998) conducted study to assess the psycho-social determinants of 60 institutionalized and 60 non-institutionalized elderly in Delhi. It was found that the mean scores of depression and loneliness of institutionalized elderly were 23.66 and 66.15 against 20.90 and 46.30 among non-institutionalized elderly. This revealed the severity of depression and loneliness among institutionalized elderly.

A study was conducted by Tejal [2010] on psychological well being aged individuals in India. It was found that institutionalized aged experience poor sense of psychological well being than the non-institutionalized aged. Moreover, females have greater psychological well-being than the males. Level of psychological well-being is comparatively higher among the lower age group aged than higher age group aged

### OBJECTIVES

To study the impact of institutionalization on psychological wellbeing of elderly

To study gender difference in psychological well being of elderly

To study the psychological well being in young old and old old population

### SAMPLE

For the present study 120 non institutionalized and 60 institutionalized elderly population who have crossed the age of 60 were taken as the sample.

### LOCALE OF STUDY :

Hyderabad

### TOOL

Bradburn scale of psychological wellbeing (also known as the Affect Balance Scale) was administered to the selected sample. The scale is made up of two components: the positive affect and the negative affect component.

### RESULTS AND DISCUSSION

**Table 1 Psychological well being among institutionalized and non institutionalized elderly**

Components	Non institutionalized (n=120)		Institutionalized (n=60)	
	N	%	n	%
<b>Positive</b>				
High	72	60%	12	20%
Low	48	40%	48	80%
<b>Negative</b>				
High	41	34%	43	71.6%
Low	79	66%	17	28.4%
<b>Affect Balance</b>				
High	78	65%	16	24.6%
Low	42	35%	44	73.3%

Table 1 gives information about the psychological wellbeing of non institutionalized and institutionalized elderly population. It can be observed from the study that more than half of selected elderly population residing with their families found to have high positive effect while more than three-fourth of the institutionalized elderly had low positive effect. The same result was also found with negative effect, more than half of non institutionalized elderly had low negative effects whereas more of institutionalized elderly sample scored high on negative effect. The study further reveals that more than half of the non institutionalized elderly scored high on psychological well being than the institutionalized elderly. It can be concluded from the study that institutionalization has impact on the psychological well being of the elderly.

**Table 2 Gender differences in psychological well being of institutionalized and non institutionalized elderly population**

Sample	Mean	SD	't' value	P value
Non institutionalized				
Male	3.8	2.77	0.9316	0.353
Female	4.3	3.1		
Institutionalized				
Male	2.78	2.09	0.58	0.56
Female	3.1	2.15		

Gender differences in psychological wellbeing of institutionalized and non institutionalized elderly population can be studied from table 2. It can be observed from the table that there is no significant gender difference in psychological well being of non institutionalized and institutionalized elderly population.

**Table 3 Age wise difference in psychological well being of institutionalized and non institutionalized elderly population**

Sample	Mean	SD	't' value	P value
Non institutionalized				
Young old (61-71yrs)	4.1	3.2	2.17	0.03*
Old old ( Above 72yrs)	3.02	2.15		
Institutionalized				
Young old (61-71yrs)	2.67	1.19	0.29	0.76
Old old (Above 72yrs)	2.78	1.64		

Level of significance P<0.05

The table 3 gives information about psychological well being of young old and old old. The study reveals that non institutionalized elderly, those who are in age group of 61-71 years (young old) were found to have high psychological wellbeing than the non institutionalized old old age group( above 72years). How ever in institutional-

ized elderly no difference was found between the young old and old old with respect to psychological well being.

**CONCLUSION**

The present India with modernization, urbanization liberalization losing its hold on joint family system. With increase in life expectancy, varied physical and mental health problems the life of elderly population is at stake. The increasing number of old age home run by government, voluntary organizations and private individuals is witness to this. The present study concludes that institutionalization has impact on the psychological well being of elderly population. As oldage home have become an unavoidable choice, care should be take to maintain the psychological health of the elderly. Productive activities, counseling can help the elderly to raise their sense of self worth and psychological well being.

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