



NON ACCEPTANCE OF AGEING WITH INCREASING AGE

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ABSTRACT

Generally, people do not accept their increase in age while it is reality of life. Denial of ageing is human tendency because he does not want to realize that he is becoming old. If someone accepts ageing it may become reason of happiness. He may plan work for old age and may welcome it with happiness. Present study is focused on finding of tendency of acceptance of old age among male and female.

KEYWORDS : Non Acceptance , Increasing Age

Introduction:

Ageing involves emotions, both negative and positive. Negative emotions connects end of life while positive emotions connects happiness. Successful aging is accepting what you are at this time and to be satisfied with where you are. Not dwelling on what you could have been or forgot to do or couldn't do or things you want to do that are no longer capable of it. It brings inevitable declines in both physical and cognitive functioning. Life just gets harder rather than easier as we watch parents and eventually our cohorts die, as they are unable to participate in activities we once enjoyed, and as we have to work harder to remember or understand what used to come effortlessly.

Older adults view successful aging as a balance between self-acceptance and self-contentedness on one hand and engagement with life and self-growth in later life on the other. This perspective supports the concept of wisdom as a major contributor to successful aging. Interventions to enhance successful aging may include those that promote productive and social engagement along with effective coping strategies.

Objective:

- Finding of non acceptance for ageing in male
- Finding of non acceptance for ageing in female

Hypothesis:

1. There is no significant non acceptance for ageing among male
2. There is no significant non acceptance for ageing among female

Methodology:

Descriptive survey method was applied for this study. 300 persons of age 41-60 years were randomly selected as sample. 50% male and 50% female, 50% rural and 50% urban persons were accompanied in sample. They were classified according to age group and tested for their aptitude regarding increasing age using self prepared questionnaire. Unacceptable tendency was measured as high, medium and low. Collected data was tabulated and comparatively analyzed using percentile as statistical tool.

Finding and Analysis:

Table: Status of Non Acceptance Tendency with Increasing Age

Gender	Age Group	No. of Persons %		
		Degree of Non Acceptance		
		High	Medium	Low
Male	41-45 years	76	18	6
	46-50 years	73	19	8
	51-55 years	68	21	11
	56-60 years	61	23	16
Female	41-45 years	81	11	8
	46-50 years	77	12	11
	51-55 years	71	16	13
	56-60 years	63	19	18

Data related to male shows that among age group of 41-45 years, 76% indicates high degree on non acceptance, 18% medium and 6% low non acceptance. Among 46-50 years results are 73%, 19% and 8% respectively. For the age group 51-55 and 56-60 years data reached to 68%, 21%, 11% and 61%, 23% and 16% respectively. Hence hypothesis 1, there is no significant non acceptance for ageing among male is rejected.

For females similar trends obtained. Among female of 41-45 years 81% showed high, 11% medium and 8% low non acceptance. For female of 56-60 years 63% expressed high, 19% medium and 18% low non acceptance. Therefore hypothesis 2, there is no significant non acceptance for ageing among female is rejected.

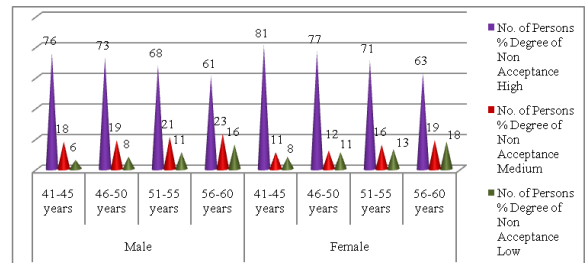


Chart: Status of Non Acceptance Tendency with Increasing Age

Conclusion:

Degree of feeling of denial of ageing is greater in female rather than male. With increase in age degree of higher non acceptance decreases and lower non acceptance increases. Most of the people like to live in delusion, apart from reality. Ageing is painful emotionally and socially that's why people do not accept it until physical problems prevent them from doing regular activities.

References

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