

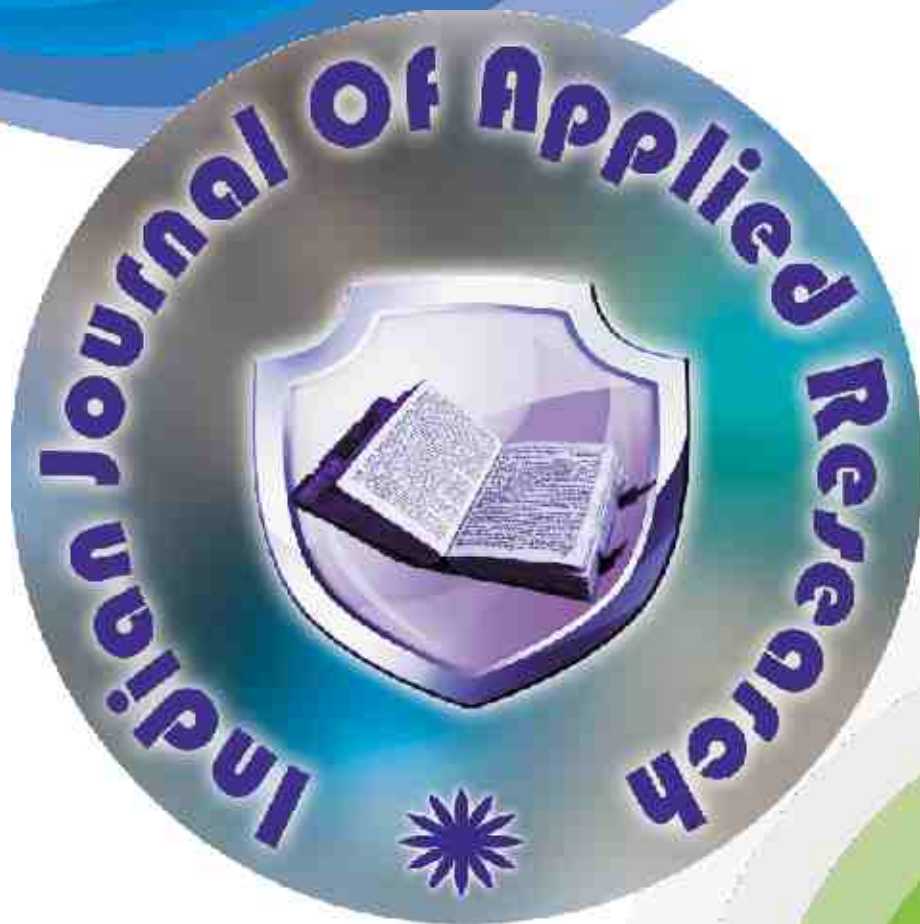
₹ 200

ISSN - 2249-555X

Volume : 1

Issue : 5

February 2012



Journal for All Subjects

www.ijar.in

Listed in International ISSN Directory, Paris.



ISSN - 2249-555X

Indian Journal of Applied Research

Journal for All Subjects

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Index

Sr. No	Title	Author	Subject	Page. No.
1.	Assay Of Triphenylmethane Reductase Enzyme And PCR-Based Identification Of TMR Gene In Enterobacter Asbriae Strain XJUHX-4TM	Tina Mukherjee, Mounita Bhandari, Manas Das	Biotechnology	1-2
2.	An Analysis Of Growth Of Credit Card Industry	Dr. A. Vinayagamoorthy, K. Senthikumar	Commerce	3-5
3.	Impact Of Pre-Merger And Post Merger On Financial Performance (With Reference To Private Sector Banks)	Dr. Shital Vekariya	Commerce	6-8
4.	Relativity On Climate And Competencies In Human Resource Development With Reference To Neyveli Lignite Corporation Ltd,	S. Jayakumar. Dr. R. Ramachandran	Commerce	9-11
5.	Human Resource Outsourcing: A Strategy For Gaining Competitive Advantage	Dr. Santosh M. Singh	Commerce	12-13
6.	Relationship Between EVA And ROI And MVA (A Case Study Of Ten Manufacturing Industries In India)	Dr. Shivani Gupta	Commerce	14-15
7.	Modeling The Traits Of An Effective Teacher At Higher Education	Dr. Haridayal Sharma	Commerce	16-17
8.	Mahatma Gandhi National Rural Employment Guarantee Act (Mgnrega): Issues And Challenges	Dr. Mohd. Ashraf Ali, Mushtaq Ahmad	Commerce	18-20
9.	Standardisation And Grading	Viram. J. Vala, Dr. Vijay Kumar Soni	Commerce	21-22
10.	Profitability Of Selected Information Technology Companies In India	Dr. M. Jegadeeshwaran, C. Udaya	Commerce	23-25
11.	Emerging Trends In The Indian Media And Entertainment Industry	Dr Mahalaxmi Krishnan	Commerce	26-27
12.	Inventory Management Strategies And Control Techniques: An Empirical Investigation Of Small Scale Industries	Vipul Chalotra, Neetu Andotra	Commerce	28-30
13.	A Study On Performance Indicators Of Commercial Banks	Dr. G. Ganesan, P. Parthasarathy	Commerce	31-33
14.	Improved Approaches To Coreference Resolution In Machine Learning	Kuldeep Singh Raghuwanshi, Ashwini Kumar Verma	Computer Science	34-37
15.	Security Issues & Controls In Cloud Computing	V. Naga Lakshmi	Computer Science	38-40
16.	Human Development Index Of De-Notified Nomadic Castes In Maharashtra Division: A Study Of Jalna And Aurangabad Districts	Dr. Ashok Pawar	Economics	41-43
17.	Public Private Partnership In Rural & Urban Projects In India	Dr. Ashok S. Pawar, Dr. Shankar B. Ambhore	Economics	44-45
18.	Populace Insight On Development In Public Health Sector Of India Subsequent To Functioning Of National Rural Health Mission	Krishnakant Sharma	Economics	46-49
19.	Problems Of Rural Women Entrepreneurs In India: A Conceptual Overview	C. Jeyasri Usha N Devi, Dr. A. Sankaran	Economics	50-52
20.	Poverty Of Banjara And Vanjari Communities In India	Tidke Atish S., Dr. Pawar Ashok S.	Economics	53-54
21.	India And China: Economic Reforms And WTO	Dr. Surinder Kumar Singla, Dr. Kulwinder Singh	Economics	55- 56
22.	Implementing Life Skill Education Strategies In Teaching – Learning Process	R. Kalaiselvi, Dr. A. Palanisamy, Dr. A R. Saravanakumar	Education	57-59

23.	Utilisation Of Modern Technology By The Teachers In Pupil Processing Organisation	Dr. P.Paul Devanesan, Dr A. Selvan	Education	60-61
24.	Impact Of Vocational Training On Students	K.Sudha Rani, G.Umapathi, Dr. T. Ananda,	Education	62-63
25.	A Study On Emotional Intelligence Of Secondary School Teachers	Dr. Umme Kulsum, Prathima H.P.	Education	64-66
26.	The Efficiency Of Feedback Strategy Of Homework On The Development Of 10th Grade EFL Writing Skill In Al-Karak Educational Directorate	Majid Al- Khataybeh, Areej Al-Shourafa`	noitacudE	67-74
27.	Perspectives Of Stress Management In Education System	M. Meenakshisundaram, G. P. Raja, Dr. A R. Saravanakumar	Education	75-76
28.	Attention Regulation Of Meditators And Non-Meditators Of Class IX	G. Madhavi Kanakadurga, Dr. D. Vasanta Kumari,	Education	77-78
29.	Role Of Psychoeducation In Teaching – Learning Process	Dr. A R. Saravanakumar, Dr. A. Balu, Dr. S. Subbiah	Education	79-80
30.	Microcontroller Driven RGB Led System For Tristimulus Surface Colorimetry	T. N. Ghorude, A. D. Shaligram	Electronics	81-83
31.	Pmgsy And Rural Roads Development In India: Economic, Financial And Maintenance Issues	K.C. Manjunath	Engineering	84-86
32.	Routing Packets On A Chip.	Naren V Tikare	Engineering	87-89
33.	Finding The Nearest Neighbors In Biological Databases	Er. Pankaj Bhambri, Dr. O.P. Gupta, Er. Franky Goyal	Engineering	90-92
34.	Factors Affecting The Sustainability Of The Asphalt Roads: A Case Study Of Irbid Inner Ring Road, Jordan	Eng. Nasr Ahmad Dr. Mihai Iliescu	Engineering	93-94
35.	Physical And Chemical Testing Of Compounded PVC	Sapna Dabade, Dr. Dheeraj Mandloi, Deepak Khare	Engineering	95-96
36.	Impact Of Organic Farming On Yield Of Some Common Crops- A Case Study.	Namrata D. Awandekar	Environmental Science	97
37.	Hydrogeologic Settings Of The North And South Brahmaputra Plains In Upper Assam: A Comparative Study	Dr. Uttam Goswami	Geology	98-100
38.	To Study Staffing Pattern In Rajasthan Public Healthcare Delivery System.	Dr. Ashwin G. Modi, Sushman Sharma	Healthcare	101-105
39.	Work And Health: A Situational Analysis Of Factory Workers	Dr. S. S. Vijayanchali, Dr. E. Arumuga Gandhi	Home Science	106-108
40.	Performance Of Camel Kid Hair: Acrylic Blended Yarn And Knitted Fabric	Suman Pant, Anjali Sharma	Home Science	109-110
41.	Impact Of Holistic Nutrition Education Package On Diabetes Mellitus Control In Middle Aged Women	Dr. Anjali Rajwade	Home Science	111-112
42.	Assessment Of Relationship Between Ida And Personal Hygiene, Nutritional Knowledge And Dietary Practices In Adolescent Girls	Dr. Anjali Rajwade	Home Science	113-114
43.	Employee Attrition And Retention In Private Insurance Sector– A HRM Challenge	Dr. J. Senthil Vel Murugan, S.Bala Murugan	Human Resource Management	115-117
44.	A Study On Impact Of Unionism On Industrial Relations In Manufacturing Sector	Jaya Ahuja	Industrial Relations	118-120

45.	Augmentation Of India's Foreign Exchange Reserve: An Analysis	Dr.S P.Mathiraj, Ar.Annadurai	International Business	121-123
46.	Films – A Techno Literary Art Form	Dr. Dipti Mehta	Literature	124-125
47.	Indirect Models Of Reading To Develop Descriptive Writing	Dr. K. Madhavi	Literature	126-128
48.	Ramkrishna Mishra Ke Upanaso Me Rajnetaik Chetavni	Dr. Sanjay Rathod, Dilip Jhadav	Literature	129
49.	Hindi Kavita Me Nari Jivan Ka Badla Swarup	Dr. Sanjay Rathod	Literature	130
50.	Impact Of IPL Sponsorship On Consumer Buying Behavior With Reference To Nagpur City	Chandrima Das	Management	131-135
51.	Crowd Sourcing –A New Management Mantra	Devi Premnath, Dr. C. Nateson	Management	136-137
52.	Small Scale Industries In India: An Evaluation Of Productivity In The Post-Liberalized Scenario	Dr. Gaurav Lodha,	Management	138-139
53.	Comparative Analysis Of Milk Products With Respect To Its Competitors With Special Reference To Karnataka Milk Federation (KMF) – At Dharwada City, Karnataka, India	Dr. N. Ramanjaneyalu	Management	140-143
54.	A Study On Work Stress In Women Employees In Coimbatore District	R. Maheswari, N. Brindha	Management	144-145
55.	Accounting For Carbon Credits	Dr. Gaurav Lodha	Management	146-148
56.	A Literature Review On The Relationship Between Training (As A Core Responsibility Of HRM) And Firm Performance.	Priya Sharma, Dr. S. L. Gupta	Management	149-152
57.	A Study On Agricultural Marketing Practices And Constraints With Special Reference To Paddy / Rice.	CM Maran, Dr Raja Pranmalai	Management	153-156
58.	Performance Of Share Price Of Indian Public Sector Banks And Private Sector Banks - Comparative Study	V. Prabakaran, D. Lakshmi Prabha	Management	157-158
59.	Intuitionistic Fuzzy Primary And Semiprimary Ideal	Dr. M.Palanivelrajan, S.Nandakumar	Mathematics	159-160
60.	Significance Of Umbilical Artery Velocimetry In Perinatal Outcome Of Fetuses With Intrauterine Growth Retardation.	Dr G S Shekhawat	Medical Science	161-163
61.	Large Adult Sacrococcygeal Teratoma: A Case Report And Review Of Literature.	Dr.Yavalkar Pa, Dr. Naik Am.	Medical Science	164-165
62.	Epidural Steroid In Low Back Ache	Dr. B. L. Khajotia, Dr. Neelam Meena	Medical Science	166-167
63.	A Comparative Study Of Second Trimester MTP With Use Of Vaginal Misoprostol And Extra Amniotic Instillation Of Ethacridine Lactate.	Dr. Ketaki Junnare, Dr. Sameer Darawade, Dr. Priyamvada Shah, Dr. Swati Mali.	Medical Science	168-169
64.	A Novel Surgical Approach For Treatment Of Sui –TVT Obturator Tape	Dr. Ketaki Junnare, Dr. Durga Karne, Dr Neelesh Risbud.	Medical Science	170-171
65.	Advantage Of Fallopian Tube Sperm Perfusion Over Intra-Uterine Insemination When Used In Combination With Ovarian Stimulation For The Treatment Of Unexplained Infertility.	Dr G S Shekhawat, Dr Pushpalata Naphade	Medical Science	172-175

66.	"Bilateral Sertoli-Leydig Cell Tumor In Postmenopausal Female" A Case Report	Dr. Priyamvada Shah, Dr. Ketakijunnare, Dr. DurgaKarne	Medical Science	176-178
67.	Pretreatment With Ephedrine For Prevention Of Pain Associated With Propofol Injection.	Dr. Kavita U Adate, Dr. Jyoti A. Solanki	Medical Science	179-181
68.	Does The Structured Teaching Programme Influence The Knowledge About Physical Wellbeing Of School Children? A Quasi Experimental Study.	Dr. S. Valliammal, Dr. Ramachandra, Raja Sudhakar	Nursing	182-184
69.	An Approach For Information Retrieval For Bookstores Using Formal Ontology	Sumit Jain, C.S.Bhatia	Ontology	185-187
70.	Analgesic Activity Of Anacardium Occidentale	A. Devadoss, C. Aparna, K. Parimala, D. Sukumar	Organic Chemistry	188-190
71.	Behaviourism : Science Or Metaphysics	Dr. Jatinder Kumar Sharma	Philosophy	191-193
72.	Multi-Dimensional Perspectives Of Obesity And Its Management	S. Dhanaraj, Dr. A. Palanisamy	Physical Education	194-196
73.	Refractive Index, Density, Excess Molar Volume, Excess Molar Refraction For Liquid Mixtures (Ethyl Ethanoate + Benzene Derivatives) At Different Temperatures	Sheeraz Akbar, Mahendra Kumar	Physics	197-199
74.	Refractive Indices, Densities And Excess Properties For Liquid Mixtures (Cetane + Alkanols) At Different Temperatures	Sheeraz Akbar, Mahendra Kumar	Physics	200-202
75.	Capacity Building For Effective Local Governance: Indian Perspectives	Dr. Pralhad Chengte	Political Science	203-205
76.	Psychological Well-Being: A Study Of Non-Institutionalized Aged	Dr. Pankaj S. Suvera	Psychology	206-208
77.	Women Empowerment Through N R E G S (With Reference To State Of West Bengal)	Dilip Kumar Karak	Social Sciences	209-211
78.	Effect Of Selected Yogic, Aerobic And Laughter Exercises On Blood Pressure Of High School Boys	Dr.Manjappa.P, Dr.Shivarama Reddy. M	Sports	212-216
79.	Association Study Between Lead And Copper Accumulation At Different Physiological Systems Of Goat By Application Of Canonical Correlation And Canonical Correspondence Analyses	Partha Karmakar, Debasis Mazumdar, Seema Sarkar (Mondal), Sougata Karmakar	Statistics	217-219
80.	Development Of Silver -Silica Nanocomposite For Novel Humidity Sensing Application	Surender Duhan	Technology	220-221



Psychological Well-being: A study of Non-institutionalized Aged

* Dr. Pankaj S. Suvera

* Assistant Professor, Department of Psychology, Sardar Patel University, Vallabh Vidyanagar

ABSTRACT

The purpose of the present study was to investigate the impact of non-institutionalization of the aged on Psychological Well-being. The sample for the study of 180 non-institutionalized aged from Ahmadabad city. Non-institutionalized aged were selected from various homes in Ahmadabad. Personal data sheet, Rotter (1966) Locus of control Scale, Templer (1970) Death anxiety Scale and Bhogle and Prakash (1995), Psychological Well-being scale were used to collect the required data. Locus of control, Death anxiety, sex, age, Education, Marital Status, Social network and Proportion of activity were considered as Predictor variables and Psychological Well-being as dependent variables. Accordingly, Multiple regression was carried out to test the hypothesis. Results the predictor variables which were successful in predicting the psychological well-being of the institutionalized aged can be arranged in a hierarchy. First is the Locus of Control, followed by Proportion of Activity, Death Anxiety, Social Network, Education, and Marital Status, in that order. The predictor variables which were not successful in predicting the psychological well-being is Sex and Age of the institutionalized aged can be arranged in a hierarchy.

Keywords : Psychological, Non-institutionalized

Introduction:

The changing demographic profile of India highlights a rapid increase in the aged's population. Due to increased life expectancy and better living condition, the population of old people is rising day by day. Primarily as consequence of a rapidly increasing proportion of the aged in the human population the study of aging is rapidly developing. The objectives of modern research on aging are to make life in the last stages of human existence pleasant and livable (Douglas, 1980).

The process of industrialization, urbanization and modernization is ushering changes in value system and traditional family system. With decline of family solidarity various institutions have come up to take care of aged. Generally in India negative factors tend to predominate the decision to enter an old age home, while gerontology has its objective a "Livelier Longevity", the question arises, what is the effect of old age homes on the well-being of the elderly.

Psychological well-being indicates physical and mental wellness. Sinha (1990) has stated that psychological well-being is difficult to define. It has been taken to consist of discomfort or desirability and from any disturbance of mental functions. It is a somewhat malleable concept which has to do with people's feelings about everyday life activities. Such feelings may range from negative mental states or psychological strains such as anxiety, depression, frustration, emotional exhaustion unhappiness, dissatisfaction to a state which has been identified as positive mental health (Jahoda, 1958; Warr, 1978).

A research in psychological well-being of elderly has gained momentum recently. Studies on indicators of psychological well-being demonstrate greater anxiety (Dhillon and Jasra, 1992) and depression (Venkoba Rao, 1989; Mathur and Sen, 1989; Baum and Boxley, 1983), Lower life satisfaction

(Chadha, 1991; Bhardwaj, Sen and Mathur, 1991), and more adjustment problems among elderly (Singh, Singh and Dawra, 1983; Chandrika and Ananthraman, 1982).

Aims of the study:

To study the psychological well-being of the non-institutionalized aged by the effect of factors like Locus of Control, Death Anxiety, Sex, Age, Education, Marital Status Social Network and Proportion of Activity.

Hypothesis

1. There is no predictive relation of the Locus of Control in determining the psychological well-being of the non-institutionalized aged.
2. There is no predictive relation of the Death anxiety in determining the psychological well-being of the non-institutionalized aged.
3. There is no predictive relation of the Sex in determining the psychological well-being of the non-institutionalized aged.
4. There is no predictive relation of the Age in determining the psychological well-being of the non-institutionalized aged.
5. There is no predictive relation of the Education in determining the psychological well-being of the non-institutionalized aged.
6. There is no predictive relation of the Marital status in determining the psychological well-being of the non-institutionalized aged.
7. There is no predictive relation of the Social network in determining the psychological well-being of the non-institutionalized aged.
8. There is no predictive relation of the Proportion of Activity of in determining the psychological well-being of the non-institutionalized aged.

Method

Sample:

Sample in this study consisted of 180 subjects which included equal number of males and females. The subjects were between 60 to 90 years. Of these 180 subjects elderly were staying in non-institutionalized aged. The non-institutionalized samples were drawn from in Ahmadabad.

Tools used:

The following tools were used in the present study:

1. Personal Data sheet :

A personal data sheet developed by the investigator was used to collect information about sex, age, Education, Marital status, Social network, Proportion of activity etc.

2. Locus of Control Scale :

Rotter (1966), Internal-External Locus of Control Scale was used to obtain locus of control scores. The scale was administered in groups. The Internal-External scale contains 28 items, in 6 which are fillers. Each item has two statements (a) and (b) and the respondent is required to choose one of the statement that is more true of him. Scoring in values assigning one mark if the keyed statement was checked. The maximum possible score is twenty two and minimum is zero. High score indicates high level of internal locus of control and low score indicates high level of external locus of control. The test retest reliability coefficient is 0.83 and the author has reported satisfactory validity of the scale. The Gujarati version used in the present study had correlation between 0.70 and 0.85 with the original English version on different bilingual population.

3. Death Anxiety :

Death anxiety scale developed by Templer's (1970), was used to measure death anxiety. The scale consists 15 items with two alternative responses, true and false. The maximum possible score is fifteen and the minimum is zero. High score indicates high level of Death anxiety and low score indicates low level of death anxiety. Templer (1970) has reported a test-retest reliability of 0.83 and an internal consistency of 0.76 for the scale. The Gujarati version used in the present study had correlation between 0.94 with the original English version.

4. Psychological well-being Scale :

Psychological well-being Questionnaire developed by Bhogle and Prakash (1995), was used to measure Psychological well-being. The questionnaire contains 28 items with true and false response alternative. It covers 13 dimensions of psychological well-being. The maximum possible score is twenty eight and minimum is zero. High score indicates high level of psychological well-being and low score indicates low level of psychological well-being. The test retest reliability coefficient is 0.72 and internal consistency coefficient is 0.84. The author has reported satisfactory validity of the questionnaire. The Gujarati version used in the present study had correlation between 0.91 with the original English version.

Statistical Analysis:

In this study Multiple regression Test was used for statistical analysis.

Result and Discussion:

Multiple regression analysis for prediction of psychological well-being in non-institutionalized aged (N= 180)

Name of the Variable	Correlation X vs Y	Regression coefficient	Standard Regression Coefficient	Percentage	Computed 't' Values
1.Locus of Control	0.446	0.0825	0.1450	13.24	2.08*
2. Death Anxiety	-0.497	-0.1939	-0.2493	22.77	4.13**
3.Sex	-0.085	-0.0405	-0.0097	0.89	0.18 NS
4.Age	-0.340	0.4685	-0.1338	16.79	3.19 **
5.Education	0.342	-0.0113	-0.0043	0.39	0.06NS
6.Marital status	-0.341	-0.2136	-0.0513	4.69	0.85NS
7. Social Network	0.012	0.0630	0.0511	4.66	0.93NS
8.Proportion of Activity	0.604	0.0101	0.4004	36.57	5.95**

Dependent Variable : Psychological well-being
* P < 0.05, ** P < 0.01, NS = Not Significant

Multiple Correlation = 0.71441

R Square (R2) = 0.51038

Analysis of Variance for the Regression

Source	df	Sum of Square	Mean Sum of Square	'F' Value
Regression	8	397.91	49.74	22.30**
Residual	171	381.73	2.23	
Total	179	779.64		

** P < 0.01

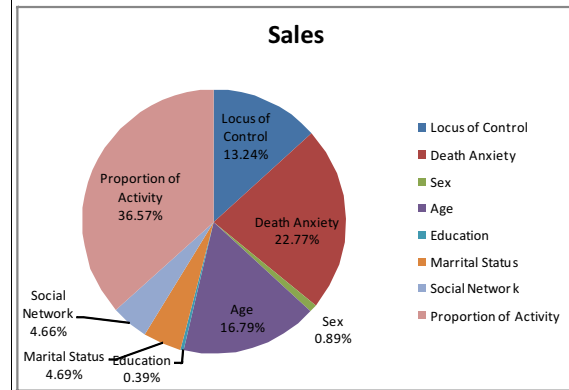


Table: 1 shows that with respect to the psychological well-being of the non-institutionalized aged, the R-multiple correlative is 0.71441 and its F-value is 22.30, which is significant to 0.01. The study undertaken thus shows that it is possible to predict the psychological well-being of the aged on the basis of the independent variable selected. It also can be said that the total variance observed in the dependent variables has 51.04% (R2 = 0.5104) variance is due to the independent variables.

The t-test on the independent variables reveals that of all, four t-values are significant to 0.01 and 0.05 which enables us to predict the psychological well-being of the institutionalized aged. These variables are:

1. Locus of Control
2. Death Anxiety
3. Age
4. Proportion of Activity

Four other independent variables, viz., Sex, Education, Marital status and Social Network of the non-institutionalized aged fail to predict the psychological well-being of the aged which means that the hypotheses about Sex, Education, Marital status and Social Network can be accepted.

What follows is a detailed discussion of the four independent variables which could predict the psychological well-being of the non-institutionalized aged.

1. The t-value of the predictive relation between the locus of control and the psychological well-being of the non-institutionalized aged is 2.08, which is significant to 0.05. This means that the locus of control of the non-institutionalized aged can be used to predict their psychological well-being since the correlation between the locus of control and the psychological well-being of the non-institutionalized aged was positive to 0.446 which means that the locus of control plays a role in the psychological well-being of the non-institutionalized aged. It is positively related to the psychological well-being in that the more the locus of control is internal, more the amount of the psychological well-being of the aged and the more the locus of control external, the less the psychological well-being of the aged. The result of the present study shows, also in the chart, that the contribution of the locus of control in the psychological well-being of the institutionalized aged is about 13.24%.

1. The t-value of the predictive relation between the locus of control and the psychological well-being of the non-institutionalized aged is 2.08, which is significant to 0.05. This means that the locus of control of the non-institutionalized aged can be used to predict their psychological well-being since the correlation between the locus of control and the psychological well-being of the non-institutionalized aged was positive to 0.446 which means that the locus of control plays a role in the psychological well-being of the non-institutionalized aged. It is positively related to the psychological well-being in that the more the locus of control is internal, more the amount of the psychological well-being of the aged and the more the locus of control external, the less the psychological well-being of the aged. The result of the present study shows, also in the chart, that the contribution of the locus of control in the psychological well-being of the institutionalized aged is about 13.24%.

2. The t-value of the predictive relation between death anxiety and psychological well-being of the non-institutionalized aged is found to be 4.13 which is significant to 0.01 and which means that the death anxiety of the non-institutionalized aged can be used to predict their psychological well-being since the correlation between the death anxiety and the psychological well-being of the non-institutionalized aged was -0.497, which means that the death anxiety plays a role in the psychological well-being of the non-institutionalized aged. It is negatively related to the psychological well-being in that the more the death anxiety, less the amount of the psychological well-being of the aged and the less the death anxiety, the more the psychological well-being of the aged. The result of the present study shows, also in the chart, that the contribution of the death anxiety in the psychological well-being of the non-institutionalized aged is about 22.77%.

3. The t-value of the predictive relation between age and psychological well-being of the non-institutionalized aged is found to be 3.19 which is significant to 0.01 and which means that the age of the non-institutionalized aged can be used to predict their psychological well-being since the correlation between the age and the psychological well-being of the non-institutionalized aged was -0.340, which means that the age plays a role in the psychological well-being of the non-institutionalized aged. It is negatively related to the psychological well-being in that the more the age, less the amount of the psychological well-being of the aged and the high the age, the more the psychological well-being of the aged. The result of the present study shows, also in the chart, that the contribution of the age in the psychological well-being of the non-institutionalized aged is about 16.79%.

4. The t-value of the predictive relation between the Proportion of Activity and the psychological well-being of the non-institutionalized aged is 5.95, which is significant to 0.01. This means that the Proportion of Activity of the non-

institutionalized aged can be used to predict their psychological well-being since the correlation between the Proportion of Activity and the psychological well-being of the non-institutionalized aged was positive to 0.604 which means that the Proportion of Activity plays an important role in the psychological well-being of the non-institutionalized aged. It is positively related to the psychological well-being in that the more the Proportion of Activity is internal, more the amount of the psychological well-being of the non-institutionalized aged and the more the Proportion of Activity, the less the psychological well-being of the aged. The result of the present study shows, also in the chart, that the contribution of the Proportion of Activity in the psychological well-being of the non-institutionalized aged is about 36.57%.

The present study was undertaken to determine the absolute significance of the independent variables by studying their effect on the dependent variables with reference to the non-institutionalized aged. The results are tabularized in Table:1.

The independent variables which were successful in predicting the psychological well-being of the non-institutionalized aged can be arranged in a hierarchy. First is the Proportion of Activity, followed by Death Anxiety, Age and Locus of Control, in that order.

Conclusion:

1. Locus of Control can be successfully used to predict the psychological well-being of the non-institutionalized aged.
2. Death Anxiety can be successfully used to predict the psychological well-being of the non-institutionalized aged.
3. The psychological well-being of the non-institutionalized aged cannot be predicted on the basis of their sex.
4. Age can be successfully used to predict the psychological well-being of the non-institutionalized aged.
5. The psychological well-being of the non-institutionalized aged cannot be predicted on the basis of their education.
6. The psychological well-being of the non-institutionalized aged cannot be predicted on the basis of their marital status.
7. The psychological well-being of the non-institutionalized aged cannot be predicted on the basis of their social network.
8. Proportion of Activity Control can be successfully used to predict the psychological well-being of the non-institutionalized aged.

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