



## TO EXPLORE THE RELATIONSHIP OF SOCIAL ISOLATION AND LONELINESS AMONG ELDERLY.

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### ABSTRACT

The study aims to Demographic profile of the elderly. The study documents the Demographic profile of the elderly. The study was designed as a descriptive study based on sample survey. The total of 80 samples was selected randomly for this study in lucknow city. The study finding shows that there is a Demographic profile of the elderly.

**KEYWORDS :** Demographic, designed, survey, study.

### INTRODUCTION

Old age comprise “the later part of life: the period of life after youth and middle age. Usually with reference to deterioration, Old age refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human life cycle. At what age old age begins cannot be universally defined because it differs according to the context. Most developed- world countries have accepted the chronological age of 65 years as a definition of ‘elderly’ or older person. The United Nations has agreed that 60+ years may be usually denoted as old age and this is the first attempt at an international definition of old age. However, for its study of old age in Africa, the World Health Organization (WHO) set 50 as the beginning of old age. At the same time, the WHO recognized that the developing world often defines old age, not by years, but by new roles, loss of previous roles, or inability to make active contributions to society. Old people often have limited regenerative abilities and are more susceptible to disease, syndromes, and sickness than younger adults. The organic process of ageing is called senescence, the medical study of the aging process is called gerontology, and the study of diseases that afflict the elderly is called geriatrics. The elderly also face other social issues around retirement, loneliness, and ageism.

Life Satisfaction is examined from the perspective of subjective well-being which refers to people's own evaluation of their lives. Apart from many challenges there are also significant benefits for the relationship in the elderly couples. Most of mid-adults now a day enjoy relatively good health and stabilized finances. This can be an opportunity for couples to pursue their own interests and to spend more time together and get more life satisfaction. Blanchflower and Oswald (2008) reported a significant quadratic effect of age on the happiness. Increased work demands, parenting adolescents, empty nesting, caring for aging parents, financial issues and retirement are just some of the concerns that increase stress during mid-life.

### As far aging is concerned following parameters can be taken into account to explain the life satisfaction-

**Mental:** A close marital relationship can be viewed as a significant interpersonal resource across the adult life span, representing potentially the most intimate type of emotional support throughout the adulthood years. Conjugal support is a multidimensional construct consisting of three factors: instrumental support, emotional support and confiding (Anderson & McCulloch 1993). Physical health of mid-adult couples is related with their nature of marital relationship (Bookwala 2005) over and above marital status.

**Social:** In the process of socialization, adults prepare for a transition in role; it also involves identifying the new norms and expectations associated with such new social role as in-laws and grandparents. Adults of this age have more concern for laws, traditions, and cultural values and restricted acceptance against too rapid cultural change.

**Family:** Middle age also is referred as the mid-life “squeeze,” or the “sandwich generation” as family relationships in the middle age extend in both directions: relationships with grown children and relationships with aging parents. The family role at this stage involves

maximum amounts of assistance given in both directions in the generational chain, as well as maximum responsibility for maintaining affection bonds.

There are so many ways of a person feeling accepted or rejected, but feeling lonely can be described as the most unfortunate thing. It's an awful experience when a person feels left alone in life, that is when bad actions and ideas come to mind.

The last stages in the life span is frequently sub- divided into early old age, which extends from age sixty to age seventy and advanced old age, which beings at seventy and extended to the end of life. People during the sixties are usually referred to as elderly – meaning somewhat old or advanced beyond middle age- and “old” after they reach the age of seventy – meaning, according to standard dictionaries, advanced far in years of life and having lost the vigor of youth.

### OBJECTIVE

To explore the relationship of social isolation and loneliness among elderly.

**Hypothesis Ho:** There is highly significant relationship of social isolation and loneliness among elderly.

### MATERIAL AND METHODOLOGY

**Sample:** The study was conducted within 1 year from July 17 to May 2018 one- on – one interview among 80 sample of lucknow city in India.

**Data collection:** The data collected was done by interview method using a pre designed and semi structures questionnaire.

**Data processing and analysis:** For statistical analysis, the frequency table was used to compare basic demographic and other characteristics.

### RESULT

The analysis and interpretation of the data of the study are based on the collection through self-structured questionnaire on “RELATIONSHIP OF SOCIAL ISOLATION AND LONELINESS IN LUCKNOW CITY.” The result was computed using descriptive and inferential statistics based on the study.

According to Sex 40(50%) respondents to male and 40(50%) respondents belonged to female. thus we see that most respondents were male members.

**Table1: Relationship between social isolation and loneliness.**

Variables	Mean	SD	R	Sign.
Social isolation	3.6250	0.905	.141	.000
Loneliness	29.075	5.882		.000

These results indicate that there is positive correlation social isolation and loneliness outcome it means that when social isolation decreases then performance outcome also decreases.

**Table 2: Relationship between loneliness and life satisfaction.**

Variables	Mean	SD	R	Sign
Loneliness	29.075	5.882	.141	.000
Life satisfaction	18.850	2.546		.000

These results indicate that there is positive correlation loneliness and life satisfaction outcome. It means that when life satisfaction decreases then performance outcome also decreases.

### CONCLUSION

Social isolation refers to a lack of contact with family or friends, community involvement, or access to services.

Loneliness is a feeling of sadness or distress about being by yourself or feeling disconnected from the world around you. It may be felt more over a long period of time. It is also possible to feel lonely, even when surrounded by people. Isolation is being separated from other people and your environment.

Life Satisfaction is examined from the perspective of subjective well-being which refers to people's own evaluation of their lives. Apart from many challenges there are also significant benefits for the relationship in the elderly couples. Most of elderly now a day enjoy relatively good health and stabilized finances. This can be an opportunity for couples to pursue their own interests and to spend more time together and get more life satisfaction.

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