

## Study on Quality of Life of Elderly



### Social Science

**KEYWORDS:** Old age, Quality of life, Problems, demographic

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### ABSTRACT

*Ageing is natural and universal. Many persons in every society pass through this process. At no point of time in the history of this country, have we been more preoccupied with the problem of ageing than of now. The care of the elderly, by their parents or grandparents is a focus of concern an issues of discard in many family with the number of the graying of India has become more visible than ever. The present study concludes that a low level of quality of life was found among the respondents. The study also concludes that demographic variables namely gender and savings do influence the level of quality of life of the respondents.*

### Introduction

Ageing is natural and universal. Many persons in every society pass through this process. At no point of time in the history of this country, have we been more preoccupied with the problem of ageing than of now. The care of the elderly, by their parents or grandparents is a focus of concern an issues of discard in many family with the number of the graying of India has become more visible than ever. For purposes of policy and planning the aged in India could be divided into four categories: those who are destitute and are also homeless and poor; those who are poor but are living in their own families, those who are healthy and active and those who are economically well-off aged who require emotional support.

Ageing is not disease, but the final stage of the normal life cycle. According to (Eric Erickson 1967) it carries with it specific development tasks which must be completed, as does by any transitional period in life. Some people age gracefully, they find it useful for what they have attained in a life time of learning and adopting. They conserve strength and resources where necessary, and they adjust creatively to those changes and losses that occur as part of the ageing experience (Butler, 1976).

In many Societies, one's age is of great importance both socially and legally. Many social roles and identified with the aged. Like any other period in the life span, old age is characterized by certain physical and psychological changes. The effort of these changes determines, to large extent, whether elderly men and women will make good or poor personal and social adjustment. The characteristics of old age, however, are far more likely to lend to poor adjustments than to good and to unhappiness rather than happiness.

The period during old age when physical and mental decline is slow and gradual and when compensations can be made for these declines in known as senescent- a time of growing old or of aging. People may become senescent in their fifties or not until their early or late sixties, depending upon the rate of physical and mental decline.

In spite of the fact that the number of old people in India today is growing, they occupy a minority group status - a -status that excludes them to some extend from interaction with other groups in the population and which gives them little or no power. This minority group status is primarily the result of the unfavorable social attitudes toward the aged that have been fostered by the unfavorable stereotypes of them.

The elderly person who process good quality of life would be influence on life satisfaction. Thus the present study focused on the quality of life of elderly.

### REVIEW OF LITERATURE

Sen Gupta and Chakraborty (1982) found that 92% of the aged

covered in their study were chronically ill. While Guptha and Vohra (1991) reported that for every 10 aged mental patients, one suffered from organic disorders and the rest from functional disorders.

Singh (1970) studied the religiosity among the aged. He conducted the study among 390 persons, aged 55 years and above belonging to different religious communities. The important finding of his study is the religiosity wit increase advancing age.

Gail, (1974) states that individual in the middle years of life begins the gradual process of coming to terms with the inevitability of his or her own death, which earlier has seemed impossibly distant. This awareness of death probably makes the person turn towards religion for consolation and emotional security.

Blazer and Palmore (1976) in their study noted a fairly constant decline over time in a church service attendance among Christians. The study indicates that after the age of 65, the older ones show a greater decline in the attendance at church services.

Leo and Hemalatha (2000) Conducted a study on the life satisfaction and dependency conditions of 100 retired railway pensioner residency in Ponmalai. Trichy. This study reveals that the majority of the respondents was experiencing moderate level of the life satisfaction and expressed high level of dependency.

### OBJECTIVES

1. To study the demographic profile of the respondents
2. To assess the level of quality of life of the respondents.
3. To study the relationship between demographic and level of quality of life.

### HYPOTHESIS

H0: There is no significant difference in the level of quality of life among male and female.

H0: There is no significant difference in the level of quality of life among those who had savings and those who don't have savings.

### METHODOLOGY

Descriptive research design was adopted for the present study. The universe / population of the study includes are persons aged 60 and above living in the Thirumalaisamuthiram Panchayath Manikandam union Tiruchirappalli District. A sample of 60 older people was selected using relay sampling technique. Interview schedule was used to collect data. It consists of two parts namely demographic profile and quality of life scale (PCASEE, BECH.P.1996). The data was analyzed using the statistical tools namely, mean, median, standard deviation, chi-square, standards t'test and Karl persons co-efficient of correlation.

## ANALYSIS AND INTERPRETATION

Table: 1 DEMOGRAPHIC PROFILE

Variables	Particulars	No. of Respondents	Percentage
Sex	Male	32	53.3
	Female	28	46.7
Age	60 – 69	34	57.6
	70 – 79	21	35.0
	80 – 89	5	8.3
Religion	Hindu	32	53.3
	Christian	14	23.3
	Muslim	14	23.3
Education	Illiterate	36	60.0
	1st Std. to 5th Std	21	35.0
	6th Std. to 10th Std	3	5.0
Recreation	Television	16	26.7
	Radio	12	20.0
	Book	3	5.0
	Friends	29	48.3
Present Employment	Agriculture	17	28.3
	Contract Coli	20	33.3
	Self Employment	11	18.3
	No job	4	7.0
	Others	8	13.3
Saving	Yes	20	33.3
	No	40	66.7
Care Takers	Son	23	38.3
	Daughter	17	28.3
	Alone(No)	17	28.3
	Relatives	3	5.0

The above table depicts that 53.3 percent of the respondents were male and 57.6 percent of the respondents age group was between 60-69 years and 53.3 percent of the respondents belong to Hindu religion. The findings shows that 60 percent of the respondents were illiterate and 48.3 percent of the respondents had their recreation with their friends. The findings shows that 33.3 percent of the respondents present employment was found to be contract coolie and 66.7 percent of the respondents had savings and 38.3 percent of the respondents were taken care by their sons.

Table:2 LEVEL OF QUALITY OF LIFE

S. No.	Quality of Life	Frequency	Percentage
1	Low	31	51.7
2	High	29	48.3

The table 2 depicts that 51.7 percent of the respondents had low level of quality of life and 48.3 percent of the respondents had high level of quality of life. From this it is clear that low level of quality of life was found among the respondents.

Table:3 'T' TEST BETWEEN MALE AND FEMALE WITH REGARD TO QUALITY OF LIFE

Quality of Life	N	Mean	S.D	Statistical Inference
Male	32	74.22	23.02	t= 3.89 df= 58 Significant
Female	28	54.25	15.26	

It is inferred from the above table that there is significant difference between the male and female respondents with regard to their quality of life. The mean value shows that male respondents had better quality of life compared to women respondents. Hence the null hypothesis is rejected and alternative hypothesis is accepted.

Table: 4 'T' TEST BETWEEN HABIT OF SAVING WITH REGARD TO QUALITY OF LIFE

Quality of Life	N	Mean	S.D	Statistical Inference
Yes	20	75.75	21.93	t= 2.86 df= 58 Significant
No	40	59.48	20.25	

It is inferred from the above table that there is significant difference between the habits of saving with regard to quality of life. The mean value shows that the respondents who had savings had better quality of life compared to those who do not have savings. Hence the null hypothesis is rejected and alternative hypothesis is accepted.

## CONCLUSION

The present study concludes that a low level of quality of life was found among the respondents. The study also concludes that demographic variables namely gender and savings do influence the level of quality of life of the respondents.

## REFERENCE

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