

Role of Community Psychologist for the Well-being of Old Age Women



Psychology

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ABSTRACT

Community Psychology deals with the study of relationship on individual to communities and society, what we called society is nothing but a group of persons, interrelated with each other with the aim of doing deeds for the betterment of society by up lifting individuals of the society. Old-age-people, especially old-age-woman play an important role in society due to their vast experiences of life. Old age, no doubt decreases the quality of life, as well increases dependence on life. The loneliness also affects the Psychological health in old age. Wealth plays vital role with all aspects of well-being in old-age but it's not only a key factor, the firm family bondage is also essential so that old age people may get proper care, love and respect in the family, old-age-women tend to have higher scores on measures of Psychological distress and depression than man, but also have slightly higher levels of happiness and life-satisfaction as-well. One possible explanation for this is that women experience both positive and negative emotions more strongly than men do. Depression scores increased with age among women but remained constant across the age spectrum in men.

In order to improve the quality of life of old age persons, specially women, the community psychologists have to play an important role in the society by spreading vastly the applications of counseling and community psychology.

For this purpose I suggest from this platform that- "Family counseling Centers" should be established vastly at district and Tashil levels so that joint-family-systems may be encouraged again. This is the family pattern which provides old-aged-persons strong healthy and wealthy support and finally a strong mental-health, free from worries and depressions.

Introduction

Community Psychology means study of relationships of individual to communities and society. What we called society is nothing but a group of persons, inter-related with each other, with the aim of doing deeds for the betterment of society, by up-lifting individuals of the society. Whenever we talk of individual in context of society, we talk of the behavior of individuals of the society, because its behavior, which leads individuals towards the goal of a civilized, prosperous and a happy society.

It is just a few decades ago that the behavior scientists have started serious attempts in the direction of understanding and measuring happiness scientifically. The behavioral-scientists have re-labeled the concept of happiness under the new rukrics, such as subjective well-being, morale, positive affect and life satisfaction. The concept of well-being is difficult to define, since it includes effective and motivational aspects at life-experience with the subjective feeling at satisfaction. There are so many forms such as 'satisfaction', 'happiness' and 'hope', 'optimism', 'positive- mental-health and quality of life', which are often interchangeably used as equivalent at well-being. General well-being is defined as the subjective fueling of contentment, happiness and satisfaction with life.

Well-being is felt-state where a person feels himself/herself in rather good circumstances. It may be correlated with positive mental health, Higher -Literature suggests that various definitions of well-being can be clubbed into their major orientations. First, well-being has been thought of as a virtue or holiness. Secondly, researches have been focusing on what leads one to evaluate his/her life in positive terms. Thirdly about happiness, which seems to be the closest to the present day discourse. (Bradburn 1969)

Ageing is a common phenomenon of life and every human-being has to pass through this stage. Ageing can be defined as biological, sociological, economical phenomenon.

In general the elderly or ageing population is the people, aged 60yrs or above. Old age is, no doubt, associated with biological and physical decline and thus decreases the quality of life, as well increases the dependence on others. The psychological health is also very much affected in old age, as loneliness increased over this age.

Wealth plays vital role with all aspects of well-being. More affluent individuals have fewer depressive symptoms, greater life satisfaction, better quality of life and lower levels of loneliness.

But, there is no evidence that the deterioration in life satisfaction, quality of life and loneliness measured is related to wealth. The extent of deterioration is the same in each wealth quintile i.e. in spite of wealth the firm family bondage, is also essential, where old aged persons got proper care, love and respect from all members of family

Depressive symptoms and loneliness rise with age, particularly among women. While quality of life decreases, interestingly however, life- satisfaction is greater in men aged 65 and older, than younger men. This may be an age effect or result from improvements in life satisfaction after retirement.

Women aged 75 and older have particularly poor-being with high rates of depressive symptoms, low life satisfaction, poor quality of life and high level of loneliness.

Poor well being is also related to cardiovascular diseases and related clinical risk factors, hypertension, and diabetes risk factors.

There is at present limited evidence about the pattern of well-being in older men and women. Women tend to have higher scores on measures of psychological distress and depression than men, but also have slightly higher levels of happiness and life satisfaction as well. One possible explanation for this is that women experience both positive and negative emotions more strongly than men do. (Blanchflower and Oswald, 2008)

Conversely depression levels tend to lower in older individuals as is the prevalence of clinical depression. (Fiske, Wetherell and Gatz 2009). It has been argued that the majority of people in their 70s and 80s enjoy, high levels of well-being. (Schibe and Coastensen 2010) However, same large population based surveys of people over 65 have shown an increase in symptoms of depression with age.

Depression scores increased with age among women but remained constant across the age spectrum in men.

In studies, Life satisfaction has found to vary with age in men, being lower in the 50-64 age groups. However quality of life and

loneliness shadowed a different pattern, being worse in the old age category (i.e. 75 and older) for both men and women. Women are reported feeling lonelier than men.

Well being and life satisfaction are positively related to the income; through some authorities argue that relative rather than absolute income is more important (Dolan, Peasgood and White 2008).

Health is also an important aspect of community psychology. Physical and Mental health are very important factor for all sorts of progress in the society. Old aged persons have always been assets to the society, so their health factors must be carefully taken into account.

Individualism is an important factor in the society. Quality of life of individuals defines the quality of life of the society. So individualism of old persons, especially of old-women must be given importance, as women are the key-managers of the family, always and always.

Thus one path of the aim of community psychologist to study, to improve the quality of life of old age persons, specially old age women goes through the well-being, health and life-style of individuals and the society as well.

In order to achieve this goal, I suggest from this platform that community psychologists have to play an important role in the society by spreading vastly, the applications of counseling and community psychology. This should be included in the syllabus of school education so that children should be aware of the counseling since child hood. Family counseling centers should be established vastly at district & tehsil levels which will also provide employment to counselors. Such centers will encourage joint family-system again. This is the family pattern which provides old-aged persons, strong healthy & wealthy support and finally a strong mental health, free from worries and depression.

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