

Psychological Needs of Rural and Urban Old Aged Women

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Abstract

Ageing psychological is an inevitable developmental phenomenon bringing along a number of changes in the physical, hormonal and the social conditions. Define ageing in terms of the biology; referring to “the regular changes that occur in mature genetically representative organism living under critical environmental conditions as they advance in chronological age.” old age has been viewed, as problematic period of one’s life and this is correct to some extent. The aged become increasingly dependent on others. As man grows, his reduced activities, income and consequent decline in the position of the family and society makes his life more vulnerable. An old person begins to feel that even his children do not look upon him with that degree of respect, which he used to get some years earlier. The old persons feel neglected and humiliated. This may lead to the development of psychology of shunning the company of others. Study was conducted in rural and urban areas of Jind, district of Haryana state. Objective of the study was to study the psychological needs of the aged women. Questionnaire-cum interview schedule was prepared and information regarding psychological needs of rural and urban aged women was collected from the respondents. The results of this study showed that both the rural and urban aged women had similar psychological needs, Sympathy and affection by family members was ranked at first order by rural respondents, while the urban respondents ranked this need at number two. The rural respondents reported positive attitude of youngsters towards them was ranked number two in rural areas, while in urban areas, this problems was ranked number one. Rural respondents revealed that Peaceful atmosphere at home and Emotional support was reported at ranked third but in urban areas it was ranked at number fourth.

Keywords: Aged, Psychological, Needs, Attitude

Introduction

Ageing psychological is an expected developmental phenomenon bringing along a number of changes in the physical, hormonal and the social conditions. Define ageing in terms of the biology; referring to “the regular changes that occur in mature genetically representative organism living under critical environmental conditions as they advance in chronological age.” old age has been viewed, as problematic period of one’s life and this is correct to some extent. The aged become more and more dependent on others. As man grows, his compact activities, income and consequent decline in the position of the family and society makes his life more vulnerable. An old person begins to feel that even his children do not look upon him with that degree of respect, which he used to get some years earlier. The old persons feel neglected and humiliated. This may lead to the development of psychology of turn away from the company of others. Old age homes are a need of today as the life-styles are changing fast and withdrawing acceptance of family responsibilities towards one’s elders. Older people are, therefore, in need of vital support their overall quality of life. Aging of human is regarded as a series of changes taking place in the life span of an individual. Inspire of best nutrition, best mental health and best physical care, aging process cannot stop. Universally man always wants to look young, for hidden fears best known to him viz; a person changes physically a socially, losses vitality, decline in his productive potential and fear of isolation. There are number of aspects that are involved in taking care of elderly or aged people. Having a good amount of awareness about various needs and requirements of the elders is extremely important of those people who have the responsibility of taking care of their aged family members like, their parents and relatives. The major adjustment to be made includes adjustment to physical changes, retirement, loss of spouse and post-child rearing period (Empty nest syndrome), and grand parenthood. If favorable factors such as satisfaction of needs, retention of old friendships, positive social attitudes, etc. are present, they promote ego integrity of the person. However without adequate support to sustain and bear the losses the aged person is unalterable to a profound sense of insecurity. Despair and disgust can take over the person, including the feeling, time is running outland there are no alternatives possible at this late date. Serious personality breakdown in old age may lead to criminal behavior or suicidal tendencies. Elderly people need better physical health care and psychological care to nourish their well-

being. Due to frail health condition, lack of adequate care and a corn by the family members, negligence by care givers, busy life schedule due to urbanization, elderly people are getting neglected. As a result they, become more vulnerable to physical and mental ailments. Institutions are not just enough to revive their quiescent mind and spirit. They need hospice care which includes keeping the old men and women at home in a healthy family environment and nursing them. In fact, hospice care is designed to provide calming care and emotional support to dying patients and their family members. Emotional needs often include requiring companionship. Many elderly people are very lonely, especially after the death of their partner. They enjoy company and appreciate it when people take time to have an interest in them. The aged need to come to term with their changing status and reformulate their social and psychological roles and on the others, the youth need to be sensitized to understand and problems of the elderly with greater empathy and tolerance and suggested that there is need to respect the old persons and treat with honour, dignity and abundant love (saraswathi et al..1982). Elderly in long-term care often has psychological needs related to aging and life events associated with growing older. Caretakers must be aware that not all issues related to a person's mental health are within the individual's control. There are often physical concerns that affect the brain and direct how people have emotional coping skills. There are some essential psychological needs which need to be met in order to facilitate good mental health i.e. emotional security and affection, feeling part of wider community or sense of status within social grouping, adequate food, clothing, shelter and health, sense of autonomy and control-having volition to make responsible choices and sense of competence and achievement. Within the increase in the total population, the number of the aged is also increasing in India as in other countries of the world. Out of total India population of 84.39 crores the aged (above 60 years of the age) account for 7.30 percent of the population and the life expectancy of an Indian in the years in 1991(Cencus,1991).It is expected that by the turn of the century the population of aged will exceed 67 million.

Objective

To study the psychological needs of the aged women

Methodology

The study was conducted in rural and urban areas of Jind, district of Haryana state.100 respondents were selected for rural and 100 for urban areas. Questionnaire-cum interview schedule was prepared and information regarding needs of rural and urban aged women was collected from the respondents. Data was collected and analyzed using appropriate statistical tools

Result and discussion

Psychological needs of rural and urban aged women

Psychological needs	Rural women	Psychological needs	Urban women
Sympathy and affection by family members	1	Positive attitude of youngsters towards them	1
Positive attitude of youngsters towards them	11	Sympathy and affection by family members	11
Peaceful atmosphere at home and Emotional support	111	Respect by family members	111
Respect by family members	1v	Peaceful atmosphere at home and emotional support	1v
Mental satisfaction	v	Mental satisfaction	v

It is evident from the data displayed in table that except few variations, old aged women had similar psychological needs. Sympathy and affection by family members was ranked at first order by rural respondents, while the urban respondents ranked this need at number two. This may be due to the fact that in old age people become physically and mentally weak. They start behaving like children and thus their likes and dislikes are very much like children. They feel that they should be treated like that. Thus, the conflicts arise and that is why that elders show great desire of sympathy and affection. It is also a fact that the majority of aged women were illiterate generally they have negative attitudes towards the girl's education and doing jobs by their daughters-in-law and their ideas were different from their youngsters. Change of attitude was due to too much of complexity of life for younger Generation. Hence, they are not able to find positive attitudes towards them. The perusal of literature reveals that there seems to be no such earlier study particularly for women. However, chopra (1989) suggested that there is need to respect the grand old person, understand them and treat them with honour dignity and abundant love.

Conclusion

This study was conducted in rural and urban areas of Jind, district of Haryana state. Objective of the study was to study the psychological needs of the aged women. Questionnaire-cum interview schedule was prepared and information regarding psychological needs of rural and urban aged women was collected from the respondents. The results of this study showed that both the rural and urban aged women had similar psychological needs, Sympathy and affection by family members was ranked at first order by rural respondents, while the urban respondents ranked this need at number two. The rural respondents reported Positive attitude of youngsters towards them was ranked number two in rural areas, while in urban areas, this problems was ranked number one. Rural respondents revealed that Peaceful atmosphere at home and Emotional support was reported at ranked third but in urban areas it was ranked at number fifth. The main reason was that in old age people become physically and mentally weak. They start behaving like children and thus their likes and dislikes are very much like children. They feel that they should be treated like that and generation gap was also another factor for that.

Support the aged person to meet their psychological needs

- To identify needs of aged persons and encourage them to express their feelings and be a good listener-ask questions and don't be judgmental.
- Appreciate and supported self-esteem and confidence to achieve maximum emotional wellbeing.
- Share with elders about their interests and encourage for different activities like exercise classes, playing games, art lessons etc.because staying busy is good for both the mind and body and learning new things can help the mind sharp and may improve mood.
- Empathy is shown to aged persons who are emotionally distressed.

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