



PSYCHOLOGICAL WELL-BEING AND LIFE-SATISFACTION AMONG RETIRED PERSONS OF RANCHI (LIVING IN OLD AGE HOMES).

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Introduction

Retirement represents a 'roleless' role fraught with uncertainty, fear, dissatisfaction, and loss of identity. Retirement has been viewed as one of the later life status transitions although our knowledge about its psychological consequences is fragmentary; it is an objective development and social-psychological well-being (Kim & Moen, 2002, Moen, 2001). The retirement experience can bring about drastic changes like losses in the area of occupational attachments, social networks and identities, decreased income and activity and increased free time which can either lead to new adjustments with respect to goals, interests, activities, or to experiencing stress, rapid physical deterioration, depression, maladjustment and diminished well-being (Kim & Moen, 2002).

This is a period in which people have to face the multiple challenges of changing family dynamics mostly children leaving the household and many a times the older population leaving the household of their children.

Old age home is a place where old peoples can live together and be cared for when they are too weak or ill to take care of themselves.

A retirement home – sometimes called an old people's home (Oxford Advanced Learners Dictionary 2013) or old age home, although old people's home can also refer to a nursing home (Longman English Dictionary Online) – is a multi-residence housing facility intended for the elderly. Typically, each person or couple in the home has an apartment-style room or suite of rooms. Additional facilities are provided within the building. This can include facilities for meals, gatherings, recreation activities, and some form of health or hospice care. (Castle, N. G et.al 2010) A place in a retirement home can be paid for on a rental basis, like an apartment, or can be bought in perpetuity on the same basis as a condominium. Old age homes are meant for senior citizens who are unable to stay with their families or are destitute.

There are more than a thousand old age homes in India. Most of them offer free accommodation. Some homes work on a payment basis depending on the type and quality of services offered.

In Ranchi there are atleast 19 old age homes for old persons, some homes are free of cost while some old age homes are on pay & stay basis facilities.

Psychological well-being

Psychological well-being is a very subjective term but from all the research that has been carried out, the term is used throughout the health industry as kind of a 'catch-all phrase' meaning contentment, satisfaction with all elements of life, self-actualization (a feeling of having achieved something with one's life), peace and happiness.

Wellbeing is not just the absence of disease or illness. It is a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

Factors that influence wellbeing

Every aspect of person's life influences their state of wellbeing. Researchers investigating happiness have found the following factors enhance a person's wellbeing:

- Network of close friends
- Enough money
- Regular exercise
- Nutritional diet
- Sufficient sleep
- Spiritual or religious beliefs
- Healthy self-esteem
- Optimistic outlook
- Realistic and achievable goals
- Sense of purpose and meaning
- The ability to adapt to change
- Living in a fair and democratic society.

Life satisfaction

Life satisfaction is the way in which people show their emotions, feelings (moods) and how they feel about their directions and options for the future. It is a measure of well-being assessed in terms of mood, satisfaction with relationships, achieved goals, self-concepts, and self-perceived ability to cope with one's daily life. Life satisfaction involves a favorable attitude towards one's life rather than an assessment of current feelings. Life satisfaction has been measured in relation to economic standing, degree of education, experiences, residence, among many other topics.

George (1981) viewed life-satisfaction as a cognitive process by which an individual assesses his/her progress towards desired goal.

Factors Affecting Life Satisfaction among the Elderly

You probably won't find this surprising, but one of the most influential factors affecting life satisfaction for elderly people is wisdom—defined as having “expert knowledge in the fundamental pragmatics of life,” the tendency towards reflection on one's own behavior and that of others, and kindness and empathy instead of egotism (Ardelt, 1997).

While physical health, socioeconomic status, and social involvement can play a significant role in life satisfaction for elderly people (and for all people), wisdom was found to be almost twice as influential as the other factors. This is especially true for women, as tests show that physical health is much more important for elderly men than it is for elderly women (Ardelt, 1997).

A fascinating study on life satisfaction in older individuals who had already passed explored the impact of a slightly morbid factor—years from death. The researchers found that changes in life satisfaction were better predicted by years from death than age, indicating that the physical and cognitive declines that often take place as individuals near death are much more impactful on happiness and well-being than chronological age (Gerstorf, Ram, Röcke, Lindenberger, & Smith, 2008).

RESEARCH METHODOLOGY

Objectives of the study

- To study the level of psychological well-being and life- satisfaction among retired persons.
- To compare the male and female retired persons on the psychological well-being and life-satisfaction.

Hypotheses of the study

- Level of psychological well-being and life-satisfaction will be lower among retired persons.
- There will be no significant differences between male and female retired persons on the psychological well-being and life-satisfaction.

Design

The research design used for the study was Ex-post facto-design.

Sample

A purposive sample of 30 retired persons from across diverse strata with balanced number of male and female was selected for the present study. And total retired persons were taken from old age home of Ranchi.

Tools used in this study

- **Personal Data Questionnaire**

A personal data sheet will be prepared by the investigator to know the relevant information and socio-demographic details of the subject such as age, religion, gender, economic condition, physical condition, education, physical difficulties, occupational history, social relations, family relations etc.

- **Psychological (General) well-being scale**

Psychological Well-Being Scale developed by Sisodia and Choudhary (2012) was used to measure psychological well-being among the participants. It contains 50 items measuring five dimensions (sub scales) of well being. Each subscale has 10 items, each item with the five-point response category ranging from strongly agree to strongly disagree. Thus the scale provides scores on five dimensions/subscales, in addition to a score on the total psychological well-being. High score indicates high psychological well-being. For the total well-being score, the internal consistency reliability coefficient is reported to be .90 and the test-retest reliability is reported to be .87 for the normative sample. The test manual claims face and high content validity.

- **Satisfaction with life scale**

This was measured using satisfaction with life scale developed by Diener et al. (1985). The scale comprises 5-item self-referencing statements on global cognitive judgments of one's life satisfaction. Respondents are expected to indicate how much they agree or disagree with each of the five items using a 5-point Likert scale that ranges from strongly disagree (1) to strongly agree (5). Higher score on the scale indicates higher life satisfaction, while lower score implies lower life satisfaction. Authors of the scale reported reliability coefficient of 0.62. A Cronbach's alpha coefficient of 0.72 was reported in the current study.

Procedure

After selecting the sample general (psychological) well-being and satisfaction with life scales administration to the subjects. Appropriate instruction was given to taken. They were assured that the individual anonymity of the individual responses will be preserved and only the summarized results will be reported.

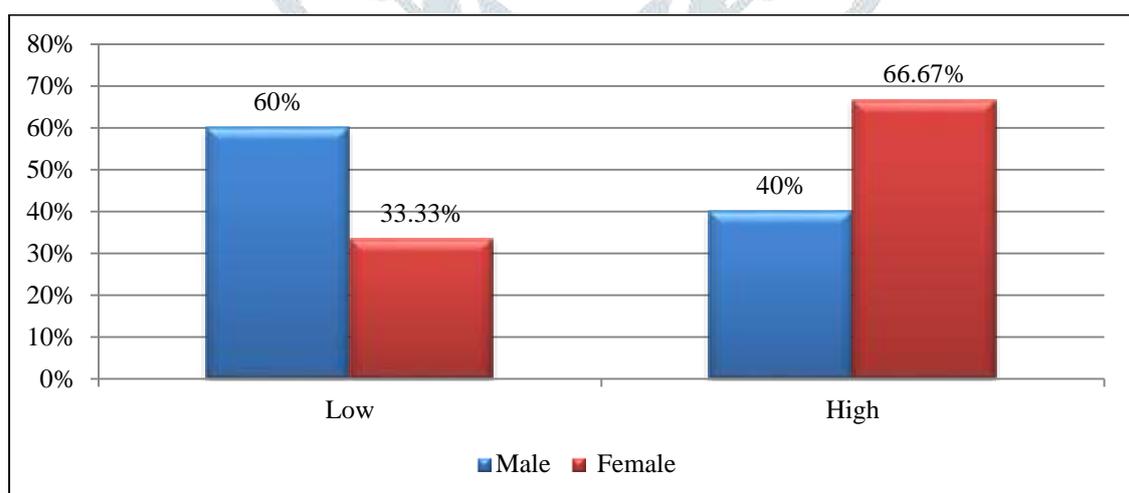
Statistical analysis

To verify the proposed hypotheses, the obtained data were analyzed in terms of percentage, mean, SD and t-ratio, the results are recorded in following tables. 1, 2, 3 and 4.

RESULTS AND DISCUSSION

Table No. 1
Percentage distribution of low and high scorer on satisfaction with life scale.

Groups	Low (5-24)		High (25 & above)	
	Response	%	Response	%
Male	9	60%	6	40%
Female	5	33.33%	10	66.67%
Total	14	46.67	16	53.33%



Graph showing the percentage distribution of low and high scorer on satisfaction with life scale.

It is evident from table 1 that out of 30 retired persons 46.67% were found to have low level of the life satisfaction and 53.33% were found to have high level of the life satisfaction.

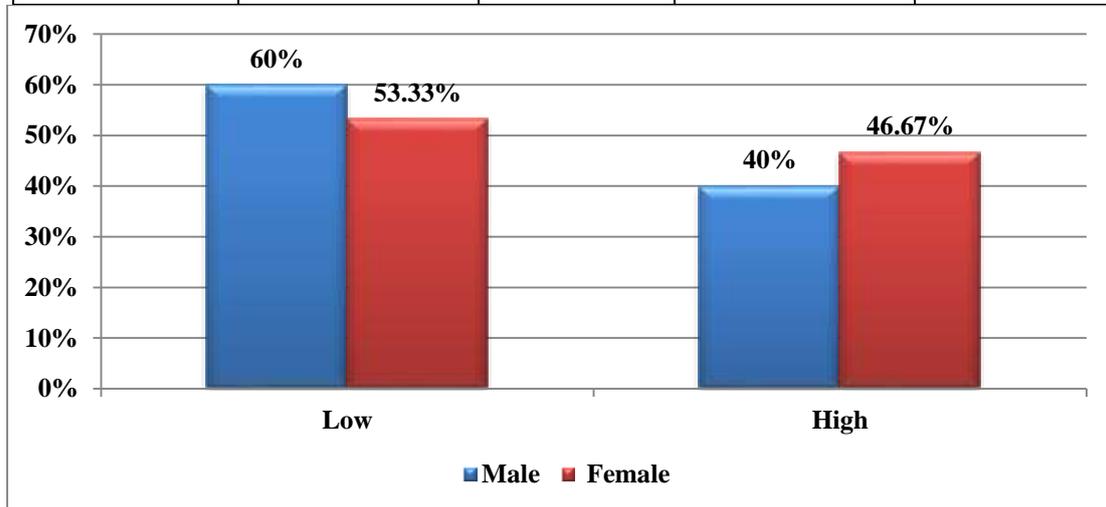
In the male group 60% were found to have low level of life satisfaction and 40% were higher level of life satisfaction. On the other hand 33.33% of female group found to have lower level of life satisfaction and 66.67% were found higher level of life satisfaction.

Its means that female retired persons have high level of life satisfaction as compare to male retired persons.

Table No. 2

Percentage distribution of low and high scorer on psychological well-being scale.

Groups	Low (0-190)		High (191 & above)	
	Response	%	Response	%
Male	9	60%	6	40%
Female	8	53.33%	7	46.67%
Total	17	56.67	13	43.33%



Graph showing the percentage distribution of low and high scorer on psychological well-being scale.

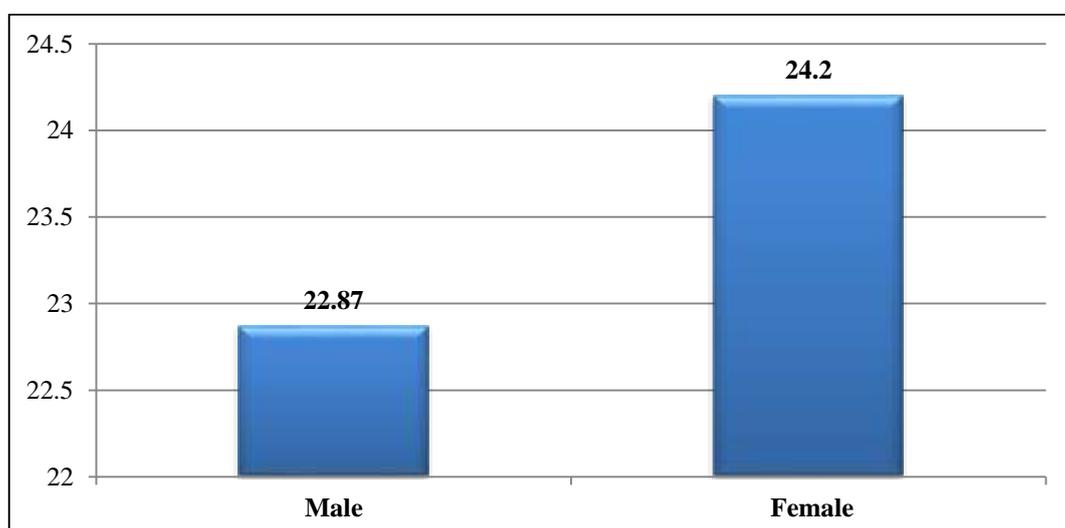
Table 2 reveals that, out of 30 retired persons 56.67% were found to have low level of the psychological well-being and 43.33% were found to have high level of the psychological well-being.

60% of male participant have high level of psychological well-being and 40% male participant have low level of psychological well-being. In female group, 53.33% participants have high level of psychological well-being and 46.67% participant have low level of psychological well-being.

Table. 3

Gender differences in life-satisfaction scores.

Groups	N	Mean	SD	t-ratio	P-value
Male	15	22.87	6.86	0.59	NS
Female	15	24.2	5.46		



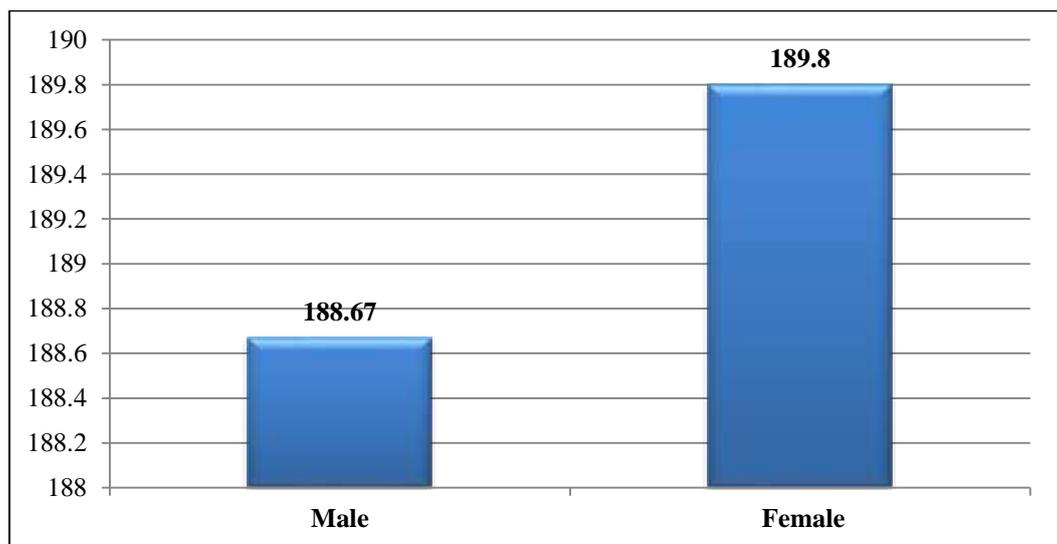
Graph showing the gender differences in life-satisfaction scores.

Table 3 shows that, the gender difference among retired persons were compared on life-satisfaction scorer, which reveals that means life-satisfaction scores of male retired persons have scored significant higher than female retired persons. And the t-value is 0.59 which is statistically not significant. Thus it can be concluded that female retired persons have better life-satisfaction as compared to the male retired persons.

Table. 4

Gender differences in psychological well-being scores.

Groups	N	Mean	SD	t-ratio	P-value
Male	15	188.67	9.69	0.34	NS
Female	15	189.8	8.28		



Graph showing the gender differences in psychological well-being scores.

Male and female retired employees were compared on psychological well-being scores. The table 4 shows the result, which reveals that female retired employees have scored significantly higher than male retired employees and the t-value is 0.34, which is statistically not significant. Thus we can conclude that female retired persons have better psychological well-being scores as compared to the male retired persons.

Conclusion

- Comparatively female are more satisfied with their lives than males.
- Level of psychological well-being was found higher in female retired persons as compared to male retired persons.
- No significant effort on retired persons was found on life-satisfaction and psychological well-being score.

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