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Psychological problems of aged men- A sociological study

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Abstract

It has been stated that by 2030, the elderly will constitute 21% of the total world population (Strydom, 2005). The increasing elderly population around the world is one of the most challenging issues in the health and welfare fields and aging is discussed as a universal phenomenon (Gates, 2000). The term elderly include the aged, elder and older people and population ageing is a global phenomenon (Dannefer and Phillipson 2010). The social, biological and psychological changes that occur in last stage of life are to be terms as ageing (Richard, 1962). among the elders most common problems are psychological problems. Depression in old age is quite complex and difficult to diagnose. The various reasons are medical illnesses, dementia syndromes and heterogeneity of patients in the population. There is very thin line of difference between depression and match of stroke for clinicians to differentiate (Dhare and Jogsan, 2013). The psychological problems among the aged people emerge from loneliness, isolation, powerlessness and meaninglessness (Kourkouta *et al.* (2015).

Keywords: Aged men, social, psychological, problem

Introduction

Elderly or old age consists of ages nearing or surpassing the average life span of human beings. The boundary of old age cannot be defined exactly because it does not have the same meaning in all societies. Government of India adopted 'National Policy on Older Persons' in January, 1999. The policy defines 'senior citizen' or 'elderly' as a person who is of age 60 years or above. The elderly population (aged 60 years or above) account for 7.4% of total population in 2001. Both the share and size of elderly population is increasing over time. From 5.6% in 1961 it is projected to rise to 12.4% of population by the year 2026. (Boralingaiah *et al.* (2012) [2]. The elderly, in general, face various challenges that are associated with physical and psychological changes commonly associated with the aging process. (Blazer *et al.* (2005) [1]. among the elders most common problems are psychological problems. After retirement or any stage of older age, the loss of occupation is one of the main causes for psychological depression. The age gap between the family members and the older people in family is the hurdle to understand the mental condition of old age. The interlinked other problems are feeling of loneliness and isolation. Depression in old age is quite complex and difficult to diagnose. The various reasons are medical illnesses, dementia syndromes and heterogeneity of patients in the population. There is very thin line of difference between depression and match of stroke for clinicians to differentiate. Researchers are busy to investigate the main cause of the depression in human beings because of changes in brain that underline depression creating elusion (Dhare and Jogsan, 2013) [4]. The psychological problems among the aged people emerge from loneliness, isolation, powerlessness and meaninglessness. When they live in isolation, when they are not acknowledged by the other individuals, and when their contributions or functions have not proved to be meaningful and beneficial to the individuals, then they experience psychological problems. (Kourkouta *et al.* (2015) [6].

Material and methods

The study was conducted in Hisar district of Haryana State. The district Hisar was selected randomly. The study was conducted in Hisar and Hansi block respectively on their selected different villages randomly. Hisar, Haryana as high number of old age population were available here. Random sampling technique was followed for the present study. The state Haryana comprises 21 district. Among the districts, Hisar district was selected randomly for the present study because Hisar district has lot of hospital facilities thereafter here the mortality rate very low rather than the other district of Haryana. A sample of 120 aged men were

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selected randomly from different villages of Hisar district as per objectives of the study.

Instrument

The data were collected through personal interview method. All the respondents were interviewed by the investigator himself at their home and when they were available.

Statistical analysis

The collected data were coded, tabulated, analyzed and interpreted according to the objective of the present study with the help of appropriate statistical methods. The descriptive statistical tools such as frequency, percentage, chi-square, weighted mean and total weighted score had been adopted to draw the inference from the study.

Results and discussion

Aging is a universal phenomenon. It makes people move from independent adulthood to stage of dependency. Old age can neither be protected, nor healed but just can be promoted and extended. Though, a universal phenomenon, it is not a uniform experience among elderly. Due to dissolution of joint family and terrific influence of modern lifestyle on the younger generation, the attitudes of the young generation towards old age are constantly changing. The attitude and the support received from the family members as well as various

other socio economic variables decide the status of psychological and physical well being of elderly (Table1).

Distribution of respondents according to psychological problems (N=120)

S. No.	Statements	Yes		Rank
		Frequency	Percentage	
1.	Sleep disturbance	67	55.83	I
2.	Indigestion	42	35	II
3.	Irritation	36	30	III
4.	Inferiority complex	20	16.67	IV
5.	High incidence of anxiety	18	15	V
6.	Loneliness	18	15	VI
7.	Severe headache	17	14.17	VII
8.	Emotional stress	16	13.33	VIII
9.	Laziness	14	11.67	X
10.	Depression	7	5.83	XI

The data presented in Table 4.18 revealed that main psychological problems faced by the respondents were sleep disturbance (55.83%) followed by Indigestion (35%) problem followed by Irritation (30%). The other problems reported were of Inferiority complex (16.67%), high incidence of anxiety (15%), Loneliness (15%), and Emotional stress (13.33%). Only (5.83%) respondents were facing depression.

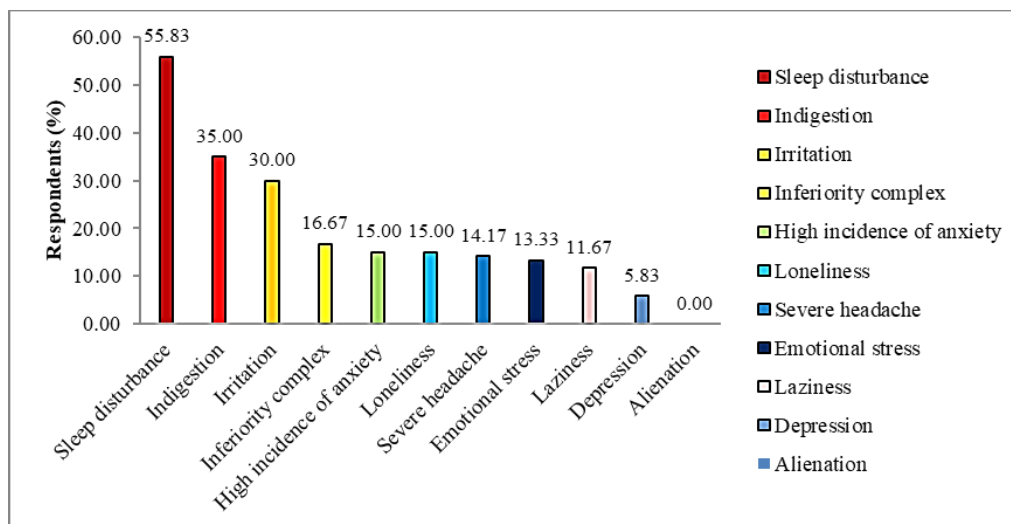


Fig 1: Psychological problems faced by the respondents

Table 4.13: Association between socio-economic variables and level of psychological problems of old age men.

Age (in years)	Level of psychological Problems			Total
	Low	Medium	High	
Young-old (60-69)	22 (28.2)	52 (66.7)	4 (5.1)	78 (65.0)
Old-old (70-79)	11 (29.7)	24 (64.9)	2 (5.4)	37 (30.8)
Oldest-old (80+ yrs).	0(0.0)	4 (80.0)	1(20.0)	5 (4.2)
Total	33 (27.5)	80 (66.67)	7 (5.83)	120 (100.0)
$\chi^2 = 2.299$ C = 0.137				
Occupation				
Farming	24 (27.3)	59 (67.0)	5 (5.7)	88 (73.3)
Farm labour	2 (20.0)	7 (70.0)	1(10.0)	10 (8.3)
Business	0(0.0)	4 (100.0)	0(0.0)	4 (3.3)
Retired	7 (38.9)	10 (55.6)	1 (5.6)	18 (15.0)
Total	33 (27.5)	80 (66.67)	7 (5.83)	120 (100.0)
$\chi^2 = 3.478$ C = 0.168				
Income Sources				
Old age pension	1 (10.0)	9 (90.0)	0(0.0)	10 (8.3)
Service pension	0(0.0)	4 (80.0)	1 (20.0)	5 (4.2)
Agriculture income	23 (25.6)	62 (68.9)	5 (5.6)	90 (75.0)

From Fix deposit	8 (61.5)	5 (38.5)	0(0.0)	13 (10.8)
Old age pension, Agriculture income, From fix deposit	1 (50.0)	1 (50.0)	0(0.0)	2 (1.7)
Total	33 (27.5)	81 (67.5)	6 (5.0)	120 (100.0)
$\chi^2=10.751* C =0.287$				
Education				
Illiterate	14 (35.9)	21 (53.8)	4 (10.3)	39 (32.5)
Primary Class	6 (24.0)	18 (72.0)	1(4.0)	25 (20.8)
Middle Class	6 (21.4)	21 (75.0)	1 (3.6)	28 (23.3)
Secondary & Sr. Secondary school	7 (26.9)	19 (73.1)	0(0.0)	26 (21.7)
Graduation and above	0(0.0)	1 (50.0)	1 (50.0)	2 (1.7)
Total	33 (27.5)	80 (66.67)	7 (5.83)	120 (100.0)
$\chi^2=8.098* C = 0.251$				

Caste	Level of psychological problems			Total
	Low	Medium	High	
General caste	24 (27.0)	61 (68.5)	4 (4.5)	89 (74.2)
Backward caste	8 (40.0)	11 (55.0)	1 (5.0)	20 (16.7)
Scheduled caste	1 (9.1)	9 (81.8)	1 (9.1)	11 (9.2)
Total	33 (27.5)	81 (67.5)	6 (5.0)	120 (100.0)
$\chi^2= 3.358 C = 0.165$				
Family type				
Nuclear	6 (17.6)	25 (73.5)	3 (8.8)	34 (28.3)
Joint	27 (31.4)	56 (65.1)	3 (3.5)	86 (71.7)
Total	33 (27.5)	81 (67.5)	6 (5.0)	120 (100.0)
$\chi^2=3.317 C = 0.164$				
Family size				
Small(up to 4)	3 (10.3)	25 (86.2)	1 (3.4)	29 (24.2)
Medium(5-8)	20 (32.8)	38 (62.3)	3 (4.9)	61 (50.8)
Large(<8)	10 (33.3)	18 (60.0)	2 (6.7)	30 (25.0)
Total	33 (27.5)	81 (67.5)	6 (5.0)	120 (100.0)
$\chi^2= 6.400* C = 0.225$				
Family occupation				
Cultivation	26 (30.2)	55 (64.0)	5 (5.8)	86 (71.7)
Labour	2 (16.7)	9 (75.0)	1(8.33)	12 (10.0)
Business	0(0.0)	6 (100.0)	0(0.0)	6 (5.0)
Service	3 (37.5)	4 (50.0)	1 (12.5)	8 (6.7)
Caste Occupation	2 (25.0)	6 (75.0)	0(0.0)	8 (6.7)
Total	33 (27.5)	80 (66.67)	7 (5.83)	120 (100.0)
$\chi^2= 4.793 C = 0.196$				
Family annual income				
Low (up to 1 lakh)	5 (26.3)	13 (68.42)	1(5.26)	19 (15.8)
Medium (1- 2 lakh)	13 (24.5)	37 (69.8)	3 (5.7)	53 (44.2)
High (more than 2 lakh)	15 (31.3)	30 (62.5)	3 (6.3)	48 (40.0)
Total	33 (27.5)	80 (66.67)	7 (5.83)	120 (100.0)
$\chi^2= 0.949 C = 0.089$				
Control on overall income				
Self	28 (32.2)	53 (60.9)	6 (6.9)	87 (72.5)
Wife	0(0.0)	3 (100.0)	0(0.0)	3 (2.5)
Son	5 (16.7)	24 (80.0)	1(3.33)	30 (25.0)
Total	33 (27.5)	80 (66.67)	7 (5.83)	120 (100.0)
$\chi^2= 6.242* C = 0.222$				

Land holding (hectare)	Level of psychological problems			Total
	Low	Medium	High	
Marginal (>1)	3 (33.3)	6 (66.7)	0(0.0)	9 (7.5)
Small (1 -2)	11 (34.4)	20 (62.5)	1 (3.1)	32 (26.7)
Semi-medium (2- 4)	8 (26.7)	20 (66.7)	2 (6.7)	30 (25.0)
Medium (4 - 10)	7 (18.9)	28 (75.7)	2 (5.4)	37 (30.8)
Large (Above 10)	4 (33.3)	7 (58.3)	1 (8.3)	12 (10.0)
Total	33 (27.5)	81 (67.5)	6 (5.0)	120 (100.0)
$\chi^2= 2.850 C = 0.152$				
Marital status				
Unmarried	0(0.0)	1 (100.0)	0(0.0)	1 (0.8)
Married	26 (25.5)	70 (68.6)	6 (5.9)	102 (85.0)
Widower	7 (41.2)	9(52.94)	1(5.88)	17 (14.2)
Total	33 (27.5)	80 (66.67)	7 (5.83)	120 (100.0)
$\chi^2= 1.674 C = 0.117$				
Mass media exposure				
Television	6 (23.1)	18 (69.2)	2 (7.7)	26 (21.7)
Newspaper	14 (29.2)	31 (64.6)	3 (6.3)	48 (40.0)
Magazine	13 (28.3)	32 (69.6)	1 (2.2)	46 (38.3)
Total	33 (27.5)	81 (67.5)	6 (5.0)	120 (100.0)

$\chi^2= 1.606$ C = 0.115				
Social participation				
No membership	24 (28.2)	59 (69.4)	2 (2.4)	85 (70.8)
Social work	2 (100.0)	0(0.0)	0(0.0)	2 (1.7)
Member of any organization	7 (21.2)	22 (66.7)	4 (12.1)	33 (27.5)
Total	33 (27.5)	81 (67.5)	6 (5.0)	120 (100.0)
$\chi^2= 6.429^*$ C = 0.225				

Various socio-economic factors were found affecting the psychological problem of aged men. Age of the respondents was not found significantly associated with the level of psychological problem of aged men. Age group between 60-69 (young-old) had medium level (66.7%) of psychological problem and on the other hand medium level (64.9%) of psychological problem was found in age group 70-79 (old-old). Analysis revealed majority of respondent hailed from general caste had medium level of psychological problems (68.5%) and who hailed from Backward caste had medium level (55%) and scheduled caste also had medium level (81.8%) of psychological problems. Significant association was found between education and level of psychological problem. Analysis revealed that data majority of respondent were illiterate had medium level (53.8%) of psychological problems. On the other hand that had middle school qualification had medium level (75%) of psychological problems. Association between family size and level of psychological problems was found significant. Majority of the respondents who belong to medium sized family had medium level (62.3%) of psychological problems; on the other hand remaining respondents who belonged to large sized family were facing medium level (60%) of psychological problem respectively. Non-significant association was found between marital status and level of psychological problems. Analysis revealed that relatively more number of respondent who were married (85%) had medium (68.6%) level of psychological problem and widower (14.17%) were facing medium (52.94%) of psychological problem than their counterparts. Respondents with medium level (38.3%) of mass media exposure had medium level (69.6%) of psychological problems; on the other hand respondents with high level of mass media exposure (40%) had medium level (64.6%) of psychological problems and low level (21.7%) of mass media exposure facing medium level (69.2%) of psychological problems. Association between mass media exposure and psychological problems was not significant. Association between levels of psychological problem and level of social participation was found Significant. Respondent who had no membership facing medium level (69.4%) of psychological problem and who involve in social work also had low level of psychological problem. Significant association was not found between occupational status of respondents and level of psychological problems. (73.3%) of the respondents whom occupation was farming had medium level (67%) of psychological problem and on the other hand respondents who were retired (15%) had medium level (55.6%) of psychological problems. Significant association was again not found between family income and level of psychological problems. Association between control on overall income and level of psychological problem was found significant. Respondents with high level (72.5%) of control on overall income was facing medium level (60.9%) level of psychological problems, On the other hand medium level (25%) of control on overall income also had medium level (80%) of psychological problem. Family occupation is most significant with psychological problem. Respondent families

whose main occupation was cultivation (71.7%) had medium level (64%) of psychological problem and occupational labourers' family had medium level (75%) of psychological problem.

Conclusion

We have seen that, there are various psychological problems in elderly but we found that sleep disturbance is major psychological problem in between various problems, age group between 60-69 (young-old) founded highly effected from this disease. As the individual ages, health problems among them are common. There are various kinds of psychological health problems experienced by the aged people. These include Sleep disturbance, Indigestion, Irritation, Inferiority complex, High incidence of anxiety, Loneliness, Severe headache, Emotional stress, Laziness, Depression. Older individuals may live longer but they may get prone to illnesses and diseases. Health most important for the aged people. We can say that if a person who is above 60 years are mentally fit during his whole life, so there are a possibility of longevity with a perfect health.

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