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Age-Related Psycho-Social Problems Among Elderly People

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Abstract

The ageing population is rapidly increasing worldwide. In 2020, over 1 billion people were aged 60 and above, projected to reach 1.4 billion by 2030 and 2.1 billion by 2050. This study examines the psycho-social problems and socio-economic demographics of the elderly, focusing on their economic conditions, health, psychological and social aspects, life satisfaction, adjustment levels, hopelessness, and depression. The research targeted individuals aged 60 and above, employing a descriptive research design with a multi-stage sampling procedure. A total of 300 respondents were selected for the study. Key variables analyzed include depression, hopelessness, adjustment, and life satisfaction. Findings indicate that 96% of the elderly were married, 68% belonged to nuclear families, 54% resided in urban areas, and 65% lived in rural areas.

Keywords: Elderly People, Psycho-social, Age, Depression, Hopelessness, Adjustment, Life-Satisfaction.

Introduction

As per the World Health Organization WHO suggested the world's population is ageing fastest growing. By 2020, there will be 1 billion people in the world who are over 60 years old. By 2030, 1.4 billion people will be living in the world, which represents one person for every sex. Over the next two decades, the number of people aged 60 and over will double to reach 2.1 billion. Between 2020 and 2020, the number of people aged 80 or older is expected to triple, reaching 42 billion. Family members and community members, as well as volunteers and workers, make up the vast majority of older adults' contributions to society. Many elderly people are at risk of developing mental health conditions such as depression and anxiety. The elderly may also suffer from reduced mobility, chronic pain, frailty, dementia, or other health problems that require long-term care. People who are ageing are more likely to suffer from multiple conditions at the same time. Over the past decade, an increase in the number of older people and an increase in life expectancy has prompted more attention to psychological factors associated with ageing. In addition to psychological, physical, and social factors, successful ageing involves a variety of other factors, including well-being.

The ageing population is fast growing throughout the world in 2020, Over 1 billion people in the world are over 60 years of age. A total of 1.4 billion people will be living in the world by 2030, which represents one in three people worldwide. It is predicted that by 2050, there will be 2.1 billion people aged 60 and over. The objective of the study is to know the psycho-social problems of the elderly population and Socio-Economic demographics. To find out the economic conditions of the aged people, health aspects of the aged people, psychological aspects, Socio-Economic aspects and religious aspects, life satisfaction among the aged, adjustment level of elderly people, level of hopelessness for the aged people and depression among the aged people. This research study mainly focused on all comprises of the geriatric population above the age of 60 years. This researcher adopted the descriptive research design. Using multi-stage a sampling procedure, efforts were taken to ensure that equal numbers of respondents were the sample of the study 300 subjects were recruited for the research study. Key variables were used in this study Depression, Hopelessness, Adjustment,

Life-Satisfaction. According to the study, 96 per cent of the elderly people were married, 68 per cent were part of a nuclear family, 54 per cent were in urban areas, and 65 per cent lived in rural areas.

1.1 Scope of the study

This study deals with the personal status of the elderly people, economic status, health, family status of the respondents, religious, psychological and social aspects of the elderly and the association among various variables has been dealt with further. There have been studies on the economic status of children, the adjustment of older people to different conditions, the extent of depression and hopelessness experienced by the elderly, their life satisfaction, and their conditions and problems.

2. Material Methods

2.1 Aim of the study

To study the Age-related psycho-social problems among elderly people in cities and rural areas.

2.2 Objectives of the Study

To study the socio-economic conditions of Elderly Inmates Convicts.

To assess Social Adjustment among Elderly Inmates Convicts.

Analyze psycho-social problems of the elderly: depression, hopelessness, adjustment, and life satisfaction.

2.3 Review of Literature

Kourkouta L (2015). A significant part of the author's research study examines dementia, depression, anxiety and phobias, loneliness, family roles, and the care and support provided for elderly people. Family members provide care and support for elderly people. Elderly people who are affected mentally and psychologically suffer a lot of consequences if their family members are not good. The psycho-social problem includes poor adjustment, family relationship problems, low self-esteem, Anxiety and depression, and Aggressive behaviour this research study discusses above mentioning the critical issues faced by elderly people.

Michele M (2011). A study on the psychological aspects of old age is felt to be lacking in specificity, with age being a

general indicator of a person's physical, cognitive, and psychological state. According to the researcher, psychological middle age is largely extended into the late 50s to mid-70s. There is a significant decline in health and mental well-being in this age group.

Davis C (1995). Greater stress and inadequate social support were the problems that older people faced, according to a research study that argued for and involved thirty elderly people. The study compared the responses of age and sex-matched controls on four psycho-social scales: life satisfaction, daily hassles, social support and self-esteem. Christine Eiser (2009). The purpose of this study is to examine the effects of childhood cancer on young adults' ability to cope with their families, achieve intimacy and procreate. How they handled cancer and dealt with daily life and family responsibilities as a young adult affected their quality of life.

Laura B (2014) Positive psycho-social factors in cognitive ageing are further explored in the research studies. The results of the study provide evidence for the conceptual distinction between positive and negative psycho-social factors in the elderly. Compared to other psycho-social variables, emotional support and self-efficacy may have a stronger correlation with cognition.

Fayaz Ahmad Pau (2023). The study highlights the challenges associated with using digital technologies that are difficult for elderly people to use. The elderly population experiences loneliness and depression; however, they can live independent lives and participate in social and physical activities with friends.

Kavya M Alageri (2019). Researchers primarily focused on age-related diseases, of which 28% were chronic illnesses and diabetes. 28% of people suffer from depression, and the majority of common psychological issues are age- and age-related issues.

Ana-Olivia Toma (2023). Based on the patients' ages, the research study primarily focuses on quality of life and coping with stress and depression. This study examined two distinct populations: those who are older than 65 and those who are between the ages of 18 and 65. The primary source of information for choice for elderly patients was television, with only 68.4% of this patient group using smart devices. The assessment of mental health and perceived helplessness in the elderly population.

3. Results and Discussion

1. Socio-Demographic Background of the respondents

Age of the Respondents.

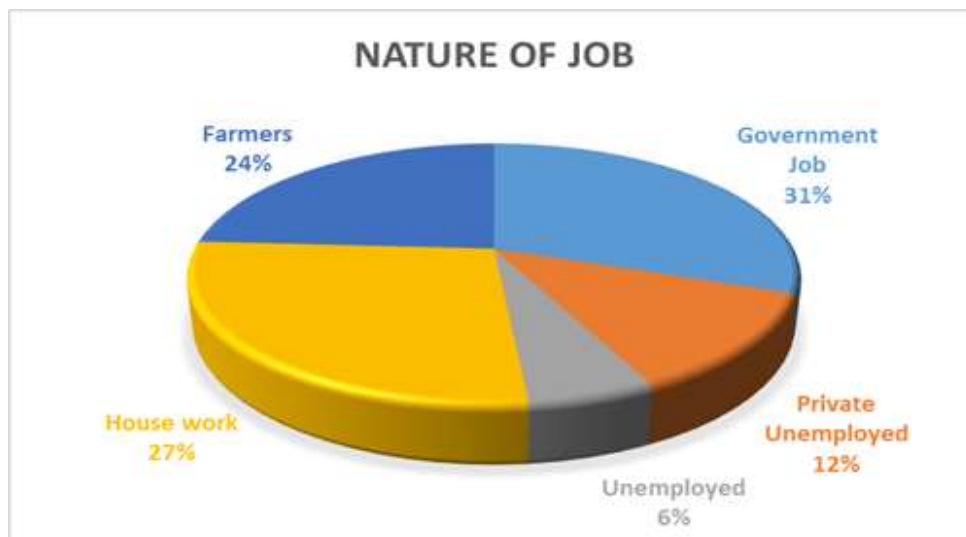
Sl. No	Age	No of Respondents	Percentage
1	60-70 Years	114	76
2	71-80 Years	29	19
3	81 and above	7	5
Sl. No	Sex	No of Respondents	Percentage
1	Male	81	54
2	Female	69	46
Sl. No	Marital Status	No of Respondents	Percentage
1	Married	144	96
2	Unmarried	6	4
Sl. No	Religion	No of Respondents	Percentage
1	Hindu	80	53
2	Christian	42	28
3	Muslim	28	19
Sl. No	Type of Family	No of Respondents	Percentage
1	Nuclear	35	23

2	Joint	104	69
3	Alone	11	7
Sl. No	Education Qualification	No of Respondents	Percentage
1	Illiterate	56	37
2	01-05	18	12
3	06-08	27	17
4	09-12	37	25
5	Degree and above	12	8
Sl. No	Belief in God	No of Respondents	Percentage
1	Yes	140	93
2	No	10	7
Sl. No	Practice of Religious Worship	No of Respondents	Percentage
1	Yes	42	28
2	No	108	72

76 percent of the respondents were in the 60–70 age range. A significant proportion of the respondents—54 percent of them were men, 96 percent of them were married, 53 percent of them were Hindus, 37 percent of them were illiterate, 69 percent of them came from joint families, 27 percent of them worked for the government, and 89 percent of them were

unemployed at the time of the status. Ninety-three percent of respondents say they believe in God. 72 percent of respondents do not read religious books regularly.

1. Nature of the Job.



Most of A third of the respondents are retired government employees, the majority are elderly people (27 per cent), 24 per cent are farmers, 12 per cent are private respondents, and 6 per cent are unemployed. The elderly people are home-based owing to poor physical health conditions. According to the table above, the majority of the elderly participants in this research study work for the government.

4. Discussion

The study reveals that the majority (76%) of the respondents belong to the 60–70 age group, indicating that most of the participants are in their early elderly years. A slightly higher proportion of respondents (54%) are men, and an overwhelming 96% are married. Regarding religious affiliation, 53% of the respondents identify as Hindus, and 93% believe in God. However, despite their faith, 72% do not read religious books regularly.

The data also highlight key socio-economic characteristics of the respondents. A notable 69% belong to joint families, reflecting the traditional family structure that remains prevalent among the elderly. Educationally, 37% of the respondents are illiterate, which may have implications for their awareness and access to social benefits. Employment patterns show that 27% of the respondents have previously worked in government jobs, while 24% were engaged in

farming, and 12% were in private-sector employment. At the time of the study, a significant 89% were unemployed, likely due to age-related physical health limitations.

Interestingly, a considerable portion of the respondents consists of retired government employees, reinforcing the finding that a large section of the elderly population in this study had government service backgrounds. This could suggest that their financial stability and pension benefits may differ from those in private-sector jobs or informal employment. Moreover, the high percentage of home-based elderly individuals emphasizes the impact of health-related constraints on their mobility and daily activities. Overall, the findings indicate that while a significant proportion of the elderly respondents had stable employment in their earlier years, their current state is marked by unemployment and health-related challenges, which may necessitate greater social and healthcare support.

4.1 Suggestion & Recommendation

Researchers visited rural and urban areas to collect data, observing and interacting with older people. Based on the findings of this study, a few suggestions for implementation are offered here. Based on the results of the present study, the majority of older persons in most categories had moderate levels of depression and hopelessness. The study

suggests counseling interventions with older persons. Counseling centers can provide specialized counseling services to older people in their areas of operation. Older persons can benefit from counseling services offered by counselors to overcome their emotional problems on an individual basis. In order to improve their sense of satisfaction with life, they need to be helped to lower their feelings of pessimism and depression. Research shows that the majority of older persons experience moderate levels of hopelessness and depression as well as moderate levels of life satisfaction adjustment. By offering regular group activities on issues of common interest, professional social workers can assist the elderly by providing them with the opportunity to share their problems and provide psychological support to one another, which is extremely therapeutic. Besides liaising with other organizations, the social worker can implement program to promote the welfare of older adults. In order to foster mutual acceptance between the young and the old, inter-generational programs need to be innovative and creative.

India's constitution mandates the well-being of older people. According to the Constitution, social security is currently under the jurisdiction of the federal government along with the state governments. The state list and items 20, 23, and 24 of the concurrent lists cover the provision of old age pensions, social security, and insurance, as well as economic and social planning and assistance to the unemployed and disabled. Regarding senior citizens, the Indian government has released a very comprehensive policy. It has also resulted in the necessary institutional protocols and mechanisms. There is a national level counsel for older people and an Adhar card system to receive complaints and suggestions about older people so that the appropriate action can be taken.

Research on physical and mental disabilities, widowhood, the elderly, and the most significant study that deserves particular attention is how family structures are changing as people age is lacking in the nation. It is imperative that an increasing number of scholars work toward creating and refining a more comprehensive sociological theory regarding the nation's aging population. It is possible to conduct comparative research on older adults living in rural and urban areas to examine differences in their psychological states. It is possible to pursue additional research on psychological parameters like anxiety, neuroticism, dependence, and feelings of insecurity. This research studies focusing special categories of older people such as Alzheimer's disease could be carried out. Social intent, feeling of alienation and social support among the older people are some other aspects which could be explored.

5. Conclusion

The research study finalizes the has made attempt to find out some of the important Socio-Demographic characteristics of older people living in the village and city areas. As a second step the research has assessed the level of four key variables such as adjustment, life satisfaction, hopelessness and depression. The study has revealed that majority of older people, irrespective of their domicile, gender and stage of old age, have been found to be experiencing moderate levels of hopelessness, depression and adjustment. Urban older people are found to be having a higher level of life satisfaction, when the compared to rural older persons.

Despite the methodological limitations of a descriptive research diagnostic the research study, the present study investigation has thrown some light on some of the key variables among the older persons while attempting to analyse differences across different specific categories of older persons. This study, it has might be will provide a good basis for more systematic and scientific research relating to social and psychological aspects of old age.

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