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To study the relationship between psychological well-being and quality of relationships among the elderly who stay with and without children

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Abstract

Psychological well-being can be described as a feeling of life satisfaction. Psychological well-being in the elderly can be determined or influenced by Cognitive, Distinctive, Emotional, Social, and other aspects. It is associated with self-perception and self-actualization as there are no single factors that determine a person's well-being but can be determined by these factors. The link between psychological well-being and physical health is strong, and it may become even stronger as people get older, if only because the prevalence of chronic illness rises with age. The challenge of preserving wellness at senior ages is becoming increasingly important as life expectancy rises and therapies for life-threatening diseases become more effective. According to studies older people's quality of life, assessments are influenced by their age, health, and other factors like social and family relationships, social roles, and activities. This study aims to inquire about the psychometric properties of 'Psychological well-being in context to healthy aging'. Using two instruments- (PWBS) Psychology well-being scale and Quality of relationships. This study included 20 older adults, aged 60 and above who reside with or without children. Thus, the results will provide a quantitative evaluation of psychological well-being in the context of healthy aging.

Keywords: Psychological well-being, Self-actualization, Self-perception, Quality of life, and personal growth.

Introduction

Psychological well-being is a multifaceted personal experience. It develops as a result of human action in the system of real relationships with people and the environment. Psychological wellbeing can be defined as a sense of fulfilment and the quality of one's life, and the formation of objective and subjective values. There are several dimensions to well-being, including evaluative well-being (or life satisfaction), hedonic well-being (feelings of happiness, sadness, and so on), and eudemonic well-being (a sense of purpose and meaning in life) (Steptoe, Deaton, and Stone, 2015). Self-actualization, personal progress, and fulfilment are all linked to this sense of well-being.

Normal aging is a gradual process that ushers in physical challenges, such as decreased sensory abilities e.g., vision and hearing and decreased pulmonary and immune functions. There is a decline in cognitive capacities with aging, but it is partly preventable. Many factors also affect the well-being of a senior citizen. Few Risk factors in older adults include-

- Illnesses (80% of older adults have at least one chronic condition.)
- Many have inadequate incomes to match their increased lifespans.
- Lack of supportive social network.
- Stressful life events
- Anxiety and depression are considered the most prevalent mental disorders in older adults.

For older adults, the rate of anxiety and depression increases gradually. The social stigma around mental illnesses presents a serious barrier, not only to diagnosis and treatment but

also to acceptance in the community. According to the World Health Organization, the process of optimizing possibilities for health, involvement, and security in order to improve quality of life as individuals age, especially those who are weak, handicapped, or in need of care. Older adults who reside with their children are seen to receive more attention, love, and also caters to factors such as quality of life, and positive relationships. Everyone requires social ties in order to survive and grow. People tend to spend more time alone as they grow older. In studies, loneliness and social isolation have been related to an increased risk of depression and affects their self-esteem and even quality of their life. Research shows that older adults who live with their children were happier than those living without children. This study compares the well-being of older adults who live with their children and alone. Ultimately, this study aimed to provide useful information for the development of happiness that consider older adults living arrangement for their well-being.

Literature Review

Recent scientific evidence is compelling that lifestyle habits have a significant impact on cognitive health and successful longevity. According to current studies, a variety of factors, including social, economic, political, religious, and psychological aspects, influence the development of one's psychological well-being (in particular, personal, cognitive factors and communicative personality features). The elderly's social and socio-psychological personal characteristics are essential variables in their psychological well-being. The concept of successful ageing is central to studies on promoting well-being in old life (Depp and Jeste, 2006; Doyle et al., 2010). In terms of psychological well-being, certain research in the United States have discovered aging-related changes such as a decline in personal progress and purpose in life, an increase in autonomy and environmental mastery, and stable values of pleasant relationships and self-acceptance (Clarke et al., 2000; Keyes et al., 2002). For people in their later years, Psychological well-being and health have a significant link (Steptoe, Deaton, & Stone, 2015). Due to the prevalence of chronic diseases, this relationship becomes stronger as people age. Sabik and Cole (2017) investigated well-being as body pleasure. The relationship between one's psychological well-being and objective factors including physical and psychosomatic health (Ryff, 1989), genetic features (Argyle, 2001; Lykken & Tellegen, 1996), and outward attractiveness (Arshava & Nosenko, 2012) was investigated. The external circumstances of one's life, such as income, education, and status (Bradburn, 1969; Diener, Diener, and Diener, 1995; Kasser, 2002; Kostenko, 2005), age and gender (Argyle, 2001; Diener, Diener, & Diener, 1995; Ryff, 1989; Shevelenkova & Fesenko, 2005), cultural affiliation and geodemographic environment, climate, are all factors that influence one's psychological well-being (Lynch, 2016). Seniors who work in a specialisation have a higher psychological well-being and live happier lives (Bel'sky, 2010). Health, caring for others, loneliness, and smoking are all stronger indicators of emotional well-being, which refers to the emotional quality of one's everyday life experience. In terms of psychological well-being, certain research in the United States have discovered aging-related changes such as a decline in personal progress and purpose in life, an increase in autonomy and environmental mastery,

and stable values of pleasant relationships and self-acceptance (Clarke et al., 2000; Keyes et al., 2002). However, these findings were only confirmed for mastery in a subsequent longterm study, while more complex tendencies appeared for the other categories (Springer et al., 2011). In terms of social well-being, ageing was related with higher values of social acceptance and integration among US participants, while younger people had higher values of contribution and coherence (Keyes and Shapiro, 2004).

A recent cross-sectional study involving Canadians in three different life phases found that ageing is associated with higher levels of emotional well-being and autonomy, as well as lower levels of personal growth and purpose (Mackenzie et al., 2017). The increase in perceived autonomy, mastery, and emotional well-being with age is consistent with longitudinal studies from Sweden, which suggest that emotional stability and perceived internal locus of control attenuate the influence of significant chronic conditions on senior people's happiness with life (Berg et al., 2011)

Research Methodology

Problem Statement

The purpose of this research is to understand which living condition is suitable for older adults' psychological well-being and better quality of life.

Objectives

The study has been conducted on the older adults who live with their children and independently in India and shall consist of the following objectives:

- To identify if living with children has a better impact on the older adult's psychological well-being.
- To identify if living with children increases the older adult's quality of life.
- To compare and identify between older adults who live with children and those who live independently

Hypothesis

- Psychological well-being is better in older adults who live with their children compared to the older adults who live independently.
- Quality of life is significantly better in older adults who live with their children compared to the older adults who live independently.

Research variables

Dependent variable and independent variables:

- Here the two dependent variables are **psychological well-being** and **Quality of Life**. Psychological wellbeing may be defined by the proper functioning of psychological system. Positive functioning encompasses six dimensions of psychological well-being: self-acceptance, positive relations with others, personal growth, purpose in life, environmental mastery, and autonomy. Each dimension of psychological wellbeing contributes to mental health. With the extraordinary increase in the number of oldest adults, several studies have focused on centenarians and their lives exploring factors related with life span, like physical health, generic influences, way of life style etc. Little accentuation has been given to social, psychological and mental health. However, in India,

most of the research on aging is primarily confined to socio demographic profiles.

- Here the independent variable is older adults- living with children and independently.

Participants

The data collected for this research was obtained through the online and offline survey, shared over platforms like WhatsApp and E-mail which was opened to receive responses from 9th February, 2022 to 20th February 2022. The study analyzed a total of **20** participants consisting of older adults (9 Women and 11 Men) aged 60 and above. All the participants gave informed consent. Half the participants observed, were independent and the half-lived with their children.

Research Design

The research is a Quantitative Study that used Descriptive correlational design.

Tools used for data collection

The two tools that will be used for this study is as follows: Two questionnaires were used to examine the well-being of the elderly who live with their children and who live independently. The OPQOL-35 (Older People Quality of Life) was reduced to a brief version consisting of 26 questions. The OPQOL-35 scale was developed by Bowling, 2009 and Bowling and Stenner, 2011. Older People’s Quality of Life Questionnaire- The questionnaire was designed to diagnose the well-being of the senior citizens of the United Kingdom. It is useful for determining the current status of seniors’ quality of life, changes in quality of time, and focused treatments. We also conducted a T-test.

The Psychological Well-Being Scale, PWBS was developed by Ryff and Keyes, in 1955. The actual version is a 42-item scale, and the shortened version is an 18-item version. It is an instrument developed for the purpose of obtaining a measurement of theoretically derived constructs of psychological well-being. Domains measured include autonomy, self-acceptance, environmental mastery, personal growth, positive relationship with others and purpose in life.

Table 2b: Mean and SD of all the variables of the study by the two segments

Variables	Category	Sample Size (N)	Mean	Standard Deviation
Psychological well-being	With children	10	177.31	9.048
	Without children	10	164.60	12.327
Quality of life	With children	10	19.434	9.429
	Without children	10	14.666	17.678

As shown in the above table 2b, overall, the psychological well-being was higher among older adults who live with children as compared to the psychological well-being of older adults who live independently.

Quality of life were lower in the older adults who lived without children (Mean value of 19.434) as compared to the older adults who lived with children (Mean value of 14.666)

Research and Analysis Method

The items were divided into two categories: Positive relationships and Quality of Life. The responses were obtained in the form of a pie chart showing the percentage of each option responded by the participants. The respondents had to evaluate their quality of life and relationship with others and choose from the options that best suits them.

Statements from 1-18 had 7 options- strongly disagree, mostly disagree, somewhat disagree, neutral, somewhat agree, mostly agree and strongly agree. The questions from 18- 45 had 5 options- strongly agree, agree, neutral, disagree and strongly disagree.

The bar graphs help to determine the elderly’s well-being is better according to their living arrangements. It also helps to analyze their positive relationships with others.

1. Demography

Distribution of Sample (N=20) by living with children and independently

The sample size consists of equal samples of both older adults living with children and independently.

2. Descriptive Statistics

Table 2a: Mean and SD of all the variable of the study

Variables	N	Mean	Standard Deviation
Psychological well-being	10	8	10.03
Quality of life	10	98.75	8.49

The study sample consisted of 20 older adults out of which 10 were living with their children and the other half live independently.

The overall mean of the psychological well-being for the sample was 81.6, while standard deviation was 10.03. The psychological well-being score was calculated using Psychological Well-being scale.

The mean for quality of life was 101.95, while the standard deviation was 5.45. The quality-of-life score was calculated using the older people’s quality of life questionnaire.

3. Inferential Statistics

1) t-Test for psychological well-being of older adults who lived with children and individually.

We conducted “t-Test” for whether there is a significant difference between the mean values of the psychological well-being of two groups- living with children and individually. Though there is a difference between mean scores of both the groups, this test was conducted to understand the statistical significance if any. The test was conducted in SPSS and the results of the same are as below:

Table 3a: t-Test for psychological well-being for older adults living with and without children
Inference of the t-Test.

	With Children	Without Children
Mean	177.31	164.60
Variance	63.7	28.2
Observations	10	10
Hypothesised Mean Difference	0	
P Value Two-tail (alpha 0.05)	0.019	0.019

The test shows the p value of 0.019, which means the difference between the means for psychological well-being of the two samples is not statistically significant. This

approves the hypothesis that the psychological well-being in older adults who live with children is better than the older adults who live alone.

2) t-Test for Quality of life for older adults who live with and without children.

	With Children	Without Children
Mean	19.434	14.666
Variance	63.7	28.2
Observations	10	10
Hypothesised Mean Difference	0	
P Value Two-tail (alpha 0.05)	0.021	0.021

Inference of the t-Test

The test shows the p value of 0.021, which means the difference between the means of the two samples is not statistically significant. This approves the hypothesis that the quality of life in older adults who live with their children is better when compared to the quality of life of older adults who live alone

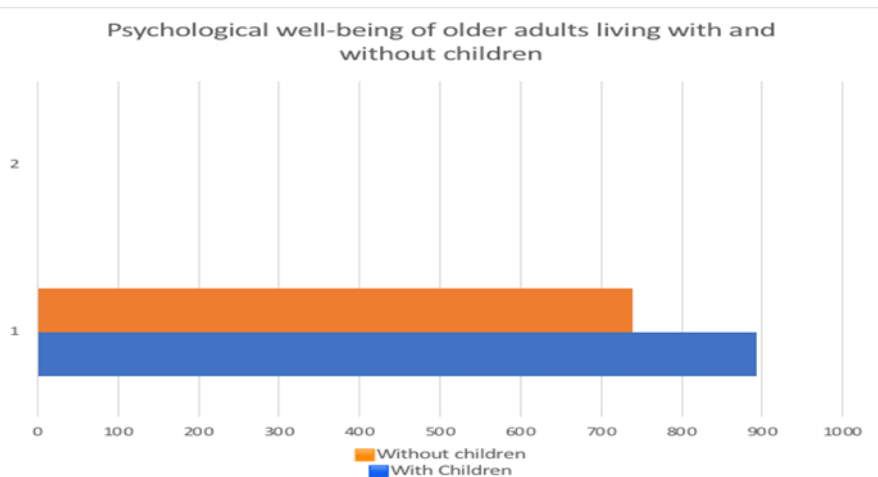
living with their children is better compared to those who live alone.

1. The first hypothesis of the study was the psychological well-being of older adults living with children is better than the older adults who live independently. The result of the study is shown below.
2. The second hypothesis of the study was quality of life of older adults living with children is better than the older adults who live independently.

Discussion

This research was conceptualized on psychological well-being and quality of life between older adults who live with their children and those who live independently the sample size was decided to be 20, with 10 each who live with their children and independently. The range of age selected was 60 years and above based in India. The study aims to understand if the psychological well-being of older adults

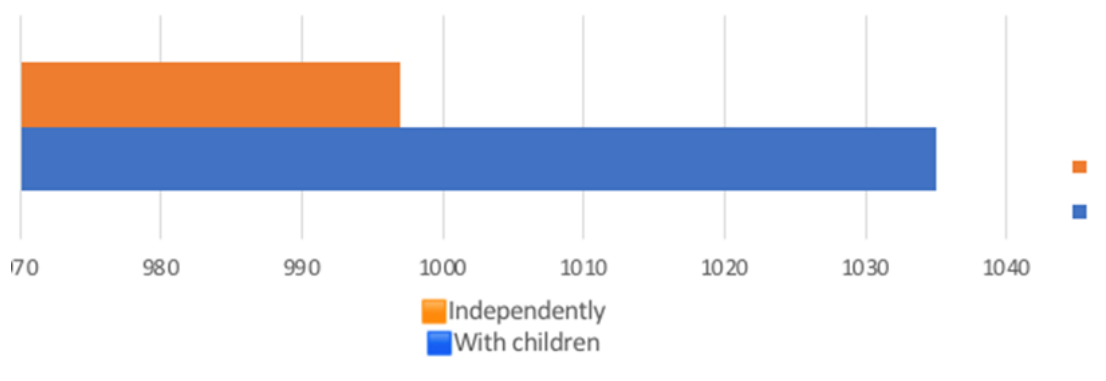
The first set of questions/items included information about psychological well-being of older adults and compares between the seniors who live with their children and those who live independently.



According to the Bar Graph above, it can be seen that older adults who live with their children have better psychological well-being compared to individuals living independently.

The second set of questions included information about quality-of-life older adults and compares between the two living arrangements.

Quality of live of Older adults living with and without children



According to the bar graph above, older adults who live with their children have better quality of life compared to individuals living independently. A majority of older adults are satisfied with their quality of life, have positive relationship and is socially active with others.

Conclusion

Psychological well-being in the elderly is a complicated human phenomenon that emerges from life activities and a system of real interpersonal relationships. Life satisfaction, sentiments of happiness, and the meaning of life should all be considered. It has been discovered that the elderly has a low level of psychological well-being. Well-being is not inextricably linked to the characteristics of one's daily activities: it makes no difference whether seniors have daily relationships or not. Relationships, on the other hand, provide people with a sense of purpose in life. Seniors who are socially active, do not feel lonely, and have ample opportunities to communicate with others have a greater level of psychological well-being. In this study we can come to a conclusion that Seniors who live with their children tend to have a higher level of psychological well-being, better quality of life and positive relationships with others. The most psychologically well-adjusted seniors are those who are socially active. Independent seniors and those with few real opportunities to contact with friends have the lowest level of happiness. This research concludes that with more social interactions, positive self-perception, positive relationships and better quality of life will help the older adults to have a healthy psychological well-being. It's because seniors with a better level of psychological well-being have more trustworthy relationships with their children and peers. They are more interested in them, and they accept both positive and negative elements of themselves. They make better use of their situations to improve their lives. They have specific goals that govern their life, and they are more open to new experiences. Seniors' low psychological well-being is caused by a variety of societal conditions, including retirement and loss of job. Isolation from family and the social environment, as well as one's health, are other variables.

Any kind of survey or study or research project can never be perfect, there shall always remain some areas and aspects which are not touched or some aspects of the research question that remain unanswered, or certain conditions that are not in our control and or the finding were not as per the expectation of the research work. It

permits researchers and analysts to rethink, examine, and develop newer ideas, models, and frameworks for future research. There is always room for improvement in each study and research strategy. This study was no exception, as there were clearly some limits and delimitations.

Limitations

- 1) The research is limited to older adults who live in Bangalore and Palakkad from the age of 60 and above.
- 2) This study will be delimited to 20 older adults. Out of the 10 living with children and 10 living independently.
- 3) Any research cannot guarantee 100% correct responses from its sample. There is no way to identify corrupt answers.

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