



A STUDY OF MENTAL HEALTH OF OLDER ADULTS: WITH SPECIAL REFERENCE TO THEIR PLACE OF LIVING

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Abstract:

The present study aimed to study the difference of mental health between older adults of urban and rural area. The present study conducted over a sample of 120 older adults (both: males & females). All the participants were administered the mental health questionnaire with personal information schedule. Data was analyzed using statistical technique t - test. The present study findings concluded that no significant difference found between male older adults of urban and rural area on their level of mental health. As regarding the female older adults that statistical no significant difference observed in mental health between female older adults of urban area and female older adults of rural area.

Key words: Mental Health, Older Adults- (Males- Females), Area- Urban & Rural.

Introduction:

Mental health needs change as people age. Aging is considered as natural process. It is biological phenomenon. The WHO defines health as 'a state of complete physical mental and social well being and not nearly the absence of disease or infirmity. According to the world health organization mental health is a state of well being in which a person is able to cope with the normal stresses of life work productively realize their potential, contribute to the community. There are many different terms used to describe different aspects of mental health. It includes the concepts of psychological, social, emotional and spiritual well - being as well as resilience. The World Bank and WHO indicated in 2001 that 12% of the global burden of disease should be attributed to mental problems.

The Geriatric mental health foundation listed a number of potential triggers for mental illness in the elderly. Physical disability, long term illness, dementia, causing illness, physical illness, that can affect thought memory and emotion, illness or loss of a loved one, medication interactions, alcohol or substance abuse, poor diet of malnutrition etc. Mental and physical health problems can also interact in older people making their overall assessment and management more difficult. In general older people feel less happy with their life than younger people and this is of special concern in new number states where there are larger differences in life stratification and happiness between age groups. There are no agreed definitions of when 'old age' begins and the common understanding of belonging to older age groups has different connotations and meanings across cultures, societies and peoples.

Older adults those aged 60 or above, make important contributions to society as family members, volunteers and as active participants in the work force. Many older adults are at risk of developing mental disorders, physical illness or disability. Over 20% of adults aged 60 and over suffer from a mental or neurological disorder and 6.6 % of all disability. Recent data indicate that an estimated 20.4 percent of adults aged 65 above met criteria for a mental disorder, including dementia during the previous twelve months. (karel, Gatz, Smyer 2012). It is estimated that only half of all older adults who acknowledge mental health problems actually are treated by either mental health professional or primary care physicians (Blazer et. al. 1988). Older person living with

rural areas at sustainable risk for experiencing 'double jeopardy' in mental health care. In general not only for older people, rural resident to for all ages face inadequate mental health care in rural areas (Lawrence & Mc Culloch 2001). The rural elderly face the double impact of having poor mental health care because of their age and their rural location. Rural residents face a number of significant mental health disadvantages compared to their urban counterparts.

Many older people also experience functional limitations due to health related problems. For example up to one third of the older populations and eyesight or hearing impairments. Estimates suggest that up to 40% of the hearing impaired population many experience mental health difficulties of some time in their lives. Older women are more likely than man to experience negative effects on social activities caused by their mental and physical health problems. Townsend's study (1957) reveals that it is those ole people without family contacts who are responsible for the major burden on the health and welfare services.

Several studies reported that a large number of old men and women badly need health care, counseling services, financial assistance, social recognition, sense of isolation, (Saha 1984, Dutta 1989). Kamble, Ghodke, Dhumale, Goval, Avchat (2012) study on mental health status of elderly persons in rural area of India and found 41.3% elderly persons ware having poor mental health status. The mental health was comparatively poor among females than males. The present study had undertaken to assess the mental health of older adults with special reference to their place of living.

Method:

Sample & Procedure:

The sample was consisted of 120 older adults including males and females of urban and rural area. A study conducted among elderly adults above 60 years using random sampling method from the Junagadh district. Total population of the present study area was one hundred twenty older adults, out of 120 respondents 60 were male older adults (30 from urban area and 30 from rural area) and 60 were female older adults (30 from urban area and 30 from rural area). All the participants were matched on the variables of age, area, gender, education, marital status etc. The researcher explained the importance of research work and collected the data with the help of questionnaire, after ensuring the confidentiality of them. Whatever they had doubts the investigator clarified and explained to them clearly. The respondents have requested not to leave any item unanswered and incomplete. All the data were coded numerically to protect the participants' privacy. After then compellation of whole information was statistical analyzed.

Instrument:

The following standardized tools were used for the present investigation. Personal information schedule developed by investigator was used to collect some necessary information like, age, area, gender, education, marital status etc. To measure mental health status, The Mental Hygiene Inventory developed by Bhatt & Gida was used. Reliability of the test is 0.87.

Statistical Analysis:

The researcher put the data edited and coded together in a carefully designed table for statistical analysis t test was applied to see the significance of the difference between older adults (both- males & females) of urban and rural area on the basis of their mental health scores.

Results & Discussion:

The purpose of the present study was to find out the difference in mental health of older adults (both: males & females) of urban and rural area. After careful administration the mental health questionnaire, statistical techniques were implemented on the basis of which certain findings were drawn. The present research finding is based on the responses of 120 older adults. These findings can be summarized as follows: Ho1 'there is no significant difference between male older adults of urban and rural area on their mental health.' To assess this hypothesis test was used. The t – test revealed statistically no significant difference between the mean score of mental health of two comparative group, were group -1 has (M= 87.23) and group -2 has (M= 85.89). From table -1 reveal that there is no significant difference in the mean score of mental health of comparative group as the t - value (t = 0.44) is found to be not significant. Hence, the null hypothesis is accepted and it clearly indicates that male older adults of rural area do not differ significantly on their score of mental health.

Table - 1:

Showing results of t-value of mental health of male older adults of urban and rural area

Male Older Adults	No.	Mean	SD	t-Value	Sig.
Urban Area	30	87.23	11.4	0.44	N S
Rural Area	30	85.89	12.18		

Table - 2:

Showing results of t-value of mental health of female older adults of urban and rural area

Female Older Adults	No.	Mean	SD	T- Value	Sig.
Urban Area	30	86.17	12.01	0.37	N S
Rural Area	30	84.99	13.00		

Ho.2 'There is no significant difference between female older adults of urban and rural area on their mental health'. Results from table-2 the mean score of mental health in the female older adults of urban area (M = 86.17) and female older adult of rural area (M = 84.99) and t - value is (t =0.37) found to be not significant at 0.05 level of significance. Therefore the null hypothesis is also accepted and it is also found that as regarding the female older adults of urban and rural area do not differ significantly on their score of mental health. It is concluded that on the basis of mental health status older adults of urban area and rural area were not statistically significant differ on their mental health. As regarding the older adults some things of improve their mental health : - eating well, exercising regularly, getting enough sleep, spending time with family members and friends, doing enjoyable and relaxing activities, volunteering and helping other people, sharing feelings with others, good and positive relation with other people, develop gratitude, identify and use strengths, involved in spirituality.

Conclusion:

The main purpose of the present study was to find out the difference in mental health of older adults (both: males & females) of urban and rural area. The findings concluded that no significant difference observed between male older adults of urban area and male older adults of rural area in relation to their level of mental health. As

regarding the female older adults of urban and rural area also found no significant difference with regard to their score on mental health.

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