

# **A COMPARATIVE STUDY TO ASSESS PSYCHOLOGICAL WELLBEING OF SENIOR CITIZENS IN SELECTED RURAL AND URBAN AREA**

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**Abstract:** A descriptive study was used to compare the psychological wellbeing of senior citizens in selected rural and urban area Bangalore .. The data was collected from 60 senior citizens residing at Uttarahalli and Kagalipura, Bangalore and are selected by non-probability convenience sampling technique. Structured interview schedule was prepared and administered to assess the psychological wellbeing of senior citizens. Majority of senior citizens 17(56.67%) from rural area and urban area 12(40%) had bad psychological wellbeing. The mean, standard deviation of senior citizens (urban area) are 44.46 and 26.13 respectively Findings of the Study reveals that there is a lowered psychological wellbeing among senior citizens from rural and urban area, Bangalore.

**Key Words-** Psychological wellbeing, senior citizen ,Structured interview schedule

## **1. Introduction**

Psychological well-being refers to how people evaluate their lives<sup>1</sup>. these evaluations may be in the form of cognitions or in the form of affect. The cognitive part is an information based appraisal of one's life that is when a person gives conscious evaluative judgments about one's satisfaction with life as a whole<sup>2</sup>. The affective part is a hedonic evaluation guided by emotions and feelings such as frequency

with which people experience pleasant/unpleasant moods in reaction to their lives assumption behind this is that most people evaluate their life as either good or bad, so they are normally able to offer judgments. Further, people invariably experience moods and emotions, which have a positive effect or a negative effect<sup>3</sup>.

Moreover in the present day period of rapid urbanization and changes, breakdown of the joint family system, migration of youth to

the cities and abroad, inadequate living space and generation gap have had a particularly telling effect on the elderly who get marginalized and sadly neglected, falling an easy prey to a host of illnesses, including mental problems<sup>4</sup>

During the B Sc. Nursing programme, the researcher had an experience during the community health nursing visit. She was posted in a village area and it was noticed that the some older people was not happy. There was a lowered psychological wellbeing. This provoked the researcher taking the task of assessing the psychological wellbeing of people from rural and urban area.

## 2. Objectives of the Study

- 1) To assess the level of psychological wellbeing of senior citizens in selected rural area, Bangalore.
- 2) To assess the level of psychological wellbeing of senior citizens in selected urban area, Bangalore.
- 3) To compare the level of psychological wellbeing of senior citizens in selected rural and urban area, Bangalore.
- 4) To find out the association between level of psychological wellbeing of senior

citizens in selected rural area, Bangalore.

- 5) To find out the association between level of psychological wellbeing of senior citizens in selected urban area, Bangalore.

## 3. Hypothesis of the study

H1: There will be significant difference in the level of psychological wellbeing of senior citizens in selected rural area, Bangalore

H2: There will be significant difference in the level of psychological wellbeing of senior citizens in selected urban area, Bangalore.

H3: There will be significant association level of psychological wellbeing of senior citizens in selected rural area and selected demographic variables.

H4: There will be significant association level of psychological wellbeing of senior citizens in selected urban area and selected demographic variables.

## 4. Methodology

*Research Approach:*-The research approach used for the study was descriptive survey approach in nature.

*Research Design:*-This study was designed in the form of non-experimental descriptive design with the objective of compare the psychological wellbeing of senior citizen in rural and urban area, Bangalore

*Setting of the study:*-This study was conducted Uttarahalli and Kagalipura, Bangalore.

*Population:*-The target population for the present study was senior citizens who were residing Uttarahalli and Kagalipura, Bangalore.

*Sample and Sample Size:*-The samples for the present study were 60 senior citizens. 30 senior citizens from rural area and 30 senior citizens from urban area, Bangalore.

*Sampling Technique:*-Convenience sampling technique, a type of non-probability sampling approach was found to be appropriate for the present study.

### **Description of the Tool**

The tool consists of 2 parts.

#### Part - I

It consists of demographic variables such as age in years, gender, educational status, income and type of family

#### Part – II

It consists of Ryff's (1995) Scales of Psychological Well-Being (SPWB) to assess the level of psychological wellbeing, which is six point rating scale consist of 18 items each question is rated as strongly disagree, moderately disagree, slightly disagree, slightly agree, moderately agree and strongly agree

#### Scoring procedure and interpretation

It consists of 18 items, 10 items are positive and 8 items are negative statements and total score is 68.

### **5. Method of data collection**

The tools were given individually to the subjects after obtaining permission from Medical officers and the participants and their doubts were cleared. They had to complete it on the same day and not to discuss it with anyone. The total procedure took 45 minutes after which the investigator collected the tool from the subjects. This section deals with distribution of senior citizens from rural are according to their

psychological wellbeing. The psychological wellbeing is classified in to excellent wellbeing, good wellbeing and bad wellbeing.

**6. Major study findings**

*The table 1 .comparison of level of psychological wellbeing of senior citizens from rural and urban area.*

Category	Excellent wellbeing		Good wellbeing		Bad wellbeing	
	F	%	F	%	F	%
Senior	6	20	7	23.	17	56
Senior	10	33	8	26.	12	40

Majority of senior citizens 17(56.67%) from rural area had bad psychological wellbeing, however 7(23.33%) of senior citizens had good psychological wellbeing, moreover 6(20%) of senior citizens had excellent psychological wellbeing. Majority of senior citizens 12(40%) from urban area had bad psychological wellbeing, moreover 10(33.33%) of senior citizens had excellent psychological wellbeing. however 8(26.67%) of senior citizens had good psychological wellbeing. So there is significant difference between psychological wellbeing among senior citizens from rural and urban area, Bangalore.

Chi square value computed for psychological well being of senior citizens with age in years, gender, educational status, income and type of family. There is a significant association between levels of psychological well being with age in years, educational status and income of senior citizens (rural area).There is a significant association between levels of psychological wellbeing with age in years, gender, educational status and income of senior citizens(Urban area)

## 7. Discussion

The findings have been discussed on the basis of demographic characteristics and psychological wellbeing. In the present study demographic characteristics of senior citizens are discussed by age in years, gender, educational status, income and type of family.

According to age in years majority of senior citizens from rural area 15[50%] were in the age group of 66-70 years, whereas 9[30%] senior citizens belongs to the age group of 60-65 years, however 6[20%] of senior citizens were from the age group of 71-75 years. Majority of senior citizens from urban area 15[50%] were in the age group of 60-65 years, however 10[33.33%] were in the age group of 71-75 years, whereas 5[16.67] belongs to the age group of 66-70 years.

According to gender majority of senior citizens from rural area 20[66.67%] were in males, whereas 10[33.33%] senior citizens were females. Majority of senior citizens from urban area 18[60%] were in males, whereas 12[40%] senior citizens were females. According to educational status majority of senior citizens from rural area 15[50%] had primary educational status, whereas 5[16.67%]

senior citizens had high school level educational status, however 5[16.67%] of senior citizens had higher secondary educational status, whereas 5[16.67%] had graduate and above educational status. Majority of senior citizens from urban area 10[33.33%] had high school educational status, whereas 10[33.33%] senior citizens had higher secondary level educational status, however 5[16.67%] of senior citizens had primary level educational status, whereas 5[16.67%] had graduate and above educational status.

According to age in years majority of senior citizens from rural area 15[50%] had income below 5000, whereas 5[16.67%] senior citizens had income between 5001 and 10000, however 5[16.67%] of senior citizens had income between 10001 and 20000, whereas 5[16.67%] of senior citizens had income above 20001. Majority of senior citizens from urban area 10[33.33%] had income between 5001 and 10000, whereas 10[33.33%] senior citizens had income between 10001 and 20000, however 5[16.67%] of senior citizens had income below 5000, whereas 5[16.67%] of senior citizens had income above 20001.

According to type of family majority of senior citizens from rural area 12[40%] were from nuclear family, whereas 18[60%] senior citizens belongs to joint family. Majority of senior citizens from urban area 25[83.33%] were in nuclear family, however 5[16.67%] were belongs to joint family.

Majority of senior citizens 17(56.67%) from rural area had bad psychological wellbeing, however 7(23.33%) of senior citizens had good psychological wellbeing, moreover 6(20%) of senior citizens had excellent psychological wellbeing. Majority of senior citizens 12(40%) from urban area had bad psychological wellbeing, moreover 10(33.33%) of senior citizens had excellent psychological wellbeing. however 8(26.67%) of senior citizens had good psychological well being.this findings were congruent with the findings of HoangVM and Lim L<sup>5,5</sup>

### **7.Recommendations**

On the basis of the findings the study following recommendations has been made:

- A similar study can be replicated on a large sample to generalize the findings.
- A study can be conducted to

evaluate the effectiveness of physical activity for improving psychological wellbeing of senior citizens.

- A study can be carried out to evaluate the efficiency of various teaching strategies like video assisted teaching programme and self instructional module on psychological wellbeing of senior citizens.

### **8.Conclusion**

The present study revealed that there is a lowered level of psychological wellbeing among the senior citizens. There is a significant difference between the levels of psychological wellbeing among senior citizens. The chi-square value computed for association of psychological wellbeing of senior citizens from rural area with age in years, gender, educational status , income and type of family. there is a significant association between levels of psychological wellbeing with age in years, educational status and income of senior citizens (rural area).There is a significant association between levels of psychological wellbeing with age in years, gender, educational status and income of senior citizens(urban area)

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