

Comparative Study of Well-being between Middle Age & Late Middle Age people

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Abstract

An attempt has been made to study the comparison of well-being between middle age and late middle age people. For this purpose 'General Well-being Scale' by Dr. Tareh Bhatia and Dr. Harendra Singh was administered on 200 middle age (36-45 years) and 200 late middle age (46-55 years) people of District Sonapat and nearby area (Haryana) selected through stratified random sampling technique. The Mean, Standard Deviation (S.D.) and Critical Ratio were calculated of different sub areas of well-being. The results showed that the late middle age people have significantly better well-being as autonomy, mental well-being, life satisfaction, emotional well-being, efficiency and social well-being than middle age people, while the middle age people have significantly better physical well-being than late middle age people at 0.01 level.

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Keywords : Well-being, Middle & Late Middle Age People.

Introduction

Wellness implies a lifestyle with a sense of balance. This sense of balance arises from a balance or harmony within each aspect or dimension of life (Lowdon, Davis, Dickie & Ferguson, 1995). The idea of well-being germinated as early as humanity started. Great epics and holy books of oriental culture display the well-being of a person and community. The Vedas in India are examples of classics which project that physical well-being can be enhanced by exercising Yoga. Sacred books foster faith and quality in creation. In the western Greek civilization the idea can be compared with the proverb “a healthy mind in a strong body.”

Wellness is focused on nearly every part of our lives. For a healthy sense of well-being, stored habits, or sleep disturbances may be harmful for the well-being of people. Fear, stress, sadness, anger etc. spoil health. In developing our emotional well-being social influences play a significant role. Factors such as good relationships and bonds among relatives, confidence growth, personal interest sharing a strong social network and a strong sense of belonging help in improving self-esteem of an individual.

Well-being is an experience of enjoyment and success. This involves maintaining a healthy mental health, a high degree of happiness with life, a sense of value or infection and the ability to handle stress. Well-being is everything that everyone needs and it involves so many good things- feeling happy, safe, socially linked and purposeful. With advances in medicine and improved living standards, more and more people worldwide can expect to live well into old age. However, older persons are characterized by great diversity and extended longevity is not necessarily accompanied by better health. Although many enjoy healthy ageing and live in good physical and mental condition even into and beyond their 80s. ‘Older the person more the wisdom has’ - it’s the concept from the traditional India. Consequently, elderly persons were revered and honoured in the society. The elderly were

the main decision makers in the household, their consent was mandatory in major household decisions.

Family is the best institution for well-being of an individual. The families support is a key determinant of health, economic inequality, educational and occupational achievement. Modernization has affected the preferred and suitable living arrangement of the elderly. It has increased the physical distance between the generations and weakened the bonding.

Several studies show that young people have a negative perception of older people. Ageing process is affected by this transition and supplementary affective ageing, which refers to the reduced adaptive capacities of the person to an altered environment. In today's world there is evident decline in one's physical as well as mental health. More elaborative researches are need of the present time to encourage and promote elders well-being and happiness.

Positive psychology is concerned with the scientific and practical explorations of human strengths. It works to enhance happiness and well-being by studying the role of personal strengths and positive social systems in the promotion of optimal well-being. The central objective of positive psychology is understanding and facilitating happiness and subjective well-being (Seligman, 2002). Diener (2000) reported factors that contribute to happiness.

The Objective of the Study

To study the well-being between middle age and late middle age people.

The Hypothesis of the Study

There is no significant difference of well-being between middle age and late middle age people.

Research

Methodology Sample

200 Middle age (36 -45) and 200 late middle age (46- 55 years) people of District Sonipat and nearby area (Haryana) selected through stratified random sampling technique.

Tool Used

“General Well-being Scale by Dr. Taresh Bhatia and Dr.

Harendra Singh was used.

Results and Discussion

The Table shows the Mean, Standard Deviation (S.D.) and Critical Ratio of different areas of well-being.

Table : Showing Mean, S.D. and Critical Ratio of well-being between middle age and late middle age people.

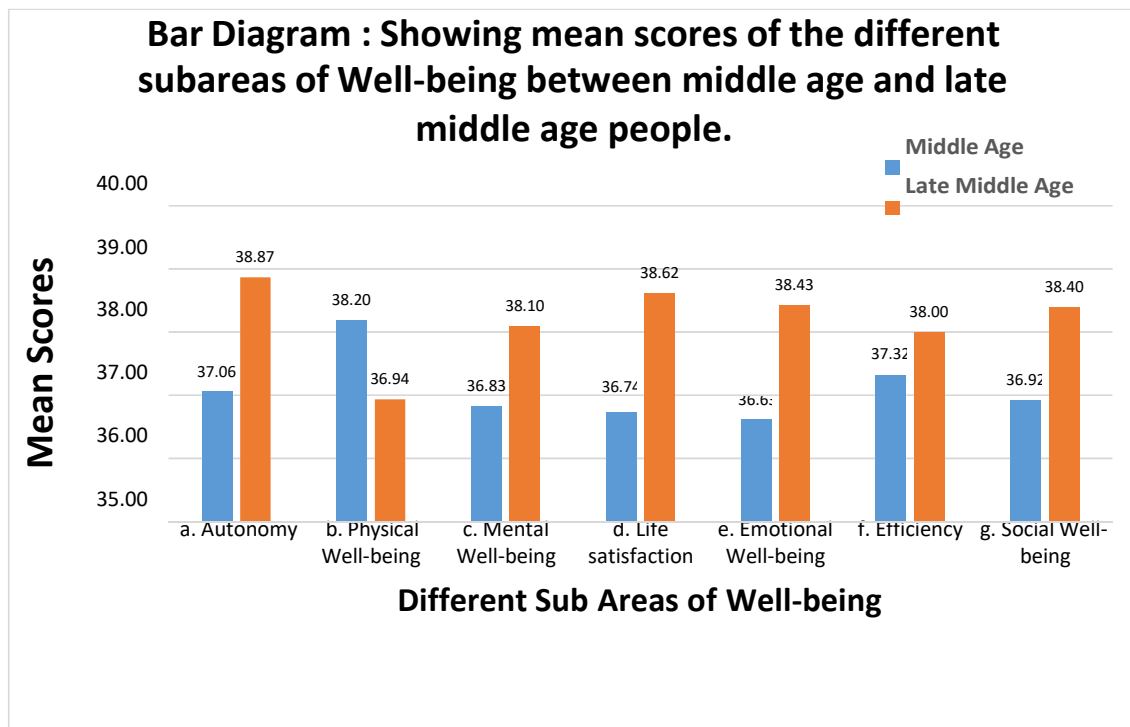
Different Areas of General Well-being	Age				Critical Ratio
	Middle Age N=200		Late Middle Age N=200		
	Mean	S.D.	Mean	S.D.	
(a) Autonomy	37.06	2.54	38.87	2.12	7.87<0.01
(b) Physical Wellbeing	38.20	2.24	36.94	2.25	5.73<0.01
(c) Mental Wellbeing	36.83	2.44	38.10	2.31	5.29<0.01
(d) Life Satisfaction	36.74	2.41	38.62	2.12	8.17<0.01
(e) Emotional Wellbeing	36.63	2.60	38.43	2.03	7.83<0.01
(f) Efficiency	37.32	2.34	38.00	2.13	3.09<0.01
(g) Social Wellbeing	36.92	2.30	38.40	2.06	3.02<0.01
Total	259.72	7.02	267.37	6.37	11.42<0.01

Significant level at 0.01 → 2.59, 0.05→1.97

The table shows that late middle age people have better well-being (mean 267. 37), while the middle age people have relatively worse well-

being (259.72 mean). The late middle age people have better well-being as autonomy (mean 38.87), mental well-being (mean 38.10), life-satisfaction (mean 38.62), emotional well-being (mean 38.43), efficiency (mean 38.00) and social well-being (mean 38.40) than middle age people. The middle age people have better physical well-being (mean 38.20) than

late middle age people (mean 36.94). The *Bar Diagram* is also showing the above results.



To see the difference of well-being between middle age and late middle age people, the Critical Ratio was calculated. The Critical Ratio value required to be significant at 0.01 level. 2.59 and at 0.05 level 1.97 with the degree of freedom 398. It may be revealed from Table that there is significant difference of well-being between middle age and late middle age people at 0.01 level. The Critical Ratio value found 11.42, which is significant at 0.01 level. The late middle age people have significantly better well-being than middle age people at 0.01 level.

There are also significant differences among different areas of well-being between middle age and late middle age people as autonomy (Critical Ratio 7.87), mental well-being (Critical Ratio 5.29), life

satisfaction (Critical Ratio 8.17), emotional well-being (Critical Ratio 7.83), efficiency (Critical Ratio 3.09) and social well-being (Critical Ratio 3.02) at 0.01 level. The late middle age people have significantly better autonomy, mental well-being, life satisfaction, emotional well-being, efficiency and social well-being than middle age people at 0.01 level. But the middle age people have significantly better physical well-being (Critical Ratio 5.73) than late middle age people at 0.01 level.

Thus the null hypothesis stating that “There is no significant difference of well-being between middle age and late middle age people.” is rejected. The late middle age people have significantly better well-being as autonomy, mental well-being, life satisfaction, emotional well-being, efficiency and social well-being than middle age people, while the middle age people have significantly better physical well-being than late middle age people at 0.01 level.

Barker et al., (2020) found that factors such as maintaining physical health, financial stability and social engagement were significant predictors of well-being. *Wang & Shultz, (2020)* explored the impact of work and retirement transitions on well-being among middle aged and older adults. The study revealed that individuals who transitioned into retirement with adequate financial planning and social support experienced higher levels of well-being compared to those who retired abruptly or involuntarily.

Infurna and Luthar, (2019) suggested that cultivating resilience through interventions such as cognitive behavioral therapy and mind fullness training could effectively enhance well-being.

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