



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2016; 2(5): 730-732  
www.allresearchjournal.com  
Received: 25-03-2016  
Accepted: 26-04-2016

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## Subjective wellbeing among older persons at Tiruchirappalli

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### Abstract

This study was an attempt to analyse the subjective well-being of the aged people at St Antony's Home for the Aged, Kattur, Tiruchirappalli. A sample of fifty two respondents was selected by using simple random sampling method for this study. Subjective well-being inventory by Rup Nagpal and Helmut Sell (1985) was adopted to collect the data. The present study is descriptive in nature. Majority (64%) of the respondent's subjective well-being was found to be low and 37% of the respondent's subjective well-being was found to be high. Educational system should concentrate on moral values of relationships and family bonding. Old age homes for the destitute aged should be encouraged and Government should take measures to provide decent accommodation with medical facilities. Adoption of the aged people should be encouraged among elite groups, celebrities and capable youth, to promote care and responsibility.

**Keywords:** Subjective wellbeing, older persons

### Introduction

The subjective wellbeing among the aged people varies based on their age, educational background, health, happiness, elation, Contentment and affection. Matsudaira Y *et al.* (2010) studied 124 elderly individuals (age, > or =65 years) living in one of 8 special nursing homes in 2 prefectures in the Hokuriku region, As a result of multiple regression analysis, factors related to the subjective well-being of elderly residents of special nursing homes were found to be: "sense of freedom of choice in lifestyle", "feeling of seeing the staff smile", "no worrisome disease", "lack of physical pain", and "absence of renal disease and urinary organ disease". Calys-Tagoe BNL, *et al* (2014) [2] investigated 4724 individuals aged 50 years and above responded to the questionnaires. Male was associated with higher level of SWB, 50 years and above, being younger (50-59 years) was also associated with a high level of SWB (8). Earning a low income and having low educational level were both associated with low levels of SWB

Gerben J. Westerhof (2004) [5] conducted a study with respondents between 40 and 74 years of age who participated in the National Survey of Midlife Development in the United States (N = 2,006) or the German Aging Survey (N = 3,331).

Inglehart R (2014) [3] conducted a study with 146,000 respondents from 65 societies, among the youngest group, 24 percent of the men and 28 percent of the women describe themselves as very happy; but among the oldest group, only 20 percent of the women describe themselves as very happy, while 25 percent of the men do so. The relationship between gender and well-being reverses itself, moving from a female advantage of 4 points to a deficit of 5 points. Gerstorf. D *et al.*, (2010) [4] explored that mortality-related mechanisms drive late-life changes in well-being and highlight the need for further refinement of psychological concepts about how and when late-life declines in psychosocial functioning prototypically begin.

### Methods and Materials

The present study was to analyze the subjective well being of older persons. The 110 old age people at St Antony's Home for the Aged, Kattur, Tiruchirappalli constitute the universe for the present study. A sample of fifty two respondents was selected by using simple random

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sampling method for this study. Subjective well-being inventory by Rup Nagpal and Helmut Sell (1985) was adopted to collect the data. The present study is descriptive in nature.

**Results**

The findings revealed that 46% of the respondents were in the age group of 65 to 70 years, majority (60%) were female, 62% of the respondents were married, 65% hail from urban area, 58% had primary level of education, 38% of the respondents were living together as couples in the old age home, 46% of the respondents were private employees, 46%

of respondents previous monthly income were Rs 1000-5000, 31% of the respondents had two children and same (31%) had more than three children, 50% reported that neither their children nor relatives visit them, 44% of the respondents reported that family problem were the reason for their stay in old age homes, 35% of the respondents were admitted in the home by their children, 35% were staying in old age home for more than 2 years, 52% said educating about elderly should be encouraged among younger generation.

**Overall Level of Subjective Well-being**

S. No.	Overall level of Subjective Well-being	No. of Respondents (n = 52)	Percentage
1.	Low	33	63.5
2.	High	19	36.5
Total		52	100

It was observed that majority (64%) of the respondent's subjective well-being was found to be low and 37% of the respondent's subjective well-being was found to be high.

**'Z' Test between the Marital Status of the respondents and overall level of Subjective Well-being**

S. No	Gender	Sample size (n=52)	$\bar{X}$	S.D.	Statistical Inference
1.	Male	21	78.6667	8.13224	Z =0.124 P>0.05 Not Significant
2.	Female	31	78.4194	6.18479	

There is no significant difference between the marital status of the respondents and overall level of Subjective Well-being.

**One way Analysis of Variance between Marital Status of the respondents and Overall level of Subjective well-being**

S. No	Source	Df	SS	MS	$\bar{X}$	Statistical Inference
1.	Between Groups	3	9157.833	286.182	G1=119.6743	F= 0.253 P>0.05 Not Significant
2.	Within Groups	48	911.500	43.405	G2=122.6186	
					G3=123.4791	

G1= Married, G2= Widow, G3= Separated

There is no significant variance between the marital status of the respondents and overall level of Subjective well-being.

**One way Analysis of Variance between years of stay in old aged home and overall level of Subjective well-being**

S. No	Source	Df	SS	MS	$\bar{X}$	Statistical Inference
1.	Between Groups	2	224.932	112.466	G1=80.5625	F= 3.454 P<0.05 Significant
2.	Within Groups	49	2246.049	45.838	G2=75.7222	
					G3=79.5000	

G1= below 1 year G2= 1-2 years, G3= above 2 years

There is a significant variance between the years of stay in old age home and overall level of Subjective well-being.

- Old age homes for the destitute aged should be encouraged and Government should take measures to provide decent accommodation with medical facilities.

**Discussions**

- Adoption of the aged people should be encouraged among elite groups, celebrities and capable youth, to promote care and responsibility.
- Family with elderly people at home is a greatest bliss in which children can learn moral values and respect which will make them a better citizen
- Joint family system should be encouraged to make the younger generation understand the importance of elders in the family, love and care which might enhance the quality of life of both the elderly and younger generations.
- Educational system should concentrate on moral values about relationship, family bonding and the importance of growing with grandparents.

**Conclusion**

Security, good human relations, love and care, an acceptable physical state of health, respect, a degree of freedom in everyday life should be the major source of happiness for the aged. Families, educational institutions, media, Government and Voluntary organizations can concentrate on these factors to provide qualitative life to the aged. Future research can be done to analyse the attitude of younger generation towards the elderly. This can pave way to build trust and strengthen the gap between the younger generations and the elderly.

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