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Adjustment pattern among elderly people of Kashmir: A Gerontological study

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Abstract

Present study was carried with the intention to explore the life style adaptation of professional and non-professional students. The presents study was carried in context of descriptive research. Life Style Scale developed by Summan Preet Kaur (2010) was used for data collection The collected data was subjected to statistical treatment by using Mean, Standard Deviation and 't' test. The study revealed that there is no significant difference between rural and urban secondary school students on their level of life style adaptation. Thus, impact of locality was reported as insignificant on the level of life style adaptation of the respondents.

Keywords: Adjustment, elderly people, gerontological study

Introduction

Aging is an inevitable phenomenon in all biological species. It is a relentless process in life, leading to its extinction. Care of the elderly, as a complete science, is yet to emerge in our country. Worldwide, the rising number of the 60 plus age group is increasing (Basu, S. (2012) [3]. The complexity of life, pressure on family and social relations, the needful adjusting to changes, etc. tax the elderly to a great extent and all the other obvious limitations in finance, mobility and health often add to functional disability, both physical and psychological of the elderly persons. The elderly constitute one of the most rapidly expanding segments of the population. A marked increase in life expectancy witnessed by developing countries like India had led to the projection that in the future, three quarters of the elderly in the world will be in these countries. It is conceivable that the prevalence of adjustment problems of older people in these countries will increase with aging of population Impact of socio-cultural factors on ageing has assumed remarkable significance in recent veers. At present the psychological problems of old age seem to be a consequence of the democratizing effects of personal poverty, social alienation and cultural deprivation. Old people in an affluent society suffer more from isolation because they cannot look to their grown up children even for psychological support. On the other hand, old persons in underdeveloped societies depend more on family members and enjoy greater warmth of family life. Traditionally the aged are given respect in Indian society. But the various facts of advancement have been weakening the psychological bonds between the young and the old. In the changing circumstances life style of the individual has changed everywhere and so in India. Elderlies are the treasures of the family and the society. In the Indian society the cultural values and the traditional practices emphasize that the elderly members of the family be treated with honour and respect. They enjoy their life living with their children and grandchildren by telling those stories and by playing with them. The family system that had an extended structure and the relationship between the old and the young was more stable. But the fast changing situation, culture, disruption of families, developments in different areas upto a certain extent are the part of global development and therefore they raised the standard of life of the people. Indeed large number of the research studies has been conducted I the same domain notable studies are Asha C.B. (1990) [1], Baker, R. W., & Siryk, B. (1984) [2], Basu, S. (2012) [3], Bhatia, H.S. (1983) [4], Borg, C, Hallberg, B. (2006) [5] and Calasanti, T. M. (2009) [6]. In context to same, the investigator considers it vital to explore the study which reads as:

Statement of The Research Problem: The statement of research problem is as under:

Adjustment Pattern Among Elderly People Of Kashmir- A Gerontological Study

Objectives of The Study: The objectives of the study are as under:

- 1) To explore the adjustment problem of male and female aged people of Kashmir.

Hypothesis: The researcher holds richness background of the knowledge in the same domain. Apart from this deep survey was conducted by the investigator in the relevant field. Accordingly, on the basis of the same, the present study consists of below mentioned hypothesis:

- 1) There exists no significant difference between male and female aged people of Kashmir on their adjustment pattern.

Operational Definitions of Terms and Variables: The operational definitions of terms and variables are reported as under:

- A) **Adjustment pattern:** Adjustment in the present investigation has been defined as dominant set of scores obtained on the adjustment questionnaire developed by Shamshad Hussain And Jasbir Kour.
- B) **Male aged people:** Male aged people in the presents study refers those senior citizens who are within the age group of 60-65. However, only these senior citizens were selected who hold above 12th class level of education.
- C) **Female aged people:** Female aged people in the presents study refers those senior citizens who are within the age group of 60-65. However, only these female respondents were selected who hold above 12th class level of education.

Delimitation of The Problem: The constraint of time budget and other implications were exiting in the entire process. The present study will be delimited to following domains:

1. The study has been delimited to 400 respondents.
2. The study has been delimited to above 60 years respondents.

Methodology: Keeping the nature of the study under consideration, the researcher found it suitable to use descriptive method. Descriptive survey method of research is suitably employed for the study.

- **Tools used:** The investigator used Adjustment Inventory scale developed by Shamshad Huaain & Jasbir Kour.
- **Sample:** The data for the present study was collected form two district of the union Territory of Jammu and Kashmir. Having richness background of the knowledge the investigator selected the two districts of Kashmir valley *Viz.* Kulgam and Anantnag. The required sample was selected with the help of purposive sampling technique.
- **Procedure:** The information gathered was put to suitable statistical treatment by computing Percentage, Mean, S. D. Besides, 't' test was used to find out significant mean differences on life satisfaction and adjustment problems of the subjects under investigation.

Analysis and Interpretation of the Data: The data has been analysed and interpreted as under:

Table 1: Showing the frequency and percent wise distribution of male aged and female aged citizens on various levels of adjustment inventory. (n=200 each)

Category	Male Aged		Female Aged	
	Frequency	Percentage	Frequency	Percentage
High adjustment	50	25	55	27.5
Moderate adjustment	110	55	100	50.00
Low adjustment	40	20	45	22.5
Total	200	100	200	100

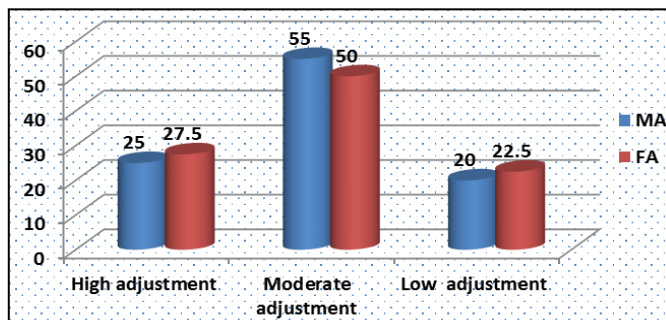


Fig 1: Showing the graphical representation of male aged and female aged citizens on various levels of adjustment inventory. (N=200 each)

Interpretation: The results reported in table 1.1 (Please consult table 1, Fig. 1) gives frequency and percent wise distribution of male aged and female aged citizens on various levels of adjustment inventory. The results reveal that 25% (F=50) male aged citizens were seen with high level of adjustment pattern. In addition to this, 55% (F=110) male aged citizens were seen with moderate level of adjustment pattern. Further, 20% (F=40) male aged citizens were seen with low level of adjustment pattern. Coming towards their counterparts, it was seen that 27.5% (F=55) female aged citizens were seen with high level of adjustment pattern. In addition to this, 50% (F=100) female aged citizens were seen with moderate level of adjustment pattern. Further, 22.5% (F=45) female aged citizens were seen with low level of adjustment pattern.

Table 2: Showing the mean significant difference between mean scores of male aged and female aged citizens on composite of adjustment inventory. (N=200 each)

Variable	Male Aged		Female Aged		't' value
	Mean	SD	Mean	SD	
Adjustment Pattern	83.49	11.02	82.91	10.89	0.53@

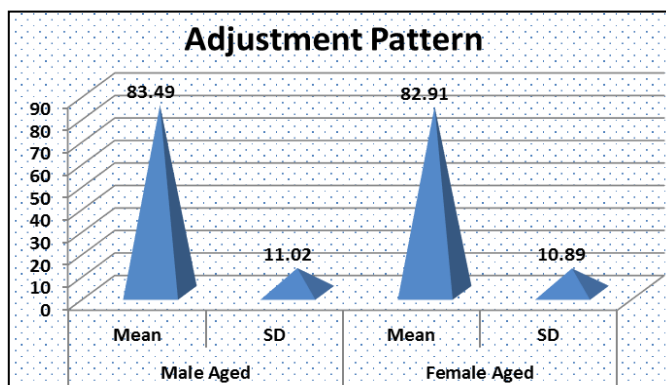


Fig 2: Showing the graphical representation of male aged and female aged citizens on composite score of adjustment inventory.

Interpretation: The results presented in table 1.2 (Please see table 2, Fig. 2) gives information about the on adjustment

inventory. The results reveal that the mean score of male aged citizens was reported 83.49, while as the mean score of female aged citizens was reported 82.91. When the both group of respondents were comparatively analyzed with the help of independent 't' test, the calculated 't' value was reported 0.53, which is lower than table value at 0.01 level of confidence. Accordingly, from the reported results, it can be inferred that there exists no significant difference between male and female respondents on adjustment. Hence, from the above reported results; the investigator can infer that there exists no significant impact of gender on adjustment.

Hypothesis: There exists no significant difference between male and female aged people of Kashmir on their adjustment pattern”

Accepted: The hypothesis stands “ACCEPTED”. Besides, the results are carried in support of the host of the researcher, like: Asha, C.B. (1990) ^[1], Baker, R. W., & Siryk, B. (1984) ^[2], Basu, S. (2012) ^[3], Bhatia, H.S. (1983) ^[4], Borg, C, Hallberg, B. (2006) ^[5] and Calasanti, T. M. (2009) ^[6].

Conclusions of The Study: The aim of the study was to explore the level of adjustment pattern of male and female aged person in relation to their gender. In context to same, it was found that there exists no significant difference between male and female aged citizens on all the dimensions of adjustment viz. home aspect, social aspect, marital aspect, emotional aspect and financial aspect. Thus, from the above reported results investigator can infer that impact of gender was seen insignificant on composite score adjustment of the respondents.

▪ **Competing interest:** The research declared that no potential if interest with respect to authorship, research and publication of this article.

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