

In Service and Retired People's Mental Health, Adjustment & conflicts.

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As per United Nation's General Assembly's Report In upcoming 30 years India's Population above 60 years aged peoples will doubled in 2035 to 2050.

The topic of the present research covers psychological, physiological and emotional aspects of aged people. The study is undertaken with the objective to elicit information on the recreational activities of the aged and their adjustment towards health social, emotional, spending quality time and to purpose their interest.

The present study aims at comparing the in service and retired aged person and 100 retired male were administered the short scales of concerned personality factor. Mental Health Check list by Pramod Kumar and old age Shamshad Hussain were used. The results revealed that aged subjects obtained significantly higher scores on all factors of mental health.

The common physical and psychological problem reported by aged people are anxiety depression, negligence, Isolation, Insomnia, hypertension conflict, stress, pressure, Frustration and Mental Health disease. (Deeb, 2003, Bharti 2002).

The impact of health, social and emotional adjustment of the aged should be assessed with reference to the length of time an individual has retired. The main aim of the present study is to investigate the mental and physical health problem differences between retired and in service aged people.

Key Words : Mental Health, Anxiety, Conflict, Stress

Aging population is increasing rapidly around the world. Aging is a natural process and everyone should welcome it. Today, the growing population of aged is posing a great challenge before the international community in relation to their physical and psychological needs. Aging brings on increased vulnerability to various infections diseases and psychological problems. It is generally found that people in old age suffer from a lot of problem reality to mobility and to carry out major daily activities. They have to depend on others due to several chronic condition like pain. They are overlooked from receiving health care. They has been a decline of joint families and elders have to live alone in their old Age without their children which brings many Psychological problems. Age 60 and above in the traditional entrance point for late adulthood the last phase of life span. It is characterized by certain physical and psychological changes. Loneliness is one of the major psychological problem faced by the aged in experiencing aging changes.

Jammuna and Lalitha (2004) reviewed and found that most of the elderly were suffering from loneliness. These consideration are evident of the fact that health and financial problems along with loneliness are common among the elderly and have to be given due consideration. Age population is increasing around the world especially in developing country like India. Retirement is not single event but ongoing process.

Age 60 and above in the tradition entrance point for late adulthood, the last phase of the span. Aging is influenced by both genetic and environment factors including life style, food preference, physical activity and diseases Vinita (2014) described various factors affecting aging process and functional relationship between them. On recent decades researchers have been found that our thoughts, feelings experiences and relationship play an important role in our physical health and well-being. Stressful life style can lead to a variety of health problems and that too much stress can make an already existing physical condition worse.

Some of the psychological studies have been conducted in India to explore the factors responsible for the development of tension and specially mental-physical health and adjustment in society.

Most Americans view retirement as "no work and all play" a lack of activity, a rocking chair on a porch with the world passing by Retirement is defined as permanent labour force, non-participation in a man's nature years affects, psychological welfare. The relationship between retirement and mental & physical health is widely researched. Studies have attempted to know the status of mental and physical well being of the employees (Bhargava 2007). A large number of studies have been conducted to determine the relation between retirement, Mental health and physical health, Exist in Indian context and specifically related to the voluntary retirement (Chandha, 2009).

Hypotheses :-

The main aim of the present research will be study the mental health and physical health and adjustment problem between after retired and in service aged people. The present study is an attempt to test the following hypotheses.

- 1) There will be significant between after retires and in service aged people in mental health.
- 2) There will be significant difference after and in service old age people in adjustment area.

METHOD

Keeping in view hypotheses correct research strategy will be followed as per details.

Sample :-

The consisted of 100 in service old people and 100 retired person selected randomly from Aurangabad district the age range 55-75 years in all socio-economical status family.

Tools :-

- 1) Mental health check list by Pramod Kumar (1991).
- 2) Old Age Adjustment inventory by Hussain & Kaur (1995).

RESULTS AND INTERPRETATION

Comparison of in service and Retried Peoples aged on mental health and Adjustment Problem & Conflict.

TABLE-1

Personality Factors	In service Aged (N=100) (50-75)		Retired Peoples (N=100) (65-75)		t-ratio
	Mean	SD	Mean	SD	
Anxiety	7.05	3.60	9.36	3.00	3.58
Insecurity	8.26	3.28	10.55	3.05	3.80
Loneliness	8.69	3.87	10.25	3.87	2.89
Emotional Adjustment	6.68	3.53	8.52	3.76	3.54

The data presented in Table 1 makes that the difference between in service old age and retired old age in sharper in case of negative factor than in case of positive factors. Hence it can be concluded that old age persons tend to the Psychologically unwell in comparison to in service old aged.

Mimrot (2011) conducted a comparative study on death anxiety of old persons living in the family and in the institutions. Results indicates that old age people living in institution experience less death anxiety than old people living in the family and no gender difference were found among elderly regarding death anxiety.

Mental health of the elderly is not simple and multiple aspects of the social situation can influence functional ability. Mental health problem of the elderly usually can be series. Many of these problems could be death with efficiently, but in the absence of programmers and services and the stigma and shame attached to mental illness and old age, access to necessary assistance in frequently denied. So I suggested that it is essential to engage in productive and absorbing activities in the older years for the sake of good mental and physical health.

Mindfulness and creativity is using more times in a day to day life is beneficial for old age peoples whatever they are in service or retired.

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