

## The Mental Efficiency of Male and Female Elderly in Aurangabad City.

\*Dr. Bharat H. Mimrot  
NKSPT's Arts, Sci and Comm. College,  
Badnapur, Jalna-Maharashtra

### Abstract

*Old age is the closing period in the life span. It is a stage when people move away from previous more desirable period to less desirable period. The unfavorable social attitudes towards the elderly are reflected in the way the social group treats them. It is not surprising that many elderly people, develop unfavorable self concepts. It is important to recognize that the mental decline associated with old age may not be as great as popularly supposed. There are marked individual variations in mental decline of old persons. The present research work was focused on the comparison of male and female elderly with regard to these mental efficiency. The main objective of present research is to comparison of mental efficiency in elderly. As per object researcher was formulated four hypotheses, The memory functions would be better developing in the male elderly than female elderly, The mental status would be better developing in female elderly than male elderly, The level of perceptual-motor would be high in female elderly than male elderly, Depression level would be high in male elderly than female elderly. There are hundred and twenty male and female elderly was selected from various mental health care centers in Aurangabad city. The PGI battery by Dr. Adhrash Kohli and etal was used for data collection for assessment of mental efficiency in the elderly. Data were analyzed by one-way ANOVA and descriptive statistics applied. There are three levels of mental efficiency shows that differences between male and female elderly and depression level shows no differences in male and female elderly. These results are limited to elderly in Aurangabad elderly.*

**Keywords:** Mental efficiency, elderly, depression, memory functions.

The unfavorable social attitudes towards the elderly are reflected in the way the social group treats them. It is not surprising that many elderly people develop unfavorable self concepts. These tend to be expressed in mal adjective behavior.

The present research work will be focused on the comparison of old persons living in the family and in the institution with regard to mental efficiency. Aging is clearly established to be associated with a decline in functional abilities (Johnson and Keltner, 1983), contrast sensitivity (Rubin et al., 1997) and motion perception (Hills, 1975). Older people tend to be less able to perceive visual details, to detect motion or position in depth or to cope with adverse light conditions. They also show deficits in processing visual and spatial

information to establish complex relationships among objects in their environment (Salthouse, 1996). Extensive data have also demonstrated a robust decline in executive and attention functions among elderly people (Crawford et al., 2000). According to Baltes and Schaie (1986) in the past few decades, the psychology of intellectual aging has been a part of the study of decline in other areas of adjustment there would automatically be decline in mental abilities as well. Salthouse (1994) indicates that poor health status and increasing age have been found to associate with decrease in perceptual speed. Salthouse (1991) explains that there is growing evidence that speed of mental processing is important to the relation between age and memory performance. Gutman