



Aging Adults and Psychosocial Risk Factors

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Abstract

Aging is a process which is very complex, involving chronological, physiological and functional changes. It is viewed as a time, when there is a physical decay, disturbances related to psychology and loneliness that brings negative attitude towards aging. The successful aging is surely influenced by the psychological makeup of an individual. This research study aims to study the psychosocial risk factors in aging adults in institutionalized and non institutional settings. Psychosocial factors included in the study were Loss of self esteem, Loss of cognitive capability, Loss of meaningful role, Physical Deterioration, Declining Social Contact, Low Financial Resources, Insecurity, Dependency, Caring for Chronically Ill, Poor Perceived Health, Loneliness, Lack of Social Support and Life Events. To study the prevalence of Psychosocial Risk Factors in aging adults (61 - 80 years of age) and find out the significance of difference in accordance to residence (institutionalized and non institutionalized), gender and age (61- 70 years and 71- 80 years). There were 280 participants i.e. between the age 60 to 80 years, of both the gender) were selected from different cities of Rajasthan. Psychosocial Risk Factors Scale was constructed to use in the study. The elderly who had chronic health problems were not included in the study. A z-test for means of wellbeing was conducted comparing the means for the psychosocial risk factors scores of institutionalized and non institutionalized aging adults ($M = 61.3$, $SD = 34.4$) to the non-institutionalized aging adults ($M = 73.9$, $SD = 36.7$). The two samples had statistically significant difference ($z = -2.9638$, $p < 0.003$, two-tailed). A significant difference was observed in all the psychosocial factors in both the groups except, caring for chronically ill, hence all the hypothesis were rejected.

Keywords: Well-Being, Psychosocial, Risk Factors, Institutionalization, Old Age and Gender.

Introduction

Aging is a process which is very complex, involving chronological, physiological and functional changes. It is viewed as a time, when there is a physical decay, disturbances related to psychology and loneliness, which brings negative attitude towards aging. All these factors are more associated with aged who is above 65 years of age. By 2020 one thousand million people will be above 60 years in the world, out of which, 700 million people would be living in the developing countries. The impact of the increase in the number of the aging adult population would be felt in family responsibilities, deciding on social policy and health requirements² because the basic unit that is family, along with the marriage is facing the changes in the structure because of increased modernization of society³. The psychological health of aged is the end result of satisfaction in life, welfare activities and their quality of life. It is observed in the terms of independence, control, adjustment and mental health⁴. This successful aging is surely influenced by the psychological makeup of an individual⁵. The study intends to study the psychosocial risk factors in aging adults institutionalized and non institutional settings. Psychosocial factors included in the study were Loss of self esteem, Loss of cognitive capability, Loss of meaningful role, Physical Deterioration, Declining Social Contact, Low Financial Resources, Insecurity, Dependency, Caring for Chronically Ill,

Poor Perceived Health, Loneliness, Lack of Social Support and Life Events. In the context of the limitations of the study the findings should be studied only in context of institutionalization, gender and age.

Objectives: i. The major objectives of the study were. ii. To study the prevalence of Psychosocial Risk Factors in aging adults (60 - 80 years of age). iii. To study the significance of difference in accordance to residence (institutionalized and non institutionalized) gender and age (61- 70 years and 71- 80 years) of aging adults.

Hypothesis: i. The hypothesis were as mentioned below. ii. There is no significant difference in Psychosocial Risk Factors in aging adults in context of residence (institutionalized and non institutionalized). iii. There is no significant difference in Psychosocial Risk Factors in aging adults in the context of gender. iv. There is no significant difference in Psychosocial Risk Factors in aging adults in context of age (61- 70 years and 71- 80 years).

Methodology

There were 280 participants i.e. between the age 60 to 80 years, of both the gender) were selected from different cities of Rajasthan, out of which 140 resided in the family settings,

whereas 140 resided in the institutional settings. 70 out of the one who lived in families were males and rest were females. Similar was with the one who lived in the institutions. This was further divided in the age category that is 61- 70 years and 71 to 80 years.

Psychosocial Risk Factors Scale: The investigator developed the psychosocial risk factor scale by identifying the aspects associated with psychology and sociology that affects mental health. After reviewing the present literature, the focal aspects related to the psychosocial risk factors in aging adults, which were included in the tool were Loss of self esteem, Loss of cognitive capability, Loss of meaningful role, Physical deterioration, Declining social contacts, Low financial resources, Insecurity, Dependency, Caring for chronically ill, Poor perceived health, Loneliness, Lack of social support and Life events.

Initially it consisted of 98 items under the heads. The language, expression and content have been altered and the finalized tool has 65 items after making alterations as suggested by five experts. The tool was also translated in Hindi. The higher the scores more are the negative psychosocial risk factors in an individual's life.

Statistical Analysis: The gathered data was tabulated and analysis was done using SPSS version 21.0. To statistically analyze the data, Mean, SD, Z test, ANOVA and Tukey's Post hoc test was used.

Results and Discussion

Table-1
Psychosocial Risk Factors Scores of Institutionalized and Non institutionalized Aging Adults

z-value	-2.9638
Two-tailed p-value	0.003
Upper	-4.2677
Lower	-20.9323

Table-1 depicts the z-test for means of wellbeing was conducted comparing the mean for the psychosocial risk factors scores of institutionalized and non institutionalized aging adults (M =61.3, SD = 34.4) to the non- institutionalized aging adults (M =73.9, SD = 36.7).

Table-1 depicts the z-test for means of wellbeing was conducted comparing the mean for the psychosocial risk factors scores of institutionalized and non institutionalized aging adults (M =61.3, SD = 34.4) to the non- institutionalized aging adults (M =73.9, SD = 36.7). The two samples had statistically significant difference (z = -2.9638, p < 0.003, two-tailed). Table 1 shows that the two groups, that is, aging adults residing in the institutions and those not residing in the institutions have a significant difference in the psychosocial risk factors scores. The aging adults residing in the institutions

had a higher range of negative psychosocial factors as compared to their counterparts. Hence hypothesis no. 1 was rejected.

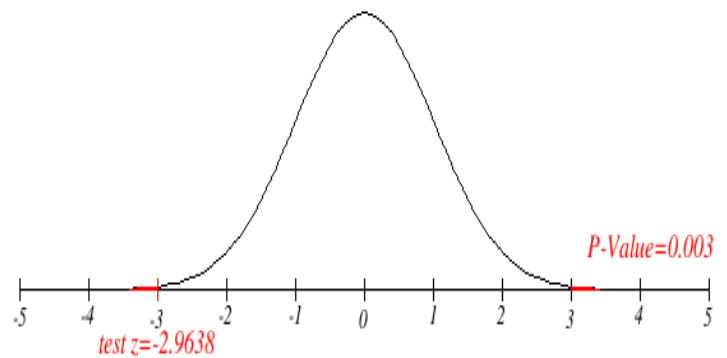


Figure-1
Normal Distribution (Psycho- social Factors Scores)

As shown in table-2, one- way ANOVA to study the Psychosocial Factors (Loss of Self Esteem, Loss of Cognitive Capability, Loss of Meaningful Role, Physical Deterioration, Declining Social Contacts, Low Financial Resources, Insecurity, Caring for Chronically Ill, Loneliness, Lack of Social Support and Life Events) in aging adults in institutionalized and non institutionalized settings, between groups and within groups considering the age category i.e. 61- 70 years and 71- 80 years and gender was conducted. The result in context of the significance of difference in scores at p <.05 was observed and the significant differences are being presented below. A study by Lakshmi Devi et.al.⁶ also concluded that there is a significant difference between the institutional and non-institutional elderly men and women in the various areas i.e. Physical, psychological, level of independence, social relationship and environment domains of QoL.

Analysis of self esteem: It was concluded that ANOVA on the Self Esteem scores had significant difference, F (564.7, 3701) = 5.992, p=. 000. The results of post hoc Tukey test showed that the gender wise Self Esteem scores of institutionalized men and women in the category in accordance to age 61- 70 years differed (p=. 042) and in the category in accordance to age 71- 80 years also differed (p=. 000).

The significance of difference when studied in Self Esteem scores in accordance to the residence concluded that institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference (p=. 003).

The difference when studied in accordance to the age concluded that institutionalized women in the category in accordance to age 61 to 70 years when compared the age category 71 to 80

years showed a significant difference ($p=.021$) and that non institutionalized women in the category in accordance to age 61 to 70 and when compared the age category 71 to 80 years showed a significant difference ($p=.035$). In a study Kim JS

et.al.⁷ significant difference was found in the self esteem of non institutionalized and institutionalized aging adults according to level of education.

Table-2
Domains of Psychosocial Risk Factors in aging population in context of gender, residence and age

Factor		Sum of Squares	Df	Mean Square	F	Sig.
Loss of self esteem	Between Groups	564.648	7	80.664	5.992	0
	Within Groups	3701.875	275	13.461		
	Total	4266.523	282			
Loss of cognitive capability	Between Groups	687.817	7	98.26	4.567	0
	Within Groups	5916.452	275	21.514		
	Total	6604.269	282			
Loss of meaningful role	Between Groups	1565.491	7	223.642	16.445	0
	Within Groups	3739.916	275	13.6		
	Total	5305.406	282			
Physical deterioration	Between Groups	1280.926	7	182.989	7.453	0
	Within Groups	6752.339	275	24.554		
	Total	8033.265	282			
Declining social contacts	Between Groups	1908.81	7	272.687	11.97	0
	Within Groups	6241.814	274	22.78		
	Total	8150.624	281			
Low financial resources	Between Groups	2827.926	7	403.989	15.386	0
	Within Groups	7194.447	274	26.257		
	Total	10022.37	281			
Insecurity	Between Groups	731.843	7	104.549	8.954	0
	Within Groups	3199.21	274	11.676		
	Total	3931.053	281			
Dependency	Between Groups	1780.422	7	254.346	11.627	0
	Within Groups	5993.904	274	21.876		
	Total	7774.326	281			
Caring for chronically ill	Between Groups	135.976	7	19.425	1.218	0.293
	Within Groups	4369.106	274	15.946		
	Total	4505.082	281			
Poor perceived health	Between Groups	794.962	7	113.566	7.388	0
	Within Groups	4211.846	274	15.372		
	Total	5006.809	281			
Loneliness	Between Groups	2007.363	7	286.766	18.824	0
	Within Groups	4174.073	274	15.234		
	Total	6181.436	281			
Lack of social support	Between Groups	3402.532	7	486.076	33.155	0
	Within Groups	4016.986	274	14.661		
	Total	7419.518	281			
Life events	Between Groups	986.261	7	140.894	14.958	0
	Within Groups	2580.906	274	9.419		
	Total	3567.167	281			

Analysis of Loss of Cognitive Capability: An analysis of variance (ANOVA) on the Loss of Cognitive Capability scores had significant difference, $F(687.817, 5916.452) = 4.567$, $p = 0.000$.

The significance of difference when studied in Loss of Cognitive Capability scores in accordance to the age category concluded that non institutionalized women when compared in the category in accordance to age 61 to 70 years and 71- 80 years showed significant difference ($p = 0.009$). Many a times it happens that, an individual who is institutionalized, becomes low in cognitive performance and unable to live independently⁸. A supporting study concludes that the general reason for institutionalization is the social issue and not necessarily the treatment for psychotic disorder⁹.

Analysis of Loss of Meaningful Role: An analysis of variance (ANOVA) on the Loss of Meaningful Role scores had significant difference, $F(1565.491, 3739.916) = 16.445$, $p = 0.000$.

A post hoc Tukey test showed that the gender wise scores of in the category in accordance to age 61- 70 years differed ($p = 0.009$).

The significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p = 0.002$) and in the category in accordance to age 71 to 80 years also showed significant difference ($p = 0.000$).

Similarly, institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p = 0.000$) and that institutionalized women in the category in accordance to age 61 to 70 years was done with 71 to 80 years, which showed significant difference ($p = 0.000$) and institutionalized men in the category in accordance to age 61 to 70 years when compared with the age category 71 to 80 years also showed significant difference ($p = 0.042$).

The significance of difference when studied in accordance to the age concluded that non institutionalized women in the category in accordance to age 61 to 70 years when compared with the age category 71 to 80 years showed significant difference ($p = 0.000$) and non institutionalized men in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years also showed significant difference ($p = 0.002$). When an individual has disturbing physical symptoms, the treatment leads to increase in discomfort, makes him suffer, his body is disturbed, his activities and social relations are disturbed¹⁰. Aging adults experience variety of significant losses. It might be a loss of a person, object, material, physical health, freedom and financial security which leads to the psychological problems¹.

Analysis of Physical Deterioration: An analysis of variance (ANOVA) on the Physical Deterioration yielded significant variation among conditions, $F(1280.926, 6752.339) = 7.453$, $p = 0.000$.

The significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p = 0.006$) and institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years also showed significant difference ($p = 0.003$).

Similarly the significance of difference when studied in accordance to the age concluded that non institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = 0.004$) and non institutionalized men in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = 0.002$). The discomfort and suffering are the symptoms which become the major hindrance in a person's functioning and leading a good quality of life¹¹.

Analysis of Social Contacts: An analysis of variance (ANOVA) on the Declining Social Contacts scores had significant difference, $F(1908.810, 6241.814) = 11.970$, $p = 0.000$.

The significance of difference when studied in Declining Social Contacts scores in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 61 to 70 years showed significant difference ($p = 0.001$) and institutionalized women when compared to the non institutionalized women in the category in accordance to age 71 to 80 years also showed significant difference ($p = 0.000$). Institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p = 0.003$).

The scores in accordance to the age concluded that non institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = 0.000$).

The significance of difference when studied in accordance to the age concluded that institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = 0.001$) and institutionalized men in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = 0.000$).

The significance of difference when studied in accordance to the age concluded that non institutionalized women in the category

in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p=.002$) and non institutionalized men in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years also showed significant differences ($p=.002$). When observing psychosocial factors, the social support a person receives and family functioning were highly associated. Also, coping style was highly associated with depression and anxiety¹².

Hence declaring them as protective factors which moderate the effects of psychosocial stress and reduces psychiatric illnesses. They help to moderate psychosocial stress and lessen psychiatric morbidities in breast cancer patients.

Analysis of Low Financial Resources: An analysis of variance (ANOVA) on the Low Financial Resources scores had significant difference, $F(2827.926, 7194.447) = 15.386, p=.000$.

The significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 61 to 70 years showed significant difference ($p=.011$). Similarly, the significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p=.000$).

The significance of difference when studied in accordance to the residence concluded that institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p=.000$). Similarly, the significance of difference when studied in accordance to the residence concluded that institutionalized women when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p=.000$).

The significance of difference when studied in accordance to the age concluded that institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p=.000$) and that non institutionalized men in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p=.000$).

Insecurity: An analysis of variance (ANOVA) on the Insecurity scores had significant difference, $F(731.843, 3199.210) = 8.954, p=.000$.

The significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p=.003$).

Similarly, the significance of difference when studied in accordance to the residence concluded that institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p=.000$) and that institutionalized women when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p=.000$).

The significance of difference when studied in accordance to the age concluded that institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p=.002$) and that non institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p=.000$). It appears that strong social support from the previous study, strong social support promotes the adaptive coping in a person and provides an ability to encounter the changes in life or stressful life events¹³.

Analysis of Dependency: An analysis of variance (ANOVA) on the Dependency scores were significantly different, yielded significant variation among conditions, $F(1780.422, 5993.904) = 11.627, p=.05$.

The significance of difference when studied gender wise in institutionalized men when compared to the institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p=.023$).

Similarly, the significance of difference when studied in Dependency scores in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p=.033$) and that institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p=.000$). Similarly, institutionalized women when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p=.000$).

The significance of difference when studied in accordance to the age concluded that institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p=.000$) and that non institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p=.000$). The deterioration in health makes elderly feel that they do not have control over their life and destiny and that they are dependent on others. About 2/3 of elderly i.e. 68%, live independently in a family setting. About 5% were found to be institutionalized, and the percentage increases with the increase

in age. Approximately 10% of the aging adults will require any form of long-term care in the home¹⁴.

Analysis of Caring For Chronically Ill: An analysis of variance (ANOVA) on the Caring for Chronically Ill scores had significant difference, $F(135.976, 4369.106) = 1.218, p = .293$. No significant difference was observed in any categories. In a study 1/4th of caregivers of dementia patients were found to be depressed and had persistent symptoms of depression¹⁵.

Analysis of Poor Perceived Health: An analysis of variance (ANOVA) on the Poor Perceived Health scores had significant difference, $F(794.962, 4211.846) = 7.388, p = .000$.

The significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p = .001$) and that institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p = .025$).

The significance of difference when studied in accordance to the age concluded that non institutionalized women in the category in accordance to age 61 to 70 years when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p = .009$) and non institutionalized men in the category in accordance to age 61 to 70 years when compared to the non institutionalized men in the category in accordance to age 71 to 80 years also showed significant difference ($p = .011$).

Analysis of Loneliness: An analysis of variance (ANOVA) on the Loneliness scores had significant difference, $F(2007.363, 4174.073) = 18.824, p = .000$.

The significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 61 to 70 years showed significant difference ($p = .009$) and that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$).

The significance of difference when studied in accordance to the residence concluded that institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p = .000$) and that institutionalized women when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$).

The significance of difference when studied in accordance to the age concluded that non institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = .001$)

and that institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = .000$).

The significance of difference when studied in accordance to the age concluded that non institutionalized men in the category in accordance to age 61 to 70 years when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$). Loneliness and isolation modify by self concept and goals of an individual¹⁶.

Analysis of Lack of Social Support: An analysis of variance (ANOVA) on the Lack Of Social Support scores had significant difference, $F(3402.532, 4016.986) = , p = .000$.

A post hoc Tukey test showed that the gender wise scores of Lack of Social Support in the category in accordance to age 61-70 years differed ($p = .000$). The significance of difference when studied in Self Esteem scores in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 61 to 70 years showed significant difference ($p = .000$).

Similarly, the significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 61 to 70 years showed significant difference ($p = .000$) and that institutionalized women when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$).

The significance of difference when studied in accordance to the age concluded that institutionalized men in the category in accordance to age 61 to 70 years when compared to the institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$) and that non institutionalized men in the category in accordance to age 61 to 70 years when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$).

Also that, institutionalized men in the category in accordance to age 61 to 70 years when compared to the institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$) and that non institutionalized men in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = .000$).

The family life in later age, close friendship and other social interactions. Later-life family, intimate, friendship, and other social relations.¹⁷ The intergenerational issues also have prominent role in this matter. A person becomes very selective

in the selection of his social relations and starts concentrating on the one which are more emotionally satisfying¹⁸.

Analysis of Life Events: An analysis of variance (ANOVA) on the Life Events scores had significant difference, $F(986.261, 2580.906) = 14.958$, $p = .000$.

A post hoc Tukey test showed that the gender wise scores in the category in accordance to age 61- 70 years differed ($p = .005$). The significance of difference when studied in accordance to the residence concluded that institutionalized men when compared to the non institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p = .018$) and that institutionalized women when compared to the non institutionalized women in the category in accordance to age 61 to 70 years showed significant difference ($p = .000$). Similarly, the significance of difference when studied in institutionalized women when compared to the non institutionalized women in the category in accordance to age 71 to 80 years showed significant difference ($p = .000$).

The significance of difference when studied in accordance to the age concluded that institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = .000$) and that non institutionalized women in the category in accordance to age 61 to 70 years when compared to the age category 71 to 80 years showed significant difference ($p = .000$).

The significance of difference when studied in accordance to the age concluded that institutionalized men in the category in accordance to age 61 to 70 years when compared to the institutionalized men in the category in accordance to age 71 to 80 years showed significant difference ($p = .042$). It is interpreted that as negative life events may promote depression, positive life event like a grandchild's birth may be protective. Loss of a loved one increases the probability of mortality from all causes within the first six months¹⁹. Hence hypothesis no. 2 and 3 were also rejected.

Conclusion

Whether comfortable or not, institutionalization creates negative psycho-social factors in lives of elderly, because they miss the close ties of their family members in which they have been living for years together²⁰. Significant differences were observed in all the domains of psycho-social factors, except caring for chronically ill, which seems to influence all the categories equally. The elder age group seem to be lesser influenced as compared to the younger age group. Women were more influenced as compared to men. However it was observed that gender and age were lesser influential as compared to the residential arrangements.

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