

DOI: [10.5575/nairjssh.2022.9.6.01](https://doi.org/10.5575/nairjssh.2022.9.6.01)

A SOCIOLOGICAL STUDY OF SOCIAL AND FAMILY ADJUSTMENT OF ELDERLY CITIZENS IN AKOLA DISTRICTS

***DR. BANDU UTTAMRAO JAMNIK**

**Assistant Professor & Head Department of Sociology Shri Gandesh Art's College, Kumbhari, Akola MS*

ABSTRACT

In the present research, the social and family adjustment of elderly citizens in Akola districts has been studied. A survey method was used for that. A self-made questionnaire was used to collect data from 175 elderly regarding the social and family adjustment of the elderly. This research showed that elderly people face many difficulties in adjusting to family and society. According to their age, they are able to participate in important work, but the rate is low. Moreover, due to age, their participation in financial affairs within and outside the family comes to an end. In some elderly people, this disorganization also creates a sense of frustration, and its far-reaching effects on their health can be seen.

KEYWORDS: Sociological, Adjustment, Elderly Citizens, Akola, MS.

INTRODUCTION

Human life is a series of events like many other stages in life aging is an inevitable stage in our life. In this state, various capacities of the body and mind are reduced. And because of that, the joy in life seems to fade away. But in old age, there is a need for adjustment in order to be able to adapt to the changing social life and to live this period with happiness and contentment. Every person above the age of 65, whether male or female, is called an elderly person. When a person's physical, mental, and intellectual capacity decreases, there is no problem in calling that person old. In ideal conditions, old age is never expected. This means that senior citizens can cultivate their physical and mental performance by paying intelligent, conscious attention. Once reached for. It used to be said that a lot has happened but now life expectancy has increased. Even later people are seen to be highly efficient. Today the entire world has come closer due to the progress in science. Many changes are happening in social life. According to Philip and Hederson, aging is not a disease, but many diseases are formed in the body in accordance with aging. This change in the body affects the social, economic, and personal life of the person. Alternatively, this creates many problems. Old age is the final stage of human life. One thing to keep in mind when considering senior citizen issues is that not all senior citizen issues are the same. The nature of problems

changes according to the society, culture, and social values and customs of that country. The severity of the problems of Indian senior citizens is very less than in other countries. Because elderly people are living with family. But day by day this ratio is decreasing. Due to the effect of old age, a person falls away from the mainstream of life. Inadequate financial income, small house, ancestral estate, the gap between two generations, and lack of harmony with the individual makes social problems serious. Today, there is a huge difference in the new generation's attitude, behavior, and outlook on life. All this has affected the family institution, families have been separated, communication has ended, affection has decreased, festivals have decreased, and family and social relations have become artificial. This makes it difficult for senior citizens to adjust.

The nature of social problems of senior citizens is not the same everywhere. The nature of the social problem is changing due to various factors like the economic situation of the person, the nature of the occupation, education, temperament, and habits. Aging is considered in a geographical context. Due to modern industrialization, urbanization, migration, computerization, globalization, mental stress, stress, noise, polluted air, malnutrition, the indifference of administration, and insecurity in the mind of the individual, all these factors lead to early aging. So the major problems in old age are physical, and mental problems, financial problems, social problems, etc. The seeds of social problems are reflected in the solutions to those problems. Social problems mainly arise from the structure of society or the socio-cultural conditions of the ety. There is a conflict between the existing values of society and the newly emerging values in society and many social problems are created due to the changes and changes in the values. Social problems of elderly citizens are mainly due to changes in social values, changes in the role of social institutions, changes in roles, ways of living etc. Due to these reasons, problems for senior citizens arise. The decline of joint family, decline of the caste system, change in lifestyle, industrialization, and urbanization, scientific progress, changing needs, limited income, inadequate space in residence, the gap between generatioand ns, new social values are responsible. Among the factors that influence adjustment are mainly preparation for old age, source of income, past experience, probability of deatha of spouse, relationship with children, dependence on parents, need and these factors influence their adjustment.

SIGNIFICANCE OF THE STUDY

In India, there appears to be a great deal of diversity in the problems of the elderly. In that, at the family level, the elderly cannot actively participate in various activities. In such a situation they have nothing to do with what is going on and what is not going on in the family. Even the important decisions of the family are not told to them, the family feels that there is no benefit in telling them. Apart from this, age-related illnesses prevent the elderly from actively participating in various programs in the society. Although there is a desire in the mind, but the body does not support them, they have to stay at home, all these things have an adverse effect on their mentality. In such a situation, to improve the quality of life of the elderly, it is the need of the hour to focus on increasing their family adjustment and social adjustment. What is the reality in this regard has been studied in this research.

OBJECTIVE OF THE STUDY

- 1) To study the domestic adjustment of elderly citizens.
- 2) To study social adjustment of elderly citizens.
- 3) To study the adjustment of elderly citizens with their spouses.
- 4) To study the health adjustment of elderly citizens.

5) To study the interpersonal adjustment of elderly citizens.

HYPOTHESIS OF THE STUDY

- 1) There is no significant difference in the occupational adjustment of senior citizens.
- 2) There is no meaningful difference in social adjustment of senior citizens.
- 3) There is no significant difference in the adjustment of senior citizens with spouse.
- 4) There is no significant difference in health adjustment of elderly citizens.
- 5) There is no significant difference in interpersonal adjustment of senior citizens.

DE-LIMITATION OF THE STUDY

For the purpose of the present research, the research is limited to only the elderly citizens of Akola districts. In this research, the adjustment of the elderly is limited to their family adjustment, adjustment with spouse, mutual adjustment, health adjustment, financial adjustment.

RESEARCH METHODOLOGY

Descriptive survey method has been used for this research. A total of 175 elderly were selected from Akola districts for this research including 105 males and 70 females. For this, cluster sampling method which is under random sampling method has been used. The general age group of the elderly selected for the research is 60 to 75 years. A self-administered questionnaire was developed regarding social and family adjustment problems of the elderly. Through that the necessary facts have been collected. Five factors were determined under the social and family adjustment of old age, in which 10 statements were determined under each factor of adjustment with family, adjustment with partner, interpersonal adjustment, health related adjustment and financial adjustment. Five options are fixed for each question. In it, each question has been graded according to completely agree, agree, uncertain, disagree, completely disagree. And on that basis the overall social and family adjustment has been determined. Inferential statistical techniques have been used to analyze and interpret the obtained facts.

DATA ANALYSIS

The analysis of the facts in the context of the present research is as follows.

Table no. 1.1

Table showing details of family adjustment of elderly

	Very High Adjustment	High Adjustment	Moderate Adjustment	Low Adjustment	Very Low Adjustment	Total
Fo	25	37	49	40	24	175
Percentage	14.28%	21.14%	28.00%	22.85%	13.71%	100%
Fe	35	35	35	35	35	
(fo-fe)	-10	2	14	5	-11	
(fo-fe) ²	100	4	196	25	121	
(fo-fe) ² /fe	2.857	0.114	5.60	0.714	3.457	
Chi square	12.743					

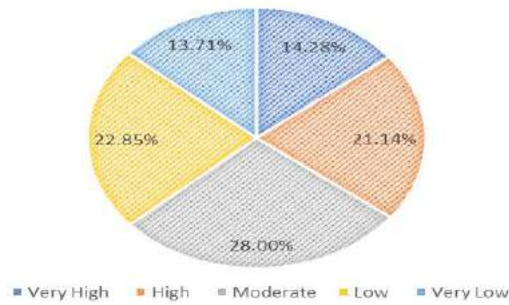


Table no. 1.2

Table showing social adjustment classification of elderly

विवरण	Very High Adjustment	High Adjustment	Moderate Adjustment	Low Adjustment	Very Low Adjustment	Total
Fo	22	41	57	32	23	175
Percentage	12.57%	23.43%	32.57%	18.28%	13.14%	100%
Fe	35	35	35	35	35	
(fo-fe)	-13	6	22	-3	-12	
(fo-fe) ²	169	36	484	9	144	
(fo-fe) ² /fe	4.828	1.028	13.828	0.257	4.114	
Chi square	24.057					

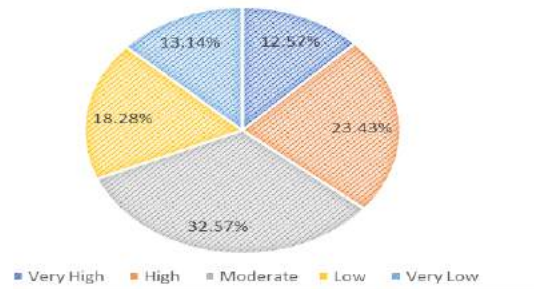


Table no. 1.3

Table showing details of adjustment of elderly with spouse

	Very High Adjustment	High Adjustment	Moderate Adjustment	Low Adjustment	Very Low Adjustment	Total
Fo	19	36	62	37	21	175
Percentage	10.85%	20.57%	35.43%	21.14%	12.00%	100%
Fe	35	35	35	35	35	
(fo-fe)	-16	1	27	2	-14	
(fo-fe) ² /fe	256	1	729	4	196	
Chi square	7.314	0.028	20.828	0.114	5.60	
Sig	33.886					

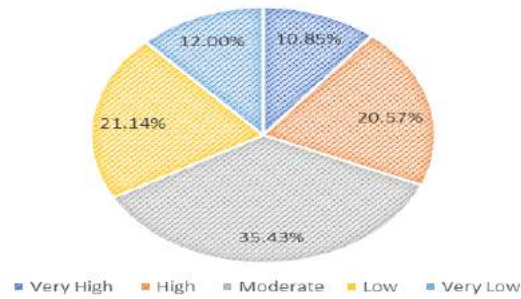


Table no. 1.4

Table showing details of mutual adjustment of seniors

	Very High Adjustment	High Adjustment	Moderate Adjustment	Low Adjustment	Very Low Adjustment	Total
Fo	24	29	59	34	29	175
Percentage	13.71%	16.57%	33.71%	19.43%	16.57%	100
Fe	35	35	35	35	35	
(fo-fe)	-11	-6	24	-1	-6	
(fo-fe) ² /fe	121	36	576	1	36	
Chi square	3.457	1.028	16.457	0.028	1.028	
Sig	22.00					

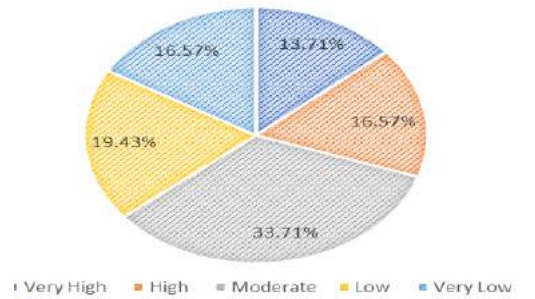
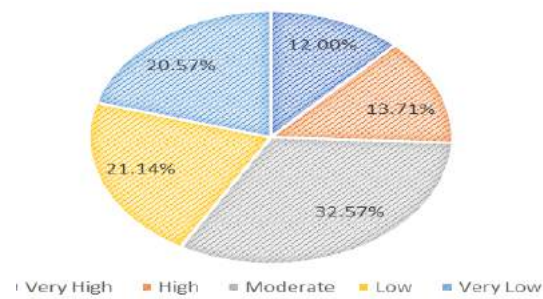


Table no. 1.5

Table detailing the health adjustment of the elderly

	Very High Adjustment	High Adjustment	Moderate Adjustment	Low Adjustment	Very Low Adjustment	Total
Fo	21	24	57	37	36	175
Percentage	12.00%	13.71%	32.57%	21.14%	20.57%	100%
Fe	35	35	35	35	35	
(fo-fe)	-14	-11	22	2	1	
(fo-fe) ²	196	121	484	4	1	
(fo-fe) ² /fe	5.60	3.457	13.828	0.114	0.028	
Chi square	23.029					



FINDING OF THE STUDY

Among the senior citizens, the most senior citizens are in the age group of 66 to 70 years. Whereas the proportion of elderly citizens in the age group of 71 to 75 is the lowest. Adjustments in old age mainly include worry about their family health, sadness due to strain in relationships, joy at the arrival of a new member in the family, anger due to change in the pattern of festivals, advice from family and friends, disappointment at the death of a relative, lack of friends/girlfriends, happiness with grandchild. Most of the elderly are worried about their family's health. Most of the elderly are unhappy due to relationship stress. Some old women get goosebumps because of the change in the festival. Older men feel friendlessness. Some older women find happiness with their grandchildren. This shows that older women have better homeostatic adjustment. This is because they are the strong support of the family and they always strive to preserve the family. In terms of health management of the elderly, their life with enthusiasm, busyness in work, anxiety at the thought of various diseases, increased irritability during illness, support of family during illness, awareness about diet are important. Regarding the health adjustment of elderly citizens, the health adjustment of elderly men is better than that of elderly women because men appear to be more active than women in terms of physical capacity. The reality is that men's health is in women's hands. If the health is good, any adjustment can be done well. Regarding family adjustment, it can be seen that the family adjustment of elderly women was found to be more effective than that of elderly men. According to Indian culture, elderly women are the strong support of the family. And they are more family bound than older men. In terms of the adjustment of the elderly with the partner, it was found that the adjustment of the elderly men was more effective than the adjustment of the elderly women. Therefore, older men establish a better adjustment with their partner. The proportions of older men and older women are almost equal in relation to relationships. Therefore, older women and men are seen making mutual adjustments. In this, adjustments are mainly found in reading, gardening, walking, keeping time, religious work, entertainment. Older men tend to make better physical adjustments than older women. Because old men are more active than old women when it comes to physical ability. Due to family responsibilities, elderly women do not take care of their health or health. In terms of overall family and social adjustment, it is found that older men establish better adjustment than older women. Because according to Indian culture, an old man is the breadwinner and elder person of the house. Therefore, many decisions are firmly taken by them. Financial support is also an important link in this. Also, according to social and cultural traditions, older men are more effectively connected to society than older women in their social circle, friends.

CONCLUSION AND DISCUSSION

Senior citizens achieve better family adjustment. This assumption is acceptable. In this, women were found to have better family adjustment. However, there is no significant difference in the family adjustment of these senior citizen women and men. The hypothesis that there are differences in the health adjustment of women and men among older citizens is not acceptable. Because although there is a difference in the health adjustment of women and men among the elderly citizens, it cannot be said that there is a significant difference. Because the conclusion reached is only for a limited city. The hypothesis that there is a difference in social adjustment between women and men among elderly citizens is not acceptable. From this research, it can be said that all five components of the Social Adjustment Test of Senior Citizens adjust to family, relationship with spouse, interpersonal relationship, health, and finances. Males had higher total social adjustment scores than females, but no significant difference was found between the two. Senior citizens are an essential component of society. The important contribution of senior citizens in the society is highlighted. Senior citizens are ready to adapt and accept changes to the best of their ability. It is the responsibility of the community to create a new energy to live life by taking the elderly citizens not as a burden but also by taking them positively in good work. It belongs to the family. Today, we should think about the lack of communication, broken family system, gap in relationships. So everyone should think that you help the senior citizens many times more than what you give. Aging is an unavoidable condition for senior citizens. For this one should forget the past and prepare for the future. In the present time, you should utilize your knowledge, your experience and your strength and intellect for your family and society. It should also be considered that free time can be celebrated

SUGGESTION AND APPLICATION

Elderly citizens need to get due respect in the society in the family. For this, the family environment must be harmonious. Senior citizens should use the three R's to get some relief from the problem. It is necessary to have harmony in the family.

BIBLIOGRAPHY

- [1].Ali. M. A. Z. (2014). A Study on Adjustmental Problems of Old Age Persons, International Journal of Academic Research, 1(2), Retrieved from: [http://ijar.org.in/stuff/issues/oct14/V-1-I-4\(2\)-oct14.pdf](http://ijar.org.in/stuff/issues/oct14/V-1-I-4(2)-oct14.pdf)
- [2].Amiri, M. & Chavan. B. (2016). A review of governmental initiatives in adolescence development in Maharashtra, India, Indian Journal of fundamental and applied life sciences, 6(S2), 233-237. Retrieved from
- [3].Dubey, A., Bhasin, S., Gupta, N., & Sharma, N. (2011). A study of elderly living in old age home and within family set-up in Jammu. Studies on Home and Community Science, 5(2), 93-98.
- [4].Kumar, P., Das, A., & Rautela, U. (2012). Mental and Physical Morbidity in Old age Homes of Lucknow, India.
- [5].Singh. R. (2015), Social conditions of elderly and problems, Journal of Research in Humanities and Social Science, 3(3).