

# A Study of Mental Health among Elder Person

## Abstract

The study was intended to examine the effect of mental health on elder person. *Aim:* The aim was to estimate the prevalence of mental health in elder person and to determine the association of mental health with types of family and gender. *Sample:* The sample consists of 120 elder person from different old age home and family in Rajkot district area. The sample was selected from randomly. *Design:* 2\*2 research design was used the present study. *Tools:* Mental Health was measured through a questionnaire 'Mental Health Inventory' was used. Test developed by Bhatt D & Gida G. in (1992). The data was analyzed by the t test. *Results:* There will be no significant difference between Gender and Types of Area in relation to their mental health. *Conclusions:* Our study demonstrates a higher prevalence of mental health in elder person.

**Keywords:** Mental Health, Elder person, Old Age Home, Family.

## Introduction

Mental health refers to our cognitive, and/or emotional wellbeing - it is all about how we think, feel and behave. Mental health, if somebody has it, can also mean an absence of a mental disorder. Approximately 25% of people in the UK have a mental health problem during their lives. The USA is said to have the highest incidence of people diagnosed with mental health problems in the developed world.

According to WHO (World Health Organization), mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community". WHO stresses that mental health "is not just the absence of mental disorder".

Jahoda (1958) emphasized positive striving as the most important quality of health and outlined three basic features of mental health - mastery of environment, a unified or integrated personality and the accurate perception of oneself and the external world.

According to Sullivan, a healthy person is one who has syntaxes (no parataxis) relationships with others and who reacts to people as they really are, not as symbols of past relationships. Thus emphasis is on interpersonal relationships.

## Factors Affecting Mental Health

Some of the factors that affect the mental health of youth are as follows.

1. Self-esteem
2. Feeling loved
3. Confidence
4. Family breakup or loss
5. Difficult behavior
6. Physical ill health
7. Abuse

## Older people and mental health

Mental health needs change as people age. This is the result of changes in the biological, social, and psychological world each person inhabits. Common mental illnesses such as depression and anxiety remain, but the symptoms can be different in older people. Age-related cognitive changes also impact on mental health.

## Mental health resources for seniors

Getting older brings its share of challenges, and you may find it difficult to stay mentally healthy and strong at times. If feelings like sadness or worry are preventing you from getting the most out of life, help and support is available for seniors with mental health issues.



**Vandana N Solanki**

Research Scholar,  
Deptt. of Psychology,  
Saurashtra University,  
Rajkot, Gujarat, India

**Common mental health issues for seniors**

Many seniors may have mental health issues at one point or another. This may be due to:

1. Illness
2. Grief and loss
3. Financial stress
4. Changing living arrangements or
5. Increasing social isolation.

**Review of Literature**

Lum T., Lightfoot E. (2005), examine the present study is to build on the growing body of literature examining the correlations between volunteering and health among older persons. Longitudinal data from the 1993 and 2000 panels of the Asset and Health Dynamics among the Oldest Old Study (AHEAD) were used to measure health and mental health outcomes of people over age 70 who volunteered at least 100 hours in 1993. The findings provide empirical support to earlier claims that volunteering slows the decline in self-reported health and functioning levels, slows the increase in depression levels, and improves mortality rates for those who volunteer. However, volunteering had no effect on the number of physician- diagnosed health conditions or nursing home residence rates. The findings provide support for the concept of role enhancement.

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**Variable**

In the study major variables as per following:

No.	Variable	Types of Variable	Level	Name of the Level
1.	Gender	2	Independent	Male Female
2.	Types of Family	2	Independent	Old Age Home Family
3.	Mental Health	1	Dependent	

**Sample**

To select the sample Type of Gender and Type of Family were considered as per independent variable taken in this research. Stratified random sampling method was elder person of select the unit of sample. Total sample of the present investigation comprised 120 elder person, in which 60 men were from Male and 60 Female. Both groups entail equal number of old age home and Family elder person. Thus total sample as shown in the following table.

Elder person 120			
Old Age Home 60		Family 60	
Male	Female	Male	Female
30	30	30	30
Total 120			

**Design**

In this way, the research design happens of 2x2 factorial, which appends upon sample.

**Tools**

Quite often questionnaire is considered as the heart of a research operation. Hence it should be very carefully constructed. If it neither is not properly set up, then the research is bound to fail. This fact requires us to study the main aspects of a questionnaire viz., the general form, question sequence and question formulation and wording.

Mental Health Inventory (1992) The mental health scale was developed and standardization by Dr. D. J. Bhatt and Miss. Geeta R. Geeda. In this scale 40 statements pertaining to five domains aim of mental health, three five dimensions include perception of reality, integration of personality, positive self-evolution, group oriented attitudes and environmental mastery to be rated a 2-point scale. In this scale statements no. 1, 3, 7, 9, 14, 19, 20, 22, 24, 25, 26, 28, 33, 34, 37, 38 are negative and others are positive. Which statements are positive and for agree, disagree, 0, 1 score is used. Reliability of present study is checked by three methods in which 0.81 by logical similarity 0.94 by half divided method, and test, re-test has 0.87

**Results & Discussion**

**Table 1; There will be no significant difference between male and female elder person in relation to Mental Health**

Group	N	Mean	S	SEM	t
Mal	6	24.07	4.0	0.5	0.3627
Female	6	23.80	4.0	0.5	

It is revealed in table no.1 that Mean score of mental health in male and female belonging to old age people are 24.07 and 22.80 respectively. These means indicate that elder person male of the highest level of mental health (24.07). As compared to the elder person female (23.80).The result indicate this as first sight when't' value was calculated to know

statistical significant of mean difference, insignificant difference was observed between male and female. 't' value is 0.3627 show table no.1. This is statistically insignificant? Hence the null hypothesis (No.1) was accepted. Thus the results show that type of sex has no significant effect on mental health.

**Table 2; There will be no significant difference between old age home and family old People in relation to Mental Health**

Group	N	Mean	SD	SEM	t
Old age home	60	23.67	3.96	0.51	0.4414
Family	60	21.98	3.89	0.50	

It is revealed in table no.2 that Mean score of mental health in old age home and family belonging to old age people are 23.67 and 21.98 respectively. These means indicate that family of the highest level of mental health (21,98). As compared to the old age home (23.67).The result indicate this as first sight when 't' value was calculated to know statistical significant of mean difference, insignificant difference was observed between old age home and family. 't' value is 0.4414 show table no.2. This is statistically significant. Hence the null hypothesis no.2 was accepted. Thus the results show that type of family has significant effect on mental health.

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**Conclusion**

1. There is no significant difference between male and female elder person in relation to Mental Health.
2. There is significant difference between old age home and family setup elder person in relation to Mental Health.

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**Conflict of Interests**

The author declared no conflict of interests.