

Original Research Article

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## Social Adjustment among Rural Geriatric Female Population: A Comparative Study

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### ABSTRACT

#### Keywords

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Adjustment is the behavioral process of balancing conflicting needs against obstacles in the environment. The current study examined social adjustment among rural female geriatric population between the age group of 60-75 years. Haryana and Rajasthan two state were selected for compression of social adjustment in rural female population. Social adjustment scale developed by Sisodia (2008) was used to assess social adjustment. Results of the study pinpointed that Haryana rural elderly female have more social adjustment in Spouse interpersonal relationship and finance while Rajasthan rural elderly female population have more social adjustment in family and health. Result further raveled that Haryana rural female have more social adjustment as compare to Rajasthan rural elderly female.

### Introduction

Ageing population is becoming a major cause of concern not only for developing country but also for developed countries since decades. India is not isolated with it and more facing demographic changes on social, economic and political front. Globally number of aged persons has increased in recent years, there were 901 million people aged 60 years or above in 2015. Elderly constituents an integral part of a population of any country including India who owe respect and attention equally like any other section. These age groups are also known as “geriatric age groups”. Due to dependence for personal

requirement, old age is sometimes called “second childhood” (Pankajam, 2004). The changing economic structure had reduced the dependence of rural families on land which had been providing strength to connect from one to another generation. The older generation is caught between the decline in traditional values on one hand and the absence of adequate social security system on the other (Gormal K., 2003). It has been observed that the elderly feel increasingly neglected and are often cast away as burden. Consequently, physical hardships and psychological stress, security in general and financial security, better health maintenance facilities etc. are the areas which ask for

special attention in the case of elderly. Adjustment in psychology involves both mental and behavioral process by which a person maintains equilibrium with their needs and the obstacles imposed upon him by the environments. A number of adjustments begin when it is felt and end when it is satisfied. Generally it is difficult to adjustment in old age due to diminishing health, limited capacity, lower mental abilities and increased economic dependency (Shukla *et al.*, 2013). Moreover, it is a period of transition where one has to face set of changes, expectations and also do several compromises (Nema, 2013). In a study by Sijuwade (2008) showed that there is a significant relation on the effect of life satisfaction and gender on general adjustment of elderly.

## **Materials and Methods**

**Locale of the study:** The research was conducted purposively in Haryana and Rajasthan two state of India. From Haryana state Panipat and Bhiwani district were selected and from Rajasthan state Ganganagar and Jhunjhunu district were selected.

**Sampling Procedure:** The study was confined to elderly women falling in the age group of 60 to 75 years. Haryana and Rajasthan two state were selected for compression of social adjustment among rural elderly women. From Haryana state Panipat and Bhiwani district were selected and from Rajasthan state Ganganagar and Jhunjhunu district were selected. From each district hundred sample were selected. hence a total 400 hundred sample constitute.

**Instrument:** Self develop questionnaire was used for measuring personal variables of rural elderly female Social adjustment Scale for aged by Sisodia 2008 was used to measure social adjustment among rural elderly women.

**Scoring procedure:** Social adjustment inventory includes both positive as well as negative items and scored as extremely agree, agree, undecided, disagree, strongly, disagree. The maximum score for positive item is awarded is 5 and least is 1. In case of negative items the scoring procedure is to be reversed.

**Data Collection:** The data was collected personally on individual basis with the help of standardized tool in selected area.

**Statistical Analysis:** Frequency and Z-test was used for calculating the differences between means of dependent and independent variables of two large sample.

## **Results and Discussion**

Area wise comparison of rural geriatric female population port yard in table 1.and revealed that out of the total sample majority of rural elderly female have medium social adjustment in family (82.75) interpersonal relationship (85.7%) and health while in finance aspects of social adjustment rural female have high social adjustment (69.25%) Haryana rural female population have more social adjustment in spouse (7.5%) interpersonal relationship (10%) & finance (70%) while Rajasthan rural female population have more adjustment in family (12.5) and health (2.5). Result also revealed that Haryana rural female population have more social adjustment as compare to Rajasthan rural female.

In table 2 there is significantly difference were found in family (1.23\*), spouse (1.03\*) interpersonal relationship (2.41\*), health (1.20\*), finance (2.55\*) all aspects of social adjustment. Result also revealed that Haryana rural geriatric population have more social adjustment in spouse (M= 40.01) interpersonal relation (M= 38.88) & finance (M= 38.55) as compare to Rajasthan women

spouse (M= 39.06) interpersonal relation (M= 37.05). Result further unfurled that Haryana rural elderly female have more social adjustment as compare to Rajasthan women. Rajasthan rural elderly female have more social adjustment family (M= 38.76) and health (M= 36.17) & finance (M= 35.81) while Rajasthan rural elderly female have more social adjustment spouse (M= 39.06) interpersonal relation (M= 37.05).

**Table.1** Social adjustment of rural female geriatric population on the basis of area

Sr. No.	Aspects of social adjustment	Rajasthan (n =200)	Haryana (n =200)	Total (N=400)
<b>1.</b>	<b>Family</b>			
	Low	14(7)	9(4.5)	23(5.75)
	Medium	161(80.5)	170(85)	331(82.75)
	High	25(12.5)	21(10.5)	46(11.5)
<b>2.</b>	<b>Spouse</b>			
	Low	85(42.5)	55(27.5)	140(35)
	Medium	101(50.5)	130(65)	231(57.75)
	High	14(7)	15(7.5)	29(7.25)
<b>3.</b>	<b>Interpersonal relations</b>			
	Low	9(4.5)	10(5)	19(4.75)
	Medium	173(86.5)	170(85)	343(85.7)
	High	18(9)	20(10)	38(9.5)
<b>4.</b>	<b>Health</b>			
	Low	16(8)	4(2)	20(5)
	Medium	179(89.5)	192(96)	371(92.7)
	High	5(2.5)	4(2)	9(2.5)
<b>5.</b>	<b>Finance</b>			
	Low	24(12)	28(14)	52(13)
	Medium	39(19.5)	32(16)	71(17.75)
	High	137(68.5)	140(70)	277(69.25)

Note: Figures in parentheses indicate percentages

**Table.2** Mean comparison of social adjustment of rural female geriatric population on the basis of area

Sr. No.	Aspects of social adjustment	Rajasthan Mean +SD	Haryana Mean +SD	Z-Value
<b>1.</b>	Family	38.76±7.27	38.25±7.42	1.23*
<b>2.</b>	Spouse	39.06±6.83	40.01±6.20	1.03*
<b>3.</b>	Interpersonal relations	36.17±7.43	38.88±6.83	2.41*
<b>4.</b>	Health	37.05±7.69	36.75±7.70	1.20*
<b>5.</b>	Finance	35.81±7.31	38.55±7.23	2.55*
<b>6.</b>	Total	189.25±16.49	190.66±18.90	2.34*

\*Significant at 5% level of significance

In conclusion the results of the study revealed that Haryana rural elderly female have more social adjustment in Spouse interpersonal relationship and finance while Rajasthan rural elderly female population have more social adjustment in family and health. Result further raveled that Haryana rural female have more social adjustment as compare to Rajasthan rural elderly female.

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