



AGING PROCESS AND TO KNOW ABOUT ROLE & RESPONSIBILITY OF SOCIETY TOWARDS AGING.

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ABSTRACT present study in this study, age differences in several aspects of the stress and coping process were examined, using both qualitative and quantitative data from older men, ranging from the prior week and how they coped with this specific problem, using both open-ended and close – ended formats, to examine a number of questions. The study revealed that majority of elderly had low social support and those which nuclear family elderly reported for low joint family having higher social support the finding financial, health, social and personal domain. The result revealed that significant in nuclear family was highly significant. The test was applied to check difference social support of elderly people in nuclear and joint family. The ANOVA method used to check the difference.

KEYWORDS : Several, Coping, Examined, Ranging, Prior

INTRODUCTION:-

Definition of health, formulated in 1948 describes health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity at that time this formulation was ground breaking because of its breadth and ambition. It overcome the negative definition of health as absence of disease and included the physical, mental and social domains. Understanding death and old age depends on culture definitions. Culture is extremely important for gerontology as the way in which a society. Defines concepts such as the person, age and life course varies greatly depending on the cultural context in which it is inserted. Despite the different cultural understanding of each culture, however, aging is a phase of life permeated by multiple losses there is the loss of health and independence. Without denying the virtues and wisdom that accompany ageing. We must recognize that for most people this process is not easy. In this context, psychological stress has been conceptualized as a relationship between the person and the environment, after the assessment steps, a judgment phase starts, in which the person analyzes whether environmental or internal (fear, anxiety) demands are greater than the personal efforts to modulate the stress experience. This conflict between demands and efforts made to act upon them is called coping. The current definition of coping comprises attempts to manipulate stressful situations independent of the outcomes, being the effects better or worse. In a certain way, coping modifies the stress evolution through strategies of avoiding or confronting the stressful situation and can exist in two distinct divisions: problem- centered and emotion- Centered. Problem- centered coping refers to any of the individual's attempts to manage or modify the problem. Emotion-centered coping, on the other hand, describes the attempt to replace or regulate the emotional impact of stress in the individual, mainly deriving from defensive processes

that make the person realistically avoid confronting the threat. Besides the individuals and circumstantial issues that influence coping with stressful situations, some authors have demonstrated that age may also be associated with different coping styles. A previous study revealed that elderly subjects use mechanisms of defense more maturely than young adults. However, the effectiveness of coping strategies did not reveal differences among them. Passive acceptance, helplessness and depression are associated with worse adaptation and lower survival in elderly subjects when compared to those who react with angry feelings and non- acceptance of the adverse situation. Moreover, some authors have demonstrated that coping strategies elected to deal with

METHODOLOGY:-

The study was conducted within 1 year from July 2017 to May 2018 by questioning among 56 elderly people of Lucknow city India. The sample random sampling technique was used to select the sampling from the selected urban area of Lucknow city. The data collection was done by questionnaire method. To deal with the aging process and to know about role and responsibility of society towards aging. All the data gathered was transferred to suitable statistical software and analysis was carried out by percentage, proportion and ANOVA, Chi square and P value.

RESULT

In this chapter the analysis and interpretation of the data of the study are based on the collected through questionnaire, old age period faced in many problem the difference whose live in old age home and whose live in residing in their home. Between age group (60-80) year.

Table 1: distribution of respondent according to any problem with aging

S.N.	Parameter	Joint pain	Any type of disease	Feeling energy loss	None of these	F	P
1		Mean ±SD	Mean ±SD	Mean ±SD	Mean ±SD		
	Any problem with aging	13.25±2.53	12.85±1.74	14.72±3.37	12.81±2.82	1.345	.270

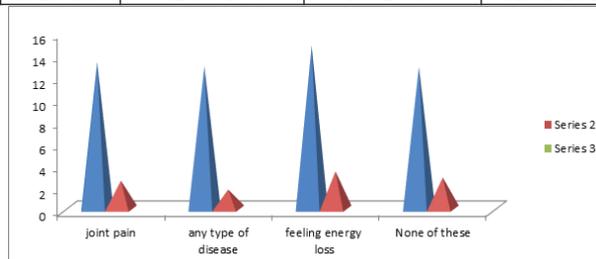


Table shows that different type of problem with aging faced by elder person where the relative are joint pain, any type of disease, feeling energy loss, none of these, all variable mean value was not equal to standard deviation value become SD was not fluctuate to mean value as well as fit is higher than mean value in case of yes condition, and some

situation find out with the no condition: ANOVA (F test) is only feeling energy loss habits that means people were more face this p value is not agreed for these habits. Therefore, the analysis find out that people affected but they not agreed accept to these problem in the study area. Where null hypothesis was accepted.

Table 2. Distribution of respondent according to avercome elderly stress?

SN	parameter	Meeting with friends	worship	socialization	Enjoy with grand children	other	F	P
		Mean±SD	Mean±SD	Mean±SD	Mean±SD	Mean±SD		
1	Overcome your stress	12.2±1.20	14.4±2.9	13.5±2.9	12.4±2.11	13.00	1.243	0.303

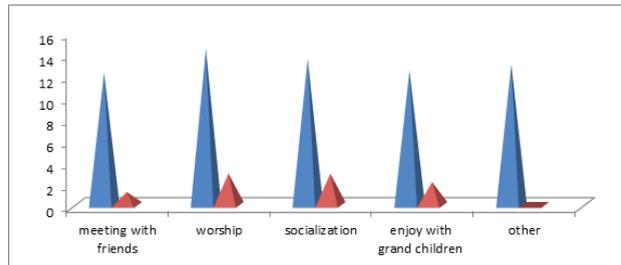


Table shows that different type of overcome your stress by elder person where the relative variable are meeting with friends, worship, socialization, enjoy with grand children, other activity. All variable mean value was not equal to standard deviation value become SD was not fluctuate to mean value as well as fit is higher than mean value in case of yes condition, and some situation find out with the no condition: ANOVA (F test) is only fitted with only worship habits that means people were more do this activity as compare to other habits. P value is not statically significant to all variables become most of the respondent were not agreed for these habits. Therefore, the analysis find out that people affected but they not agreed accept to these habits in the study area. Where null hypothesis was accepted.

primary stage to occur. Instead, it depends on the complexity of the appraisal about the event.

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Table 3. Distribution of respondents according to occupation working or non working because of occupation by different sex (N=56).

		occupation			Total
		working	Retire	Non working	
Problem in social adjustment	Yes	2	1	4	7
	No	19	12	18	49
Total		21	13	22	56

Chi-square tests

	Value	Df	Asymp. Sig (2-sided)
Pearson chi-square	1.094	2	.579
Likelihood ratio	1.077	2	.584
Linear- by- linear association	.734	1	.391
N of valid cases	56		

a.3 cells (50.0%) have expected count less than 5. The minimum expected count is 1.63.

Table 3 shows that the problem in social adjustment according to occupation where the data was statistically significant which means that the occupation of elderly (respondent) affected by due to occupation. It was also find out that in this analysis null hypothesis (Ho) was rejected.

Testing of hypothesis Ho there exist not significant relationship between male and female coping practices for healthy aging

CONCLUSION:-

in this context, psychological stress has been conceptualized as a relationship between the person and the environment taking into account both characteristics of the person and the nature of the event environment, which in turn is appraised by the person as burdening or exceeding their resources and endangering their wellbeing. This appraisal process of the stress event and the individual resources to deal with the stressful situation, called cognitive appraisal , has been defined as a non- biological mediator that is capably of intervening in the stress response. This assessment comprises two (primary and secondary) interdependent stages and consists in a person that defines why and to a process that defines why and to what extent a certain relation between individuals and the environment that surrounds them is stressful. In this relation, it is not the quality of the event but the way we perceive it that will classify it as stressing the primary and secondary stages of the primary and secondary stages of the appraisal process represent distinct actions because of by the complexity of the respondent organization, and not because of the chronological order in which it occurs. Thus, the secondary stage does not depend on the