



INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact factor: 6.078

(Volume 6, Issue 3)

Available online at: www.ijariit.com

A Comparative study of Resilience, Life satisfaction and Adjustment amongst parents living with their married children and parents living alone in Pune city.

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ABSTRACT

This study aimed at investigating the comparison between resilience, life satisfaction and adjustment amongst parents living with their married children and parents living alone. The total sample of 100 consisted of 50 from both the groups. Standardized tools such as Resilience scale, life satisfaction scale & adjustment inventory were used for data collection. Parametric measure of Independent samples t-test was used to analyse the data. The results revealed a significant difference between parents living with children and parents living alone on Resilience, Life satisfaction and Adjustment in day to day life.

Keywords: Resilience, Life Satisfaction, Adjustment, Parents.

1. INTRODUCTION

"At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all." Ann Landers (1918-2002)

It reminds us that as people get older, they move away from the egocentric concerns of youth to the more realistic perceptions of midlife and older adults, who realize that they are not the centre of the universe. In old age, people experience profound changes and face important challenges, including modifications in their roles, retirement, and the death of loved ones (friends and family members). These experiences can increase their levels of stress and lead to a decrease in the resources that individuals feel they have in dealing with their daily lives. As a result, older adults are free to do what they want, not constrained by what they construe to be the opinions of others. Old age is the final stage of the normal life span. Definitions of old age are not consistent from the standpoints of biology, demography (conditions of mortality and morbidity), employment and retirement, and sociology. For statistical and public administrative purposes, however, old age is frequently defined as 60 or 65 years of age or older. The present study aims to see a comparison between resilience, life satisfaction & adjustment amongst parents who live with their married children and parents who do not live with their married children in Pune city. Sample will be consisted of 100 people (50 people living with their children & 50 people living separately). The comparison between these variables can help to obtain an insight of the psychological difficulties faced by these groups.

2. STATEMENT OF THE PROBLEM

To study the comparison between Resilience, Life Satisfaction & Adjustment amongst parents who live with their married children and who do not live with their married children in Pune city.

3. HYPOTHESES

- 1) Parents living with children will score higher on Perception of self than parents living without children.
- 2) Parents living with children will score higher on planned future than parents living without children.
- 3) Parents living with children will score higher on Social competence than parents living without children.

- 4) Parents living with children will score higher on Family cohesion than parents living without children.
- 5) Parents living with children will score higher on Social resources than parents living without children.
- 6) Parents living with children will score higher on structured style than parents living without children.
- 7) Parents living with children will score higher on the total score of Resilience than parents living without children.
- 8) Parents living with children will score higher on the total score of Life satisfaction than parents living without children.
- 9) Parents living with children will score higher on Emotional adjustment than parents living without children.
- 10) Parents living with children will score higher on Home adjustment than parents living without children.
- 11) Parents living with children will score higher on the total score of Adjustment than parents living without children.

4. METHODOLOGY

4.1 INTRODUCTION

The present study was designed to investigate resilience, life satisfaction & adjustment among parents who are living with their married children and who are not living with their married children. This chapter will highlight the operational definitions of the variables and the hypotheses framed to study the comparison among them. It also consists of the tools administered as well as the details of sampling, the procedure followed and the statistical analysis opted for the study is described further.

4.2 OPERATIONAL DEFINITIONS

VARIABLE 1 – RESILIENCE

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress or bouncing back from difficult experiences. Resilience is about how people thrive in the context of difficulties, whether because of or in spite of them.

VARIABLE 2 – LIFE SATISFACTION

Life satisfaction is an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect, and negative affect. Average life satisfaction may not change much with age, but the contributing factors and how much weight is placed on them certainly does.

VARIABLE 3 – ADJUSTMENT

Adjustment may be defined as the ability of an individual to adapt to the changing roles, operations and structures of environment. Adjustment is manifest in one's attitudes and behaviour and it is influenced by past and current life experiences.

4.3 RESEARCH DESIGN

The present research is a comparison research. Certain hypotheses were formulated regarding the comparison between resilience, life satisfaction & adjustment among parents who are living with their married children and who are not living with their married children and the relevant literature with reference to the variables considered in the previous studies.

4.4 SAMPLE

The sampling technique used was purposive sampling. A data of 100 old adults was considered and the age range for the same was 65 years to 85 years of age. The complete data was divided into 2 groups and 50 samples from each group were taken. The 2 groups were –

- 1) Parents living with their married children. (50)
- 2) Parents living without their married children. (50)

The purpose of the research which was to study the comparison between resilience scale, satisfaction with life scale & adjustment scale. The hypothesis was formulated on based on the relevant literature found. In the present study 100 participants ranging from age 65-85 participated in the study. The tools used were Resilience scale, life satisfaction scale & adjustment inventory-

Resilience Scale for Adults (RSA)

Satisfaction with Life Scale – Ed Diener

Shamshad-Jabir Old Age Adjustment Inventory (SJOA)

4.5 STATISTICAL ANALYSIS

The data was collected and scored according to the scoring procedures. SPSS was conducted. In descriptive statistics mean, median, mode, standard deviation, skewness and kurtosis were computed. As there were 2 groups, T- test was used which gave significance as 0.000 level and hence there was difference seen in the results.

4.6 RESULT TABLE

TABLE 1 – Descriptive statistics

		TOTALRESILIENCE	TOTALLIFESATISF ACTION	TOTALADJUSTME NT
N	Valid	100	100	100
	Missing	0	0	0
Mean		137.39	27.06	42.20
Median		134.00	28.00	42.00
Mode		118 ^a	35	35
Std. Deviation		23.535	5.554	7.362
Skewness		.243	-.301	.051
Std. Error of Skewness		.241	.241	.241
Kurtosis		-.911	-.948	-1.015
Std. Error of Kurtosis		.478	.478	.478
Minimum		90	16	29
Maximum		187	35	59

From the Descriptive statistics it is seen that the ratio of skewness and standard error of skewness was less than 2 and also, comparison between 2 groups was to be studied hence t – test was conducted on the sample.

Independent samples t-test

Table showing Levene’s test for variances and t-test.

Table – 1 Perception of self of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
Perception of self	Parents living with children	50	28.30	11.296	98	.000
	Parents living without children	50	18.54	11.296	77.105	.000

Table -2 Planned future of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
Planned Future	Parents living with children	50	22.30	5.042	98	.000
	Parents living without children	50	19.04	5.042	96.747	.000

Table -3 Social competence of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
Social Competence	Parents living with children	50	27.52	7.532	98	.000
	Parents living without children	50	20.44	7.532	88.137	.000

Table -4 Family Cohesion of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
Family Cohesion	Parents living with children	50	28.22	9.011	98	.000
	Parents living without children	50	20.96	9.011	97.992	.000

Table – 5 Social resources of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
SOCIAL RESOURCES	Parents living with children	50	27.56	8.436	98	.000
	Parents living without children	50	20.22	8.436	93.008	.000

Table -6 Structured style of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
STRUCTURED STYLE	Parents living with children	50	22.38	4.559	98	.000
	Parents living without children	50	19.30	4.559	97.264	.000

Table -7 Total resilience of parents living with children & living without children

		N	Mean	t	Df	Sig.(2 -tailed)
TOTAL RESILIENCE	Parents living with children	50	30.28	13.512	98	.000
	Parents living without children	50	23.84	13.512	90.535	.000

Table – 8 Total life satisfaction of parents living with children & living without children

		N	Mean	t	Df	Sig.(2 -tailed)
TOTAL LIFE SATISFACTION	Parents living with children	50	30.28	7.098	98	.000
	Parents living without children	50	23.84	7.098	97.997	.000

Table – 9 Emotional adjustment of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
EMOTIONAL ADJUSTMENT	Parents living with children	50	16.98	2.742	98	.007
	Parents living without children	50	15.42	2.742	96.562	.007

Table – 10 Home adjustment of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
HOME ADJUSTMENT	Parents living with children	50	30.88	15.212	98	.000
	Parents living without children	50	21.12	15.212	96.494	.000

Table – 11 Total adjustment of parents living with children & living without children

		N	Mean	t	df	Sig.(2 -tailed)
TOTAL ADJUSTMENT	Parents living with children	50	47.86	12.049	98	.000
	Parents living without children	50	36.54	12.049	95.160	.000

5. DISCUSSION

5.1 PERCEPTION OF SELF

The hypothesis states that parents living with children will score higher on perception of self as compared to parents living alone. It can be observed that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live with their children have good level of confidence in their own abilities and judgements, self-efficacy and realistic

expectations as their children are always available in case of any need whereas the parents living alone do not get the help immediately. Hence, the hypothesis stating parents living with children will score higher on Perception of self than parents living without children was proved.

5.2 PLANNED FUTURE

The hypothesis states that parents living with children will score higher on planned future as compared to parents living alone. It can be observed that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live with their children have the ability to plan ahead, have a positive outlook and be goal oriented as their children stand as their backbone in difficult times and help them always as compared to the parents living alone lack this support and hence are unable to plan for long term goals or future goals. Adding to this, a better sense of future can also be achieved in terms of the parent's health, financial matters etc. This can take place easily when the children are available to help their parents in need. The hypothesis stating parents living with children will score higher on planned future than parents living without children was proved.

5.3 SOCIAL COMPETENCE

The hypothesis states that parents living with children will score higher on social competence as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live with their children possess the ability to establish friendships and be flexible, however in the case of parents living alone they lack a sense of warmth and care given by their children and this loneliness tends to hamper their social life as well. The hypothesis stating parents living with children will score higher on Social competence than parents living without children was proved.

5.4 FAMILY COHESION

The hypothesis states that parents living with children will score higher on family cohesion as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live alone lack the abilities of sharing values, spending time together, having an optimistic view towards the future & having the feeling of mutual appreciation and support which can be seen in case of the parents who are living with their children as they always have the support of their children in any situations. The hypothesis stating that parents living with children will score higher on Family Cohesion than parents living without children was proved.

5.5 SOCIAL RESOURCES

The hypothesis states that parents living with children will score higher on social resources as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live alone have only the support of each other unlike the parents who live with their children. This need of providing support, love, care and affection is withdrawn from the parents who live alone which leads to a lack of social resources as they help helpless with their increasing age. The hypothesis stating that parents living with children will score higher on Social resources than parents living without children was proved.

5.6 STRUCTURED STYLE

The hypothesis states that parents living with children will score higher on structured style as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live alone due to the lack of support are unable to finish even daily tasks sometimes and hence making and following a structured routine is very difficult for them whereas in the case of parents living with their children a fixed routine is possible as the basic tasks which the parents are unable to do are completed by their children and only the tasks which the parents are able to do are given to them. Even if the parents cannot complete the task on their own their children are always available as a helping hand for their parents which is not possible in case of parents who are living alone. The hypothesis stating that parents living with children will score higher on structured style than parents living without children was proved.

5.7 TOTAL RESILIENCE

The hypothesis states that parents living with children will score higher on total resilience as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live with their children are able to deal effectively with the day to day hassles as they are staying with their children which proves to be a great support. The hypothesis stating that parents living with children will score higher on Total Resilience than parents living without children was proved.

5.8 TOTAL LIFE SATISFACTION

The hypothesis states that parents living with children will score higher on total life satisfaction as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live with their children benefit from a lot of things in their day to day life as compared to the

parents living without their children and thus are more satisfied with their life in terms of their growth and overall happiness. Also, high physical and social wellbeing which can be useful in increasing overall life satisfaction can be obtained. The hypothesis stating that parents living with children will score higher on Total Life satisfaction than parents living without children was proved.

5.9 EMOTIONAL ADJUSTMENT

The hypothesis states that parents living with children will score higher on emotional adjustment as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. The parents who live with their children receive a lot of emotional support from their children throughout the phases of their life which helps them in dealing better with stress and everyday problems as compared to parents living alone. The hypothesis stating that parents living with children will score higher on Emotional Adjustment than parents living without children was proved.

5.10 HOME ADJUSTMENT

The hypothesis states that parents living with children will score higher on home adjustment as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 levels amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. A home is said to be a home when there are people living with togetherness and love with each other. However in the case of parents living alone a sense of detachment and loneliness can be felt by them due to the lack of these abilities hence leading to poor emotional adjustment. The hypothesis stating that parents living with children will score higher on Home Adjustment than parents living without children was proved.

5.11 TOTAL SCORE OF ADJUSTMENT

The hypothesis states that parents living with children will score higher on total score of adjustment as compared to parents living alone. It can be observed from the above table that the t value indicates that there is a significant difference at .000 level amongst the parents living with their children and the parents living alone. The parents living with children are higher as compared to the parents living alone. Due to a variety of factors influencing the adjustment of the parents living alone such as feelings of loneliness, a sense of detachment, lack of emotional care and physical support the overall adjustment is hampered. The hypothesis stating that parents living with children will score higher on Total Adjustment than parents living without children was proved.

6. CONCLUSIONS

The findings of the study reported the following conclusion –

The hypotheses stating that -

- 1) Parents living with children will score higher on Perception of self than parents living without children was proved.
- 2) Parents living with children will score higher on planned future than parents living without children was proved.
- 3) Parents living with children will score higher on Social competence than parents living without children was proved.
- 4) Parents living with children will score higher on Family cohesion than parents living without children was proved.
- 5) Parents living with children will score higher on Social resources than parents living without children was proved.
- 6) Parents living with children will score higher on structured style than parents living without children was proved.
- 7) Parents living with children will score higher on the total score of Resilience than parents living without children was proved.
- 8) Parents living with children will score higher on the total score of Life satisfaction than parents living without children was proved.
- 9) Parents living with children will score higher on Emotional adjustment than parents living without children was proved.
- 10) Parents living with children will score higher on Home adjustment than parents living without children was proved.
- 11) Parents living with children will score higher on the total score of Adjustment than parents living without children was proved.

7. IMPLICATIONS

- The present study will help in identifying the strengths and weaknesses of individuals living alone and also with their children.
- Can be used to study the individuals in old age homes.

8. FURTHER DIRECTION

- Pre-test post-test can be done on a group of individuals who are undergoing counselling session
- The population taken into consideration was the old age; in future the same variables can be tested on a sample of young adults and children.
- Along with test administration, interviews can also be taken into consideration in order to obtain a more detailed introspection into the client's behaviour.

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