

EMOTIONAL MATURITY AMONG INSTITUTIONALIZED AND NON INSTITUTIONALIZED OLDER ADULT

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ABSTRACT

The purpose of the study was to assess emotional maturity among institutionalized and noninstitutionalized older adults. The population taken for the study were 120 school older adults living on various locations of Kollam district based on the institution and non institution. The tools such as Emotional maturity Scale developed by Dr. Yashvir Singh and Dr. Mahesh Bhargava. were used to measure emotional maturity and the personal data of older adults were collected by using a personal data sheet. The statistical techniques used in the study were one way ANOVA and Duncan's Multiple Range Test. The study concluded that Emotional maturity has a significant role in age difference of the older adult compared to the age range 80 above has more emotional maturity than the age range of 60 to 69 and 70 to 79.

KEYWORDS; EMOTIONAL MATURITY, INSTITUTIONALIZED OLDER ADULTS, NONINSTITUTIONALIZED OLDER ADULTS AND OLDER ADULTS.

The very concept of an old age home is new to India. An old age home is usually the place, a home for those old people who have no one to look after them or those who have been thrown out of their homes by their children. The place is of course like home where the inmates get all the facilities for a routine living, like food, clothing, and shelter. At least in India till now, the old people staying away from the home, from their children, or left to themselves is not considered to be a very happy situation. This concept of separating the elders from the youngsters has been imported into India from the West. However, for the West it may not be so heart rending for, there, it is their original life style that two generations never stay under one roof. But, in

India where, for centuries, not only two but also even three generations have lived together, this new concept of nuclear families with the elders ousted, is just too touching to bear (Arpita, 2011).

Besides this, since the women have started working out of homes, there is now, no one to look after the routine needs of the elders at home. Also with the women working out come their attitudes towards the elders, for, today, the working women do not take the elders as their duty but as useless appendages in the family. This attitude of the women has also largely contributed to the removal of elders from families. With this backdrop, the necessity for old age homes was felt, and is being increasingly felt with the passage of time. The entire spectrum of circumstances has led to this unhappy need for old age homes. It is very clear to all who visit an old age home that, all the inmates are there, not for the love of being away from home and independent but, because there is no better alternative left for them, once they are neglected and unwanted in their homes by their own children. The only solace is that, they are getting their daily requirements of shelter and food - if not the bonds of love from the family (Arpita, 2011).

Human beings proceed through a significant series of development starting infancy to childhood, on to adolescence and youth, then to adulthood and middle age and finally to old age and ultimate extinction (Dhillon, 1992). McKee and Robertson (1975) stated that these developmental sequences are not simply a biological one; but it is a social process, because the nature of the life cycles i.e., its length, stages, problems, rewards and so on. The current reviews of developmental issues in India have been paid more focus of extensive concern, discussion, research, writing, and political action across states. Up-to-date aging has become an issue across the world and a subject of study and research as people

in the medical and nursing professions and sociologists, psychologists, social workers, architects, policy-makers, as well as the general public are becoming sensitive to the issues and problems of the elderly.

Recently, the current population statistics showed a marked increasing trend for the old age residents and it has been increasing across the world. The contemporary advances in medical science, better nourishment and improved standard of public health have contributed to the life sustain for the senior citizens. Even though, these advancements related to this age groups failed at the governmental level and existing plans to support the elderly people are generally inadequate. Many of the policies for this aged group are continue to be neglected a lot (Pathak, Sinha, Banerjee, Vasishat, & Edwin, 2008).

A high level of Emotional Maturity is attained once a person has developed Emotional Intelligence as well as the minimal level of Emotional Maturity to decide to use it. Since Emotional Intelligence is the understanding of emotions, Emotional Maturity is the application of that knowledge. Dosanjh (1956) suggested that the emotional maturity is a balanced personality. It means ability to govern disturbing emotions, show steadiness and endurance under pressure and to be tolerant and free from neurotic tendencies'. Good (1981) defined emotional maturity as a emotional patterns of an adult who has progressed through the inferior emotional stages characteristic of infancy, childhood and adolescence and is not fit to deal successfully with reality and in adult love relationship without under emotional strain. Jersild (1963) explained emotional maturity is a degree to which person has realized his potential for richness of living and has developed his capacity to enjoy things, to relate himself to others, to love and to laugh; his capacity for whole hearted sorrow, when an occasion arises and his capacity to show fear when there is occasion to be frightened, without feeling a need to use a false mask of courage, such as must be assumed by persons afraid to admit that they are afraid.

NEED AND SIGNIFICANTS OF THE STUDY

The old age problems are hastily increasing in magnitude. The general issues faced by the elderly population are: low income, inadequate

accommodation, loneliness, emotional immaturity, ill health and non participation in community life. They often feel themselves unwanted and dejected as their retirement and subsequent joblessness epitomizes absolute rejection and removal of the individual from the main stream of the society. This significantly affects their personal well-being and family relations. This also results in serious socio-psychological problems for the aged, where rapid social changes have wiped off many traditional sources of strength without evolving new ones to fill up this gap. In most countries of the world, the older persons do not enjoy a decent status in society. The situation is even worse in the developing countries like India.

Old age people are facing the problems like lack of care, emotional support and economic support from the family. Children have no time to look after their parents because of their busy schedule and as a consequence of this situation the elders are getting neglected. The present study was therefore important to assess the emotional maturity among old age people who are living with their family and in old age homes. The amount and type of care provided by family members depend on economic resources, family structure, quality of relationships, and other demands on the family members' time and energy. Some family caregivers provide minimal assistance (for example, periodically checking in) while others provide full-time, complex care. Sometimes care is needed for a short time, as when a person is recovering from surgery. Often, care is needed for months or years. On average, family members caring for older people spend about 4 hours a day in caregiving activities.

Although society tends to view family members as having a responsibility to care for one another, the limits of such obligations vary among cultures, families, and individual family members. The willingness of family members to provide care may be bolstered by supportive services (for example, technical assistance in learning new skills, counseling services, and family mental health services) and supplemental services (for example, personal care such as assistance with grooming, feeding, and dressing, as well as home health care, adult day care, and meals programs). Supplemental services may be provided on a regular schedule or as respite care for a few hours or days.

The Senior Citizens are thus in need of urgent attention. It is our duty to see that they do not spend the twilight years of their life in isolation, penury and misery. The 'Old Age Homes' can provide the elderly with a sense of security and self respect. Such 'homes' are need of the hour. Older people are, therefore, in need of viable support for improving their overall quality of life. In the present scenario, the older adults are facing different threats from health, family, society and culture in which they belong to. Thus, we can take necessary steps to uplift the old age community by performing psychological intervention along with governmental policies.. All the people want to face the stage old age, give them proper guidance to the how to manage that situation effectively i.e., how to take care of older adults emotions and the what they want in old age.

STATEMENT OF THE PROBLEM

The problem for the present investigation has been stated as **emotional maturity among the institutionalized and noninstitutionalized older adult**".

DEFINITION OF THE KEY TERMS

Emotional Maturity: It refers to an ability of an individual to understand and manage emotions and facilitate to create the life at pleasant desired position.

Institutionalized : It is a care home (old age home) for the elderly who is aged 60 and above who is voluntarily or involuntarily placed in which proper nurture rendered for the healthier lives.

Noninstitutionalized : The elderly people who is aged 60 and above lives in their own houses along with his spouse, children, and other family members who give proper caring and nurturing for healthier lives.

Older adult: It is occurring from the age of above 60s in the life processes of an individual, and it is a social aspects of old age, influenced by both physiological and psychological effects of aging that generation of the particular society in which it exists.

METHOD IN BRIEF

A brief outline of the procedure followed for the investigation is presented below.

OBJECTIVES OF THE STUDY

- To find out age differences have any role in emotional maturity among oldage people.

HYPOTHESES

- There will be a significant mean difference on older adults based on age difference (i.e., 60-69, 70-79, and 80-89) on the variable emotional maturity.

SAMPLE

The sample consisted of 120 older adults who belongs to different socioeconomic status aged from 60 and above represents from in and around the districts of Kollam. The participants were again divided into two subgroups on the basis of institutionalized (n = 60) and noninstitutionalized (n = 60) older adults.

TOOLS

The following instruments were used in the study;

- Emotional Maturity Scale (Dr. Yashvir Singh and Dr. Mahesh Bhargava, 1999)
- Personal Data Sheet

DATA COLLECTION PROCEDURE

The data were randomly collected from the institutionalized and noninstitutionalized settings represented from the districts of Kollam, according to the instruction given in the manual, thereby providing the questionnaire of Emotional Maturity Scale.

STATISTICAL ANALYSIS

The data collected from the respondents to be assess the normality and use the following statistical techniques:

- One-way ANOVA
- Duncan's multiple range tests.

RESULT AND DISCUSSION

The other objective of the study is to assess the age category (i.e., age 60-69, 70-79, & 80 above) have any influence on the variable emotional maturity. The Table 4.3 shows the differences in age category based on variables under among older adult.

Table 1.1

Summary of one way ANOVA for the variable emotional maturity of three groups of age category (i.e., age 60-69, 70-79, & 80 above)

Variable		Df	Mean Square	F
EMSUNTB	Between Groups	2	80.632	2.996*
	Within Groups	117	26.909	
	Total	119		
EMSREGR E	Between Groups	2	66.673	4.051*
	Within Groups	117	16.457	
	Total	119		
EMSMAL AD	Between Groups	2	63.988	3.555*
	Within Groups	117	17.999	
	Total	119		
EMSPTYI NT	Between Groups	2	21.754	.909 (NS)
	Within Groups	117	23.930	
	Total	119		
EMSLACI ND	Between Groups	2	12.488	.691 (NS)
	Within Groups	117	18.073	

	Total	119		
EMSTOT	Between Groups	2	764.026	5.161**
	Within Groups	117	148.025	
	Total	119		

Note: NS indicates – Not significant.

* indicates – significant at 0.05 level.

** indicates – significant at 0.01 level

The one way ANOVA was conducted to find out age differences have any role in emotional maturity among older adult. The results (Vide Table 1.1) also indicate that the variable emotional instability, emotional regression, social maladjustment and emotional maturity have noticeable influence on age category. The F value is found to be significant at 0.01 level for the variable emotional maturity (F = 5.167). The results further indicate that the variable emotional instability, emotional regression, social maladjustment and emotional maturity have noticeable influence on age category. Personality disintegration and lack of independence did not show any role in age difference among older adult. The other three dimensions are emotional instability, emotional regression and social maladjustment. The F value of emotional instability is 2.996. The result shows that there is a statistical significant difference in emotional instability among older adults. It is significant at 0.05 level. The F value of emotional regression is 4.051. This indicates that there is a statistical significant difference in emotional regression among older adults. It is significant at 0.05 level. The F value of social maladjustment is 3.555. This result shows that there is a significant difference in social maladjustment among older adult. It is significant at 0.05 level.

Duncan multiple test

When the investigator uses the analysis of variance with more than two groups, there is a question as to which means are significantly from which other means. This leads to the problem of multiple comparisons. The Duncan multiple test is

used to know which means are significantly from the other means.

Table 2.1

Score of Multiple Range Test (Duncan's method) obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable Emotional Unstability

Duncan^{a,b}

Age Group	N	Subset for alpha = 0.05	
		1	2
Age 60-69	54	24.2593	
Age 70-79	50	24.6400	
Age 80 above	16		27.8125
Sig.		.778	1.000

Means for groups in homogeneous subsets are displayed.

- a. Uses Harmonic Mean Sample Size = 29.698.
- b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

The above Table 2.1 shows results obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable Emotional Unstability. It is observed that the age range between 60 to 69 and 80 above groups differs significantly on the variable emotional unstability. The results further observed that emotional unstability occurs higher in the age group 80 and above than other age groups; also as the age decreasing we can see there is gradual decrement in emotional unstability.

Table 2.2

Score of Multiple Range Test (Duncan's method) obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable Emotional Regression

Duncan^{a,b}

Age Group	N	Subset for alpha = 0.05	
		1	2
Age 60-69	54	20.0926	
Age 70-79	50	21.5200	21.5200
Age 80 above	16		23.1875
Sig.		.178	.116

Means for groups in homogeneous subsets are displayed.

- a. Uses Harmonic Mean Sample Size = 29.698.
- b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

The above Table 2.2 shows results obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable Emotional Regression. It is observed that the age range between 60 to 69 and 80 above groups differs significantly on the variable emotional regression. The results further observed that emotional regression occurs higher in the age group 80 and above and lower in 60 to 69 age groups.

Table 2.3

Score of Multiple Range Test (Duncan's method) obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable Social Maladjustment

Duncan^{a,b}

Age Group	N	Subset for alpha = 0.05	
		1	2
Age 60-69	54	19.3889	
Age 70-79	50	20.7600	20.7600

Age 80 above	16		22.4375
Sig.		.215	.130

Means for groups in homogeneous subsets are displayed.

- Uses Harmonic Mean Sample Size = 29.698.
- The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

The above Table 2.3 shows results obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable social maladjustment. It is observed that the age range between 60 to 69 and 80 above groups differs significantly on the variable social maladjustment. The results further indicated that social maladjustment occurs higher in the age group 80 and above and lower in 60 to 69 age groups.

Table 2.4

Score of Multiple Range Test (Duncan's method) obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable Emotional Maturity

Duncan^{a,b}

Age Group	N	Subset for alpha = 0.05	
		1	2
Age 60-69	54	102.4815	
Age 70-79	50	104.3600	
Age 80 above	16		113.5625
Sig.		.553	1.000

Means for groups in homogeneous subsets are displayed.

- Uses Harmonic Mean Sample Size = 29.698.
- The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

The above Table 2.4 shows results obtained by the three groups of age category (i.e., age 60-69, 70-79, & 80 above) on the variable emotional maturity. It is observed that the age range between 60 to 69 and 80 above groups differs significantly on the variable emotional maturity. The results further observed that emotional maturity occurs higher in the age group 80 and above than other age groups; also as the age decreasing we can see there is gradual decrement in emotional maturity.

CONCLUSION

Compared to the age range 80 above has more emotional maturity than the age range of 60 to 69 and 70 to 79. The other dimension of emotional maturity such as personality disintegration, and lack of independence doesn't show any significant difference. But dimensions, emotional unstabilty, emotional regression and social maladjustment has significant role in age difference of the older adult. The age range 80 above has more emotional unstabilty, emotional regression and social maladjustment than the age range of 60 to 69 and 70 to 79. Thus the hypothesis is partially accepted.

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