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**AN ASSESSMENT OF LIFE SATISFACTION
AMONG THE ELDERLY**

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***Abstract:** Everyone desires to be happy in the world. This happiness is varying in degrees and points. Experience is the commissioner of happiness. These experiences have the ability to motivate and de-motivate people to pursue and reach their goals. A person's mood and outlook on life can also influence their perception of their own life satisfaction. The present investigation is conducted to look into the life satisfaction of elderly (60 years and above). It is also evident that the elderly people have moderate level of life satisfaction that is 71.5 percentages of elderly people have life satisfaction scores between 35-52.5. This study shows that 27.8 percentage of elderly have low life satisfaction. Factors contributing to the low level of satisfaction are family income, living style and marital status. It is to be noted that various club activities, recreational activities, money saving schemes, pension schemes, MGNREGA Schemes and health care camps can help the elders in improving the life satisfaction level.*

Introduction

Everyone desires to be happy in the world. This happiness is varying in degrees and points. Experience is the commissioner of happiness. These experiences have the ability to motivate and de-motivate people to pursue and reach their goals. There are two kinds of emotions that may influence how people perceive their lives. Hope and optimism both consist of cognitive processes that are usually oriented towards the reaching of goals and the perception of those goals. Optimism is linked to higher life satisfaction, whereas pessimism is related to symptoms in depression. Several studies found that self-esteem plays a definite role in influencing life satisfaction. https://en.wikipedia.org/wiki/Life_satisfaction_-_cite_note-10 A person's mood and outlook on life can also influence their perception of their own life satisfaction. According to Seligman, the happier people are, the less they are focused on the negative. Happier people also have a greater tendency to like other people, which promote a happier environment, which then correlates to a higher level of the person's satisfaction with his or her life.

OBJECTIVES OF THE STUDY

The following are the objectives of the present investigation.

1. To study the level of life satisfaction among the elderly
2. To identify the back-ground variables related to life satisfaction

METHOD OF STUDY

Normative survey method is adopted in the present study.

SAMPLE OF THE STUDY

For the present study the universe consists of elderly people living in Vellore district in Tamilnadu state. The investigator used multi stage sampling method in choosing the sample. Vellore district consists of nine Taluks having 763 villages consisting of 5,36,160 households. From the nine Taluks, Katpadi Taluk has been chosen as the prospective

population of the study. Katpadi taluk has 19 villages consisting of 8,948 elderly people. The sample has been drawn from these four villages namely Sevoor, Arumparuthi, Kugaiyanallore and Sembarayanallore by lottery method. These four villages have 1419 elderly population. Assessing the number of elderly living in these four villages, the investigator decided to chose 20 percentage of elderly from each of the four villages that is every fifth elderly person from the electoral list. Hence arriving at 284 elderly people from the four villages from Vellore district.

DATA COLLECTION

The investigator decided to use personal interview method to collect data as the elderly respondents are mostly illiterate or less educated. For this purpose an interview schedule was constructed and validated. The interview schedule was pre-tested among 20 respondents from other villages. Based on the response of the elderly some questions were modified and then schedule was finalized. The finalized schedule was used for actual data collection. Data collection was held during September and October 2017. It took about an hour for each interview.

TOOL USED

The investigator prepared a scale to measure the life satisfaction of the elderly. The scale consists of 14 statements having responses: strongly agree, agree, neutral, disagree and strongly disagree. Each of these statements has scores of five, four, three, two and one respectively. The scores are reversed for negative statements.

DESCRIPTIVE ANALYSIS

Analysis of the Level of life satisfaction Scores among Elderly

One of the important objectives of the present study is to assess the level of life satisfaction scores among elderly.

Table No.1
Levels of Life satisfaction Scores of Elderly

Category	N	Percentage
High	02	0.7
Moderate	203	71.5
Low	79	27.8
Total	284	100

From the Table No. 1 it is clear that 0.7 percentage of elderly people are high life satisfaction. It is found that 71.5 percentage of elderly people have moderate life satisfaction. It is evident that 27.8 percentage of elderly people have low life satisfaction.

Analysis of marital status of the elderly

One of the important objectives of the present study is to assess the marital status of the elderly.

Table No.2
Marital Status of the Elderly

Category	N	Percentage
Unmarried	2	0.7
Married	188	66.2
Widow/widower	94	33.1
Total	284	100

From Table No. 2, it is clear that 66.2 percentage of elderly people are married. It is found that 33.1 percentage of elderly people are either widows or widowers. It is evident that 0.7 percentage of elderly people are unmarried.

Analysis of the Living Style of Elderly

One of the important objectives of the present study is to assess the living style of the elderly.

Table No.3

Living Style of Elderly

Category	N	Percentage
All in one house	37	13
Living with son	91	32
Living with daughter	32	11.3
Living with spouse only	81	28.5
Living with others	05	1.8
Living alone	38	13.4
Total	284	100

From Table No. 3 it is clear that 28.5 percentage of elderly people are living with their spouse only. It is found that 32 percentage of elderly people are living with their sons. It is evident that 13.4 percentage of elderly people are living alone and 1.8 percentage of elderly people are living with others.

DISCUSSION

The present investigation has highlighted the level of life satisfaction of the elderly people living in Vellore. This indicates that 27.8 percentage of elderly have low level of life satisfaction. It is found that only 0.7 percentage of elderly alone have high level of life satisfaction. It is clearly indicated that 71.5 percentage of elderly have moderate life satisfaction. Factors contributing to the low level of satisfaction are family income, living style and marital status. It is suggested that various club activities, recreational activities, and health promotional schemes can improve the life satisfaction of elderly people. Therefore, authorities and government have to implement schemes that support the elderly people in developing satisfaction in their life.

CONCLUSION

It is proposed that overall life satisfaction comes from within an individual based on the individual's personal values and what he or she holds important. It is further substantiated that elderly people living in Vellore, have moderate level of life satisfaction. Because many have responded that even if they are not satisfied there is no other go other than navigating through it. It is to be noted that various club activities, recreational activities, money saving schemes, pension schemes, MGNREGA schemes and health care camps can help the elders in improving the life satisfaction level. Therefore, authorities and government have to implement schemes that support the elderly people in developing satisfaction in their life.

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