



To study the Geriatric level of life satisfaction of males and females in relation to social-support

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Gerontology is the study of aging. Scientific approach to gerontological issues among researchers are recent origin. India's aged population is increasing both absolute number as well as proportion.

Old age is characterized by certain social and psychological changes. These changes have profound effects on personal adjustment and elderly problems of aging. Old age is related to multiple psycho-social losses. [Balles and Mayer 1999] and increased health risks [Manton 1990, Kohlberg 1999] qualifying late adulthood as a period of life. It is not uniform experience among Old persons. Some people achieve a sense of fulfilment and satisfaction in their old age, while others in turn better on lament the decline their physical abilities and social significance

Social support refers to psychological and material sources provided by the society network to help Individual to cope with stress. Such social support may come in different forms helping a person with various daily tasks when they are ill or offering financial assistance when they are in need. There are four types of support.

- (1) emotional
- (2) Instrumental
- (3). Informational
- (4) Appraisal

Social support is a powerful predictor of living a long life, Social support has an impact on older adults personality. Social support refers to positive exchanges with network members that help people stay healthy or cope with adverse events [Thoits, P.A. (2011)

Social support refers or help a person perceive comfort caring, esteem or help a person perceive from significant others or community organisation. It is of important for people understanding successful social support to achieve they are loved and cared for and part of social network. The general defination which treats support as the objectively available network of contacts providing



a sense of interpersonal relationship's acceptance and security and the possibility of obtaining various types of help in difficult situation is the best surference to the current problem – (Sek, 2003)

Social support can be described by analyzing its different dimensions of which the most is emphasizing the structural and functional support (Sek, 2004) Hence, social support is correlated with the life satisfaction among old aged. In human brings ageing represents the accumulation of change in a human being. Overtime and can encompass physical, psychological and social change.

[understanding the dynamics of the AgeingProcess.National institute of Ageing .Retrieved.2021]

It is seen that overall life-satisfaction can be influenced by multiple factors and social support is one important factor that influenced life satisfaction.

Life-Satisfaction -Satisfaction- The degree to which late adults are successful in adjusting to the important problems, which they face in life ,will determine the degree of their satisfaction .Life – Satisfaction is shown in degree of happiness they experience . It is considered to be the cognitive component of the broader construct of well-being.

Life-satisfaction includes factors such as health education, interpersonal relationships and socio-economic status. It is believed to be an elevation of life in general. [Fagerstom, Hotel, Hallberg. 2006]

It is projected that the proportion of indian aged 60 and older will rise from 7.5%. in 2010 to 11.1% in (2025) .Life satisfaction has been identified as one of the most important criteria for successful ageing Moreover, life satisfaction can also be considered an important dimension of the overall well being of individuals.

Studies have reported that perceived social support and life satisfaction plays an important role in the physical and mental health of elderly people (Brog, et al 2006 Marandi, et al 2017]

[Anatharaman (1982)] defines aging terms of regularities or events, which occupy significant position of life span resulting in differences between individual in structure and function.



However, ageing as a development sequence is not simple as a biological one. It is a social process, which involves both growth and decline. The literature of ageing in general includes biological or physiological ,psychological and sociological, approaches that could be utilized for the purpose of defining ageing.

- Biological ageing
- Psychological ageing
- Social ageing

Older adults are a group of people who, in the contemporary world, constitute a growing population with special needs related to huge advances in science and technology , especially the promotion of health sciences. Increase of the aging population is a challenge for the world and government are required to pay more attention to this group.

Life-satisfaction has recently been introduced as the best indicator of the quality of life.Satisfaction with life is a kind of general and deep inner happiness that emanates from individual experiences in the outside world. (Bishop et al) described individual access to key and important life sources as factors influencing life- satisfaction. These sources include material, social or personal resources that the older adults have to offer, which can be referred to as the main sources.

Review of Literature

Some studies demonstrated that family support remains important in young adults psychological functioning [Mounts, et al adultpsychological 2006]

Friends support have more robust influence on older adults well being than family support: [Huxhold, et al 2014]

Women have higher social support in comparison of male(Appraisal Tangible Belonging]

Studies note gender differences in older adults social network characteristics and social support. Gender plays an important role in the aspect of social support. Women provide more social support to others and are more engaged in their social network. Evidence has also supported the nation that women may be better providers of social support [Shelley, Taylor and Colleagues]



have suggested that these gender differences in social support may stem from the biological differences between men and women in how they respond to stress. .

In Contrast [Sharma 1996] observed that female more often score low on life satisfaction and the variables strongly associated with relational variables as marital happiness rather than socio economic factors like income; Life-satisfaction is a significant indicator to ascertain the quality of life of elderly persons.

[Erickson (1982), Reports that old people review their past life if they feel that most of the goals of their life have been fulfilled they feel satisfied. There are several predictors of life satisfaction, self person of health, self-acceptance of ageing changes, Social Interactions, self-related behaviour, flexibility,satisfaction with familial and friends support and adjustment in different areas of life.

Mass and Kuyers (1974) found that the life-style of elderly fathers were different from that of elderly mothers.

Martin, Gruendahl and Martin [2001]. Social support help people cope with stressful events: Research findings indicates that gender differences in social-support has most consistent, Women provide and receive more support, exchange a greater variety or types of support and have longer number of ties .Support provided through the marital relationship seems to be an important part of the genetic difference.

Research has consistently show that individuals with close and supportive spouses, friends and family have greater life-satisfaction. [Antonucci, and Jackson 1987, Chen and Feeley 2014]

On the other hand lack of social support has been implicated in emotional distress, depressive symptoms and morbidity. [Yang, et al, 2014, LermanGrinz burg etal 2021)

Researches have also vigorously examined a wide range of variables that attest to the importance of social support for individual's well-being and optimal psychological functioning. [Cohen and Wills, 1985, felman and Lazarus, 1986]

Some studies showed the level of life satisfaction of older women was higher than that of older men. [Choi H.K. Kim, J.E.2018] Gender.



Data were collected from 461 Elders aged 60+ with the cooperation of several social service center for the aged senior centers

To assess the relationship of specific domains of life satisfaction with overall life satisfaction of elderly. The study was conducted upon sample of you elderly (200 male samples and 200 female samples) of age range 60 years and above.

Results revealed that there were significant difference among elderly males and females in health satisfaction, family satisfaction and life satisfaction and no significant differences were found in personal satisfaction and social satisfaction. [Priyanka and Mishra Sunita (2010)]

[Didino et al] reported that factors such as income, level of home equipment and anxiety and loneliness affect life – satisfaction of older adults. Life style of older adults play an important role in their satisfaction. Many satisfactory predictive factors of older adults are social, psychological and behavioral potentially changeable. Success in older adults is not affected by individual genetic factors, but more factors such as the level of physical activity, social interaction and social support will be effective in older adults. Older adults having higher life satisfaction also appear to be achieve higher levels in promoting health behaviours.

Methodology

The purpose of the study is to explore the interrelationship of life-satisfaction, social support and ageing

Objective

The main objective of the study is to measure the life satisfaction of Geriatric male and female in relation to social support.

Hypothesis

- (1) Social Support have no effect on geriatric life-satisfaction
- (2) There is no significant gender difference con the level of life satisfaction.

Variables

- Predictor variables –
 1. Social support
 2. Gender



•Criterian variable- Life-satisfaction

Sample - In the present study 100 old aged persons male ,female (60-70 yr) were taken from Alwar City and Jaipur due to ease access. A purposive sampling technique was applied to select elements.

Tools

1. Social support scale. Promod Kumar &JayshreeDhyan

2. Life satisfaction - self

Life-satisfaction Scale -This is self developed scale based on Licket scale. Instructions – Below are five statements that you may agree or disagree with, using 1-7 scale below, indicates your agreement with each item by placing the appropriate number on the like proceding that item –

7 -strongly agree

6- agree

5-slightly agree

4- neither agree or disagree

3- slightly agree

2-Strongly disagree

1-Strongly disagree

Statements –

- In most way my life is close to my ideal.

-The Conditions of my life are excellent.

- I am satisfied with my life.

- So far I have gotten the imporot things I want in life.

- If I could change my life over I would change almost nothing

Scoring

Though scoring should be kept Continuous (sum up scores on each item), here are some

Out-offs to be used as benchmarks

31-35 Extremely satisfied

26-30 – satisfied

21-25- slightly satisfied

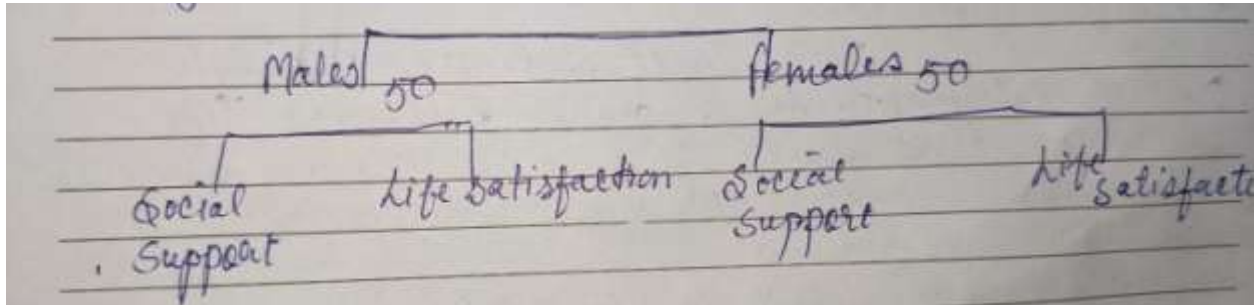
20- neutral

15-19 slightly dissatisfied

10-14 dissatisfied

5-9 extremely dissatisfied

Design-



%, Mean, 't' test used:

Result- the raw data was analysed in form of percentage, mean, 't'

Table I

Percentage of participants having high ,moderate and low level of life satisfaction

Level of Satisfaction	Males	Females
Low	—	—
Average	57.60	40
High	32.40	60

Above Table I Shows Empirical result of life-satisfaction among elderly people. Percentage of low level is not found in both categories but male average percentage is 57.60% whereas female percentage value is 60% more than male. It proves that Female are more satisfied with her life than male. In high level % of male is 32.40%. and female is 40% that is more than male



participant% Hypothesis of the study is rejected that there is no gender difference in life satisfaction.

The Impact of control variable on life satisfaction shows that gender influence life Satisfaction level, it may be due to resilience counting for women’s higher scores in life-satisfaction. They have more balanced lives rather than focusing exclusively on one thing like men do. Men have a focus on pay, that is their endgame.

A research found that gender difference affect the brain and human behaviour (Ngun et al 2012)

Table II

% of participants having high, Average low level social-support

Level of Social-Support	Males	Females
low level	15.20%	5
Average level	48.08	50
High level	37.00	45

From the table II it is concluded that 15-20% male have low level support, 48.08% average and 37% have high social support from the society where as female .

Social Support Percentage on low level is 5%, on average level 50% and high level is 45%, that Reflects strong support among women than male.The elderly Womenhaving good relations in terms of havingClose friends, social support is as the perception or experienceThat one is loved and cared for others.



According to Madox- These elderly who maintained or developed extensive social ties in the Community that Compensated for the bonds served during later arge life role transition, hed a more positive self Concept and level of adjustment.

Table II Mean, and t’value significance of social- support and life satisfaction

Areas	Gender	N	Mean	t'	Significant on
Life-Satisfaction	Male	25	19.14	1.67	0.01
	Female	25	24.28		
Social-Support	Male	25	20.13	3.51	0.05
	Female	25	23.32		

On the basis of above table it is observed that value of life-satisfaction mean female (24.28) and mean values of social – support of female is [23.32] both means are high and seems correlated whereas means of males are [19.14] and [20.13]. As the social support increases life- satisfaction level also increases

Same type results are found by RaghunathMandi (2012)study .The result shows that 45% of the study participants had higher life satisfaction, 22%. Had medium life satisfaction and 32% reported low life satisfaction.Result shows highlight social participation ,having close relationships with spouse, receiving Social support at home orneighbours are strongly associated with life satisfaction among older years

Social support make impact on life satisfaction. In this regard Iradas and ArchanaSatsangi conducted a study on 100 elderly of 60 years and above from Agra .Result shows that social support plays a vital role in life-satisfaction of elderly. People may feel that they are the people with whom they can share their feelings and demands and may rely on them. It is conceptualized as both social embededness and social support supportive interactions and presence of supportive relationship in people’s lives play a major role in their emotional well-being and Physical health.

-Life satisfaction level increasing and decreasing depends on social support as the Table III resultshows.

‘t’ value it proves that the study 1.67 , so there is no significant difference between males and female life satisfaction level. The hypothesis that was formed is accepted and found not gender difference on the level of life satisfaction among old persons. The study [FirdevsSavicakar 2012] also supports findings that there is no gender differences in the level of life satisfaction.



But the area of social support difference was found between male and female because 't' value is higher than life satisfaction value. This shows (3.51) that gender roles are culturally, genetically reinforced that shape the appropriate behaviours for men and women. The study explored social support had impact on males and females behaviors.

Our results found that social support having relationship with partner and feeling of safety at home and neighbourhood environment are strongly related with life satisfaction among elderly. Based on the findings of Table II 1% of participants in social support are as Male participants mean level low is 15:20, Average % is 48.00 and in high level is 37.00 are where as Female Levels 8 in low 50 Average and 42 in high level. This revealed that there is if Percentage level is different. There is difference between male and female participants percentages. Female % is high than male so it can be said that there is a gender difference in social support System. Women gets more support from the society and the family and neighbourhood. And got satisfied in life. According to the study of Li found that practical emotional and spritual social support positively affected older adult's life satisfaction, health ,mental health .Social interaction com reduce the status of loneliness of elder women and promote health. Fu &Ching – found a significant contribution of intergeneration support to older adult's life satisfaction.

Toward's life satisfaction majority of responds had reported that they were satisfied with their life while some of them are not satisfied due to Poverty and improper care.

According to Tomini& Groot (2016) social network such as etc are the family, friends etc are the source of support which highly connected with their life-satisfaction. On the other hand elderly who are highly satisfied with their life were mere, wider on social network comparing to those elderly who are less satisfied.

However, it is usually difficult to achieve higher levels of life-satisfaction with increasing. Age and physical and psychological problems.

Conclusively social support in older adults is a powerful and effective transformation tool which inspire and develop an individual for a safe and better future and it ultimately provide life satisfaction among aged old and females.



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