SOCIAL SUPPROT FACTORS AS RELATED TO WELL-BEING IN ELDERLY

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Abstract

The present study represents an attempt to study social support factors in relation to well-being among elderly people. For the purpose of study a sample of 300 people both men and women was taken. Data was analysed with the help of SPSS. Means, Sds were computed. Further data was subjected to regression analysis to see if social support factors (predictor variable) had any influence on the criterion variable (well-being). Results revealed that social support factors do significantly contribute to well-being among elderly people and the factor of significant others has the highest amount of influence on well-being followed by family.

Key Words:- Social Support Factors, Well-Being, Elderly People

Social Support:-Social support refers to the network of social relationships that a person enjoys. It has been regarded as crucial factor determining our feelings of safety, security, physical and psychological well-being. Essentially, social support involves having a network of family and friends that you can fall back upon in times of need and exigencies. Psychologists and other mental health professionals very frequently underline the significance of strong social support network. When trying to reach our goals or deal with a crisis people look toward their friends and family for support. Researches demonstrated the link between social relationships and many different aspects of health and wellness (American Psychological Association). social support may come in different forms, and might involve;receiving help in daily tasks when we are ill or getting financial assistance when needed,receiving advice from a friend when going through tough times, receiving care, empathy,concern of loved ones.(Baumgartner JN, Susser E., 2013)

Well-Being:-The most widely accepted definition of well-being distinguishes the Cognitive and an Affective dimension of well-being (Ha SE, Kim S. 2013).Cognitive dimension involves overall assessment of one's life. Peoples' Happiness and Satisfaction with life are considered a Cognitive component of subjective well-being. Affective dimension denotes pleasant feelings (Positive affect) and unpleasant feelings (Negative affect) that people experience in their lives. The Affective dimension of SWBis mental health (Chamberlain K. 1988, Stegeman M., 2014).

Elderly People:- Old age is last phase of journey through life. Like childhood it is a stage of dependency if not full but largely. With increase in age, one faces depletion in physical strength, lowered reflexes

coupled with decline in sensory organsleading to depletion of strength to carry out even daily chores. Loss of immunity makes older people vulnerable to number of diseases. Besides death of spouse or children living away at their work places happens to be detrimental to physical and mental health of elderly. India is facing a difficult situation in the above context, as the number of elderly people are on the rise, changes in economic structure resulting in nuclear family, children living away for their work making the elderly succumbing to depression, anxiety, insecurity. A recent report in Times of India stated that a sizable number of elderly people in metro cities are living alone , making them a soft target for criminal, such conditions are bound to affect the physical and mental well-being of elderly people.

Objective : The objective of the present study was to understand and examine the relationship between Social Support Factors and Well-Being of elderly people and to see if Social Support Factors contributes to Well-Being of elderly people.

Hypothesis:- 1. There is no relationship between Social Support Factors and Well-Being of elderly people. Besides Social Support Factors do not significantly contribute to predict Well-Being among elderly people.

Methodolgy: To achieve the purpose of the study a cross sectional design was used with Multi Dimensional Scale of Perceived Social Support (Ziment, Dahlem, Zimet & Farley, 1998), (Independent variable) and General Well-Being Scale (Dependent Variable). A sample of 300 elements was collected from amongst people ranging between 55 to 65 yrs. Living in the city of Alwar(Raj.) Both male and female were included, it was taken care of that sample element had minimum Senior Secondary School Education.

TABLE NO.1 SHOWING MEAN AND SDs

Sr. No.	Variable	N	Mean	Std. Deviation
1	SIGNIFICANT OTHERS	300	20.783	20.30
2	FAMILY	300	21.036	20.39
3	FRIENDS	300	21.313	20.29
4	WELL-BEING	300	84.25	20.25

TABLE NO.2 REGRESSION OF SOCIAL SUPPORT FACTORS ON WELL-BEING

Coefficients[a,b]							Model Summary			F	Sig.
Model		Unstand. Coefficient		Stand. Coefficient	t	Sig.	R	R²	Adjusted R Square		
		B	Std. Error	Beta							
1	(Constant)	21.309	6.711		3.175	.002	0.495	.245	.238	32.071	.000b
	SIGT OTHERS	1.512	.240	.338	6.308	.000					
	FAMILY	.932	.259	.197	.3.599	.000					
	FRIENDS	..560	.221	.134	2.533	.012					
a Dependent Variable: Well-Being											
b. Predictors in the Model: (Constant), Significant Others, Friends, Family											

Table no. 2 depicts regression of Social Factors (Significant Others, Family and Friends) on Well-Being. It shows R-Square value as .245 whish means that about 25 % of the variance in Well-Being is explained by three predictor variables of Social Support. The beta value indicates the relative influence of the entered variables, out of these variables Significant Others has the greatest influence on Well-Being with β=.338, followed by Family with β=.197 and friends with β=.134. The entire predictor variables is positive in the sense that higher the influence of predictor variable higher would be the degree of Well-Being.

Further a perusal of ANOVA table reveals that influence of predictor variables on Well-Being is significant with F=32.071 ≤.01. The ANOVA table further reveals that variance in Well-Being explained by all three predictor variables is significant at ≤.01. Significant correlation between Social Support Factors and Well-Being further validates results.

Research findingsare in accordance with the results and the results support the hypothesis that there will be significant relationship between social support factors and well-being, and the predictor variables contribute significantly significant amount of variance to well-being. There are plenty of researches which support the above findings.

According to Sureswari Das (2012) family structure and composition are social determinants that may also affect health behaviour and outcomes and well-being of older people. Bowling (2011) found that social relationships are an important aspect of well-being in older age. According to Turagabeci and others (2007), good family support acts as a protection against harmful influence of living in small family that will lead to improve quality of life. Bergon (2001) found that family is the main source of care giving to all its members. The individual who sees alternative accommodation due to isolation or loneliness, relocation of congregate, style accommodation may increase their social contact and have a positive impact on their well-being.

Sood,Sarita and Bakshi, Arti(2012) in a study suggested that such a relationship is also found in aged Kashmiri migrants – perceived social support has an influence on psychological well-being of aged Kashmiri migrants. Perceived social support is related with psychological well-being. The ways in which social support is understood and perceived is important in ascertaining the role it may play in aged individual's psychological well-being. The results reveal that the camp residents are lower in level of perceived social support and the study suggests need for close attention to the perceived social support. This population in particular is vulnerable to have poor psychological well-being. It has been already established that perceived social support is related to psychological well-being (Mc Dowell & Serovich 2007; Wong, Yoo & Stewart 2007). Further studies should be focused on determining the factors associated with perceived social support in aged migrants. The efforts should be made to identify the characteristics of aged that predispose them to perceive social support so that suitable interventions are devised and introduced to this population. Family members, caregivers, friends and other associates of aged people must understand the underlying causes reflected in psychological-wellbeing and the effect of perceived social support on it. Strong positive relationship between perceived social support and psychological well-being indicated that it is vital to quality of life of aged. Another future direction of research could be an exploration of perceived social support on other domains of quality of life such as physical well-being and environmental well-being. Since this study has been carried out specifically on aged Kashmiri migrants its results can be generalized only on this population. To overcome this limitation a comparative study on culturally different aged people could be useful. The rapid transition in demographic structure certainly necessitates need for understanding the role that social support plays on well-being.

Morelli, S. A., Lee, I. A., Arnn, M. E., & Zaki, J. (2015). Individuals in close relationships help each other in many ways, from listening to each other's problems, to making each other feel understood, to providing practical support. It was found that instrumental support enhanced well-being of both providers and recipients, but only when providers were emotionally engaged while providing support. These findings illuminate the nature of support provision and suggest targets for interventions to enhance well-being.

Research findings above are in accordance with the results and from the results it is clear that Null hypothesis stand rejected and the alternative hypothesis that there will be significant relationship between social support factors and well-being, and the predictor variables contribute significant amount of variance to well-being, stands accepted.

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