RESEARCH ARTICLE

Adjustment problems among elderly : A comparative study

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ABSTRACT

The effectiveness of the individual's effort to meet his needs and adapt to his environment is called adjustment. It is a process by which individual tries to bring harmony, stable and satisfying relationship with his environment. Aging is a natural phenomenon that refers to changes, which occur during the life span and results in differences in structure and function between the youth and the elderly. Old age is the stage of life, when problems increase manifold. Present study is an attempt to analyse the problems of aged. The study was conducted on 40 elderly males and females in the age group of 65-75 years. Shamshad-Jasbir old-age adjustment inventory was used to assess the adjustment problems of the elderly in the areas of health, home, social, marital, emotional and financial. Selected elderly belonged to middle socio-economic status families and were leading a retired life. Significant differences existed between males and females elderly with regard to various adjustment problems.

INTRODUCTION

Adjustment as an achievement means how efficiently an individual can perform his duties in different circumstances, it is concerned with the individual's ability to cope effectively with his environment. The term 'adjustment' has two meanings. In one sense, it is a continual process by which a person varies his behaviour to produce a more harmonious relationship between himself and his environment, the direction of his efforts may be toward modifying his own behaviour and attitudes or toward changing the environment or both. In other sense, adjustment is a state, *i.e.* the condition of harmony arrived at by a person whom we call "well adjusted" (Agarwal, 2003).

The word "Adjustment" has been described in many ways by different psychologists, biologists, mental hygienists and other behavioural scientists. The "effectiveness of the individual's effort to meet his needs and adapt to his environment" is called adjustment (Coleman, 1960). Adjustment is a process by which individual tries to bring harmony, stable and satisfying relationship with his environment. By this process, the individual alters his impulses and responses to fit the

demands of his environment. A good adjustment always aims at long-term satisfaction instead of satisfying an immediate intense need. He has control on impulses, thoughts, habits, emotions and behaviours in terms of self imposed principles or of demands made by the society. He enjoys a normal life, which is free from depressions, tensions, fears, acute anxiety, hostility, sense of guilt, insecurity, disruption of thought etc. to a great extent. In short, it can be said that his behaviour is not disturbing to himself and to the people around him (Sultania *et al.,* 2010).

Aging is a natural phenomenon that refers to changes, which occur during the life span and result in differences in structure and function between the youth and the elderly. Traditionally the term elderly has been referred to people who have attained certain age chronologically. Aging is an inevitable process in which physiological, emotional and mental changes are observed in declining form. It is also known as closing period of life span. It is "moving away" from more, desirable period. Aging is a toilsome treadmill grinding to a tragic halt as the years pile up. It is a life spanning process of growth and development running from birth to death. It is generally associated with decline in the functional capacity of the organs of the body due to

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