CONCLUSION

The aim of the present investigation is to study depression in relation to loneliness, optimism and life satisfaction. To see if depression is related to these variables or not, investigator choose old age people as participants. Depression was considered as a dependent variable while loneliness, optimism-pessimism and life satisfaction as the independent variables. Data was collected and analyzed using stepwise multiple regression analysis, t-test and ANOVA. Results were obtained and discussed in the light of previous studies for the rejection or acceptance of the formulated hypothesis. Finally on the basis of obtained results we can conclude and summarize the findings in such a way:

- Loneliness is significantly and positively related to depression among old age participants.
- Optimism is insignificantly related to depression among old age participants.
- Pessimism is significantly and positively related to depression among old age participants.
- Life satisfaction is significantly and negatively related to depression among old age participants.
- Loneliness is significantly and positively related to depression among male old age participants.
- Optimism is insignificantly related to depression among male old age participants.
- Pessimism is insignificantly related to depression among male old age participants.
- Life satisfaction is significantly and negatively related to depression among male old age participants.
- Loneliness is significantly and positively related to depression among female old age participants.
- Optimism is insignificantly related to depression among female old age participants.
- Pessimism is significantly and positively related to depression among female old age participants.
- Life satisfaction is significantly and negatively related to depression among female old age participants.
- Loneliness is significantly and positively related to depression among old age participants living in rural areas.
- Optimism is insignificantly related to depression among old age participants living in rural areas.
- Pessimism is insignificantly related to depression among old age participants living in rural areas.
- Life satisfaction is significantly and negatively related to depression among old age participants living in rural areas.
- Loneliness is insignificantly related to depression among old age participants living in urban areas.
- Optimism is insignificantly related to depression among old age participants living in urban areas.
- Pessimism is significantly and positively related to depression among old age participants living in urban areas.
- Life satisfaction is significantly and negatively related to depression among old age participants living in urban areas.
- Loneliness is significantly and positively related to depression among old age participants who have their spouses alive.
- Optimism is significantly and positively related to depression among old age participants who have their spouses alive.
- Pessimism is significantly and positively related to depression among old age participants who have their spouses alive.
- Life satisfaction is significantly and negatively related to depression among old age participants who have their spouses alive.
- Loneliness is insignificantly related to depression among old age participants who do not have their spouses alive.
- Optimism is insignificantly related to depression among old age participants who don’t have their spouses alive.
- Pessimism is significantly and positively related to depression among old age participants who don’t have their spouses alive.
• Life satisfaction is significantly and negatively related to depression among old age participants who don’t have their spouses alive.

• Loneliness is significantly and positively related to depression among old age participants who are financially dependent on their family.

• Optimism is significantly and negatively related to depression among old age participants who are financially dependent on their family.

• Pessimism is significantly and positively related to depression among old age participants who are financially dependent on their family.

• Life satisfaction is significantly and negatively related to depression among old age participants who are financially dependent on their family.

• Loneliness is insignificantly related to depression among old age participants who are financially independent.

• Optimism is significantly and positively related to depression among old age participants who are financially independent.

• Pessimism is significantly and positively related to depression among old age participants who are financially independent.

• Life satisfaction is insignificantly related to depression among old age participants who are financially independent.

• Loneliness is significantly and positively related to depression among old age participants who are living with their family.

• Optimism is significantly and positively related to depression among old age participants who are living with their family.

• Pessimism is significantly and positively related to depression among old age participants who are living with their family.

• Life satisfaction is significantly and negatively related to depression among old age participants who are living with their family.

• Loneliness is insignificantly related to depression among old age participants who are living without their family.

• Optimism is insignificantly related to depression among old age participants who are living without their family.
Chapter - 4

Results and Discussion

- Pessimism is significantly and positively related to depression among old age participants who are living without their family.
- Life satisfaction is significantly and negatively related to depression among old age participants who are living without their family.
- Loneliness is significantly and positively related to depression among illiterate old age participants.
- Optimism is insignificantly related to depression among illiterate old age participants.
- Pessimism is significantly and positively related to depression among illiterate old age participants.
- Life satisfaction is significantly and negatively related to depression among illiterate old age participants.
- Loneliness is significantly and positively related to depression among less educated old age participants.
- Optimism is insignificantly related to depression among less educated old age participants.
- Pessimism is significantly and positively related to depression among less educated old age participants.
- Life satisfaction is significantly and negatively related to depression among less educated old age participants.
- Loneliness is insignificantly related to depression among highly educated old age participants.
- Optimism is significantly and positively related to depression among highly educated old age participants.
- Pessimism is significantly and positively related to depression among highly educated old age participants.
- Life satisfaction is significantly and negatively related to depression among highly educated old age participants.
- There is no difference between male and female old age participants with regard to depression.
- Female old age participants are lonelier than the male old age participants.
• There is no difference between male and female old age participants with regard to optimism.
• Female old age participants are more pessimistic than the male old age participants.
• Female old age participants are more satisfied with their life than the male old age participants.
• Old age participants living in urban areas are more depressed than the old age participants living in rural areas.
• Old age participants living in urban areas are lonelier than the old age participants living in rural areas.
• Old age participants living in rural areas are more optimistic than the old age participants living in urban areas.
• Old age participants living in urban areas are more pessimistic than the old age participants living in rural areas.
• Old age participants living in urban areas are more satisfied with their life than the old age participants living in rural areas.
• Old age participants who don’t have their spouse alive are more depressed than the old age participants who have their spouse alive.
• Old age participants who don’t have their spouse alive are lonelier than the old age participants who have their spouse alive.
• Old age participants who have their spouse alive are more optimistic than the old age participants who don’t have their spouse alive.
• Old age participants who don’t have their spouse alive are more pessimistic than the old age participants who have their spouse alive.
• There is no difference between old age participants who have their spouses alive and old age participants who don’t have their spouses alive with regard to life satisfaction.
• Old age participants financially dependent on their family are more depressed than the old age participants who are financially independent.
• Old age participants financially dependent on their family are lonelier than the old age participants who are financially independent.
Old age participants who are financially independent are more optimistic than the old age participants who are financially dependent on their family.

Old age participants financially dependent on their family are more pessimistic than the old age participants who are financially independent.

Old age participants who are financially independent are more satisfied with their life than the old age participants who are financially dependent on their family.

Old age participants who are living with their family are more depressed than the old age participants who are living without their family.

Old age participants who are living without their family are lonelier than the old age participants who are living with their family.

Old age participants who are living without their family are more optimistic than the old age participants who are living with their family.

Old age participants who are living with their family are more pessimistic than the old age participants who are living without their family.

Old age participants who are living without their family are more satisfied with their life than the old age participants who are living with their family.

Illiterate old age participants are the most depressed group.

Highly educated old age participants are the least depressed group.

Illiterate old age participants are the loneliest group.

Less educated old age participants are the least lonely group.

Highly educated old age participants are the most optimistic group.

Illiterate old age participants are the least optimistic group.

Illiterate old age participants are the most pessimistic group.

Highly educated old age participants are the least pessimistic group.

Less educated old age participants are the group who are least satisfied with their life.

Highly educated old age participants are the group who are most satisfied with their life.
Further Suggestions and Implications:

Though every researcher and every person tries to do the best in his work, but as it is said that nobody is perfect in this world, it is possible to have some limitations during completion of the work. Keeping in mind the whole study, its procedure and the results, there are some suggestions to be followed for further research. These are as follows:

- An extensive plan of research is required to study the sample in a broad way. Old age participants living abroad (living out of their country) or old age participants living in old age homes could be a part of the sample.
- It is also suggested that some more aspects of the old age participants like physical health and related problems and sociological status could be studied.
- Some more psychological states of old age participants like feeling of insecurity, feeling of worthlessness, fear of death, religious and spiritual attitude and feeling of being rejected could be studied.
- Status and problems of old age participants in different cultures could be compared.
- Because the participants relate to Indian culture, it could be preferable to use those measuring tools which are developed in India and are made to measure the psychology of Indians.
- The old age participants are a big part of the general population so the sample could be large. If the research is implicated on about 1000 old age participants, it could be more reliable and generalizable.
- Government should start some more plans to take care of old age participants in India.
- Though a vast change is occurring in the customs and traditions of Indian culture, we should try to keep them in a threat of love and affection. Each and every person of the family should be in touch of our culture and tradition.
- Inclusion of some more variables could give some changed results.
- There is a need to give respect to our old age participants to make them feel important for us so that they could feel like strong roots of a tree like family.