Chapter 6

Discussion

Discussion :-

The chapter on analysis of data and result presented the finding of the study. In this chapter an attempt will be made at discussing these findings. In doing so first a summary of results and conclusion drawn from them have been presented and thereafter variable this discussion follow. While discussing this
finding, mention of result of earlier studies would be made with a view to demonstrate consonance or dissonance. In case of a finding being dissonant or against the expectation based on reasoned common sense, possible reason for the same would be evoked.

The following text gives a summary statement of the findings of the present study:

1- There is significant positive correlation between optimism and life satisfaction. This leads to the inference that an increase in optimism as a corresponding increase in life satisfaction of a person.

a. There is significant negative correlation between locus of control and life satisfaction. Since higher score on the measure of locus of control indicate external locus of control. It may be inferred that a person with more belief in external control of events in his life has lower level of life satisfaction.

2- The correlation between optimism and adjustment has not been found to be significant and it may be said that the present study has shown that optimism is not related with adjustment.
3- Locus of control has significant positive relationship with adjustment. This demonstrates that a person having higher standing on external locos of control has better adjustment as compared to one having lower standing.

4- The correlation between totals stress score and the score for life satisfaction is not significant.

5- The only dimension of stress too have a negative relationship with life satisfaction has been found to be health related stress.

6- A significant relationship between totals stress score and the total score for adjustment has been found. This means that stress and adjustment are associated. The direction of this relationship is negative.

7- The correlation between various components of stress and adjustment are also negative and significant.

8- When the total stress score and the score for the dimensions of stress were correlated with the components of significant correlation were obtained only in case of health adjustment and home adjustment. All the dimensions of stress were found to have significant negative correlation with health and home adjustment. Additionally the dimension of stress due to
socioeconomic status has negative correlation with financial adjustment.
9- When analysis variance to see the effects of religion gender and area of residence and the interaction among these variable was performed result shows that the main effects of religion, gender or area on life satisfaction are not significant. This means that religion gender and area as individual factor do not effect life satisfaction.
10- The only interaction that has been found to have significant effect of life satisfaction is the one between religion and area.
11- The analysis of variance conducted to ascertain the effect of religion, gender and area on adjustment Demonstrates that religion and gender have significant main effect but the main effect of area is not significant.
12- The interaction between religion and gender has been no significant effect on adjustment but the interaction between religion area and gender have been found significant effect. The interaction among religion, and area gender and area has also shown as a significant effects on adjustment.
Optimism and life satisfaction:

In the present study optimism has been found to be positively related with life satisfaction. Optimism is a cognitive dispositional variable which is highly correlated with mastery. It is no wonder that an increase in optimism is associated with a corresponding increase in life satisfaction. Reviews of earlier studies have also shown that the optimism maintains higher levels of subjective wellbeing (Schier & Carver, 1993). The research behind a positive relationship between optimism and life satisfaction has been investigated. For example, Schier, Weintraub, & Carver (1986) reported that optimists use more effective forms of coping in that they use problem-focused strategies, seek social support, and give more emphasis to the positive aspects of a difficult situation.

On the other hand, pessimists tend to use the coping strategies of denial and withdrawal. Perhaps this difference in coping strategies is the reason why optimists are found to have higher levels of life satisfaction as compared to pessimists.

Support for the present finding also comes from these researches that have investigated optimism in relation to
perceived quality of life. According to one definition of quality of life (Haju and Bolen, 1998). It is based on the subjective evaluation of one resources and happiness with these resources. Since optimism has been found to be related with perceived quality of life. The present studies demonstration of positive between optimism and life satisfaction on other affirmation of earlier findings.

**Locus of control and life satisfaction:**

**The result in case of locus of control:**

Life satisfaction relationship has relived that two variables are positive related. Support for this finding comes from a study by a klmowitz (2001) to study it he effect of
Reactivity, temperament and locus of control on subjective wellbeing was conceptualized a composite of positive affect absence of somatic concerns and life satisfaction. The findings of the study indicated that high reactivity and external locus of control were associated with lower subjective wellbeing whereas low reactivity and internal locus of control were associated with higher subjective wellbeing more consistently than reactivity.

Earlier Deneve & Cooper (1998) had also demonstrated traits like repressive defensiveness, trust, locus of control, desire for control and hardiness all show moderate correlation subjective wellbeing. The finding if the present study demonstrating negative relationship between external locus of control and life satisfaction is in consonance with the result of the other studies mention above.

**Optimism and adjustment:-**

In the present study the correlation between optimism and adjustment in old age may be related with the persons personality characteristics however the stability of
Personality characteristics has been a matter of debate. Studies conducted in the west have reported that no significant changes in many personality characteristics takes place in old age (eg, Conley, 1984; costa & mccrae; 1998) but in the absence of longitudinal Indian studies nothing can be read in case of the Indian aged with certainty. However, a number of Indian studies (Chaddha, 1991; Dhillon1992; Jamuna & Reddy 1993) have demonstrated changes in self concept in old age. It is possible that with onset of old age a number of changes not acceptable to the elderly takes place that may affect his optimistic attitude as his adjustment in unpredictable ways. Although common sense would dictate that their thought to be a positive relationship between optimism and adjustment. The finding of the present study point towards a different situation and pessimism in old age in any case the matter needs further investigation.

**Locus of control and adjustment:**

The present study has come out with result that shows significant positive relationship between locus of control and adjustment. The locus of control dimension of personality has Particular significance in the later years of life. Studies conducted
in the west (Baltes & Baltes, 1986; Felton & Kahana, 1974) have shown that individual having internal locus of control perform better than those having external locus of control. The findings of the present study contradict the result of these western studies. In the present study instead of internal locus of ha been found to be positively related with adjustment. Earlier Indian studies on locus of control have presented in consistent findings (Ramamurthy & Jamuna, 1992a, 1993b, Ushasree, 1991). It has been argued that there many things old age that are beyond the control of the elderly and , therefore, he has no other option than to submit himself to fate in India majority believes in the theory of “Karma”. According to this theory it is believed that whatever happens to a person in his life is result of act (Karmas) committed in past life. This is invariant of external locus of control. As such the significant positive correlation between external locus of control and adjustment is not contrary to what may expected from in an Indian sample.

**Stress and life satisfaction:**

The analysis of data revealed that the correlation between total stress score and the life satisfaction score is not significant.
When the dimensions of stress were correlated with life satisfaction, the only dimensions of stress that had a significant correlation with life satisfaction was health related stress. On the basis of these result it may be concluded that in case of the aged health related stress significantly affects their adjustment and since the direction of this relationship is negative, an increase in health related stress result in a corresponding decrease in life satisfaction.

The finding of the present study in case of stress life satisfaction relationship are party in agreement with the feelings of earlier study because only one dimension of stress has been found to be negatively related with life satisfaction. An earlier study by Greenberg, Siegel & Leich (1983) reported lower levels of life satisfaction among persons who had experienced greater number of stressful negative life event.

The result showing negative correlation between health related stress and life satisfaction is understandable when the population under study is taken into consideration. In case of

The aged health related problems become more important than the problem in other areas of their life. Perhaps this shows
because of the impending danger of death in this part of life have not been found to be significantly related with elderly life satisfaction.

**Stress and adjustment:**

The correlation analysis in case of stress adjustment relationship has shown that there is significant negative correlation between totals stress score and total adjustment score. In addition to this all the six dimension of stress too have been found to be negatively correlated with total adjustment. When the total stress score and the score for the six dimension of stress were correlated with the five components (emotional, social financial, health, home) of adjustment, total stress as well as the scores of six dimension of stress were found to be significantly correlated with health and home components of adjustment all these correlation are negative which means that increments in various types of stress lead to poor health and home adjustment, in addition to this dimension of stress due to threat to socioeconomic status has been found to significantly negative correlation with financial adjustment all these findings are in line with what is accepted. A number of studies have found result that are in consonance with
the findings of the present studies Cowen et al, (1984) have reported that children with mental health problem are these that have experienced more negative events. Sandler & Block (1979) have found that children with adjustment problem had experienced more negative life events than normal children. Venkoba Rao and Namalvar (1976) have shown that as compared to a central group, the depressive group experienced more negative life events. Shrivastava (1979) in his study of the relationship between psychological stress had significant correlation between mal-adaptive and pathological behavior. Almost all the study has shown significant relationship between negative life events dysfunctional behavior negative life events have found to be correlated with anxiety and depression Barrera (1981) Compas & Phares 1983; Greenberger, Steinberg & Vaux, 1982; Johnson & Mc cutcheon, (1980); Laurence & Russ, (1985); Mullins, Siegel & Hodges, (1985); Neucomb et al, (1981); Siddique & D’Arey, (1984); Swearlingen & Cohen, (1985); Thomson & Voux (1986). Delingnenet behaviors Gad & Johnson (1980) suicide attempts (Cohen Sandler, Berman & King, (1982) somatic health (Boyce et al, 1977; Greene et al, (1985); Heisel et al, (1973); hodges et al, (1984); Johnson & Mc cutcheon (1980);

The findings of all the studies mentioned above support the result of the present study, even through the samples differ the direction of the relationship between stress and adjustment remains the same.

**Area of residence religion gender & life Satisfaction:**

To assess the individual and interaction effect of the demographic variable area of residence, religion and gender on life satisfaction, analysis of variance was conducted. The obtained result shows that the main effect of area or gender on life
satisfaction are not satisfaction as regards the interactional that has been found to affect life satisfaction significantly is the one between religion and area.

The finding of earlier studies on the association between demographic variables and well being have been inconsistent. For examples Wilson, 1967 is the earliest review of studies on happiness that young educated, married person of either sex or happy but Campbell et al, 1976 that demographic variable such as age income and education do not account for much variance in well being. Andrews & withey (1976) has found that demography factor measured by them accounted for less than 20% of the variance in subjective well being have reached the following conclusion.

(a) Demographic factor such as age, sex and income are related to subjective well being. (b) these Effect are usually small, and thus demographic factor tend to distinguish between people who are moderately and those who are happy (Diener & Diener 1996). The general conclusion is that though demographic variable like age & sex related to subjective well being. These effect are small and depend upon the component of that is measured.
The finding of the present study showing non significant main interactional effect of religion gender and area indicate that these demographic variables have at the most negligible relationship with the life satisfaction the only significant interactional effect of religion and area appears to be an anomaly and needs to be verified by conducting replicative study.

**Area of residence religion gender and adjustment:**

A second analysis of variance conducted to assess the effect of religion, gender and area on adjustment demonstrated that gender and religion has significant main effect on adjustment but the effect of area is not significant. The interaction between religion and area and gender as well as religion in to gender in to area significant. These findings indicate that religion and religion do have a relationship with adjustment of the aged. Aged woman are higher mean score for adjustment than the aged man and Muslim aged have higher score than Hindu aged. These result need
conformation before they are generalized. This reveal has its root in the reasoning that religiosity of a person may have a relationship with adjustment but simply being a member of religion group may not have to do anything with the persons adjustment. Similarly to say that women are more adjusted than men may be an over generalization. What appears to be logical is to conducted further studies that sample individual different locations.

**Limitations of the study:-**

The present study has following limitations

1- It has been a co-relational study inference about causal relationship between correlated variable are not possible.

2- The study is not an experimental study and therefore lacks control of extraneous variable. As such the following have low internal validity.

3- The Sample for the study was drown from the population limited to a particular geographical area consequently the result
of the study has limited external validity, particular ecological validity.

4- The tools used for the measurement for the variable have been self-report questionnaires and scales therefore is brought with all the limitations of such tools.

Suggestions for further research:

In view of the findings of the study and its limitation the following suggestions for further research may be made

1- Correlation between stress and its dimension and two components of adjustment namely health and home have been found to be significant, while other components of adjustment have been found to no relation with stress and its dimensions. The only exception being the correlation between threat to socioeconomic status and financial adjustment, these finding needs further confirmation by conducting replicative studies.
2- Significant difference between the adjustment of the aged belonging to different religion gender has been found in which aged Muslim have higher mean adjustment score than aged Hindus, and aged women have higher mean adjustment score than aged man. These findings too call for verification by further study.

3- The present study has been limited to the geographical area of Jaunpur district of Uttar Pradesh. To increase the ecological validity and generalizability of the findings, studies on the aged living in different geographical locations need to be conducted.