Chapter 4

Method and procedure

Method and procedure:-

The present study started with the main aim of investigating the level of adjustment and life satisfaction of the aged in relation to stress, personality factors and some demographic variables. The first step was to construct a scale to measure adjustment of the aged. The study was conducted on the sample given below.

Sample:-

The present study was conducted on a sample of 300 aged belonging to the age group of 60 and above. The samples were drawn from the rural and urban area of Jaunpur district.

The number of sample for this purpose was 300 consisting of 150-150 responses from urban and rural areas respectively. 150 responses were further categorized into 75 Hindu and 75 Muslims respectively. These 75 responses were further categorized into 38 male and 28 female respectively.
Data collection:-

The investigator gave a short orientation lecture to the subjects. They were told that the project was designed to study the aged’ views about their problem. It would help in understanding the status of the aged in present time. The testing was completed in three sessions.

In the first session the adjustment and optimistic attitude scale was administered and after one day of next day the remaining ICMR sheet was given. It also took two hours and sometime external factors. It took whole day.

Rest of the two scale namely locus of control and life satisfaction were administered next day. Due to a large number of items it got very tough to administer the entire response sheet in one day. Anyhow the subjects were asked to fill in their personal data (name, religion, age, gender, and demography etc), in the specified spaces and then to go through instructions printed on the first page of scales. The investigator presented the instructions orally and subjects followed through printed version. They were asked to clarify any matter if it was not clear to them. After had understood the way they had to work
they were requested to turn over the page and read the items and make their response according to the instructions. When the entire respondent had completed the test, the test booklets were collected.

Tools- The selection of tools for any study largely depends upon such considerations as the objective of the study. The amount of the time at the disposal of the investigator, availability of suitable psychological test for the sample under study and the variable being investigated as well Taking these factors in to considerations the following test were and used for the study.

**Description of tools:-**

1- Life satisfaction scale (Hindi adaption of Neugarten and Havighurst, 1961)

2- PGI Locus of control Scale

3- Adjustment scale (to be prepared by the researcher)

4- ICMR Psychosocial stress scale Developed by (Dr A.K. Shrivastava and D.M. Pestongee, 1999)
1-Life Satisfaction Scale-

Purpose- The Life Satisfaction index (LSI) covers general feelings of well – being among older people to identify “successful aging”.

Conceptual Basis- As used by Neugarten, Havighurst and Tobin, the concept of life satisfaction is closely related to moral, adjustment and psychological well being.

Neugarten et al criticized earlier, single dimensional approaches to measuring morale of well being. Form a preview of previous measurement instrument they identified five components of life satisfaction which the LSI was intended to measure. These include zest (as opposed to apathy), resolution and fortitude, congruence between desired and achieved goals, positive self concept and mood ton (1).

Positive well being is indicated by the individual taking pleasure to his daily activities. Finding life meaningful, reporting a feeling of success in achieving major goals, a positive self image, and optimism (1)
There exist several versions of the LS. The original, the life satisfaction index A (LSIA), comprises 20 items of which 12 are positive and 8 are negative. An agree\disagree response format is used. A second and little used version, the LSIB, contains 12 questions using three point answer scales. A third version, the LSIZ, was proposed by Wood et al, as a refinement of the LISA and contains 13 out of the 20 items. Finally Adams recommended deleting items 11 and 14 from the LDIS, forming an 18 items version which he also called which he also called the LSIA. Was developed empirically by administering a draft version of the questionnaire of the two groups of people known to differ in their level of life satisfaction. This difference had been established on the basis of the satisfaction rating scale, also developed by Naugarten et al. The rating scale is scored by an expert and also reflects five components of life satisfaction hypothesized by the authors (1). Questions in the draft scale that differentiated successfully between high
and low scores on the rating scales were selected for the LSIA, which is self administered.

There are two ways to score the LSI. In the original method a two point agree/disagree score rated items 0 for a response indicating dissatisfaction and 1 for satisfaction.

**Reliability:**

Adams calculated total correlation for his 18 items LSIA, but only reported results for a few of the items (2) Wood et al calculated the alpha internal consistency for her 13 items LSIZ at 0.79 Internal consistency appears to improve for the subset of ten items identified by Adams as loading on a factor analysis.

**Validity.**

Neugarten and Havighurst showed that replies to the LSIA did not correlate with sex, socioeconomic status age or geographical location, concluding that the scale is not merely an indicator of objective environmental circumstances. Other studies have not replicated these findings. Cutler obtained significant correlation with socio economic status (9) Harris found positive correlation with income, employment and education (4). Edward
studied correlates of the LSIA in a multiple regression analysis, and showed that socioeconomic status, perceived health status and social participation together explained 24% of the variance in LSIA scores (7)  

**Locus of Control Scale:**

Locus of the control refers to the extent to which individuals believe that they can control events that affect them. Individuals with a high internal locus of control believe that event result primarily from their own behaviors and actions. Those with a high external locus of control believe that powerful others, fate, or chance primarily determine events. Those with a high internal locus of control have better of their behavior and tend to exhibit more political behaviors than external and are merely like to attempt to influence other people; they are more likely to assume that their efforts will be stressful. They are more active in seeking information and knowledge concerning their situation than do externals. The probability to engage in political behavior is stronger for individuals who have a high internal locus of control than for those who have a high external of control.

**Score one point for each them is following:**
2a, 3b, 4b, 5b, 6a, 7a, 9a, 10b, 11b, 12b, 13b, s15b, 16a, 17a, 18a, 20a, 21b, 22b, 23a, 25a, 26b, 28b, 29a.

High score = External locus of control

Low score = Internal locus of control

4- Adjustment Scale- it is observed that socioeconomic changes are often accompanied by changes in values affecting the adjustment between younger and older people in the family. Differences have been observed between individuals in their adjustment levels in late life. Those who make healthy adjustment in late life, keep approximately busy to construct the work that is satisfying to them and allow them to retain and enhance their self esteem. Those elderly who do not want to keep engaged themselves physiologically, or socially, they tend to show poor adjustment. Hussain (1996) has noted certain psychological factors, which create the problem of adjustment. The factors are ‘fear’, little bites of death in aging and other psychological and physical losses, which occur in the old age. Havighurst (1972) has identified certain development tasks such as adjusting to decreasing physical strength health, adjusting to
retirement and reduced income, and adjusting to death of spouse for old age.

6- Elderly people are required to do adjustment in almost all areas like health, social, economic, family etc., as fast as they can manage and sustain. The fact that the elderly actually feel and perceive the stressful life during the senescence period, the predictable process of life style changes is painful. They need a supportive culture in the family and at the work place, very conductive to proper adjustment.

There are total 51 items have been selected from different areas of life.

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<td>Home adjustment</td>
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ICMR Psychosocial Stress Scale:-

Concept of Stress:-
The concept of stress indeed, research on stress has reached on all time peaks in popularity during past few years. The study of man’s reaction to intense psychological stress has become a major concern of psychological investigations. The concept of stress is one of the most significant concepts ever developed in social and biochemical sciences; however its potential as prime intellectual tool for understanding and explaining individual behavior and behavior disorder has not yet been fully realized.

In the present day world everyone seems to be talking about stress yet remarkably few people define the concept of stress in the same way or even bother to attempt for clear cut definition. Various terms have been used synonymously with stress viz, anxiety frustration, pressure and strain what has hampered the use of the concept of the stress is the fact that different researchers have employed some what difference reference or meaning for the term stress, and have employed different implicit of explicit models. The term stress has been originally derived from Latin, where it indicates hardship, adversity, or affliction. However the concept of stress seems to have had a special place in the mind of
layman and scientist ever since seyle (1966) popularized the term in his writings on the” general adaptation syndrome”.

There is wide variation in biological, medical and psychological literature in the definition and the use of the term stress. It has been used at times as stimulus as external negative force impinging upon an individual: as emotional and\ or physiological response to internal or external environmental events; as an interaction between individual and his surrounding, i.e; a person – environment problem resulting from perception and apppraisl of one’s internal or external environment

**Stimulus perspective of Stress:-**

Stress conceived as a stimulus has been used to describe situation characterized as new, intense, rapidly changing sudden or unexpected. Stressful stimuli can also include stimulus deficit, absence of expected stimulation, highly persistent stimulation, fatigue or boredom” Lazarus (1996) considered such events as failure, noxious of unpleasant agents in the environment, isolation and rapid social changes also as stress stimuli.

**Response perspective of stress:-**
In this perspective it is the way in which the individual handles the perceived stressors- the defenses it mobilizes and the alarm reactions ignited- that constitute the true nature of the stress. There may be something excessive or unusual about a reaction that produces psychological or physiological consequences detrimental to the organism. From this perspective, stress would be regarded as the demand placed upon the individual to respond adaptively to a stimulus appraise as noxious

**Transactional perspective of stress:-**

The transactional model of stress appears to be emerging as a broad integrative framework in this complex area. This model has been developed largely by Lazarus and his colleagues (1966, 1977, 1978, and 1980). According to this view stress is said to occur in the face of “demands that tax or exceed the resources of the system or, to put into slightly different way, demands to which there is no readily available adaptive responses”. The transactional perspective emphasizes the role of cognitive appraisal “and “ coping responses”. A stressful transaction begins with a primary cognitive appraisal that the situation requires an effective response to avoid or reduce physiological of
psychological harm and a secondary appraisal that the no completely effective response is immediately available. The person makes the best response possible. People actively define and shape stressful transactions by means of their cognitive appraisals and their coping responses.

In conclusion stress may be referred to as “a deviant psychophysiological state of the focal person resulted in from cognitively appraised demanding or adverse situation or event which requires him to make some adaptive efforts to cope with it.

Thus we see that stress is not a simple event but is a process which comprised following event.

1- Perception of some unusual, demanding, noxious of adverse situation or event.

2- Cognitive appraisal of the features as well as probable consequences of the situation by the focal person in the
framework of his personal characteristics and capabilities, and available environmental resources.

3- Emergence of a deviation in emotional equilibrium spontaneously followed by unhealthy or undesirable psychological, biological and physiological response.

4- Operation of adaptive or coping efforts at cognitive and behavioral levels.

Assessment of Stress:-

Assessment of stress is important to analyze and predict its consequences. Particularly accurate assessment of psychological indices of life stresses is necessarily in order to help identifying individual’s susceptibility to various to various

Types of stress related ailments. This are four basic dimensions along with magnitude of felt stress and responses to them can be measured: self report, behavioral, physiological and biochemical. Self report measures assess appraisal of a stressor, affective and somatic states, and coping styles, This measure generally involves generally asking the focal person’s about their attitudes, beliefs, feelings, and behaviors. Behavioral measures
are used to examine coping, the effect of stress on performance, and after-effects of stress. These measures generally involve direct observation of behavior likely to reflect stress-related deficits in behavior. Physiological measure assesses stress through its impact on specific physiological systems or organs.

Some of the stress researchers tried to assess individual’s stress experienced in different life domains through self-report measures, while other estimated stress through emotional distress experienced by the individual out of the crucial events that took place in their life in recent past. But validity of many of these tools has not been substantially established.

Norms for interpretation of these scores on most of these measures have also not been developed. In fact, neither of these tools may be considered as a comprehensive and very suitable measure of overall psychological stress experienced by people in various spheres of their social life.

**Development of the psychosocial Stress Scale:**
Keeping the objective of the proposed tool and the suitability of the self report measure, a questionnaire of the psychosocial stress was prepared in simple English language.

The preliminary form of the questionnaire was developed in the format of “semi structured interview”. The respondents were directly asked how much or how many times they experienced emotion stress from various distressing or adverse social situations, and were instructed to give their ratings for the severity of the stresses. The questionnaire was designed to assess the extent of individual feelings of the basic components of psychological stress(such as pressure, tension, anxiety, conflict frustration etc.) Resulted in from perceived stress situations (such as adversities, hardships, threat affictions, failures, constraints, excessive demands, conflicts roles, etc.) , in various spheres of his social life. The questionnaire altogether consisting of 39 item representing following seven categories of social situation of stress.

Besides these 39 specific stress situations the respondents were asked to mention” any other” situation of psychosocial stress in seven life domains, and to mention the frequency or
extent of stress they experience due to each of these situations of psychosocial stress.

In addition to the questionnaire consisting of the routine of chronic situations of psychological stress, a short measure of the psychosocial stress arising from” crucial life events” taken place in respondent’s personal social life in last one year was also prepared in order to cover the broader area of the operation of psychosocial stress and to make the tool more comprehensive. This inventory of stressful life events comprises 13 crucial events which generally take place in social life of the people. The respondent were instructed to make out those events which took place in their life in last one year of so and also the severity of stress they felt out of these events.

In order to indicate the frequency or amount of stress experienced by the respondent each item in two measures of psychosocial stress was to be rated by the respondent on 4-point scale, I, e, not at all; little, mild or sometimes; moderate or many times; severe or often (corresponding numerical scores from 0 to 3 respectively)
**Psychosocial Stress Scale:**

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<td>01-05</td>
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<td>2</td>
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<td>06-10</td>
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1-Stress in terms of Interpersonal relationship

2-stress regarding to self Responsibilities, liabilities and Extreme expectations from others
3-Severe economic & financial crisis  12  11-22
4-Health related stress  3  23-25
(Self &family members)
Adverse social situations  10  26-35
Legal, property, mental disability
And perceived conflicts in Relation to Family profession And social roles

5- Perceived threat to social Status, prestige and economic Status and sexual abuse

**Instruction to respondents:-**

The term stress is quite diffused and has been used to refer to a variety of adverse situations (social and environmental), negative forces and psychological constraints. In view of this fact the meaning and nature of the term was explained in very simple language along with the instructions for responding the statements (item) in the questionnaire.
Following standardized instructions were given to the respondents” in your day to day life you confront with certain demanding or adverse situations which create mental disturbance and interruption in you smooth social functioning arousing the feelings of mental pressure, tension, anxiety or frustration. These adverse social situations require you to make extra adaptive efforts or to arrange for extra resources to cope with them, failing which you may have to face unhealthy or undesirable consequences. The disturbed emotional state aroused by these situations is referred to as “psychological stress.”

The present questionnaire purports to assess the extent of ”stress” you feel in your day to day life. It enlists the stressful situations / events by putting tick mark on either of the four magnitudes/ frequencies of stress you actually feel from each of these stressful situations/ events by putting the tick mark on either of the four magnitudes/ frequencies of stress (i.e. not at all/ mild or sometimes/ moderate or many time / severe or often.) Do not
leave any statement unresponded. Your responses would be kept confidential.

Optimism is “an inclination to put the most favorable construction upon action and events or to anticipate the best possible outcome”. It is the philosophical opposite of pessimism. Optimists generally believe that people and events are inherently good. So that most situations work out in the end for the best.

Alternatively, some optimists believe that regardless of the external world or situation, one should choose to feel good about it and make the most of it. This kind of optimism doesn’t say anything about the quality of the external world; it’s an internal optimism about one’s own feelings.

A common conundrum illustrates optimism-versus-pessimism with the question; does one regard a given glass of water, filled to half its capacity, as half full or as half empty? Conventional wisdom expects optimists to reply, “Half full,” and pessimists to respond, Half empty”, (assuming that “full is considered good, and” empty”, bad)
Another paradox sometimes associated with optimism is that the only thing an optimist cannot view as positive is a pessimist. Pessimism, however, as it acts as a check to recklessness, may even then be viewed in a positive light.

Personal optimism correlates strongly with self-esteem, with psychological well-being and with physical and mental health. Optimism has been shown to be correlated with better immune systems in healthy people who have been subjected to stress. Martin Seligman in researching this area, criticizes academics for focusing too much on causes for pessimism and not enough on optimism.

How a human being behaves depends upon his personality. His behavior is also influenced by some hereditary factors and Verna system. Right from the childhood his Emotion, thoughts, expectations etc. are developed accordingly to his family organization, ideology of parents and also by the custom of the society. Rearing pattern, personality of the parents and their academic background provides the base of an individual behaviour and his attitude as well. In a family where the child gets
acceptance, security and proper affection, it leads to acquire positive attitude.

According to krech and cruchfield, person’s social behaviour, attitude and his beliefs is determined by his perception, motivation and the emotionality he is having.

Having said that and attitude and belief of an organism towards his societal world also determines his social behavior. This social behavior is governed by the individual cognitive and subjective understanding according to Freeman F.S. “attitude reflects the readiness of one’s behavior.

There is a direct relationship between one’s attitude and his profession, caste, religion and community with his immediate surrounding. It is also related with his psychological structures like thought, custom, values, norms ideology and philosophical expressions. These expressions are developed by some of his experiences, and some of them are transferred by his parents, by his parents, guardians, teachers, friends and his society. According to krech and cruchfield “there is a direct effect of culture and society on one’s attitude. According to Arbuthnot’s formal education is also one of the major determinants of one’s
attitude and his personality. Society, religion, ritual, culture, literature arts, custom are some other major determinants of one’s attitude.

According to Murphy, Murphy and Newcomb, (1937) found in their studies that there is a dominant effect of family, culture and their ideology on one’s attitude and his beliefs as well. Likewise Hirsch berg and Gilliland, (1942) found in their studies that there is a significant effect of parental attitude on his children which in turns get influenced by the social and religion values.

Other findings also revealed that there is a direct relationship between one’s attitude and his positive traits. Dexter (1941) found that introverts are pessimistic while the extroverts people are optimistic. According to French (1941), Allport G.W. (1946) and Quenner (1947) are more confident, laborious and courageous while pessimistic are looser and uncourageous.

There is a special importance of attitude in one’s life, because it provides continuity to personality and gives meaning to each and every and activities happening in one’s social life.
The aim of this attitude scale is to measure optimistic-pessimistic attitude of person’s on the basis of which an inference could be made towards his personality, behavior and philosophical approach.

Reliability

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Validity

Instructions:-

There are 40 statement altogether have been selected in this attitude scale. There are two option before each statement. The sample would be required to make a correct tick before agree
statement, if he gets agreed by that items and similarly a correct
sing before the disagreed statement if he gets disagreed. There is
no time limit to fill the scale but is supposed to fill as soon as
possible.

**Assessment**

There are 20 optimistic and 20 pessimistic items have been
kept in this scale. The scoring is ‘1’ for agree and ‘0’ for disagree
statement.

**Attitude Statement**

**Optimistic**

2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38

**Pessimistic**

1, 3, 5, 7, 9, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39