Chapter 6:
Summary, Conclusion, Limitations and Recommendations

Summary of present research investigation:-

PROBLEM:

The problem is stated as: "A STUDY ON SENIOR CITIZION’S WELL-BEING BY CREATIVE AND GROUP THERPEUTIC INTERVENTION"

SAMPLE:

The locale of the present study was confined to 360 senior citizens of Udaipur, Rajsamand district of Rajasthan. Purposive random sampling was done in order to meet the purpose of the study. The sample comprised of 360 elderly persons. The sample of 360 elderly; was divided into 12 experimental group, each consist 30 senior citizens on the basis of activity level (passive type, active type, creatively active type), family type(Joint family and Nuclear family) and gender. Research design was 3x2x2 factorial design. Age range of senior citizens was 60 to 85 years.

OBJECTIVE:

Major objective of the study was to assess the impact of therapeutic interventions on well being among senior citizens. The specific objectives of the study were:

- To study the effect of family type (Joint and Nuclear family) on well being of elderly (Spiritual well being, Death Anxiety, Life Satisfaction, Subjective well being and Loneliness).

- To study the effect of aging life pattern (Passive, active and creatively active) on well being of elderly (Spiritual well being, Death Anxiety, Life Satisfaction, Subjective well being and Loneliness).

- To study the impact of gender (Male and Female) on the level of Spiritual well being, Death Anxiety, Life Satisfaction, Subjective well being and Loneliness in elderly.
• To study the effect of intervention (group therapy and art therapy) on experimental group.

• To study the correlation between well being measures of elderly (Spiritual well being, Death Anxiety, Life Satisfaction, Subjective well being and Loneliness).

HYPOTHESIS:

1. There will no significant effect of family type on:

   (A) Life Satisfaction

   (B) General Well-Being

   (C) Death Anxiety

   (D) Spiritual Well-Being

   (E) Loneliness

2. There will no significant effect of aging life pattern on:

   (A) Life Satisfaction

   (B) General Well-Being

   (C) Death Anxiety

   (D) Spiritual Well-Being

   (E) Loneliness

3. There will no significant effect of Gender on:

   (A) Life Satisfaction

   (B) General Well-Being

   (C) Death Anxiety

   (D) Spiritual Well-Being

   (E) Loneliness
4. There will no correlation between Life Satisfaction, Subjective Well-Being, Death Anxiety and Spiritual Well-Being.

5. There will no effect of therapeutic intervention on well-being of experiment group.

VARIABLES:

- Independent Variable

  (1) Life Style of Senior Citizens
      (A) Passive life style
      (B) Active life style
      (C) Creative life style

  (2) Family Type
      (A) Joint Family
      (B) Nuclear family

  (3) Gender
      (A) Male
      (B) Female

  (4) Therapeutic intervention (Art and Group Therapy)

- Dependent variable

  (A) Life Satisfaction
  (B) General Well-Being
  (C) Death Anxiety
  (D) Spiritual Well-Being
  (E) Loneliness.
## TOOLS EMPLOYED

<table>
<thead>
<tr>
<th>S.NO.</th>
<th>Psychological tests &amp; tools</th>
<th>Developed by</th>
<th>Year</th>
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<td>1</td>
<td>Personal Information Schedule</td>
<td>Investigator</td>
<td>2014</td>
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<td>2</td>
<td>Activeness style scale</td>
<td>Investigator</td>
<td>2014</td>
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<tr>
<td>3</td>
<td>General Well Being Scale</td>
<td>Dr. V.L. Chouhan and R.K. Didwania</td>
<td>2015</td>
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<tr>
<td>4</td>
<td>Death Anxiety Scale</td>
<td>Self Developed</td>
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<td></td>
<td>(Under process of standardization)</td>
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<td>5</td>
<td>Life Satisfaction Scale</td>
<td>Pramod Kumar &amp; Jayshree Dhyani</td>
<td>1988</td>
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<td>6</td>
<td>Loneliness Inventory</td>
<td>Prof. K. Krishna &amp; Uma &amp; Minakshi R.</td>
<td>2008</td>
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<tr>
<td>7</td>
<td>Spiritual Well Being Questionnaire</td>
<td>Fisher &amp; Gomez (Revised)</td>
<td>2005</td>
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### PROCEDURE:

The permission was taken in prior from the authorities of the club and elderly centers and even the family members of elderly, for the purpose of data collection. The investigator personally contacted each senior citizen and their family members at their home and concern club or centers. Necessary instructions were given to the subjects before the administration of the tests. No time limit for filling the questionnaire and inventory was set, but the subjects were made to respond as quickly as possible. After establishing proper rappo the tools/tests were
distributed personally by the investigator and made to fill one by one from the subjects.

All respondents were assured about the confidentially of their results. They were requested to respond honestly and freely as they were told that their responses will not be disclosed, as information was elicited only for the research purpose only.

**STATISTICAL ANALYSIS:-**

Once the data was collected, then the scoring of the data was done as per the procedure laid down in the manual of different tests and tools. The Mean score, SD and F-test were calculated. Analysis of variance was calculated to find out the effect of life style (Passive type or inactive, Active type, creatively active type) Gender (Male and Female) and Family type (Joint and Nuclear Family) in their interaction. All the statistical calculation was done through SPSS (Statistical Package for Social Sciences; version 9.0). Wherever necessary bar diagrams were drawn to present the data pictorially.

**CONCLUSION:-**

This chapter covers the summary of results and gives the over view of outcome of the present research investigation. All hypothesis were tested and following conclusion were made –

1. It was observed that creatively active type senior citizens have shown higher level of general well being, life satisfaction and spiritual well being.

2. It was observed that passive type senior citizens were found higher on death anxiety and loneliness.

3. It was observed that males have higher sense of general well being, death anxiety and loneliness as compared to females.
4. It was observed that female senior citizens showed higher level of life satisfaction and spiritual well being as compared to male senior citizens.

5. It was observed that family type significantly affects the general well being.

6. It was observed that senior citizens from joint family showed higher level of life satisfaction, general well being, death anxiety and spiritual well being as compared to those who live in Nuclear family.

7. It was observed that senior citizens from nuclear family showed higher level of loneliness as compared to those who live in joint family.

8. The analysis of the psychological measures revealed that general well being showed positive correlation with life satisfaction and spiritual well being.

9. General well being showed negative correlation with death anxiety and loneliness among senior citizens.

10. After analyzing the pre test post test result of intervention program researcher came on conclusion that being creative and active in all three terms i.e. Physical, Psychological and Social enhance the well being of senior citizens.

11. It was observed that after the intervention senior citizens level of well being, life satisfaction and spiritual well being has shown significant growth.

12. It was observed that intervention program has significantly decreases the level of death anxiety and loneliness among senior citizens. So the intervention program has significant effect on overall development and advancement of well being of senior citizens.
While reviewing the Life satisfaction following conclusions were made-

1. Significant difference is existed between creatively active, active type and passive type senior citizens on Life Satisfaction scores. Creatively active type senior citizens were more satisfied then active and passive type senior citizens.

2. No significant difference found between male and female senior citizens on life satisfaction.

3. No significant difference existed between senior citizens from joint family or nuclear family on life satisfaction.

4. Significant interaction effect is existed between type of life style and gender on life satisfaction. Females with creative life style showed higher level of life satisfaction then other members.

5. No significant interactional effect existed between activity life style and family type on life satisfaction among senior citizens.

6. No significant interactional effect is existed between gender and family type on life satisfaction among senior citizens.

7. Significant interactional effect is existed between Life style, Gender and Family type on life satisfaction among senior citizens.

While reviewing the General Well Being following conclusion were made-

1. Significant difference is existed between creatively active, active type and passive type senior citizens on General Well Being scores. Creatively active type senior citizens showed higher sense of well being then active and passive type senior citizens.
2. Significant difference is existed between male and female senior citizens on general well being. Males showed higher level of well being then female senior citizens.

3. No significant difference found between senior citizens from joint family or nuclear family on general well being.

4. Significant interactional effect is existed between activity life style and gender on general well being scores. Males from creatively active type group showed higher sense of well being as compared to all other groups.

5. Significant interactional effect is existed between life style and family type on general well being among senior citizens. Creatively active type senior citizens from joint family showed higher sense of well being as compared to all other groups.

6. No significant interactional effect found between gender and family type on general well being score among senior citizens.

7. No significant interactional effect found between Life style, Gender and Family type on general well being. It means they does not impact each other while affecting the general well being.

While reviewing the Death Anxiety following conclusion were made-

1. Significant difference is existed between creatively active, active type and passive type senior citizens on Death anxiety scores. Passive type senior citizens showed higher level of anxiety related to death then active and creatively active type senior citizens.

2. No significant difference found between Male and Female senior citizens on death anxiety scores.

3. No significant difference is existed between senior citizens from nuclear family and joint family on death anxiety. Although Senior citizens from
joint family showed higher level of death anxiety as compared to senior citizens from nuclear family.

4. Significant interactional effect is existed between life style and gender on death anxiety. Male senior citizens from passive type group showed higher level of death anxiety as compared to all other groups.

5. Significant interactional effect is existed between life style and family type on death anxiety. It can be conclude that active and creative type life style with impact of family type affects the death anxiety level in senior citizens.

6. No significant interactional effect was found on death anxiety of family type and gender among senior citizens.

7. No significant interactional effect was seen between life style, gender and family type on death anxiety among senior citizens.

While reviewing the Spiritual well being following conclusion were made-

1. Significant difference is existed between creatively active, active type and passive type senior citizens on Spiritual well being scores. Creatively active type senior citizens showed higher sense of spiritual well being then active and passive type senior citizens.

2. No significant difference was found between males and females on spiritual well being among senior citizens.

3. Significant difference is existed between senior citizens from joint and nuclear family on spiritual well being. Senior citizens from Joint family showed higher sense of spiritual well being as compared to those who belongs to nuclear family.

4. Significant interactional effect is existed between Life style and gender on spiritual well being. Females from creatively active type group showed higher sense of spiritual well being as compared to all other groups.
5. No significant interactional effects were found between life style and family type on spiritual well being.

6. No significant interactional effects were found between gender and family type on spiritual well being.

7. No significant interactional effects were found between life style, gender and family type on spiritual well being. Three ways interactional F-ratio found insignificant.

While reviewing the Loneliness following conclusion were made-

1. Significant difference is existed between creatively active, active type and passive type senior citizens on feeling of loneliness. Passive type senior citizens showed higher level of loneliness as compared to active and creatively active type senior citizens.

2. Significant difference found between Male and Female senior citizens on loneliness scores. Males showed higher feeling of loneliness as compared to females.

3. Significant difference is existed between senior citizens from nuclear family and joint family on loneliness. Senior citizens from nuclear family showed higher feeling of loneliness as compared to senior citizens from joint family.

4. Significant interactional effect is existed between life style and gender on loneliness. Male senior citizens from passive type group showed higher level of loneliness as compared to all other groups.

5. Significant interactional effect is existed between life style and family type on death anxiety. It can be conclude that active and creative type life style with impact of family type affects the loneliness level in senior citizens.

6. No significant interactional effect was found on loneliness of family type and gender among senior citizens.
7. No significant interactional effect was seen between life style, gender and family type on loneliness among senior citizens.

While analyzing correlation following conclusions were made-

1. Significant negative correlation between Spiritual well being and loneliness was found among senior citizens.

2. Significant negative correlation between spiritual well being and death anxiety was found among senior citizens.

3. Significant positive correlation between spiritual well being and life satisfaction was found among senior citizens.

4. Significant positive correlation between spiritual well being and General well being was found among senior citizens.

5. Significant positive correlation between loneliness and death anxiety was found among senior citizens.

6. Significant negative correlation between loneliness and life satisfaction was found among senior citizens.

7. Significant negative correlation between loneliness and General well being was found among senior citizens.

8. Significant negative correlation between death anxiety and life satisfaction was found among senior citizens.

9. Significant negative correlation between death anxiety and general well being was found among senior citizens.

10. Significant positive correlation between life satisfaction and general well being was found among senior citizens.
LIMITATIONS

As it is well known that present research work is a time bound project thus investigator had some limitations. The investigator had to limit the study to maintain periodical boundaries of its successful completion. However the findings derived from the present investigation provide a promising foundation for further contribution of the society in the field of clinical psychology as well as human development and social studies also. It would be the part of gerontology.

While conducting this study the investigator felt certain lacuna. Hence certain limitations, recommendations and suggestions were made in hope that these findings will be of value in future research problems on elderly persons. Therefore the limitations and recommendations emerged out for the future researches are as followed:

1. The locale of the study was confined only to the municipal limit of Udaipur and Bhilwara district and rural area of the Rajsamand district. Subsequently the research can be extended to the whole state of Rajasthan for better assessment of the society.

2. The sample of the present study was comprised of 360 elderly from urban and rural area few more sample can be taken for generalization of results.

3. The variables that are General Well Being, Life satisfaction, Spiritual well being, Death anxiety and Loneliness used in present research investigation are mainly related to well being of individual and mostly are psychological aspects. The physical, social and economical aspects can be further studied.

4. The present research investigation excluded the illiterate elderly which can be further taken as the independent variable and a comparative study can also be taken for literate and illiterate elderly.

5. In present research investigation researcher focused on intervention program of art therapy and group therapy. Other therapies can also be taken for further social studies.
6. In present research study Art and group therapy models were used on elderly to enhance their well being. It could be further exceed to children and adolescents.

7. Present research investigation has not included elderly with disabilities and poor health which can be studied in future as their medical status.

8. Present research investigates the effect of family type, in future Institutionalized elderly could also been studied.

9. Since the available Death Anxiety scales were not for senior citizens hence the investigator prepared Death anxiety scale for senior citizens. Looking to the time limitations standardization was not done but the procedure to prepare the scale was done by consulting the experts of the respective field.

SUGGESTIONS:

1. Psychological variables like depression, anxiety, stress and mental health could be studied further in social researches.

2. Isolation and deprivation can be studied further in elderly.

3. Retired and engaged in job elderly can be studied further as a comparative study.

4. Other psychological therapies could be used further to enhance the well being of elderly.

5. Those elderly who living alone or don’t have spouse can be studied further as single elderly.

6. Institutional and non institutional elderly could be studied as a comparative study.

However the present research investigation offers information regarding impact of social, physical and creative activity engagement on well being of elderly. One intervention program was also introduced to enhance the well being of senior
citizens. The present research investigation has its advancement plan which was used to enhance the well being of group members. This plan was implemented on experimental group to find out the impact of Art and Group therapy on well being of senior citizens. However the results were significant and showed growth in life satisfaction and well being where the other side it has also decreases the feeling of loneliness and anxiety related to death among senior citizens.

RECOMMENDATIONS

Thus the following Recommendations were listed-

1. Health-Happiness-Harmony: The 3H Model suggested that being active physically mentally and socially, being calm and peaceful and tuned with others will keep the person happy and it will improves the capacity to live harmonious with society and family.

2. Creativity increases the mental process with concentration. Creativity brings satisfaction by producing something new and unique. So just identify your interest area or develop your hobby to your creative passion. It enlarges the mental and problem solving capacity.

3. Mind-Body-Soul Connection: The mind-body and soul connection is the dimensional model of well being. It suggested that Healthy physic and peaceful psyche connects the person to self actualization. It improves the overall well being.

4. Give your time to improve your family relationship and proper communication. It will improve the 3rd dimension of well being model which is Pairing- Sharing-Caring. Pairing with other people, their thoughts and behavior patterns after sharing the same for your side and then soul will allow you to care people with whom you are feeling harmonious. If everyone tries this social well being will improves.

5. Take input and give output- Listen music – create music, watch dance- create dance, think abstract and create articles, designs and write emotions,
color emotions, gardening and plantation, yoga and exercise, these all activities give happiness, relaxation and satisfaction.

6. Share your emotions with art, craft and design will improve creativity and gives positive direction to thinking process.

7. Reunion the group of those people who are positive, creative and energetic, it will help you out to being advance or improve yourself.

8. Tips to reduce loneliness of our senior citizens:

- Maintain frequent contact,
- Visit in person at regular intervals,
- Check out community resources for elders where your parent lives, Take your aging parent to events she may enjoy,
- Ask your aging parent questions about such things as lottery entries and contests,
- For distance caregivers, consider hiring a geriatric care manager to check in on your aging parent at regular intervals
- Consider teaching your elder to use technology to maintain connections.