1. Introduction

Every human being passes through various stages in his life—birth, infancy, childhood, adolescence, adulthood, and old age. Ageing is a normal part of life span and a biological process. It is associated with a gradual reduction in the reserve capacity of the organ systems of the body. In other words, we can define "ageing" as a process characterized by progressive decline in all physiological functions.

In every stage of life we have problems; life without problems may not be worth living so we can not say that only old age is problematic. But it is conceivable that the problems that we face in old age may be more severe than the ones that we face when we are young or in middle age. It is also possible that we are less prepared to face the problems in old age and hence we think that they are overwhelming. This is true for every human being on earth. As age advances, lot of physical, mental, and social changes take place. Physical condition may restrict movements, social changes may force dependency, and mental condition may lead to depression and anxiety. Poverty and economic insecurity may aggravate the situation.

While ageing is a universal problem and no country can escape it, different countries have felt its impact differently based on their socio-cultural
and economic characteristics. Ageing has not been as serious in developing countries as in the developed countries. Conditions in our country are somewhat different. In our villages the joint family system still predominates, so their families do not throw out old people at the mercy of the society. In the rural areas especially among the land owners (large or small) the head of the family is the sole owner of the ancestral land and he retains the dominant position during his life. But according to our sociologist the joint system in our cities is just disappearing and the authority of age has gone, the aged find less and less place. They are being increasingly isolated and left out.

The status of the old people in Kashmir was not much different from other parts of India. The old were generally respected; they were never a burden to the family. They continued to contribute their mite to the family income. But things have changed; problem of ageing in Kashmir if not severe but is a rising problem. As the grip of our socio-cultural and traditional values is loosing, old age is rapidly emerging as a big problem here. The generation is more and more exposed to situations and values that portray the old people as of no importance to him and to society. Naturally, he does not find any rational in obeying the old even in respecting their individuality. This attitude is fast spreading in our society. As a result the people find it difficult to reconcile to the new situation and consequent emotional problems are developing among them. Moreover, the death of the joint family in many households has made the life of old people painful. The present study deals with old age adjustment and values of men/women, living in rural and urban areas. So in present study the investigator has chosen 60 + as the cut point for old age.

2. Need and Importance of the Study

The Indian society is gradually changing from the agrarian to the industrialized one. This has caused growth and redistribution of the
population, with changing proportions of the young and old with a striking increase in longevity. With the result, there has been a far-reaching change in the economic system, and the family system. All of them have made tremendous impact on social institutions in regard to care of aged. Although in the immediate past, the care of the elderly has been mainly a responsibility of the families. The family support and care of the elderly are unlikely to disappear in the near future. The old age problems are generally neglected and avoided. The elderly face a number of problems which range from absence of ensured and sufficient income to support themselves and their dependents, to ill health, absence of social security, to loss of social role and recognition, problems of adjustment and the non-availability of opportunities for creative use of free time. No comprehensive study has been attempted earlier to understand the adjustment and values of the elderly people and to focus on different factors that determine their adjustment and values. The studies on old age have not as yet been taken up in a big way by researchers in Kashmir. In the present study it was attempted to focus on various areas of adjustment and value items in aggregate as against couple of areas studied in the past by various researchers from time to time. The main purpose of the present investigation was to measure adjustment and value patterns of old age subjects, compare male and female old age subjects and to compare rural and urban old age subjects in their adjustment and value orientation.

3. **Statement of the Problem**

The problem under investigation read as follows:

"Study of adjustment and values of old age people in Kashmir.

4. **Objectives**

Specific objectives of the study are:

a) To analyze the demographic background of the respondents.
b) To identify old age male and female subjects in rural/urban settings.

c) To measure adjustment pattern of the old age subjects.

d) To measure value pattern of old age subjects.

e) To compare male and female old age subjects in their adjustment and value orientation.

f) To compare rural/urban old age subjects in their adjustment and value orientation.

5. **Operational Definition of the Variables**

*Aged:*

For the purpose of the present study, “aged” refers to the subjects falling in the age group of 60-90 years.

*Adjustment:*

“Adjustment” refers to subjects’ adjustment in six significant areas of life viz., health, home, social, marital, emotional and financial as measured by Shamshad Hussain and Jasbir Kour old age adjustment inventory (SJOAI - 1894)

*Values:*

“Values” refers to subjects values or basic interests or motives in personality- theoretical, economic, aesthetic, social, political and religious as measured by G.W. Allport, D.E. Vernon and G. Lindzey (1980).

6. **Sample**

The study was made on the rural and urban aged population of Kashmir. For this purpose aged people were drawn from rural and urban areas of Kashmir province. The sample for the present study comprised of 400 subjects in the age group of 60-90 years. The aged included both the sexes
coming from varied family and socio-economic background. The breakup of sample was as under:

<table>
<thead>
<tr>
<th>S.No</th>
<th>Residence</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rural</td>
<td>166</td>
<td>33</td>
<td>199</td>
</tr>
<tr>
<td>2</td>
<td>Urban</td>
<td>144</td>
<td>57</td>
<td>201</td>
</tr>
<tr>
<td>3</td>
<td>Total</td>
<td>310</td>
<td>90</td>
<td>400</td>
</tr>
</tbody>
</table>

7. Data Collection Tools

To meet the objectives quantitative techniques of data collection were used. The method of data collection involved questionnaires specifically chosen to achieve the goals set by investigator. The tools used for data collection were as under:

a) Information Schedule: An information schedule was developed to collect information regarding following parameters:

i. Family background.
ii. Marital Status and income.
iii. Education and occupation of the old age subjects.
iv. Present occupation
v. Leisure time activities.

b) Shamshad Hussain and Jasbir Kour old age adjustment inventory (SJOAI)

SJOAI was administered to measure the adjustment of old age subjects in the area of: Health, Home, Social, Marital, Emotional, Financial and overall adjustment. SJOAI was developed in 1991 by Hussain S. and Kour, J. It is a standardized tool. This is used as research tool by the researchers who are investigating into the pattern of old age adjustment.
c) Allport-Vernon-Lindzey's Scale of Values (Indian Adaptation)

It is a well known scale, constructed by G.W. Allport and P.E. Vernon, was originally developed in 1931 to measure six prominent all pervasive attitudes postulated by Springer in his book, "Types of Man" (1928). This scale measures one relative prominence of six basic interests or motives in personality - theoretical, economic, aesthetic, social, political and religious. The first edition of 1931 was revised in 1951 by Lindzey. The "study of values" scale is in the form of a questionnaire which "continues to be the most used instrument in educational research as both graduate students and professional agencies continue to reply on it". It was adopted by N.Y. Reddy as per Indian norms and culture in 1980. It was administered to categorise and classify the old age subjects into the values viz., Theoretical, social, economic, aesthetic, political and religious.

8. Procedure

For the accomplishment of the objectives set forth for the present investigation, 400 elderly subjects were taken as sample. For identifying the elderly in the selected localities, the voters list of the Legislative Assembly Constituency was utilized. Based on the screening of the information on sex and age of the voters in each household, a list of households, in which a minimum of one elderly member lived, was prepared for each of the selected localities. From the prepared list of households the sample of 400 households was selected by using the random sampling method. Thus 400 elderly (310 males and 90 females) constituted the total sample size of the study and all the 400 elderly were contacted for the study.

The purpose of the study also envisaged that while selecting household, the literate person in the said household was forth-coming enabling him/her to
fill the devised questionnaire, yet leaving flexibility to accommodate illiterate respondents who furnish the requisite information by help from literate persons. This was arrived at by stratification of households in two categories being literates who filled in the prescribed questionnaire on their own and other strata being those respondents who filled in the prescribed questionnaires by the investigator. In either category of respondents both in rural and urban areas 86 percent constituted literates, while as 14 percent were illiterates and the questionnaires of illiterate subjects were filled-in by the investigator herself. These tools were administered strictly in accordance with the instructions provided in the respective manuals.

9. Statistical Treatments

The collected data was processed and analyzed in accordance with the outline laid down for the purpose at the time of developing the research plan. The data was edited to detect errors and was corrected wherever possible. After editing the responses from the questionnaire were double entered. For the statistical analysis of present study SPSS package (statistical package for social science) was used. In the adjustment scale the responses given by the subject were scored with the help of scoring key. One score was given to the response in the direction of adjustment and 0 (zero) to the response in the direction of maladjustment. Hence the higher score indicates better adjustment; the responses were scored area wise. The sum of scores in different areas provided measure of overall adjustment.

In order to classify the respondents as highly adjusted and highly maladjusted category the percentiles were calculated. The respondents who’s score falls below 20th percentile were considered as maladjusted and those who fall above 80th percentile were considered as highly adjusted. Similarly, the scores on value scale were calculated. The totals from each of the page of the test were transcribed in a required pro forma of six columns. The total of
each column represents final total on each of the six values and the frequency table for values were obtained having highest scores in the respective scale. For the present study mean, standard deviation was calculated separately for male and female, rural and urban respondents. In order to ascertain whether there is any difference in the scores of males and females residing in rural and urban areas, a T-test for significance of difference of means was computed.

10. Findings

The findings of the study are presented as under:

a) Demographic Background of the old age subjects

1. The total sample studied was 400 subjects, rural sample constituted 49.75 percent and urban sample 50.25 percent.

2. The sex-wise distribution of the sample revealed 77.50 percent of the sample studied constituted males while females comprised of 22.50 percent.

3. The sample has been stratified age wise in four categories ranging from 60-65 years, 66-75 years, 76-85 years and 86 and over, the first group described in above categories are young old age group followed by old age group, very old age group and extremely old age group respectively. In terms of percentages young old age constituted 69.7 percent of sample size followed by 22.0 percent of old age group, 7.3 percent of very old age group and only 1.0 percent of the sample studied appeared in extremely old age group.

4. The study revealed that joint family was prevalent among respondents which constituted about 58.0 percent followed by nuclear family which constituted 42.0 percent respectively.
5. In order to govern the status of education of respondents in the sample, the study revealed that 32.4 percent of respondents were graduates and 21.0 percent of respondents were postgraduates and with higher qualifications. This was followed by matriculates, middle standard and undergraduates which constituted 17.0 percent, 8.6 percent, and 7.5 percent respectively. Out of total sample, illiterates constituted about 13.5 percent. The educational status of female respondents was very low as compared to male respondents. The illiterates constituted only 5.8 percent of total male respondents, while in female category it was 40 percent of total female respondents.

6. To visualize pattern of jobs undertaken by the respondents revealed that a bulk of respondents were school teachers at the time of retirement which constituted 24.75 percent followed by housewives, grade 2nd executives then grade 1st business men/women, technical staff and then professionals (doctors and engineers) which reckons to 14.5 percent, 12.75 percent, 11.0 percent, 9.25 percent, 7.0 percent and 6.25 percent, respectively. The sample also constituted farmers, lecturers, and educational administrators, grade 2nd businessmen/women which reckons to 4.75 percent, 3.75 percent, 3.5 percent and 2.5 percent respectively.

7. The marital status of the respondents in aggregate revealed that 78.25 percent were married at the time of study followed by widows/ widowers and spinsters which constituted about 19.75 percent and 2.0 percent respectively.

8. Further stratification of marital status in rural and urban areas was undertaken which revealed that under rural category 77.88
percent were married followed by widows/widowers and spinsters which constituted 20.10 percent and 2.02 percent respectively so is the case with urban respondents where married respondents constituted 78.60 percent followed by 19.40 percent and 2.0 percent of widows/ widowers and spinsters respectively. It was further visualized from the study that the marital status of clubbed respondents was almost at par with marital status of rural and urban respondents.

9. The cash flow of the respondents governing their income revealed that a bulk of the respondents i.e. 31.3 percent fall in the income group which ranged from Rs.3001 – 6000 per month while as 23.0 percent of the respondents fall in the income group of Rs.6001 –10,000 per month. Third group constituted income received up to Rs.3000 per month constituted 18.5 percent followed by 10.3 percent of respondents which fell in the income group of Rs.10,001 – 15,000 per month and only 7.6 percent of respondents received Rs.15,001 – 25,000 and above per month. However, the dependents who do not have direct source of income of their own were only 9.5 percent. They were mainly comprised of illiterate women who were housewives.

10. The study revealed that about 53.5 percent of respondents were not working after retirement; however respondents working post-retirement constituted about 46.5 percent.

11. Scanning of leisure time activities in the study revealed that gardening predominates with the bulk of the respondents to the extent of 55.0 percent followed by reading, watching T.V, praying and social work which constituted about 34.0 percent, 24.0 percent, 16.75 percent and 7.5 percent respectively. It was
further revealed by the study that respondents spend their leisure time by looking after their grand children, visiting relatives, chatting and gossip, cooking, sewing and knitting, listening to music and teaching, which reckons to 6.25 percent, 4.50 percent, and 2.75 percent, 2.50 percent, 2.25 percent, 2.0 percent and 1.25 percent respectively.

12. The status of Job at attainment of age of sixty years by the old age subjects, the study revealed that 67.5 percent were retired from government jobs followed by 18.0 percent and 14.5 percent in private jobs and as housewives respectively.

13. The study revealed that a majority of respondents were first born followed by 2nd born, 3rd born, 4th born, sixth born and fifth born which constituted 48.5 percent, 31.5 percent, 12.5 percent, 4.3 percent, 1.8 and 1.5 percent respectively.

b) Adjustment Pattern of the Old Age Subjects

14. The adjustment areas were studies under two categories indicating “highly adjusted” and “highly maladjusted” category. when observed on the basis of dominance the category of highly adjusted revealed that 124, 97, 96, 90, 87, 82 and 80 subjects appear for areas like martial, social, health, home, overall adjustment, financial and emotional adjustment respectively. The adjustment for the same common areas under category of highly mal-adjusted revealed that 124, 104, 85, 84, 83, 81 and 80 subjects appear for areas like health, marital, emotional, financial, home, overall adjustment and social adjustment respectively.

15. Study indicated sex-wise adjustment to various areas under highly adjusted and highly maladjusted categories revealed
maximum deprivation under highly mal-adjusted category appears for females as compared to males. The proportion of being highly mal-adjusted in female category is almost approximately twice in females in areas of marital, health, emotional, overall adjustment, financial, social and home adjustment which reckons to 45, 40, 33, 31, 28, 25 and 23 subjects respectively.

16. The study revealed that there is much difference between male and female old age subjects, in all the areas of adjustment viz. health, home, social, marital, emotional and financial. The adjustment in these areas was higher among males as compared to females. The present study clearly shows that there is higher prevalence of maladjustment among females as compared to males in health adjustment. The proportion of highly adjusted male category is almost three times as compared to females. In home adjustment it was observed that males were predominant and females appearing under this category hardly numbered. Similar was the case with the social adjustment where maximum number of males was highly adjusted as compared to females of same category. It may be interesting to note that marital adjustment among males’ scores highest out of other areas of adjustment. The marital adjustment is higher in males as compared to females, which is almost four times higher in males. Similar results were borne out for emotional and financial adjustment where again males have taken the better dividends as compared to females and males predominated in highly adjusted group.
17. It was found that there was no significant difference in health, social, marital, emotional and overall adjustment among rural and urban respondents but there was a significant difference in home and financial adjustment among rural and urban respondents which indicated that urban respondents are highly adjusted in the financial and home area as compared to rural respondents.

18. The number of rural males in “highly adjusted” category is higher in number in marital, social, health, emotional, overall adjustment, home and financial adjustment vis-à-vis female under same category. The only exceptions being in area of home under highly adjusted category where female are favorably placed when it was observed on the basis of dominance. The “t” test revealed that there was a significant difference in the areas of adjustments like marital, emotional, financial and overall adjustment between rural males and females. The adjustment in these areas was higher among rural males and they were highly adjusted. The other areas which do not appear significant are health, social and home adjustment for either sex.

19. However, in urban area in similar categories indicated for all the areas under highly adjusted categories male takes the better dividends as compared to females and the ratio of males to females is approximately 1:3. In case of females of same category, adjustment for marital, social, overall adjustment, health, home, financial, and emotional was very low. Under highly maladjusted category in urban areas females are worst hit as compared to males for all the areas of adjustment. The statistical technique revealed that there was a significant difference between means scores on various areas of adjustment
in case of urban males and urban females and all the areas of adjustment appeared significant. This indicates that urban males are highly adjusted as compared to urban females in all the areas of adjustment. The study revealed that elderly people of urban areas are well adjusted as compared to rural people and urban population is financially satisfied but the rural elderly found it increasingly difficult to meet their financial requirements. It was found that women had more adjustment problems as compared to male counterparts and women are likely to have more problems in home adjustment than her husbands.

c) Values Pattern among Old age Subjects

20. It has been observed on the basis of dominance that male old age subjects have shown a higher preference for the aesthetic value followed by social, religious, theoretical and economic values, while female old age subjects posses more social value which is followed by aesthetic, religious and theoretical value.

21. After knowing the value profile of male and female old age subjects, a “t”-test was computed to various types of values. It was inferred that out of all the six parameters studies for either sex only one parameter namely aesthetic value appeared to be significant. The other areas like theoretical, economic, social, Political and religious were not significant. This is indicative of the fact that males possess more aesthetic value then females.

22. Study revealed that there is no difference between the two groups (rural and urban) in the various areas of values and the percentages achieved on the basis of dominance indicated that the two groups are approximately equal to each other in either category except theoretical value, which seems double among
urban respondents as compared to rural respondents. The "t" test revealed that there is insignificant difference between rural and urban respondents' far theoretical, aesthetic, social, political and religious values. It was seen that only economic value appeared to be significant and was found higher among urban respondents because the potential for generating income is higher in urban population of respondents as compared to population in rural areas.

23. Study further revealed that on the basis of dominance rural males are more aesthetic, social and religious; however, rural females top the list in values like social, aesthetic and religious. No difference was found between rural males and rural female subjects in values like aesthetic, economic, political and religious but there was a difference among rural males and females among values namely theoretical and social values. It is evident from the present study that theoretical value is high among rural males while as rural females are more social because they posses more social values. While evaluating the theoretical value among males and females a difference was found and it was observed that rural males are more theoretical as compared to rural females.

24. The Study of values on the basis of dominance among urban males and female revealed that urban females are more social as compared to urban males which are followed by theoretical, aesthetic, religious values. Study further revealed urban males appraised to be more religious than urban females and urban females are more theoretical than urban males. The areas of theoretical, economic, social, political and religious values
proved insignificant, the aesthetic value appeared to be significant and were found higher among urban males. It may be because of the natural beauty of Kashmir which has enabled elderly people to pay highest preference for aesthetic value.

25. In the present study aged female subjects, had higher social value followed by aesthetic, religious and theoretical value. While male old age subjects have high preference for aesthetic, social, religious and theoretical values. In the present study, the old male and female subjects do not differ much in economic value and political value and no significant difference seems to exist in the mean scores for the economic and political values.

26. The study further revealed that on the basis of dominance it was strange to found that the political value was almost negligible among the elderly population. It is clear from the present study that the old age subjects are not currently politically active or organize any political party. The elderly people in Kashmir have not any political involvement. This may be because of fear due to threats of militants or may be because of inadequate transportation.