CHAPTER-V

SUMMARY AND CONCLUSION

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The present study was an attempt to examine the adjustment, anxiety and neuroticism of the old age people in particular who lived at old age home and who lived with their family as well as their gender. All these old age peoples were from Satara, Sangli, Kolhapur, Pune, cities of Maharashtra. Previous chapter represents data analysis and results, whereas this chapter gives us an idea of the research in brief. In this chapter researcher has presented summary, conclusions, limitations and suggestions with recommendations.

5.2 Summary of the study:

The title of the investigation is ‘A Study of Adjustment, Anxiety and Neurotic Tendencies of old Age People’. With reference to this title the first chapter entitled introduction, incorporated the main concepts such as, adjustment, anxiety and neuroticism of old age people. Researcher has delineated all concept of relevant to present study and also included background and significance of the research.

The second chapter regarding review of the literature, in this chapter researcher included various studies on adjustment, maladjustment; neuroticism and anxiety of old age peoples. All the studies are associated with present day situation. Some studies are not completely but partly related to the present hypothetical variables, which are included in the study.
The third chapter is research methodology. The samples means participants were drawn from randomly from various places. The age range of the sample was 60 and above. Here, researcher used 2x2 factorial research design. In this section the researcher has mentioned the objectives, hypotheses, variables, operational definitions, design of the study, standardized tools for the purpose of data collection, all these methodological concepts tried to explain very clearly which are helpful for explain the design of research.

The fourth chapter i.e. data analysis and results incorporates analysis of the data, interpretation of results and discussion of data through the hypotheses. This is a survey type research. Hence, researcher has employed and fulfills all the requirements of survey research. By using the 2x2 factorial design and ANOVA was used for analysis of data. In this chapter mean scores of two groups were compared. ANOVA (Analysis of Variance) statistical techniques were used for data analysis.

The fifth chapter is epilogue where the researcher has presented the examination of the research design, sample and statistical analysis with the help of summary of the research, conclusions, limitations and suggestions. Finally references are mentioned.

5.2 Conclusions:

Findings are substantial and relevant on the line of hypotheses. These salient results are mentioned here in brief.

1. The old age people living in family have better overall adjustment than old age peoples living in home for the aged.
2. Gender difference is found about adjustment. Old age males are more adjusted than females. There is difference between the means of the female and male old age people in terms of their adjustment.

3. Anxiety is differently works. Old people who stayed at old age home are more anxious. There is difference between old peoples living in family and home for the aged in terms of their anxiety.

4. Anxiety depends on gender. There is difference between old age male and old age female in terms of their anxiety.

5. The old age people living in family have less neuroticism tendency than old age people living in home for the aged.

6. There is no difference between the means of the female and male old age people in terms of their neuroticism.

7. The old age people living in family have better health adjustment than old age people living in home for the aged.

8. There is no difference between the means of the female and male old age people in terms of their health adjustment.

9. The old age people living in family have better home adjustment than old age people living in home for the aged.

10. There is difference between the means of the female and male old age people in terms of their home adjustment.

11. The old age people living in family have better social adjustment than old age peoples living in home for the aged.
12. There is difference between the means of the female and male old age people in terms of their social adjustment.

13. The old age people living in family have better marital adjustment than old age people living in home for the aged.

14. There is difference between the means of the female and male old age people in terms of their marital adjustment.

15. The old age peoples living in family have better emotional adjustment than old age people living in home for the aged.

16. There is difference between the means of the female and male old age people in terms of their emotional adjustment.

17. The old age people living in family have better financial adjustment than old age people living in home for the aged.

18. There is difference between the means of the female and male old age people in terms of their financial adjustment.

19. The old age people living in family have similar neurotic tendencies about physical aspect to old age people living in home for the aged.

20. There is no difference between the means of the female and male old age people in terms of their physical aspect of neuroticism.

21. The old age people living in family have similar neurotic tendencies about psychological aspect to old age peoples living in home for the aged.

22. There is difference between the means of the female and male old age people in terms of their Psychological aspect of neuroticism.
5.3 Limitations:

The research design, procedure, and results, when critically examined, lead to the impression that the present study is replete with a number of limitations which must be borne in mind in any attempt to generalize form and interpret the findings. The main limitations have been listed below:

1. The concept of anxiety, used in the present research cumulatively has been that of general manifest and hidden or covert anxiety. The findings, therefore, cannot be scrutinized differently.

2. The measurement of anxiety has been done by a verbal measure. The adjustment ability and neuroticism needs have also been measured by means of verbal tests. The criticisms advanced by psychologists against verbal, self-report inventories are, therefore, applicable to all these measures. In the measuring tool for anxiety, there are no checks against defensiveness or acquiescent response style. Further, except in case of the measure of needs, social desirability variable has not been controlled in the development of either the anxiety-measure or the measure for traits.

3. The sample for the study consisted of male and female old age people; therefore, the findings are not applicable to the general population or the common adults. Since the sample was drawn from the cities of western Maharashtra, which has a distinct culture, precaution was taken in generalizing of other sub-cultural groups, on the basis of the present findings.
4. One limitation of the present study is related with the use of demographic variable-gender and SES-as sources of variation in anxiety. It should be noted that demographic variables of whatever social importance they may be, are not psychological variables and present the danger of fostering erroneous interpretations and unjustified complacency. This point has been emphasized by Sechrest (1976) in the following words:

"The problem with demographic variables in psychological studies is that they really end up being surrogate variables, but it is rarely possible to know for what real variables they are surrogates in any given sense. Take sex as an example. When sex is included as a variable in personality research, the investigator is almost never interested in biological maleness or femaleness per se. Yet any given samples of males and females potentially differ in so many ways e.g. in field-independence, aggressive tendencies, self-esteem, interests, ambitions, sex-role orientation ... that it is difficult, if not impossible to know what specific characteristic might have been involved in a sex treatment interaction.

5. Apparently, most interpretations regarding differences associated with demographic variables are likely to be arbitrary and should be taken with caution.

6. The limitations of any paper pencil tests such as response biases, carelessness, positive and negative faking tendency somewhat affected the responses.

7. As there is a difference in individuals there may be some kind of lacuna in giving responses.
5.4 **Suggestions for further research:**

After giving thought over the findings of the present study and the realization of its limitations, following suggestions for further research to extend the present study can be made:

1. The study of the need for adjustment, neurotic tendencies and anxiety should also be made on different samples such as general population, illiterates and various sub-cultural groups so that broader generalizations may be arrived at. In this endeavor different types of anxiety should be studied and in addition to verbal measures of anxiety, behavioral and physiological measures, too, should be used.

2. Sex differences in anxiety should be studied after including measures of defensiveness and acquiescence. Further the anxiety patterns of the two sexes should be studied in terms of the anxiety intensity across situations and modes of responses.

3. In any consideration of demographic antecedents of anxiety childrearing practices in the population from which the sample has been drawn should be studied. In this context, social groups, neighbors, urban and rural society norms, family structure, in relation to anxiety, are necessary. Such studies need to be made on different samples.

4. Studies on urban-rural differences should be made by varying the sex-composition of the samples. Such studies may perhaps resolve the contradiction in findings of different researches about urban-rural differences in anxiety. Similarly, studies regarding anxiety-intelligence relationship may
be done after varying the range of intelligence in different samples. The findings of these studies may provide answer to the mutually incompatible results of different studies.

5. Perhaps the relation of anxiety and other needs of an individual is a function of the coping styles of the group of which the individual is a member. It is, therefore, necessary to study coping styles, of different sub-cultural groups, in anxiety arousing situations.

6. The relation of anxiety to personal variables has been mostly studied by using bi-variate methods. It is necessary to take up multivariate studies.

7. The role of situational, cognitive, and perceptual factors needs to be studied in relation to anxiety. In this connection it can be suggested that one strategy may be to identify anxiety, arousing situations and then to find out the effect of variations in them. In this connection Sharma (1978) has observed that:

"Studies by Endler and Magnusson in Canada and Sweden, and Sharma and Dang (1977) have shown that aged peoples respond differentially to four situations: physical danger, ambiguous, interpersonal ego-threat, and daily routines. The omnibus measures of general anxiety overlook such research findings. Thereby a multifaceted view is ignored in preference to an over simplified narrow concept of anxiety. A more fruitful research might be to first intuitively identify plausible anxiety-arousing situations, then to find out empirically whether they are so, and vary them within a given culture" (p. 36).
8. There is sample scope to carry out the research in this area. A widespread research to be carried out in the area of family related structures. Besides the variables studies in this research, the researcher can study variables such as area of residence i. e. urban and rural, caste, culture, religion, marital status etc.

9. Systematic studies with other standardized tools should be done on the basis of aged people’s attitudes and aspirations about life.

10. There should be provision of the participants with low level of anxiety on grass root level of resident area that will be helpful to enhance confidence about life among old age people.