CHAPTER-V
SUMMARY, CONCLUSIONS, LIMITATIONS AND SUGGESTIONS

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• Limitations and Suggestions
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5.1 Summary

Old age is the closing period in the life span. It is the period when people move away from previous more desirable times of usefulness to forthcoming inactivity and decreasing capabilities. Globally the population of the aged is increasing. Historical and anthropological evidence indicate that in many societies’ elderly retain status, authority and power in positive social environment. However these characteristics have been unfortunately modified by economic stress in many of the material societies Dr. Jyoti Gaur (2009). Till the age of retirement elders are fully active and many family members are dependent on them in work-life and non- work life but retirement disturbs the routine and the self rated mental health and life satisfaction decreases (Arora, 1995). Decline in health and social interaction becomes the cause of distress in old age. Frustration is an external event,
acting as a stimulus to an individual and eliciting emotional reaction. Amongst the various ages in admission of psychiatric patients 58% were more than 65 years of age. Aggressive behavior was frequently observed in them (Dill, 2004). An individual is aroused by this external cause and response is often expressed towards the environment (Britt, 2000). Stress, social relations, loneliness, health influences the self-concept and early death in aged (Saruhashi, 2000), which can only be controlled by when peace, love, attention and care is provided (Solomon, 1994). Many people have a tremendous dread of growing old. A great deal of activity during the working years is aimed at preventing as many of the problems of old age as possible: dependency on others, lack of money, boredom, ill health, and so forth. The very fear of the problems of old age often make mental and physical wrecks of people they become old before their time.

Further adjustment in old age is difficult, because of their limited capacity, diminishing energy & declining mental abilities due to the various characteristics of old age; old people experience different type of anxieties, fears & frustrations. With changing socio-economic compulsions young members of the family in our country too find it increasingly difficult to adjust with the old members & prefer letting them live all by themselves, or put them in homes for aged. Even when old people continue to live within the family, they suffer from lack of care, companionship & due importance. Keeping these aforementioned statements the present investigation was an effort to study the Mental health, Self-concept and Adjustment among senior
citizen of Thailand in relation to their gender as well as the significance of
group counselling to foster these criteria among this group. Additionally this
study also investigated the correlation between Mental health and
Adjustment, Mental health and Self-concept & Adjustment and Self-concept
of senior citizens. The effective sample consists of 200 senior citizens with
equal number of male and female peoples age range will be 60 + years.
Old Age Adjustment inventory (SJOAI, 1995), Mental Health Check List
(MHC) and Self-concept Scale were used to measure adjustment level, and
Mental health and Self-concept respectively of senior citizens. Two group
randomized, Pre post two group design and co relational design were used as
per requirement. t and F tests and correlation analysis were employed to
reach out the objectives of the present study.

5.2 Conclusions

The analysis of the data obtained in the study showed the following results;

- Male was found to be significantly higher in their level of mental health
  as compare to female. Thus, Hypothesis (a) “There will be no
difference in mental health of senior citizens in relation to their
gender is rejected.”
- Gender differences were found to be significant in self-concept which
  revealed that when female compared with older men, older women
  reported slightly lower self-esteem. Thus, Hypothesis (b) “Male senior
citizens have better self-concept than female senior citizens is accepted.”

- Male and female are found to be significantly different on emotional and financial area of adjustment. As far as other area of adjustment are concerned (Health, Home, Marital and Social Adjustment) they were found to be parallel. Thus, Hypothesis (c) “There will be no difference between male and female senior citizens in their level of adjustment is partially accepted.”

- Rogerian Group counselling was found to play significant role to determine persons’ mental health in their older age. Thus, Hypothesis (d) “Group counselling program based on Roger’s theory helps in developing good mental health in senior citizens in Thailand is accepted.”

- Rogerian Group counselling significantly brought the individuals’ self-concept in a positive direction. Thus, Hypothesis (e) “Significant positive changes will be brought in the self-concept of senior citizens in Thailand through Rogerian group consoling is accepted.”

- Rogerian Group counselling was found significant intervention in the field of psychological therapy for enhancing level of adjustment among senior citizens. Thus, Hypothesis (f) “Rogerian group counselling will have positive effect on adjustment of the senior citizens in Thailand is accepted.”
• Senior citizens who are having sound mental health (Less score on mental health Check list) also found to be possessed positive self-concept (Higher Score on SCS). **Thus, Hypothesis (g)** “Senior citizens having sound mental health will be possessed positive self-concept is accepted.”

• Senior citizens with sound mental health (Less score on mental health Check list) were found with highly adjustable. **Thus, Hypothesis (h)** “Senior citizens having sound mental health will be found with highly adjustable criteria in their personality is accepted.”

• Adjustment level was found to be significantly higher in those senior citizens who were found with positive self-concept. **Thus, Hypothesis (i)** “Good adjustment is associated with positive self-concept among senior citizens of Thailand is accepted.”

5.3 Limitations and Future line of the study

In any Social Science investigation, the external validity of the results of the study is limited by many constrains related to the sample selection/availability, research design, reliability and validity of the tools under study and number of variables feasible to study at a time. Thus the researcher has been able to sort out the following limitation in the present study and the future line of the study to refine the same has been provided.

• Locus of the study was restricted to Bangkok city only. It can be spread into other areas also.
The present study was done on the older subjects (60+ years), but the considered variables studied in the present research namely adjustment, self-concept and mental health are applicable to all age groups. Other studies on children and on adolescent have to be carried out in future research in order to enhance the knowledge about these variables throughout all age groups.

The adjustment, self-concept and mental health of persons affected by numerous variables, however in the present study limited variable i.e. gender is studied. In further studies, effect of other variables like body image, social relationships, working status, Social Motives, etc. on adjustment, self-concept and mental health can be studied.

Further studies should be carried out on different populations

It would have been better if views of therapists could have been incorporated as various views regarding considered variables were not studied in this investigation.

Other therapies which were not taken in the present investigation must be considered in other researches.

Although it is a study in area of Positive Psychology yet the lack of scientific medical knowledge was a major hindrance. Further studies will be suggested to include some medical aspect on same objectives.

The therapeutic intervention was conducted only on small sample belongs to only from Bangkok city hence the results cannot be generalized on
other city or state. Same objective can be considered for other cities or
city in order to maximize the generalization of the results.

- The age groups could be segregated for more precise study, so the
  knowledge regarding dependent variables could have been clearer.
- Other forms of therapies were not considered in this investigation
  therefore the actual comparison among therapies in order to enhance
  adjustment, mental health and self-concept of senior citizens would have
  not been clearer. Other psychological therapies can be considered in
  future research with same objectives.
- To render the generalization of the influence of factors such as gender
  and counselling effect, larger sample can be undertaken
- Disadvantages of older population compared with to health, everyday
  competence and financial matters account for gender differences in
  olders’ psychy (mental health, adjustment problems and self-concept).
  Because of the lack of studies on gender differences in olders’ psychy,
  more research is suggested on the contribution of those factors to gender
  differences in olders’ psychy.

5.4 Significance of the study

Despite limitations, the significance of study can be drawn as even though
older population experience several disadvantages suggest gender
differences in mental health, adjustment problem and self-concept as well as
effect of Group counselling to lead them towards sound mental health,
positive self-concept and better adjustment. This information may protect older psyche. Furthermore, because there is not much research on gender differences in mental health, adjustment problems and self-concept we would encourage more research in this field.

The fastest-growing age group in the world is the oldest-old-people and elderly. This increase causes apprehension regarding resources that will be needed to provide services for this group. Mental health professionals should be in the vanguard of cultivating and nurturing in this population. The present findings can be implemented by this professional as in the present study counselling was found to be significant to foster psyche (Adjustment, Mental health and Self-concept) of older person. The counsellor could extend his or her effectiveness through this present findings which revealed that the Group counselling provide the specialized human relations and the opportunity to help others and this also contributes to persons’ personal growth and development. The significance of Group counselling may as well be the answer to people growing closer together rather than apart because the community can benefit from the positive image of the senior citizens. Further the study also provides quantitative data on Adjustment level, Self-concept and Mental health of Senior Citizens.

The study may point out the importance of widely accepted psychological field of problems of aged peoples as well as this study also highlight adjustment problems of aged people.

Further it is also noticed that self-concept with respect to Mental health and
Adjustment has not been methodologically researched with reference to senior citizens. These aspects are very important in channelizing the human resource potential of this groups in the present era. The present study gives its effort in same reference.

5.5 Major Implications

- The finding can be implemented by rehabilitation centers, and private practice settings which promote health and rehabilitation for senior citizens.
- The present investigation also will be helpful to all graduate, post graduate and researcher of ‘Psychology’ and ‘Education’ as the variables treated were appear to be quite relevant to some aspect of their curricular demands both in ‘Psychology’ and ‘Education’.

5.6 Recommendations

After having analyzed the plight of the old aged persons, we are in a position to project some recommendations for the betterment of the perceived status of the elderly in the family. The elderly should be made to realize that they are very much needed in the society. The general attitude is that as soon as the elderly persons lose their earning status, they are no more needed. Such negative attitude leads to disastrous consequences. Old aged persons may lose their earning status, they may also become physically frail yet they are a great source of knowledge, experience, and skills. Throughout their life, they
have witnessed many trials and turbulences, rise and fall and thus the old aged persons become an elderly must be provided financial support both by the government and family members. They must be helped to realize that their waning years are not meant to be frustrating and fruitless. Great reservoir of skills and knowledge. The elderly must be provided financial support both by the government and family members. They must be helped to realize that their waning years are not meant to be frustrating and fruitless.