STATEMENT OF THE PROBLEM AND HYPOTHESES
CHAPTER - III

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The Indian population continues to age and the number of older persons with health impairments and consequent dependencies grows. As a result of primary and secondary aging changes, an elderly person and his/her family encounter stress from various sources. The problematic conditions and difficult circumstances experienced by an older person i.e. the demands and obstacles that exceed or push to the limit one’s capacity to adapt) cause stress. Consequently the outcomes of stressors manifest in terms of individual’s health and emotional well-being such as depression or anger, behavioural changes etc. under such stressful situations are moderated through the social, personal and material resources that help modify or regulate the casual relationship between stressors and outcomes. These are considered to be resources to be major factors in modifying or regulating the casual relationship between stressors and outcomes (consequences). These resources (moderators) explain subgroup variations in the effects of stressors on outcomes for e.g. Social support and mastery or self-efficacy alternate the magnitude of associations between stressors and outcomes of stress. Where there is a scare or diminish in resources there will be an imbalance in stress-outcome relationship consequently, the intensity of impact of stress will be increased. The stress process happens within the context of social, economic, cultural and political factors. Individuals confront stressors not in isolation from other factors of their lives, but as the bearers of certain characteristics within the social systems. Thus, the background and contextual factors influence the extent to which subgroups of the population all exposed to stressors, the types and levels of resources at their disposal and the outcomes that emerge.

The forgoing suggests that the physical, psychological, and social concerns that are unique to old age may cause stress and demand for minimising the stress. Towards optimising one’s functioning, a person can adapt several strategies for e.g. meditation and hypnotism to cope with the stress during old age. In view of this the present study is planned with the following objectives.
Objectives of the Study

1. To study the levels of stress and coping among elderly men and women.

2. To study the levels of stress and coping among elderly with various levels of education.

3. To examine the coping behaviour among men and women with different school and college levels education.

4. To study the effect of meditation and hypnotism in reducing the stress among elderly men and women with different educational status.

5. To investigate the effect of meditation and hypnotism in coping to stress among elderly men and women with school and college level educational status.

To realise the above mentioned objectives some hypotheses were formulated and being tested in the present study. The review of studies (chapter II) indicates that there are variations in the levels of stress and coping across adult years, across gender and also in terms of educational back group. In view of this, the following hypotheses were formulated and being tested.

1. There is a significant difference between middle aged (55-60) and older (61-65) individuals in the levels of stress.

2. There is a significant difference between men and women in the level of stress.

3. There is a significant difference between individuals with college and school levels of education in the levels of stress.

4. There is a significant difference between middle aged (55-60) and individuals (61-65) in coping to stress.

5. There is a significant difference between men and women in coping to stress.
6. There is a significant difference between the individuals with college and school levels of educational status in coping to stress.

7. Subjects who are practicing meditation reported less intensity of stress compared to those with no practice of meditation.

8. Subjects who are practicing hypnotism reported less intensity of stress compared to those with no practice of hypnotism.

9. Subjects who are practicing meditation and hypnotism reported less intensity of stress compared to those with no practice of hypnotism.

10. Elderly with practice of meditation differed significantly in coping to stress with those who are not practicing in the levels of stress.

11. Elderly with the practice of hypnotism differed significantly in coping to stress with those who are not practicing in the levels of stress.

12. Elderly with the practice of meditation and hypnotism differed significantly in coping to stress with those who are not practicing in the levels of stress.