The relative effectiveness of these has to be examined. Research initiatives to suggest new recreational avenues for the aged, especially for the women, which facilitate their coping efficacy and well-being, have to be made. Again, all these necessitate research efforts from the part of social scientists, physiologists, medical personnel, and policy makers.

5.5 CONCLUSION

The present investigation has clearly revealed the problems faced by the aged persons in different areas of old age adjustment and the differences existing among different subsections of the aged. It has been found that aged persons staying in old age homes had poor levels of old age adjustment than those living with their families. Again, the female, the economically dependent, the divorced and the illiterate groups of the elderly persons were found to have poorer adjustment status and higher feelings of alienation than their male, economically independent, married, and educated counterparts. High positive associations between degree of support received from significant sources and adjustment status of the elderly were highlighted in the study. Even though old age adjustment was found to have only weak relationships with feelings of alienation and spiritualism, moderate to high relationships were obtained between feelings of alienation and spiritualistic orientation among the elderly.

Admitting the limitations, the investigator hopes that this study, along with the relevant implications and suggestions may stimulate the interests of scholars, policy makers and religious, political and social leaders, so that the challenges raised by the increasing section of old age population may gain proper attention and concern.
Only through such an awareness and commitment, we can hope that policies and social security measures aimed at enhancing the well-being of the aged persons may be materialized. It is also hoped that the present study will stimulate further research in the area of old age adjustment and well-being.