

Assessing The Levels of Resilience and Life Satisfaction among Young Old Age Group

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Abstract

As one grows old, he/she experiences a gradually setting decline in physical, cognitive and social domains, which is also accompanied by characteristic transitions in developmental that such as loss of loved ones, retirement from work and resulting loneliness and adjustment issues. These changes may threaten the resilience and life satisfaction levels among old age persons. The purpose of this research study was to determine the extent of resilience and life satisfaction among young old age group persons. 60 elderly people between the ages of 65 and 75 made up the sample. 30 men and 30 women from Delhi's urban neighbourhoods made up the sample. Older people's resilience and life satisfaction were evaluated using the Resilience Scale created by Dr. Vijaya Lakshmi and Dr. Shruti Narain (2017) and the Life Satisfaction Scale created by Prof. Hardeo Ojha (2005). Findings indicate average resilience levels in elderly (Mean value=107.12), with above average life satisfaction (Mean value=67.65). Life satisfaction and resilience levels were shown to have a weak positive connection ($r=0.088$), indicating that older adults do not significantly correlate these characteristics. There are no known major gender differences. The study's conclusions may be used to help create an atmosphere that is more supportive of the elderly and create intervention programmes that are successful in raising life satisfaction levels.

Keywords: old age, resilience, life satisfaction

Introduction

Resilience is defined by the APA as the method and results of successfully coping with challenging life circumstances through mental, emotional, and behavioural flexibility as well as appropriate pressure management. [1]. In simple words, resilience refers to the capacity to overcome adversity and emerge back from challenging life experiences [2]. People who are resilient may go through the same amount of pain or loss as others, but they respond to these stressors in a way that builds resilience and development by using healthy coping mechanisms. They might consequently emerge from the process stronger than they started [3]. Better emotional control, self-assurance, using good coping mechanisms, and effectively relying on others are all signs of resilience. Although some people are innately more resilient than others, research shows that resilience is typically the consequence of a complicated medley of internal and external elements, including heredity, level of physical and mental fitness, environment, and social support systems [3, 4]. Additionally, it is thought that abilities linked to greater resilience can be learned and developed [1]. Ageing does not significantly decrease resilience, according to studies, and it is believed that senior individuals are just as resilient as younger adults. [5].

Life satisfaction, according to Ruut Veenhoven (1996), is the extent to which a person expresses a favourable opinion of his/her life. Alternatively put, it conveys how much someone likes the life that they currently live. Life satisfaction is typically quite high as people get older [6]. According to research, aging-related physical and cognitive deterioration is a greater predictor of changes in life satisfaction than actual age [7].

There are a few important research in this field, despite the fact that older people are still one of the populations that is least studied. According to Silva Junior, E.G. et al. (2019), older individuals have been found to be very resilient [8]. Similar findings indicating older individuals exhibited high levels of resilience were reported by Rodrigues & Tavares (2021), Lamond, et al. (2008), and Hardy, et al. (2004) [9,10,11].

Elderly are also found to be experiencing above average levels of life satisfaction, a finding outlined by Leeson et al (2018). They reported, via their study, that senior members stated comparable extent of life satisfaction in both old age and youth [12]. Sposito et al (2013) also emphasized in their research that elderly tend to experience higher life satisfaction. Moderate levels of satisfaction with life were also reported in the study undertaken by Raj, et al (2014) [13,14].

The association between having resilience and being content with one's life, especially in older populations, is of utmost interest and importance. Research studies along this dimension suggest that the two variables share a significant positive relationship between them among older adults, as outlined by Khalatbari, & Bahari (2010) and Beutel, et al (2009) [15, 16]. Zheng, W., et al (2020) also pointed to the direction of the positive relationship, as they stressed on positive effects of psychological resiliency on life satisfaction levels in older persons. [17].

Method

Objectives

- To discern the resilience of older adults.
- To study the senior population's degree of life satisfaction
- To evaluate the connection between resilience and life satisfaction in seniors.

Hypotheses

- There will be high resilience among older adults
- The life satisfaction among senior population will be high
- The association between resilience and life satisfaction in seniors will be significant

Sample

- The current study's overall sample size (N=60) included 60 participants who were aged 65 to 75.
- Equal numbers of men and women were selected as test subjects.
- Purposive sampling was used in the sample design.

- Inclusion Criteria –

- Older people between 65-75 years
- Literate older adults

- Exclusion Criteria –

- People under the age of 65
- People above the age of 75
- People who are unwilling to engage
- People who are illiterate
- People with severe physical or mental illnesses.

Tools

- The Resilience Scale by Drs. Vijaya Lakshmi and Shruti Narain was administered to determine the resilience of elderly participants. This scale has 30 items that need to be answered on a 5-point Likert scale. These questions assess resilience on four different dimensions.
- Life Satisfaction Scale (LSS), designed by Prof. Hardeo Ojha was utilized to gauge the degree of life satisfaction among the ones interviewed. The questionnaire has 20 items that are to be answered on a 5-point Likert scale.

Procedure – Prior to the subjects receiving the questionnaire, rapport-building was done with each participant to make them feel at ease. Confidentiality was guaranteed while the individuals were also requested for approval for their involvement in the study. They were then handed over the questionnaires to fill out and return.

Statistical Techniques

- Mean
- SD
- t-test
- Correlation

Results

Table 1 – Table representing Mean and Standard Deviation of Male and Female Respondents on Resilience

	Mean	Standard Deviation
Males	109.17	7.43
Females	105.07	9.23

Overall	107.12	8.56
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Table 2 – Table representing Mean and Standard Deviation of Male and Female Respondents on Life Satisfaction

	Mean	Standard Deviation
Males	68.1	8.16
Females	67.2	6.59
Overall	67.65	7.37

Table 3 – Table representing correlation between Resilience and Life Satisfaction

	Males	Females	Overall
Correlation	-0.085	+0.24	+0.088

Table 4 – Table representing Mean Comparison in Males and Females on Resilience and Life Satisfaction

	Resilience	Life Satisfaction
p-value	0.063	0.640
Significance	Not significant	Not Significant

$\alpha = 0.05$

Discussion

According to the current research, 95 percent of elderly persons exhibit average resilience (mean value= 107.12). In terms of resilience levels, older men scored on average higher (Mean=109.17) than older women (Mean=105.07). In terms of resilience, older men have likewise been found to have more consistent patterns (SD=7.43) than older women (SD=9.23). Since there was no discernible statistically significant difference between old males and old females in terms of mean resilience scores ($p=0.063$), the difference in mean scores could simply be accidental.

The discovery of average resilience levels conflicts with those of earlier research by Silva Junior, et al (2019). Older individuals showed high levels of resilience, according to Lamond, et al. (2008), Hardy, et al. (2004), Rodrigues, & Tavares (2021) [8,9,10,11]. The discrepancies could be explained by the existence or absence of additional psychosocial characteristics in the sample group, such as their level of physical and cognitive health, their family environment, and their social support system, among other things. Even yet, the study's findings are consistent with those of Izadi-Avanji, F. S. (2017), who found that older persons had moderate resilience levels [18]. The current study's conclusion that gender had no discernible impact on resilience levels in the elderly, supports earlier findings by Azeem & Naz (2015) stating that gender has little to no impact on resilience levels in old age [19]. Additionally, according to Gupta, S. & Singh, A. (2020), gender had no discernible influence on resilience [20].

According to the respondents, 83.33% of older adults reported having high and above-average amounts of life satisfaction (mean value= 67.65). In terms of life satisfaction, older men scored better on average (Mean=68.10) than older women (Mean=67.20). Compared to senior men (SD=8.16), senior ladies have been observed to have more consistent patterns in regards to life satisfaction (SD=6.59). It can be assumed that the difference between male and female respondents is accidental, since the difference between old age males and females' mean values of life satisfaction is not shown to be significant statistically ($p=0.64$).

The results of research by Leeson et al. (2018), which revealed that senior people reported feeling satisfied to the same extent younger adults do [12], support the conclusion of above-average levels of life satisfaction. While Raj, et al. (2014) discovered that maximum out of senior individuals typically experience a moderate level of satisfaction with life, Sposito et al. (2013) indicated that older adults experience superior life satisfaction [13,14]. The current study's conclusion that gender has little to no bearing on elderly people's levels of life satisfaction is in line with earlier research studies by Joseph et al. (2014) and Suganya et al. (2018), which claimed that gender has little to no bearing on elderly people's levels of life satisfaction [21,22]. Given the lack of statistically significant differences between the mean scores of the two genders, it is likely that the high level of life satisfaction among the elderly participants in the current study is a result of both their lifestyle and their achievements in earlier stages of life.

According to present study's findings, there is only a weak relationship between life satisfaction and resilience ($r_{\text{overall}} = +0.088$, $r_{\text{males}} = -0.085$, $r_{\text{females}} = +0.24$). The variables are found to be positively connected in the subject population as a whole and among females, however in the case of males, they have been found to have a very weak inverse association. These results conflict with earlier research by Zheng, W., et al. (2020), Beutel, M.E.,

et al. (2009), Khalatbari, J., & Bahari, S. (2010), which found a strong positive association between the variables among senior people [15,16,17]. Additionally discovering a slight positive association between the variables was Moradi, S., and Ghodrati, M.M. (2020) [23]. The sample population's physical and mental health conditions, social support networks, perceived level of autonomy, and individual financial situations may all be contributing factors to the findings' discrepancies.

Overall, the results indicate that older adults exhibit average levels of resilience and above average levels of life satisfaction, and that there is only a modest association between these two characteristics. Additionally, it has been discovered that among elderly persons, gender has no bearing on resilience and life satisfaction.

Conclusion

The current study's objective was to evaluate older adults' resilience and life satisfaction. According to the analysis, the hypothesis that elderly people will have high levels of resilience has been disproved. Instead, resilience among the old aged individuals in the sample population was found to be average, which may be associated with a change in psychosocial elements that the sample population underwent. As a result, in this instance, alternate hypothesis was rejected while the null hypothesis was accepted.

According to 83.33% of respondents, high and over average life satisfaction was experienced by them, supporting the second prediction that older people will have a high degree of life satisfaction. As a result, the alternate hypothesis has been accepted.

The third hypothesis, which proposed a significant association among resilience and life satisfaction in older adults, was not confirmed by the current study, which found a weak correlation between the variables rather than the significant correlation suggested by earlier research. As a result, in this instance, the null hypothesis has been accepted with the rejection of the alternate hypothesis.

From the overall discussion, it can be inferred that although there is an association between resilience and life satisfaction among the entire sample population of older adults, the association was not found to be sufficient statistically, and that the relationship is the same for all elderly participants in the current study regardless of their gender.

Suggestions:

- This study aids in the creation of a specific profile for aged individuals that will lead to a deeper comprehension of the geriatric community.
- The study's conclusions may be used to develop age-appropriate intervention programmes.
- The results of this study could be applied to prolong older people's lives even before they reach old age by enhancing their mental health.

Limitations:

- For a more thorough awareness of the senior population, the study may be replicated with a larger and more widely geographically spread out sample.
- Further, research may include additional life satisfaction and resilience correlates.

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