

MENTAL HEALTH AND DEATH ANXIETY AMONG INSTITUTIONALIZED AND NON- INSTITUTIONALIZED OLDER PEOPLE IN RELATION TO GENDER

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Abstract: *The main aim of the present research was to study mental health and death anxiety among institutionalized and non- institutionalized older people in relation to gender. The total sample consisted of 120 older people of institutionalized and non- institutionalized. The sample was randomly selected from various areas and various old age home of Ahmedabad city. 2x2 factorial research design with 30 older people in each cell representing different level of two independent variable like type of older people (institutionalized and non- institutionalized) and gender (male, female). Mental health scale by Kamlesh Sharma and Death anxiety scale by G.P. Thakur used for data collection. To find out main and interaction effect of two independent variable on mental health and death anxiety two way analysis of variance was used. Results indicate that significant difference existed between institutionalized older people and non- institutionalized older people on mental health. Significant difference existed between male older people and female older people on death anxiety. Significant difference existed between institutionalized older people and non- institutionalized older people on death anxiety. Significant difference existed between Types of older people and gender of older people on death anxiety.*

I. INTRODUCTION

Old age consists of ages nearing or surpassing the average life span of human beings, and thus the end of the human life cycle. Old age has been referred as late adulthood which begins in the 60's and lasts until death. Death anxiety is defined as "the thoughts, fears, and emotions about that final event of living that one experience under more normal conditions of life". Death anxiety is common in our society these days. Lots of people are afraid to die, and there can be endless reasons for this fear. Death anxiety has received considerable attention among the various death attitudes. This is partly because man has a tendency of fearing everything which is not known to him, and death is an unknown entity. Death is very near in old age, hence a logical belief would be that death anxiety is more among the aged in comparison to the youngsters. However, studies contradict this notion. Death involves the loss of loved ones, of control, of achievements and aspirations, and so on. The feeling of helplessness over not being able to control one's death gives rise to free-floating anxiety about the unforeseen. Today, the old age homes are indispensable as they are needed to take care of the lonely and forsaken elderly in the evening of their lives. Whenever the family does not provide full protection and security to the

aged, the society has to share the burden of looking after them. Nowadays, old age homes are established to take care of the old. This idea of "institutionalization" of the aged has largely been borrowed from the western countries. In the context of the dynamic changes taking place in Indian society, the problem of the aged has assumed importance. There is a gap between the needs of old people and the availability of health and social service in these institutions. There is much research on the problem of the institutionalized old people abroad but in India, very little organized information is available about the problem of the aged living the families and in old age homes. Portal Moreno R, de la Fuente Solana EI, Aleixandre Rico M and Lozano Fernández LM (2009) found that significant differences between these variables and death anxiety, with the exception of the religious aspects and civil state. Elina Nihtilä, MSocSc and Pekka Martikainen,(2008) studied that risk of institutionalization is particularly high immediately after the death of a spouse, demonstrating the importance of loss of social and instrumental support. Ms Deepa M Rasquinha and Dr Y T Balakrishna Acharya (2012) found that there was no difference in death anxiety among institutionalized and non institutionalised elderly. No significant difference in death anxiety was found among elderly widows and widowers. Ghufan, M., & Ansari, S. (2008) studied that significantly greater religiosity for subjects with spouses dead than for the subjects with their spouses alive. No significant difference between the widows and widowers in their religiosity was obtained. A significant difference between mean death anxiety scores of the subjects with spouses dead and the subjects with spouses alive was obtained. Subjects having their spouse's dead scored higher on death anxiety scale than subjects who have their spouses alive? However widows had higher death anxiety than widowers. Joseph and Leelamma (2009) conducted that Non-institutionalized aged reported better General Well-being compared to Institutionalized aged. There was no difference in Death anxiety among Institutionalized and non-institutionalized elderly. Mimrot (2011) found that Old age people living in institutions experience less death anxiety than old people living in the family and no gender differences were found among elderly regarding death anxiety.

II. STATEMENT OF PROBLEM

The main aim of the present investigation has been to study mental health and death anxiety of older people in relation to their institutionalization and gender. The exact problem of the present study is run thus "Mental health and death anxiety among institutionalized and non- institutionalized older people in relation

to gender”.

III. OBJECTIVES

1. To assess mental health and death anxiety with regard to institutionalized and non- institutionalized older people.
2. To assess mental health and death anxiety with regard to male and female older people.
3. To assess interaction effect between types of older people and gender of older people with regard to mental health and death anxiety.

A. Hypotheses

1. There will be no significant difference between institutionalized and non- institutionalized older people with regards to mental health and death anxiety.
2. There will be no significant difference between male and female older people with regards to mental health and death anxiety.
3. There will be no significant interaction effect between types of older people and gender of older people with regard to mental health and death anxiety.

B. Sample

The sample was consisted of 120 older people of institutionalized and non- institutionalized. The sample was randomly selected from various areas and various old age home of Ahmedabad city. The total sample was categorized as under:

	A1 (Institutionalized)	A2 (Non institutionalized)	Total
B1 (Male)	30	30	60
B2 (Female)	30	30	60
Total	60	60	120

C. Variable

In the present research work types of older people were considered as independent variables and scores of mental health and death anxiety of institutionalized and non- institutionalized older people were considered as dependent variables.

D. Tools

The following tools were used in present study for the data collection as under:

1. Mental Health Scale by Kamlesh Sharma.
2. Death Anxiety Scale by G.P. Thakur.

IV. PROCEDURE

After establishing the rapport each subject was given mental health scale and death anxiety scale. All the instructions were

strictly followed, which were given by the authors of the tests ended with an expression of thanks to the subjects for their co-operation. After completion of data collection scoring of each test will be done by the scoring key of each test.

V. STATISTICAL ANALYSIS

In the present research to find out the main and interaction effect of two independent variables such as types of older people and gender on mental health scale and death anxiety scale's score. Two ways ANOVA (2x2) was used.

VI. RESULTS AND DISCUSSION

Source of Variation	Sum of Squares	df	Mean Square	F	Level of Significance
Ass	399.68	1	399.68	20.77	.01
Bss	10.21	1	10.21	0.53	NS
AxBss	0.39	1	0.39	0.02	NS
Error	2231.71	116			
Tss	2641.99	119			

Table. 1. Showing results of ANOVA on Mental Health.

		A1	A2
B1	M	66.17	69.93
	N	30	30
B2	M	65.7	69.23
	N	30	30

Table. 2. Showing Mean Scores of Mental Health of Variable-A (Types of older people)

The results of ANOVA on mental health score Table-1 is consulted and it is found that F ratio for Types of older people (Ass) is 20.77 which is significant at .01 level. That means institutionalized older people differ significantly on mental health score as compared to non- institutionalized older people. Table-2

	B1	B2
M	68.05	67.47
N	60	60

Table. 3. Showing Mean Scores of Mental Health of Variable-B (Gender)

		A1	A2
B1	M	66.17	69.93
	N	30	30
B2	M	65.7	69.23
	N	30	30

Table. 4. Showing Mean Scores of Mental Health of Variable-AxB (Types of older people x Gender)

shows that mean score of institutionalized older people is 65.93 and non- institutionalized older people is 69.58.

It can be said that significant difference existed between various institutionalized older people and non- institutionalized older people on mental health. F ratio for gender (Bss) is 0.53 which is not significant. That means male older people do not differ significantly on mental health score as compared to female older people. Table-3 shows that mean score of male older people is 68.05 and female older people are 67.47.

It can be said that significant difference do not existed between male older people and female older people on mental health. F ratio for Types of older people and gender (A x Bss) is 0.02 which is not significant. That means Types of older people and gender do not interact each other on mental health score. Table-4 shows that mean score of institutionalized male older people is 66.17, institutionalized female older people is 65.7, non- institutionalized male older people is 69.93 and non- institutionalized female older people is 69.23.

It can be said that significant difference do not existed between Types of older people and gender of older people on mental health. The results of ANOVA on death anxiety score Table-5 is consulted and it is found that F ratio for Types of older people (Ass) is 69.56 which is significant at .01 level. That means institutionalized older people differ significantly on death anxiety score as compared to non- institutionalized older people. Table-6 shows that mean score of institutionalized older people is 36.27 and non- institutionalized older people is 33.18. It can be said that

Source of Variation	Sum of Squares	df	Mean Square	F	Level of Significance
Ass	285.21	1	285.21	69.56	.01
Bss	310.41	1	310.41	75.71	.01
AxBss	34.26	1	34.26	8.36	.01
Error	476.04	116	4.10		
Tss	1105.92	119			

Table. 5. Showing results of ANOVA on Death Anxiety

	A1	A2
M	36.27	33.18
N	60	60

Table. 6. Showing Mean Scores of Death Anxiety of Variable-A (Types of older people)

	B1	B2
M	33.12	36.33
N	60	60

Table. 7. Showing Mean Scores of Death Anxiety of Variable-B (Gender)

that significant difference existed between various institutionalized older people and non- institutionalized older people on death anxiety. F ratio for gender (Bss) is 75.71 which is significant at .01 level. That means male older people differ significantly on death anxiety score as compared to female older people. Table-7 shows that mean score of male older people is 33.12 and female older people are 36.33. It can be said that significant difference existed between male older people and female older people on death anxiety. F ratio for Types of older people and gender (A x Bss) is 8.36 which is significant at .01 level. That means Types of older people and gender interact each other on death anxiety score. Table-8 shows that mean score of institutionalized male older people is 34.93, institutionalized female older people is 37.6, non- institutionalized male older people is 31.3 and non-

institutionalized female older people is 35.07. It can be said that

		A1	A2
B1	M	34.93	31.3
	N	30	30
B2	M	37.6	35.07
	N	30	30

Table. 8. Showing Mean Scores of Death Anxiety of Variable-A x B (Types of older people x Gender)

significant difference existed between Types of older people and gender of older people on death anxiety.

VII. CONCLUSIONS

- Non- institutionalized older people have shown better mental health as compared to institutionalized older people.
- Institutionalized older people have shown more death anxiety as compared to non- institutionalized older people
- Male older people have shown low death anxiety as compared to female older people.

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