

## **Study of Relationship between Adjustment Pattern and Ego-Strength Among Old Aged People**

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### **Abstract**

Ageing, thus seems to be a whole way of irreversible, biological and psychological changes that occur in a genetically mature organism with the passage of time affecting adversely its survival and adjustment potentially and eventually leading to its death. It can be well acknowledged that the present investigation was taken up with a purpose to examine the problems of old age adjustments and measures the six main problem areas of adjustment and their relationship between ego strength. This study is conducted on the people of Patna at Ashiyana nagar colony, north s.k.puri. There are total 60 samples, the 40 males and 20 females respectively. In this study a Non-sampling method is used. So in that case study supports that high scores on Ego-strength are effective and independent people can easily command over their own resources. They are intelligent, social, stable and somewhat original and they make their presence felt socially.

### **Introduction:**

Gerontology, the scientific study of the old is getting special attention these days, both from scientists and social workers. This is mainly because, rapid advances in the field of medicine have reduced infant mortality, controlled several diseases, increase average human lifespan and thus ultimately increased the number of old people in the world. Old age and the elderly are terms which are common currency in both popular usage and more academic environments. We can identify four main approaches to definitions of old age. These are biological age, chronology, the political economy approach and old age as a stage is used, the term usually implies (implicitly or explicitly) some notion of decline and deterioration in health, vitality, social usefulness and independence. As regards psychological manifestations, adjustment of the aged has been studied since long. Adjustment is a process involving both mental and behavioural responses by which an individual with inner needs, tensions, frustrations and conflicts and to bring harmony between these inner demands and those

imposed upon him by the world in which he lives. Psycho analytic theory characterizes the strength of the Ego in terms of its share of available psychic energy. Theoretically the stronger to Ego the great the resoluteness of character and according to some, to more likely the individual will be able to withstand the sting and arrows. In the final analysis, psychoanalysis use the term in pretty much the same way as it used in the common nontechnical language. Old age is a period of infirmity and difficulty, social support available to the older population will determined there adjustment and happiness to some extend (*nagpal and chadda*)

**Objective:**

The main purpose of this study is to show the relationship between ego-strength and adjustment pattern.

**Description:**

**According to Barren and Reinner** “ Ageing refers to the regular changes that occur in mature genetically representative organisms living under representatives environmental conditions as they advance in chronological age.” Population of old age detailed projections made by the U.N. population division show the massive demographic shift that is taking place in both the developing and developed countries of the world. According to these projections the percentage of the population in the age group of 60 and above in the more developed countries will leap from 11 percent in 1950 to over 22 percent in 2025, whereas the developing countries will witness an increase in the population of sexagenarians from an average of 7 percent in 1950 to over 11 percent in 2025. In India efficient health care has reduced the mortality rates. The increase in the aged population has brought several problems to the surface. Problems of adjustment arising out of reduced income , out of failing health due to old age ; socio-psychological problems of adjustment arising out of changed status in the family and in the society , and the problems of the utilisation of the extra leisure hours. Some suggestions about how to overcome the problems of old aged life have been offered. The problems identified above have critically examined and discussed under separate headings although they are very much interdependent. Ageing manifests itself in a variety of ways. But there is no uniformity in findings the ageing effects in advance age. While many old and people experience variety of problems , maladjustment and reduced life satisfaction , these are many others who do not carry pathological symptoms and feel as much satisfied with their life as they ever had been. This calls for the analysis and understanding of the factors which determine the ageing effects. In the

following lines an attempt has been made to review the findings pertaining to same such factors: In the following lines an attempt has been made to review the findings pertaining to some such factors: Age , Retirement , Socio economic status(SES) , Personality Factors. Adjustment as regards psychological manifestations , adjustment of the aged has been studied since long. According to Schenider adjustment is“ a process involving both mental and behavioural responses by which an individual with inner needs , tensions , frustationsand conflicts and to bring harmony between these inner demands and those imposed upon him by the world in which he lives.” Levels of adjustment or Emotional adjustment , The committee observed that ageing is not only a physical process but also a state of mind. The state of mind also affect the rate at which a person ages. Health adjustment ; physical changes do occur with ageing and the changes are usually in the direction of deterioration. The nature of the declining differs from one person to another. On account of old age various geriatric ailment like circulatory disturbances, heart disease, metabolic disorders, visual and hearing impairments, gait disorder and mental nervous conditions are the ones that usually attack the old persons. Home adjustment ; in urban families where the retired old persons are neglected by their children. Due honour and comforts which they expect to get from the young family members (children) sum to absent. Many retired persons exhaust all their savings within five years of their retirement and thereafter they are dependent on the charity of their children. This kind of dependents are often neglected and ill-treated by the family members. Income and Socio-economic status also effects the adjustment pattern. Adjustment and old age have been underlined that ageing manifests itself in a larger number of deterioration and problems which are of biological psychological and socio cultural nature. The present research is primarily related to the psychological aspects of ageing, therefore the pertinent literature under review concerns with the psychological manifestations of the old age, the socio-psychological determinant of the ageing effect and the strategy of adjustment used by aged persons. Ego-strength, psychoanalytic theory characterizes the strength of the ego in terms of its share of available psychic energy. Theoretically the stronger to ego the great resoluteness of character and according to some, to more likely the individual will be able to withstand the sting and arrows. In the final analysis, psychoanalysis use the term in pretty much the same way as it is used in the nontechnical language. Maslow “self actualization and psychological health seem to have much in common with the concept of ego –strength.” Ego-strength and old age: these are

the two major aspects of object relations whose positive relation indicates certain definite relation with ego-strength and whose negative points to ego-weakness are the ability to form friendly and loving bonds with others with a minimum of inappropriate hostility and the ability to sustain relationships over a period of time with little mutual exchange of hostility. Disturbances object relations are reflected in emotional coldness and detachment, inability to sustain love, self-centeredness, helpless dependency on others and the need to dominate others and perversions (Moore and Firm). Ego-strength and adjustment; Barron, F, found that high scores on ego-strength are effective and independent people with easy command over their own resources, they are intelligent, stable and somewhat original and they make their presence felt socially. The people scoring low on ego-strength were found to be confused, rigid, maladaptive, submissive, stereotyped and unoriginal.

### **Suggestions:**

The twenty first century has probably been the fastest one as far as science and technology are concerned, with advances being made by leaps and bounds the social structure is undergoing rapid change, whatever the culture and society. The research findings can be used to help the old people in various ways, such as counselling the maladjusted, person thus helping them to achieve a healthy adjustment or society evolving a set of norms for old age behavioural expectations from and responsibilities towards old people or government bodies framing appropriate policies which are going to be beneficial for the old people. The younger generation can help the elderly pass the 'twilight zone' as peacefully happily as they can. Old age is a period of infirmity and difficulty, social support available to the older population will determine their adjustment and happiness to some extent (Nagpal and chadha).

### **Conclusion:**

Findings of the study revealed that health adjustment is not effected by ego-strength, and old aged make a good adjustment towards home adjustment. Ego-strength does not affect the social adjustment of old aged people, it also does not affect the marital adjustment. On the basis of studies high ego-strength emotional and overall adjustment of old aged people. So, in that case study supports that high scores on Ego-strength are effective and independent people can easily command over their own resources. They are intelligent, social, stable, and somewhat original and they make their presence felt socially.

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