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**A Study of Mental Health and Adjustment Problem of in Service**

**Person and After Retired Aged Person**

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**Abstract-**

The Present study aim of comprising the working and after retired age person 100 working and 100 retired aged of male sex were administered the short scales of concerned personality factor. Mental Health check list by Pramod Kumar and old age Shamshad Hussain were used. The results revealed that aged subjects obtained significantly higher scores on all factors mental health includes our emotional, psychological, and social well being.

**Key Note-** Mental Health, Anxiety, Emotionality, Insecurity & Adjustment etc.

**Introduction**

A going population is increasing rapidly around the world Aging is a natural process and everyone should welcome it. Today, the growing population of aged is posing a great challenge before the international community in relation to their physical and psychological needs. Aging brings on an increased vulnerability to various infectious disease and psychological problems. It is generally found that people in old age suffer on a lot of problem reality to compatibility and to carry out major daily activities. They have to depend on others due to several chronic conditions like pain. They are overlooked from receiving health care. They have been a decline of joint families and elders have to live alone in their old Age without their children which brings many Psychological problems. Age 60 and above in the traditional entrance point for late adulthood the last phase of life span. It is characterized by certain physical and psychological changes. Loneliness is one of the major psychological problems faced both aged in experiencing aging changes.

**Mental Health–** mental health includes our emotional, psychological, and social well being.

Jammuna and Lalitha (2004) reviewed and found that most of the elderly were suffering from loneliness. These consideration are evident of the fact that health and financial problems along with loneliness are common among the elderly and have to be given due consideration. Age population is increasing around the world especially in developing country like India. Retirement is not single event but ongoing process.

**Anexiety-** is an emotional characterized by feeling of tension, worried thought and physical changes like increased blood pressure.

The common physical and psychological problems reported by aged people are anxiety depression, negligence, Isolation, Insomnia, hypertension disease. (Deeb, 2003 Bharti-2002).

**Emotional-** If it has anything to do with feelings like–happiness of anger, and then consider it emotional.

The impact of health, social and emotional adjustment of the aged should be assessed with reference to the length of time and individual has retired. The main aim of the present study is to investigate the mental and physical health problem differences between retired and working aged people.

**Insecurity-**is a feeling of adequacy and uncertainty

The topic of the present research covers psychological and emotional aspects of aged people. The study is undertaken with the objective to elicit information on the recreational activities of the aged and their adjustment towards health social, emotional, spending quality time and to purpose their interest

**Adjustment**- is the process of finding and adopting modes of behavior suitable to the environment or the changes in the environment (Carter V.good 1959)

Age 60 and above in the tradition entrance point for late adulthood, the last phase of the spam. Ageing is influenced by both genetic and environment factors including life style, food preference, physical activity and diseases Vinita (2014) described various factors affecting ageing process and functional relationship between them. On recent decades researchers have been found that our thought. Feelings experiences and relationship play an important role in our physical health and well being. Stressful life style can lead to a variety of health problems and that too much streets can make and already existing physical condition worse.

Most Americans view retirement as “no work and all play” a lack of activity, a rocking chair on a porch with the world passing by retirement is defined as permanent labour force, non-participation in a man’s nature years affects, psychological welfare. The relationship between retirement and mental and physical health is widely researched. Studies have attempted to know the status of mental and physical well being of the employees (Bargara,2007) A large number of studies have been conducted to determine the relation between retirement, mental health and physical health, a few exist in Indian context and specifically related to the voluntary retirement. (Chadha, 2009).

Some of the psychological studies have been conducted in India to explore the factors responsible for the development of tension and specially mental physical health and adjustment in society.

**Hypothesis and Objectives**

The main aim of the present research will be study the mental health and physical health and adjustment problem between after retired and working aged people. The present study is an attempt to test the following hypothesis:

1. There will be significant between after retires and working aged people in mental health.
2. There will be significant difference after retires and working old age people in adjustment area.

**Methodology**

Keeping in view objective and hypothesis correct research strategy will be following as per details:

1. **Sample :** The consisted of 100 working old people and 100 retired person selected randomly form Aligarh district the age range 55-75 years in all socio-economical status family.
2. **Tools :**
3. Mental health check list by Pramod Kumar : (1991)
4. Old age adjustment inventory by Hussain and kaur (1995)

**Results-**

**Comparison of working and after aged subject on mental health and**

**Adjustment problem: Table**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Personality Factors** | **Working Aged (N=100)**  **(50-75)** | | **Retired Aged (N=100)**  **(65-75)** | | **t**  **ratio** |
| **Mean** | **SD** | **Mean** | **SD** |
| **Anxiety** | 7.05 | 3.60 | 9.36 | 3.00 | 3.58 |
| **Insecurity** | 8.26 | 3.28 | 10.59 | 3.05 | 3.80 |
| **Loneliness** | 8.69 | 3.87 | 10.25 | 3.87 | 2.89 |
| **Emotional**  **Adjustment** | 6.68 | 3.53 | 8.52 | 3.76 | 3.54 |

**Mimrot (2011)** conducted a comparative study on death anxiety of old persons living in the family and in the institutions results indicates that old age people living in the family and no gender difference were found among elderly regarding death anxiety.

**Conclusion-**

The data presented in Table: I make that the difference between working old age and retired old age in sharper in case of negative factor than in case of positive factors. Hence it can be concluded that old age persons tend to the psychologically unwell in comparison to working old aged.

Mental health of the elderly is not simple and multiple aspects of the social situation can influence functional ability. Mental health problem of the elderly usually can be series. Many of these problems could be dealt with efficiently, but in the absence of programmes and services and the stigma and shame attached to mental illness and old age, access to necessary assistance in frequently denied. So I suggested that it is essential to engage in productive and absorbing activities in the older years for the sake of good mental and physical health.

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