



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor (RJIF): 8.4
IJAR 2024; 10(6): 120-123
www.allresearchjournal.com
Received: 03-04-2024
Accepted: 07-05-2024

M Manju

Research Scholar, Department
of Psychology, Shri
Jagdishprasad Jhabarmal
Tibrewala University,
Vidyanagari, Jhunjhunu,
Rajasthan, India

Dr. Anita Kumar

Assistant Professor,
Department of Psychology,
Shri Jagdishprasad Jhabarmal
Tibrewala University,
Vidyanagari, Jhunjhunu,
Rajasthan, India

A study on loneliness among geriatric people residing at old age homes of Puducherry

M Manju and Dr. Anita Kumar

Abstract

Loneliness among geriatric individuals residing in old age homes is a growing concern in Puducherry, India, as the aging population continues to increase. Despite the provision of care and companionship within these facilities, loneliness persists among residents, impacting their overall well-being and quality of life. This study aims to explore the prevalence, determinants, and impacts of loneliness among geriatric individuals in old age homes in Puducherry. Quantitative research method has been used to carry this research process. Data collection: The Data was collected from 60 respondents only. However, due representation of gender has been given. Sampling technique: Whole sample has been selected by using the purposive sampling technique. The researcher employed the revised version of UCLA Loneliness Scale (1996). The results of the study indicate that the loneliness is prevalent in the behaviour of the geriatric people residing at old age homes of Puducherry. Most of the respondents were seen with high level of loneliness. However, no significant difference has been seen between male and female respondents on the basis of their loneliness.

Keywords: Loneliness, geriatric population, old age homes

Introduction

In recent years, the issue of loneliness among the elderly has garnered increasing attention globally. As populations age, particularly in developing regions like Puducherry, the prevalence and impact of loneliness among geriatric individuals residing in old age homes have become a matter of concern. Puducherry, situated on the Southeastern coast of India, reflects this trend, where the aging population is gradually growing, accompanied by the rise in the number of old age homes. The phenomenon of loneliness among the elderly holds profound implications for their overall well-being and quality of life. Loneliness is not merely a state of solitude; it encompasses a complex emotional and psychological experience characterized by feelings of social isolation, disconnectedness, and lack of meaningful relationships. For geriatric individuals, particularly those residing in old age homes, loneliness can exacerbate existing health conditions, diminish cognitive functions, and increase susceptibility to mental health disorders such as depression and anxiety. The decision to relocate to an old age home often stems from various factors, including the loss of spouses or family members, limited social support networks, and declining physical health. While these facilities aim to provide care and companionship to the elderly, the prevalence of loneliness persists, raising questions about the efficacy of existing support systems and interventions. Against this backdrop, this study seeks to explore the prevalence, determinants, and impacts of loneliness among geriatric individuals residing in old age homes in Puducherry. By understanding the factors contributing to loneliness and its repercussions on the well-being of the elderly population, this research aims to inform strategies and interventions aimed at mitigating loneliness and enhancing the quality of life for older adults in institutional settings. Through a comprehensive examination of the lived experiences, social interactions, and psychosocial dynamics within old age homes, this study endeavours to shed light on the nuanced nature of loneliness among geriatric individuals in Puducherry. Furthermore, by identifying potential avenues for intervention and support, this research aspires to contribute to the development of holistic and person-centered approaches to address the multifaceted challenges associated with aging and loneliness in institutionalized settings.

Corresponding Author:

M Manju

Research Scholar, Department
Of Psychology, Shri
Jagdishprasad Jhabarmal
Tibrewala University,
Vidyanagari, Jhunjhunu,
Rajasthan, India

Statement of the problem

Despite the increasing recognition of loneliness as a significant concern among the elderly population, particularly those residing in old age homes, there remains a gap in understanding the specific dynamics and determinants of loneliness among geriatric individuals in Puducherry, India. While old age homes are intended to provide care and companionship to the elderly, the prevalence of loneliness persists, indicating a discrepancy between the services offered and the psychosocial needs of residents. Keeping in view, The statement of the research problem is reported as under:

A Study on Loneliness Among geriatric people residing at old age homes of Puducherry

Operational definitions: In this study, the below mentioned operational definitions of the terms and variables are included:

- a) **Loneliness:** Loneliness Refers the score obtained by the respondents on the UCLA Loneliness Scale (1996).
- b) **Old age people:** Old age people refers those senior citizens who are living in the old age homes of Puducherry and are above the age of 60 years.

Objectives of the study: The purpose of this study are as under:

- 1) To explore the loneliness among geriatric people residing at old age homes of Puducherry.
- 2) To compare the loneliness among male and female geriatric people residing at old age homes of Puducherry.

Hypothesis: Based on richness background of the knowledge the study speculated the research problem as under:

There will be significant difference between the male and female geriatric people residing at old age homes of

Puducherry.

Delimitation: The study has been delimited as under:

- The study has been delimited to 60 respondents.
- The study has been delimited to old age homes of Puducherry.

Methodology and procedure: The methodology and procedure involved in this research study is given as under:

- **Design:** Quantitative research method has been used to carry this research process.
- **Data collection:** The Data has been collected from the 60 respondents only. However, due representation of gender has been given.
- **Sampling technique:** Whole sample has been selected by using the purposive sampling technique.

c) **Research tool:** The revised version of UCLA Loneliness Scale (1996) was used to collect the data.

Analysis and interpretation of the data: The data has been analysed with the help of descriptive and comparative analysis. The detailed analysis and interpretation is reported as under:

Table 1: Showing the frequency and percentage wise distribution of the Loneliness prevailing among geriatric people residing at old age homes of Puducherry

Loneliness	Old age people (N=60)	
	Frequency	Percentage
Slight Loneliness	12	20.00
Moderate Loneliness	30	50.00
High Loneliness	18	30.00
Total	60	100

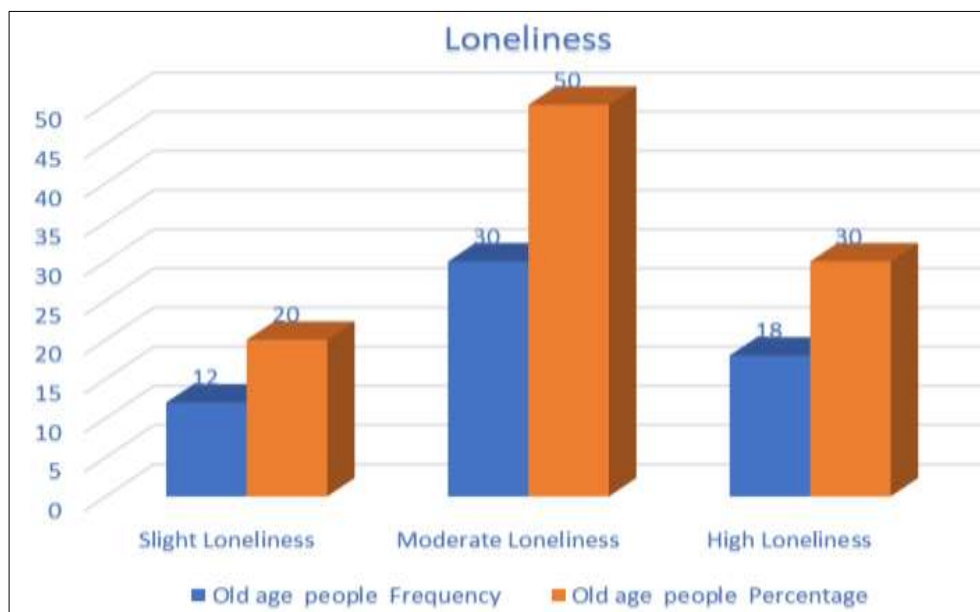


Fig 1: Showing the graphical representation on the frequency and percentage wise distribution of the Loneliness prevailing among geriatric people residing at old age homes of Puducherry (N=60)

The table presents the frequency and percentage-wise distribution of loneliness among geriatric individuals residing in old age homes in Puducherry. The sample size

for the study is 60 individuals. 12 out of 60 individuals (20.00%) reported experiencing slight loneliness. 30 out of 60 individuals (50.00%) reported experiencing moderate

loneliness. The majority of the respondents, 18 out of 60 individuals (30.00%), reported experiencing high levels of loneliness. The total number of respondents included in the study is 60 individuals, with each individual representing a different level of loneliness. The table reveals a concerning prevalence of loneliness among geriatric individuals residing in old age homes in Puducherry. A significant proportion of respondents reported experiencing moderate to high levels of loneliness, with only a minority indicating slight loneliness. This distribution underscores the substantial impact of institutionalization and social isolation on the psychological well-being of older adults in the region. The high percentage of individuals experiencing

moderate to high loneliness levels suggests a pressing need for targeted interventions and support systems within old age homes to address the psychosocial needs of residents and enhance their quality of life.

Table 2: Showing the mean significant difference between male and female geriatric people residing at old age homes of Puducherry (N=30 each category)

Loneliness	Gender	N	Mean	SD	t-
	MGF	30	32.70	7.60	
FGF	30	32.25	8.00		

**= Not significant at 0.1 level of confidence

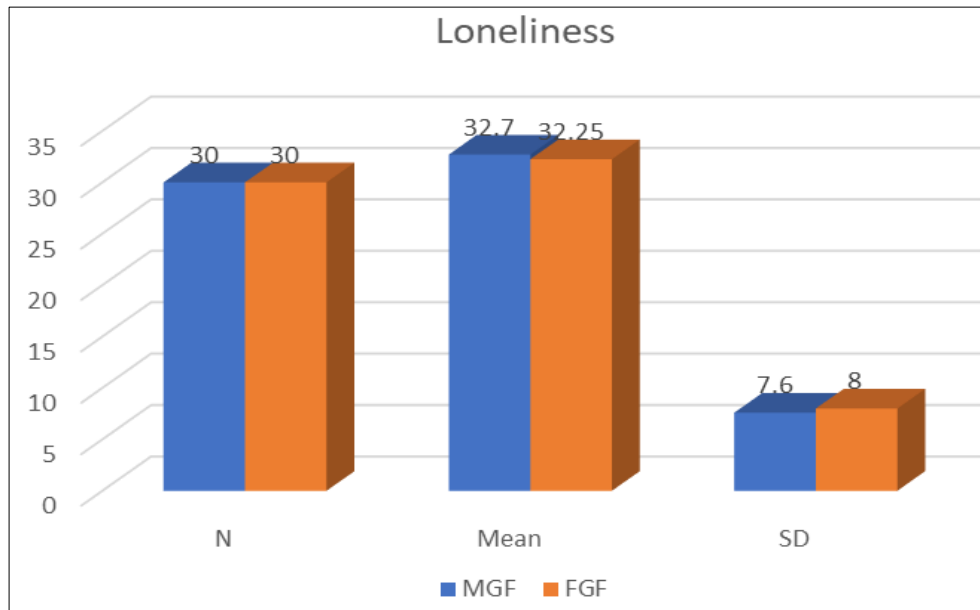


Fig 2: Showing the graphical representation on the mean Significant difference between male and female geriatric people residing at old age homes of Puducherry (N=30 each category)

Table 2 presents the mean significant difference between male and female geriatric individuals residing in old age homes in Puducherry, with a sample size of 30 individuals for each gender. This column denotes the measure of loneliness among the respondents. This column specifies the gender of the respondents, with "MGF" representing male geriatric individuals and "FGF" representing female geriatric individuals. This column indicates the number of respondents for each gender category. This column displays the mean score of loneliness reported by male and female geriatric individuals. This column represents the standard deviation, indicating the extent of variation in loneliness scores within each gender group. This column denotes the t-test statistic, which measures the significance of the difference in loneliness scores between male and female geriatric individuals. The mean loneliness score for male geriatric individuals (MGF) is 32.70 with a standard deviation of 7.60, while the mean loneliness score for female geriatric individuals (FGF) is 32.25 with a standard deviation of 8.00. The t-test statistic (0.91) indicates that the difference in loneliness scores between male and female geriatric individuals is not statistically significant at the specified level of significance. To conclude, based on the mean loneliness scores, there is no significant difference in the levels of loneliness reported by male and female geriatric individuals residing in old age homes in Puducherry.

Conclusion

The results of the study indicate that the loneliness is prevalent in the behaviour of the geriatric people residing at old age homes of Puducherry (N=30 each) Most of the respondents were seen with high level of loneliness. However, no significant difference has been seen between male and female geriatric people residing at old age homes of Puducherry on the basis of their loneliness. Hence, it can be concluded that the impact of the gender is no significant on the loneliness of the respondents.

Competing interest

The research declared that no potential if interest with respect to authorship, research and publication of this article.

Acknowledgement

The researcher is highly thankful to all the stakeholders of this researcher study.

References

1. Arslantas H, Adana F, Abacigilergin F, Kayar D, Acar G. Loneliness in Elderly People, Associated Factors and Its Correlation with Quality of Life: A Field Study from Western Turkey. Iranian Journal of Public Health. 2015;44(1):43-50.

2. Bhatia SPS, Swami HM, Thakur JS, Bhatia V. A study of health problems and loneliness among the elderly in Chandigarh. *Indian Journal of Community Medicine.* 2007;32:255-258.
3. Gupta P, Mani K, Rai SK, Nongkynrih B, Gupta SK. Functional disability among elderly persons in a rural area of Haryana. *Indian Journal of Public Health.* 2014;58:11-16.
4. Iparraguirre J. Predicting the prevalence of loneliness at older ages. *Age UK.* 2016;1-20.
5. Meltzer H, Bebbington P, Dennis MS, Jenkins R, McManus S, Brugha TS. Feelings of loneliness among adults with mental disorder. *Social Psychiatry and Psychiatric Epidemiology.* 2013;48(1):5-13.
6. Mushtaq R, Shoib S, Shah T. Relationship between loneliness, psychiatric disorders and physical health? A review on the psychological aspects of loneliness. *Journal of Clinical and Diagnostic Research.* 2014;8(9)
7. Russell D, Peplau LA, Cutrona CE. The revised UCLA Loneliness Scale: Concurrent and discriminant validity evidence. *Journal of Personality and Social Psychology.* 1980;39:472-480.
8. Singh SD. Loneliness, Depression and Sociability in Old Age. *Indian Journal of Psychiatry.* 2009;18(1):51-5.
9. Teh JKL, Tey NP, Ng ST. Family Support and Loneliness among Older Persons in Multiethnic Malaysia. *The Scientific World Journal - Hindawi Publishing Corporation.* 2014;2014:1-11.
10. Tiwari SC. Loneliness: A disease? *Indian Journal of Psychiatry.* 2013;55:320-322.
11. Weeks DG, Michela JL, Peplau L, Bragg ME. Relation between loneliness and depression: a structural equation analysis. *Journal of Personality and Social Psychology.* 1980;39(6):1238-1244.
12. World Health Organization, Calouste Gulbenkian Foundation. *Social determinants of mental health.* Geneva: World Health Organization; c2014. p. 28.