A Study to Assess Correlation Between Bio Psychosocial Parameters and Level of Happiness Among Late Adults in a Selected Geographical Area Bilaspur C.G.

Pooja[1*], Abhilekha Biswal[2], Roja Princy[3]

[1]*M.Sc. Nursing Final Year, Department of Mental Health Nursing, P.G. College of Nursing, Bhilai, India*
[2,3]*Professor, Department of Nursing, P.G. College of Nursing, Bhilai, India*

Abstract: A study to assess correlation between bio psychosocial parameters and level of happiness among adults Among 60 late adults selected for study, using non probability sampling technique for quantitative study and purposive sampling technique till the point of saturation for qualitative analysis. Quantitative finding mean percentage score analysis indicates that among the three domains under study, late adults scored highest in Sociological parameter (80%) with mean score of 24.2±1.74, and the rest domains like psychological and biological areas obtained 76% (23±2.12) and 70% (21±2.62) respectively. This indicates that although age related bodily problems are there, late adults keep a better sociological wellness. Overall analysis of level of happiness among late adults signifies that out of 60 subjects 88% (n=53) belonged to high level of happiness, remaining 11.6% (n=7) in moderate level of happiness with a mean score of (59.26±5.82) and (39.5±6.24) respectively. Both areas possessed mean percentage score of 81%. It was statistically identified that as psychological parameters improve happiness increase as r calculated was 0.55. Hence it is proved that as bio psychological parameters improves happiness also get better. Thus, H_1 is accepted inferred that is positive correlation between bio psychosocial parameters and level of happiness. Level of happiness was correlated with bio psychosocial parameters in general and was found to be r=0.3. Association between bio psychosocial parameters and their selected socio demographic variables such as age ($\chi2$=1,4, p<0.05), gender ($\chi2$=0.9, p<0.05), marital status ($\chi2$=0.15, p<0.05), religions ($\chi2$=0.24, p<0.05), education ($\chi2$=1.74, p<0.05), Occupation ($\chi2$=0.57, p<0.05), type of stay ($\chi2$= 0.006, p<0.05) is found to be statically not significant. Hence H2 is rejected and inferred that there is no significant association between selected socio demographic (age, gender, marital status, religious education, occupation, type of stay) variables with bio psychosocial parameters.

Keywords: perceived change in image, valued, pandemic, feel proud, decision making, stigma.

1. Introduction

Happiness is an emotional or affective state that is characterized by feelings of enjoyment and satisfaction in life related to aging. It is often equated with morale, contentment, well-being life satisfaction, successful aging, quality of life and the good life.

India will be the youngest country in the world by 2020 with a median age of 29 years. The number of elderly people is likely to increase significantly after that, according to the 2014 state of elderly in India: as per the report released by the non-profit organization. By 2021, the elderly in the country be 143 million. Presently the elderly in divided into three categories: the young old (60-70) the middle –aged old (70-80) and the oldest old (80plus).

Research has shown that positive psychology intervention can enhance subjective well-being and reduce depression. India is one of the few countries in the world where sex ratio of aged is in favour of males. Among the

population, above 60 year 10% suffer from impaired physical mobility, 10% hospitalized at given point of time. At age more than 70 years more than 50%.

2. Need of Study

Happiness is one of the indicators of mental health that originates from the cognitive and emotional assessment of individuals from their lives. Happiness is defined as one's sense of pleasure and contentment about one's own life. In late adults, this becomes central as individual reflect on their lives and evaluate how they want to spent the rest of their lives. The concept of happiness and wellness varies with age especially with advancement of age.

According to UNFPA (2012), there are more than 850 million people in the world over the age of 60, which is almost 12.3% of the global population. Ageing is often defined "by the accumulation of molecular damage that progressively leads to structural and functional abnormalities in cells, tissues and systems". Late adults are defined as age 60-80 years and is characterized by physical, psychological and social changes including both gains and losses. In general, human longevity has increased by around 30 years, due to many factors such as preventive medical assistance, improvements in hygiene, food supply and technology, higher standards of living, public health

*Corresponding author: poojacpoojac74@gmail.com

initiatives and social and economic developments. The current discourses of successful ageing in terms of healthy and happy living calls for a reconsideration of more global, integrated and holistic understandings of the process of growing old. Research into the needs of the elderly should be given priority, as overcoming problem of the elderly will improve their quality of life and thereby reduce their dependency on government and society to care for them. Strong national data bases on needs for services, use of services and process of ageing will be useful for accessing research data to assist planning. Therefore, in the present study, researcher is interested to identify the correlation between bio psychosocial parameters and happiness. Among elderly population in Indian context.

3. Objectives

1. To assess biological parameters of late adults.
2. To assess psychological parameters of late adults.
3. To assess social parameters of late adults.
4. To assess level of happiness of late adults.
5. To find out association between biological parameters and selected socio demographic area.
6. To find out association between psychological parameters and selected socio demographic area.
7. To find out association between social parameters and selected socio demographic area.
8. To find out correlation between bio-psychosocial parameters and level of happiness among late adults.

4. Hypotheses

H_1: There is significant correlation between bio psychosocial parameters and level of happiness among late adults.

H_2: There is significant association between biological parameters and selected socio demographic area among late adults.

H_3: There is significant of association between psychological parameters and selected socio demographic area among late adults.

H_4: There is significant association between social parameters and selected socio demographic area among late adults

5. Conceptual Frame Work

Concepts the building block of theory is internal or word picture of a phenomenon that is based on the presence or absence of certain behaviour or character. A framework is the conceptual underpinning of a study. Conceptual model is interrelated concepts or abstractions that are assembled together in some rational scheme by virtue of their relevance to a common theme.

A conceptual framework is a network of interrelated concepts that provide a structure for organizing and describing the phenomenon of interest.

The framework of this study was based on Sister Callista Roy's adaptation model. The conceptual framework of the study is based on Sister Callista Roy's adaption model (1984), which views an individual as an adaptive system, who functions through the inner dependence of subject. The adaptations model for nursing was developed by Sister Callista Roy.

6. Methodology

A correlation research study was adopted where 60 late adults were selected using non probability sampling technique for the quantitative study and from that do you have quantitative part was taken by using purposive sampling. A self-structured tool to assess socio demographic variables and self-structured questionnaire tools was used to assess responses (quantitative) regarding bio psychosocial parameters and level of happiness. Quantitative are used and the responses were recorded. Collected data was analyzed using inferential and descriptive analysis.

7. Result

Findings of the study indicate a positive correlation between bio psychosocial parameters and level of happiness among adults. Distribution of subjects according to socio-demographic variables analysed using frequency and percentage in terms of age. Distribution of subjects based on age. Among 60 late adults selected for study, 43.33% (n=26) belongs to 60-69 year of age, whereas remaining 31.66% (n=19) were between 70-79 years of age, and 25% (n=15) above 80. With regards to gender table 2 Fig. 2 show that in the present study, 33% (n=20) participants are males, and remaining 67% (n=40) participants are females and no one is transgender. Finding according to marital status Out of 60 subjects, 26.66% (n=16) are married and 43.33% (n=26) subjects are divorced, remaining 30% (n=18) are widow/widower and no one are unmarried. According to religion. In the present study all participants belong to Hindu religion. Finding according to educational status, maximum participants that is, 30% (n=18) are illiterate, while 33.33% (n=20) have primary school education. 18.33% (n=11) have middle school education, remaining 18.33% (n=11) higher school education, while no one was degree holder. According to occupational status, the percentage distribution of participants based on occupation, 76.66% (n=46) participants are unemployed, 21.66% (n=13) are retired, and 1.66% (n=1) participants are self-employed, whereas no one is employed. Finding according to type of stay, the type of stay of late adults who were involved in the study. Percentage analysis indicate that 78.33% (n=47) participants are staying alone, remaining 21.66% (n=13) stay with their with partners and no one are staying with children or other family. Frequency and percentage distribution of late adults based on bio psychosocial parameters. In this study, the overall analysis of bio-psychosocial parameters among late adults using mean, mean%, SD and CV. Range of score for each domains were similarly allotted. Mean percentage score analysis indicates that among the three domains under study, late adults scored highest in Sociological parameter (80%) with mean score of 24.2±1.74, and the rest domains like psychological and biological areas obtained 76% (23±2.12) and 70% (21±2.62) respectively. This indicates that although age related bodily problems are there, late adults keep a better sociological wellness. Overall analysis of level of

happiness among late adults, signifies that out of 60 subjects 88% (n=53) belonged to high level of happiness, remaining 11.6% (n=7) in moderate level of happiness with a mean score of (59.26±5.82) and (39.5±6.24) respectively. Both areas possessed mean percentage score of 81%. It was statistically identified that as psychological parameters improve happiness increase as r calculated was 0.55. Hence it is proved that as bio psychological parameters improves happiness also get better. Thus, H_1 is accepted inferred that is positive correlation between bio psychosocial parameters and level of happiness. Level of happiness was correlated with bio psychosocial parameters in general and was found to be r=0.3. Association between bio psychosocial parameters and their selected socio demographic variables such as age ($\chi2$=1,4, p<0.05), gender ($\chi2$=0.9, p<0.05), marital status ($\chi2$=0.15, p<0.05), religions ($\chi2$=0.24, p<0.05), education ($\chi2$=1.74, p<0.05), Occupation ($\chi2$= 0.57, p<0.05), type of stay ($\chi2$= 0.006, p<0.05) is found to be statically not significant. Hence H2 is rejected and inferred that there is no significant association between selected socio demographic (age, gender, marital status, religious education, occupation, type of stay) variables with bio psychosocial parameters.

Implication drawn from the study is a vital concern to the late adults nursing education, nursing practice, nursing administration and nursing research use of their knowledge about bio psychosocial parameters and level of happiness.

This study can be replicated on a large sample there by findings can be generalized for larger section. A similar study can be carried out by using lecture teaching.

8. Data Analysis

A. Distribution of subjects according to socio-demographic variables analysed using frequency and percentage

Among 60 late adults selected for study, 43.33% (n=26) belongs to 60-69 year of age, whereas remaining 31.66% (n=19) were between 70-79 years of age, and 25% (n=15) above 80.

Show that in the present study, 33% (n=20) participants are males, and remaining 67% (n=40) participants are females and no one is transgender. Indicate that out of 60 subjects, 26.66% (n=16) are married and 43.33% (n=26) subjects are divorced, remaining 30% (n=18) are widow/widower and no one are unmarried.

Show that in the present study all participants belong to hindu religion.

Show that maximum participants that is, 30% (n=18) are illiterate, while 33.33% (n=20) have primary school education. 18.33% (n=11) have middle school education, remaining 18.33% (n=11) higher school education, while no one was degree holder.

76.66% (n=46) participants are unemployed, 21.66% (n=13) are retired, and 1.66% (n=1) participants are self-employed, whereas no one is employed.

Percentage analysis indicate that 78.33% (n=47) participants are staying alone, remaining 21.66% (n=13) stay with their with partners and no one are staying with children or other family.

B. Analysis of biological parameters among late adults

The percentage analysis indicates that maximum number of participants i.e., 68.33% (n=41) belongs to good level in terms of biological body functioning with a mean score of (22.90±1.67), however all the remaining that is 31.66% (n=19) had average functioning, with mean score of (18.47±1.50). One belongs to poor biological functioning.

C. Analysis of psychological parameters among late adults

A maximum proportion of participants i.e., 93.33% (n=56) experience very high psychological functioning with a mean percentage score of 93.33% (23.80±1.9), 6.66% (n=4) high level of psychological wellness with a mean percentage score of 6.66% (20±0.2). However no participate is possessing very low level of psychological functioning.

D. Analysis of sociological parameters among late adults

Among adults, 98.33% (n=59) people feel good level of social wellness, mean score is (24±1.64) of social wellness 1.66% (n=1) people feel average level of social wellness, and mean score of (19±0.1). while no one feel poor living in society.
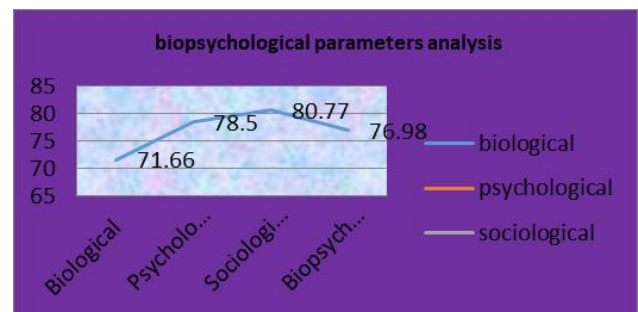

Fig. 1. Line diagram showing mean percentage distribution of bio psychosocial parameters

Fig. 1, elicit the area wise analysis of bio-psychosocial parameters among late adults using mean, mean%, SD and CV. Range of score for each domain were similarly allotted. Mean percentage score analysis indicates that among the three domains under study, late adults scored highest in Sociological parameter (80.77%) with mean score of 24.23±1.74, and the rest domains like psychological and biological areas obtained 78.5% (23.55±2.12) and 71.66% (21.50±2.62) and bio psychosocial parameters mean score 76.98% (69.28±5.4799) respectively. This indicates that although age related bodily problems are there, late adults keep a better sociological wellness.

E. Analysis on level of happiness among late adults

Signifies that out of 60 subjects 88% (n=53) belonged to high level of happiness, remaining 11.6% (n=7) in moderate level of happiness with a mean score of 81.44% (39.57±6.24) respectively and a good mean percentage score of (58.64±5.82) 54.96%.

Table 1
Correlation between bio-psychosocial parameters and level of happiness

S. no.	Variables 1 (Mean ± sd)	Variable 2 (Mean ± sd)	Karl Pearson Coefficient of correlation r
1	Level of happiness (56±8.4838)	Biological parameters (21.50±2.6264)	r=0.05
2		Psychological parameters (23.55±2.17452)	r=0.55
3		Sociological parameters (24.23±1.76948)	r=0.13
4	Level of happiness (56±8.4838)	Bio psychosocial parameters (69.28±5.47991)	r =0.3

The correlation between different dimensions of bio psychosocial parameters and level of happiness expressed by the late adults are evaluated separated. It was statistically identified that as psychological parameters improve happiness increases as r calculated was 0.55. Similarly social parameters are show positively correlation with happiness, through the relationship is meagre.

Hence it is proved that as bio psychosocial parameters improves happiness also get better. Thus, H_1 is accepted inferred that is a positive co-relationship between bio-psychosocial parameters and level of happiness. Level of happiness was correlation with bio-psychosocial parameters in general and if was found to be positively related as r= 0.3. though if in meagre in score.

F. Analysis to find out association between biological parameters and selected socio demographic variables

There is no association between selected socio demographic variables such as age (χ^2_{cal} 1.4$<\chi^2_{tab}$9.49) gender (χ^2_{cal}0.9,$<\chi^2_{tab}$ 9.49) marital status(χ^2_{cal}0.15 $<\chi^2_{tab}$ 12.59) religion(χ^2_{cal}0.24 $<\chi^2_{tab}$ 12.59) education(χ^2_{cal}1.74,$<\chi^2_{tab}$ 12.59) occupation(χ^2_{cal}0.57 $<\chi^2_{tab}$ 12.59) type of stay(χ^2_{cal}0.006 $<\chi^2_{tab}$ 9.49) with biological parameter at p=<0.05. Hence H_2 is rejected and inferred as there is no significant association between selected socio demographic variables (age, gender, marital status, religion, education, occupation, type of stay) with biological parameters.

Analysis to find out association between psychological parameters and selected socio demographic variables.

There is no association between selected socio demographic variables such as age (χ^2_{cal}0.10$<\chi^2_{tab}$9.49) gender (χ^2_{cal}0.13$<\chi^2_{tab}$9.49) marital status (χ^2_{cal}4.33$<\chi^2_{tab}$12.59) religion (χ^2_{cal}4.70 $<\chi^2_{tab}$12.59) education (χ^2_{cal}0.42$<\chi^2_{tab}$12.59) occupation (χ^2_{cal}4.71$<\chi^2_{tab}$12.59) type of stay (χ^2_{cal}0.002 $<\chi^2_{tab}$9.49) with biological parameter at p=<0.05. Hence H_3 is rejected and inferred as there is no significant association between selected socio demographic variables (age, gender, marital status, religion, education, occupation, type of stay) with biological parameters

Analysis to find out association between sociological parameters and selected socio demographic variables

The table shows that there is no association between selected socio demographic variables such as age (χ^2_{cal}0.10$<\chi^2_{tab}$9.49) gender (χ^2_{cal}0.20$<\chi^2_{tab}$9.49) marital status (χ^2_{cal}0.13$<\chi^2_{tab}$12.5) religion (χ^2_{cal}3.9$<\chi^2_{tab}$12.59) education (χ^2_{cal}4.70$<\chi^2_{tab}$ 12.59) occupation (χ^2_{cal}9.58 $<\chi^2_{tab}$12.59) type of stay (χ^2_{cal}0.97 $<\chi^2_{tab}$9.49) and p=<0.05 Hence H_4 is rejected and inferred as there is no significant association between selected socio demographic variables (age, gender, marital status, religion, education, occupation, type of stay) with sociological parameters.

9. Discussion

Findings of the study indicate a positive correlation between bio psychosocial parameters and level of happiness among adult the overall analysis of bio-psychosocial parameters among late adults using mean, mean%, SD and CV. Range of score for each domain were similarly allotted. Mean percentage score analysis indicates that among the three domains under study, late adults scored highest in Sociological parameter (80%) with mean score of 24.2±1.74, and the rest domains like psychological and biological areas obtained 76% (23±2.12) and 70% (21±2.62) respectively. This indicates that although age related bodily problems are there, late adults keep a better sociological wellness. Overall analysis of level of happiness among late adults, signifies that out of 60 subjects 88% (n=53) belonged to high level of happiness, remaining 11.6% (n=7) in moderate level of happiness with a mean score of (59.26±5.82) and (39.5±6.24) respectively. Both areas possessed mean percentage score of 81%. It was statistically identified that as psychological parameters improve happiness increase as r calculated was 0.55. Hence it is proved that as bio psychological parameters improves happiness also get better. Thus, H_1 is accepted inferred that is positive correlation between bio psychosocial parameters and level of happiness. Level of happiness was correlated with bio psychosocial parameters in general and was found to be r=0.3. This study can be replicated on a large sample there by findings can be generalized for larger section. A similar study can be carried out by using lecture teaching.

10. Conclusion

The present study; conclusion drawn from the findings, major findings, implications, limitations and recommendations for further research in the area. Study should be conducted in different settings to find out the correlation between bio-psychosocial parameters and level of happiness among late adults.

References

[1] World Health Organization for 2014 Aging and life Course Fact about Aging.
[2] United Nations Population Fund. The State of the World Population, 1998. New York: United Nations Population Fund; 1998.
[3] World Health Organization. A Global Response to Elder Abuse and Neglect. Geneva: World Health Organization; 2008.
[4] Layard R. Happiness: Lessons from a New Science. 2nd Edition Penguin; London: 2011.
[5] 15. Stone AA. Schwartz JE. Broderick JE. Deaton A. A snapshot of the age distribution of psychological well-being in the United States. Proc Natl. Acad. Sci. U S A. 2010;107(22):9985.
[6] https//india.UNFPA.org.
[7] Acierno R. Hernandez MA. Amstadter AB. Resnick HS. Steve K. Muzzy W. Kilpatrick DG. Prevalence and correlates of emotional, physical, sexual, and financial abuse and potential neglect in the United States: The

National Elder Mistreatment Study. American Journal of Public Health. 2010;100(2):292–297.

[8]   Lloyd-Sherlock P. Formal social protection for older people in developing countries: Three different approaches. Journal of Social Policy. 2002;31(04):695.

[9]   Series B: Psychological Sciences and Social Sciences. 2002;57(1):S3–S13.

[10] Chaudhary, Shreya & Srivastava, Sk. (2018). Happiness and aging: a comparative study. Psychology (Savannah, Ga.). 55. 108-113.

[11] Moeini, Babak & Barati, Majid & Farhadian, Maryam & Babamiri, Mohammad & Ara, Milad. (2016). Happiness and Its Related Factors among the Elderly in Hamadan (Iran): A Cross Sectional Study. Avicenna Journal of Neuro Psycho Physiology. In Press.