

Loneliness and Spiritual Well - Being among Elderly Having Psychological Disorders

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Abstract: Loneliness causes people to feel empty, alone and unwanted. People who are lonely often crave human contact, but their state of mind makes it more difficult to form connections with other people. Spirituality is an intra- inter and trans personal experience that is shaped and directed by experiences of individuals and of the communities in which they live out their lives. Aim of this study to analyze loneliness and spiritual well being among elderly with psychological disorder. The research design of the study was cross sectional. The sample size was 160 (80 residing in old age home and 80 residing in their home). The sampling tools and techniques a pre- tested interview schedule along with used purposive random sampling include UCLA Loneliness and spiritual well-being scale was used to collected data. Majority of the respondents felt lonelier in old age home rather than residing in their home and 81.25% and 77.5%.respondents believe in god.

Keywords: Psychological disorders, loneliness, spiritual well- being, elderly.

Objective: 1.To analyze loneliness and spiritual well- being among elderly with psychological disorders. 2. To assess relationship between dependent and independent variable.

Ho: 1. There exists no significant relationship between age of elderly loneliness and spiritual well- being.

Ho: 2. There exists no significant relationship between residence of elderly, loneliness and spiritual well- being.

Ho: 3. There exists no significant relationship between marital status of elderly, loneliness and spiritual well- being.

1. Introduction

Loneliness is a phenomenon that occurs in all stages of life and is a significant problem for many older people. Previous research has shown that loneliness in old age is a risk factor that can be linked to various health-related problems, physical and mental problems. [7] In today's fast paced world of rising political, economic, and social instability, one may find it increasingly difficult to ward off feelings of anxiety, depression or loneliness. A nagging sentiment of dissatisfaction with life in general may debilitate many a mind. In such cases, individuals may turn to a variety of facets for not only therapeutic purposes but also for prevention from such ill feelings in the future. For many, this sanctuary is found primarily beneath the wings of religion. [1] When people consult physicians to determine the cause and treatment of an illness, they may also seek answers to existential questions that medical science cannot answer (e. g, "Why is this illness happening to me?"). [3] Many patients rely on a religious or spiritual framework and call on religious or spiritual care providers to help answer these questions. Indeed, throughout history, religion and spirituality and the practice of medicine have been intertwined. As a result, many religions embrace caring for the sick as a primary mission, and many of the world's leading medical institutions have religious and spiritual roots. The word *religion* is from the Latin *religare*, which means "to bind together [4].

2. Materials and Methods

This study was cross sectional including conducted in Lucknow city of Uttar Pradesh, India. This was carried out among elderly over the age of 60 years. The total sample

size was 160 elderly, (80 residing in old age home, 40 males and 40 females) and (80 residing in their home, 4 males and 40 females). Pre designed and pretested interview schedule along with "UCLA Loneliness scale" Published by- Peplau R.D. and Ferguson M.L. (1978) and spiritual well -being scale (FACIT-sp)" Published by- Bredle M.J, Salsman M.J, Dedd M.S, Arnold B.J and Cella D (2011) was to collected data. The independent variable was age and marital status and dependent variable was loneliness and spiritual well-being.

3. Results and Discussion

Ho: 1. There exists no significant relationship between age of elderly, loneliness and spiritual well- being.

Table 1: Correlation of loneliness and spiritual well- being across age

	60-65	66-70	71-75	Above 75
Loneliness	.342*	.404**	.427**	.275
Spiritual well- being	.283	.248	.381**	.686**

**Correlation is highly significant the 0.01 level.

The above table no. 1 showed that age had positive relationship with each other and also showed that the loneliness and spiritual well- being had positive relationship with each other. It means that if age was high then loneliness and spiritual well- being also high. Also there was a highly significant difference between loneliness and spiritual well-being of loneliness and spiritual well being, there was a non significant difference between 60-65 and 66-70 age with spiritual well- being.

The findings of this study are at par with the study conducted by **Cacioppo J.T. (2002)** which showed that respondents with age higher loneliness had higher spiritual well-being.

Ho: 2. There exists no significant relationship between residence of elderly, loneliness and spiritual well-being.

Table 2: Correlation of loneliness and spiritual well-being across residence

	Old age home	Residing in their home
Loneliness	.535**	.343**
Spiritual well-being	.420**	.340**

**Correlation is highly significant the 0.01 level.

The above table no.2 showed that the residing in their home and old age home had positive relationship with each other and also showed that the loneliness and spiritual well-being had positive relationship with each other. It means that if loneliness was high then spiritual well-being also high. Also there was a highly significant difference between loneliness and spiritual well-being of old age home and residing in their home. The findings of this study are at par with the study conducted by **Hawkley L.C (2007)** which showed that respondents with higher loneliness had higher spiritual well-being at every place.

Ho: 3. There exists no significant relationship between marital status of elderly, loneliness and spiritual well-being.

Table 3: Correlation of loneliness and spiritual well-being across marital status

	Loneliness	Spiritual well-being
Married	.389**	.090
Divorced	.194	.053
Widow	.733**	.632**
Widower	-.007	.529**

**Correlation is highly significant the 0.01 level.

The above table no.3 showed that the married, divorced and widow had positive relationship with each other but widower had negatively correlated and also showed that the loneliness of married respondents was highly significant but spiritual well-being was non significant. Divorced was positively correlated with loneliness and spiritual well-being but it had non significant. Also there was a highly significant difference between loneliness and spiritual well-being of widow. If they were widow they felt highly loneliness then spiritual well-being also high. Widower had negatively correlated with loneliness and it was non significant and spiritual well-being also highly significant. The findings of this study are at par with the study conducted by **Mowat (2010)** which showed that respondents with higher loneliness had higher spiritual well-being at every place.

4. Conclusion

Loneliness is a complex and usually unpleasant emotional response to isolation or lack of companionship. Loneliness

is a phenomenon that occurs in all stages of life and is a significant problem for many older people. Previous research has shown that loneliness in old age is a risk factor that can be linked to various health-related problems, physical and mental problems. Make contact with another person or touch someone's life. Spent time in prayer, relaxation and medication. Avoid feeling sorry for yourself. Spiritual well-being is an integral part of mental, emotional and physical health. Each person's spirituality is greatly impacted by the community they are a part of and the relationships they take part in. Spiritual well-being is not a practice of isolation but rather of affecting and involving the people around you as your own perspective is formed. Spiritual well-being groups and sessions provide an open and safe environment to explore, learn, practice, support and heal. A benefit of Spiritual Well-Being is feeling content with your life's situation.

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