

# Loneliness among Elderly Widow and Widowers

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**Abstract:** Loneliness is an unpleasant feeling in which a person feels a strong sense of emptiness and solitude resulting from inadequate levels of social relationships. However, it is a subjective experience. Loneliness has also been described as social pain- a psychological mechanism meant to alert an individual of isolation and motivate her/him to seek social connections. The phenomenon of loneliness occurs in people of all ages but may be a particular problem in the elderly it is acknowledged that loneliness is not a necessary accompaniment to ageing and that ageing is not solely responsible for the development of loneliness in elderly people however

**Keyword:** Depression elderly loneliness psychiatric disorder widowhood

## 1. Introduction

The present paper focuses on the loneliness among elderly widow women. The widows mainly reported feelings of isolation and lack of support from family, with occasional references to the absence of the husband. However, although loneliness was identified as a theme, there is only one quote that directly mentions loneliness. Thus, there are few studies which examine in detail what loneliness means to older widowed people and nothing that examines their spontaneous utterances about loneliness and the situations in which they find themselves to be lonely. Several theoretical perspectives have been used to explore different types of loneliness. However, there are four main perspectives in common use. These are existential, psychodynamic, cognitive and interactions theories. None of these is specific to elderly widows.

**Objective** Loneliness among elderly widow

## 1. Testing of hypothesis

**Ho1= There exist no difference between gender and reasons of loneliness.**

Variable	d. f.	male		female		T value	Level of significant
		mean	s. d.	mean	s. d.		
Gender	81	3.52	1.5	4.1	8.87	4.79	4.47

\*significant at 0.05

## 2. Material and Methods

Data was collected from 120 elderly widow who belonged to 60-75 years random sampling method was used to collect the data for the study, the reaches design for the study was cross- sectional. In this study data collected tool used was interview schedule UCLS loneliness scale for analysis of data frequency percentage and t test was calculated.

## 3. Results and Discussion

**Table 2:** Distribution of the respondents according to reasons of loneliness

S.R	Statement	Male		Female		Total	
		Yes	No	Yes	No	Yes	No
1.	Looss of loved one	26(74.3)	9(25.7)	50(58.8)	33(38.8)	0.52	0.25
2.	Being abused and rejected by others.	9(25.7)	26(74.3)	33(38.8)	51(60.0)	0.27	0.65
3.	Moving to a new location.	28(80.0)	7(20.0)	51(60.0)	46(54.1)	0.54	0.20
4.	Depression and withdrawal form social situation.	23(65.7)	12(34.3)	46(54.1)	54(63.5)	0.5	0.26
5.	Poor decision making.	18(51.4)	17(48.6)	54(63.5)	51(60.0)	0.33	0.54
6.	Unable to reach out and communicate with others.	19(54.3)	16(45.7)	51(60.0)	46(54.1)	0.37	0.47
7.	Your social relationship is superficial.	19(54.3)	16(45.7)	46(54.1)	38(44.7)	0.41	0.41
8.	Low self esteem.	19(54.3)	16(45.7)	38(44.7)	33(38.8)	0.5	0.43
9.	Does not have friend and colleagues.	14(40.0)	19(45.3)	33(38.8)	41(48.2)	0.42	0.41
10.	Feel unsafe.	17(48.6)	17(48.6)	41(48.2)	42(49.4)	0.41	0.48
11.	Lack of social contact retirement.	22(62.7)	12(48.6)	42(49.4)	36(42.4)	0.52	0.29
12.	No one in the family.	16(45.7)	18(51.4)	36(42.4)	53(62.4)	0.44	0.37
13.	Unstable upbringing.	16(45.7)	17(48.6)	53(62.4)	53(62.4)	0.32	0.54
14.	Memories of sexual abuse during childhood.	17(48.6)	17(48.6)	53(62.4)	53(62.4)	0.45	0.54
15.	Loss of hearing ability.	18(51.4)	16(45.7)	45(52.9)	45(52.9)	0.46	0.41
16.	Social anxiety.	19(54.3)	14(40.0)	41(48.2)	41(48.2)	0.52	0.32
17.	Suffering from psychological disorder.	22(62.9)	12(34.3)	42(49.4)	41(49.4)	0.52	0.29

figures in parentheses indicate percentage.

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