

Coping Strategies of 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, there is a relationship between ageing and loneliness is a complex and usually unpleasant emotion which typically includes anxious feelings about a lack of connectedness or communality with others. As such, loneliness can be felt even when surrounded by other people. The aim of the present study is to examine the coping strategies of loneliness among elderly widows and widowers and sample size 120 and random sampling technique used for this study, cross sectional research design was used in this study. Elderly widowers have more coping strategies in comparison to widows. Singh B. kiran U.V. (2014)

Keyword: coping strategies Depression elderly loneliness psychiatric disorder widowhood.

1. Introduction

Carr.D. (2001) 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 for the need of live human beings always adapt themselves with the changing life. **Lakshmi R.(1995)** Elderly women are no exception. They follow some strategies for avoiding the sadness of their life. Sometimes they are successful, but most of the time they fail. They are sacrificing their views, their desire, escape their demands and tolerate the powerlessness within the family. These sacrifices can be categorized as positive and negative coping mechanisms. **Bahar S. (2013)** Positive coping mechanisms are those that are not harmful for them. Negative coping mechanisms are these which are harmful for them and loneliness has been linked with depression, and is thus a risk factor for suicide has described loneliness.

2. Objective

To know about the coping strategies used to overcome loneliness among Respondent.

3. Hypothesis

1. Testing of hypothesis

Ho1= There exist no difference between gender and coping strategies.

Variable	d.f.	male		female		T value	Level of significant
Gender		mean	s. d.	mean	s. d.		
	38	2.52	1.68	4.9	7.29	3.868	3.47

Significant*

Table no 1. the result shown in revealed that as the t value 3.868 was high than 'p' value therefore, the null hypothesis was rejected which mean that there exist difference between gender and coping strategies used by the respondents, mean

value showed that female users using more coping strategies compared the males.

4. Material and methods

Data was collected from 120 elderly widows who belonged to 60-75 years age group. Random sampling method was used to collect the data for the study; the research design for the study was cross sectional. In the study data collected tool used was interview schedule along with self made questionnaire. For analysis of data frequency percentage and t test calculated.

5. Result and discussion

Loneliness is viewed as a necessary aspect of life, and in life and most intimate moments we are basically "alone" the underlying problem of this theory from the perspective of nursery working with elderly people which includes the elderly widow to is its failure to loneliness along with coping strategies questionnaire.

Table no 2. Results shown that the practice yoga is high rather than 77.1 percent male and high rather than 61.2 percent female that the fell coping strategies. Showed that watch TV. When you feel lonely is high rather than 57.1 percent male and high rather than 50.6 percent female reported respondent that they coping strategies. That involve in social activity is high rather than 60 percent male and high rather than 51.8 percent female reported respondent that they coping strategies. Showed that play with pets that height rather than 51.4 percent male and height rather than 69.4 percent female reported respondent that they coping strategies. That participation in spiritual activity is high rather than 61.2 percent female reported respondent that they coping strategies. That do meditation is height rather than 60 percent male and height rather than percent 57.6 female reported respondent that they coping strategies. showed that play with children height rather than 65.7 percent male and height rather than 56.5 percent female reported respondent

that they coping strategies showed that they list music height rather than 51.1 percent male and height rather than 55.3 percent female reported respondent that they coping strategies showed that do gardening height rather than 45.7 percent male and height rather than 52.9 percent female reported respondent that they coping strategies. Showed that write something highs rather than 54.3 percent male and height rather than 56.5 percent female reported respondent that they coping strategies. Showed that they read something right rather than 51.4 percent male and height rather than 70.6 percent female reported respondent that they coping

strategies. That they involve in politics height rather than 54.3 percent male and height rather than 51.8 percent female restarted respondent that they coping strategies showed that they engage in part time job height rather than 71.4 percent male and height rather than 83.5 percent female restarted respondent that they coping strategies that they do recreational activity height rather than 60.0 percent male and height rather than 58.8 percent female repeated respondent that they coping strategies.

Table 2: Distribution of the respondents on the basis of coping strategies of loneliness

S.R		Male		Female		Total	
		YES	NO	YES	NO	YES	NO
1.	Practice Yoga	27(77.1)	8(22.9)	52(61.2)	29(34.1)	79(115.2)	37(47.5)
2.	Watch T.V.when you feel lonely	15(42.9)	20(57.1)	37(43.5)	43(50.6)	52(72)	63(89.7)
3.	Involve in social activity	21(60.0)	14(40.0)	44(51.8)	41(48.2)	65(93.1)	55(73.5)
4.	Play with pets.	18(51.4)	16(45.7)	59(69.4)	26(30.6)	77(100)	42(63.5)
5.	Participation in spiritual activity	19(54.3)	16(45.7)	33(38.8)	52(61.2)	52(77.5)	68(89.0)
6.	Do mediation	21(60.0)	14(40.0)	49(57.6)	36(42.4)	70(98)	50(68.6)
7.	Play with children	23(65.7)	14(40.0)	48(56.5)	36(42.4)	71(101)	50(68.6)
8.	Listen music	20(57.1)	12(34.3)	38(44.7)	47(55.3)	58(84.5)	59(74.6)
9.	Do gardening	16(45.7)	15(42.9)	40(47.1)	45(52.9)	56(77.3)	60(79.8)
10.	Write something	18(51.4)	19(54.3)	37(43.5)	48(56.5)	55(79.0)	67(92.3)
11.	Read something	15(51.4)	16(45.7)	25(29.4)	60(70.6)	40(67.3)	76(96.9)
12.	Involve in politics	15(42.9)	19(54.3)	44(51.8)	41(48.2)	59(78.9)	60(85.4)
13.	Engage in part time job	10(28.6)	25(71.4)	12(14.1)	71(83.5)	22(35.5)	96(129)
14.	Do recreational activity	21(60.0)	14(40.0)	50(58.8)	33(38.8)	71(99)	47(65.6)

Figures in parentheses indicate percentage.

6. Conclusion

The findings of the present study were showed that male have ($\mu=77.1$) percent practice yoga because they were free from duty and household work and female have ($\mu=69.4$) percent play with pets in home when they were free from their household works.

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