

# Comparative Study of Middle Age Male and Female Adjustment between Residents of Banasthali University Campus and Narsinghpur District

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**Abstract-** The purpose of this study to see the correlation between males and females adjustment in middle age. The sample consisted of 248 respondents, out of which 62 are males and 62 females, collected from two places Banasthali University Campus, Rajasthan and Narsinghpur district, Madhya Pradesh, i.e. 124 from Bansthal and 124 from Narsinghpur district (mean age 50 to 65). Measure used was Shamshad-Jasbir Old-age Adjustment Inventory (SJOAI) created by Dr. Shamshad Hussain and Dr. Jasbir Kaur. The data was analyzed using descriptive statistics, correlation analysis. Result shows that there are significant positive correlations in home, emotional and financial adjustment. It shows that the male and female from these two different geological locations have correlation in different areas of adjustment (health, home, social, marital, emotional and financial).

**Index Terms-** Mid-Age Adjustments, Physical / Health changes and adjustments, Changes in family relations and adjustment, Financial Adjustments, Emotional Adjustment

## I. INTRODUCTION

**M**id-Age Adjustments - It is important to adjust naturally with the mid-age transitions that occur both physically and mentally. There are challenges which should be met and coped with successfully. At this age it is good to look at the world with new prospective and changed interests. Some may find this adjustment stage really difficult and hard to cope with. Following are some of these important changes and adjustments which are faced in middle age.

- **Physical / Health changes and adjustments**  
Loss and graying of hair, joint pain, osteoarthritis, osteoporosis, sagging muscles, appearance of wrinkles etc. are common phenomenon. These changes are natural and add gravity to looks and soberness of personality. The body system functions start to deteriorate in many, the people at this age may feel weak, have gastro-intestinal problems, suffer from insomnia, feel fatigue quite frequently, may have aches and pains, dental caries. With better medical and nutritional benefits of progressive societies, people feel much more connected and youthful than in the past. Changes occur in the physiological and reproductive functioning of individuals. Loss of sex drive and sexual attractiveness may lead to depression in some people. This stage of life may manifest mood swings, depression, self-criticism, carelessness

towards business, hostility. Some people develop interest in cultural activities for example: attend concerts, lectures, religious programs, reading, writing, painting, social work etc.

- **Changes in family relations and adjustment**

Marriage for certain families is synonymous with conflict. Chronic marital conflict at this stage may take the form of either hot arguments or silent distance. In the middle age period of life the spouses need to be closer in relationship with one another as compared to the early years of their married life. It is more difficult for women to cope up with the 'empty nest' period of their life. For some this may be a traumatic time when domestic responsibilities get minimized and one may find life monotonous. Boredom may be felt by many when there is no family oriented activity to perform. This is also time when menopausal symptoms set in; making it difficult to cope for some women.

At mid-age, children are now adults and parents are much older; needing more attention and extra assistance. These extended-care-giving demands, legally, financially and physically burden middle-age person. People at late middle adulthood stage also have to prepare for their own retirement.

- **Financial Adjustments**

Financial decisions arise against the backdrop of present family structure, current and perceived future needs, and competing demands placed on limited resources. Because of high demands on expenditure, balancing among the cost of living, paying for children's college education, developing resources like house, vehicles, arrange for marriage expenses of children and funding retirement, mid-adults feel like on a treadmill one can never get off.

- **Emotional Adjustment**

Emotional behaviors expressed by couples differs a function of age, gender and marital satisfaction. The intensity of the middle-age intimacy crisis depends on the need-satisfaction of the relationship and the success achieved in the previous stages of intimacy. Older adults are biased toward the positive aspects of close relationships (Story, Nathan et. al 2007). Emotionally positive and responsive listening is one of the key to successful conflict resolution in marriage (Pasupathi, Monisha et. al.1999).

Carl Jung described the developmental task of the second half of life as the need to develop neglected inner resources and enrich the inner life which may result in the impoverishment of the inner life - the world of feelings, values and inner creativity. Failure to accept the changes may lead to serious traumatic situations like mental illness, use of drugs, addiction problems, alcoholism and at times suicide or homicide.

**Objectives**

To study the correlation of middle age male and female adjustment between residents of Banasthali University Campus, Niwai and Narsinghpur district.

**Delimitations**

1. Subjects were collected from Banasthali University campus and Narsinghpur districts persons this research is area specific.
2. Age of respondents is between 50 to 65 years.

**Hypothesis**

Ho: There is no significant difference in adjustment of Banasthali and Narsinghpur middle age males and females.

**II. METHOD**

**Research Design**

This research is descriptive in nature, which includes surveys and fact finding enquiries of different kinds. The survey method was adopted to collect the relevant data, which is fact finding with adequate interpretation in the light of the norms. It is essentially a method of quantitative description of the general characteristics of a group. Under this method, the true meaning of the data collected is reported from the point of view of the objectives and the basic assumption of the study.

**Locale of the study**

The study is based on the residents of Banasthali University campus, Niwai, Rajasthan and Narsinghpur districts.

**Sample**

Sample consisted of randomly selected 248 respondents, which were collected from two places: Banasthali University campus (62 males and 62 females) and Narsinghpur district (62 males and 62 females) with age range of 50 to 65 years.

**Measures**

Measure used in this study was old age adjustment inventory, developed by Shamshad Hussain and Jashbir Kaur. This inventory was developed for male and female ranging between 50 to 65 years of age belonging to different professions. This 125 items inventory measures the adjustment of old aged people into six areas- health, home, social, marital, emotional and financial. Percentile norms are available sex wise and professional status wise.

**III. RESULT AND DISCUSSION**

Table 1: Mean, standard deviation and t-values of middle age male and female residents from Banasthali University campus and Narsinghpur disstrict

Variable	Gender	Mean	SD	t-value	
				T	Sig. (2-tailed)
Health	Banasthali M-F	18.15	4.10	1.04	.299
	Narsinghpur M-F	17.52	5.21		
Home	Banasthali	17.85	2.19	3.06	.002*

	M-F				
	Narsinghpur M-F	19.16	4.21		
Social	Banasthali M-F	15.13	1.87	.264	.792
	Narsinghpur M-F	15.02	3.99		
Marital	Banasthali M-F	11.58	3.88	-2.26	.024*
	Narsinghpur M-F	12.62	3.33		
Emotional	Banasthali M-F	12.87	3.42	-1.68	.094
	Narsinghpur M-F	13.77	4.90		
Financial	Banasthali M-F	7.30	2.37	-4.46	.000*
	Narsinghpur M-F	8.67	2.46		

Banasthali M-F= Banasthali male and female, Narsinghpur M-F = Narsinghpur male and female

The table 1 depicts that there is significant difference in home, marital and financial adjustment. It shows that the male and female residents of Banasthali University campus and Narsinghpur district have significantly difference in views on these adjustment areas. Both places male and female have no significant difference in health, social and emotional adjustment. It shows that in these both places male and female views have no difference.

Table 2: Correlation values of Banasthali University campus male and female with Narsinghpur disstrict male and female

S.N.	Variables	Correlation
1.	Health of middle age males and females from Banasthali and Narsinghpur	.112
2.	Home of middle age males and females from Banasthali and Narsinghpur	.009**
3.	Social of middle age males and females from Banasthali and Narsinghpur	.733

4.	Marital of middle age males and females from Banasthali and Narsinghpur	.678
5.	Emotional of middle age males and females from Banasthali and Narsinghpur	.006**
6.	Financial of middle age males and females from Banasthali and Narsinghpur	.002**

\*\* . Correlation is significant at the 0.01 level (2-tailed).

The table 2 depicts that the significant positive correlations have been found in home, emotional and financial adjustment. It shows that the male and female from these two locations are significantly correlated these areas of adjustment. No significant correlation values were found in health, social and marital adjustment areas between middle age male and female population from Banasthali and Narsinghpur district.

#### IV. CONCLUSION AND SUGGESTIONS

The result concludes that the significant difference in home, marital and financial adjustment. It shows that the male and female residents of Banasthali University campus and Narsinghpur district have significantly difference in views on these adjustment areas. Significant positive correlation has been found in home, emotional and financial adjustment. It shows that the male and female from these two locations are significantly correlated these areas of adjustment.

Suggestions:

1. Give freedom to your spouse
2. Being a good listener
3. Care for family
4. Supportive nature
5. Preplanning and readiness for financial ups and downs
6. Family members being supportive towards mid-age changes
7. Free time and recreational activities
8. Abstinance from vices
9. Positive attitude and confidence on decisions
10. Including family members in decisions
11. Taking decisions with poise and broad view
12. Being flexible in accepting others desires and liking
13. Avoid from being too much ambitious or miser
14. Avoid being strict disciplinarian

Suggestions for family members and children:

1. Give mid-age couples due respect and attention
2. Frequent visits to parents by children

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