

## IMPACT OF SOCIAL ADJUSTMENT AND EMOTIONAL STABILITY ON HOPE AND HAPPINESS AMONG THE RESIDENTS OF OLD AGE HOMES.

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### **ABSTRACT**

**Objective:** The prime objective of the current study was assimilating and extending the knowledge as well as insights which are from earlier researches and exploring the impact of social adjustment, emotional stability on hope, and happiness of old age home residents.

**Design:** Cross-sectional survey research design with purposive sampling was used.

**Place and duration of study:** Present study was conducted in Pakistan in Feb-Dec 2020.

**Subject and Method:** Older adults ( $N = 150$ ), including Men ( $n = 75$ ) and women ( $n = 75$ ) age range 65 years to 85 years ( $M = 69.65$ ;  $SD = 5.58$ ), from old homes in Lahore and Rawalpindi of Pakistan, completed the Social Adjustment scale, Neuroticism subscales of NEO FFI, Subjective Happiness Scale, and Dispositional Hope Scale.

**Results and Conclusion:** Pearson correlation indicated a significant correlation among all study variables. Linear regression analysis indicated that social adjustment and emotional stability are positive predictors of hope and happiness. Moreover, the effect of demographic variable (gender) was also determined. Findings from the t-test depicted that emotional stability, happiness and hope is high in older men than older women. So as a current study planned to investigate the impact of social adjustment, emotional stability on hope and happiness of old age home residents, the study's findings revealed that social adjustment and emotional stability are a significantly positive impact on hope and happiness. The findings are also beneficial for its implication in issues related to gerontology.

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**Keywords:** Social Adjustment; Emotional Stability; Hope; Happiness; Old Age Home.

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## INTRODUCTION

In old age homes, every person has a lifestyle to give himself comfort. Social adjustment is the process of establishing relationships between individuals, groups, and cultural elements based on mutual satisfaction. We talk of individuals as being well-balanced or ineffectively balanced. Well-balanced individuals are respected as effective in the craftsmanship of living (Shaw et al., 2018). According to Bell (1962), social adjustment is also linked with occupational adjustment as well as emotional adjustment. Social adjustment and emotional stability are positively linked with each other as emotionally stable people may have a good adjustment in social life. Emotional stability is defined as a person's capacity to live a cheerful and stress-less life (Engelberg & Sjoberg, 2004). Recently, a study was conducted by Burr and colleagues (2021) to find out the emotional dynamics across adulthood and it was found that older adults were more emotionally stable as compared to young adults. They were more successful in regulating their desires and have a more intense positive effect (Burr et al., 2021). Similarly, another variable that positively contributed to the mental well-being of an older adult is hope, which is defined as a positive state, based on the successful experience of an institution that focuses on goal-oriented forces and plans the path to dreams that can be fulfilled (Shahrzaei et al., 2014). According to a study older adults with a greater sense of hope will lead towards better physical, psychological and social outcomes (Long et al., 2020).

When there is hope there is happiness also (Kornadt et al., 2015). Happiness does have a lovely imperative part in our lives and it can have a colossal effect on the way we live our lives. Although analysts have to stick down the definition of an agreed-upon system for joy, there's a part we have learned within the final few decades (Hudson et al., 2019). Most People define happiness as a person who excites, loves nature and is energetic. But old age people define them as relax, smooth and calm (Bjälkebring et al., 2015). In old age, happiness receives great attention in all areas of psychology (Aknin et al., 2013). Recently a study was conducted on elders of Singapore to investigate the positive effect of happiness on the health and wellbeing of elders and it was concluded that happy older people live longer (Chei, 2018). Hope and happiness are also positively related to each other. People who are full of hope and happiness are often characterized by a positive attitude and an optimistic attitude (Wilson et al., 2010).

According to Yang et al. (2019), the residents of old age homes have a direct positive relationship between emotional stability and happiness. Happiness is positively related to life satisfaction and an obstacle to the impact of negative and stressful life events among residents of old age homes. So it is suggested that nursing homes rely on the smooth social adjustment that brings about the calm of hope and happiness. Several studies were carried out on these variables with different gaps and their relations to each other and the selection of different samples' ages and groups. Some Researchers explored the fact that social adjustment is essential for each level of life and is positively needed for the better well-being of an individual's life (Bekhet et al., 2008).

A study in European regions (Finland, Poland, Spain residents) showed that older women experienced a high level of social adjustment and social support as compared to older men (Tobiasz-Adamczyk, 2017). However, Stevenson and Wolfers (2009) study results indicate non-significant gender difference in the social adjustment of elders whereas few other studies conducted by Barik and Bharati (2014) on elders of rural areas indicates significant gender differences in social adjustment among elders and their study concluded that among elders, male exhibit higher level of social adjustment than females. One of the studies conducted on the elder population of japan found that both adult and elder men have a high level of emotional regulation as compared to adult and elder women (Masumoto et al., 2016).

The main objective of the current study is to explore the impact of social adjustment and emotional stability on the hope and happiness of old age home residents as well as investigate the gender differences in social adjustment, emotional stability, hope, and happiness among the residents of old age homes.

## METHOD

### *Participants*

The current study is executed through a cross-sectional survey research design. A purposive sampling strategy was used. And the sample of the current study consists of old people ( $N = 150$ ) within the age range from 65 years to 85 years. Out of them, 75 were male with an SD of 6.10 years and 75 were female with an SD of 5.06 years. Only old people living in old age homes having no major psychological or physical disability were included in the present study. People below 65 years of age were not included in the study. Data were collected

from old people of different old age homes of Lahore (Happy homes, welfare homes for old & infirm people) and Rawalpindi (Baghbaan old age home). Data collection was done by using self-reported questionnaires.

***Measures***

**1. Social Adjustment Scale (Shabbir & Sahar, 2018)**

To measure the social adjustment, the Urdu version of 34 items social adjustment scale which is translated by Shabbir and Sahar, (2018; Cronbach's alpha=.87). was used. To obtain a perfect score for social adjustments the items of the social adjustment scale were reversed scored. Its reliability is ( $\alpha=.88$ ). Item numbers 3, 4, 6, 7, 10, 11, 12, 13, 15, 17, 19, 20, 21, 22, 23, 26, 27, 28, 29, 32, 33, 34. are reversed scored. Its 5 point response rating is 1 = strongly disagree to 5 = strongly agree (Bell, 1962).

**2. Neuroticisms Subscale of NEO FFI ( Ahmed, 2010)**

To measure the emotional stability, Urdu version of 12 items neuroticism subscale of NEO FFI which is translated by Ahmed (2010) ( $\alpha = 0.70$ ) was used. To obtain a perfect score for emotional stability the items of neuroticism were reversed scored because it is the opposite continuum of neuroticism. Its reliability is ( $\alpha=0.87$ ). Item numbers 1,4,7 and 10 are reversed scored. Its rating is 1=yes and 0=no (Costa & McCrae, 1989).

**3. Subjective Happiness Scale:**

To measure the Happiness, the Urdu version of 4 items Subjective Happiness Scale which is translated by Ranjha (2020) ( $\alpha = .81$ ) was used. It is 7 points Likert scale ranging from 1= not very happy or less happy to 7 = very happy or happier. Items no 4 are reversed scored. Its reliability is  $\alpha = .79$  to .94 (Lyubomirsky&Lepper, 1999).

**Dispositional Hope Scale (Snyder et al., 1995)**

Snyder and his colleagues developed this scale in 1995. This scale has 12 items and has ( $\alpha = .80$ ).It has three subscale (pathways thinking agency thinking, and fillers). It is 8 point Likert scale ranging from 1= definitely false to 8= true. It

has no reversed items. In present study the translated version of this scale was used (Noor, 2017;  $\alpha = .78$ ).

#### ***Procedure***

The study followed all the ethical protocols as per the American psychological association's (APA, 2013) ethical guidelines. Before data collection, formal approval from the Institutional research review board for the study was obtained. After that researcher personally approached the participants in the targeted old age residences to collect the information. The sample was briefed about the aims and objectives of the study. Consent was taken from the sample and instructions were also given to fill the questionnaires and demographics. For those who were not comfortable in filling the questionnaires by themselves, the scale was filled by the researcher and field researcher in question-answer interview format. At last, participants were thanked for sharing their information. After data collection statistical analysis was done by using SPSS version-21 to test the hypotheses. The questionnaire which was incomplete or not filled properly was discarded from the data. Then, to test the psychometric properties the descriptive analysis ( $M$ ,  $SD$ , and  $\alpha$ ) was applied, and to find out the correlations between social adjustment, emotional stability, happiness, and hope, Pearson correlation was applied. Regression analysis was applied to check the impact of social adjustment and emotional stability on happiness and hope. To find out the gender difference, Independent T-test models were applied.

## **RESULTS**

Out of 150 participants, 75 (50%) were male and 75 (50%) were female among which 20% belong to a rural area and 80% belong to urban areas (Table

**Table 1**  
*Demographic Characteristics of Sample (N= 150)*

Variables	F	%	Total
			150
<b>Gender</b>			
Male	75	50.0%	
Female	75	50.0%	
<b>Residential area</b>			150
Rural	30	20%	
Urban	120	80%	
<b>Marital status</b>			150
Married	141	94%	
Unmarried	9	6%	

**Table 2**  
*Mean, Standard Deviation, Alpha Coefficient and Correlation of Social Adjustment, Emotional Stability, Hope and Happiness among Older Residents (N = 150)*

Variables	M	SD	$\alpha$	1	2	3	4
1. Social adjustment	122.64	14.99	.82	-	.27**	.37***	.26**
2. Emotional stability	15.12	2.93	.81		-	.24**	.50**
3. Happiness	70.97	14.49	.45		-	-	.17*
4. Hope	13.07	13.07	.88		-	-	-

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

Table 2 shows psychometric properties as well as correlations of study variables. A reliability coefficient of social adjustment Scale, emotional stability subscale of NEO FFI Scale, Happiness Scale, and Hope Scale shows satisfactory internal consistency. Results also validate a significant correlation of all study variables among elders.

**Table 3**

*Simple Linear Regression Analysis showing the impact of Social Adjustment on Hope and Happiness among Resident of Old Age Homes (N = 150)*

Predictor I	Outcome: Hope			Outcome: Happiness		
	$\beta$	95% CL		$\beta$	95% CL	
		LL	UL		LL,	UL
<b>Social adjustment</b>	.37*	[.20 - .47]		.25*	[.10_.32]	
<b>R<sup>2</sup></b>	.13			.52		
<b>F</b>	24.88*			27.37*		

\* $p < .001$

The finding of the above table shows that social adjustment demonstrates a 13% variance in hope and a 52% variance in happiness. Results indicate that social adjustment significantly positively predicts hope and happiness ( $p < .001$ ).

**Table 4**

*Simple Linear Regression Analysis showing the impact of Emotional Stability on Hope and Happiness among Resident of Old Age Homes (N = 150)*

Predictor I	Outcome: Hope			Outcome: Happiness		
	$\beta$	95% CL		$B$	95% CL	
		LL	UL		LL,	UL
<b>Predictor II</b>						
<b>Emotional stability</b>	.58*	[.12_.56]		.45*	[.14_.53]	
<b>R<sup>2</sup></b>	.32			.35		
<b>F</b>	12.67*			17. 88*		

\* $p < .001$

The findings of the above table show that emotional stability demonstrates 32% variance in hope and 35% variance in happiness. Results indicate that emotional stability significantly positively predicts hope and happiness ( $p < .001$ ).

**Table 5**

*Mean, Standard Deviation and t-Values of Gender on social adjustment, emotional stability, hope and happiness among the residence of old age home (N = 150)*

Variables	Men (n = 75)		Women (n = 75)		t (148)	P	95% CI		Cohen 's d
	M	SD	M	SD			LL	UL	
SA	117.21	15.28	122.57	16.64	-1.34	.02	4.95	5.67	0.34
ES	16.98	4.27	12.12	3.11	7.97	.001	3.66	6.07	1.30
Hope	70.84	15.99	67.45	12.19	.579	.01	3.34	6.11	0.23
Happiness	19.00	5.68	13.48	7.04	5.281	.001	3.45	7.58	0.86

Note: SA=social adjustment, ES=emotional stability

The findings of the above table indicate significant gender differences in social adjustment, emotional stability, hope and happiness. Result specify that emotional stability ( $M = 16.98, p < .001$ ), happiness ( $M = 19.00, p < .001$ ) and hope ( $M = 70.84, p < .01$ ) is high in older men than older women. While Social adjustment ( $M = 122.57, p < .05$ ) is high in older women than older men.

## DISCUSSION

The present study explores the impact of social adjustment and emotional stability on hope and happiness among the residents of old-age homes. Psychometric properties of scales i.e. Social adjustment, emotional stability, hope, and happiness were computed and indicate that all the scales had significant good reliabilities (see table 1).

Findings of the correlational analysis indicate the social adjustment, emotional stability, hopes, and happiness are positively correlated with each other. In general, few studies explored inter-relationship among all four variables. Research conducted on elder people in Iran indicates that there is a positive connection between social adjustment and happiness which also supports our current research findings (Moeini et al., 2018). Hills and Argyle (2001) found that emotional stability is the major dimension of happiness among elders and

according to Anila and Dhanalakshmi (2016) happiness and well-being had a positive significant correlation with hopefulness. Hayat et al (2016) suggested that a person who lives in the residence of an old age home honestly changes their thinking pattern and makes the optimistic relation between social adjustment and hope.

The finding of the current study indicate two conditions of gender difference i.e., level of social adjustment was high in older women, while older men had a high level of happiness, hope, and emotional stability and these results are also supported by other studies of elder populations over the world. Pinquart and Sorensen (2001) reviewed 300 empirical studies on gender differences in happiness, self-concept, and psychological wellbeing and conclude that levels of happiness are low in elder women as compared to elder men. Tomioka et al. (2017) studied 12 European countries and reported similar findings which show that older women experienced a high level of social adjustment and social support as compared to older men's (Tomioka et al., 2017). However, previous studies show unclear and contradicting results relating to the gender-related differences in social adjustment and emotional stability. However, Stevenson and Wolfer's (2009) study conducting on the elderly population of the community-dwelling cities Nara, Prefecture, Japan indicates non-significant gender differences in the social adjustment of elders.

Some other studies conducted on rural elders of Kendujhar district, Odisha, found that male elders have a high level of adjustment than elderly women (Barik&Bharati, 2014). One of the studies conducted on the elder population of japan found that both adult and elder men have a high level of emotional regulation as compared to adult and elder women (Masumoto et al., 2016).Moreover, a study accompanied on China's older population also described that elder men are more socially stable than elderly women and that results are similar to the current study (Zhang et al., 2016).

### ***Conclusion***

The current study planned to investigate the impact of social adjustment and emotional stability on hope and happiness among older adults of old age homes. So, it was concluded that social adjustment and emotional stability bring hope and happiness among elders of old age home residents as there is a positive connection between all four variables. The current investigation has a few

implications for examination and practice. In Pakistan, gerontology is a most important and newly field which studies psychological issues and wellbeing of elder populations so present study is little effort to identify the psychological well-being of elders so the current study has few implications for consultants and psychologists to nearly understand the psychological variables related to older adults regarding different residential status.

#### ***Limitation and Recommendations***

The fundamental restriction of this examination is that it utilizes a cross-sectional exploration technique. The current study just gives data about the relationship among study factors so it is recommended to do long term research for the causal study. Due to shortened sample, our results are not generalizable so future studies must be conducted on a large sample and should be used these constructs in other settings.

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