



Psychological well being during old age

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ABSTRACT

Older people tend to be slower to learn new skills, have difficulty in memorising and reacting quickly to instructions. Also many elderly people prefer human assistance to using self-service terminals. However, this is not inseparable with suitable user interfaces and appropriate training. Many changes occur as people enter old age, and these changes decrease quality of life. This study investigated the influence of psychological wellbeing on a sample of 200 elderly comprising of elderly from the old age homes, elderly living with family and elderly living alone. The sample was selected purposively from rural and urban areas of Lucknow district. Average age was 70-80 years with a range from 65 to 96. A self-structured questionnaire to examine the psychological wellbeing of elderly was used. As hypothesised, there was a significant differences in psychological wellbeing among people living with family, in old age homes and living alone.