

# A study about physical and mental problems of senior citizens

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■ **ABSTRACT :** Aging is an inevitable development phenomenon bringing along a number of changes in the physical, psychological, hormonal and the social conditions. Present investigation was based on the purposive random sampling techniques. The size of the sample was 120 senior citizens selected for the study. Among them 60 senior citizens selected from the old age home and according to this basis equal number of 60 senior citizens who live in home were selected from various areas of Mehsana city. Data was collected by interview method and questionnaire was used. The collected data was analyzed with appropriate statically methods. Result found that institutionalizes and non- institutionalized respondents suffered psychological problems more than physical problems. Result also found that there were a highly significant difference was found in physical and mental problem level between male and female respondents of both places.

■ **KEY WORDS:** Physical problems, Mental problems, Senior citizens, Institutionalized, Non-institutionalized

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