

# Impact of sensitivity training on rural adolescents towards elders

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■ **ABSTRACT :** The study was undertaken under AGRESCO Project of Sardarkrushinagar Dantiwada Agricultural University of Gujarat state. The purpose of the study was to get insight of sensitive of today's generation about elderly and impact of training in bringing change in adolescent sensitivity. The result revealed that girls showed significant difference after training towards elder sensitivity in terms of providing nutrition, assisting in daily activity and providing health care to elders. Impact of training on boys' sensitivity towards providing nutrition to elders was found to be non-significant due to the fact that boys are rarely involved in food preparation activity. Personal variable like age and education showed positive and significant association with impact of sensitivity training towards elders among both girls and boys. Caste category, family type, family size, family income and occupation of the respondents had no significant association with sensitivity towards elders.

■ **KEY WORDS:** Sensitivity, Adolescent role, Elderly care

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Population ageing has become one of the most significant demographic processes of modern time. The dream of the people all over the world to live long is now becoming a reality due to the advancement in health and medical, social and economic, scientific and technological development. As compared to the abundance of systematic data on population ageing and statistics, there is lack of research, or publication on elder issues.

When intergenerational support is considered, grandparents come first in mind Chaudhary (2001), but recently there is increase in incidents of abuse and neglect of older people. The Government of India has provisionally identified older person as a priority target group for social

welfare interventions. In January, 1999 it declared national policy for older people.

The adolescents remain the medium to make the world a better place to live in. Training and education can prove to be beneficial for adolescence who are the change agents and has been considered, almost by definition, a period of heightened stress (Spear, 2000) due to the many changes experienced concomitantly, including physical maturation, drive for independence, increased salience of social and peer interactions and brain development (Blakemore, 2008; Casey *et al.*, 2008a and Casey *et al.*, 2008b). The present study will provide an opportunity to get insight into how sensitive today's generation is about elderly.

**Objectives :**

- To study sensitivity of rural adolescent (girls and boys) towards elders in terms of nutrition provided, assistance in performance of daily activities and healthcare given to elders.
- To sensitize adolescent towards elder.
- To assess impact of sensitivity programme on adolescent.

**■ RESEARCH METHODS**

The study was undertaken in randomly selected three villages (Lodpa, Vaghrol and Nilpur) of Dantiwada Taluka during March, 2012 to February, 2014 under AGRESCO Project of Sardarkrushinagar Dantiwada Agricultural University, Banaskantha district of Gujarat state.

A representative sample of 120 adolescent (60 boys and 60 girls) was selected randomly who have living elderly at home. Personal and socio-economic characteristics of respondents were taken as independent variables. "Sensitivity towards elders" was taken as dependent variable for the study. Sensitivity was studied in terms of: Nutrition provided to elder, Assistance in performance of daily activities by elder and Healthcare given to elder were.

A pre-structured interview schedule was developed to collect data for measurement of independent variables. The first part of interview schedule dealt with background information of the respondents. The questions consisted of personal and socio-economic characteristics of respondents. The second part of interview schedule consisted of questions pertaining to measurement of dependent variable *i.e.* 'Sensitivity towards elders'.

To measure sensitivity: 3 point scale was developed *i.e.* always, sometimes, never. For positive statement it was coded as 3, 2 and 1, respectively. Pre-training data was collected by personal interview technique.

Three days sensitivity programme was given to adolescent boys and girls through lecture method. Charts, posters, leaflet were used for imparting sensitivity. Questionnaire was again filled up after fifteen days of sensitivity programme by personal interview technique.

Statistical analysis was done by computing frequencies, percentages, correlation and z test.

**■ RESEARCH FINDINGS AND DISCUSSION**

After analyzing the data related to personal and

socio-economic characteristics of the respondents, the following results were obtained.

It is evident from Table 1 that about 1/3<sup>rd</sup> of boy respondents belong to young adulthood and 43 per cent of girl respondent belong to young adulthood, about 48 per cent boys and 40 per cent girls were educated to secondary level, 48 per cent of boys belong to OBC category and 45 per cent of girls belong to SC/ST category, majority of boys (62 %) and 57 per cent of the girls belong to joint family type, majority 67 per cent of boys and 72 per cent of girls have 5-8 members in family and 53 per cent of boys and 48 per cent of girls belong to low income group.

**Comparison of adolescent girls' sensitivity towards elders (before and after training) :**

Table 2 shows that before training about half of the girls showed low level of sensitivity towards nutrition provided to elders and after training the 50 per cent of girls got sensitized up to medium level towards elders in term of nutrition providing to them.

The paired t-test was used for test of significance. The result was found significant at 5 per cent test of significance. The result revealed that there is significant difference sensitivity towards nutrition provided to elders after training (Table 3). This proves that training brings significant change in girls' sensitivity towards providing nutrition to elders.

Table 4 shows that before training about 47 per cent of the girls showed low level of sensitivity towards assistance giving to elders in daily activity and after training the 50 per cent of girls got sensitized up to medium level towards assistance giving to elders in daily activity.

The paired t-test was used for test of significance. The result was found significant at 5 per cent test of significance. The result reveals that there is significant difference after training towards sensitivity in giving assistance to elders in daily activity (Table 5). This proves that training brings significant change in sensitivity of girls towards providing assistance to elders in daily activity.

Table 6 shows that before training about 53 per cent of the girls showed medium level of sensitivity towards health care to elders and after training the 60 per cent of girls got sensitized up to medium level towards assistance giving health care to elders.

The paired t-test was used for test of significance. The result was found significant at 5 per cent test of

<b>Table 1 : Distribution of respondents according to personal and socio-economic characteristics of respondents</b>		
Variables	Boys (n=60)	Girls (n=60)
<b>Personal</b>		
Age in years	Frequency (%)	Frequency (%)
11-13	22(36.67)	26(43.33)
14-16	21(35.00)	16(26.67)
17-20	17(28.33)	18(30.00)
<b>Education</b>		
Illiterate	04(06.67)	07(11.67)
Primary	13(21.67)	16(26.67)
Secondary	29(48.33)	24(40.00)
Higher secondary	14(23.33)	13(21.67)
<b>Socio-economic</b>		
<b>Caste category</b>		
General	07(11.67)	10(16.67)
OBC	29(48.33)	23(38.33)
SC/ ST	24(40.00)	27(45.00)
<b>Family type</b>		
Joint	37(61.67)	34(56.67)
Nuclear	23(38.33)	26(43.33)
<b>Family size</b>		
< 4 Members	09(15.00)	11(18.33)
5-8 Members	40(66.67)	43(71.67)
> 8 Members	11(18.33)	06(10.00)
<b>Family income (annual)</b>		
Rs. 50,000- Rs. 1,50,000	32(53.33)	29(48.33)
Rs. 1,50,001- Rs. 2,50,000	19(31.67)	24(40.00)
Rs. 2,50,001- Rs. 3,50,000	09(15.00)	07(11.67)

<b>Table 2 : Girls' sensitivity towards nutrition provided to elders</b>			(n=60)
Range	Pre-training frequency (%)	Post-training frequency (%)	
Low (11-17)	30 (50.00)	22 (36.67)	
Medium (18-24)	23 (38.33)	30 (50.00)	
High (25-31)	07 (11.67)	08 (13.33)	

<b>Table 3 : t-value for girls' sensitivity towards nutrition provided to elders</b>						(n=60)
	Mean	S.E. ±	t-calculated	Table value	Result	
Pre-training	16.93	0.273	3.049	2.001	*	
Post-training	17.77					

significance (Table 7). The result reveals that there was significant difference was observed in sensitivity among girls after training in giving health care to elders.

Table 8 shows that before training about 43 per cent of the girls showed low level of sensitivity towards elders and after training the 46 per cent of girls got sensitized up to medium level and 28 per cent of girls were sensitized up to high level towards elders.

The paired t-test was used for test of significance. The result was found significant at 5 per cent test of

significance. The result reveals that there is significant difference after training towards sensitivity elders (overall) (Table 9). This proves that after training there is significant change in sensitivity towards elders in girls.

**Comparison of adolescent boy’s sensitivity towards elders (before and after training) :**

Table 10 shows that before training about 70 per cent of the boys showed low level of sensitivity towards nutrition provided to elders and after training 28 per cent

**Table 4 : Girls’ sensitivity towards assistance provided to elders (n=60)**

Range	Pre-training frequency (%)	Post-training frequency (%)
Low (15-25)	28 (46.67)	25 (41.66)
Medium (26-36)	27 (45.00)	30 (50.00)
High (37-48)	05 (08.33)	05 (08.33)

**Table 5 : t-value for Girls’ sensitivity towards assistance provided to elders (n=60)**

	Mean	S.E. ±	t-calculated	Table value	Result
Pre-training	25.03	0.286	2.684	2.001	*
Post-training	25.80				

**Table 6 : Girls’ sensitivity towards providing health care to elders (n=60)**

Range	Pre-training frequency (%)	Post-training frequency (%)
Low (12-20)	22 (36.67)	16 (26.67)
Medium (21-29)	32 (53.33)	36 (60.00)
High (30-38)	06 (10.00)	08 (13.33)

**Table 7 : t-value for girls’ sensitivity towards providing health care to elders (n=60)**

	Mean	S.E. ±	t-calculated	Table value	Result
Pre-training	21.17	0.219	3.882	2.001	*
Post-training	22.02				

**Table 8 : Girls’ overall sensitivity towards elders (n=60)**

Range	Pre-training frequency (%)	Post-training frequency (%)
Low (44-59)	26 (43.33)	15 (25.00)
Medium (60-75)	22 (36.67)	28 (46.67)
High (76-91)	12 (20.00)	17 (28.33)

**Table 9 : t-value for girls’ overall sensitivity towards elders (n=60)**

	Mean	S.E.±	t-calculated	Table value	Result
Pre-training	42.34	0.434	5.644	2.001	*
Post-training	65.58				

**Table 10 : Boys’ sensitivity towards nutrition provided to elders (n=60)**

Range	Pre-training frequency (%)	Post-training frequency (%)
Low (11-17)	42 (70.00)	40 (66.67)
Medium (18-24)	15 (25.00)	17 (28.33)
High (25-31)	03 (05.00)	03 (05.00)

of boys got sensitized up to medium level of sensitivity towards elders in term of nutrition providing to them.

The paired t-test was used for test of significance. The result was found to be non-significant at 5 per cent test of significance. The result revealed that there is no significant difference sensitivity towards nutrition provided to elders after training among boys (Table 11).

Table 12 shows that before training about 52 per cent of the boys showed low level of sensitivity towards assistance giving to elders in daily activity and after training the 53 per cent of boys got sensitized up to medium level towards assistance giving to elders in daily activity.

The paired t-test was used for test of significance. The result was found significant at 5 per cent test of significance. The result reveals that there is significant

difference after training towards sensitivity in giving assistance to elders in daily activity (Table 13).

Table 14 shows that before training about 48 per cent of the boys showed low level of sensitivity towards health care to elders and after training the 50 per cent of boys got sensitized up to medium level towards giving health care to elders.

The paired t-test was used for test of significance. The result was found significant at 5 per cent test of significance. The result reveals that there is significant difference after training towards sensitivity in giving health care to elders (Table 15).

Table 16 shows that before training about 56 per cent of the boys showed low level of sensitivity towards elders (overall) and after training the 43 per cent of boys got sensitized up to medium level and 10 per cent of boys

Table 11 : t-value for boy's sensitivity towards nutrition provided to elders (n=60)					
	Mean	S.E. ±	t-calculated	Table value	Result
Pre-training	13.18	0.781	0.491	2.001	NS
Post-training	14.17				

NS = non-significant

Table 12 : Boys' sensitivity towards assistance provided to elders (n=60)		
Range	Pre-training frequency (%)	Post-training frequency (%)
Low (15-25)	31 (51.66)	22 (36.67)
Medium (26-36)	25 (41.67)	32 (53.33)
High (37-48)	04 (06.67)	06 (10.00)

Table 13 : t-value for boys sensitivity towards assistance provided to elders (n=60)					
	Mean	S.E.±	t-calculated	Table value	Result
Pre-training	23.68	1.082	3.124	2.001	*
Post-training	25.42				

Table 14 : Boy's sensitivity towards providing health care to elders (n=60)		
Range	Pre-training frequency (%)	Post-training frequency (%)
Low (12-20)	29 (48.33)	22 (36.67)
Medium (21-29)	26 (43.33)	30 (50.00)
High (30-38)	05 (08.33)	08 (13.33)

Table 15 : t-value for boys sensitivity towards providing health care to elders (n=60)					
	Mean	S.E. ±	t-calculated	Table value	Result
Pre-training	17.54	0.527	2.812	2.001	*
Post-training	19.05				

Table 16 : Boy's overall sensitivity towards elders (n=60)		
Range	Pre-training frequency (%)	Post-training frequency (%)
Low (44-59)	34 (56.67)	28 (46.66)
Medium(60-75)	22 (36.67)	26 (43.33)
High (76-91)	04 (06.66)	06 (10.00)

were sensitized up to high level towards elders.

The paired t-test was used for test of significance. The result was found significant at 5 per cent test of significance. The result reveals that there is significant difference after training towards sensitivity elders (Table 17).

**Comparison of sensitivity among adolescent boys and girls towards elders :**

It can be inferred from Table 18 that about 47 per cent of girls are in medium category of sensitivity while 47 per cent of boys are in low category of sensitivity towards elders.

The unpaired t-test was used for test of significance. The result was found significant at 5 per cent test of significance. The result reveals that there is significant difference after training towards elder sensitivity. Girls showed more sensitivity towards elders in comparison to boys (Table 19). The findings are affirmed with the

findings of Rani and Sharma (2004) who found that girls are more attached to their grandparents than boys, as they have more sympathizing attitude towards old people, than boys. Christoph *et al.* (2014) and Olufunke and Lumbwe (2014) found that girls valued old people higher.

In Table 20 age showed positive and significant association with sensitivity towards elders among both girls and boys. The findings in contrast Christoph *et al.* (2014) stated that age showed increase in prejudice and decline in appreciation towards elders. The finding in contrast, Investor and King (1997) found that adolescents' attitudes toward aged were found to be positive, regardless of age and more positive attitudes were found in middle class compared to lower class.

Education showed positive and significant association with sensitivity towards elders among both girls and boys. The findings affirmed with the findings of Barrett (2013) that suggested the need for a variety of formal and informal supports that address the needs of

Table 17 : t-value for boys overall sensitivity towards elders (n=60)					
	Mean	S.E.±	t-calculated	Table value	Result
Pre-training	55.03	0.897	4.012	2.001	*
Post-training	58.03				

Table 18 : Comparison of sensitivity among adolescent boys and girls towards elders after training (n=120)		
Range	Girls frequency (%)	Boys frequency (%)
Low (44-59)	15 (25.00)	28 (46.66)
Medium (60-75)	28 (46.67)	26 (43.33)
High (76-91)	17 (28.33)	06 (10.00)

Table 19 : t-value for comparison of boys and girls sensitivity towards elders after training					
	Mean	S.E.±	t-calculated	Table value	Result
Girls (n=60)	65.58	1.936	3.547	2.001	*
Boys (n=60)	58.63				

Table 20 : Association between independent and dependent variable (n=60)		
Independent variable	Dependent variable	
	Co-efficient of co-relation 'r' value	
	Y <sub>1</sub> (Girls)	Y <sub>2</sub> (Boys)
Age (X <sub>1</sub> )	0.173*	0.411**
Education (X <sub>2</sub> )	0.495*	0.271**
Category (X <sub>3</sub> )	0.012 <sup>NS</sup>	0.077 <sup>NS</sup>
Family type (X <sub>4</sub> )	0.172*	0.083 <sup>NS</sup>
Family size (X <sub>5</sub> )	0.019 <sup>NS</sup>	0.098 <sup>NS</sup>
Family income (X <sub>6</sub> )	0.041 <sup>NS</sup>	0.072 <sup>NS</sup>
Occupation (X <sub>7</sub> )	0.192*	0.045 <sup>NS</sup>

\* and \*\* indicates of significance of values at P = 0.05 and P = 0.01, respectively; NS= Non significant

grandchildren and grandparents.

### Conclusion :

We know that extension education has always shouldered the responsibility of bringing about change for empowerment and introduce new awakening in society, and the young generation remains the medium to make the world a better place to live in. The present study proves that training improves sensitivity of adolescent towards elders in all three sphere of care giving *i.e.* nutrition, health care and assistance in daily activity. Thus making secure living for elders and can decrease incidents of abuse and neglect of older people in family.

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