

The psychological state of old age people and its impact on family relations

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The problem of intergenerational relations has been existed since the beginning of human society and is one of the main factors in the functioning and development of society. We have considered the psychological problems of old age people living in the family and their role from the point of view of the analysis of intergenerational relations. This investigation is devoted to the study of the psychological characteristics of old age people living within the family taking into account the national characteristics of our people and the tendency the continuing of several generations to live together under one roof. Therefore a number of empirical methods of research have been implemented, and the results obtained have allowed analyzing the psychological protection of the elderly in modern society. The study looked at issues such as the loneliness of old age people, their value to the family, the main causes of conflict in family relationships, the impact of work on his psychological state, the influence of education on the active participation in the family, and so on.

This study involved 50 people aged 75-85 living in Baku with their children and grandchildren. 18 respondents have been still working, and 32 were away from work. The survey was conducted on the basis of a questionnaire and the answers were analyzed and statistical evaluation was carried out. Analysis of the answers to the questions given to the respondents showed that most of them decided to live with their children after losing their spouses. According to the respondents, the positive and negative sides of living with their children are almost equal (53% positive, 47% negative). We examined the attitudes of older people in the family towards young people, and it became clear that almost all respondents confirmed that most modern young people are smarter, more capable, more progressive, and agile than in the 70s and 80s of the twentieth century.

The study also found that labor activity is a leading factor in the life of the elderly, and one of the most important conditions for healthy longevity. Continuing to work ensures their financial independence, gives them a certain social status, meets their communication needs. Other respondents reported that their emotional state worsened after leaving work and that conflicts with other family members increased. Using the "SAN" test, we compared the level of the functional status of working and non-working respondents. The results of the test showed that the functional status of the working respondents was quite high [1].

There was no statistical correlation between an older person's active participation in family life and education, and it became clear that active participation was largely determined by a person's character and interests.

In order to study the relationship between the psychological state of old age people and their relationships with other members of the family in which they live, we used a test to assess the anxiety of older people. The results of the test showed that a little more than half of the respondents have a high level of situational anxiety, low or average level of personality anxiety. This means that any unpleasant factor can lead to stress in the elderly, and a high level of situational anxiety, which affects their relationship with other members of the family and creates a tense situation.

Here also used the "Life Satisfaction Index" test and found out that more than half of the respondents have an average or high level of general psychological state [1]. According to the respondents, their psychological state is highly dependent on the impact of family relationships. Living in a family gives them financial security, reduces their fear of illness and death, creates a sphere of communication for them, rejoices in the success of their children and grandchildren, gives them an emotional color in their lives, and spending time with them motivates older people. On the other hand, conflicts within the family, misunderstandings in intergenerational relations cause them psychological tension, distrust of the future, fear of being alone, blaming others for everything that happens, self-isolation. When both parties try to understand each other, the spouse accepts their parents as their parents, and the older generation does not discriminate between their children and their spouses, renounces their claims of dominance, does not try to force their wishes and desires on other members will guarantee for the elderly to live in peace in the family.

Summing up the results of this research, it can be said that the psychological state of the old age people living in the family has a very strong impact on family relationships. Their readiness for the inevitable changes of old age, their wide range of interests, employment, financial independence, their satisfaction with their lives is the basis of their attitude to others and create the basis for tolerant family relationships.

References

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