

## **Research Article**

# **A Study to Assess the Level of Ego Integrity among Female Geriatric Population in Selected Geographical Areas at Indore City (M.P.)**

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**Abstract:** As the age increases and person reaches to older period get involved with different challenging phases of life. To find out the relationship of ego integrity/ life satisfaction among elderly female population with selected socio demographic variables. The study conducted was “A study to assess the level of ego integrity among female geriatric population in a selected geographical areas at Indore city (M.P.)” Method of data collection were interview schedule and rating scale, by simple random sampling for 150 females geriatric populations were selected. Data analysed by descriptive and differential statistics and shows that female geriatric population were moderately satisfied on the level of ego integrity. Age, education, family, mobility & sensory deprivation is having significant association and rest of the variables such as religion, marital status, leisure time & social activity were not having significant association with level of ego integrity towards life of female geriatric population.

**Keywords:** ego integrity, geriatric population.

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## **INTRODUCTION**

Older adults should actively compensate for the age related changes in their biological, psychological, and social experiences, and individuals must continue to engage in and modify the activities that they pursued in their middle age. Older people consider their personalities and attitudes to have remained quite stable over their life span, even as they recognize the physical changes of their bodies [1].

The final psychological conflict of Erikson’s theory, ego integrity versus despair, involves coming to terms with one’s life. Adults who arrive at a sense of integrity feel whole, complete, and satisfied with their achievements. They have adapted to inevitable triumphs and disappointments and realize that the paths they followed, abandoned, and never selected were necessary for fashioning a meaningful life course [2].

Late adulthood should be a time in a person’s life where they feel fulfilled. They can look back on their memories and be happy with the way they have lived their life. Now a day too many elderly people are not satisfied and look depressed. The investigator motivated to find out the ego integrity level among female geriatric population. Also the investigator is interested to find out the relationship of ego integrity among female geriatric population with selected socio demographic variables. The purpose of the study is:

- To assess the level of ego integrity towards life among female geriatric population.
- To associate the level of ego integrity towards life of female geriatric population with selected socio demographic variables.

Previous works done related to this study are: Ernst Bohlmeijer *et al.* the study shown the results of a meta-analysis to assess the effectiveness of reminiscence on psychological well-being across different target groups and treatment modalities. Fifteen controlled outcome studies were included. An overall effect size of 0.54 was found, indicating a moderate influence of reminiscence on life-satisfaction and emotional well being in older adults. It is concluded that reminiscence in general, but especially life review, are potentially effective methods for the enhancement of psychological well-being in older adults. However, a replication of effectiveness studies of the well-defined protocols is now warranted [3].

Jacquelyn Boone, a 3-step regression model revealed that identity assessed in 1951 assumed that generativity 1996. The standard of educational achievement and marital level were important predictors. Ego integrity was associated with greater marital contentment in the elderly women both past and present [4].

**METHODOLOGY**

A descriptive study design was used in this study. The study was conducted in the selected areas of Indore city. The samples were the female geriatric population between the ages of 60 – 80 years. The sample size was 150. Simple random sampling was used as the sampling technique. The method of data collection was by structured interview method. The investigator developed a structured interview schedule and rating scale to assess the ego integrity of female geriatric population. The structured interview schedule deals with the demographic variables of the samples includes Gender, Age in years, Religion, Educational status, Marital status, Type of family, Source of Income, Family structure, Presence of chronic illness, Extend of mobility, Presence of any sensory deprivation, Utilization of leisure time, Participation in social activity. The rating scale includes 4 components: Quality of life, Self-confidence, Life achievement and Attitude towards future.

**Data Analysis**

Distribution of female geriatric population with regards to their demographic variables

**Age**

40% majority of female geriatrics were from age group of 60-65 years, 36% were in the age group of 65-70 years, 22 % were in the age group of 70-75 years and remaining 2% were in age group of above 80 years.

**Religion**

Majority (96%) of the subjects were Hindus and remaining 4% were Muslims.

**Educational status**

The break up shows that majority (98%) was uneducated where as only 2% were educated.

**Marital status**

80% of female geriatrics was married and 20% were widows.

**Type of family**

Majority (72%) had joint family, 20% have nuclear family and remaining 8% were in expanded family.

**Mobility**

Majority (70%) were moving independently, 16% male geriatrics were in room movements, 12% male geriatrics were in house movements, and 2% were bed ridden male geriatrics.

**Sensory deprivation**

Majority 44% were had eye deprivation, (30%) were not deprived of any sensory deprivation, 18% had ear deprivation problems remaining 8% had other deprivation problems.

**Leisure activity**

Majority (34%) were enjoys leisure activity with their friends, 28% were engaged with their own activities, 26% were not has leisure activity and 12% has other activities.

**Social activity**

Majority 66% were not interested and 34% was engage in social activities.

**Assess the level of ego integrity among female geriatric population**

Mean value and median value of ego integrity towards life among female geriatric population was 117.35 and 112.42 respectively and this value indicates that female geriatric populations were moderately satisfied on the level of ego integrity.

The standard deviation 32.81 shows a moderately satisfactory rate (n=150)

**Table 1: Mean value and median value of ego integrity towards life among female geriatric population**

Sample	Mean	Median	Standard Deviation
Female Geriatric Population	117.35	112.42	32.81

Associate the level of ego integrity towards life of female geriatric population with selected socio demographic variables. There is significant association between level of ego integrity towards life of female geriatric population with age, education, type of family, mobility and sensory deprivation. The rest of the variables such as religion, marital status, leisure time & social activity were not having significant association with level of ego integrity towards life of female geriatric population.

**Recommendations/ Future Research**

A similar study on a large scale across the whole district can be carried out in order to estimate the level of ego integrity of geriatric population for generalization of findings.

## CONCLUSION

Increasingly, geriatric persons are using their newly found autonomy from work and nurturing roles to follow their improving interests and goals. A positive discernment of their life experience leads to ego integrity while a negative self-evaluation results in despair and dissatisfaction.

## REFERENCES

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