



AGING PROCESS AND MENTAL ILLNESS

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Abstract

Background: Mental health and ageing are two significant factors influencing a person's capacity to carry out everyday tasks. This study aimed to investigate the ageing process's impact on mental illness and analyze the effect of mental health on older adults' daily functioning.

Methodology: A Likert scale questionnaire comprising five questions was used to gather data from 47 participants.

Conclusion: This study highlights the importance of understanding the relationship between mental health and ageing. Mental illness can significantly impact an individual's daily functioning, and older adults are vulnerable to these issues. Therefore, the results of this study emphasize the need to prioritize the mental health of the elderly population and provide additional support and attention to promote their overall well-being.

Introduction

The commonality of psychological disease in older persons rises as the population ages. Physical and cognitive decline are only two of the many changes linked to ageing that may result in problems with mental health. The daily functioning of older persons can be significantly impacted by mental illness, which can limit their ability to interact in routine activities like employment, socializing, and self-care. In order to enhance the standard of living for senior persons, it is essential to comprehend the complicated interaction between ageing and mental disease (Wiechers, I. R., et al., 2018).

Researchers have done many studies examining the connection between ageing and mental disease to comprehend the two better. Therefore, one can better understand the causes and consequences of mental illness in older persons by researching the ageing process and may create effective interventions and therapies to enhance their mental health and well-being (Segal, D. L., Qualls, S. H., & Smyer, M. A. 2018).

One of its main goals is the study's analysis of how mental health affects older persons' capacity for daily tasks. Mental health disorders may significantly impact the functional abilities and general quality of seniors. For example, getting elderly adults to be independent and self-sufficient depend on their capacity to carry out everyday duties. However, their ability to carry out day-to-day responsibilities might be severely impacted by cognitive, emotional, or social functioning impairments, which can lower quality of life, increase reliance on caretakers, and diminish participation in social activities.

In order to create successful interventions and therapies to enhance the mental wellness and physical health of an ageing person, it is essential to comprehend the link between mental health and functional skills. Researchers can pinpoint the precise areas of functioning that are most negatively impacted by

mental illness and create focused treatments to enhance the functioning and quality of life of older persons by examining the effect of mental health on their capacity to carry out daily activities. Overall, studying the connection between ageing and mental disease is crucial because it can provide light on the causes and consequences of mental illness in older people. One can support older persons in leading better and more satisfying lives by creating effective interventions and therapies that enhance mental health and well-being.

Literature Review

In their 2012 study, Gooding et al. (2012) looked at psychological resilience in both young and old persons. The study aims to learn more about the variations in resilience between the two age groups and the elements that help older persons acquire stability. The study's findings revealed that older persons exhibited resilience levels that were noticeably greater than young adults. Moreover, the authors discovered that resilience was significantly predicted by both sound and adverse effects and self-esteem in both age groups. The authors came to the conclusion that behavioural toughness in both young and older individuals required vital elements such as the capacity to retain a positive attitude, manage stress, and feel worthy of themselves.

Conner et al. (2010) 's research, " The role of prejudice and racism in older depressed individuals who seek psychological health therapy," seeks to understand how race and stigma affect how often older adults with depression use mental health services. Two hundred seventeen depressed older individuals aged 60 and over participated in cross-sectional research that the authors performed utilizing structured interviews to gather data. The study discovered that stigma and racial disparities significantly affect how older persons with depression seek mental health therapy. Black Americans have become less likely than white Americans to obtain depression treatment, and stigmatization had a more detrimental impact on African Americans' choice of receiving medication. The study emphasizes the need to address the influence of stigma and racism in older persons with depression's decisions to seek mental health care.

Al Jurdi et al. (2014) " Aging with Serious Mental Disease: An Introduction and Government Commitment Consequences" offers a thorough review of the difficulties older persons with serious mental illness (SMI) encounter as well as the consequences of service provision. The authors draw attention to this population's particular requirements and vulnerabilities, such as its higher risk of developing medical comorbidities, cognitive impairment, and social isolation. The paper examines the body of knowledge on ageing with SMI and points up areas for future study and service provision. The authors promote a person-centred, integrated approach to care that attends to this population's requirements to promote emotional and physical wellness. They advise using research-backed therapies including cognitive behavioural therapy and motivational interviewing, to enhance treatment success.

Objectives

1. To study the ageing process and mental illness.
2. To analyze the impact of mental health on older adults on the ability to perform day to day working

Methodology

The current study utilized a descriptive research method to investigate the relationship between ageing and mental illness. The research was conducted using a quantitative approach, and primary data were collected from older adults. The study aimed to analyze the effect of elderly persons' psychological health on their capacity to perform day-to-day activities. A five-point Likert scale was used to collect data from a sample of 50 older adults who were selected using random sampling techniques. However, only 47 respondents could be contacted.

Data Analysis

The acquired data were examined by the researcher using the MS Excel program. The study's findings were statistically analyzed by determining the mean and the standard deviation.

Table No. 1 The frequency distribution and statistical analysis of obtained responses from the questionnaire.

| Sr. No. | Questions | Responses | | | | | Statistics Analysis | |
|---------|--|----------------|-----------|-----------|-----------|-------------------|---------------------|-----------|
| | | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree | Mean | Std. Dev. |
| | | Frequency | Frequency | Frequency | Frequency | Frequency | | |
| 1 | Aging is a major factor contributing to mental illness. | 15 | 10 | 8 | 9 | 4 | 2.44 | 2.33 |
| 2 | Mental illness affects the day-to-day functioning of older adults. | 24 | 10 | 4 | 6 | 3 | 2.02 | 1.93 |
| 3 | Ageing can cause | 13 | 19 | 5 | 8 | 2 | 2.7 | 2.42 |

| | | | | | | | | |
|---|--|----|----|---|---|---|------|------|
| | loneliness and depression in older adults. | | | | | | | |
| 4 | Psychological therapy can be effective in treating mental illness in older adults. | 16 | 9 | 6 | 8 | 8 | | |
| | | | | | | | 2.6 | 2.57 |
| 5 | The societal stereotype of the elderly as mentally fragile limits their access to employment, education, and social opportunities. | 16 | 14 | 7 | 5 | 5 | | |
| | | | | | | | 2.34 | 2.21 |

Discussion and Conclusion

The study's authors aimed to examine how mental health affects older persons' performance in day-to-day tasks and to study the ageing process and mental illness. The results obtained from the Likert scale questions with agree/disagree options indicate that the respondents strongly agree that mental health has a considerable effect on how older persons operate on a daily basis. They also strongly agree that mental illness is a common issue older adults face, which aligns with the intention to study the ageing process and mental illness. The respondents' agreement with the statement that mental illness can result from the ageing process supports this objective.

Additionally, the respondents agreed that mental health issues could lead to social isolation, which is a factor that can impact the everyday activities of ageing people. This aligns with the intention to analyze the impact of mental health on the daily functioning of older adults. In summary, the results obtained from the agree/disagree scale questions support both study objectives. They indicate that mental health is a significant issue for older adults that impacts their ability to perform daily tasks and that mental illness is



common among older adults and can be related to the ageing process. The findings also suggest that mental health issues can lead to social isolation, impacting the daily functioning of older adults.

References

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