

## A comparative study to assess the level of self-esteem among elderly residing in the old age home and in family from selected areas of Pune city

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### ABSTRACT

Self-esteem among elderly a crucial aspect of overall wellbeing. Factors such as declining health loss of love ones, retirement and social attitude can influence an elder's sense of word and identities. Maintaining healthy self-esteem is essential for elders to enhance their mental and emotional wellbeing, foster resilience and adaptability, and promote social engagement and relationship support overall quality of life. Carrying out this research was essential for comprehending how living situations influence self-esteem in older adults, guiding improved care strategies, tackling social and psychological issues, and boosting overall life quality. Aim of the study: To assess the level of self-esteem among elderly residing in the old age home and in the family from selected areas of Pune city. Material and method: The research design adopted for the present study was descriptive research design in which the sample size consists of 300, 150 elderly staying in old age home and 150 elderly staying with family member. Non probability purposive sampling technique was used. Inclusion criteria includes Elderly who are in the age group of 60 years and above, both male and female are included in the study, those elderly who are able to read, write, understand English/Marathi and Exclusion criteria includes those elderly who had mental health issue and severe illness Tool used for the study was Rosenberg self-esteem scale to assess the level of self-esteem. Results: The study revealed that the self-esteem among the elderly residing in old age homes was significantly higher than those elderly residing with family members. Conclusion: Fisher's exact test was used for the association of self-esteem among elderly residing in old age home and residing with family members with their demographic variables and it was concluded that none of the demographic variable was found to have significant association with the self-esteem in both the group.

**KEYWORDS:** Self-Esteem, Elderly Residing with Families, Old Age Home.

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### INTRODUCTION

Self-esteem is a confidence and satisfaction to one self and also defines confidence as freedom of doubt, belief in yourself and your abilities. Self-esteem refers to the overall sense of personal worth, value, and respect that an individual possesses. It plays a vital role in mental and emotional health, affecting how people view themselves and their capabilities, how they interact with others, and how they face life's difficulties. Self-esteem begins to form in childhood and is influenced by experiences, relationships, and societal factors throughout one's life. A person with high self-esteem generally has a favourable self-image, is confident in their skills, and believes they can manage life's challenges. The significance of self-esteem is evident in its influence on multiple aspects of life, such as relationships, careers, education, and overall health. Individuals who possess healthy self-esteem are generally better equipped to cultivate satisfying relationships, strive for personal goals, and maintain an optimistic perspective on life.

For older adults, self-esteem can be influenced by various factors, including their living situations. This research study seeks to examine the differences in self-esteem levels between elderly individuals living in retirement homes and those who reside with their families. The aim was to explore how various living situations affect self-esteem and to pinpoint elements that either enhance or diminish self-worth in these two differing contexts. In older adults, self-esteem is vital for their general health and life quality. As individuals grow older, they encounter obstacles like physical deterioration, decreased independence, and social seclusion.

By focusing on these areas, we can support elderly individuals in leading more fulfilling and dignified lives. For elderly individuals, the transition to an old age home or continuing to live with family can impact their self-perception, autonomy, and overall mental health in different ways. This study seeks to explore these impacts to provide insights into how living arrangements affect self-esteem among older adults

### NEED OF THE STUDY

Self-esteem is essential for the psychological health of older adults. Insufficient self-esteem may result in depression, anxiety, and a lower quality of life. The research can highlight the importance of social support systems in preserving self-esteem in the elderly. It can investigate how residing in a community setting compared to an institutionalized environment affects the

accessibility and quality of social support, which is vital for self-esteem during later years. Findings from the study can help identify specific interference needs for elderly individuals in old age homes and the reliving with their families. By identifying factors that positively or negatively influence self-esteem, the study will provide insights into how living conditions can be improved to support better mental health outcomes.

Grasping how living conditions influence self-esteem can aid families and care homes in establishing practices that promote a more favourable self-perception and greater self-worth among older adults. Self-worth is strongly connected to overall wellness and life quality. By examining the self-esteem levels of older adults in various living situations, the research can offer insights into the elements that lead to an enhanced quality of life in later years.

Carrying out this research is essential for comprehending how living situations influence self-esteem in older adults, guiding improved care strategies, tackling social and psychological issues, and boosting overall life quality.

**AIM OF THE STUDY:** Aim of the current study was to assess the level of self-esteem among elderly residing in the old age home and in family from selected areas of Pune city.

## **RESEARCH METHODOLOGY:**

### **Research Objectives:**

1. To assess the level of self-esteem among elderly residing in the old age home.
2. To assess the level of self-esteem among elderly residing in family
3. To compare the level of self-esteem of elderly residing in old age home and residing with the family member.
3. To associate the finding with selected demographic variables.

**RESEARCH TYPE** Quantitative research

**RESEARCH DESIGN:** Descriptive research design

**SAMPLE:** Elderly people residing in the old age home and with family member

**SAMPLE SIZE:** 300 (150, 150)

**SAMPLING TECHNIQUE:** Non probability purposive sampling technique

**DATA COLLECTION TOOL:** Standardize tool Rosenberg self-esteem scale.

## **MATERIALS AND METHODS**

This Quantitative study used a descriptive design to assess the level of self-esteem among elderly residing in the old age home and in family from selected areas of Pune city using Non probability purposive sampling technique. Data were collected by using Rosenberg self-esteem scale which was a standardize tool. For reliability test-retest method was used. A pilot study with thirty participants by using t test method in which it was found as feasible for the main study.

## **RESULTS**

### **SECTION-I: Findings of demographic data of the samples**

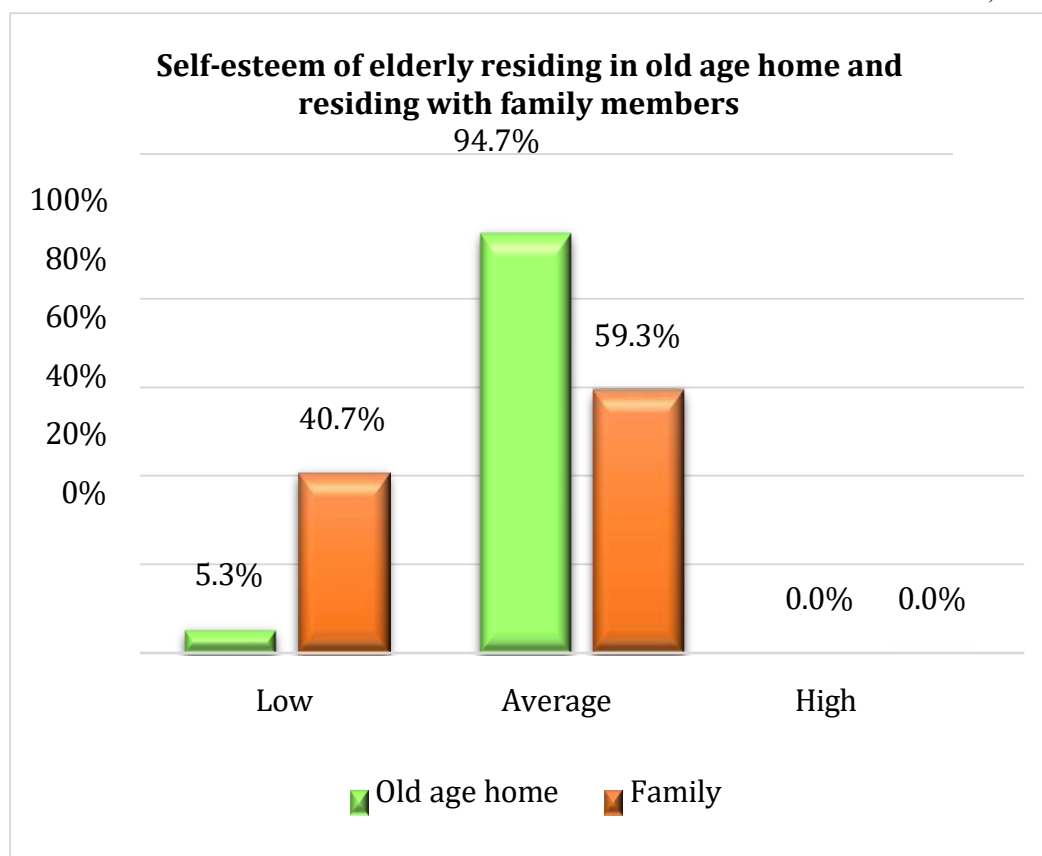
The demographic analysis of 150 elderly residing in old age home and 150 elderly staying with family member showed that in old age home majority 30.7% of elderly are in the age group of 60 to 65 years, 57.3% of them are male, 55.3% of them were married majority 25.3% of them had higher secondary education, 36.7% of them had monthly income Rs. 11000-20000, 66.7% of them had nuclear family, 44% of them had private job 50% of them had chronic illness

Demographic analysis of 150 elderly staying with family member showed that majority 28.7% of elderly are in the age group of 71 to 75 years, 56.0% of them are male, 57.3% of them were married majority 40.0% of them are graduate, 34.7% of them had monthly income Rs. 5000- 10000, 66.7% of them had nuclear family, 28.0% of them had government job 50.7% of them had chronic illness

**SECTION II: Analysis** of data related to the self-esteem among elderly residing in old age home and elderly staying with family member showed that 94.7% of elderly residing in the old age home had average level of self-esteem and 5.3% of them had low self-esteem where else 59.3% of the elderly those who are staying with the family average self-esteem and 40.7% of them had low self-esteem.

## **SECTION III**

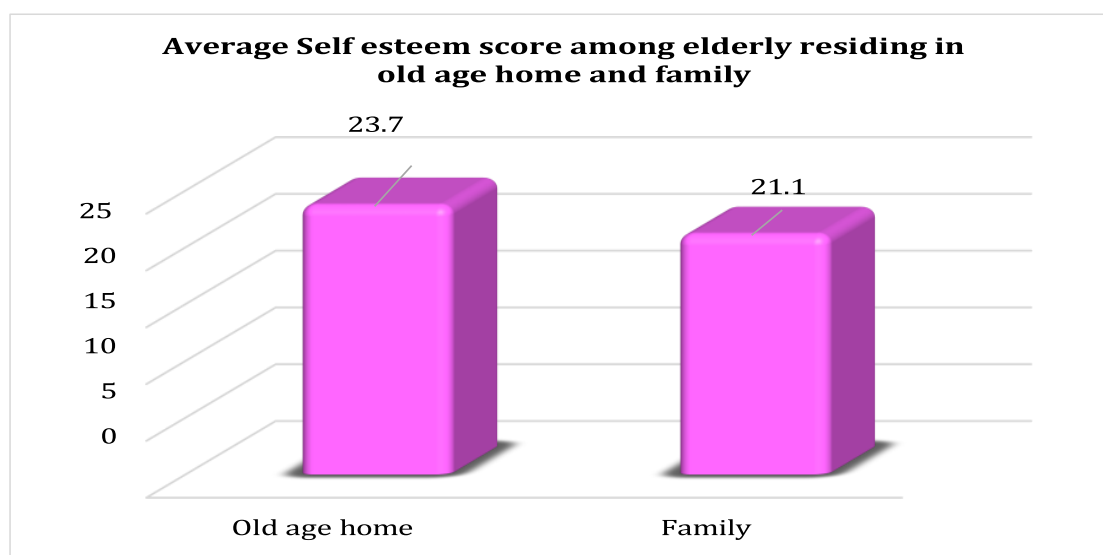
**Analysis of data related to the comparison of self-esteem among elderly residing in old age home and residing with family members**



The above fig no 1 depicts that in old age home group, 94.7% of the elderly had average self-esteem and 5.3% of them had low self-esteem. In family group, 59.3% of the elderly had average self-esteem and 40.7% of them had low self-esteem. This indicates that the self-esteem among elderly residing with old age home was found to be more than compared to those residing with family.

*Two sample z-test for the comparison of self-esteem among elderly residing in old age home and residing with family members*

n=150,150



The above fig no 2 shows that two sample z-test was applied for the comparison of the self-esteem of elderly residing in old age home and residing with family. Average self-esteem score among elderly residing in old age homes was 23.7 which was 21.1 for elderly residing with family, Z-value for this test was 11.1. It is evident that the self-esteem among the elderly residing in old age homes was significantly higher than that compared to elderly residing with family member.

### SECTION III

Fisher's exact test was used for the association of self-esteem among elderly residing in old age home and elderly staying with family member with demographic variables and it showed that none of the demographic variable was found to have significant association with the self-esteem among elderly residing in old age homes and those staying with family member.

### DISCUSSION

On the bases of the objectives the finding of the study were discussed. The present study aimed to assess and compare the level of self-esteem among elderly individuals residing in old age homes and those living with their families. The findings revealed that elderly persons living in old age homes exhibited higher levels of self-esteem compared to those staying with their family members.

This result suggests that institutional living may provide certain psychological or social advantages for older adults. Elderly individuals in old age homes may experience a sense of independence, companionship with peers of the same age group, and freedom from family-related responsibilities and conflicts. Regular social interactions and organized group activities in institutional settings may also contribute to enhanced self-confidence and a sense of belonging.

In contrast, elderly individuals residing with their families may sometimes experience emotional neglect, lack of attention, or intergenerational conflicts, leading to lower self-esteem. Modern family dynamics, where younger members are often busy with work and social commitments, can make older adults feel dependent or undervalued within the household.

The findings of this study are **supported by the research conducted by Singh and Misra** titled "*Loneliness, Depression and Sociability in Old Age.*" Study found that elderly individuals living in old age homes reported better social adjustment, greater sociability, and higher self-esteem compared to those living with families. The authors explained that institutionalized elderly often benefit from peer support and structured social environments that reduce feelings of loneliness and enhance self-worth. The current study aligns with these observations, indicating that the social environment and peer relationships in old age homes can play a crucial role in maintaining positive self-esteem among the elderly. The presence of friends of similar age, participation in group activities, and emotional support from staff members can help elderly individuals develop a renewed sense of purpose and self-respect.

### CONCLUSION

To assess the level of self-esteem among elderly residing in the old age home and in family from areas of Pune city was the only main purpose of this study, research design used to conduct it was Descriptive research design, the study was conducted on 300 samples, 150 elderly from old age home and 150 from elderly residing with the family member and the sampling technique used was Non probability purposive sampling technique. The tool used in this study was Rosenberg self-scale. The pilot study was performed which revealed that the study was feasible to conduct on large group of samples. The data were collected based on set objectives which were further analyzed using inferential and descriptive statistics. This data analysis was done by calculating mean values, median values, mode, frequency, percentage, standard deviation, table values, p values, other statistical formulas and test.

### CONFLICT OF INTEREST:

### FUNDING SOURCES:

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