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To,  
**Prof. Tanaji Hattekar**  
Dr. Babasaheb Ambedkar Mahavidyalaya,  
Aundh, Pune-411007



Sub:- Invitation as a Resource Person

Respected Sir,

It gives me great pleasure to invite you as a resource person for 'Two Day Workshop on Stress Management at work place' on 16<sup>th</sup> 17<sup>th</sup> January 2019, sponsored by BCUD, Savitribai Phule Pune University and organized by Rayat Shikshan Sanstha's Mahatma Phule Mahavidyalaya, Pimpri, Pune 411017. Kindly note that your talk is scheduled on 16<sup>th</sup> January 2019, at 11:30 am.

(Kindly send your Abstract and one page Bio-Data)

Thanking You

Co-ordinator



**Principal**  
Mahatma Phule Mahavidyalaya  
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## A Comparative Study of Life Satisfaction and Mental Health among Institutionalized and Non-Institutionalized Senior Citizens

Prof. Dr. Hatekar Tanaji K.

*Dr. Babasaheb Ambedkar College, Aundh, Pune 67, (M.S.) India*

### Abstract

The term 'gerontology' means senior citizens. It is a science of 'aging' that grows fast in the field of health and human services. This multidisciplinary science has three core components entitled the biological, the psychological and the sociological. Their experiences can be used by new generation as an inspiration and guidance. The term 'aging' refers to growing senior citizens. Although contributing vital role in nation development indirectly, senior citizens face multiple issues related to all sectors. Prime Facie, life satisfaction and mental health are basic attributes that define senior citizens' 'aging'. The rapid urbanization and globalization has affected value system and traditional of family system. In this regard, senior citizens, voluntarily or by force are institutionalized or non-institutionalized. The present study aims to find out significant difference between institutionalized citizens in context of life satisfaction and mental health. Life satisfaction is defined as "the feeling of contentment and happiness the aged individuals has especially from their past lives". Simultaneously, mental health is defined as "a state of well-being of wherein an individual who realizes his or her abilities, cope up with the normal stress of life, and yet productively and fruitfully contributing to his or her community". Regarding this, researcher has drawn following hypothesis.

Life satisfaction would be more in non-institutionalized senior citizens than in institutionalized senior citizens.

Female senior citizens have lower life satisfaction than male senior citizens.

Here would be significant interaction between institutional status and gender in terms of life satisfaction.

Mental health would be better in non-institutionalized senior citizens than in institutionalized senior citizens.



Male senior citizens have good mental health than female senior citizens.  
 There would be significant interaction between institutional status and gender in terms of mental health.

To exemplify, the researcher has undertaken field survey of this view by doing statically analysis and has drawn conclusions. The researcher had collected selected 300 senior citizens by stratified sampling method out of them 150 were institutionalized senior citizens and 150 were non-institutionalized senior citizens. It consisted of 75 male and 75 female senior citizens, who were not taking any psychological treatment. An average range of selected sample was between 70 to 85 years old from living in residence and institutional from Pune city of Maharashtra region. For statistical interpretation the researcher employed descriptive statistics that is Mean, SD and inferential statistics i.e. 2\*2 ANOVA. The results were explained with graphical techniques. Research hypothesis were confirmed to support studies. After doing statistical data interpretation, according to researcher, life satisfaction and mental health are equal in institutionalized non-institutionalized senior citizens. Simultaneously, life satisfaction and mental health in male senior citizens is better than female senior citizens. In addition to this, there is no significant interaction between living status and gender in terms of life satisfaction and mental health.

**Key Words:** Gerontology, Institutionalized and non-institutionalized senior citizens, Life Satisfaction, Mental health, Value system of families, Statistical analysis