

A Comparative Study of Areawise Socio-Economic Status and Emotional Fitness of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India

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ABSTRACT

The main objective of the study was to compare the Area Wise Socio-Economic Status and Emotional Fitness of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India. The present researcher used simple random sampling method for the selection of 2000 subjects (Senior Citizens) for the present study. 100 Male and 100 Female Senior Citizens were taken together from each five district taken for the present study of Himachal Pradesh and Uttar Pradesh State of India. Kuppusswamy's Socio-Economic Standardized scale and Gross & John Emotion Regulation Questionnaire (ERQ) were used for data collection. The data collected was statistically analyzed by using Percentage and Chi Square was specially used to found the significance difference in between different socio-economic status and Emotional Fitness of Senior Citizens Himachal Pradesh and Uttar Pradesh State of India. Further Percentage, Average Percentage, Mean, Combined Mean, Average Mean and Chi Square were calculated. On the basis of above findings and conclusions it can be briefly concluded that senior citizens of Himachal Pradesh and Uttar Pradesh State of India differed significantly in respect to their socio-economic Status and Emotional Level.

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Introduction

Socio-Economic status (SES) is an economic and sociological combined total measure of a person's work experience and of an Individual's or family's economic and social position in relation to others, based on income, education, and occupation. When analyzing a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed.

Psychology has played a vital role to solve the problems of human being. Psychology is the subject which not only deals in the field of Education, but also in other fields. In normal behavioral life it has become general practice by a man to utilize these concepts of Psychology and there are many ways to explain human activities. Basically, Psychology studies, why people act as they do? Now a day's most of the companies are utilizing the principles of Psychology as a tool for promotion of their products in the market.

Himachal Pradesh is a captivating region of the Indian Himalayas. It is often referred to as the "Magical Showcase of Nature's Splendor" ideal for the travelers to travel, enjoy and relax. Abundant green grassland and wide valleys set against imposing snow-clad mountains; crystal clear lakes, flowing rivers and spurting streams; fruit laden groves and soft terraces of corn and tea are characteristics of Himachal Pradesh. It is the ultimate travel destination of India.

Uttar Pradesh is a state located in northern India. It was created on 1 April 1937 as the United Provinces, and was renamed Uttar Pradesh in 1950. Lucknow is the capital

and Kanpur is the commercial capital and the largest city of Uttar Pradesh. On 9 November 2000, a new state, Uttarakhand, was carved from the mountainous Himalayan region of Uttar Pradesh.

Caroline T.M. et al (2000) investigated the relationship in between socioeconomic status and mortality in Dutch elderly people. The study was performed on 4,878 women and 3,105 men having age above 55 years of Ommoord, a district of Rotterdam, the Netherlands. The findings in this study indicate that for men (mean age at baseline of 69 ± 9 years), differences in mortality exist for all three indicators of socioeconomic status. Mortality risks were higher for lower educated men, unskilled manual workers and those with a lower equivalent household income. For women (mean age 72 ± 10 years), the relative risks of mortality were also higher for lower educated groups, but lower equivalent household income and occupational status appeared not to be related to mortality. Conclusions: In elderly Dutch people, there are clear differences in mortality across groups of different socioeconomic status.

Objective of the Study

The main objective of the study was to compare the Area Wise Socio-Economic Status and Emotional Fitness of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India.

Hypothesis

The present Researcher hypothesized as under:-

“There will be a significant difference in Socio Economic Status and Emotional Fitness of Senior Citizens of Himachal Pradesh and Uttar Pradesh States of India.”

Sampling Method

The present researcher used simple random sampling method for the selection of 2000 subjects (Senior Citizens) for the present study. 100 Male and 100 Female Senior Citizens were taken together from each 5-5 district taken for the present study of Himachal Pradesh and Uttar Pradesh State of India.

Design of the Study

1.1 Description of Tools

The following tools were used for collection of data:-

1] For measuring the Socio-Economic Status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State Kuppusswamy's Socio-Economic Standardized scale was used for the Investigation.

2] Emotion: Gross & John Emotion Regulation Questionnaire (ERQ).

1.2 Procedure of Data Collection

The data was collected by administering the above mentioned tools on the Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India.

The Researcher personally visited the villages and towns of the districts of Himachal Pradesh and Uttar Pradesh which were included in the sample. Apart this, researcher also visited and arrange meetings at various old age homes which are located in the said districts. The researcher also takes the help of various NGOs working for the welfare of Senior Citizen in the said districts for data collection.

Statistical Analysis and Interpretations of the Data

The data collected was statistically analyzed by using Percentage and Chi Square was specially used to found the significance difference in between different socio-economic status and Emotional Fitness of Senior Citizens Himachal Pradesh and Uttar Pradesh State of India. Further Percentage, Average Percentage, Mean, Combined Mean, Average Mean and Chi Square were calculated. The data was tabulated of every category like Urban & Rural Senior Citizens of both States of India.

Table1. Showing the Area wise Emotional Fitness of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India.

Emotion (Category)	Rural		Urban	
	H. P.	U. P.	H. P.	U. P.
Positive Emotion (Above Neutral Value)	285 (57)	260 (52)	274 (54.8)	241 (48.2)
Neutral	87 (17.4)	70 (14)	71 (14.2)	97 (19.4)
Negative Emotion (Below Neutral Value)	128 (25.6)	170 (34)	155 (31)	162 (32.4)
(N)	500	500	500	500
Chi Square (χ^2)	8.907		6.292	

Figure in parenthesis indicates the percentage df=2 tab.= 5.991 at 0.05 level of significance Neutral Score=40

The table clearly explained that rural area senior citizens of both states in large numbers showed positive frame of mind in respect to their emotional components. The average percentage of such respondents in both states is around 54.5% (H.P.57% &U.P.52%), which also approves the majority. The urban area citizens of Himachal Pradesh (54.8%) in majority showed more positive emotion than senior citizens of Uttar Pradesh (48.2%).

Respectively, rural senior citizens of Uttar Pradesh (34%) were found more negative in respect to their emotions than rural counterparts of Himachal Pradesh (25.6%). The similar responses registered by urban senior citizens of both states in respect to negative emotion, as 32.4% senior citizens in Uttar Pradesh and 31% Himachal Pradesh have scored below the neutral scale value.

The calculated chi square of rural 8.907 and urban 6.292 is found significant, as the calculated values is greater than tabulated value, which meant that senior citizens of urban and rural areas of Uttar Pradesh and Himachal Pradesh differed significantly in respect to their emotions. In day to day life both positive and negative emotions plays an important role in decision making process. Thus negative emotions are also equally weighted for emotional fitness. In rural areas the senior citizens were always found busy throughout the day in gossips, discussion on social issues, farming etc. It is also evident that Panchayati system and role of 'Sarpanch' is still much effective in solving family and social problems of aged persons in rural areas. So this may be the main reason that rural area senior citizens were found better in emotional fitness than urban senior citizens. The same is depicted with the help of graph in Fig-1.

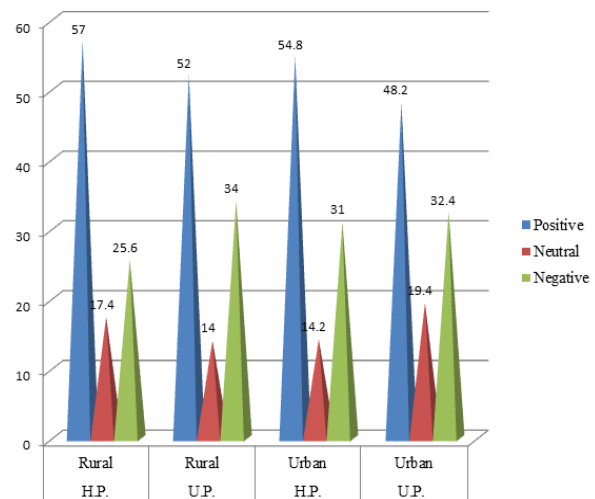


Figure 1. Showing the percentage of Area Wise Emotion Level of Himachal Pradesh and Uttar Pradesh State Senior Citizens of India.

Table 2. Showing the Socio-economic Status (SES) wise Emotion of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India

Emotion Category	SES Category									
	Upper		Middle		Lower Middle		Upper Lower		Lower	
	H.P.	U.P.	H.P.	U.P.	H.P.	U.P.	H.P.	U.P.	H.P.	U.P.
Above (N. V.)	31 (63.27)	47 (58.75)	65 (61.90)	98 (50.26)	275 (69.97)	246 (64.74)	167 (65.75)	120 (53.33)	130 (64.36)	64 (53.33)
Neutral	05 (10.20)	18 (22.5)	23 (21.90)	35 (17.95)	49 (12.47)	32 (8.42)	39 (15.35)	81 (18.67)	30 (14.85)	32 (26.67)
Below (N.V.)	13 (26.53)	15 (18.75)	17 (16.20)	62 (31.79)	69 (17.56)	102 (26.84)	48 (18.90)	111 (28)	42 (20.79)	24 (20)
(N)	49	80	102	195	393	380	254	225	202	120
(χ^2)	3.526		8.567		11.335		8.108		6.999	

Figure in parenthesis indicates the percentage df. = 2 tab. = 5.991 at 0.05 level of significance Neutral Score = 40

The emotional characteristics of senior citizens belonging to different socio-economic strata have been described in the above table no.-II. The figures explain that maximum senior citizens of Himachal Pradesh and Uttar Pradesh having different socio-economic backgrounds have scored above neutral scale value and showed positive emotions in majority. The highest percentage of senior citizens having positive emotion was found in lower middle class senior (69.97%) and upper lower class (65.75%) followed by lower class 64.36% senior citizens of Himachal Pradesh.

The table clearly shows that senior citizens of Himachal Pradesh having different socio-economic background were found comparatively more positive than counterparts of Uttar Pradesh in respect of emotions.

Respectively, both highest and lowest percentage of negative responses has been recorded in middle class senior citizens of both states (U.P. 31.79% & H.P. 16.20%).

The upper class and lower class senior citizens of Himachal Pradesh have registered more negative responses than senior citizens of Uttar Pradesh, as the percentage of negative emotions in Upper class (H.P. 26.53% & U.P., 25.74%) and lower class (H.P.20.79% & U.P.20%) has been found more in Himachal Pradesh. While the lower middle and upper lower senior citizens of Uttar Pradesh were found more negative than Himachali counterparts in respect of emotions.

The table also shows that upper class senior citizens of both states do not differ significantly in respect of their emotions. The calculated chi square middle class 3.526 is found insignificant at 2 degree of freedom and 0.05 level of significance.

The calculated chi square value 8.567 (middle), 11.335(lower middle), 8.108 (upper lower) and 6.609 (lower) is found greater than the tabulated value at 0.05 level of significance, which approved the difference. Thus the finding lead to conclusion that middle class lower middle, upper lower and lower class senior citizens of Uttar Pradesh and Himachal Pradesh differed significantly in respect of their emotion. The same is depicted with the help of graph in Fig-2.

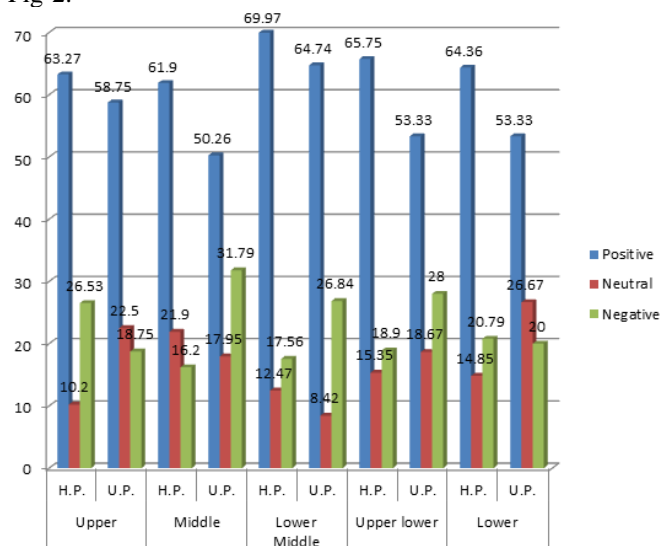


Figure 2. Showing the percentage of Socio-economic Status (SES) wise Emotion of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India.

The emotional experience improves with age because people come to appreciate and invest more effort matter of life important to them. The senior citizens of Uttar Pradesh are always indulged themselves in planning for better avenues for upgrading their socioeconomic status class citizens that why they are also known as risk takers. The senior citizens of Himachal Pradesh are famous in all over country for tier hardworking in such remote circumstances. No doubt that the aims of senior citizens of both state is almost same i.e. up gradation of socioeconomic status. But the Himachali people perform only those works which are riskless, while the people of Uttar Pradesh actively perform both risky and non risky work. During the course of risky transaction sometimes they have to adopt negative behavior and thoughts. So this may be the main reason behind the findings that senior citizens of Himachal Pradesh have more positive emotions than senior citizens of Uttar Pradesh.

Findings of the Study

The followings were the main findings of the study:-

- There is a significant difference in emotional fitness of male and female senior citizens of Himachal Pradesh and Uttar Pradesh, as chi square 8.707 (rural) and 7.507 (urban) is found significant.
- The upper class senior citizens of both states do not differ significantly in respect to their emotions, as calculated chi square middle class 3.526 is found insignificant at 2 degree of freedom and 0.05 level of significance.
- The middle class, lower middle, upper lower and lower class senior citizens of Uttar Pradesh and Himachal Pradesh differed significantly in respect to their emotion, as calculated chi square value 8.567 (middle), 11.335(lower middle), 8.108 (upper lower) and 6.609 (lower) is found greater than the tabulated value.

Conclusion

On the basis of above findings and conclusions it can be briefly concluded that senior citizens of Himachal Pradesh and Uttar Pradesh State of India differed significantly in respect to their socio-economic Status and Emotional Fitness Level.

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