



Impact of Environment on Mental Efficiency of Elderly: Spiritual Ambience, Normal Family Environment, Old Age Home Environment

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Received 22-04-2023	Abstract: It is unavoidable truth that with time the person gets older and ageing is an integral part of our life span. The old age is closing period in the life span of an individual. It is the age which begins from the age of sixty extends and to the end of life. In traditional India elderly or parents are considered as gods. In Indian value system elderly hold, the authority to minimize any of the conflict and much more. Here, for their well-being the mental efficiency plays an important role which can be affected by the type of environment. A project work was conducted using ex-post facto, non-experimental research design, in which total number of samples were 60 (55-75 age group) selected using accidental sampling method, out of which 20 were from spiritual ambience and other 20 were from normal family environment and 20 from old age environment, to study the impact of environment on mental efficiency of elderly: spiritual ambience, normal family environment, old age home environment. Using questionnaire, P.G.I. Battery for Assessment of Mental Efficiency in the Elderly (PGI-AMEE). In this project after application of statistical tools ANNOVA and T-test results were concluded that family environment is best and old age home is worst with relevance to mental efficiency of the elderly.	Keywords: Ageing, Elderly, mental efficiency, spiritual ambience, normal family environment, old age home environment.
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INTRODUCTION

It is unavoidable truth that with time person gets older and ageing is an integral part of our life span. Old age is the closing period in the life span of the individual. It is the age which begins from the age of sixty extends to the end of life. In traditional India elderly or parents are considered as gods. In Indian value system elderly hold, the authority to minimize any conflict. They are an immense source of knowledge, experience, morals, culture etc. Therefore, it is very important to take care of them, their mentalefficiency, and other related problems. Studies pointed out significantly that senior living in their own residences or retreat homes stated greater comfort than their matched comrades in nursing homes (SalimQuasis,1990). As today geriatric problems and increased need of their contribution is seen in the society.

- By 2050, 80 percent of senior citizens will reside in developing and middle-income nations.
- The population is ageing much more quickly than in the past.
- Children under the age of five will be outnumbered by adults 60 years and older in 2020.
- The percentage of people over 60 in the world will nearly treble from 12% to 22% between 2015 and 2050.

When creating a public health response to ageing, it's crucial to take into account both human and environmental strategies that can lessen the losses that come with getting older as well as those that could promote recovery, adaptation, and psychological development. (WHO)

Environment

Environment is referred to surrounding where we live. It is a combination of both physical factors such as where we live and the people around us, both in your home but also on a wider community scale According to **Kurt Lewin B=f(PE)**, means behavior of a person is decided by their surroundings and their personality. Environmental context (social networks and neighborhood characteristics) effects on the distress process (LA Gory,1992) There are different kind of environments some of them are as follows- **Spiritual ambience**-Environment blended with positive vibes, aromatic smell of scented sticks and yajna, talking with great altruistic spiritual personalities, practicing dhyana, sadhna and other healthy spiritual practices regularly, being busy in tasks which gives happiness all day, then having a maintained sleep cycle, having healthy food, far away from materialistic world. The environment's spiritual practises include disciplined elements like awakening at the brahmamuhurta, doing daily yajna, yoga, mantra japa, eating

satvik vegetarian meals without onion or garlic, and engaging in weekly shrimad bhagwat Gita and life management classes. (Sanjeev kumar yadav, 2019) **Normal family environment**-Environment including family members (for example son/daughter, grandson/granddaughter son in law/daughter in law, brother, sister, etc. Their family members take care of their elders, some people give authority of their home to them, others just treat them as ordinary family member, there are also some people who treat them as burden. There are sometime sweet sometime sour and bitter times together. **Old age home environment**-When there is no one to take care of the elderly or sometimes out of disinterest or feeling burdened person send their elderly to old age homes, where there are other elderlies to accompany them, good schedule, proper care, visitors, productive tasks, balanced diet, interesting practices, etc. caretaker monitor their needs, requirements, and put efforts to maintain their well-being.

Mental efficiency

Mental efficiency is again referred to as individual's 'intelligent talent/function'. It is a broad term that circumscribes such different skills as terminology, question solving, and temporary thought. Some capabilities are frequently secondhand and have happened grown to an extreme level of efficiency. Also main are the level of contemplation and the pertinence of the tasks used to measure adult intelligent functioning. By the time, individual reaches 80 age, the intelligence weighs about 8% less than it acted at the peak of maturity. Mental effectiveness in old include inspiration, watchfulness, inexact orientation to opportunity and place, thought, aggregation, wisdom perception, brawny arrangement and depressing syndromes and mood guide infirmity. (Adarsh kohli et. al.)

Chatterjee et.al (2017) the process of aging reduces the efficiency of living systems, making them fragile and less adaptive to the environmental fluctuations, gradually driving them towards the state of thermodynamic equilibrium. In this paper, we discuss the various metrics that can be used to understand the process of aging from a complexity science perspective. Choudhary et. al. (2018) ex-post study was done on 120 elderly and found home adjustment was positively correlated with mental efficiency and negatively with depression

Research Gap

In support of the effect of environment in mental efficiency 14. Researches in support of the effect of spiritual ambience, old age environment, normal family environment in mental efficiency 0.

Operational Definition

In this study the independent variable, mental efficiency refers to the interpretation drawn with the help of interpretation table provided by the manual (PGI-AMEE) through raw scores obtained by the participant and dependent variable, the spiritual ambience refers to the surroundings full with spiritual activities, old age (e.g. Shantikunj) home refers to surrounding where elderly live away from home under care of a caretaker (e.g. D.A.V. Nandraj old age home) and normal family environment refers to the normal surrounding where elderly live with their family members, wards etc.

Statement Of Problem

Is there any impact of spiritual ambience versus normal family environment versus old age home environment on Mental Efficiency of elderly?

Objectives of the study

To Study the effect of spiritual ambience, normal family environment, old age home environment on mental efficiency of elderly.

Delimitation of study

Population includes person living in spiritual ambience (shantikunj, shaktipeeth of MP), person living in old age homes of Jharkhand and Uttarakhand, and person from normal family environment of 55+ years

Hypothesis [H.]

1. There is no significant effect of spiritual ambience, normal family environment, old age home environment on mental efficiency of elderly.
2. There is no significant difference in mental efficiency of elderly living in normal family environment and old age environment.
3. There is no significant difference in mental efficiency of elderly living in normal family environment and spiritual ambience.
4. There is no significant difference in mental efficiency of elderly living in normal spiritual ambience and old age environment.

Sample and Sampling

This project work will use accidental sampling as sampling method.

Inclusion Criteria: In this project work, Total number of samples will be 60 of 55-75 age group, out of which 20 from spiritual ambience and other 20 from normal family environment and 20 from old age environment.

Out of 20 samples from old age homes of Haridwar and Jharkhand and 20 samples from different ashrams, and 20 different areas from all over India locally

Exclusion Criteria: Elderly who will be , mentally retarded, or not able understand questions would be excluded from sample collection process.

Elderly who will take any kind of intervention regarding to any sort of mental disease or mental disorder would also be excluded from the study.

Research Design: This research uses the ex-post facto, non-experimental research design.

Tools: P.G.I. Battery for Assessment of Mental Efficiency in the Elderly or PGI-AMEE (1996)

Statistical Analysis: ANOVA was used

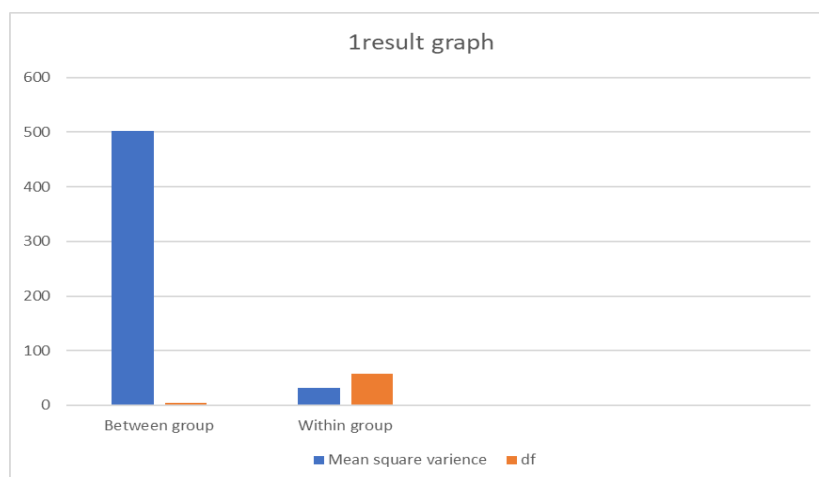
RESULT

Null Hypothesis 1: There is no significant effect of environment such as spiritual ambience, normal family environment, old age home environment on mental efficiency of elderly.

Source of variation	df	Sum squares	Mean square	F-value	Significance
Between group	2	1003.6	501.8	15.88	P<0.01
Within group	57	1801.25	31.60		
Total	59	2804.85	533.40		

Through data collected on a sample of 60 elderly from old age homes, spiritual ambience, and normal family environment. It was found after relevant scoring and applying the ANOVA test, that there is a significant effect of environments

such as spiritual ambience, normal family environment, old age homes on mental efficiency of elderly so null hypothesis. So null hypothesis is rejected.



Null Hypothesis 2: There is no significant difference in mental efficiency of elderly living in normal family environment and old age environment.

Group	N	M	df	σ	σ_D	T	Significance
Normal Family Environment	20	56.35	38	5.62	0.56	17.5	P<0.01
Old age home Environment	20	46.55					

Through data collected on a sample of 40 elderly from normal family environment and old age environment. It was found after relevant scoring and applying the t-test that there is a significant effect of environments such as normal family environment and old age environment on mental efficiency of elders. And normal family

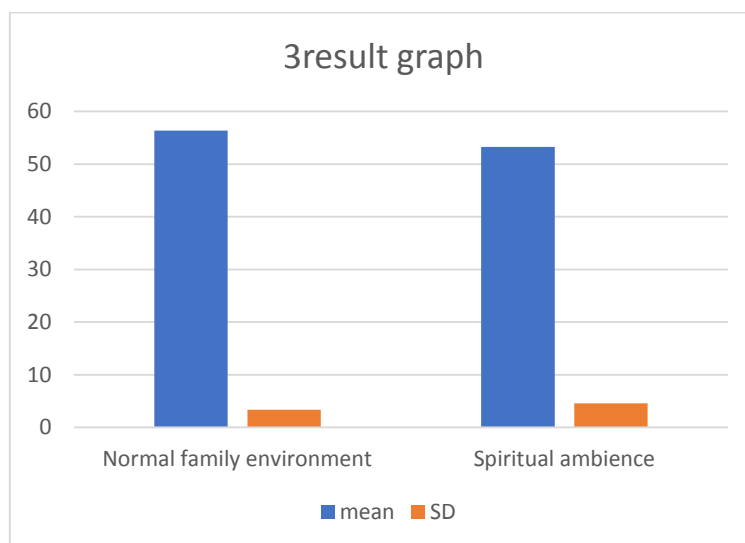
environment is better than old age home environment. So Null hypothesis is rejected.

Null Hypothesis 3: There is no significant difference in mental efficiency of elderly living in normal family environment and spiritual ambience.

Group	N	M	df	σ	σ_D	T	Significance
Normal Family Environment	20	56.35	38	5.62	0.56	5.54	P<0.01
Spiritual Ambience	20	53.25					

Through data collected on a sample of 40 elderly living in normal family environment and spiritual ambience. It was found after relevant scoring and applying the t-test there is a significant effect of environments such normal

family environment and spiritual ambience on mental efficiency of elders. And normal family environment is better than spiritual ambience. So null hypothesis is rejected.

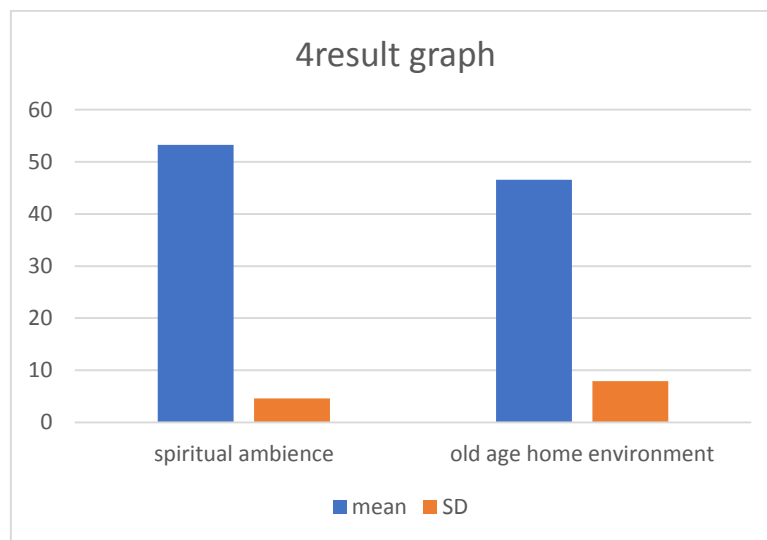


Null Hypothesis 4: There is no significant difference in mental efficiency of elderly living in spiritual ambience and old age environment.

Group	N	M	df	σ	σ_D	T	Significance
Spiritual Ambience	20	53.25	38	5.62	0.56	11.96	P<0.01
Old Age Home Environment	20	46.55					

Through data collected on a sample of 40 elderly from spiritual ambience and old age environment. It was found after relevant scoring and applying the t-test after that there is a significant effect of environments such normal

spiritual ambience and old age environment on mental efficiency of elders. And spiritual ambience is better than old age home environment. So null hypothesis is rejected.



The 1st Null Hypothesis which states that “there will be no significant effect of environment such as spiritual ambience, normal family environment, old age home environment on mental efficiency of elderly” is rejected as it was found that there actually is a significant effect of environments, i.e., spiritual ambience, old age homes and normal family environment on mental efficiency of elderly living in respective settings. Also, the mean value of the family environment is the highest among others which indicates that family environment is best with relevance to the mental efficiency of the elderly. The cause behind the positive correlation between respective environments and mental efficiency might be as following:

Engagement of the subjects living in spiritual ambience included for data collection in various spiritual activities such as meditation, mindfulness practices, mantra chanting, etc. These activities through a number of ways would definitely affect the mental efficiency of elderly in a positive manner. Similar causes can be present

due to which mental efficiency of elderly living in other settings might be affected, such as being deprived of the basic necessities, or facing enough challenges to

The 2nd Null Hypothesis which states that there will be no significant difference in mental efficiency of elderly living in normal family environment and old age environment is rejected as it was found that there is a significant difference in mental efficiency of elderly living in normal family environments and old age environments. If thought about the reasons this might be as in family environments elderly remain updated with changes due to regular interactions with their wards, whereas in old age homes there is lack of such regular interactions like, helping with home assignments, talking and analysis of news etc.

The 3rd Null Hypothesis which states that “there will be no significant difference in mental efficiency of elderly living in normal family environment and spiritual ambience” is rejected as the results found that there is a significant

difference in mental efficiency of those living in normal family environment and spiritual efficiency. Also, the difference in mean scores suggest that normal family environment has significantly better results regarding mental efficiency as compared to spiritual ambience.

The 4th Null Hypothesis which states that "there will be no significant difference in mental efficiency of elderly living in spiritual ambience and old age environment" is rejected, as it was found that there actually is a significant difference in mental efficiency of those living in spiritual ambience and old age environment. The difference in the respective mean scores suggest that elderly living in spiritual ambience had significantly better results on test which measures mental efficiency than those living in old age environment. Causes might include regular involvement in different kind of activities, such as, japa, yagya, dhyana, etc. resulting in a better neural coordination along with other benefits, leading to a better mental efficiency consequently.

CONCLUSION

From above interpretation and discussion, we can conclude that there is a significant impact of different environments such as spiritual ambience, normal family environment and old age homes respectively, on mental efficiency and adjustment of elderly. Also, it was found that mental efficiency does have a significant effect on adjustment of elderly. So, we need to provide adequate environment to a significantly large population covering the globe i.e., elderly. As life expectancy rate has increased and they are a huge mass of human resource now holding enormous experience, practical knowledge of life, etc. therefore it becomes quintessential to manage them in an organized as well as planned manner.

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