

Significance of Physical Health for Psychological Well-being of Elderly

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ABSTRACT The present research study was designed to explore and compare the level of stress, anxiety and depression among institutionalized and non-institutionalized elderly across their health status. The sample for the present study comprised of total 200 elderly among which 100 were institutionalized and 100 were non-institutionalized. Socio-demographic characteristics of the respondents were assessed using self-designed questionnaire whereas Anxiety, Depression and Stress Scale by Bhatnagar was administered to measure the level of anxiety, depression and stress of respondents. The findings of the present study highlights significant influence of health status on level of stress, anxiety and depression among elderly. Elderly with serious health problems were found to be significantly more stressed, anxious and depressed than those having controllable health problems, irrespective of their place of residence. Thus, result of the present study reflects that good physical health is a prerequisite for psychological well-being among elderly.