

LONELINESS, HEALTH STATUS, AND PSYCHOLOGICAL
WELL-BEING OF THE ELDERLY IN THE KNANAYA
COMMUNITY AT KERALA, INDIA.

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93 Pages

December 2005

The purpose of the study was to investigate the relationship between loneliness, health status, and psychological well-being and the impact of loneliness and health status on the psychological well-being of the elderly in the Knanaya Community at Kerala, India. The differences between loneliness, health status and psychological well-being in relation to age, gender, marital status, education, and living arrangements were also examined.

A total of 357 elders were used for this study. The instrument consisted of a set of four questionnaires, namely, Personal Data Questionnaire, UCLA Loneliness Scale, General Health Status 28 Scale, and Satisfaction with Life Scale. The data was analyzed by using T-test, one-way ANOVA with Post Hoc Multiple Comparison, Pearson Product-Moment Correlation Coefficient, and Multiple Regression.

The major findings were as follows:

1. The majority of respondents were experiencing a high level of loneliness, severe condition of health status, and lower degree of psychological well-being.

2. There were significant differences between loneliness, health status and psychological well-being in relation to the demographic variables of age, gender, marital status, education, and living arrangements ($P < 0.05$).
3. There was a significant positive relationship between loneliness and health status at 0.01 level; a significantly negative correlation between loneliness and psychological well-being ($P < 0.05$); and a significantly negative correlation between health status and psychological well-being at .01 level ($P < 0.01$).
4. Health status negatively affects the psychological well-being of the elderly ($P < 0.01$).

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