

## The Mental Efficiency of Male and Female Elderly in Aurangabad City.

\*Dr. Bharat H. Mimrot  
NKSPT's Arts, Sci and Comm. College,  
Badnapur, Jalna-Maharashtra

### Abstract

*Old age is the closing period in the life span. It is a stage when people move away from previous more desirable period to less desirable period. The unfavorable social attitudes towards the elderly are reflected in the way the social group treats them. It is not surprising that many elderly people, develop unfavorable self concepts. It is important to recognize that the mental decline associated with old age may not be as great as popularly supposed. There are marked individual variations in mental decline of old persons. The present research work was focused on the comparison of male and female elderly with regard to these mental efficiency. The main objective of present research is to comparison of mental efficiency in elderly. As per object researcher was formulated four hypotheses, The memory functions would be better developing in the male elderly than female elderly, The mental status would be better developing in female elderly than male elderly, The level of perceptual-motor would be high in female elderly than male elderly, Depression level would be high in male elderly than female elderly. There are hundred and twenty male and female elderly was selected from various mental health care centers in Aurangabad city. The PGI battery by Dr. Adhrash Kohli and etal was used for data collection for assessment of mental efficiency in the elderly. Data were analyzed by one-way ANOVA and descriptive statistics applied. There are three levels of mental efficiency shows that differences between male and female elderly and depression level shows no differences in male and female elderly. These results are limited to elderly in Aurangabad elderly.*

**Keywords:** Mental efficiency, elderly, depression, memory functions.

## References

- Aruna dubey(2011):A Study of Elderly Living in Old Age Home and Within Family. *Stud Home Com Sci*, 5(2): 93-98 (2011).
- Bretz E (2014):Correlations of psychophysiological parameters influencing the physical fitness of aged women. *Acta Physio-Hung*. 2014 Sep 8:1-8.
- Clement E(2014):A motivational approach of cognitive efficiency in nursing home residents. *Geriatr psychoneuropsychiatry Vieil*. 2014 Jun;12(2):227-35. doi: 10.1684/pnv.2014.0472.
- Crawford,C., Barnes, S., McKee, K., Morgan, K., Torrington, J and Tregenza, P. (2000). *Quality of Life and Building Design in Residential and Nursing Homes for Older People*. Oxford University Press.
- Duck, S. (1992). *Human relations* (2nd ed.). London: Sage Publications.
- E.B. Hurlock (2001) 5<sup>th</sup> edition: *latnempoleveD :ygolohcysp Mental changes in old age learning older people*, Tata McGraw Hill Publication, New Delhi.
- Gorman, M. (2000). *The Ageing and Development Report: Poverty, Independence and the World's Older People*. London, Earthscan Publications Pvt. Ltd. 3-21.
- Gutman, M. P., Balducci, C., Burholt, V., Wenger, C and Thissen, F. (1988). The Physical and Social Environment of the Person with Alzheimer's Disease. S74-S78.
- K Adam(1981): Lack of effect on mental efficiency of extra vitamin C. *Am J Clin Nutr* September 1981 vol. 34 no. 9 1712-1716.
- Palmore, A., S. (1999). Age related Changes in the Tip of the Tongue Experience. *American Journal of Psychology*, 109, 79-91.
- Rao, V. A. (1997). *Psychosocial Aspects of Geriatric Population, Reading in Transcultural Psychiatry*. Inter-India Publications, New Delhi.
- Riddle MC (1990):The mental efficiency of the elderly person with type II diabetes mellitus. *Journal of Am Geriatr Soc*. 38(5):505-10.
- Salthouse, T. A. (1994). Age related Differences in Basic Cognitive Processes: Implications for Work. *Experimental Ageing Research*, 20, 249-255.
- Seligman, S. L. (1975). Long Term Effects of Cognitive Training on Everyday Functional Outcomes in Older Adults. *JAMA*. 296(3), 2805-2814.
- Sharma, S. (1999). Elderly in India: Their Mental Health Problems. In Arun P. Bali (ed). *Understanding Greying People of India*.
- Suedfeld, P. (1982). "Aloneness as a healing experience". In Peplau, Letitia Anne; Perlman, Daniel. *Loneliness: A sourcebook of current theory, research and therapy*. New York: John Wiley and Sons. pp. 54-67.
- Suedfeld, P. (1989). "Past the reflection and through the looking-glass: Extending loneliness research". In Hojat, M.; Crandall, R. *Loneliness: Theory, research and applications*. Newbury Park, California: Sage Publications. pp. 51-6.
- Thomas G. Plante(2005): *Contemporary clinical psychology* 2nd ed., John Wiley & Sons, Inc.