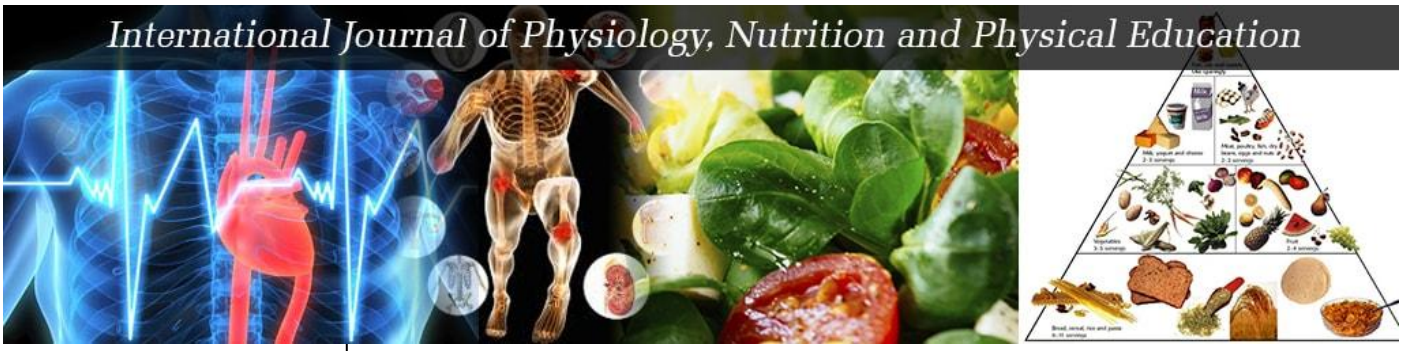
International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 223-224



ISSN: 2456-0057
IJPNPE 2019; 4(1): 223-224

www.journalofsports.com
Received: 07-11-2018
Accepted: 09-12-2018

Suhail Yaqoob Bhat
PhD Research Scholar Dr. C.V.R. University Kota Bilaspur, Chhattisgarh, India

Dr. Y. Shrivastava
Asst. Professor Dr. C.V.R. University Kota Bilaspur, Chhattisgarh, India

Dr. Sharda Kashyap
Senior Sports Officer, Govt. Bilasa Girls College, Bilaspur, Chhattisgarh, India

Correspondence
Suhail Yaqoob Bhat
PhD Research Scholar Dr. C.V.R. University Kota Bilaspur, Chhattisgarh, India

A study of ego strength among elderly females: With reference to regular physical activity

Suhail Yaqoob Bhat, Dr. Y. Shrivastava and Dr. Sharda Kashyap

Abstract
This study compared ego strength of elderly females in relation to their physical activity status. This study was conducted on 250 physically active elderly women (Ave. age 64.11 yrs) and 250 elderly women with sedentary lifestyle (Ave. age 63.23 yrs.). The study area of this research was limited to Jammu and Kashmir. Regular walking, light exercise and yoga were considered as regular physical activity apart from day-to-day work while sedentary lifestyle has its usual definition. To assess ego strength of selected elderly females, PMHI prepared by Agashe and Helode (1988) was used. It was found that ego strength in elderly females with regular physical activity routine was found to be significantly higher as compared to elderly females with sedentary lifestyle. It was concluded that regular physical activity boost the ability of elderly females to cope with internal and external stressor while maintaining emotional stability.

Keywords: Physical activity, ego strength, elderly females

1. Introduction
One of the major factors of positive mental health is ego strength. Strupp and Hadley (1977) [7] also incorporated ego strength along with self-acceptance and philosophy of life in their model of positive mental health. Freud's psychoanalytic theory of personality also describes ego strength. As per the description ego strength is the knack of the ego to deal efficiently with the demands of the id, the superego, and reality. The psychoanalytic theory also incorporated qualities such as emotional stability and effective coping strategies to deal with internal and external stressors.

Ego strength is also an integral element of mental wellbeing which is an essential ability as maintaining own identity and self-awareness in the event of adverse situation, distress and pain. So it can be said that coping mechanism to fight with stressful situation is strongly related to ego strength.

The mental wellbeing of an elderly population is studied with great interest more so in recent time. This is not unexpected because elderly populations in the world and in Indian context are rising. In India it is expected that around 19% of Indian population in the year 2050 will be of elderly people. Keeping the mental, physical, physiological and economic issues in mind, researchers like Sati *et al*. (2013) [6], Nodehi *et al*. (2013) [4], Minghelli *et al*. (2013) [3], Prashantha *et al*. (2015) [5], Gapler *et al*., 2006 [2], Tirumalesh and Chandraiah, 2017 conducted studies with elderly people being its central figure. On the basis of scientific evidences it is also envisaged that regular physical activity other than day-to-day work may be a solution to boost mental health of elderly people. It is surprising that ego strength a major component of positive mental health has not been assessed in the light of physical activity in elderly population. To fill this knowledge gap the present study was mediated.

1.1 Objectives
The objective of the present study was to compare ego strength of elderly female engaged in regular physical activity and living a sedentary life.

1.2 Hypothesis
It was hypothesized elderly females engaged in regular physical activity will show more

magnitude of ego strength as compared to elderly females with sedentary lifestyle.

2. Methodology

The following methodological steps were taken in order to conduct the present study.

2.1 Sample

To conduct the study 500 elderly females were selected. The age range of selected elderly females was between 60 to 70 years of age. Equal number of elderly female was selected on the basis of their physical activity status i.e. elderly females following regular physical activity schedule and sedentary elderly females. Walking, light exercise, recreational activities and yoga on regular basis were considered as physical activity apart from day-to-day work. Purposive sampling was used for selection of sample.

2.2 Tools

Positive Mental Health Inventory

To assess ego strength of elderly females, Positive mental health inventory prepared by Agashe and Helode (1988) [1] was used. This inventory is made up of 36 statements which assess self-acceptance, ego strength and philosophy of life dimensions of positive mental health. This inventory is highly reliable and valid. Only ego strength dimension is taken into consideration in the present study.

2.3 Procedure

250 elderly females engaged in regular walking, cycling, light exercise for minimum of 35 min. duration and 250 sedentary elderly females were identified and after obtaining consent to participate in this study, they were subjected to positive mental health inventory prepared by Agashe and Helode (1988) [1]. Scores pertaining to ego strength dimension were segregated into respective study groups as per guidelines of the author's manual. Independent sample 't' test was used to compare ego strength of elderly females belonging to two pre-defined study groups. Results are presented in table 1.

3. Result & Discussion

Table 1: Comparison of Ego Strength among Elderly Females on the basis of Regular Physical Activity

Variable	Status of Physical Activity				t	Level of Significance
	Regular (N=250)		Sedentary (N=250)			
	M	S.D.	M	S.D.		
Ego Strength	10.05	2.04	5.93	2.22	21.60	.01

A perusal of entries reported in table 1 reveals statistically significant difference in ego strength of elderly females of two pre-defined study groups on the basis of physical activity. It was observed that ego strength of elderly females pursuing physical activity on a regular basis was significantly higher (M=10.05) as compared to sedentary elderly females (M=5.93). The calculated t=21.60 also proves their finding scientifically at .01 level of statistical significance.

Researches also show that physical activity / exercise is not only beneficial for physical but also mental wellbeing. Regular physical activity reduces stress and depression, increase energy level and enhance overall wellbeing. Hence it is not surprisingly that elderly females engaged in regular physical activity have superior ego-strength as compared to sedentary elderly females.

4. Conclusion

On the basis of results, it may be concluded regular physical activity boost the ability of elderly females to cope with internal and external stressor while maintaining emotional stability thus better ego strength as compared to sedentary elderly females.

5. References

1. Agashe CD, Helode RD. Manual for Positive Mental Health Inventory, Psychoscan, Wardha, 1988.
2. Galper DI, Trivedi MH, Barlow CE, Dunn AL, Kampert JB Inverse association between physical inactivity and mental health in men and women. Med Sci Sports Exerc. 2006; 38(1):173-178.
3. Minghelli B, Tome B, Nunes C, Ana Neves, Caria Simoes Comparison of levels of anxiety and depression among active and sedentary elderly. Rev. psiquiatr. clín. São Paulo, 2013; 40(2).
4. Nodehi MA, Mehdi B, Parhoodeh Y. A Comparison of Mental Health in Active and Inactive Elderly with an Emphasis on Physical Activities. Int. Journal of Engineering Research and Applications. 2013; 3(6):1783-1785.
5. Prashanth AK, Perathu Kannu Rakesh M, Praveena V, Preethi A, Prithvi S, Priyadharshini R *et al*. A cross-sectional study analysing the level of depression and its causative factors among patients visiting a multispecialty hospital. Advanced Medical Sciences: An International Journal (AMS). 2015; 2(4):1-6.
6. Sati Sinha P, Shrivastava SR, Ramasamy J. Depression in an Older Adult Rural Population in India. MEDICC Review. 2013; 15(4):41-44.
7. Strupp HH, Hadley SW. A tripartite model of health and therapeutic outcome. American Psychologists. 1977 32(3).
8. Tirumalesh M, Chandraiah K. Psychological wellbeing among diabetes mellitus patients. International Journal of Management and Applied Science. 2017; 3(8):29-31.