

Abstract

The study was comparative in nature and find out level of resilience, death anxiety and depression among institutionalized and non-institutionalized elderly along with gender differences between them. The present study also examines the issues that institutionalized and non-institutionalized elderly are facing. Purposive sampling was used and a total of 80 elderly, aged between 60 years and over, participated in this study. There were 40 non-institutionalized (20 males and 20 females) and 40 institutionalized elderly people (20 males and 20 females) being selected. State-trait Resilience Checklist (Hiew, 2004) translated by (Sawar, 2005), Death Anxiety Scale (Templer, 1970) and Siddique Shah Depression Scale (Siddiqui & Shah, 1997) were used to figure out resilience, death anxiety and depression among institutionalized and non-institutionalized elderly. Through findings it was revealed that institutionalized elderly are less resilient, having more depression and death anxiety as compared to non-institutionalized elderly. Divorced and unmarried elderly showed more death anxiety and the long stay of elderly people in institutions leads less resilience. Furthermore, elderly females were more depressed than elderly males and elderly were more on risk of depression due to low level of resilience. The findings of the study highlight the need of enabling them with different skills so that they can easily cope with challenges and stressors of their life.

Keywords: Elderly, resilience, death anxiety, depression