

## **Chapter 7**

# **IMPLICATIONS, LIMITATIONS AND SUGGESTIONS FOR FURTHER RESEARCH**

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### **7.1 Implications of the present study**

Housewives need to have the feeling that they are very much needed in the family. Hence, emotional ties or bonding must be of improved quality. Still working elderlies must look ahead much earlier in order to be prepared for dry days. Development of hobbies, social/ spiritualistic engagements should be designed in a much earlier state in order to be much emotionally equipped to meet the altered states of existence in ageing sphere.

Certain suggestions from the psychologist's desk may be offered to elderly females irrespective of their work status for their successful ageing as eminent implications of the present research.

- ⇒ Strengthening of life span relationships.
- ⇒ Promoting personal growth by giving and receiving healthy emotional exchanges, i.e, serving as a reciprocatory system of relationships.
- ⇒ Finding meaning in life by absorbing the realizations gathered through teaching and adopting a grateful and forgiving stance towards life.
- ⇒ Being in a process of continuous learning system, curbing down possibilities of burnout in the long run.
- ⇒ Addressing senior-junior compatibility issues with compassion and respect.
- ⇒ Adopting a positivistic outlook towards life in general.
- ⇒ Gracefully accepting old age problems, by adopting a generativity outlook.
- ⇒ Spending more time with younger people to touch the rhythm of life continuously.

Thus the present findings are of much significance in understanding the personality profiles of elderly females differing in their work status in the canvas of successful ageing and overall adjustment.

The findings are also helpful in formulating and implementing psychotherapeutic programmes for such individuals, namely, individual counselling in particular and family counselling in general to have better folds of adjustment to get reflected in different dimensions.

Within the fold of cognitive-behaviouristic therapy particularly, each specific information from the used tests can be specifically utilized as pieces of information regarding their selves. The negative profiles along with their possible origins in individualized situations are of crucial importance to have a better understanding of their psyche. Their nature of current sufferings can be discussed in “close” personal interactive bonds. With supportive therapeutic alliance, the possible solution(s) can be placed in front of them. They can be helped in adopting the newer measures of correction where a bit of emotional achievement may serve as reinforcing agents for them and help them to age successfully.

In a client-centered mode of therapy also, the present findings can be utilized by highlighting the presence of maladaptive behavioural loadings on the basis of the tests which offer guidelines of realizing them and developing an urge to opt for alterations. Though, in general, in therapy situations, the verbal contents of the clients (elderly teachers in the present context) are of maximal importance, if they are being corroborated by objective test findings, the therapeutic modifications are expected to be smoothened.

Furthermore, such an understanding of the personality profile of elderly females irrespective of their work status is of much help to economize time factor in rendering psychotherapeutic services to them, if required.

## **7.2 Limitations of the Study**

No research is free from its limitations; this investigation is also not an exception to this. The source of the short-comings noted in the present research could not, however, be

eliminated primarily because of the purposive sampling that was adopted in the present work. The important limitations are as follows:

1. It is obvious that the more the number of subjects participated, greater would have been the scope of generalization of the findings. Small sample size of the present investigation prevents the research from being generalized as it essentially supports the ideographic approach.
2. A number of questionnaires were used in this study. However, questionnaires may invite falsification and faking behaviour on the part of the subjects. A tendency toward subjective bias may also be present when questionnaires are used. Indirect tests, like projective tests would have been administered to overcome this limitation.
3. The cross-sectional nature of the present research prevents the scope of inter-developmental changes in personality profiles in selected groups of elderly women along with selected variables of the study.
4. Female elderlies belonging to different age groups (young old, middle old and late old) across the three sectors based on work status could have yielded a better profile of such sample on the basis of which certain suggested correctional conditions could have been attained toward graceful ageing.
5. Other variables like resilience, coping, ego strength, family support etc could have been considered as significant variables which would have provided a more comprehensive perspective of their selected groups of female elderlies.
6. Only the female section of elderlies was considered in the present investigation. The inclusion of both the genders would have yielded a more comprehensive result.

### **7.3 Suggestions for Further Research**

1. Further research in this area may highlight on other aspects of the personality of elderly women teachers like those of meaning in life, sense of alienation, spirituality, sense of generativity, wisdom, proactive coping etc. to yield a global picture of them with regard to successful ageing and overall old age adjustment.

2. All the developmental sub-groups of old age (young old, middle old and old old) may be studied extensively for better comparison and to yield results on the basis of developmental trajectories of the selected variables across female elderlies to reveal any significant difference(s) among them.
3. Comparative studies may be undertaken between different comparable groups of female elderly individuals residing in institutional homes and those with their families based on marital status (single, married, divorced, remarried, widowed) to reveal the intricacies of selected psychosocial correlates among them, if any, to have any significant bearing on old age adjustment.
4. Future research needs to investigate the extent to which each of the selected variables do in turn contribute to successful ageing of elderly individual of rural and urban set-up, such that the selected sample might have an advantage to age gracefully and have overall sense of adjustment in different dimensions.
5. Research on the relationships of perfectionism, emotional intelligence and proactive coping in relation to interpersonal problems, values and interpersonal relationships among elderly individuals of both genders may also be undertaken to provide light for the selected variables to serve the role of facilitators toward successful ageing and long term adjustment in social-emotional life contexts.