Relationship between Ageing Perception and Attachments Styles in Elders Living in Qazvin, 2015

Ameneh Yaghoobzadeh[1], Fatemeh Mohammadi[2],Sonia Oveisi[3], Seyedeh Zahra Hosseinigolafshani[4]

1. PhD Student in Nursing, School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran
2. PhD, Associated Professor of Gerontology, Nursing and Midwifery Faculty, Qazvin University of Medical Sciences, Qazvin, Iran
3. Associated Professor of Mother and Child Health, Qazvin University of Medical Sciences, Qazvin, Iran
4. Assistant Professor, Nursing and Midwifery Faculty, Qazvin University of Medical Sciences, Qazvin, Iran ***(Corresponding author)***

z.hoseinigolafshani@qums.ac.ir

Background

Ageing leads to problems related to this stage of life (1). Perception of an old aged is an important factor in predicting of experiencing successful aging (2). As well, attachment is considered as one of the main concerns and challenges that is associated with aging and perception of that among elders (3). This study aimed to investigate the relationship between ageing perception and attachment styles in elders living in Qazvin, 2015.



MATERIAL AND METHODS

A descriptive-correlational design was conducted on 300 elders who were recruited to the 23 clinics and health centers in Qazvin during the period of August to October, 2015. Data were collected using demographic information, Barker`s ageing perception questionnaire, and Collins and Read`s revised adult attachment scale. The analyses were performed using descriptive and inferential statistics using SPSS-PC (v.22).



RESULTS

The results showed that older people have average ageing perception (159.10±11.10). Also there was statistically significant relationship between ageing perception and fearful attachment style (r=.030, p=.126). It wasn`t found any significant relationship between ageing perception with other attachment styles. Among the demographic variables, male gender, being single, academic education, living at children`s house, poor economic status, low relatives visiting as well as emotional support from the family were related in increasing the ageing perception. Furthermore, it wasn`t found a significant relationship between the main source of income and experiencing of mental health problems. Also, the majority of elders reported secure attachment in attachment styles. Mean differences in attachment styles wasn't significant in variables such as age, sex, marital status, education level, living place, socioeconomic status, main source of income, and history of mental and emotional problems. Chi-square test results showed that relative visiting and receiving emotional support from family were correlated with secure attachment styles (p<.05).

CONCLUSIONS

This study was an important step in the understanding of ageing perception and attachment styles in elders. The concept and influencing factors of these two variables are considered as the determinants agents in mental health, creating adaptation, and positive experience about ageing. So greater researches in this area is recommended in order to compare the results with the present study.

REFERENCES

[1] Smeltzer S, Bare B, Hinkle J. Brunner and Suddarth's textbook of medical surgical nursing. Translated by: Abed Saeidi G. 12th ed. Salami; 2012. 20-36 [In Persian]

[2] Wurm S, Tesch-Römer C, Tomasik MJ. Longitudinal findings on aging-related cognitions, control beliefs, and health in later life. The Journals of Gerontology Series B: Psychological Sciences and Social Sciences. 2007;62(3):156-64.

[3] Hogstel MO, Kazer MW, Zembruzski C. Gerontology: nursing care of the older adult. 2001.