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Study of developmental relationship between attitudes to aging and personality characteristics in persons 7 to 80 years in Iran

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A B S T R A C T

The aim of this study is examine of developmental relationship between attitudes to aging and personality characteristics in persons 7 to 80 years in Iran. Type of study is descriptive and was conducted correlation analysis. Statistical papulation include all people of Isfahan city. Sample size is 800 people. Sample method is the convenience sampling methods. For data collection attitudes to aging questionnaire and NEO Personality Inventory were used. To test the hypothesis, Pearson correlation and multiple regression were used. The results showed that the correlation between attitudes to aging and personality characteristics are obtained 0.09, that in $p < 0.05$ was significant. But the correlation between personality characteristics and attitudes to aging components was not significant. So we can say that according to personality characteristics of people community, attitudes to elderly people are different. After improved the economic conditions, health and social care of the elderly, Members of society attitudes to aging was better.

Keywords: Attitude, The Elderly, Character, Development.

INTRODUCTION

The aging is physical, mental and social phenomenon¹. Promote the objectives of improve positive attitude to aging, educational interventions is very important. Type of Attitude to aging before onset of aging is effective in quality of life, physical health, and psychological health^{2, 3, 4, 5}. Attitudes to aging can be examined at two levels: personal and social.

Elderly people's attitude to aging as reaching knows your image that Indicates knowledge of the age of their time in a more traditional view of factors such as chronological age, health, retirement, decline of mental / physical and death of her husband. In contrast, the perception of aging is effect on social attitudes and social interpretation with stereotypical thoughts. If there is negative attitudes to aging, leading to negative prejudices and discrimination⁶.

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To research indicates that aging acceptance is different among people of all ages and different style that has a direct relationship between the kinds of attitude⁷. Various research on this subject, have shown conflicting results, based on some negative attitudes⁸ and in positive attitudes are more common, especially among the young^{9, 10}.

There are two theories for explain the process of aging and ready to change of attitude:

1. years of effectiveness
2. Increased stability

First view, years of effectiveness, is influences on individuals' experiences of social. Second view, increased stability; the people, when they are young, they are more flexible and responsive prominently to their surroundings and with increase age flexibility as well as decreases. The reasons for the decreased flexibility are several things: First, loss of energy and loss of nerve tissue, cause decreased ability to process information and memory loss and basic life processes. Second, aging is associated with social isolation and reduced attention to the event.

Concerning study of personality characteristics of Costa and McCrae theories have been many researches. As a result, a new theory called the five factor theory of personality characteristics. This model shows the five main features that interact with together, make the human personality.

The five factors have been defined as

1. Openness to experience
2. Conscientiousness
3. Extraversion
4. Agreeableness
5. Neuroticism

The aim of this study was to determine the attitude changes to the aging profile and Study of developmental relationship between attitudes to aging and personality characteristics in persons 7 to 80 years in Iran.

METHODOLOGY

Type of study is descriptive and was conducted correlation analysis. Statistical population include all people in the age group 7 to 11 years, 12 to 18 years, 19 to 55 years and 55 to 80 years and contains both female and male of Isfahan city.

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Sample size is 800 people in the age group 7 to 11 years, 12 to 18 years, 19 to 55 years and 55 to 80 years and contains in each age group 200 subjects, 100 female and 100 male. Sample method is the convenience sampling methods. To Study of the hypothesis was used Pearson correlation and multiple regression variable.

For data collection was used from three questionnaires

1. Demographic questionnaire consisting of age, gender, education, income, whether the elderly live? And how you communicate with older people??

2. NEO questionnaire

3. Inventory attitude to aging

The construction of attitudes to aging questionnaire was conducted in the following order:

First, to measure the attitudes of the elderly, based on the theory of Ericsson 4 age groups were considered: people 7-11 years, 12-18 years, 19-55 years and 56-80 years

- The following were study the theoretical foundations of the aging attitudes and transition period.

The question was designed based on theoretical and external questionnaire.

- The present questionnaire was sent for 10 experts of psychology and sociology and 35 questions were selected by applying their opinion.

- 35 questions for the four age groups were equivalent and were sent experts to the area of children's literature and Persian literature and was included their opinion in the text of the question.

Then questions were performed on 30 subjects in each age group for determined to rate understandability. Then questions were asked on the Likert scale ranging from 10 to 1 degree understandable and the questions were changed that they average less than 7.5 and reexamine on 30 subjects in each age group for determined to rate understandability.

For data analysis of descriptive statistics were used mean, standard deviation, and in the inferential analysis were used of variance and regression analysis.

RESULTS

In the below table shows the mean and standard deviation of research participants in the age group

Table 1. Mean and standard deviation of age group

| Variable | Group Years | N | Mean | SD |
|-----------------------------|-------------|-----|--------|-------|
| attitude to aging | 7-11 | 200 | 108.53 | 13.38 |
| | 12-18 | 200 | 197.77 | 13.74 |
| | 19-55 | 200 | 108.70 | 13.86 |
| | 56-80 | 200 | 106.98 | 12.58 |
| personality characteristics | 12-18 | 200 | 97.69 | 17.26 |
| | 19-55 | 200 | 99.02 | 16.37 |
| | 56-80 | 200 | 101.98 | 15.64 |

Table 2. Correlation coefficients of the variables

| Variable | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-----------------------------|-------|--------|---------|--------|--------|--------|---|
| attitude to aging | 1 | | | | | | |
| personality characteristics | 0.09* | 1 | | | | | |
| Neuroticism | 0.04 | 0.21** | 1 | | | | |
| Extraversion | 0.04 | 0.64** | -0.35** | 1 | | | |
| Openness to experience | 0.05 | 0.48** | 0.08* | 0.17** | 1 | | |
| Agreeableness | 0.06 | 0.68** | -0.13** | 0.52** | 0/01 | 1 | |
| Conscientiousness | 0.04 | 0.76** | 0.07- | 0.43** | 0.23** | 0.49** | 1 |

P < 0.01** & P < 0.05*

As can be seen in Table 2 Correlation coefficients between attitude to aging and personality characteristics is obtained 0.09 at $p > 0.05$ are significant. But the correlation between personality characteristics and attitudes to aging components none were significant.

Table 3. The results of ANOVA to compare personality characteristics from childhood to aging

| Index | Sum of squares | DF | Mean of squares | F | P |
|---------------|----------------|-----|-----------------|------|-------|
| between group | 1934.90 | 2 | 697.45 | 3.58 | 0.028 |
| Within group | 160926.29 | 597 | 269.55 | | |
| Total | 162861.19 | 599 | | | |

Table 4. The results of ANOVA to compare attitude to aging from childhood to aging

| Index | Sum of squares | DF | Mean of squares | F | P |
|----------------------|-----------------------|-----------|------------------------|----------|----------|
| between group | 372.37 | 3 | 372.37 | 0.69 | 0.558 |
| Within group | 142956.61 | 796 | 179.59 | | |
| Total | 143328.98 | 796 | | | |

Results in Table 4 show that $F = 0.69$ that is not significant ($P=0.558$). This indicates is that despite the minor differences between the attitudes of the elderly in different age groups, the difference was not statistically significant.

CONCLUSION

The results of the present study consist of the Glace research (2003) Concluded that students was negative attitudes about aging and elderly in the following: productivity, adapt to changes, independence and optimism also David and beck (2007), reported that many of the research participants in response to the question whether the aging period is uninteresting? In response, they said that is not uninteresting. If that person is not in poor health conditions and depend the nature and kind of thinking and attitude of the person. Those Results are consistent of the result of present study that a uniform approach to aging people in different age periods.

The aging period and the elderly are mainly associated with negative personality characteristics. The elderly are mainly as pessimists, difficult, non-flexible, mysterious, moody or irritable, angry, bitter and sarcastic descriptions especially old men are more irritable and sullen, suspicious and are described in conflict with other women elderly¹¹.

But some are of the opinion that the aging period, people are warmer, more friendly behavior and heartfelt. Against groups, such as homeless people or people with disabilities, older people are warmer and more compassionate Classification¹².

Fact is that aging period faced with the challenges. Most of the elderly are involved with diseases that endanger the independence and quality of their lives. Disability is defined the impairment of daily activities or need assistance in at least one of the activities of daily living.

In the case if people passes over the age of stages and periods as well and with perfection to reach aging it is obvious that the most powerful character in this age will have that the results of this study also refers to this point.

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