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ABSTRACT

of the dissertation for the degree of Doctor of Philosophy

PSYCHOLOGY OF OLD AGE AND ITS IMPACT ON FAMILY RELATIONSHIPS

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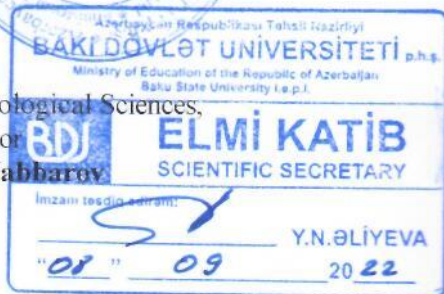
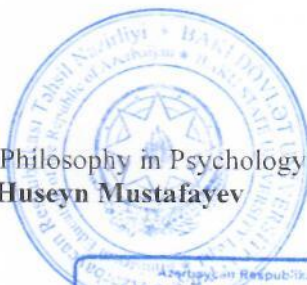
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GENERAL CHARACTERISTICS OF THE WORK

Relevance and development of the topic. Gerentopsychology has recently begun to develop as one of the important areas of practical psychology. This process is associated with changing the demographic situation in the world. Thus, in modern times, due to the prolongation of life, there is an increasing the number of people in old age in society. According to the World Health Organization, by 2100 the number of people over the age of 60 will increase sixfold.

The tendency of aging of population is also reflected in our Republic. According to the State Statistics Committee of Azerbaijan, there is a positive trend in the growth of the elderly population. According to statistics, for every 1,000 able-bodied people, there will be 494 retirees in 2030 and 590 in 2050.

At present, society has reached such a level of development that increasing the number of elderly people has serious impact on the economic, social and spiritual aspects of life. In this regard, the problem of the psychology of old age has become actual in modern times. Thereby, the deeper study of the psychology of aging now has both theoretical and practical importance. Thus, without knowing the characteristics of old age and the specific psychological characteristics of older people, it is impossible to determine this large social age group, their role in society and the family.

In psychology, old age is considered as the last period, which begins with the direct withdrawal of a person from the creative life of society. Old age is not a static situation; it is a dynamic process, as old age is associated with specific changes in living conditions, many of which, unfortunately, have negative shades. These include changes in physical capabilities, loss of social status, changes in family functions, the threat of death or loss of loved ones, deteriorating economic conditions, and the need to adapt to changing cultural and living conditions. Indeed, these changes are potentially available to all people in old age. On the other hand, it is this age period that expresses the general perspective of personality development and provides intergenerational ties. Only from the point

of view of old age is it possible to understand life as a whole, to understand and explain its essence and meaning, its obligations to future and past generations. From this point of view, the study of the objective and subjective causes of the crisis in the psyche of people living in old age, the psychological study of this complex and contrasting period, is undoubtedly a very important and topical issue.

The urgency of the problem is also related to the strengthening of puerilistic tendencies in society. These tendencies lead the public consciousness towards energetic youth and their inexhaustible power, which in turn leads to intergenerational conflicts and intolerant relations. In this regard, researchers propose to look at the situation through the prism of the development of intergenerational relations, i.e. the formation of tolerant attitudes towards different age groups.

The degree to which people are prepared for the changes of old age, both physical, economic and spiritual, and how they plan for this age is a guarantee of how they will live in the future. From this point of view, the study of people's level of readiness for the changes of old age is becoming one of the most important and urgent issues facing society. The study of the attitudes of people of different age groups to old age, their level of readiness for old age can be very useful to ensure that this group of people, who make up a large part of the population, live this last stage of life more fully and interestingly. This highlights the need for the deeper and more comprehensive study of the problem and is one of the main directions of our research.

Another aspect of the problem of old age that has attracted our attention and has not yet been fully explored is the impact of the psychological state of older people on family relationships. As we know, the tradition of attachment to the roots of our people still continues, and many young families still live with their parents in the same house. In this case, there is no doubt that the mood and psychological state of older people living in the family can have a strong impact on family relationships. If we take into account the conflicts in family relations, the scale of family conflicts, and the

statistics of the break-up of young families on this basis, the urgency of the problem becomes clear once again.

We have devoted our research to the study of this problem, taking into account the urgency of these aspects of the problem, the lack of detailed coverage in the literature and the specific national psychological characteristics of our people.

The population of the world is aging. Scientific research in this regard can be found in many sources. However, research and analysis of numerous local and foreign literature sources have shown that the problem of old age is considered almost only in three aspects. The first of these focuses on demographic and economic research, and the second focuses on the medical issues of old age, mainly geriatric research, and especially the study of longevity. Finally, the third aspect is related to the problem of social protection and security of the elderly. In the literature, one can also find scientific works of local and foreign researchers on the philosophical, sociological and psychological aspects of old age. However, most of this work is not systematic and methodological.

At the current stage of the study of gerontological problems in socio-psychology, the issues raised are characterized as insufficiently developed problems. The study of the psychology of aging, the attitude of people of different age groups to old age, the level of readiness for old age changes creates a need for a theoretical approach to this problem and the establishment of methodological foundations. Scientific sources on intergenerational relations in the gerontological aspect are reflected in the literature, but the study of intergenerational relations in the context of family relations is very rare.

Every nation has its own psychological qualities. General theoretical, pedagogical and psychological issues of the presented research work have been studied by Azerbaijani psychologists and pedagogues such as B.H.Aliyev, A.A.Alizade, K.R.Aliyeva, R.H.Gadirova, R.I.Aliyev, A.A.Gadirov, A.A.Zadegan, H.H.Khalilov and others. However, the authors do not seriously pay attention the assessment of readiness for old age changes or the study of the impact of old age on family relationships. It is of special

interest to watch how the above-mentioned problems have changed in relation to the psychology of our nation and the traditions of our people. This, in turn, once again emphasizes the relevance of the research topic.

Object and subject of research. Psychological features of old age, attitudes to old age and their impact on family relationships. To study the characteristics of attitudes towards older people and the level of readiness of representatives of different age groups for age-related changes, the study of the psychology of older people in the family.

The purpose and objectives of this work are to study the psychology of old age, its impact on family relationships and to assess the psychological readiness for aging changes at different ages.

In accordance with the purpose of the study, we considered it important to solve the following tasks:

- Systematic analysis of relevant literature sources related to the problem and based on this to determine the theoretical aspects of the approach to the problem;
- To study the impact of changes in the economic and moral aspects of life in modern times, the changes associated with the rapid development of information technology on the aging process;
- Distinguish between negative and positive psychological features of old age, determine the role of these qualities in the formation of stereotypes of old age;
- To study the attitude of our youth to old age;
- Estimating the level of readiness for aging in people of different age groups;
- Identify the factors that affect the place and role of the elderly in the family;
- To study the impact of older people living in the family on family relationships.

Research methods. The methodological basis of the research is the general theoretical provisions of local and foreign

psychologists on aging. The study used observation, experiment, survey and test by T.B.Greshkovich and N.S.Glukhanuk. The study used theoretical analysis of the topic, the method of assessing readiness for age change, and methods available in the literature to study attitudes toward the elderly in the family. Quantitative and qualitative analysis of the obtained results have been carried out, the results have been statistically calculated with the help of SPSS 23 computer program. The survey covered the years 2016-2018 and has been conducted in three directions, and each survey involved about 100 people.

The main hypothesis of the study. People of different age groups have different attitudes to old age and are determined by the level of economic, social and spiritual development of society.

Auxiliary hypotheses of the study:

- The level of readiness for the changes of old age vary with age.
- The older generation has a great influence on family relationships, and this influence has both positive and negative aspects.

The main provisions submitted for defense. Old age is a biological process, as well as changes of economic, social and spiritual processes in society influence the psychological qualities of a person. Attitudes to old age are different in different periods and in different countries, they have positive and negative shades. The changes in old age are not assimilated by all people in the same way, it depends on both the person's age and attitude to old age. The influence of the older generation on family relationships depends on their social status, education, financial status, outlook and other factors.

Scientific novelty of the research work. In the study have been identified the main factors affecting the psychological state of old age people. We have found that the expansion of the interests of the elderly, the acquisition of new knowledge and skills create favorable conditions for the successful passage of old age, which is the last stage of life. By examining the sources of the literature, we have analyzed the historical course of the problem, characterized the

image of old age in different periods, and made a comparative analysis of the stereotypes of old age. By assessing the level of readiness for old age changes for three different age groups, we have found its dynamic changing. We have studied the family relationships of older people living with their children, and with the help of the life satisfaction assessment test, we have found that most older people are happy to live in the family with their children and grandchildren.

Theoretical and practical significance of the research. The results of the dissertation make an important contribution to the study of the psychological characteristics of old age in our modern society. In the presented research work, the main provisions of the study of the personality of the elderly have been systematized by studying numerous local and foreign literature sources. It has been found that the stereotypes of older people formed in society have a strong impact on their critical, tense psychological state during the aging process.

The dissertation presents the results of research in completely new areas, such as the attitude of our youth to old age, assessment of the level of readiness of people of different age groups, the impact of old age on intergenerational relations in family relations, creates the basis for the emergence of new scientific directions of pedagogical psychology.

The results of the dissertation work could be successfully used by psychological centers in the development of models of intergenerational relationships, the development of practices for the integration of older people into society, the establishment of educational programs to overcome the crisis of age-related changes, programs for painless transition to retirement age.

Approbation and application. The main content of the dissertation, the main provisions and recommendations have been reported and discussed at scientific seminars of the Department of Psychology of ADPU, scientific conferences of young researchers, have been published 7 scientific articles (two abroad), 4 theses (two abroad).

The name of the organization where the dissertation was performed. Department of General Psychology of the Azerbaijan State Pedagogical University.

The structure and scope of the dissertation. The dissertation consists of an introduction, 3 chapters, results and a list of 151 references. The total volume of the work consisted of 212290 (introduction 14047 signs, Chapter I – 58240 signs, Chapter II – 58025 signs, Chapter III – 77131 signs, Results – 4847 signs), has been shown on 146 printed sheets, 20 figures and 17 tables.

MAIN CONTENT OF THE WORK

Chapter I of the dissertation "Theoretical problems of the problem, its presentation in history and literature" consists of 3 paragraphs. The first paragraph is dedicated to the coverage of old age in the pedagogical and psychological literature. In the literature, old age is assessed as a final phase in human development, and it is shown that the development process during this period follows a downward curve of life.

One of the points that caught our attention when analyzing numerous local and foreign literature sources was the adaptation to aging. In order to be satisfied with old age, a person must prepare himself for it, approach it constructively, not take a position of dependence and defense, and be ready to accept it.

According to some authors, the character traits of older people formed in society are associated with the spread of negative images of the elderly. Therefore, most older people underestimate themselves based on these stereotypes. The results of some recent studies show that a subjectively younger self-perception of old age is associated with emotional health, i.e. healthy experience, absence of somatic complaints, depression, flexibility of the control locus, adequate perception of one's age.

The second paragraph of the first chapter is devoted to the study of the historical and modern state of the problem in the literature. By studying the history of the ages, it became clear that there is no abstract image of old age that is valid for all times. If we

look at the history of nations, we see that there is a different attitude, from respect for old age to indifference. This dual relationship can be explained as follows: on the one hand, old age is an experience, wisdom, the result of an adult's life, and on the other hand, it is an illness, a loss of ability to work, depression and loneliness. Either wise old age or humble old age are two different aspects of the spiritual understanding of this age. At present, in western countries, society does not accept old age, but prefers the image of youth. In some countries, various measures are being taken to neutralize such a negative image of aging, and concepts of active aging are being developed.

Our people have always valued the elderly. Respect for the elderly is associated with the archetypes formed in the subconscious of people, and the archetype of "old age" is among the oldest archetypes of the Azerbaijani people. Both in our oral folk literature and in the written literature, respect for elders, the word of the old man, the old man's advice, deep attachment to the father's hearth, deep respect for the dignity of mothers and women, and so on.

In the third paragraph of the first chapter of the dissertation work we have analyzed and systematized the psychological features of old age from literary sources. The aging process is associated with changes in physical capabilities, loss of social status, changes in family functions, and difficulty in adapting to changing cultural and living conditions. During this period, new knowledge is difficult to form; it is difficult to emotionalize them for the formation of new motives. The mental activity of an aging person decreases, psychomotor reactions slow down, and there are cases of forgetfulness, inability to make decisions, confusion, and memory impairment. Older people also have conflicting personal qualities: sensitivity and emotional rigidity, high demands and conservatism. Wisdom is one of the most important characteristics of old age. Wisdom refers to a special cognitive quality that is formed throughout the life of the subject, reflecting the results of the interaction of his practical intellect with personal qualities. Wisdom is the attainment of such a level of human development that a person realizes his place in the world and the meaning of life.

Most researchers of aging believe that all successful aging pathways are essentially about accepting limitations. A more unsuccessful aging strategy is to live in fear of the devastating effects of aging and to try to be age-specific. Psychologists offer a variety of tools to ensure an active lifestyle in old age, such as engaging in a new type of activity or changing previously acquired habits.

The second chapter of the dissertation contains the results of research and discussion of the assessment of the attitude of our youth to old age, as well as the level of readiness of people of different age groups to old age.

In order to study the attitude of the younger generation to old age, and the stereotypes of old age formed in them, 91 students of ADPU aged 19-22 were involved in the survey. Questionnaires were distributed to students and they were asked to point out typical, psychological characteristics of older people and answer questions. Analysis of the results of our survey showed that 51% of respondents said that old age begins at the age of 60, 22% – 65 years, 13% – 70 years, 11% – 75 years, 3% – 45 years. The total number of answers was 1273. The results of the survey have been expressed in shares. The results of the survey are visualized in Figure 1.

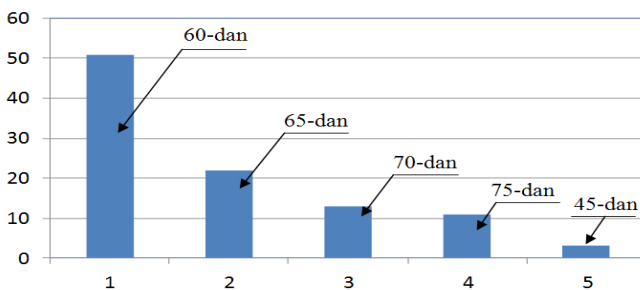


Fig. 1. The age of old age distribution diagram of the assessment.

The results of our survey show that our young people believe that old age begins at the earlier age. When examining the reasons for this, it can be concluded that our young people get married early, have children at young age, and people become early grandparents. According to young people, being a grandparent means being old. Quantitative expression of the attitude of young people participating

in the survey to the main features of old age is shown in Table 1. The total number of answers was 1273. The maximum number of respondents who said that wisdom is a characteristic of old age was 99 people. Accordingly, the ratio of this value to the total number of responses (99/1273) was approximately 0.078. Summing up the analysis of the answers, we can conclude that the attitude of our young people to the older generation is generally positive; our young people treat the elderly members of their families and the elderly around them with respect and dignity. All these moral qualities are inherent in our people.

Table 1.

Quantitative expression of the attitude of young people

№	Positive aspects of old age		Disadvantages of old age	
1	Wisdom. Increase of life experience.	0.0781	Rudeness	0.0006
2	To be a grandmother, a grandfather	0.0392	Increasing of resentment	0.0013
3	Respect for others	0.0650	Increasing of urination	0.0015
4	Be diligent	0.0376	Increased financial difficulties	0.0023
5	Love and care of relatives	0.0369	Increased self-doubt	0.0037
6	Increased leisure time	0.0298	Increased jealousy	0.0038
7	To be kindness	0.0284	Changing interests, attitudes	0.0044
8	To be well-wisher	0.0255	Helplessness, loneliness	0.0054
9	Calm down	0.0251	Weakness	0.0078
10	Thrift	0.0202	Gossip	0.0101
11	Increased responsibility	0.0172	Intensification of fear	0.0102
12	Increased sense of forgiveness	0.0169	Heartburn, increased grief	0.0141
13	Increased diligence	0.0164	Increased passivity	0.0160
14	Ability to help free of charge	0.0109	Increased dependence on others	0.0180
15	Be discreet	0.0109	Think about the end of life	0.0222
16	Modesty	0.0086	Increased conservatism	0.0262
17	To be sociable	0.0070	The approach of death. Death	0.0274
18	Be sincere	0.0062	Change of previous opportunities	0.0290
19	Be confident	0.0062	Irritability	0.0329
20	Increased desire to learn	0.0060	Poor memory	0.0407
21	Increased sense of humor	0.0054	To be boring	0.0408
22	Increased sense of freedom	0.0046	Changing the appearance	0.0413
23	Increased sense of caution	0.0031	Feeling sorry for the past	0.0414
24	Be generous	0.0031	Decreased activity	0.0424
25	Increased enthusiasm	0.0031	Increased laziness	0.0436

The second chapter of the dissertation was devoted to "Assessment of the level of readiness for age changes in different age

groups." The assessment of the level of readiness to master age changes have been conducted on the basis of a questionnaire "Readiness for age changes" by T.B.Greshkovich and N.S.Glukhanyuk. The survey makes it possible to provide both a general indicator of readiness for the mastery of age, as well as the level of its components, diagnostics of structural elements, which gives a complete characterization of readiness for age changes. Statistical analysis was performed with SPSS 23 and Excel programs.

The first group involved 50 students of ADPU aged 18-25. Statistical analysis has been performed using SPSS 23 and Excel programs. A graphical description of the statistical processing of the values of the general indicator of old age readiness of our respondents included in the first group is given in the form of a histogram (Fig. 2).

As can be seen from the histogram, most of the values of the total readiness indicator are in the range of 90 to 100. Applying the Kolmogorov-Smirnov criterion confirming the normality of the distribution of indicators in the theory of statistics, a positive result (0.08) has been gained when checking the normality of the distribution of the obtained indicators by computer. This confirms the normal distribution of the studied population

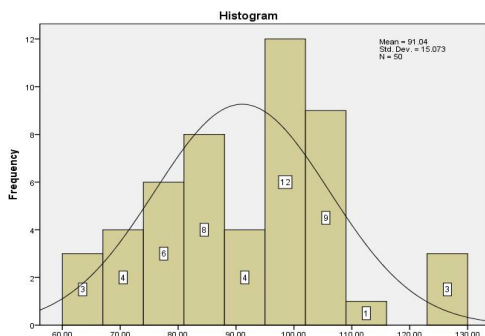


Fig. 2. Diagram of distribution of the general indicator of readiness in respondents aged 18-25.

A positive assessment of the normality of the distribution allowed us to calculate the arithmetic mean of the total readiness for all respondents to the survey. This indicator was 91.04 points and is

included in the average level of mastery of age changes. The average level of general training shows that the readiness of our respondents for age changes is not differentiated. The assessment of the personality-psychological component was also in the middle range, which showed that these changes are not completely clear to our respondents. The values of the levels that formed the rate of the component were significantly different from each other. For this purpose, the distribution of levels by components has been studied and it has been found that the values of the levels of each component differed from each other. The obtained indicators are reflected in the histogram (Fig. 3).

As we can assess the fact that the formation of the level of readiness for age changes has the average value, it shows that the respondents have a fairly tolerant attitude to their personal old age, to the fact that it is inevitable. As can be seen from Figure 3, the cognitive and affective levels of both indicators are higher than the motivation level. This result proves once again that the general level of readiness for the changes of old age is not differentiated. The low value of the level of motivation indicates that respondents do not have the motivation to look for ways to deal with age changes.

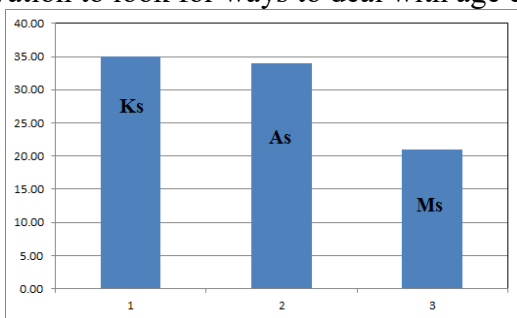


Fig. 3. Diagram of distribution of the readiness levels (age group 18-25).

Applying the Manna-Utni criterion, we examined the differences in the level of readiness for gender differentiation and found that the responses of male and female students did not differ. The results of the calculation are shown in Figure 4. As can be seen from the diagram, the value of the U-criterion is 0.437, which is much higher than the critical value (0.05). This indicates that there is

the fairly high area between the two rows that overlaps each other. The distribution of girls and boys answers is almost symmetrical, which means that there is no similarity in the answers, and there is no statistically confirmed differences in their answers.

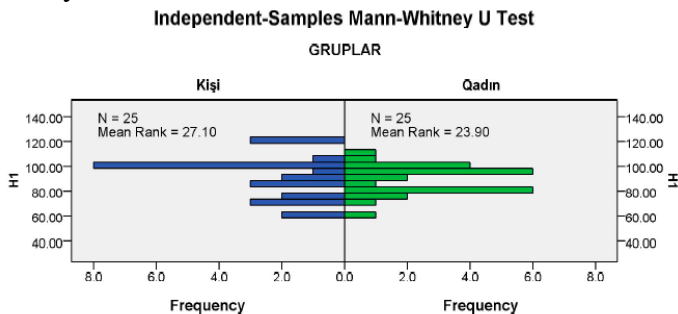


Fig. 4. Comparison of the distribution of responses of men and women in the first age category (18-25 years).

Thus, at this stage of the study, we have found that the readiness of 18-25 year olds for the changes of aging has an integrated character.

For 35-45 year olds 50 employees of Baku Business and Cooperation College and Institute of Catalysis and Inorganic Chemistry of the Azerbaijan National Academy of Sciences took part in the survey. Distribution histogram has been prepared for this group based on the values of the readiness indicators (Fig. 5). The normality test showed that the distribution was normal.

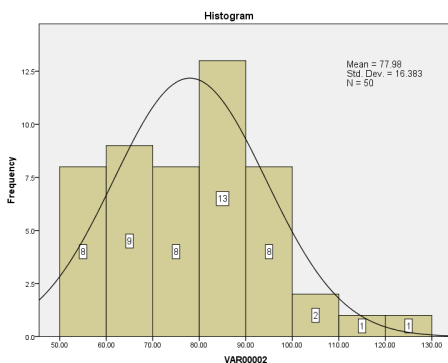


Fig. 5. Distribution diagram of the general indicator of readiness for age changes for the second age group of respondents

The results corresponded to the average level of readiness for age changes. As can be seen from Figure 6, the average level of readiness is not sufficient for the tolerant attitude towards personal aging and its inevitability.

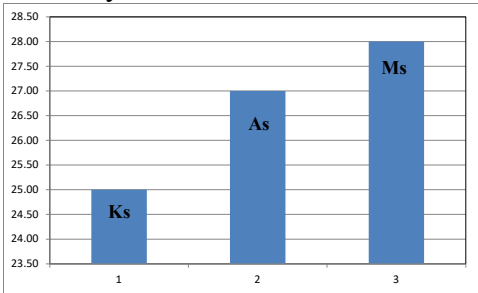


Fig. 6. Cumulative assessments of readiness levels for the second age group (35-40 years).

Some respondents think that the aging process is so scary that they prefer not to think about it at all (cognitive level). They are afraid of losing their energy, independence, agility, physical activity, memory and even intellect (affective level of training). High levels of motivation indicate that respondents already want to look for ways to resist of age changing, strategies for adapting to internal and external factors of aging.

Analyzing the readiness indicators, it is observed that in the group of women, the physical component of aging is dominated than others (Fig.7). This reaffirms women's concern about the impending changes.

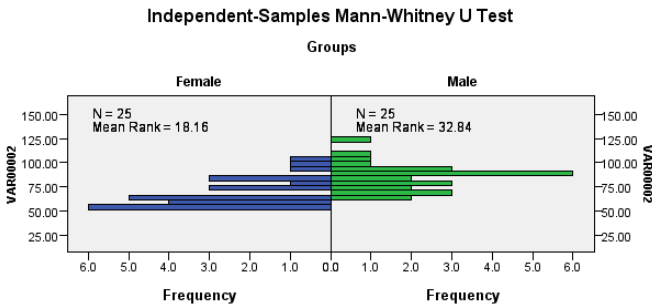


Fig. 7. Comparison of the graphical distribution of responses for men and women in the second age group

The results of the calculations for the third age group (45-55 years) are given below. The distribution histogram of this group of respondents is shown in Figure 8. Applying the Kolmogorov-Smirnov criterion, the normality of the distribution of the obtained indicators has been determined and the positive result has been obtained.

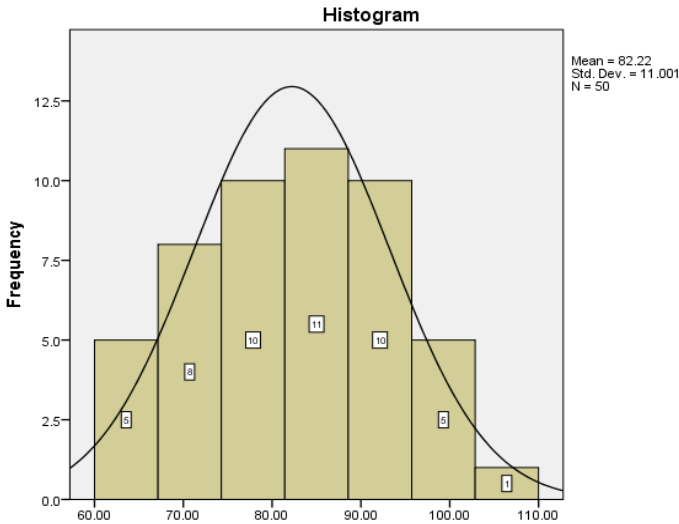


Fig. 8. Distribution diagram of the third age group (45-50 years).

The middle value of the readiness for the health changes in this age group consisted of 82.22 points, which is also included in the middle range according to the query book. These results, which have been received, allow it to be said that this level of readiness of the respondent is tolerant to the age changes, which has been already began and will begin in the future, without a new medical consultation. Readiness for adapting to various age changes is the main manifestation in planning own life in the context of future transformations, which is the main auspicious conditions of old aging.

In Figure 9, the cumulative values of all the components of the readiness for this age group are expressed.

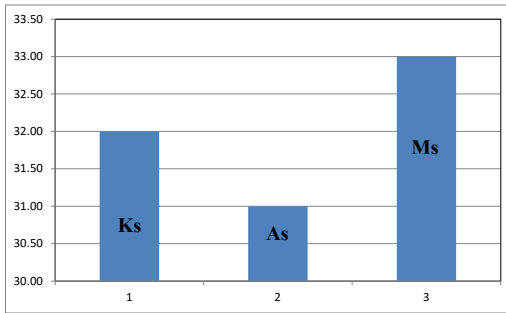


Fig. 9. Cumulative assessments of readiness levels for the second age group (45-55 years).

In this group, the overall indicator of readiness for age changes is higher than for the respondents aged 35-45, and the higher the level of cognitive readiness indicates that people in this age group are more aware of the inevitability and naturalness of the general manifestations of aging. The high degree of physiological component and level of motivation can be assessed as a result of the search for natural physiological changes and an active strategy for adaptation to them. Thus, the more clearly a person understands the changes that take place in him, the higher the general level of readiness for mastering the changes of age.

A graphical representation of the results obtained from the Mann-Utni test is shown in Figure 10. The asymmetry in the distribution of responses indicates a difference in the responses of women and men.

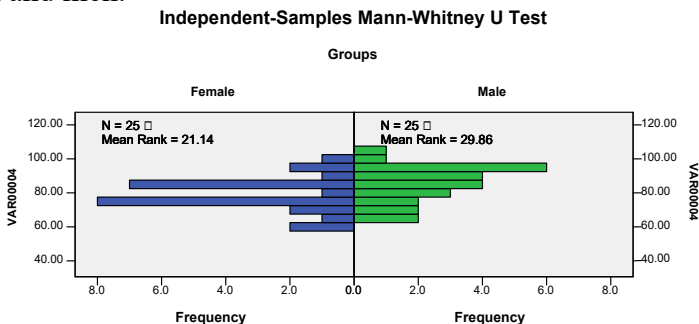


Fig. 10. Comparison of the graphical distribution of responses in men and women in the third age group.

If we look at the age dynamics of mastering the changes of old age, the results obtained in all age groups corresponded to the average level of readiness to master the changes of age. Comparison of the levels of readiness of men and women for each age group for age change revealed that the responses of both sexes in the first age group were similar, but the responses of men and women in the second and third age groups were differs. Studies have shown that although the dynamics of changes in the level of readiness for all three age groups is generally positive, there has been the relative decrease for the second age group, and a re-increase in values for the third group. The decrease in the value for the second group can be explained by the contradictions between the anxiety caused by age changes during this period and the acceptance of the fact that old age is inevitable. The partial increase in this indicator in the third age group compared to the second age group allows us to judge that people in this period feel more prepared and psychologically protected in relation to old age.

The third chapter of the dissertation is devoted to the study of the influence of the psychological state of the elderly on intra-family relations. In the first paragraph of this chapter, the mutual influence of old age and family relations is reflected in literature sources. Family is a functional union of close people based on marriage, kinship and parentage. The life of the family is determined by the specific conditions of the development of the society. At the same time, the family, as a social institution, fulfills the function of each member adopting social norms, following them, and keeping them under control.

The second paragraph of the third chapter is dedicated to the study of the factors affecting the psychological state of the elderly living in the family. We have considered the place and psychological problems of elderly people living in the family from the point of view of the analysis of intergenerational relations. For this purpose, a number of empirical research methods have been implemented. In this section, we have carried out a psychological evaluation of the situation of an elderly person living in a family environment. 50 people (21 men and 29 women) aged between 75-85 living in Baku

with their children and grandchildren were involved in the study. 18 people continued to work even though they were retired, while the other 32 people were away from work. To carry out the study, the respondents a questionnaire was proposed and the answers were analyzed and processed statistically.

The results of the survey showed that 50% of elderly people are currently married, 42.4% have lost their spouses, and 7.6% are divorced. One of the questions of the questionnaire was about whether elderly people live apart from their families or together. 67% of respondents were in favor of living together with their children, and 33% were in favor of living separately. Some of those who wanted to live together stated that they were in favor of living separately in order not to interfere with their children and to live their lives more comfortably, but after losing their spouses, they preferred to live with their children. The answer of the respondents to the question about the positive or negative side of the elderly living together with their children and grandchildren was almost equal (47% - positive, 53% - negative). "Do you feel lonely living in a family?" 39% of the respondents said that they do not feel lonely and are actively involved in family affairs. Another 61% of the respondents stated that they pay little attention to them in the family, they cannot share their worries and excitement with anyone.

In order to study the intergenerational relations in the family aspect, we investigated the attitude of the elderly people living in the family towards the young people, what positive and negative characteristics they see in the representatives of the younger generation. It became clear that in the younger generation, the most disliked features of the elderly were irresponsibility, rudeness, aggressiveness, and the positive features were their ability to master advanced, modern technologies, informativeness, desire to be independent, independence, self-confidence, and determination to achieve goals. Almost all the participants of the survey confirmed that young people are smarter, more capable, more advanced and flexible than in the 70s and 80s of the 20th century.

The death of a husband or wife changes the lifestyle of the other, the children take care of the single father or mother, and the

parent, in turn, accepts living with his children as the only way out. In this case, the role of the head of the family goes to the younger members of the family.

From the answers to the question about the role of work in the life of an elderly person, it became clear that continuing work ensures their livelihood, gives them a certain social status, provides them with important social relations, and raises their self-esteem. Pensioners who continued to work differed in their psychological balance. Most of the non-working respondents mentioned that after finishing their work, their emotional state worsened and conflicts with other family members increased. We compared the level of functional status of working and non-working respondents by assessing well-being, activity and mood using the "SAN" test. According to this test, the measurement indices vary between 3 2 1 0 1 2 3 and are located between thirty pairs of words with opposite meanings. These words reflect the tempo activity (activity), strength, health, fatigue, as well as emotional state (mood) of the functions. The results are presented in table 2.

Table 2.

Results of well-being, activity and mood test

	Working respondents	Non-working respondents
Well-being	4.8	4.4
Activity	5.5	3.9
Mood	5	4

The results of the test showed that the functional status of working respondents is quite high, and labor activity is the main factor of healthy longevity.

We also compared the education level of the elderly person and his behavior in the family. Elderly people with education mainly do not belong to the "active" type of behavior, they do not get involved in all the affairs of the family, since their interests are wider, they devote time to fulfilling their spiritual needs. This manifests itself more clearly in older people who are engaged in science, especially creative activities. They enjoy doing what they love. However, no statistically confirmed correlation was found between an elderly person's active participation in family life and his education. The

value of the Pearson correlation coefficient was $r=0.125$, which indicates that there is a very weak correlation between these two factors. (Table 3). Thus, active participation is more determined by the character of the person and his interests.

Table 3.

Correlation analysis of the effect of education level on the psychological state (activity) of an elderly person

Correlation analysis		Education level	Activity
Education level	Pirson korrelyasiyası	1	.125**
	Qiymət (ikiterəfli)		.000
	N (respond. sayı)	18	18
Activity	Pirson korrelyasiyası	.125**	1
	Qiymət (ikiterəfli)	.000	
	N (respond. sayı)	18	18

** . Korrelyasiyanın mötəbərliyi 0.01 dərəcəsidir (ikiterəfli).

Analyzing the time budget of this social class, we found out that older people spend most of their time on housework, using mass media (mass media) and taking care of their grandchildren and spending time with them (table 4). These figures allowed us to draw such a conclusion that the dominant problems of the elderly as a social subject are the family and household sphere.

Table 4.

Distribution of time budget of the older generation

Types of activities	Do not spend time on this work	Rarely spend time on it	Spend, but not so much	Spend a lot of time	Spend almost all my time
1. Communicate with children, grandchildren, help them	0	19	24	23	34
2. Homework	3	12	31	29	25
3. Communicate with friends and neighbors	30	21	25	15	9
4. Labor activity	12	11	4	32	41
5. Social activities	53	39	5	2	1
6. Visiting hospitals and pharmacies during illness	3	5	5	65	22

Continuation of the table

7. Reading magazines, newspapers, books	49	15	15	13	8
8. Watching TV, listening to the radio	13	12	30	31	14
9. Do sports and health	59	20	11	6	4
10. Participate in mosques and religious ceremonies	79	8	7	3	3
11. Hobby	53	12	20	8	7

The psychological condition of elderly people is reflected in their relationships with other members of the family they live with. In the literature sources, there is also information about the correlation between the anxiety of elderly people and intra-family relationships. In this regard, in our study, we investigated the level of anxiety of the elderly living in the family using the anxiety assessment test of elderly people. This test is a reliable and informative method of assessing two types of anxiety - immediate anxiety (reactive anxiety) and personality anxiety (as a stable characteristic of a person). The results are shown in table 5.

Table 5.

Indicators of reactive and personality anxiety of the respondents

Reactive anxiety (situational)		
Low anxiety	Middle anxiety	Higher anxiety
10%	15%	75%
Personality anxiety		
37%	50%	13%

As can be seen from the table, slightly more than half of the respondents have a high level of situational anxiety and a low or moderate level of personality anxiety. This shows that any unpleasant factor can cause an elderly person to fall into a state of stress, increase situational anxiety (75%), which affects their relationships with other family members, creating a tense atmosphere in the family.

In this study, we also evaluated the general psychological conditions of the respondents using the "Life Satisfaction Index" test. This test reflects the degree of a person's psychological comfort and social-psychological adaptation, as well as a general indicator of his

psychological state. Life satisfaction index is an integrative indicator that includes an emotional component. High values in the "life satisfaction index": low emotional stress and anxiety are indicators of high emotional stability, satisfaction with the situation and psychological comfort. The results are shown in table 6.

Table 6.

Values of content analysis of the life satisfaction index (%).

Göstericinin qabarıqlığı	Interest of life	Sequence of steps to achieve the goal	Compatibility	Self-esteem	Well-being
Middle	20	20	38	35	41
Higher	35	17	23	49	22
Low	45	63	39	16	37

As can be seen from the table, more than half of the respondents rate their interest in life as average and high. The number of those who rate themselves and their actions as high and average is more than 80%. 37% of the respondents were in a low mood, and their interest in life was expressed at a lower level (45%).

From the results of the question about the planning of the future of elderly people, it was clear that 56.7% of the respondents live for today, 32.1% plan for the next year of their life, and the remaining 10.7% plan for the more distant future. Such a statistical variation of the answers indicated that the elderly did not look forward to the future.

One of the very interesting questions of our questionnaire is "Are you happy that you have lived to this age, raised your children, are in a family with your own children and have seen how your grandchildren grow up?" was the question. The analysis of the answers (content analysis) showed that most of the respondents had a positive opinion and expressed that they were generally satisfied with their lives.

The answers of the respondents depend very much on the influence of intra-family relations on their psychological states. Their living in a family provides them with material security, reduces their fear of illness and death, creates a sphere of communication for them, rejoicing in the success of their children and grandchildren gives an emotional color to their lives, and spending time with them motivates

the elderly. On the other hand, conflicts occurring during family relations, misunderstandings in intergenerational relations cause their psychological tension, distrust in the future, fear of being alone, blaming others for everything that happens, and self-restraint. Both parties should try to understand each other, accept their spouse's parents as their own parents, and the older generation should not discriminate between their children and their spouses, should give up their claims of dominance, should not try to impose their wishes and dreams on other members of the family by force, interest the wide circle is a guarantee that the elderly live in peace in the family.

Summarizing the results of our research, it can be said that the psychological state of the elderly living in the family has a strong influence on the family relationships. Their readiness for the inevitable changes of old age, their wide range of interests, employment, financial independence, their satisfaction with their lives form the basis of their attitude towards others and create the basis for tolerant intra-family relations.

By summarizing the data obtained from our theoretical and experimental studies, we have obtained the following results:

1. For the successful social and psychological work with the elderly, first of all, it is necessary to form a positive attitude of the society towards them. Most of the older people have a lower self-esteem based on the stereotypes of old age created by the society. In order to adapt to aging, a person should prepare himself for it, approach it constructively, not take a position of dependence, but be ready to accept it.
2. The attitude of our youth towards old age is generally positive. They value the positive qualities of old age more than the negative qualities.
3. The age dynamics of the level of readiness for old age is generally positive, the level of readiness of respondents from all age groups corresponds to the average level of readiness for old age. In the 35-45-year-old group, a partial decrease in the level of readiness of the respondents was observed due to the anxiety caused by changes in old age, in the 45-55-year-old group, the fact that the respondents felt more prepared and

psychologically protected in relation to old age caused this indicator to rise again.

4. In the group of young respondents, there is no difference in the level of readiness due to gender differentiation, in the age groups of 35-45 and 45-55, the level of readiness of women was lower than that of men due to the fact that it is more difficult for them to adapt to the changes of old age.
5. The majority of elderly people prefer to live in a family, they believe that there are more positive aspects of living together. The main factors that justify the family being a favorable society for the coexistence of the old and the young generation are financial support and the loss of a spouse.
6. Labor activity is almost the main factor determining healthy longevity. Older people who continue working are more confident, more satisfied with life, and more restrained in family relationships. The functional status and stress resistance level of working respondents is higher than non-working respondents.
7. No statistically confirmed dependence was found between the level of education of the elderly living in the family and intra-family relations. Whether an elderly person belongs to the "active" type of behavior depends more on his character and interests.
8. Reactive anxiety, which has a strong impact on family relationships, is at a higher level in most respondents, and personality anxiety is more at a medium and low level. The life satisfaction index is a little lower than the average level of psychological comfort and social-psychological adjustment in most of the respondents.
9. The psychological condition of the elderly living in the family has a strong influence on the relationships within the family, ensuring the successful aging of the elderly also creates the basis for the elimination of intra-family conflicts.

The main content of the dissertation is reflected in the following works of the applicant:

1. Məcidova, T.R. Qocalıq yaşının psixoloji xüsusiyyətləri // – Bakı: Azərbaycan Dövlət Pedaqoji Universitetin xəbərləri. Humanitar elmlər seriyası, – 2015. № 3, – s. 388-392.
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