



“A Study To Assess The Level Of Self Criticism And Its Impact Of Psychological Well-Being Among Elderly At Selected Village Aragonda Chittoor District , Andhra Pradesh.”

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ABSTRACT

OBJECTIVES

- ☐ to assess the level of Self Criticism and its impact on psychological well being among elderly
- ☐ to associate the level of Self Criticism and its impact on psychological well being with selected demographic variables.

METHODOLOGY

A descriptive study design with quantitative approach was adopted to assess the level of self criticism and its impact on psychological well being among elderly. The participants were selected by using non-probability convenience sampling technique with the sample size of 60. Ethical approval was sought from institutional ethical committee and permission was obtained from head of the village. Each participants took 15-20 minutes to complete questionnaire, based on the objectives of study, The data was analysed by using descriptive and inferential statistics.

RESULT

□ Majority, 34 (56%) of elderly had Poor level of Self criticism with the Mean score of 28.50 and SD of 7.40.

□ Analysis shows, 41 (68%) of elderly had Poor ability to cope up with Self criticism with the Mean score of 27.09 and SD of 6.52.

□ Study shows, 43 (72%) of elderly had Average level of Psychological well being with the Mean score 117.51 and SD of 24.05.

□ The result showed association between level of Self criticism with Number of children has significance where as the age in year, gender, religion , Educational qualification, occupation, montly income, type of family, whether you are comfortable with family members did not having significance to demographic variables

CONCLUSION

Based on the key finding of the study the researcher concluded that, level of self criticism was Poor with 34 (56%), ability to cope with self criticism was Poor with 41 (68%) and level of Psychological well being was 43 (72%). The investigators identified that there was a need for on Conducting self compassion, positive social interactions, encouraging to praticate in mind fullness and meditation and providing holistic support.

KEYWORDS -Self criticism, Psychological well being,Elderly

INTRODUCTION

Self-criticizing behavior arises from a complex interplay of psychological, social, and environmental factors. At its core, self-criticism often stems from internalized beliefs about one's worthiness, competence, or likability, which can be influenced by early experiences, cultural norms, and societal pressures. Individuals who exhibit selfcriticism or tend to be hard on themselves may have grown up in environments where perfectionism was encouraged or where criticism was prevalent, leading them to adopt harsh standards for themselves. Comparing oneself unfavorably to others whether in terms of achievements, appearance, or abilities can fuel feelings of inadequacy and self doubt.

Psychological well being is a good, happy, satisfied and positive state experienced by all individuals by there achievement. According to Ryff, psychological well being consists of six dimensions, namely: purpose of life, autonomy, personal growth development, environmental master .Self-criticism has its impact on psychological well bringing, which resulting in self harm, depression, psychopathology and is also directly associated with mental unstability. Individuals who have high self-criticism tend to experience shame, guilt, and hopelessness which makes the individual more vulnerable to depressive symptoms. Self criticism poses a threat to the enactment of social motives such as self-critical people being less satisfied in relationships, achieving lower employment status, and enjoying parenthood less. Self-criticism, a concept deeply rooted in human psychology internal dialogue where individuals judge, evaluate, and often

harshly criticize themselves. Self-criticism manifests in various ways, often as an incessant inner dialogue that focuses on personal flaws and shortcomings. This can lead to a cycle of negative thinking, where individuals ruminate on their perceived failures and amplify them out of proportion. This rumination can hinder decision-making, as the fear of making a mistake or not being good enough leads to procrastination and avoidance. In extreme cases, self-criticism can result in perfectionism, where individuals set unattainable standards for themselves and are never satisfied with their efforts. The Impact of self-criticism on mental health is profound. While some level of self-reflection is necessary for growth, excessive self-criticism is linked to a range of mental health issues, including depression, anxiety, and low self-esteem. Individuals who are overly self-critical are more likely to experience feelings of worthlessness. Moreover, individuals who are highly self-critical may project their critical nature onto others, leading to conflicts and strained interactions. They may also struggle with intimacy, as their fear of being judged or rejected prevents them from forming close, trusting relationships. This isolation can exacerbate feelings of loneliness and further entrench self-critical thoughts, creating a feedback loop that is difficult to break. While a degree of self-evaluation can drive success, excessive self-criticism can lead to burnout and decreased productivity. Individuals who constantly criticize their work may find it difficult to take risks or innovate, as they fear failure and the accompanying self-reproach. Additionally, self-critical individuals may struggle with accepting praise. Acknowledging their achievements, leading to a lack of fulfillment and satisfaction in their lives. Managing self-criticism is essential for maintaining mental well-being and fostering personal growth. One effective strategy is to develop self-compassion, which involves treating oneself with the same kindness and understanding that one would offer to a friend. Self-compassion helps counterbalance the harshness of self-criticism, allowing individuals to recognize their worth and value, even in the face of failure or imperfection.

Another approach to managing self-criticism is cognitive behavioral therapy (CBT), which focuses on identifying and challenging negative thought patterns. CBT encourages individuals to examine the evidence for and against their self-critical thoughts, helping them to develop a more balanced and realistic perspective. This process can be transformative, as it allows individuals to re-frame their thinking and break the cycle of self-criticism, leading to improved mental health and well-being. In addition to therapeutic interventions, cultivating a supportive social environment is crucial in managing self-criticism. Surrounding oneself with positive, encouraging individuals can help counteract the effects of self-criticism, as they provide validation and reassurance. Engaging in activities that build self-esteem, such as pursuing hobbies or volunteering, can also help individuals develop a more positive self-concept and reduce the intensity of self-critical thoughts. Ultimately, self-criticism is a complex and multifaceted phenomenon that can have both positive and negative effects on an individual's life. While it can serve as a catalyst for personal growth and improvement, it can also become a destructive force that undermines mental health and well-being.

Need For Study

Self-criticism, characterized by harsh self-evaluations and constant negative selftalk, is a pervasive issue among the elderly, especially in rural areas where social, economic, and health support systems are limited. Older adults often grapple with life transitions such as retirement, health decline, and the loss of loved ones, which can amplify self critical tendencies.

These patterns of self-criticisms are associated with reduced psychological wellbeing, including heightened risks of depression, anxiety, and feelings of loneliness. Research studies by Peters et al. (2020) and Calvo et al. (2023) has shown that targeted interventions, such as promoting self-compassion, can significantly improve psychological outcome.

The World Health Organization reports that approximately 14% of elderly aged 60 and over live with a mental disorder, with depression and anxiety being the most common. A recent meta analysis estimated that the prevalence of self neglect was approximately 27%.

A study conducted at Vellore, South India in 2024, reported that 21.1% of elderly population exhibited self neglect behaviors. Then a study from old age homes in Punjab found that 8% of the elderly had severe depressive symptoms, 13% had suicidal thoughts, and 7.5% had low self esteem.

By identifying the prevalence and severity of self-critical behaviors and their mental health consequences, the study seeks to inform community-specific mental health initiatives. Furthermore, it can contribute to broader research and policy making efforts to improve elderly care in similar rural settings across India, ensuring that mental health interventions are inclusive and effective

PROBLEM STATEMENT

“A STUDY TO ASSESS THE LEVEL OF SELF CRITICISM AND ITS IMPACT OF PSYCHOLOGICAL WELL-BEING AMONG ELDERLY AT SELECTED VILLAGE ARAGONDA CHITTOOR DISTRICT , ANDHRA PRADESH.”

OBJECTIVE OF THE STUDY

The objectives of the study are

- to assess the level of Self Criticism and its impact on psychological well being among elderly
- to associate the level of Self Criticism and its impact on psychological well being with selected demographic variables.

ASSUMPTION

➤ Elderly may have inadequate knowledge regarding self criticism and psychological well-being and the study will improve the knowledge regarding self criticism and psychological well-being among elderly

OPERATIONAL DEFINITIONS

Self criticism - Self criticism is the act of thinking negatively about yourself, individual with self critical tendencies face self created problem due to harsh standards and internalized social values of self evaluation

Psychological well being - Psychological well being is a multifaceted and multi dimensional construct that encompasses an individual's overall happiness, satisfaction with life, and mental and emotional health.

Elderly - Elderly is defined as a person who is over 60 year of age and the population of this study age group is above 60 years

Limitation

The study is limited to

- the sample size is 60.
- elderly residential in selected Cherlopalli village.
- samples who are available at the time of data collection.

METHODOLOGY

RESEARCH APPROACHES

The research approach is crucial in determining the type of data to be collected and the methods of analysis applied. In this study, a quantitative research approach was selected to evaluate the level of self-criticism among the elderly and its subsequent impact on their psychological well-being.

RESEARCH DESIGN

Research design serves as the structured framework for data collection and analysis, contributing to the validity of the study. This study employed a non experimental, descriptive research design to gather accurate and objective information regarding self-criticism and psychological well-being among the elderly. Non

Experimental and descriptive research design was used in this study

VARIABLES

In research, variables represent measurable attributes that can vary. This study distinguishes between dependent and independent variables

Dependent Variables :-The psychological well-being of elderly individuals, which is observed for any changes related to levels of self-criticism

Independent Variables :- Self-criticism, which is the primary factor believed to influence the psychological well-being of the participants

SETTINGS OF THE STUDY

POPULATION

The population pertains to the broader group to which this research aims to generalize its findings. This study focuses on the elderly specifically individuals above 60 years.

SAMPLE SIZE

A sample is a representative subset selected from the population. The study includes a sample of above 60 years of elderly individuals from a Cherlopalli village, Aragonda.

SAMPLE TECHNIQUES

The sampling technique refers to how participants are chosen for the study. A non probability convenience sampling technique was employed, allowing researchers to select individuals based on their availability and willingness to participate.

CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria:

It refers to the characteristic that a subject must possess to be part of target population. The inclusion criteria are

- age group above 60.
- who are available at the time of data collection.
- who are willing to participate in the study.

Exclusion Criteria:

The exclusion criteria for the study includes

- age group below 60 years.
- who are not available at the time of data collection.
- who are not willing to participate in the study.
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SELECTION OF TOOL

The tool is the instrument or device used to collect data. It should be a vehicle for obtaining data and drawing conclusion.

Based on the objectives of the present study, a self -structured questionnaire was used to assess the level of self-criticism and psychological well-being among elderly.

Description of tool

The descriptions of the tool used for data collection are as follow.

Socio Demographic Variables

It was developed for the purpose of assessing the demographic characteristics of the sample consists of age in year, gender, religion, educational qualification, occupation, monthly income of the family, type of family, number of children, whether you are comfortable with all family members.

Section -B Self Criticism related questionnaires

Consists of self-structured questionnaire to assess the level of self-criticism and psychological well-being among elderly. Total 60 self structured questions each question carries up to 5' mark, where

1-Strongly disagree, 2-Disagree, 3- Neutral, 4- Agree and 5- Strongly Agree

Table3.1 Distribution of Subjects based on level of self criticism with their domain

Sections	Parts	Domains	Questionnaire
Section - II	Part – A	Level of Self Criticism	1 – 10
	Part – B	Ability to cope with self Criticism	11 – 20
	Part – C	Level of Psychological well being	1 – 40

Scoring Interpretation**PART-A**

Each question carries maximum of 5 marks.

Total Marks that can be obtained is 50 marks.

Table:-3.2: Distribution of Subjects based on level of Self criticism with their score

S.No	Marks	Grading
1.	45-50	Excellent
2.	40-44	Good
3.	30-39	Average
4.	25-29	Poor
5.	Below25	Very poor

PART-B

Each question carries maximum of 5 marks.

Total Marks that can be obtained is 50 marks.

Table:-3.3: Distribution of Subjects based on Ability to cope up with the Self Criticism with their score

S.NO	Marks	Grading
1.	45-50	Excellent
2.	40-44	Good
3.	30-39	Average
4.	25-29	Poor
5.	Below 25	Very Poor

PART-C

Each question carries maximum of 5 marks

Total Marks that can be obtained is 200 marks

Table:-3.4: Distribution of Subjects based on level Psychological Well-being with their score

S.NO	Marks	Grading
1.	180 - 200	Excellent
2.	150 - 179	Good
3.	100 - 149	Average
4.	80 – 99	Poor
5.	Below 80	Very Poor

OBJECTIVE - 1

- To assess the level of self criticism among elderly

Table:- 4.2.a:**N = 60**

Level to adopt self criticism	Frequency(No)	Percentage(%)	Mean	SD
Excellent (46 -50)	0	0		
Good (41- 44)	03	05%		
Average(31-40)	19	32%		
Poor (21-30)	34	56%		
Very poor (0-20)	04	07%		

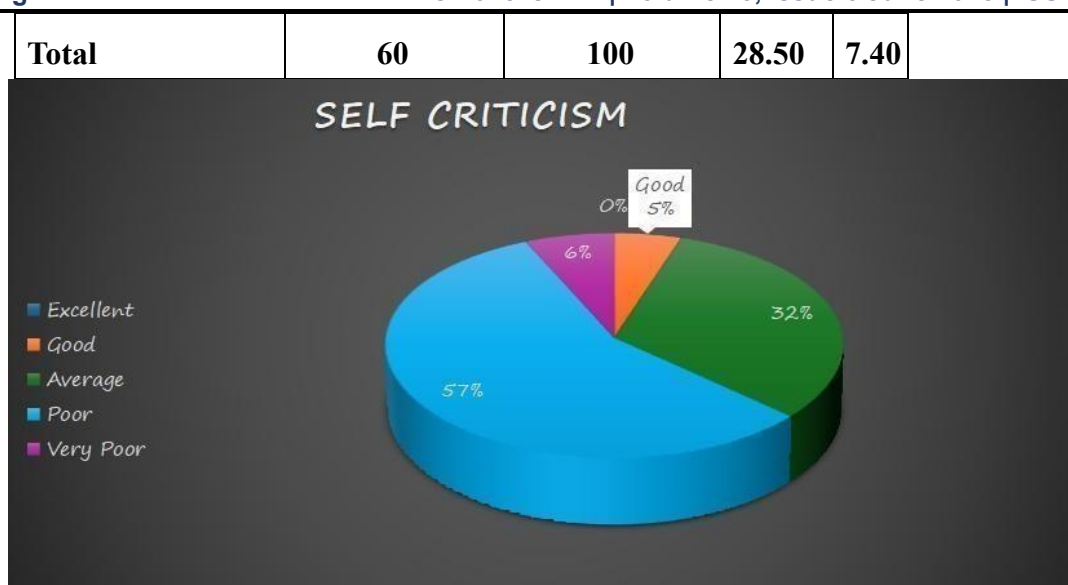


Table -4.2.a and Figure 4.2.a shows that the majority 34(56%) of the participants were Poor, 19(32%) of the participants were Average, 04(07%) of the participants were Very Poor and 03(05%) of the participants were Good in adapting the level of Self Criticism

OBJECTIVE - 2

- To assess the ability to cope up with self – criticism

Table:- 4.2.b: Distribution of subjects based on

N = 60				
Ability to cope up with Self Criticism	Frequency(No)	Percentage(%)	Mean	SD
Excellent (46-50)	0	0		
Good (41-45)	01	02%		
Average (31-40)	14	23%		
Poor (21-30)	41	68%		
Very Poor (0-20)	04	07%		
Total	100	100	27.09	6.52



Table -4.2.b and Figure 4.2.b shows that the majority of 41(68%) participants were Poor, 14(23%) participants were Average, 04(07%) participants were Very Poor and 01(02%) of participants were Good in coping up with Self Criticism.

OBJECTIVE – 3

- To assess the level of Psychological Well-being among Elderly

Table:-4.2.c :

Level of Psychological Well being	Frequency(No)	Percentage(%)	Mean	SD
Excellent (180- 200)	0	0		
Good (151-180)	02	03%		
Average (101-150)	43	72%		
Poor (81-100)	12	20%		
Very Poor (0-80)	03	05%		
Total	100	100	117.51	24.05

N = 60

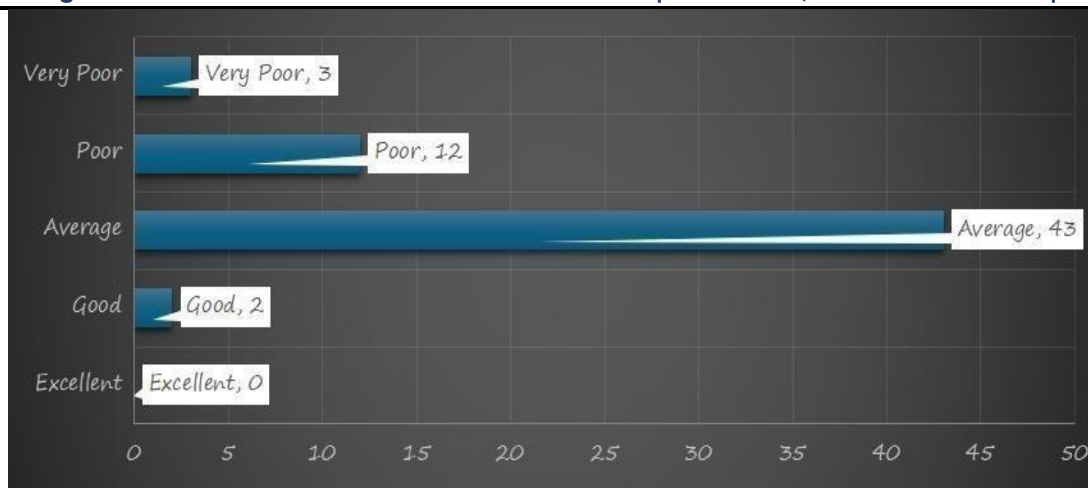


Table -4.2.c and Figure 4.2.c shows that the majority 43(72%) of the participants were Average, 12(20%) of the participants were Poor, 03(05%) of the participants were Very Poor and 02(03%) of the participants were Good in adapting level of Psychological Well being.

OBJECTIVE – 4

- To find out the association between the level of Self criticism and its impact on psychological well being with selected demographic variables.

Table 4.3 - depicts that the number of childrens has significance where as the age in years, gender, religion, education, occupation, monthly income, type of family and comfortablity with all family members shows non significance

CONCLUSION:

Based on the key finding of the study the researcher concluded that, level of self criticism was Poor with 34 (56%), ability to cope with self criticism was Poor with 41 (68%) and level of Psychological well being was 43 (72%). The investigators identified that there was a need for on Conducting self compassion, positive social interactions, encouraging to practicate in mind fullness and meditation and providing holistic support.

IMPLICATIONS OF STUDY

The analysis made on association between mental health literacy and demographic variables highlighted that there is a significance association between with selected demographic variables such as age, gender, educational status, occupational status and monthly income of the family .

The finding of the study have valuable implications on the following

- Nursing education
- Nursing practice

- Nursing research
- Nursing administration

Nursing Education

Nursing education is a demanding field that requires students to develop clinical competence, critical thinking, and emotional resilience. However, self-criticism is common among nursing students and professionals, often impacting their psychological well-being. Addressing self-criticism within nursing education is essential to fostering confident, competent, and emotionally healthy nurses.

Nursing practice

Nurses work in high-pressure environments that demand critical thinking, emotional resilience, and strong decision-making skills. However, self-criticism is prevalent in nursing and can impact psychological well-being, leading to stress, burnout, and decreased job satisfaction. Implementing supportive nursing practices can help manage self-criticism and promote mental health among nurses.

Nursing Research

Nursing research plays a crucial role in understanding the impact of self-criticism on psychological well-being and developing interventions to support nurses' mental health. Studies in this area focus on stress management, resilience, self-compassion, and workplace support systems to mitigate the negative effects of self-criticism.

Nursing Administration

Nursing administrators play a vital role in shaping a supportive work environment that addresses self-criticism and promotes psychological well-being among nurses. Effective leadership, workplace policies, and mental health initiatives can help mitigate the negative effects of self-criticism, reducing stress and burnout while improving job satisfaction and patient care.

Recommendations

To effectively manage self-criticism and enhance psychological well-being, nursing education, practice, research, and administration must implement targeted strategies.

- Incorporate Mental Health and Self-Compassion Training
- Promote a Growth Mindset
- Encourage Self-Compassion Among Nurses

- Foster a Supportive Work Culture
- Promote Psychological Safety in the Workplace
- Provide Leadership Training on Mental Health Awareness: Train nurse leaders to recognize signs

Conclusions

The present study sheds light on the significant relationship between self-criticism and psychological well-being among the elderly in the selected village in Aragonda, Chittoor district. It emphasizes that addressing self-critical tendencies may enhance the psychological resilience of elderly individuals, leading to improved mental health outcomes.

Understanding the levels of self-criticism is crucial for recognizing and addressing mental health issues in this demographic. This study contributes to the growing body of research highlighting the importance of psychological factors in promoting well-being among the elderly. Identifying and addressing self-criticism can pave the way for effective interventions and mental health promotion strategies tailored specifically for the elderly, ultimately leading to enhanced psychological well-being and overall quality of life..

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