



De La Salle University – Dasmariñas

**THE LEVEL OF ADJUSTMENT OF INSTITUTIONALIZED ELDERLY IN  
GOLDEN ACRES IN RELATION TO THEIR PURPOSE IN LIFE**

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**ABSTRACT**

**NAME OF INSTITUTION** : De La Salle University – Dasmariñas

**ADDRESS** : Dasmariñas, Cavite

**TITLE** : The Level of Adjustment of Institutionalized Elderly in Golden Acres In Relation to their Purpose in Life

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**OBJECTIVES OF THE STUDY**

General:

The Primary purpose of the study is to find out if there is a significant relationship between the level of adjustment and purpose in life of institutionalized elderly in Golden Acres.

Specific:

1. To determine the demographic profile of the respondents in terms of age, civil status, educational attainment, number of



children, number of years in the institution and reason for being in the institution.

2. To determine the adjustment level of the respondents as revealed by the researcher-made questionnaire in terms of physical, emotional, social and mental adjustment.
3. To determine the purpose in life of the respondents as measured by the purpose in life-standardized test.
4. To determine if there is a significant relationship between the level of adjustment and their purpose in life of institutionalized elderly in Golden Acres.

**SCOPE AND COVERAGE:**

The study sought to determine the level of adjustment of institutionalized elderly in Golden Acres and their purpose in life. The respondents of this study were 30 elderly in Golden acres aging 60 and above.

The descriptive correlational method was used to conduct this study. A purpose in life standardized test and researcher-made questionnaire were used to collect the data to determine the level of adjustment and purpose in life of institutionalized elderly in Golden Acres.

In analysis of data gathered, solving for the frequency, mean, percentage, and chi square (fisher's exact test) were used to establish the



relationship between the level of adjustment and purpose in life of institutionalized elderly in Golden Acres.

**MAJOR FINDINGS:**

1. The majority of the respondents in terms of age showed that they belonged to 75 and above age group. In terms of civil status most of the respondents were single. More so, educational attainment majority of them had reached elementary level. In line with the number of children most of the respondents had no children. With regard to the number of years in the institution majority of them had been in the institution for 1-4 years. In terms of reason for being in the institution most of the respondents were in the institution because it was their personal choice.
2. In terms of physical, emotional, social and mental adjustment the findings showed that most of the respondents were adjusted.
3. The purpose in life of the respondents presented a lack of clear meaning of purpose in life.
4. There was no significant relationship between the level of adjustment and purpose in life of institutionalized elderly in Golden Acres.



**CONCLUSION:**

In the light of the findings, the following conclusions were drawn.

1. Age and civil status affect an elderly entry into an institution.
2. More single compared to married elderly are found in the institution.
3. More elderly from 70 and above are institutionalized.
4. The decision to enter an elderly institution is be a personal choice; many elderly are brought not just by concerned local officials but by family members as well. It could be deducted that the once closely-knit Filipino family may not be that strongly-knit anymore.
5. The institutionalized elderly at Golden Acres are well adjusted physically, emotionally, socially and mentally.
6. The institutionalized elderly at Golden Acres lacks of a clear purpose in life.
7. The levels of adjustment among the elderly do not determine their purpose in life.



## RECOMMENDATION

The following are recommended and further study could be conducted where:

### At research level

1. Other variables such as realization, religion, modernization and gender.
2. Similar study could be conducted but with a bigger population.
3. To measure purpose in life, an instrument could be constructed to eliminate cultural biases.

### At the program level

1. The Golden Acres could conduct a training needs analysis to help the elderly find their purposes in life.
2. Training needs analysis-counseling program where the elderly can voice out their concerns.
3. Counseling for family members/ relatives of the elderly so they could help their elderly find their purpose in life.