

Integration versus Despair among Elderly Living With Their Families and Elderly Living in Care Homes

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The objective of the current research was to identify the integration versus despair among the elderly residing with their families and the elderly living in care homes. The research sample consisted of 100 elderly people in care homes in Baghdad and 100 elderlies with their families for 2019. To achieve the research objectives, to prepare the measure of integration versus despair in the elderly according to Ericsson's theory of psychosocial development. The results showed that the elderly living with their families had a high sense of integration compared to the elderly in care homes. Their integration was close to the center. The results showed that the difference between the degree of integration among the elderly living with their families and the elderly living in care homes was statistically significant and for the elderly living with their families.

Key words: *Integration, despair, elderly, care homes.*

Introduction

Humans live successive stages of growth during their lifetime, and each stage has critical periods, and these periods have a significant impact on the growth of the individual, in addition to these stages that pass through the hierarchy from the birth of a person until his death, and that the success of the individual in each of the stages of the stages that follow (Ericsson and Ericsson, 1981).

At every stage of a person's life, jobs and roles differ and changes occur in a person's life. Therefore, new stages and functions and demands arise in every stage of a person's life that he must perform. The most important and most severe stage of a person is the age of aging, as it has a special character that differs from other stages where He loses many things, as it will affect his psychological and social function. Therefore, in the old age, the individual



feels weak and helpless, and his life begins to change in various family, social, occupational and health aspects, so the elderly begins to re-evaluate his view of himself and his current life. Because he was no longer able to properly carry out the tasks assigned to him, or because he no longer had the physical and mental ability to do so, which would make him despair, insignificant and lack of value (Ibrahim, 1997).

Among the most important social changes that occur in the aging stage are the loss of relationships and the lack of activities and retirement from work as the retirement of the elderly from work leads to the lack of social relations as the lack of family relationships leads the elderly to a feeling of boredom and boredom, and in the aging stage it increases.

The aging stage may be accompanied by many psychological and social problems affecting the elderly in terms of their ability to adapt to their lives, changing the pattern of family relations and isolation and weak mental capabilities, unity and power loss and lack of income, loss of independence and the approximation and change of place of residence, and the elderly are often afraid From diseases that appear with age; Because it reminds them of death, in addition to the lack of social relations with friends and relatives (Al-Afifi, 2004).

The elderly at this age need to live within a coherent and compatible family, where the family is the natural place in which the elderly find security, reassurance, care, acceptance and respect. The elderly live with his partner or with his children in the same family whatever his social status, and one of the spouses may die, which affects Negatively on the other partner, and begins to worry that he will face the same fate, as some elderly people think a lot about the past and previous stages of their lives (Ibrahim, 1997).

The elderly need at this stage to live safely and be free from psychological stress and appreciation by others, just as they need love and recognition by others that they are of value and benefit, and that they need them (Barakat, 2010). Although the family is an important source of care for the elderly, some elderly people do not receive this care from their families. They may be forced to leave the family home and go to live in care homes, where care is provided for them and special programs are established for the elderly to prepare them so that these programs are compatible with their needs and interests and their physical, mental and psychological conditions and support them to remain active in their society, but this role does not always achieve the desired goals for the elderly (Erikson & Erikson, 1981). Interest began in studying the psychology of the elderly since ancient times, as the researchers tried to know the different needs of the elderly, and discover the variables that happen in their lives, and how to change their attitudes and values with age (Hearn, 1993). Given the importance of human life and the stages it goes through, these stages have received great attention from psychologists and social development, specifically Erikson.

These stages have a significant impact on the growth of the individual, in addition to these stages are characterized by the pyramid from the birth of a human to his death, and that the success of the individual at each stage affects the stages that follow (Erikson & Erikson, 1981). These include the age of aging, which may be accompanied by many psychological and social problems affecting the elderly in terms of their ability to adapt to their lives, changing the pattern of family relationships, isolation and poor mental abilities, loneliness, loss of power and lack of income, loss of independence and proximity and change of residence, Elderly people are afraid of diseases that appear as they age, because they remind them of death, in addition to the lack of social relations with friends and relatives (Afifi, 2004). The elderly at this age need to live in a cohesive family, The elderly person lives with his partner or with his children in the same family, whatever their social status. One of the spouses may die, adversely affecting the other partner. He begins to worry that he will face the same fate, and some elderly people think too much. In the past and the stages of their past lives (Ibrahim, 1997).

In this stage, the elderly need to live safely, free from psychological pressure and appreciation from others. They also need to be loved and recognized by others as useful and valuable and need them (Barakat, 2010). Although the family is an important source of care for the elderly, some elderly people do not receive such care from their families; they may be forced to leave the family's home and go to live in care homes, where they are cared for and special programs are set up for the elderly to prepare them for such programs with their needs, interests, physical, mental and psychological conditions and their support to remain active in their society. However, these roles do not always achieve the desired goals of the elderly (Erikson & Erikson, 1981).

The current research problem is determined by the following: What is the level of integration versus despair among the elderly with their families and peers in care homes? Is integration different from despair in the elderly according to place of residence?

Attention has been paid to the study of the psychology of the elderly since ancient times. Researchers have tried to identify the needs of different elderly, to discover changes in their lives, and to change their attitudes and values as they age (Hearn, 1993). This stage has a special character that differs from other stages where the elderly loses a lot of things, and it will affect his psychology and his social function. In old age, the individual feels weak and helpless. His life begins to change in various aspects of family, social, professional and health. To re-evaluate his own view of his current life, because he is no longer able to carry out the tasks entrusted to him properly, or because he no longer has the physical and mental ability to do so, which may feel hopeless, insignificant and worthless (Ibrahim, 1997). The importance of the current research can be highlighted in two aspects:

First: Theoretical Side

The importance of this research is to address a very important topic of integration versus despair in the elderly according to Erickson's psychosocial development theory, which is considered important in society. The importance of this research is to provide the Arab library and the Iraqi library with a theoretical framework A topic that is considered to be of great importance in the life of the elderly, and the nature of changes that occur in addition to providing researchers and those interested in the field of social development and psychological counseling and sociology to identify the problems faced by the elderly to them.

Second: Application

The importance of research in terms of practicality, the possibility of using the results and information reached in helping officials and those interested in the homes of care for the elderly in Iraq, the need to adopt appropriate programs and methods and methods used in dealing with this category after identifying the most important problems faced by the need to know the needs Psychological and physical, as well as the importance of research in providing a measure to examine the level of integration versus despair based on the scientific and theoretical foundations according to Ericsson's theory of psychological and social development.

The current search aims to identify:

- Integration of elderly residents with their families and elderly residents in care homes.
- Significance of statistical differences in integration among the elderly residing with their families and the elderly residing in care homes according to the variable (place of residence).

The current research is determined by elderly residents living with their families in Baghdad City, including elderly residents in care homes.

Terminology

Integration versus Despair: The late stage of maturity at Eriksson where the individual is looking back and living in his former life with its goals. If he accepts it, he will feel the completion. If he finds out that his life is not meaningful and forgets his organization, in which the goals he tried to achieve or his goals were unrealistic (difficult to investigate) will develop a feeling of despair (Abu Ghazal, 2006). Integration is the realization of the value of life, of self-awareness, of the belief in the inevitability of death, of realism, of self-affirmation by looking at the achievements of the past successfully, and of despair is to view

life as pain and disappointment and to seek lost and failed opportunities in the past (Simon & Gary, 2012). And is defined as a measure of the overall degree achieved by the examinee on the scale of integration versus despair.

Elderly: These are the 65-year-olds who appear to have effects and changes in their early age. These physical and psychological changes occur in the last episode of life. Physical changes in the body, general weakness in health, lack of muscle strength, weak senses and weak physical and sexual energy in general.).

In the current research, they are known to be individuals who have reached the late adulthood age 65 years and above of both sexes residing in nursing homes and the elderly living with their families in Baghdad.

Nursing home: Is a residential building in which older people over the age of 65 may be accepted and may also be accepted under this age in certain cases. The home provides care for the elderly in terms of housing, recreation and psychological comfort, where the elderly have full home care , Support and personal care, can be defined as a residential institution that provides medical care to elderly people aged 65 and non-medical care they need (Abdul Rahman and Al-Amin, 2015).

Background Theory

Eriksson gave a comprehensive account of human evolution across the life cycle, adding a unique positive feature to his theory. If Freudier's personality is mainly shaped in the first five years of human life, Eriksson sees it as forming at all stages of life that humans live from birth to late adulthood (Santrock, 2003).

(Eriksson), the evolution of the Islamic to eight stages, adding that the human being subjected to many of the pressures and social challenges imposed by the institutions that are responsible for social upbringing such as the family, the school, the media, and comrades. These stressors produce problems that the individual must confront and solve in order to grow healthy and healthy. Each of the eight stages of evolution that Ericsson has described as a developmental task or a Crisis Crisis that the individual has to confront and solve. Eriksson also believes that facing any task or crisis at any age leads to two possible outcomes: either mastering this task and thus building a positive property in the personality and there is an additional development, or lack of mastery or solve the task in an unsatisfactory way, the result is a crack now, Negative personality.



Integration vs. Despair (Integrity vs. Despair)

This stage begins in the 1960s, and the elderly may be affected by it, or indifference as a late stage of life. The retirement age begins and the young become older and leave home. Some older people believe it is a new beginning, when they avoid any knowledge of the characteristics of this stage of life, and that is only the revered youth sentiment. In Erikson's theory, reaching this stage is a good thing when all that happened in the stages of growth is taken into consideration without remembering all that happened. The task at this stage is the growth of the integration of the ego ego integrity with a little despair of despair. Although this stage is characterized by acumen and insight, but one of the most difficult stages! It begins first with separation from society and a sense of low interest. Some retirees face more difficulties, especially those whose duties in work are sacrosanct and find themselves then not required and needed by anyone, as well as their sense of biological incapacity. Women sometimes have a tragic sense of menopause. Men often find themselves unable to seize opportunities and fear of diseases that accompany age, because living with these diseases reminds us of death, as well as the decline of relationships and friends and the death of husband or wife. And certainly all will face the same fate .. On the basis of this meaning, everyone will face a sense of despair despair! In response to this, some older people become preoccupied with the past and remember failures and successes in their different stages of life. As a result of feeling the end, some elderly people may become depressed, hateful, or paranoid, hypochondriacal or hypochondriacal, or some aging psychotic patterns with or without organic bases. The sense of ego integration means acceptance of the inevitability of death when you feel near-term at the end of life. All events and past choices are accepted as inevitable. The tendency to maladaptation at this stage is called presumption when the older presumes presupposes ego integration without confronting the real difficulties experienced at this stage. The tendency to hatred at this stage is called disdain which means disdain for oneself or for others. "The old man who approaches the end and does not feel afraid of death at this stage is the one who has the wisdom of wisdom. This wisdom is given to children as a gift because healthy children will not be afraid to die when they see that the elderly have achieved enough integration and have not been afraid. the death." "Erikson suggests that the individual must be a kind of smart and sensitive talent to be truly wise and to learn this wisdom not in words that speak of wisdom but by their simple and gentle way of life and death and by their spiritual generosity (Nasser, 2003).

Walaskay & Whitbourne (1984) conducted a study in the United States aimed at testing the second phase of Eriksson's theory of ego integration versus the crisis of despair in old age. The study sample consisted of 40 senior men Age, and 45 elderly women. The results showed that elderly people had a high degree of despair, compared to a low degree of integration with respect to the past. Hearn (1993) conducted a study aimed at examining the level of integration, depression, social competence, and physical health of older persons. The

sample included 99 elderly Caucasians in the United States, 68 of them females, 31 of them Males with an average age (75.57 years) live with their families. The results of the study showed the correlation of ego integration with social efficiency and physical health. The results also showed an inverse correlation between depression and ego integration on the one hand, and openness to experience and ego integration on the other. The openness to experience is linked directly to the integration of ego with depression.

Inversely with depression. Backerman (1997) conducted a study aimed at examining the ways in which older people use the process of recalling past life events to find meaning for life and identity formation. The researcher used the descriptive exploratory approach in his study by interviewing (12) Between 61-80 years old, half of them women and half of middle-class retired men living with their families in urban areas of the United States. The results of the study showed that recalling the events of the past gives continuity to self and identity in line with Erikson's ideas, about the eighth stage of growth, and is related to the crisis of ego integration / ego despair at that stage. Memories had a positive effect on enhancing the integration of (6) individuals in the study sample, enhancing ego despair in (3) and balancing the ego with (3) other members of the sample. Holland (1997) conducted a study aimed at examining the impact of retrospective review of life events on ego integration and ego despair among older persons through a case study of a woman aged 75 years. The results of the study showed that there is a significant negative impact of the review of life events on the crisis of ego integration ego despair, where the woman participating in the study found that her life is full of tragic events and missed opportunities and wasted energies, which reinforced her sense of despair.

Brown and Lewis (Brwon & Lowis, 2003) studied in England aimed at identifying the level of achievement of the eighth phase of Ericsson's theory of personality growth (integration versus despair) in a sample of elderly. The results of the study were 32 years old in the 1980s and 90s and 32 years in the 1960s. The results of the study showed that the level of integration versus despair ranged from medium to high. There were also differences in the level of integration versus despair, To old age and to older women.

Chimich & Nekolaichuk (2004) conducted a study aimed at examining the relationship between the three variables (depression, hope, and integration) among older people in the United States. The study sample consisted of 35 elderly elderly clients in the United States aged 60 and over, 20 of whom were females and 15 of the males. The results of the study showed a higher level of ego integration among elderly people Low levels of depression and high levels of hope. James & Zarrett (2005) examined a study aimed at examining ego integration in the lives of a group of women. The researchers used interviews and questionnaire in the collection of study data. A follow-up study of interviews conducted in 1951 and interviews with the same women in 1996. The study sample included 78 women

with an average age of 78 years when the study data were collected in 1996. The results showed that trends towards identity, both educational level and social status Impact on ego integration among older women. The results also showed that better relationships with children and the ability to request and provide assistance have an important impact on women's ego integration.

Rio (2008) conducted a study aimed at investigating and describing events of significance from the past and their relationship to ego integrity. The study sample included 20 older persons over the age of 65, half of whom were men and half were women from Florida in the United States. The results have revealed five types of memories related to ego integration: memories that enhance the sense of attachment to older persons; memories that promote sense and intimacy; memories in which the elderly regain a sense of being; memories that promote a sense of control; memories related to the sense of purpose The results showed the possibility of using memory-related meanings in older people by psychologists and caregivers in reducing despair among older people and promoting ego integration.

Van-Hiel & Vansteenkiste (2009) conducted a study aimed at examining the impact of internal and external goals on the integration of ego and attitudes toward death among elderly people in Belgium. The study included two phases: 202 persons (91 males and 111 females) participated in the first phase. The average age was 68.2 years and 213 (96 males and 119 females) had an average age of 75.2 years. The results have shown that achieving internal goals is positively correlated positively with ego integration and in reverse with despair. The results also showed that the achievement of internal goals contributed to the acceptance of adults to die, while the external goals have negatively affected the acceptance of death in the elderly, and the level of integration of the ego and mental health.

In a study conducted by Blan (2009) aimed at detecting the differences between the elderly living in nursing homes and the elderly living with their families in the degree of their anxiety according to the variables of place of residence, age and sex in the Syrian society. The sample consisted of (436) Of males and 214 females. The results of the study showed that there were significant differences in the presence of anxiety among the elderly according to the variable of residence and the variable age group years and above in the household and in the elderly homes. Elderly male residents with their families and elderly residents in care homes.

Wiesmann & Hannich (2011) conducted a study aimed at ascertaining the hypothesis that the outcomes of the ego ego / ego crisis of the elderly depend on successful adaptation to four growth tasks that include: sustainability of active participation; re-evaluation of satisfaction with life; The sense of health safety; and the reassessment of Antonofsky's sense of completeness. The study sample included 170 individuals from Germany with an average age

of 67 years of whom (21.8% of males). The results showed a significant impact of the sense of completion of the successful resolution of the ego / ego crisis of the elderly. The results also showed an impact of life satisfaction in reducing depression levels, which are also affected by daily activity levels and health habits of older persons.

Afonso; Bueno; Loureiro & Pereira, 2011, conducted a study aimed at investigating the impact of a memory-based therapy program on past events on mental health and ego integration among older people with depression. The study included 90 Portuguese people aged 65 and older, with an average age of 76 years, of which 19 were males and 71 were females. The experimental group was divided into three groups: (a) the experimental group that underwent the memory sessions in the program (number = 30); b) the control group (number = 30); The results showed an improvement in general mental health and ego integration in the experimental group in the post-test, and stability of levels of general mental health and ego integration in the experimental groups (relaxation and memory)

Hearn et al. (2012) examined the credibility of the EI / ego-ego crisis scale based on Eriksson's growth theory, through two surveys, the first of which (97) were older (68) females, 31 Males) are over 65 years of age. The second sample included (70) individuals (51) females and (19) males aged (70) years and more. The results of the two studies showed that older adults with ego-integration showed higher levels of social competence, flexibility, higher levels of complexity and maturity in the social-mental thinking and thinking pattern.

Deszutter, Weismann and Apers (Luyckx, 2013) examined the relationship between integration and mental health in the elderly in the Netherlands, as well as the role of ego integration and ego despair in the relationship between integration, depression and satisfaction with life. The study sample included 100 elderly persons with an average age of 76.5 years, half of whom were males and the other half females. The results showed that there is a positive correlation between integration and mental health, with older people with higher levels of integration showing lower levels of depression and higher levels of satisfaction with life. The results also showed that the solution of ego / ego crisis has a partial effect on the relationship between completeness and symptoms Depressed by the whole effect on the relationship between integration and satisfaction with life.

Bagheri-Nesami et al. (2013) conducted a study aimed at examining the relationships between life satisfaction, ego efficiency and social support among older persons residing in nursing homes in the province of Suri, Iran. The study sample consisted of randomly chosen male (10) elderly care homes in the province of Suri, Iran with an average age of 67.86 years. The results of the study showed a statistically significant correlation between satisfaction with life, efficiency of the ego, economic status, care status of the elderly and the well-being

of those with high income and welfare homes. The results also showed an important correlation between satisfaction with life and social support, Life and efficiency of the ego.

Barker (2013) also studied the relationship between the ability to accept the past, ego integration, and the trend towards death in older people. The study sample included 115 participants from older persons (47 males and 68 females) living in nursing homes in the United States of America. The results of the study showed a positive relationship between acceptance of the past and ego integration, and an inverse relationship between ego integration and the negative tendency towards death.

conducted a study aimed at examining the relationship between tolerance, depressive symptoms, and ego integration in both women living with their families and women living in nursing homes. The study sample included 280 women living with their families with an average age of 75.98 years and 205 women living in nursing homes with an average age of 83.20 years in Belgium. The results of the study showed a correlation between tolerance and depression among women living with their families and women living in nursing homes. Integration and avoidance of despair played a significant role in this relationship.

Finally, Singh et al. (2014) conducted a study aimed at comparing the attitudes of older persons towards aging and the elderly in both women living with their families and women living in nursing homes. The sample included 60 women in the United States (30) living with their families and 30 in nursing homes. They were interviewed at their places of residence. The results showed that women living with their families showed a better attitude Towards acceptance of aging, ego integration and satisfaction with life, and receive better social support than women living in nursing homes.

Studies of despair versus integration, such as the Walaskay & Whitbourne (1984), Brown and Lewis (Brwon & Lowis, 2003), suggest that there is a medium degree of complementarity among the elderly versus an intermediate degree Also from despair.

A review of studies related to the main study variables shows that elderly people have a high degree of hopelessness compared with a low degree of integration in relation to the past and tragic events of the past, such as the Walaskay & Whitbourne (1984) and Holland (1997) , Parker (2013), Backerman (1997), and Rio (2008).

A review of previous studies also reveals differences in the level of complementarity versus despair attributable to the age level of older adults in the Brwon & Lowis (2003) study, the Wiesmann & Hannich study (2011), the Hearn et al. (2012) , Van Hiel & Vansteenkiste (2009) and Dezutter (Weismann; Apers; Luyckx; 2013) found differences in the level of complementarity versus despair attributed to the level of life for the younger age group.

Studies have also shown that older people in care homes receive less support than those who are desperate with their families, such as the Singh et al., 2014 study, the Dezutter, Weismann (Apers; Luyckx; 2013) Nesami and others (Bagheri-Nesami et al., 2013).

The methodology of research: To achieve the objectives of the research was adopted descriptive approach, which seeks to determine the current state of the phenomenon of the subject of the study, and then describe, he is studying the phenomenon as it exists in reality as a precise description and quantification and quantitatively (Melhem, 2000: 324), does not stop descriptive approach to the limits Description of the phenomenon, but beyond to analysis, interpretation, comparison to more information about them and mathematical symbols (Daoud and Abdul Rahman, 1990: 163-178). The research community consists of (1757552) elderly and according to the latest statistics of the Ministry of Planning, including the elderly living in the care homes in Baghdad (160) old and old.

The elderly research sample was formed in care homes (100) elderly and elderly, in order to exclude a number of the elderly due to poor health or because of their lack of mental health, and the choice of (100) old and old people who reside at home with their families.

For the purpose of achieving the objectives of the research, the researcher prepared the scale of integration versus despair after examining the following: the psychosocial growth scale according to the theory of Ericsson for Algadhi (2010), the scale of integration against despair in the elderly Helm (2000), and the scale of complementarity in the aging of Parwan And Lewis (Brwon & Lowis, 2003), where a measure of 33 words was found in its initial form. It was divided into four dimensions: after the sense of ego integration and nine paragraphs with numbers (1 to 9 And maturity has eight paragraphs with numbers (1 to 8), and after the feeling of optimism and ten paragraphs with numbers (1 to 10), and after the satisfaction of Human Relations and has six paragraphs numbered (1 to 6).

Signs of Sincerity and Stability Research Scale

Virtual Honesty

The researcher verified the virtual honesty of the scale by presenting its paragraphs to a group of experts and specialists in the educational and psychological sciences in order to determine the suitability of the scales and their validity to the research community. The scale obtained the proportion of agreement (90%) of the experts except for some observations mentioned by some experts and Was taken.

Building Sincerity

As for the validity of the building, it was achieved by relying on the calculation of the relation of the paragraph grade to the total degree of the scale, as in Table (1).

Table 1: The values of correlation coefficients between paragraphs and the scale and dimensions to which they follow.

Link with		Integration versus despair	Item way	Item no	dim
the scale	Dim				
0.4	0.62	I lived my previous life as I wished	positive	1	Feeling Integration
0.55	0.68	My life has a meaning	positive	2	
0.6	0.68	My ability to overcome the difficulties and challenges associated with aging increases my morale	positive	3	ego

0.42	0.55	Life has become clearer to me at the moment	positive	4
0.47	0.62	I achieved what I wanted in my life of work and achievements	positive	5
0.48	0.6	I accept changes in my life because of age	positive	6
91	91	I did not come to what I aspired to in this life *	positive	7
0.58	0.65	I feel that my life is integrated with its sweet and bitter events	positive	8

0.39	0.54	There are a lot of spiritual things to pay attention to in old age	positive	9	wisdom and maturity
0.35	0.47	I have become less interested in material things at the moment	positive	10	
0.39	0.54	Progressive age made me keep away from the pressures and problems of life	positive	11	
0.4	0.51	I love a slow lifestyle with increased age	positive	12	

0.41	0.56	She went beyond the fear of death	positive	13
0.3	0.56	I feel nostalgic for the friends who died before me	positive	14

Link with		Integration versus despair	Item way	Item no	dim
the scale	Dim				
0.53	0.59	I feel reassured and comfortable in my life	positive	15	
0.39	0.59	I feel happy when I remember some of the situations I experienced in my youth	positive	16	
0.31	0.59	The more I contemplate the universe around me, the more confident I become	positive	17	
9190	9190	I believe that there is no hope of finding solutions to the problems of the world *	negative	0	Feeling With optimism

0.34	0.63	Life is full of annoying things	negative	19
0.34	0.6	I wish I had lived my life differently	negative	20
0.46	0.65	My age makes me pessimistic and weak	negative	21
0.47	0.75	I feel remorse for my past life	negative	22
0.43	0.7	I feel that I have lost my chance in life	negative	23
0.3	0.58	I wish I had made different decisions in my life	negative	24
0.31	0.58	My entire life has passed and I have achieved nothing important	negative	25
0.35	0.76	I will not change my lifestyle even if I have a chance to live it again	negative	26
0.31	0.63	I feel my turn in life is over	negative	27

0.37	0.63	I feel close to all people			positive	28	the satisfaction About relations Humanity
0.37	0.39	Humans cause disappointment			negative	29	
91	91	Everyone deserves to live the best way *			positive	30	
0.35	0.51	I believe that respect for human dignity is the right of all people			positive	31	
Link with		Integration versus despair	Item way	Item no	dim		
the scale	Dim						
9190	9190	Many people do not know their truth until it is too late *	negative	32			

0.35	0.7 1	I feel tolerant towards the different people	positive	33	
The paragraph was deleted due to its low correlation coefficient below 0.30					*

Note from Table (1) that the values of the correlation coefficients of vertebrae after the sense of ego integration ranged between 0.68-0.55 with the distance, and between 0.60-0.40 with the scale. And that the coefficients of the correlation coefficients of wisdom and maturity ranged from (0.59-0.47) with the distance, and between (0.30-0.53) with the scale. And that the correlation coefficients of the feelings of optimism were ranged between (0.76-0.58) with the distance, and between (0.47-0.30) with the scale. Finally, the coefficients of the correlation coefficients of the human dimension ranged from (0.39-0.71) with the distance between (0.37-0.35) with the scale.

Note that each of the paragraphs (7, 18, 30 and 32) has been deleted due to their low correlation coefficients with the scale and the dimension below the approved standard for correlation coefficients of (0.30) according to (return, 2010) Bearing in mind that each of the deleted paragraphs with numbers (7, 18, 30,32) are the paragraphs of the negative content.

In addition, the dimension correlation coefficients were calculated with the scale, as well as the calculation of the inter-dimensional correlation coefficients, using the Pearson correlation coefficient, as in Table (2).

Table 2: Values of the dimensional correlation coefficients with the scale, and the inter-dimensional correlation coefficients.

Satisfaction with	Feeling	Wisdom and maturity	Sense	of	ego	integration	The relationship between:
relations							
Humanity							
				0.57	Coefficient	of	Wisdom and maturity
Satisfaction with	Feeling	Wisdom	Sense	of			The relationship between:
relations				ego			

	optimistic	and maturity					
Humanity				integration			
							correlation
							Statistical
				0.00			significance
						Coefficient	of Feeling optimistic
		0.53		0.48			correlation
							Statistical
		0.99		0.00			significance
						Coefficient	of Satisfaction with human relations
	0.43	0.49		0.52			correlation
							Statistical
	0.04	0.00		0.00			significance
						Coefficient	of Macro scale
	0.75	0.73	0.79	0.89			correlation
							Statistical
	0.00	0.00	0.00	0.00			significance

From Table (2), it is noted that the values of the dimensional correlation coefficients with the scale ranged between 0.89-0.73 and that the inter-dimensional correlation coefficients ranged between 0.43-0.57.

Stability of the Scale

For the purpose of verifying the consistency of the internal consistency of the scale and its dimensions, it was calculated using the Cronbach's alpha equation on the first application data of the exploratory sample and for the purpose of verifying the return stability of the scale and dimensions of the research; Of the first and second

applications, calculated using the Pearson correlation coefficient between the first and second applications on the exploratory sample, as in Table (3).

Table 3: Values of the coefficients of the consistency of the internal consistency and the return of the research scale and its dimensions

No of items	Repetition	Stability of	Scale and dimensions
	stability	internal	
		consistency	
7	0.85	0.76	Sense of ego integration
9	0.81	0.77	Wisdom and maturity
9	0.82	0.76	Feeling optimistic
4	0.88	0.72	Satisfaction with human relations
29	0.78	0.80	Total

It is noted from Table (3) that the consistency of the internal integrity of the ESI scale was 0.80 and its dimensions ranged between 0.77-0.72, while the return stability of the research scale was 0.78 and its dimensions ranged from 0.81 to 0.88 (These values are values of good stability).

Correct Search Scale

The paragraphs of the scale of integration versus desperation, the number of paragraphs (29 paragraphs), for elderly living with their families and the elderly residing in five-stage (positive) care homes are answered as follows: (very agreeable and 5 degrees, Take 4 degrees, neutral and take 3 degrees, not very OK and take two degrees, not very agree and take one degree). The components of the integration versus despair scale are also answered in the elderly living in care homes and the elderly living with their negative (five-step) families as follows: (very disagreeable and 5 degrees, largely disagreeable and 4 degrees , Neutral and take 3 degrees, very OK and take two degrees, very OK and take one degree).

Statistical Processes

Statistical analyzes of the data in this study were carried out using the statistical package for social sciences (SPSS).

View and Interpret Results

- To verify the first objective, the computation and standard deviations of the elderly living in nursing homes and the elderly living with their families were calculated for the measure of integration versus despair. The researcher used t-test for one sample to identify the significance of the statistical differences between the achieved averages and the theoretical averages of the measurement. The results shown in Table 4 were shown.

Table 4: Computational and Standard Deviations of Integration versus Despair among Elderly Residents in (Care Homes, Home with their Families) and TI Results:

Significance at	The		T	Calculated t	Theoretical	standard	Arithmet	Place	of
	degree	of	tabular						
0.05				value	average	deviation	mean		residence
	freedom		value						
Function								with	the
		99	1.96	8.087	87	9.57123	94.74		family
Function		99	1.96						Care House
				3.798	87	6.29236	89.39		

It is noted from Table (4) that the average age of the elderly residing in the home (with their families and care homes) was higher than the theoretical average of the scale. After the second test of one sample, the difference between the calculated mean and the theoretical average was statistically significant,) And the significance level (0.05). The calculated T value (8.087) and (3.798) for the elderly residents (home with their families, care homes) is higher than the table T value (1.96). The degree of integration of the resident population with their families can be described as high, while the degree of integration of older residents is moderate considering their approach to the theoretical average.

The researcher attributes this finding to the fact that the elderly are characterized by a range of physical, mental, social and emotional characteristics that make them more likely to apply intelligence, creativity and knowledge skills, thus enabling them to spread positive values within the environment in which they live. In the aging phase of the sense of integration and

extends from the years of accommodation until death, a summary of the previous stages and directions, where it is held accountable for the past, if the role is positive then it has a sense of integration, but if the negative role generates a sense of despair and the absence of the individual. Because it is at the end of life as this stage is characterized by fear of feeling old and regret the stage of youth (guarantor, 2005). The researcher believes that this result can be attributed to the elderly living at home with the family see that they have reaped the fruits of planting over the years. They see that their children take care of the privacy of their age by providing them with full care, which makes them better able to overcome the feelings of misery and misery that result in this age of the individual feeling that he has become useless in society and that turns into feelings of unity. And despair, since the elderly resident at home with his family. He feels that his children and grandchildren need him through his guidance and guiding role. The researcher also attributes this finding to the sense that the elderly feel that his family around him has played a role in the satisfaction of the elderly with regard to human relations.

The researcher also points out that the ability of the elderly to manage time and take into consideration its priorities, good intentions, making meaningful decisions, taking advantage of the opportunities of life, and the person who can invest his knowledge and abilities in managing his knowledge and possibilities and managing his life effectively in all its fields. As the elderly see that the passage of time and different circumstances lead to changes in their perspective to life, and their perception of themselves, and their own personality. (Mehlsen, Kirkegaard-Thomsen, Vidik, Olesen & Zachariae, 2005). This finding was consistent with the Hearn (1993) study, which showed the correlation of ego integration with social competence and physical health. The results also showed a reverse correlation between depression and ego integration on the one hand, and openness to experience and ego integration on the other.

The researcher attributed this finding to the fact that the elderly in general at this age have sufficient self-knowledge that makes them more inclined to wisdom and maturity by increasing their awareness of their strengths, weaknesses, values, interests, intellectual beliefs and deeper exploration of the origin and essence of things and their knowledge of. And seek to identify aspects of the integration of different views, and discover the aspects of uniqueness among them to enrich the knowledge and personal outlook of individuals,

And focus on the core elements and give them the attention they deserve, and they are more able to pass judgments related to life, relying on the knowledge and experience and interactions that they live; the elderly at this age has overcome many of the determinants that hinder his work, making him brave. Show confidence in his abilities, provide evidence-supported arguments, and communicate with others by showing wisdom and giving advice.

As for the elderly in care homes, the researcher explains this result through the provision of nursing homes for the elderly from services related to sports and some hobbies and health services and the provision of their needs, as they take into account the recreational aspects of the resident for psychological rehabilitation by shedding light on some of the problems that May face him at this age, which helps him to deal with it consciously; so the elderly becomes more able to deal with life. This finding was consistent with the Rio study (2008), which showed that older meanings associated with memories in older adults could be used by psychologists and caregivers to reduce despair among older people and promote ego integration.

- To verify the second objective, the computation and standard deviations were calculated for the elderly living in nursing homes and the elderly living with their families for the measure of integration versus despair. The researcher used the t-test for two samples to identify the statistical differences between the average elderly residents with their families and the average elderly residents In care homes. The results shown in Table (5)

Table 5: Computational and Standard Deviations of Integration versus despair in Elderly Persons Living in (Home with Their Families, Care Homes) and test results:

				standar		
	T					Place of
Significanc		Calculate	Theoretica	d	Arithmeti	residenc
	tabula					
e at 0.05		d t value	l average	deviatio	c mean	e
	r value					
				n		
						with the
Function				9.57123	94.74	family
	8991	4.671	891			
						Care
Function				6.29236	89.39	House

Table (5) shows that there is a statistically significant difference in the degree of freedom (198) and the level of significance (0.05) between the computation on the scale of integration versus despair among the elderly living in care homes and the elderly living with their families due to the variable (place of residence) With their families compared to caregivers.

Previous findings indicate that the level of integration versus despair among older persons living with their families is higher than that of older persons in care homes. The researcher attributes this finding to elderly caregivers who may suffer from the psychological problems associated with not adjusting to their new situation, (1993). This finding was consistent with the study of Herne, Saloner, and Streier, whose results showed that the level of integration versus despair among older persons in the elderly Role of Pastoralism The study found that elderly people living at home with their families feel that they are not an obstacle to their society and their children in particular, which makes them more interactive and socially active compared with their older peers in care homes, but this interaction varies from one elderly to another There is someone who can integrate and interact and another does not have the skills of social interaction and third occupies a middle place between socially skilled and those who lack the skills of interaction to describe social inactivity, leading to a discrepancy in the level of integration versus despair among these elderly, (Ibraheem, 1997) and (Al-Afifi, 2004) on the age of aging as characterized by weakness of the human and change his outlook on the self and the weakness of self-confidence, which leads to the sense of despair and irrelevance in addition to changing the nature of family relations and treatment within the home; And psychological in the individual. The researcher attributes these findings to the general emotional needs of older people; they are more likely to be saddened by the guilt of past incidents; the researcher explains the results of elderly caregivers by increasing their sense of loneliness; Caregivers feel neglected as a result of child preoccupation and partner death, and sometimes age and illness. Older people who live at home with the family feel that their children are more interested in them. This makes them less prone to grief and grief. Eirkson) that the elderly at this age sees his life unproductive and feel guilty about his past or he feels the failure to achieve the goals of life, which tends to slow the productivity, and becomes unhappy with life and often leads to despair, but if he hopes his achievements and poetry (McLeod, 2013). This finding was consistent with the Walaskay & Whitbourne (1984) study, which showed that the elderly had a low degree of integration with the past and agreed With the study of Chimich and Nikolaichuk (2004) which showed a higher level of integration Ego in individuals with low levels of depression and high levels of hope, the researcher attributes this result to the ability of the elderly to understand and manage his doubts, manage his stress and emotions and maintain his composure in an effective manner as well as increase his ability to tolerate and accept the ambiguity surrounding it, The state of anger and fear so as not to affect his behavior and decisions, which prompts him to express his emotions in a manner acceptable and does not arouse the anger of others, and the elderly



at this age are able to bear others as parallel or equal wisdom, and this result corresponds to what reported by Kaif (Kanfer & Ackerman, 2004) suggests that people at this age tend to create models and role models for young people, and may feel they are senior dignitaries who can rely on their wisdom and advice.

Recommendations

Based on the above findings, the research recommends the following:

- Activating the participation of older persons in social organizations and finding the most effective organizations in meeting the needs of the elderly.
- Strengthen health and social insurance systems to ensure that the elderly have adequate health and social care to cover their living needs.
- The need to urge the various media to provide programs for the elderly.
- Urge the elderly to participate in training courses to help them in refining their skills to contribute to increase their sense of achievement and raise their self-esteem.

Proposals

- Study integration in relation to the variable of psychological compatibility or variable multiple intelligences.
- Building programs to increase the degree of integration among the elderly to the highest possible degree.



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