



The Psychological And Social Needs Of The Elderly In Light Of The Modern Family From The Perspective Of The Educated Class (Case Study: Mohamed Sadek Ben Yahya Middle School)

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Study Summary:

The current study aimed to explore the psychological and social needs of the elderly in the context of the modern family and to examine differences in these needs among the study sample based on gender and educational level. The researchers used a comparative descriptive approach, utilizing a questionnaire designed by the researchers to assess the psychological and social needs of the elderly. The questionnaire was administered to a simple random sample of 39 individuals working at Mohamed Sadek Ben Yahya Middle School in M'Sila Province during the (2024/2025) academic year.

The study gave us the following results:

- The level of psychological and social needs of the elderly, as perceived by the study sample, was high, with social needs ranking first, followed by psychological needs.
 - There were no statistically significant differences in the level of psychological and social needs of the elderly based on gender or educational level, as perceived by the study sample.
- Keywords: Elderly - Psychological Needs - Social Needs.

Study Problem:

Recently, there has been an increasing focus on the elderly, as they represent an important segment of society that has contributed to its development. It is their right to receive care and support from the community in various fields. One of the reasons for this heightened attention is the noticeable increase in the proportion of elderly people in both developed and developing societies, which is evident in birth and mortality rates. This may be attributed to improvements in healthcare and preventive measures in general, and the elderly are considered a valuable human resource for any society due to the importance of their experience. They represent scientific maturity and intellectual richness, as many scientists produce their best intellectual and scientific contributions at this stage (Noura Mesfer Atiyah, 2014). (Hussein Al-Rabat, 2003) emphasized that family members must value the experience and wisdom of the elderly by involving them in family decision-making, as part of their social responsibility, and providing them with assistance to meet their needs and desires as much as possible. Key factors that

contribute to the well-being of the elderly include good health, participation in public life, maintaining family and social ties, and having positive attitudes towards themselves and the future. These factors lead to a sense of satisfaction with their lives. Based on this premise, this field study was conducted to shed light on the psychological and social needs of the elderly in the context of the modern family. The research problem centers around the following questions:

1. What is the degree of psychological and social needs of the elderly in the context of the modern family from the perspective of the study sample?
2. Are there statistically significant differences at the 0.05 significance level in the degree of psychological and social needs of the elderly, as perceived by the study sample, based on gender (male vs. female)?
3. Are there statistically significant differences at the 0.05 significance level in the degree of psychological and social needs of the elderly, as perceived by the study sample, based on educational level (university vs. secondary school)?

Study Hypotheses:

- 2.1 The degree of psychological and social needs of the elderly in the context of the modern family, as perceived by the study sample, is high.
- 2.2 There are statistically significant differences at the 0.05 significance level in the degree of psychological and social needs of the elderly, as perceived by the study sample, based on gender (male vs. female).
- 2.3 There are statistically significant differences at the 0.05 significance level in the degree of psychological and social needs of the elderly, as perceived by the study sample, based on educational level (university vs. secondary school).

Study Objectives:

This study aims to:

- Answer the research questions and test the validity of the hypotheses.
- Explore the degree of psychological and social needs of the elderly in the context of the modern family from the perspective of the study sample.
- Identify differences in the mean scores of these needs among the study sample based on gender (male vs. female) and educational level (university vs. secondary school).

Importance of the Study:

Theoretical Importance:

This study focuses on a vital age group, the elderly. It seeks to identify the psychological and social needs of this group, contributing to their psychological and social well-being. It aims to raise awareness and improve societal interaction with this demographic. As for the practical Importance

The findings of this study may contribute to:

- a. Guiding associations and elderly care institutions in addressing and providing for the psychological and social needs of the elderly.
- b. Enhancing the services provided by elderly care centers and families through workshops and conferences targeting community members.
- c. Including psychological, social, and even health needs in Algerian educational curricula across all levels to raise awareness and promote care and support for this age group.

The definition of Keywords:

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1. Psychological and Social Needs:

Need is defined as: "A state of deficiency or deprivation, whether physical or psychological, which, if unmet, causes tension and discomfort. This tension diminishes once the need is satisfied" (Rajeh, 1982).

Zahran (1987) described needs as "something necessary either for the stability of life itself, such as physiological needs, or for a better quality of life, such as psychological needs."

Similarly, it is defined as: "Everything an organism requires to maintain its life, such as food and water, or as a psychological state of deficiency or deprivation that, if unmet, causes disturbance" (Madkar, 1975).

It is also viewed as: "The feeling of lacking something specific, indicating a state reached by an organism due to deprivation. Fulfillment leads to satisfaction. Accordingly, a need is the starting point for motivating human behavior and directing energy to achieve satisfaction" (Khairy, Nas, et al., 2005).

The researchers definition: The psychological and social needs of the elderly are defined as all the unmet needs of elderly individuals within their families that contribute to their psychological and social adjustment. They are also measured as the degree to which the sample members score on the psychological and social needs questionnaire based on their responses.

Psychological Needs: The elderly's desire for a suitable psychological environment that ensures self-respect, family respect, and societal recognition, leading to psychological security and stability.

Social Needs: The elderly's desire for social care from family members and society to strengthen social relationships, enabling their personal and social adjustment.

2. Elderly:

Defined as: "An individual whose age has advanced, whose physical and mental abilities have declined, often referred to as an 'elder' or 'senior.' If aging continues, terms like 'very old' or 'aged' are used" (PDF article).

Age is also defined as: "Individuals who have surpassed 60 years of age and face a set of changes that affect their psychological and social adjustment, reducing their ability to utilize their physical, mental, and psychological resources to cope with life's pressures" (Hassan, Fahmy, 2000).

Field Study Aspects:

1. Study Methodology:

The methodology adopted in this study is the descriptive comparative approach, which aims to collect facts and data about the studied phenomenon or specific situations to interpret, analyze, and simplify these facts to understand their significance.

2. Study Sample and its characteristics:

The sample was selected from the original population of the study, which consists of all employees of Mohammed Al-Siddiq Ben Yahya Middle School in M'sila during the academic year 2024/2025. A simple random sample of 39 employees was chosen.

2. 1 Individual Characteristics of the Study Sample:

2.1.1 Gender:

Table (1): Distribution of the sample by gender.

Gender	Frequency	Percentage
Male	20	51.28%
Female	19	48.72%
Total	39	100%

From Table (1) we notice that the percentage of males is 51.28% which is higher than the percentage of females at 48.72% based on the proposed study sample from the original population.

2.1.2 Academic Qualification:

Table (2): Distribution of the sample by academic qualification.

Qualification	Frequency	Percentage
University	29	74.35%
Secondary	10	25.65%
Total	39	100%

From Table (2) it is evident that the percentage of employees with a university degree is higher (74.35%) compared to those with secondary education (25.65%) based on the study sample.

3. Study Tool:

The researchers used a questionnaire to identify the most important psychological and social needs of the elderly in light of the modern family from the perspective of the study sample. The questionnaire contained 31 statements divided into two dimensions:

1. Social Needs (16 statements: 1, 3, 5, 7,9,11,13,15,17,19,21,23,25,27,29,31).
2. Psychological Needs (15 statements: 2, 4, 6,8,10,12,14,16,18,20,22,24,26,28, 30).

The questionnaire had three response options:

- Agree=1
- Neutral=2
- Disagree =3

To serve the study's purposes, the researchers determined the degree of the elderly's psychological and social needs as follows:

- Maximum value for responses: 3
- Minimum value for responses: 1

The range is calculated as follows:

This range is divided into three levels using the formula: $3-2=1$

Thus, the levels are:

Low Level: $0.66+1=1.66$

Medium Level: $0.66+1.66=2.32$

High Level: 2.33 or higher

Statement Scoring:

- Statements with a mean score between (2.33 and 3) indicate high needs.
- Statements with a mean score between (1.67 and 2.32) indicate moderate needs.

- Statements with a mean score between 1 and (1.66) indicate low needs.

4. Reliability and Validity of the Study Tool:

4.1 Reliability of the Tool:

To ensure the tool's reliability, the Cronbach's Alpha coefficient was used. The results for the questionnaire and its dimensions are summarized in Table (3).

Number	Dimension Type	Cronbach's Alpha Value
1	Social	0.66
2	Psychological	0.70
	Total Questionnaire	0.69

4.2 Validity of the Tool

The validity of the tool was assessed by calculating the internal consistency between each dimension and its statements, as well as between each dimension and the overall score of the tool using Pearson's correlation coefficient. Also the researchers used the statistical package for social sciences (spss). The results are presented in Table 4.

Dimension Type	Total Score
Social	0.83**
Psychological	0.89**

5. Statistical Methods Used

To test the study's hypotheses, the following statistical methods were used:

5.1 Descriptive Statistics:

Frequencies and percentages to describe sample characteristics, Graphical representations, Measures of central tendency to compare groups, Measures of dispersion to understand data variability.

5.2 Inferential Statistics:

Cronbach's Alpha coefficient: To measure the reliability of the tool.

Independent Samples T-test: To examine significant differences in mean scores based on gender and academic qualification.

6. Presentation and Analysis of Results:

6.1 Results for the First Hypothesis:

The degree of psychological and social needs of the elderly, in the context of the modern family, was found to be high from the perspective of the study sample. This is shown in Tables 5 and 6.

Table (5): Means and Standard Deviations for the Dimensions of the Questionnaire

Number	Dimension	Mean	Standard deviation	Rank	Level
1	Social needs	2.69	0.414	1	high
2	Psychological needs	2.45	0.284	2	high

	Overall score of the questionnaire	2.57	0.213		high
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From Table (5) it can be observed:

The Social Needs dimension ranked first with a mean score of 2.69 and a standard deviation of 0.414 indicating a high level.

The Psychological Needs dimension ranked second with a mean score of 2.42 and a standard deviation of 0.284, also indicating a high level.

The overall questionnaire score indicates a high level, with a mean of 2.57 and a standard deviation of 0.213.

The researchers attribute these findings to the fact that as individuals age, their psychological and social needs increase due to mounting pressures and neglect from family members. Neglect, deprivation, and being ignored by family significantly contribute to making old age a period of psychological, social, and even physical deterioration. Conversely, being perceived as respected and valued by others makes the elderly stronger and more psychologically and socially stable. (Mamariah and Khazar 2009) says that the elderly individuals living with a supportive family exhibit better psychological and social well-being compared to those in care homes, where they often lack emotional fulfillment and strong social connections. and (Adel Mishal 2017) Confirmed high levels of psychological and social needs among the elderly. Same for (Rawashdeh and Arabs 2009) Highlighted the importance of social needs, ranking them first among the needs of the elderly. As for (Husseini 2001) he found that 61% of elderly individuals maintained good relationships with their children, 30% participated in social events, and 34% had regular family visits. But the (Duwishy 2006) found that health needs were more adequately met compared to other needs.

The following table summarizes the mean scores of individual statements in the questionnaire, based on the responses of the study sample, to determine the most important psychological and social needs of the elderly:

Table (6): Ranked Statements by Mean, Standard Deviation, and Degree Level

Item Number	Statement	Mean	Standard Deviation	Rank	Level
1	The elderly feel happy when their children visit them.	2.97	0.1600	1	High
2	The elderly feel distressed by family interference in their responsibilities.	2.46	0.8220	21	High
3	The elderly feel the need for compassion and tenderness when losing a spouse.	2.92	0.3540	2	High
4	The elderly enjoy socializing with peers of their age group.	2.71	0.5590	12	High
5	The elderly need to feel safe and reassured.	2.97	0.1600	1	High
6	The elderly enjoy visiting parks and gardens.	2.61	0.7110	17	High

7	The elderly feel the need for moral support from others.	2.74	0.5480	11	High
8	The elderly need to exchange visits with their peers.	2.61	0.6330	16	High
9	The elderly feel joy when a family member contacts them.	2.89	0.3830	3	High
10	The elderly need to engage in cultural and social activities.	2.05	0.8560	26	Medium
11	The elderly need calm and solitude.	2.66	0.7370	14	High
12	The elderly need family members to consider their opinions in family matters.	2.82	0.5060	5	High
13	The elderly need psychological satisfaction.	2.74	0.4980	10	High
14	The elderly need a sense of personal freedom.	2.79	0.469	6	High
15	The elderly need recreational services from their family members.	2.79	0.4690	6	High
16	The elderly need to participate in family activities.	2.20	0.8630	23	Medium
17	The elderly like their opinions to be valued by family members.	2.89	0.4460	4	High
18	The services provided by family members to the elderly are insufficient.	2.12	0.8320	24	Medium
19	The elderly need calm and solitude.	2.64	0.7060	15	High
20	Family members impose their opinions on the elderly.	1.56	0.7530	28	Low
21	The elderly need family members to spend time with them during the week.	2.79	0.5220	7	High
22	The elderly need someone close who understands them.	2.79	0.5700	8	High
23	The elderly believe they become less useful as they age.	2.28	0.8870	22	Medium
24	The elderly need to visit relatives.	2.79	0.5700	8	High
25	The elderly feel uncomfortable with pity from family members.	2.66	0.6210	13	High
26	The elderly enjoy visiting parks and gardens.	2.58	0.7150	18	High
27	The elderly feel their freedom is restricted within the family.	1.82	0.8840	27	Medium
28	The elderly need family members to accompany them on visits to relatives.	2.53	0.6820	19	High
29	The elderly need a private room in the household.	2.51	0.8230	20	High

30	The elderly need family members to invite their friends for gatherings.	2.10	0.8200	25	Medium
31	The elderly need warm social relationships within the family.	2.76	0.5360	9	High

Analysis of Table (6):

A total of 24 statements from 31 statements (77.4%) had a high mean score (ranging from 2.33 to 2.97), indicating that the psychological and social needs of the elderly are perceived as highly important.

- Statements(1, 3, 5, and 9) ranked highest, with a mean from(2.89- 2.92) emphasizing the importance of visits, security, compassion, and communication for the elderly.
- Six statements (23, 16, 18, 30, 10, 27) showed a medium degree (mean between 2.28–1.82), reflecting moderate concerns about family participation and services.
- Statement 20 ranked lowest with a low degree (mean = 1.56), highlighting dissatisfaction with imposed family opinions.

The researchers attribute this result to the fact that elderly individuals at this stage are in urgent need of a safe and calm social environment that provides conditions for psychological comfort, where social relationships between family members and the elderly interact with mutual understanding and respect. The findings of this study are consistent with the results of (Al-Wishi's study 2006), which indicated that social services play a significant role in the care of the elderly and are at a high level in terms of meeting social needs.

6.2 Results Presentation According to the Second Hypothesis:

There are no statistically significant differences at the significance level ($\alpha = 0.05$) between the mean scores of the study sample regarding the psychological and social needs of the elderly based on the gender variable (male, female).

Table (7): Means, Standard Deviations, and T-Test Results for Differences by Gender

Dimension	Gender	number	Mean	Standard deviation	T value	Degrees of freedom	significance
Social needs	male	20	2.64	0.24	1.451	37	08.0 not significant
	female	19	2.74	0.16			
Psychological needs	Male	20	2.42	0.23	0.587	37	22.0 not significant
	Female	19	2.48	0.33			
Overall score of the questionnaire	Male	20	2.54	0.20	1.11	37	98.0 not significant
	female	19	2.61	0.22			

Results Analysis:

1. Social Needs:

The mean score for males was 2.64 with a standard deviation of 0.24, while the mean score for females was 2.74 with a standard deviation of 0.16.

The t-value was -1.451 with 37 degrees of freedom, and the significance level was 0.08, which is not statistically significant at ($\alpha = 0.05$).

2. Psychological Needs:

The mean score for males was 2.42 with a standard deviation of 0.23, while the mean score for females was 2.48 with a standard deviation of 0.33.

The t-value was -0.587 with 37 degrees of freedom, and the significance level was 0.22, which is not statistically significant at ($\alpha = 0.05$).

3. Overall Questionnaire Score:

The mean score for males was 2.54 with a standard deviation of 0.20, while the mean score for females was 2.61 with a standard deviation of 0.22.

The t-value was -1.11 with 37 degrees of freedom, and the significance level was 0.98, which is not statistically significant at ($\alpha = 0.05$).

The results indicate that there are no statistically significant differences at the significance level ($\alpha = 0.05$) between the mean scores of the study sample regarding the psychological and social needs of the elderly based on gender (male - female). This applies to both dimensions (social needs and psychological needs) and the overall score of the questionnaire. These findings support the validity of the researchers' hypothesis.

The researchers attribute these findings to the fact that both genders (male and female) experience similar environmental and social circumstances within their families, which exposes them to the same daily challenges and problems. Additionally, shared human nature, including emotions and feelings, plays a role in making the psychological and social needs of males and females similar. This result aligns with the findings of (Adel Mishal 2017), which showed no statistically significant differences in social and psychological needs among the elderly based on the gender variable.

6.3 Presentation of Results According to the Third Hypothesis:

There are no statistically significant differences at the significance level ($\alpha = 0.05$) between the average scores of the study sample in the psychological and social needs of the elderly based on the variable of educational qualification (University, Secondary).

Table (8): The mean scores, standard deviations, and t-test values for the statistical significance of differences between the average scores of the study sample in the psychological and social needs questionnaire of the elderly based on the variable of educational qualification.

Dimension	Educational qualification	number	Mean	Standard deviation	T value	Degrees of freedom	significance
Social needs	university	29	2.67	0.22	1.20	37	08.0 not significant
	High school	10	2.76	0.13			
Psychological needs	university	29	2.44	0.05	0.42	37	58.0 not significant
	High school	10	2.48	0.07			
Overall score of the questionnaire	University	29	2.59	0.23	0.88	37	18.0 not significant
	High school	10	2.62	0.15			

Analysis of the Results:

From the results of Table (8), it appears that there are no statistically significant differences at the significance level ($\alpha = 0.05$) between the average scores of the study sample in the psychological and social needs questionnaire of the elderly, based on the educational qualification variable (University, high school). This is true for both the social and psychological dimensions, as well as for the total score of the questionnaire. The results were not statistically

significant at the 0.05 level, which aligns with the hypothesis proposed by the researchers in this study.

The researchers attribute this result to the fact that the study participants, regardless of whether they have a university or high school education, belong to the same environment and are influenced by the same cultural context. This shared environment affects their ideas, psychological and social attitudes, and self-values. This result is consistent with the findings of (Adel Mishal, 2017), which also found no statistically significant differences among the elderly based on the educational qualification variable.

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