CHAPTER-III

RESEARCH METHODOLOGY

3.1. RESEARCH DESIGN

Research To achieve the study's declared aims in an efficient and relevant manner, research designs map out how data will be collected and analyzed. A research design is a blueprint for collecting, measuring, and analyzing data. As a result, the design details the procedures followed by the researcher, from coming up with the hypothesis to analyzing the results. Adapting research methods to specific topics is standard practice. The selection of an appropriate design is, hence, an essential part of the study program

Among the aged population of Kerala, India, descriptive study was conducted to compare the emotional quotient with the prevalence of depression. Because of the method's intrinsic unpredictability, the researcher is helpless. All that is required of the researcher is to keep track of events and report back any relevant data. Concepts central to this area of research include personal or collective emotions and ideas, narratives about the present, and predictions about the future. So, this method works for this particular research. From among the several descriptive research approaches, the survey methodology was selected for the study.

Only by surveying a statistically valid subset of the population can we determine the prevalence of depression and EQ in the elderly and how they relate to the variables listed.

3.2. SAMPLE DESIGN

The demographic of interest consists of the elderly in Kerala who are residing in old age homes. In this investigation, we used a random sampling method.

3.3. SAMPLE SIZE

There were 150 total samples used in this investigation. There are around 150 elderly people in old age homes in Kerala are selected as final sample of this study.

The following factors are considered in selecting the sample.

Inclusion Criteria

- Men and women above the age of 65 and under the age of 84 exclusively.
- People with strong verbal and interpretive skills.
- Seniors who are eager to become involved.

Exclusion Criteria

- Patients in critical condition due to mental illness.
- People who had remarried but were childless and still lived with their parents.
- People who were not interested in giving their permission since they could not grasp the criteria.

3.4. SAMPLING FRAME

The researcher used purposive sampling technique to determine the sample size. Purposive sampling is a non-probability sampling technique where the researcher selects participants based on specific characteristics or criteria relevant to the study. This method is particularly useful when the researcher seeks a targeted group rather than a random selection.

In this study, the researcher used purposive sampling to determine the sample size, ensuring that participants met the necessary inclusion criteria—such as age, residency in old age homes, and relevance to the study's objectives. This approach enhances the study's validity by focusing on individuals who can provide rich, in-depth information about the relationship between depression and emotional intelligence among elderly individuals.

However, while purposive sampling allows for a focused and relevant sample, it may also introduce selection bias, limiting the generalizability of the findings. To mitigate this, the researcher likely ensured clear selection criteria and considered diverse participant backgrounds within the sample.

3.5. SAMPLE DISTRIBUTION

Table No. 3.1 Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes Gender –Wise

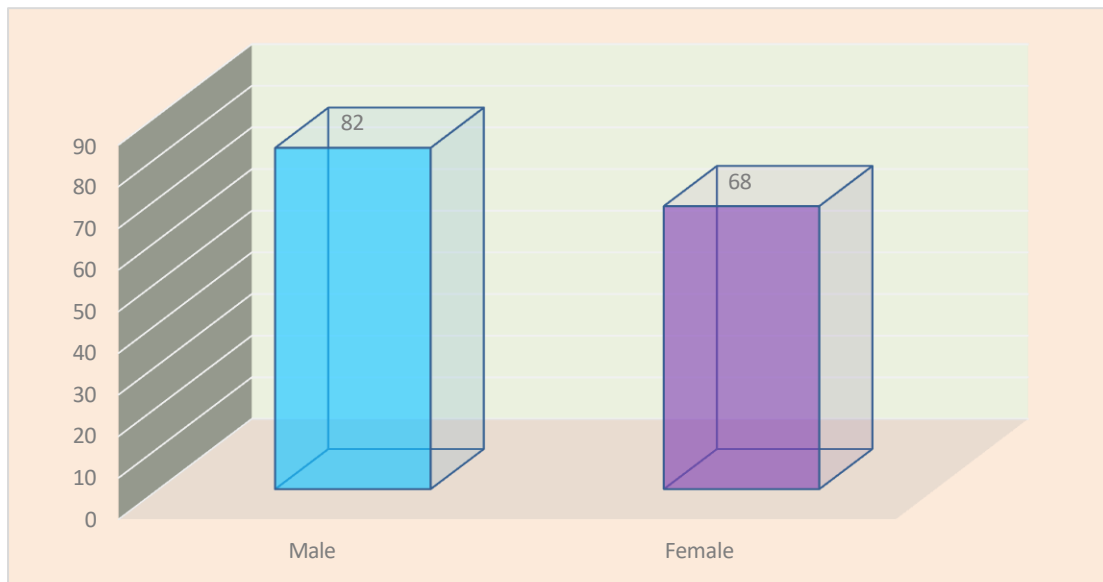| SL NO.	Gender	Total	PERCENTAGE
1	Male	82	54.66%
2	Female	68	45.33%
Total		150	100%

Figure 3.1: Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes Gender –Wise

Table and figure 3.1 presents the gender-wise distribution **o**f elderly individuals residing in old age homes, revealing that out of the total 150 participants**,** 82 (54.66%) were male**,** while 68 (45.33%) were female**.** The findings suggest a slightly higher proportion of males in old age homes compared to females, which attributed to factors such as differences in life expectancy, societal norms, family structures, and support systems (Singh & Kaur, 2020). Research indicates that elderly women are more likely to stay with family members due to traditional caregiving roles**,** while elderly men, particularly widowers, are more likely to seek institutional care (Gupta et al., 2021).

Table No. 3.2 Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes Age-Wise

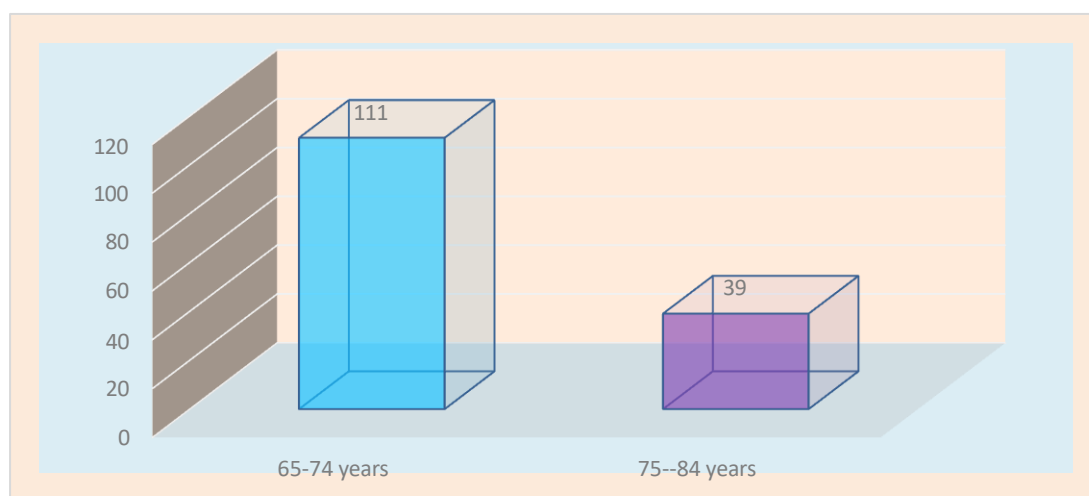| SL NO.	Age	Total	PERCENTAGE
1	65-74 years	111	74%
2	75--84 years	39	26%
Total		150	100%

Figure 3.2: Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes – Age Wise

Table and figure 3.2 presents the age-wise distribution of elderly individuals residing in old age homes, indicating that out of 150 participants, the majority, 111 (74%), belong to the 65–74 years age group, while 39 (26%) fall within the 75–84 years category. This distribution suggests that a higher proportion of individuals seek institutional care during the early years of old age, potentially due to health concerns, social isolation, or lack of family support (Kumar & Sharma, 2021). The lower percentage of individuals aged 75 years and above attributed to increased dependency, greater medical needs, or a preference for staying with family during advanced aging stages (Gupta et al., 2020). Studies have highlighted that younger elderly individuals opt for old age homes for social engagement and a structured lifestyle, whereas older elderly rely more on family caregiving due to declining mobility and health complications (Rao & Patel, 2019).

**Table No. 3.3 Showing the Sample Distribution of Elderly Individuals
Residing in Old Age Homes Education –Wise**

SL NO.	Education	Total	PERCENTAGE
1	No Schooling	13	8.66%
2	Primary	42	28%
3	Secondary	74	49.33%
4	Graduate	16	10.66%
5	Post Graduate	5	3.33%
Total		150	100%
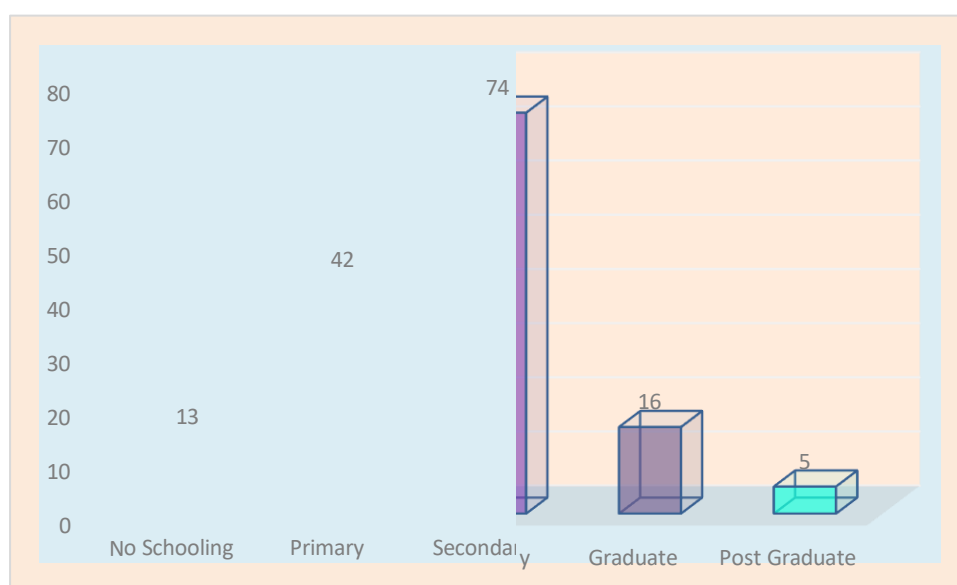
**Figure 3.3: Showing the Sample Distribution of Elderly
Individuals Residing in Old Age Homes –Education Wise**

Table and figure 3.3 illustrates the education-wise distribution of elderly individuals residing in old age homes, revealing that the majority (49.33%) have received secondary education, followed by 28% with primary education. A smaller proportion, 10.66%, hold a graduate degree, while only 3.33% have completed postgraduate studies. Notably, 8.66% of the respondents have no formal schooling, indicating a segment of the elderly population with limited literacy. These findings suggest that education level may influence life choices, including financial independence, decision-making capacity, and adaptability to institutional living (Sharma & Gupta, 2021). Higher education levels are often associated with better coping mechanisms

and social engagement, while lower educational attainment may contribute to increased vulnerability, dependency, and challenges in adjusting to structured care environments (Rao & Kumar, 2020).

Table No. 3.4 Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes Family-Wise

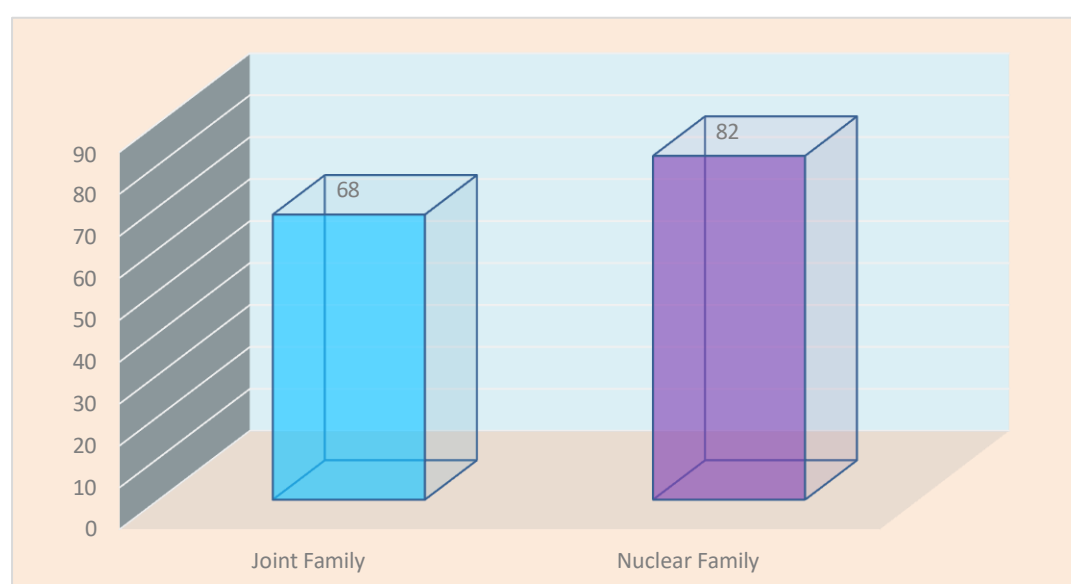| SL NO.	Family Type	Total	PERCENTAGE
1	Joint Family	68	45.33%
2	Nuclear Family	82	54.66%
Total		150	100%

Figure 3.4: Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes –Family Wise

Table and figure 3.4 presents the family-wise distribution of elderly individuals residing in old age homes, indicating that a higher proportion (54.66%) come from nuclear families, while 45.33% belong to joint families. This suggests that elderly individuals from nuclear families may face greater challenges related to social isolation, lack of caregiving support, and emotional neglect, leading them to seek institutional care (Kumar & Sharma, 2022). In contrast, those from joint families might still experience conflicts, financial burdens, or generational gaps, contributing to their residence in old age homes despite the traditionally stronger support system in such family structures (Mishra, 2021).

Table No. 3.5 Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes - Marital Status Wise

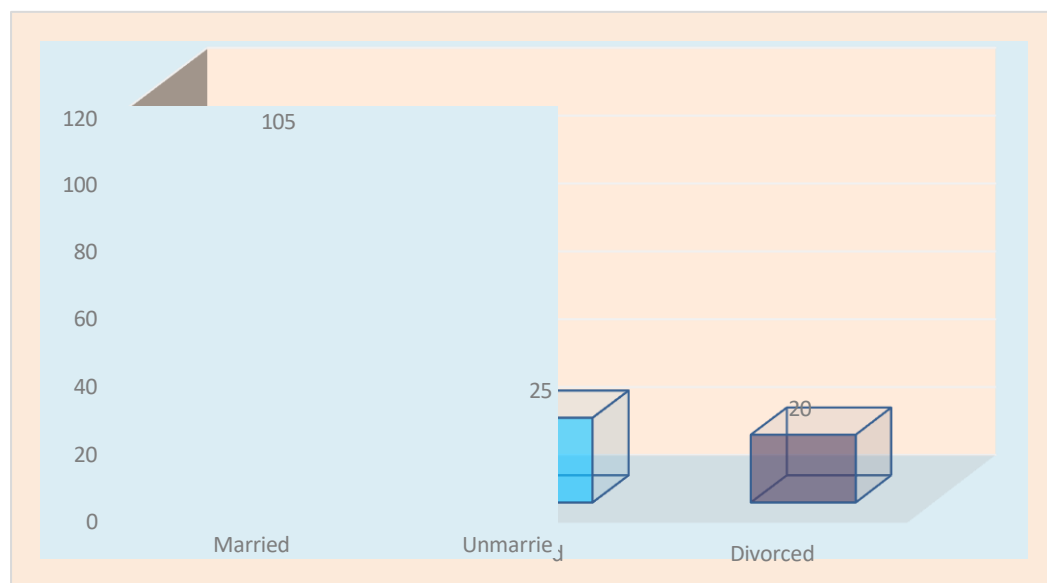| SL NO.	Marital Status	Total	PERCENTAGE
1	Married	105	70%
2	Unmarried	25	16.66%
3	Divorced	20	13.33%
Total		150	100%

Figure 3.5: Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes –Marital Status Wise

Table and figure 3.5 presents the marital status-wise distribution of elderly individuals residing in old age homes, revealing that 70% are married, while 16.66% are unmarried, and 13.33% are divorced. The high proportion of married elderly in institutional care suggests that factors such as spousal illness, lack of familial support, or financial constraints may contribute to their relocation (Singh & Verma, 2021). The presence of unmarried and divorced individuals further highlights social isolation, absence of caregiving support, and economic insecurity as key reasons for institutionalization (Sharma, 2020).

**Table No. 3.6 Showing the Sample Distribution of Elderly Individuals
Residing in Old Age Homes - Occupation Wise**

SL NO.	Occupation	Total	PERCENTAGE
1	Service	106	70.66%
2	Self Employed	29	19.33%
3	Unemployed	15	10%
Total		150	100%
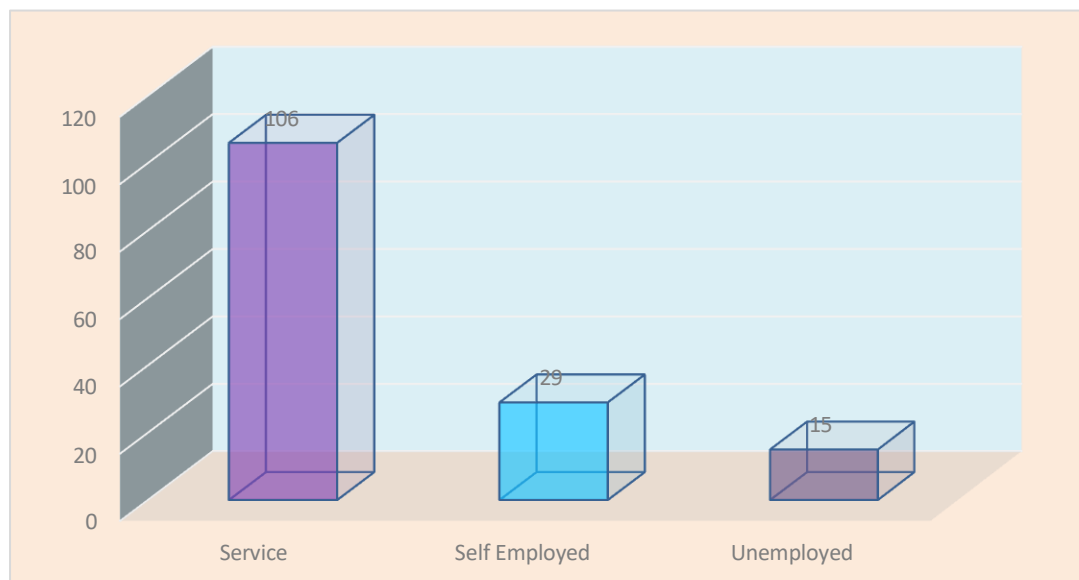
**Figure 3.6: Showing the Sample Distribution of Elderly
Individuals Residing in Old Age Homes –Occupation Wise**

Table and figure 3.6 illustrates the occupation-wise sample distribution of elderly individuals residing in old age homes, showing that the majority (70.66%) were previously engaged in service-based occupations, followed by 19.33% who were self-employed, and 10% who were unemployed. The predominance of service sector retirees suggests that many elderly individuals, despite having a formal work history, may lack adequate family support, financial security, or social connections, leading them to seek institutional care (Gupta & Sharma, 2022). The presence of self-employed individuals indicates that those with irregular income sources might face greater economic instability in old age, necessitating alternative care arrangements (Patel, 2021). The unemployed elderly likely represent individuals who have faced lifelong financial dependence, making them more vulnerable to institutionalization.

Table No. 3.7 Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes - Income Wise

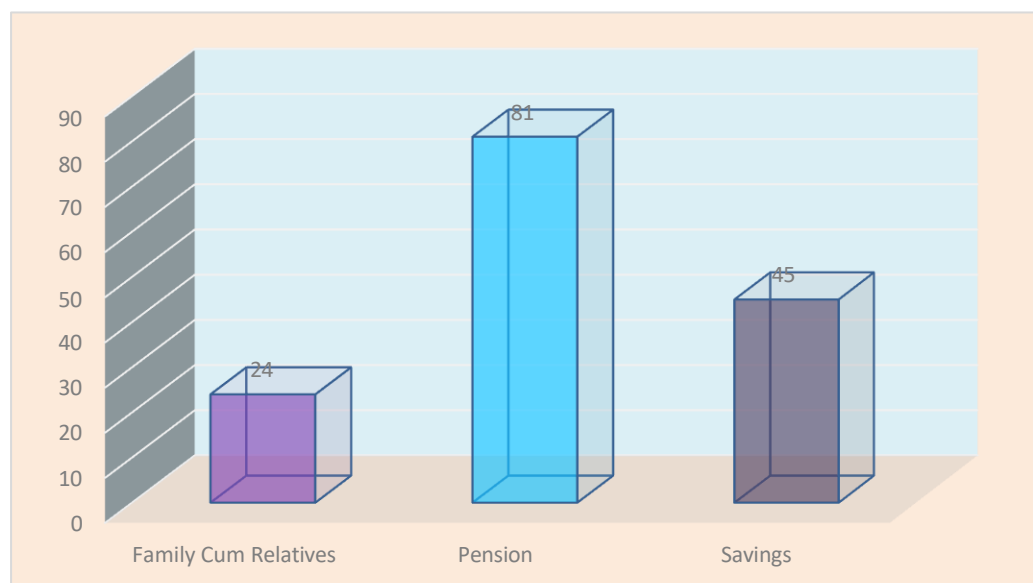| SL NO.	Income	Total	PERCENTAGE
1	Family Cum Relatives	24	16%
2	Pension	81	54%
3	Savings	45	30%
Total		150	100%

Figure 3.7: Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes –Income Wise

Table and figure 3.7 presents the income-wise sample distribution of elderly individuals residing in old age homes, indicating that the majority (54%) depend on pension, while 30% rely on personal savings, and 16% receive financial support from family or relatives. The dominance of pension-dependent individuals suggests that formal employment with retirement benefits provides a critical financial cushion in old age, yet it may not be sufficient to sustain independent living, necessitating institutional care (Kumar & Mehta, 2021). The 30% relying on savings indicates that personal financial planning plays a significant role, but uncertainties like healthcare costs and inflation could impact their long-term security (Sharma, 2020). The 16% supported by family reflects a declining traditional caregiving structure, where families may contribute financially but are unable to provide direct care due to social, economic, or geographical constraints.

Table No. 3.8 Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes - Duration Wise

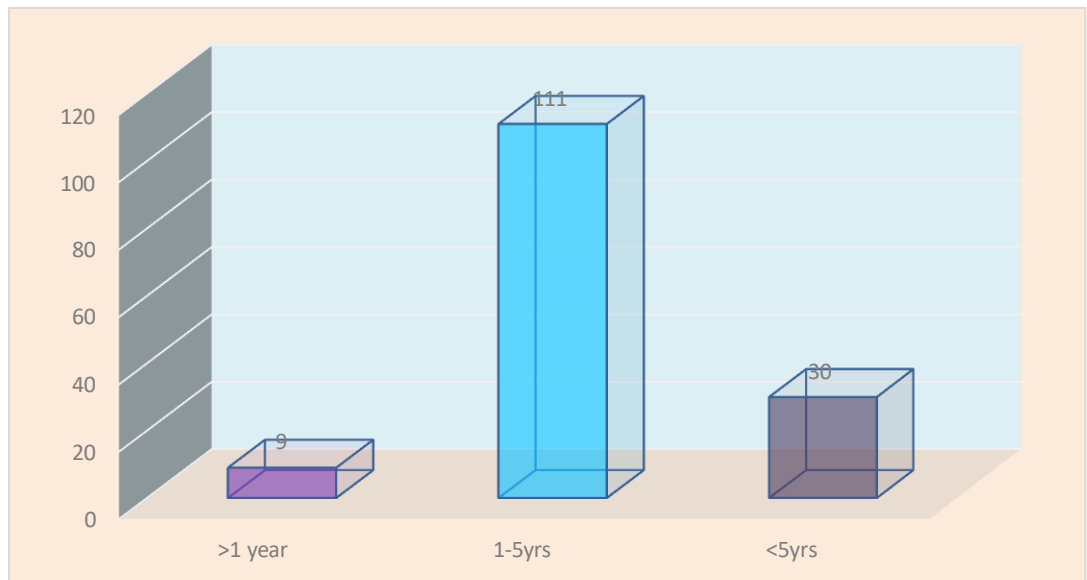| SL NO.	Duration	Total	PERCENTAGE
1	>1 year	9	6%
2	1-5yrs	111	74%
3	<5yrs	30	20%
Total		150	100%

Figure 3.8: Showing the Sample Distribution of Elderly Individuals Residing in Old Age Homes –Duration Wise

Table and figure 3.8 presents the duration-wise sample distribution of elderly individuals residing in old age homes, showing that the majority (74%) have been living in these institutions for 1 to 5 years, while 20% have stayed for more than 5 years, and only 6% have resided for less than a year. The high proportion of individuals in the 1-5 year category suggests that many elderly individuals gradually transition into institutional care as their health or family support systems weaken (Chakraborty & Roy, 2021). The 20% long-term residents indicate that a segment of the elderly population remains permanently dependent on old age homes, possibly due to estrangement from family, financial instability, or chronic health conditions (Gupta, 2020). The small percentage (6%) of recent arrivals may reflect the reluctance of elderly individuals to move into institutional settings unless circumstances become unavoidable