



**Qazvin University of Medical Sciences**

**School of Nursing & Midwifery**

**Thesis submitted to achieve the Degree of M.Sc.**

**In**

**Geriatric Nursing**

**Relationship between Ageing Perception and Attachments Styles in Elders Living in  
Qazvin, 2015**

**Under supervision of:**

**Dr. Seyede Zahra Hosseinigolafshani**

**Advisers:**

**Dr. Fatemeh Mohammadi**

**Dr. Sonia Oveisi**

**By:**

**Ameneh Yaghoobzadeh**

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## **Abstract**

**Background:** Ageing leads to problems related to this stage of life. Perception of an old aged is an important factor in predicting of experiencing successful aging. As well, attachment is considered as one of the main concerns and challenges that is associated with aging and perception of that among elders. This study aimed to investigate the relationship between ageing perception and attachment styles in elders living in Qazvin, 2015.

**Materials and methods:** A descriptive-correlational design was conducted on 300 elders who were recruited to the 23 clinics and health centers in Qazvin during the period of August to October, 2015. Data were collected using demographic information, Barker's ageing perception questionnaire, and Collins and Read's revised adult attachment scale. The analyses were performed using descriptive and inferential statistics using SPSS-PC (v.22).

**Results:** The results showed that older people have average ageing perception ( $159.10 \pm 11.10$ ). Also there was statistically significant relationship between ageing perception and fearful attachment style ( $r=.030$ ,  $p=.126$ ). It wasn't found any significant relationship between ageing perception with other attachment styles. Among the demographic variables, male gender, being single, academic education, living at children's house, poor economic status, low relatives visiting as well as emotional support from the family were related in increasing the ageing perception. Furthermore, it wasn't found a significant relationship between the main source of income and experiencing of mental health problems. Also, the majority of elders reported secure attachment in attachment styles. Mean differences in attachment styles wasn't significant in variables such as age, sex, marital status, education level, living place, socioeconomic status, main source of income, and history of mental and emotional problems. Chi-square test results showed that relative visitings and receiving emotional support from family were correlated with secure attachment styles ( $p<.05$ ).

**Conclusions:** This study was an important step in the understanding of ageing perception and attachment styles in elders. The concept and influencing factors of these two variables are considered as the determinants agents in mental health, creating adaptation, and positive experience about ageing. So greater researches in this area is recommended in order to compare the results with the present study.

**Keywords:** Ageing Perception, Attachment Styles, Elders