Analyzing the Problems facing by Old Age People in India: A Study

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Abstract

This study aiming to understand the old age population is rapidly increasing around the world whereas very less research was done on the issues of the elderly. They are victims of various mental and physical abuses, the state's role to take of these people falls under the Gandhian principles which the India state follows. But no uniforms and holistic plans were made by the governments to solve the problems of the elderly. The second demographic transition is making the individuals. The following study helps in reviewing the available literature sources and suggesting suitable policy measures for the issues. The observation found that the government need to spend more on providing the health care, one of the reforms suggested was linking geriatric care with the primary health care system. The Old Age Homes are creations of the globalized and liberalized world where the mobility has updated rapidly. The government should establish more old age homes and needs to amend the present laws to create community care as the best alternative in the changing world.

I

Introduction

The World is going through a demographic transition where the increase in life expectancy and a decrease in the fertility rates is leading to an increase in the elderly population. The ageing is an irreparable biological process and beyond the control of humans. Due to the ageing, the productivity of the aged people will be reduced. Various problems faced by the elderly are dependency on others, the decline in health conditions, loneliness and financial problems. Due to the reorganization of the family system in India, the traditional joint family system which usually takes care of the elderly is diminishing very rapidly. The changes in family system are due to moving away from agriculture, rapid modernization and rapid ideological changes and finally the religious, regional and cultural diversity. A new social structure which is Old age homes is increasing because of the effects of the globalization and changes in the family organization (Kumar et al., 2012). The aged population is increasing because of the decrease in mortality with the advent of new technology and the advancement of healthcare facilities. Due to the traditional

family system in India, the elderly going to old age homes is considered as the sacrilegious. The family is generally the main source of security, welfare and development of the aged people. The unconditional respect, power and authority of the elderly population are gradually eroding. The colonial power influenced the family system in South East Asia and South Asia. The rapid ageing of the population is happening in recent years. As per the United Nations Population Fund and Help Age International, the population of elderly is around 100 million in 2012 and expected to raise even more constituting the 20% of the total population. India is considered to be an ageing country as it's old aged population will cross 12.6 % of the population by 2025 as per the UN. In India, the aged population of 60 or above has increased to from 7.5% in 2001 to 8.2% in 2011 and is expected to increase to 10.7% by the year 2021. The population over the age of 60 years has tripled in the last 50 years in India. Old age or elderly consists of age near or above the average lifespan of human beings. In many developing countries a person is considered as old age when he can't support with physical labour. They face severe health problems, according to WHO health defined as state of complete physical, mental and social wellbeing.

The health is affected by environmental and biological conditions which are changing rapidly with movement towards the globalized and liberalized developments. On World Health Day 2012, the WHO India dedicated theme to the health care of the elderly. In India, according to Maintenance of Parents and Senior Citizens Act, 2007, any individual who attained the age of 60 years or above is considered as a senior citizen. The successful ageing is multidimensional which includes the physical, psychological, functional and social health. The 60-70% of these old aged people are economically dependent on others which is a serious concern as it will become a burden to the country. As the social structure is changing there was greater need to pay attention to the holistic needs of the elderly people. The residing in the old age homes are stressful and challenging for the aged people and they need all the emotional support from there family members. The first institution of care of the aged was established in 1840 in Chennai (Madras). The holistic needs which are social, spiritual, mental and physical and financial needs to consider helping them lead a happing ageing process, but the availability of still the question to answer. The gerontology care in India is still at the nascent stage.

II

Literature Review

(Menezes & Thomas, 2018) have argued that Asia could be the coldest region in the world and due to the rise of nuclear families, the elderly need to find the employment outside the home as the traditional family system is decreasing. The old age homes are increasing because of the rise of nuclear families. But the study reveals that the old age homes are not completely satisfying in proving the needs of the elderly due to various limitations. The research also observed that old age people are subjected to verbal and physical abuse, neglect and disrespect. The study also found the rapid decline in life satisfaction among adults who crossed 85 years. The study suggested that the emphasis should be made to concentrate more on the Psychological Capital (PsyCap) of the elderly.

(Dommaraju, 2016) has argued that the aged people experience various types of problems like social, economic, psychological, health, crime and violence, abuse and other miscellaneous problems. She reported that the complexities of the rn life and living conditions undermine the traditional values and beliefs of the aged people. The study found out that the female is more financially dependent when compared to men and they usually report more health problems. The study observed that the economic problems acting as the impediments to the course of social causes started by the elderly.

(Dhananjay Bansod and Balram Paswan, 2006)has reported that the conflicts with the family members is aware of the major reasons for the elderly moving into the old age homes. She reported that the majority (56.91%) of the inhabitants of old age homes belongs young-old category of 60-70 years, and the majority of them are males (59.80%). The majority are widowed and nearly $1/3^{rd}$ of inhabitants are illiterates. The main reason for the move of the elderly to old age home is observed as a strained relationship with there children. The study suggested the government to establishment of at least one old age home per district.

(Particulars & Veda, 2017) have argued that the major reason for increasing elderly issues in rural and urban divides. The medical differences in the urban and rural areas were considered as important social cause for problems of elderly in rural areas as per the report. The problems reported are inadequate health care, rehabilitation and recreation of the Indian elder population. They suggested the integration of geriatric care at the primary health care level.

(Akbar et al., 2014) has reported that the most common reason for elderly residing in old age homes is due to misbehavior from son and daughter-in-law (29.8%). They reported that family is the socio-economic backbone of average Indian. The findings of there study was most of the people are illiterate (36.2) and majority below to age group of 41.9%.

Veda and Ravindra (2017) reported the implementation of IPOP scheme and has stated that Assam and Manipur are collectively got the majority of funds (10.59%) but are home to only 2.18% of the elderly population. It reported that the funding was not uniform where some states didn't receive any funds.

(Khanal, 2018) this study is based on who studied the effects of elderly people due to children migration in Kathmandu have stated that majority of elderly living in old age homes are female (69.7%) and nearly $1/3^{rd}$ has no income sources and more than half the elderly are illiterates. In Nepal, the ageing population is rising very rapidly when compared to the overall population growth. International migration of the youth causing more dependence on the elderly population of old age homes. The study also reported that more than half the respondents have physical problems and more than $4/5^{th}$ has emotional problems.

(Kumar et al., 2012) reported the exceptional increase in the number and proportion of older adults the and rapid increase in nuclear families and contemporary changes in psychosocial matrix elderly segment of society. The results of the study are more than half the residents of old age homes have more than one mental health problems, depression is the major one. The majority of elderly living in old age homes are widowed and illiterates.

(Amiri, 2018) reported the major problems of the elderly are lack of economic provisions, poor health conditions, lack of emotional support and illness in the post he t-retirement period. The perceptions for problems and negative attitudes towards the negative attitude towards life are generational gap conflict, increasing crime rate, lack of mobility, poor health conditions and loneliness.

Research Objectives:

1. To understand the Problems fac by Old Age People.
2. To Analyze the Problems facing Old Age People.
3. To suggest the micro and macro suggestion to eliminate the challenges among the Old Age People

Research Methodology: This study employed a desk-based study and data collected from all secondary literature and analyzed comprehensively. In this study the all major literature complied and categories. In this paper, all kind of challenges were observed and analyzed systematically.

IV

Findings and Suggestions

The family system is still rigid as the young adults are giving assistance and the presence of extended families and others. The individuals belonging to the marginalized and socio-economically backward sections of the society aspire to earn better opportunities are moving towards the urban leaving the elderly behind which is against the traditional practice. The aged people are mostly dependent on others for daily activities. The old old-dependency ration stands at 0.13% whereas the number of elder people has increased by 54.77% in the last 15years. By 2050, it is expected to cross 0.20%. The percentage of these dependent people are more than 65% of the aged population. Generally, the elderly who are destitute, childless, uneducated and who have less desire to live children, opt for living in free homes, but this is changing in recent times. As per the 60th NSSO survey, the old-age age dependency ratio is higher in rural areas (125) when compared to urban areas (1 03). According to the report on Financial Status of the Older people in India, 2011, Only 20% of the aged women are independent whereas the rest financially depends on end on the others whereas the men are independent to the major extent. Ramamurti (2001) has observed most of the elderly are moving to old age homes due to lack of money or care from family. They called for the need to generate emotional support facilities. The major reason for the health problems in the elderly is Neglect, Financial problems, Inappropriate dietary intake, accidents and other physical activities. The aged population are also financially exploited by the family member of their relatives. They are the victims of theft, robbery, burglary, cheating, verbal and physical abuse (also include the sexual abuse) murder and other physical assault. The elderly was mistreating and often victims of the retraction of family members who should take the responsibility of emotional support. The caregivers in the community care and also often feel started, in some cases, took part in criminal offences. The increase in the elderly population is occurring simultaneously to the decrease in the family size where is visible in most of the Urban areas. According to Help Age India survey (2007), nearly 70% of inhabitants of the Old age homes have moved due to

family problems which are a serious concern. As the nuclear families are increasing, the traditional model of aged parents care is transferred from the family members to the Old Age Homes which are established in response to the transition. The establishment of these institutions is part of the community care for the individuals. The aged people are reaching out to Old Age homes in search of security and medical health. Many studies on the elderly have proved that the old age homes are the best opportunity for the elderly to receive better care which families losing to provide. The factors for the elderly to move to community care institutions are misbehavior from their children, poverty/ no financial support, loneliness and adjustment problems. The governing of Old-age homes is strictly regulated by law, notably the Aged Persons Act, 1967 as amended.

Conclusion

Many surveys reported that the maximum numbers in the old age homes are from the rural background and illiterate, widowed and economically backward. Some of the issues faced by the aged population are separation from friends and family, anxiety, no physical ability and importantly frequent encounters with death and ailments in the institutions. This has many negative effects on aged people and makes them vulnerable to physical and mental health issues. Most of the elderly in old age homes are feeling the loneliness. They are also facing serious psychological problems like dementia which is referred as more of a memory impairment which is observed in 5% of the elderly population, they also face issues like Alzheimer's, depression (where individuals behave despondent and downhearted), Social Exclusion, Anxieties. Depression ranks as the most prevalent psychiatric illness of the aged. India accounts for 21% of global disease burden and the health expenditure is very low which causes serious concerns regarding citizens especially elderly. The elderly in old age homes suffer from single or multiple physical comorbidities chronic diseases found among the old age people are diabetes, heart diseases, hypertension, knee and joint pain (Majority percentage 51%). Measures to improve the condition of the elderly are proving access to better medical facilities, creating awareness about the national policies and changing technology, providing alternate employment opportunities or creating entertainment activities to keep them engaged. Educating them will help them to solve their problems. The NGOs and Social workers need to play an important role and work in collaboration with go the government to create better facilities for the elderly population. The scope for social work intervention is in medical care/health care, Financial support, counselling, rehabilitation centers etc. National Policy for older 1999 states assistance will be provided to voluntary organizations which take care of the elderly, the NGOs should make proper use of this. Other government initiatives include The Integrated Programme for Older Persons (IPOP) started in 1992, where financial assistance up to 90% will be provided by the government. The financial assistance to the elderly which is provided by the government through social security schemes like old-age pensions, but these pensions are not enough to lead a healthy life. The govt schemes are also should be reconsidered to provide better care to the elderly. The regular inspection of the old age homes by the government officials should be done. The elderly is the main support for the family in times of need for moral support and advise. They should be given proper honorary and respectable position. At the same time the, economic prospects of youth moving to different places should not be stopped, instead, they should maintain n regular and healthy connection with the elderly living in

community care homes, the usage of technology ia s to eat help in this process. The timely visits not only increase the happiness but low helps the elderly to overcome various psychotic issues. The geriatric care is another important aspect which should be concentrated by the government as it w a separate from general problems and needs the specialist care to help the elderly. The best possible use is linking them with the primary level health care which helps in meeting the needs of the poor in rural areas and helps in diminishing the overall vicious cycle. The crimes against the elderly for property and other profitable should be held extremely as they were important to create a strong social system. To reduce the dependence of the old people, they should be given employment opportunities suitable to their conditions as it will help in decreasing their loneliness and also helps in becoming independent.

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