



# Elderly People, Psycho-Social Concerns And Psychological

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## **Abstract**

By 2050, India's senior populace, characterized as those matured 60 and over, is anticipated to reach around 300 million individuals. Families, which have verifiably given bolster to the elderly in India, are contracting due to lower ripeness and, in rustic locales, movement. The changing dynamics of the age-old conventional family frameworks have the potential to change the bolster structures that the elderly have depended upon. The essential objective of the show paper is to survey the statistic perspectives of maturing and the trends and financial effect of organization care in India. Institutionalized care of more seasoned individuals isn't prevalent in Indian culture, primarily due to a social mindset.

Additionally, there exists a require for legitimate framework to back these educate. This need of a regulation welfare biological system will have serious suggestions for senior citizens in their aging a long time. Besides, owing to the rise in life hope, the populace estimate of more seasoned grown-ups in India will be gotten to be so huge that care homes cannot oblige them well. Unless the government executes an effective arrange for senior citizens' retirement, it'll be constrained to bear a higher monetary burden for giving satisfactory healthcare, since of the existing insufficient healthcare and protections frameworks. This think about highlights the significance of long-term care administrations as a community back framework for senior people in India. The hitched more seasoned grown-ups are too more likely to take an interest in family exercises when compared with their widowed partners. In a comparative way, sex and conjugal status are found to be related with strengthening of more seasoned grown-ups.

Furthermore, the more seasoned females and the fiscally subordinate more seasoned grown-ups are more likely to confront manhandle of diverse sorts. Families are classified into three distinctive sorts. Sort I families have no more seasoned grown-ups, Sort II families have more seasoned grown-ups and other more youthful individuals, and Sort III families have more seasoned grown-ups as it were. Comes about appear that Sort III

family units are found to be moderately more denied and report higher normal month to month use when compared with other sorts of family units.

Keywords: grown-ups, families, elderly, burden, insufficient healthcare.

## **Introduction**

As one ages, there are greater losses of close friends and family members. With older age comes changes in functional abilities, to which a person must adapt physically and mentally. Thus, increasing life expectancy in advanced economies has led to growing concerns about the mental health of older people. Anxiety and depression are the most common mental health problems associated with deteriorating physical health in older people. When planning and developing mental health services for older people, policymakers and health professionals need to ask: What practical and theoretical approaches are most likely to improve quality of life? In other words, what models of mental health care have the best potential to improve the quality of life of older people suffering from mental health problems? Until recently, the development of mental health care systems focused on the needs of young and middle-aged people. Thus, models of mental health care are mostly drawn from research into the needs of those who have not reached retirement age. A study in India suggests that older people who have recently faced any type of violence are more likely to suffer from psychological distress than their counterparts who have not.

The interrelationship between socioeconomic and health status and inequality in psychological distress in the elderly population is an area of research that has not yet received the attention it deserves in India. However, there is a gap in the literature focusing on socioeconomic and health status and its influence on inequalities in psychological distress among older adults in India. The present study therefore aims to add to the literature the link between the socio-economic and health status of older adults and their psychological problems. Additionally, the study hypothesized that. There is a negative relationship between socioeconomic status and psychological distress in older adults. Psychological distress is concentrated among older adults from households with poor economic status. Today, the elderly population is the fastest growing population in our Indian societies. They generally experience a decline in their physical and cognitive abilities, making them more inactive and dependent on the support of other people to maintain a healthy life. At this stage of life, they require love, emotional and social support and more care. Research shows that, among other factors, social support is the most important factor in increasing psychological well-being in the elderly. Social support can be considered one of the most effective resources that people can use to cope with stressful events. Social relationships help create networks and improve communication with others, which is a powerful predictor of better mental health and well-being. Social support includes not only the structural characteristics of a social network, but also the functional aspects of networks that include interactions between network elements, i.e. people. Studies confirm that social support promotes health and thus psychological well-being. Any kind of support, such as emotional, psychological or informational, can directly reflect in their positive state of mind. Old age is undoubtedly a difficult period, and seniors around the world face a number of health and social problems. Providing resources to manage their problems can be helpful in restoring their hope and happiness,

and thus their mental health and well-being. Like any other age group, old age needs to be mentally healthy and productive. Some research in examining the protective factors of psychological well-being in the elderly has emphasized the role of social support. They show significant positive correlations between social support and psychological well-being.

The purpose of this review is to identify the psychosocial problems of the elderly, their symptoms and ways to prevent them, their treatment and the role of nurses and health professionals in general. Examining psychosocial issues is of the utmost importance because this age is characterized by feelings of loneliness, fear, depression and isolation from each other, unpleasant thoughts, but also negative feelings.

### **Troubles of the elderly**

With increasing age, various anatomical and physiological changes occur in elderly people. These changes bring many physical, psychological, behavioral and attitudinal changes that lead to socio-economic problems. Specifically, seniors generally face major issues such as loneliness, abuse, health care, income, housing and transportation, safety, etc. These issues are interconnected or interdependent. For example, a financially secure senior can secure better health care. Even with disorders of the state of mind, financial capacity can buy options to rejuvenate and refresh a financially capable senior. A poor senior citizen in the same state of mental degradation cannot afford to do the same; and what's more, get back into the mainstream of society. Loneliness affects health, while good health helps fight loneliness. Below are brief comments on the problems of the elderly in light of findings from various studies.

#### **1. Isolation**

Rapid urbanization, competitive lifestyles, rising aspirations and an insatiable desire to get ahead all affect our lives without realizing the social cost. An emotional and psychological problem that plagues the elderly is loneliness. This is due to the growing "empty nest syndrome". Children go to distant places/countries to seek economic betterment. Although they live in the country, due to social transformation and the spread of new ideas such as "spacing, privacy, individualism and non-interference", nuclear families are becoming the norm in villages as well. Love marriages further deepened the breakdown of the joint family system. Even in joint families, elders feel lonely because young people refuse due respect, interest and care. The problem today is that you don't have time because you have to cope with work. The wife is busy trying to cope with work in the office or at home. Kids are busy at school and later trying to do homework and then video games on cell phones and TV. So where does that leave your parents or grandparents? What they do? Where are they going? Who is he talking to? The younger generation generally lacks intergenerational bonding and sensitivity to the need for emotional support of elders. In cities, neighbourly friendships become rarer and relatives and friends are busy with their own lives. Visits are rare and phone calls are occasional.

#### **2. Earnings and Savings**

Economic problems are very fundamental to all other problems that old people face. With supplementary pension insurance, a person has to leave the service, which results not only in the loss of employment and social status, but also in a substantial reduction in the level of his income. Most of the seniors face serious

financial problems that make the elderly economically insecure. Many people start their senior years with a significant amount of savings and investments, and others not so much. Those with little savings and investments are particularly vulnerable to unexpected costs that may arise. But even those who have been successful in saving extra money have a problem. On the road to aging at age 85, 90, or 95, a number of expenses eat into savings and investments—unprecedented high medical bills or major home repairs that weren't anticipated. In today's modern society, we often see children come back and ask for financial help or move out because they don't have money. Perhaps the expected savings and investment returns did not materialize and accounts did not grow to keep pace with inflation.

### **3. Health**

Stability of physical and mental health is a key issue that seniors must contend with as they experience their twilight years. The human body is a system that wears out with long and repeated use; and quite easily, with neglect and abuse. Aging is a stage in the life cycle when the human capacity to think, act, relate and learn begins to wane and deteriorate. There are critical dysfunctions that can deter a senior from living a lonely and unhappy life.

### **4. Age and Pressure**

The central nervous system (CNS), endocrine system, and immune system are complex and interconnected. Previous research has suggested that stressful life events can negatively affect aspects of immune system function. Psychological stress can increase the production of pro-inflammatory cytokines that are linked to a number of age-related diseases. For example, catecholamines (adrenaline and noradrenaline), adrenocorticotrophic hormone, cortisol, growth hormone, and prolactin are all correlated with anxiety and negative emotions. In addition, age-related diseases can exacerbate the effects of stress or the effects of disability on the elderly. Additionally, extreme stress early in life can have long-term effects on the CNS, endocrine system, and immune system.

### **5 Abode and Transport**

Housing for seniors should accommodate not only the lifestyles they have developed in optimal health, but also the conditions of failing health and illness commonly associated with later life, such as failing vision or hearing, slowing down, and insecurity. step, waning energy and more acute disabilities such as blindness, forgetfulness, etc. According to this pattern, the housing available to most seniors may be found unsuitable and unsuited to their requirements. A significant population of elderly widows and elderly men face the problem of "where to live in peace". Older people also face transport challenges in terms of self-driving as well as public transport in terms of distance, inadequate access, timing, steps vs ramps, planning, fragmented services etc. by those who cannot afford doorstep car hire.

### **6. Anxiety**

Depression is one of the most common mental illnesses worldwide. Depression can include behavioral, somatic, and cognitive disturbances and loss of interest. In addition, depression can occur at any time during a person's life, and major depressive episodes (MDEs) can recur. More than half of all MDE incidents occur



in individuals who experience their first MDE later in life. Depression is associated with elevated cortisol levels and therefore may receive negative input from the immune system. In addition, depressed patients may exhibit a perceived state of anxiety and feelings of fear.

### **Protection of the Elderly: Legal Challenges and Support in India**

As the elderly population continues to grow in India, so do the legal challenges faced by senior citizens. Issues related to property rights, elder abuse, and social security benefits became pressing issues. In this article, we delve into these legal challenges and shed light on the issues faced by India's senior citizens and the support mechanisms available to address their needs.

- **Property rights: ensuring financial security**

Property rights are the cornerstone of financial security for seniors. However, legal problems often arise that threaten their ownership and access to property:

Disputes over inheritance - Seniors may face disputes within their families over inheritance of property, leading to prolonged legal battles and emotional distress.

Property fraud - older people are vulnerable to property fraud, where unscrupulous individuals or entities trick them into signing over their property. Legal protection is needed to prevent such abuse.

- **Elder abuse: protecting vulnerable seniors**

Elder abuse, whether physical, emotional or financial, is a serious problem for the elderly in India:

Legal Remedies: The legal system must provide effective mechanisms for seniors to report abuse and seek protective orders against perpetrators.

Awareness campaigns: Public awareness campaigns can educate senior citizens about their rights and where to seek help if they encounter abuse.

- **Social security benefits: ensuring a dignified life**

Access to Social Security benefits is critical to senior citizens' well-being, but navigating the bureaucracy can be challenging:

Delay in pensions: Many senior citizens face delays in receiving their pensions, causing financial hardship. Streamlining the pension distribution process is essential.

Health Care Support: Access to affordable health care is vital for senior citizens. Legal provisions should ensure their access to necessary medical services and facilities.

- **Legal aid and advocacy: empowering the elderly**

Seniors often need legal help to protect their rights and access support. Legal aid and advocacy organizations play a key role:

Free Legal Aid: Legal aid programs should be readily available to seniors who cannot afford legal representation.

Advocacy Groups: Elder rights organizations can advocate for policy changes and legal reforms that benefit the older population.

- **Future challenges**

As India's senior population continues to grow, it will become increasingly important to address their legal issues. Some future considerations include:

Legal reforms: Ongoing legal reforms and amendments should adapt to the evolving needs of the elderly and provide them with greater protection.

Access to Technology: Ensuring that older citizens have access to legal information and services through technology, especially during the COVID-19 pandemic, is critical.

### **Seniors in India**

Our seniors are our responsibility. Intergenerational justice is a principle of natural justice. A generation that neglects its elders and aged commits crime and will meet the same fate in its older years. Aging is a natural process that inevitably occurs in the human life cycle. It brings a number of challenges to the lives of seniors, which are mostly caused by changes in their body, mind, and thought processes. Aging means a decrease in the functional capacity of the organs of the human body, which occurs mostly as a result of physiological transformation. Seniors represent a rare reservoir of such a human resource that is endowed with knowledge of various kinds, diverse experiences and deep insights. They may have formally retired, but the vast majority of them are physically and mentally capable of contributing to the welfare of society. Thus, given the right opportunity, they are able to contribute significantly to the socio-economic development of their nation.

### **International efforts**

The issue of aging was first discussed at the United Nations in 1948 at the initiative of Argentina. The issue was raised again by Malta in 1969.

In 1971, the General Assembly asked the Secretary-General to prepare a comprehensive report on the elderly and propose guidelines for national and international action. In 1978, the Assembly decided to hold a World Conference on Aging. Accordingly, the World Assembly on Aging was held in Vienna from 26 July to 6 August 1982, at which the International Plan of Action on Aging was adopted. The overall objective of the plan was to strengthen the ability of individual countries to deal effectively with the aging of their populations, taking into account the special interests and needs of the elderly. The Plan attempted to promote understanding of the social, economic and cultural consequences of aging and the associated humanitarian and development issues. The International Plan of Action on Aging was adopted by the General Assembly in 1982, and in subsequent years the Assembly called on governments to continue to implement its principles and recommendations. The Assembly urged the Secretary-General to continue his efforts to ensure the effective implementation of the follow-up to the Plan.

(i) In 1992, the United Nations General Assembly adopted a declaration to observe 1999 as the International Year of Older Persons.

(ii) The United Nations General Assembly declared "October 1st" as the International Day of Older Persons, later renamed the International Day of Older Persons.

(iii) The United Nations General Assembly on 16 December 1991 adopted 18 principles which are organized into 5 groups, namely independence, participation, care, self-realization and dignity of the elderly.

These principles provide a broad framework for antiaging measures. Some of the principles are as follows:

(i) Older people should have the opportunity to work and decide when to leave the workforce.

(ii) Older people should remain integrated into society and actively participate in the creation of policies that affect their well-being.

(iii) Older people should have access to health care to help them maintain optimal levels of physical, mental and emotional well-being.

(iv) Older people should be able to take advantage of opportunities to develop their full potential and have access to the educational, cultural, spiritual and recreational resources of society.

(v) Elderly people should be able to live in dignity and safety and should not be subjected to exploitation and mental and physical abuse.

### **Government support**

**Concessions and facilities:** Many governments and private hospitals provide concessions to the elderly for treatment of ailments such as heart problems, diabetes, kidney problems, blood pressure, joint problems and eye problems. A separate sorting of reservations for hospital beds is also a condition. 5 Indian Railways provides 40% concession in ticket prices to all persons aged 60 years and above. There are also lower berth conditions for the elderly as well as separate ticket booking and cancellation counters to avoid rush at the counters. Indian airlines provide 50% discount in their economy class (T&C applies). The Indian government provides its senior citizens with higher interest rates on certain savings schemes run by post offices and banks. Exemption from income tax is granted to senior citizens by the Ministry of Finance. Some other facilities provided by the Department are as follows: tax exemption for senior citizens aged 60 years and above up to Rs. 2.50 crore per annum. Income tax exemption for senior citizens aged 80 years and above up to Rs. 5.0 million annually. A deduction of Rs 30,000 under Section 80D is allowed to an individual who pays health insurance premiums for his parent or parents who are senior citizens. An individual is entitled to a deduction of the amount spent or Rs 80,000, whichever is lower for the medical treatment of a dependent senior citizen.

The Government of India has introduced various programs and initiatives to support senior citizens:

**National Social Assistance Program (NSAP):** NSAP provides financial assistance to senior citizens in need, including widows and disabled individuals.

**Maintenance and Care of Parents and Elderly Law:** This law mandates that adult children provide financial support to their elderly parents and protects the elderly from neglect and abuse.

**Central sectoral scheme of the Integrated Program for Senior Citizens (IPOP)** Since 1992, the Integrated Program for Senior Citizens (IPOP) has been implemented with the aim of improving the quality of life of

senior citizens. Under the scheme, financial assistance of up to 90% of project costs is provided to NGOs for the establishment and maintenance of nursing homes, day care centers and mobile health care units.

**National Policy for the Elderly (NPOP)** The National Policy for the Elderly was announced by the government in January 1999 and provides for state support to ensure financial and food security, health care, shelter and other needs of the elderly to improve their quality of life. .

**Maintenance and Welfare of Parents and Senior Citizens Act, 2007** The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 was enacted in December 2007 to ensure maintenance and welfare of parents and senior citizens. The law regulates alimony for parents/seniors by children/relatives, which the courts will obligatorily and judicially enforce, the cancellation of the transfer of property by seniors in case of negligence on the part of relatives, criminal provisions for abandoning seniors, the establishment of homes for seniors. The elderly poor and adequate health facilities and security for the elderly.

**National Program of Health Care for the Elderly (NPHCE)** The NPHCE was implemented by the Ministry of Health and Welfare in 2010-11. The ministry also provides facilities for senior citizens such as separate queues for the elderly in government hospitals and a geriatric clinic in several government hospitals.

**Comprehensive national program of social assistance.** With effect from 1 July 2013, pension schemes under the NSAP are included in the direct benefit transfer (DBT) circuit, where money is transferred directly to the bank account of the beneficiaries. Under Phase I and Phase II, 121 districts in 26 States/Union Territories were selected for implementation of DBT. It was decided to roll out DBT across the country

**Insurance Regulatory Development Authority (IRDA)** IRDA under the Ministry of Finance has issued guidelines on senior health insurance to the CEOs of all General Health Insurance Companies such as: allowing entry into the health insurance scheme under the age of 65, transparency of premiums charged, reasons to be recorded for rejection of any designs etc. for all health insurance products catering to the needs of senior citizens. In the same way, insurance companies cannot deny renewability without specific reasons. design their products so that policyholders have different options so that those who are unable to pay can get reduced premiums with a reduced sum assured.

**Pension Portal** the Pension Portal has been set up by the Ministry of Pensions, Government of India to enable senior citizens to get information about their application status, amount of pension, documents required if any etc. The portal also provides for filing complaints.

**Welfare Fund for Senior Citizens:** A fund of 9000 crores was created in the 2015 budget as part of welfare measures. Part of the fund will also be used to subsidize insurance premiums for various groups, including old-age pensioners.

### **Treatment and care**

Prompt recognition and treatment of mental health conditions (and associated neurological and substance use conditions) in older adults is critical. This should be guided by the standards for integrated care for older people, which is community-based and focuses on both the long-term care of older adults living with mental illness and decline in internal capacity, and the education, training and support of carers. . A combination of



mental health interventions is usually recommended along with other supports to address individuals' health, personal care and social needs.

Dementia is often an important problem. It affects people's mental health (for example, it causes symptoms of psychosis and depression) and requires access to quality mental health care.

Responding to abuse of older adults is also critical. Among the promising interventions are mandatory reporting of abuse, self-help groups, hotlines and emergency shelters, psychological programs for batterers, training of health care providers, and other supportive interventions for caregivers.

### **Psychosocial solutions of the elderly**

Old people are classified as vulnerable in many situations. For obvious reasons, our elders cannot do much but very little. Sometimes they need someone to hold their hands.

Everyone will grow old one day, and no one wants to live to old age without someone around to meet their needs and wants.

Here is a section on some of the psychosocial needs of older people to help you provide them with more support and care.

#### **1. Medication**

It's no news that as you age, your body becomes weak and vulnerable. So health and safety are priorities and should be treated as such. Providing health care services and medicines for the elderly should come first before anything else if you want them to stay around for a long time. Elderly people must be taken to the hospital for medication and regular check-ups. They are old, weak and need to be encouraged to give their bodies more supplements and natural ingredients.

#### **2. Confirmation**

Elderlies tend to dislike being left out because of assumptions that they cannot do much. My grandparents for one hate it when there is nobody in the house to make some noise. Funny enough, they love the noise of grandkids and people around them. According to my grandma, as you grow old, young blood around you start to mature as well and soon they will have so many responsibilities. Some of them won't have time to visit you anymore and you become lonely.

Elderlies love it when you acknowledge their presence and give them attention. Providing all the healthcare and medications might not cut it when you are not always there physically once in a while to spend time with them. Nobody likes to be lonely, especially if they were social during their youth.

#### **3. Nurse**

If you can afford to get a nurse for your elderlies, that would be very nice. If you can only afford a part-time nurse, that is also fine as well. The goal is to have someone around to help look after these elderlies, administer their drugs and if possible arrange their meals.

Trained nurses can also be very valuable in the case of emergencies and first aid. I highly recommend getting a trained nurse for your parents as opposed to just any kind of maid. You can also place an advert for the post of a trained nurse in your local daily newspaper.

#### **4. Family Reunions**

My grandparents and elderly parents are excited about reunions. Apparently, it gives them a sense of accomplishment. We often organize these kinds of reunions once in a while. We invite everyone from children to cousins and some family friends. I figured from volunteering at the elderly home that older people love reunions.

I once helped an eighty-two-year-old war veteran by driving him to his platoon reunion. He was ecstatic and all smiles while adjusting his tie in the backseat, he won't even shut up about how he misses the "guys" and can't wait to see his friends after 50 years.

He loved his accomplishments and giggled like a little boy going for soccer practice. I realized that being old came with a craving to be appreciated, and anything that would remind you of your youth is absolutely joyful.

#### **5. Attention Of Their Children**

When I turned eighteen, I literally hung out with my friends all day. I had two siblings and my mom was working part-time at a clinic. She definitely had enough time to look after my younger ones, but she would instead call my grandmother who lived about two kilometres away to come help with the kids.

I remember asking my mother why she stressed old granny by making her drive all the way to the house to babysit children that barely have any trouble. I got my answer when grandma showed up, apparently, she stopped at the store and got candy, groceries, potatoes and carrots for dinner. She was so excited to be wanted, I was happy she was around and I know she was excited to be around as well.

#### **6. Exercise**

This brings us back to keeping fit and healthy. It is recommended that people above the age of 65 do some type of exercise to keep the muscles working. Since they are vulnerable to diseases and injuries, it is recommended that they engage in one or two exercises twice a week. It is also standard practice to have a professional physiotherapist around to monitor these exercises because exercises not done right can cause more harm than good.

#### **7. Balanced Diet (As recommended by A Doctor)**

There is a reason I love going to stay with my grandparents other than the fact that I love them and enjoy giving them company. The food on the other side of town is absolutely wonderful. My relatives supply my grandparents with enough food to last them for 6 months regularly.

We usually give most of this food to charity because there is always enough to feed us for a long time. However, it took a Doctor to explain that it wasn't about having all the food in the world, instead, it was about having the right food in the house.

In fact, taking too much food and not the right kinds of food can be dangerous to an older person's health. Imagine a diabetic patient having spaghetti as breakfast and rice as dinner, that's a train wreck waiting to happen – a sugar aided system malfunction on a countdown. In essence, it would render any medication being administered to the patient weak or just plain useless.

## **8. Good Appearance**

New clothes aren't meant for the younger ones only. Sometimes, buying a nice dinner gown for your elderly loved ones would make them happy. Tell them how beautiful or handsome they look, but don't lie to them. The joy and happiness I see on the face of my grandmother every time I tell her she looks 20 years younger can't be traded for anything.

## **9. Surprise visits And Outing**

They love it when you show up, whether you announce or not. This helps to meet their psychosocial needs. Most elderlies love it when you show up without calling. Unplanned holiday trips with the family or picnics also have the same effect. It gets very lonely when the kids move to other cities to continue their lives and you stay back in a big house alone.

Friendly visitors that show up once in a while excites my grandmother. However, would be disappointed that you didn't announce your visit. Though she loves it, however, she loves to cook and would prepare a banquet for her guests anytime they visited. If she is not able to prepare a feast suitable for 500 warriors who just returned from battle, she would be very disappointed.

## **Conclusion**

Senior citizens are a valued part of Indian society, and their rights and well-being should be protected at all costs. Addressing the legal challenges they face, including property rights, elder abuse, and social security benefits, is essential for upholding their dignity and ensuring they can enjoy their golden years with peace and security. The legal system, government, and civil society must work together to create a comprehensive support system that not only protects the rights of senior citizens but also raises awareness about their needs and challenges. Only through collective efforts can India truly honor and care for its elderly population, ensuring that they live their later years with the respect and dignity they deserve.

You can really help your elderlies enjoy their remaining time on earth by meeting their psychosocial needs. Peace of mind and a sense of accomplishment is the one thing they always seek. If you have elderly parents and take care of them, or you work as a caregiver for elderly people, we appreciate and love you.