

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

Praveen Kumar^{1*}, Meenu Singh²

ABSTRACT

Ageing is defined as a natural and universal phenomenon which begins from the birth of an individual and continues till death. After the birth, an individual gradually crosses the various stages of life and finally dies due to ageing. Each stage of human life is associated with certain hopes, aspirations and achievements and at the last in the old age; the man tries to find out the last query of his life (Chaturbhuj, 1998). Ageism has been defined in multiple ways. In this study, it is defined as “negative or positive stereotypes, prejudice and/or discrimination against (or to the advantage of) elderly people based on their chronological age, or based on a perception of them as being ‘old’ or ‘elderly’” (Iversen et al., 2009). When ageism is directed at oneself in old age, it can be conceived as self-perceptions of aging (Levy, 2009). Ageism has potential economic costs. Therefore, the present study was conducted to investigate the Self-Perceptions of Elderly About Facilities at their homes. The study was conducted in Hisar and Mahendragarh district of Haryana State on 360 rural elderly who were selected randomly from Hisar and Kanina Block. It was observed that on an average 78.6 percent respondents were having high level of perceived physical facilities whereas 20.8 percent were having moderate and 0.6 percent were having low level.

Keywords: *Elderly, Self-Perception, Men and Women, Facilities*

Ageing may be viewed as a biological, psychological and social development process of individuals including transition in social position, roles, status and attitude. This makes it necessary to look into the various aspects of their problems viz. social, economic, psychological health and other allied aspects. In modern parlance, the concept of ageing is a normal physiological process of decaying or degeneration of different systems in human body (Basu, 2012).

Self-perception of aging is an important psycho-social factor that can influence quality of life in elderly. (Velaithan et.al., 2023). Population aging is a universal phenomenon resulting mainly from reduced childhood mortality, reducing fertility rates, and increasing life expectancy (Beard et al., 2016). The proportion of aged 60 and above is predicted to double from 12% in 2015 to 22% in 2050 (WHO, 2019). Life expectancy is expected to rise further, particularly in low- and middle-income Countries. (Lee et al., 2020).

¹Assistant Professor, Department of Sociology, Keshav Law College, Kosli, Haryana, India

²Assistant Professor, Department of Sociology, Keshav Law College, Kosli, Haryana, India

*Corresponding Author

Received: July 30, 2023; Revision Received: September 21, 2023; Accepted: September 25, 2023

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

Population aging has significant implications, particularly for healthcare, pensions, housing, and social services. As life expectancy increases, quality of life (QoL) will be an important indicator of older adults' well-being (Bosch-Farre et al., 2018; Lee et al., 2020). SPA is the belief and expectations held by an older individual about their own aging (Levy et al., 2002a, 2002b). Other constructs also evaluate perception of aging such as acceptance of aging, which is suggested to be an important part of older adults coping mechanism with age-related changes (Ranzijn & Luszcz, 1999).

The stereotype embodiment theory hypothesizes that the expectations about aging develop over the life span by accumulating and internalizing societal views and stereotypes about aging. (Levy, 2009). The biological, psychological and sociological (bio-psycho-social) factors associated with old age and ageing are examined through scientific study known as Gerontology.

The process of social ageing can be located in core of sociological theory, because they are connected fundamentally to the conditions of social solidarity (Turner, 1989). Thus social gerontologists are interested in the impact of socioeconomic, political, and cultural forces and conditions on the processes of aging, and in the statuses and well-being of older people, social gerontology explores the ways in which the older population and the diversity of the ageing experience affect and are affected by social structures (Hooyman and Kiyak, 2005).

MATERIAL AND METHODS

As per objectives of the study Haryana state, was selected purposively as locale for present investigation because the researcher is a student of CCS Haryana Agricultural University, Hisar as well as the states has witnessed fast development in various spheres and have five different cultural zones: Nardak, Khadar, Bagar, Bangar and Ahirwal. Simple random sampling technique has been followed for the present study. The study has been conducted in two cultural zones of Haryana selected randomly and one district from each cultural zone has also been selected randomly. From each district one block has been selected at random from one block three villages has been selected randomly. Thus, a total of 6 villages have been selected. From Mahendragarh district- Sehlang, Pota and Baghot where as from Hisar-Haricot, Mangali jhars and Bure were selected. From each village 60 respondents consisting of the 30 elderly males and 30 females were selected randomly comprising of 180 elderly males and 180 elderly females, making a total sample of 360 rural elders.

Instrument

The data were collected through personal interview method. All the respondents were interviewed by the investigator himself at their home and when they were available.

Statistical Analysis

The collected data were coded, tabulated, analyzed and interpreted according to the objective of the present study with the help of appropriate statistical methods. The descriptive statistical tools such as frequency, percentage, weighted mean and total weighted score had been adopted to draw the inference from the study.

RESULTS AND DISCUSSION

Ageing is the process of becoming older. Ageing represents the accumulation of changes in a person through the life span. Ageing in humans refers to a multidimensional process of physiological, psychological and social changes. The significant determinants of successful ageing, according to some studies (Siva Raju, 2006; Niharika, 2004; Ramamurti and

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

Jamuna, 1992) include self-acceptance of ageing changes, perceived functional ability, self-perception of health, perception of social support, intergenerational amity, belief in *karma* and after life, flexibility, range of interests, activity level, marital satisfaction, religiosity, certain value orientations and economic well-being.

Age

Age is the common factor which refers to the emotional and mental potentially stability of human beings. It is considered as an important factor in prestige and status. It controls the social definition of roles and position. Various stages of life among the human beings are affected in differently age group. Respondents' analysis according to their age groups revealed that about (56.7%) belonged to young old (60-69 years) age group. The remaining 27.8 per cent and 15.6 per cent of the respondents under study belonged to old-old (70-79) and oldest-old age group (>70-79 years), respectively.

Education

Education is most important frame to conceptualize the social change and development. Education plays a significant role in the socio-economic growth of individual as well as society. The majority of the respondents were Illiterates (72.2%) followed by high school & up to graduation (16.9%). Rest of the respondents was Primary (10.8%).

Caste

The data indicated that around the half of respondent work belongs to backward caste (68.0%) and followed by general (17.8%) and schedule caste (15.3%).

Family type

As per indications of the data 99.2 per cent were living in joint family and others lived in nuclear family.

Family type

In rural areas the occupational opportunities out-side the villages are rare. Analysis further indicated that maximum number of the respondents (81.1%) was non-wage earner or pensioner while 16.4% were in farming and 2.5% were having self-business or could be in service.

Family occupation

Family occupation also influenced the person's life style, living pattern. Regarding occupation of family it was found that majority of respondents families were engaged in cultivation (80.6%) while 17.5% were in services and remaining 1.9 per cent were artisan.

Perception of respondents regarding their physical facilities

Physical activity is often described as being important for people of all ages. The physical environment is of particular importance for supporting activities and interactions among older people. The results about perception of rural respondents regarding their physical facilities are presented in table 1. The results indicated that adequate resources to make their life easy were ranked first followed by availability of power supply and sanitation/cleanliness. However, perception about that elder can arrange their home as per their comfort and overall accommodations were ranked last. The perusal of data indicated that in both the districts, males were having comparatively higher positive perception than females.

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

Table 1: Perception of respondents about physical facilities

Sr. No.	Physical facilities	Mahendragarh		Hisar		TWS	WMS	Rank
		Male	Female	Male	Female			
1	Adequate resources are provided to make life easy	81(91.0)	72(80.0)	78(86.7)	67(74.4)	299	0.83	I
2	Availability of power-supply	81(90.0)	69(76.7)	77(85.6)	71(78.9)	298	0.82	II
3	Sanitation/cleanliness	79(87.8)	68(75.6)	76(84.4)	69(76.7)	292	0.81	III
4	Protection against heat and cold	89(98.9)	79(87.8)	64(71.1)	57(63.3)	289	0.80	IV
5	Provision of light and fan/Cooler	84(93.3)	77(85.6)	64(61.1)	57(63.3)	282	0.78	V
6	Medical facilities as per need	72(80.0)	62(68.9)	77(85.6)	70(77.8)	281	0.78	VI
7	Provision of all needed resources	71(78.9)	67(74.4)	70(77.8)	62(68.9)	270	0.75	VII
8	Good food whenever needed	65(72.2)	65(72.2)	74(82.2)	65(72.2)	269	0.74	VIII
9	The overall accommodation provided to me is satisfying	73(81.1)	61(67.8)	70(77.8)	61(67.8)	265	0.73	IX
10	Freedom to arrange home as per my need	66(73.3)	56(62.2)	72(80.0)	64(71.1)	258	0.71	X

Figures in the parenthesis denote percentage.

Responses were multiple.

Level of perception about physical facilities

Level of perception about physical facilities was calculated by awarding two points to positive responses and one point to no responses by males and females in both the districts. There were total five statements like adequate resources were provided to make life easy, availability of power supply, sanitation/cleanliness, overall accommodation, freedom to arrange home as per need of elders, etc. Total score of each respondent was calculated by summing up the score and categorized as high (18-20), moderate (14-17) and low (10-13). It was observed that on an average 78.6 percent respondents were having high level of perceived physical facilities whereas 20.8 percent were having moderate and 0.6 percent were having low level. More number of males was having high level of perception of physical facilities (87.8%) as compared to females (69.4%).

Table 2: Level of perception about physical facilities

Sr. No	Perceived level	Frequency (Percent)		Total
		Male	Female	
1	High (18-20)	158(87.8)	283(78.6)	125(69.4)
2	Moderate (14-17)	22(12.2)	75(20.8)	53(29.4)
3	Low (10-13)	0(0)	2(0.6)	2(1.1)
4	Total	180	360(100.0)	180

Figures in the parenthesis denote percentage

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

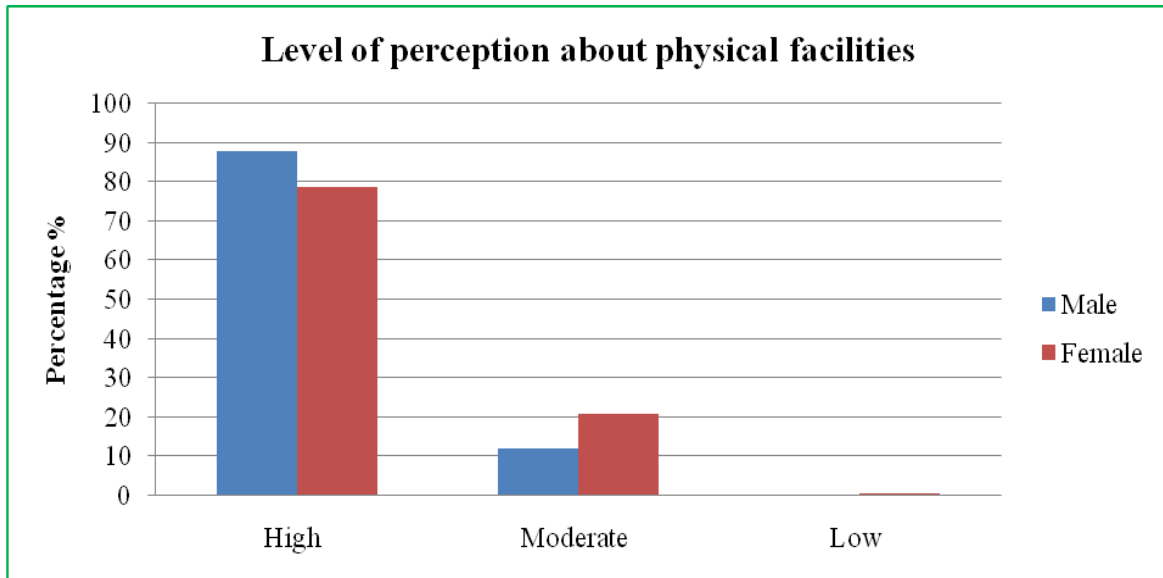


Fig. 1: Level of perception about physical facilities

Association between physical facilities and socio-economic variables

Association between physical facilities and socio-economic variables are presented in table 3. Level of physical facilities was good in 60-69 years age group, females, backward caste, primary educated, postgraduate family education, farming occupation, joint and medium family size, medium income level, heavy worker and low level leisure time activities.

Table 3. Association between physical facilities and socio-economic variables

Socio-economic variables	Level of Physical facilities			
	Good	Average	Poor	Total
Gender				
Male	136(75.6)	42(23.3)	2(1.1)	180(100.0)
Female	147(81.7)	33(18.3)	0(0.0)	180(100.0)
Total	283(78.6)	75(20.8)	2(0.6)	360(100.0)
□2=3.50				
Age (Years)				
60-69 (young- old)	166(81.4)	36(17.6)	2(1.0)	204(100.0)
70-79(old old)	79(79.0)	21(21.0)	0(0.0)	100(100.0)
80+ (oldest-old)	38(67.9)	18(32.1)	0(0.0)	56(100.0)
□2=6.98				
Caste				
Scheduled caste	40(72.7)	15(27.3)	0(0.0)	55(100.0)
Backward caste	204(84.6)	37(15.4)	0(0.0)	241(100.0)
General caste	39(60.9)	23(35.9)	2(3.1)	64(100.0)
□2=24.73*				
Education level of the respondent				
Illiterate	206(79.2)	53(20.4)	1(0.4)	260(100.0)
Primary	36(92.3)	2(5.1)	1(2.6)	39(100.0)
High school & up to Graduation	41(67.2)	20(32.8)	0(0.0)	61(100.0)
□2=14.08*				
Highest family Education				

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

Socio-economic variables	Level of Physical facilities			
	Good	Average	Poor	Total
Upto Matric	70(78.7)	19(21.3)	0(0.0)	89(100.0)
Graduation	196(78.4)	52(20.8)	2(0.8)	250(100.0)
Post Graduation	17(81.0)	4(19.0)	0(0.0)	21(100.0)
□2=0.94				
Sources of respondent income				
Old age Pension	224(76.7)	66(22.6)	2(0.7)	292(100.0)
Service Pension	50(86.2)	8(13.8)	0(0.0)	58(100.0)
Agricultural Income/ Any other	9(90.0)	1(10.0)	0(0.0)	10(100.0)
□2=3.57				
Occupation of the respondent				
Non- Wage Earner/Pensioner	223(76.4)	67(22.9)	2(0.7)	292(100.0)
Farming	54(91.5)	5(8.5)	0(0.0)	59(100.0)
Business / Enterprise	6(66.7)	3(33.3)	0(0.0)	9(100.0)
□2=7.69				
Family occupation				
Farming	228(78.6)	61(21.0)	1(0.3)	290(100.0)
Service	49(77.8)	13(20.6)	1(1.6)	63(100.0)
Artisan	6(85.7)	1(14.3)	0(0.0)	7(100.0)
□2=1.67				
Family type				
Nuclear	2(66.7)	1(33.3)	0(0.0)	3(100.0)
Joint	281(78.7)	74(20.7)	2(0.6)	357(100.0)
□2=0.29				
Family size				
Small (Up to 4 members)	18(62.1)	10(34.5)	1(3.4)	29(100.0)
Medium (5-8 members)	160(82.1)	35(17.9)	0(0.0)	195(100.0)
Large (9 and above)	105(77.2)	30(22.1)	1(0.7)	136(100.0)
□2=10.33*				
Respondent annual income (Rs.)				
Up to 25,000	224(76.7)	66(22.6)	2(0.7)	292(100.0)
Between 25,000 -100,000	9(90.0)	1(10.0)	0(0.0)	10(100.0)
More than 100,000	50(86.2)	8(13.8)	0(0.0)	58(100.0)
□2=3.57				
Mass media exposure				
Low (5-7)	48(84.2)	9(15.8)	0(0.0)	57(100.0)
Medium (8-11)	213(77.2)	61(22.1)	2(0.7)	276(100.0)
High (12-15)	22(81.5)	5(18.5)	0(0.0)	27(100.0)
□2=1.91				
Life style				
Sedentary work	51(68.0)	24(32.0)	0(0.0)	75(100.0)
Moderate work	225(81.2)	50(18.1)	2(0.7)	277(100.0)
Heavy work	7(87.5)	1(12.5)	0(0.0)	8(100.0)
□2=7.78				
Leisure time activities involvement				
Low (9-11)	38(82.6)	8(17.4)	0(0.0)	46(100.0)

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

Socio-economic variables	Level of Physical facilities			
	Good	Average	Poor	Total
Moderate (12-14)	139(74.3)	47(25.1)	1(0.5)	187(100.0)
High (15-18)	106(83.5)	20(15.7)	1(0.8)	127(100.0)

□2=4.78

Figures in the parenthesis denote percentage.

***Significant at P = 0.05 level**

DISCUSSION AND CONCLUSION

The results indicated that adequate resources were provided to the elders to make their life easy was ranked first followed by availability of power supply and sanitation/cleanness. However, perception about that elder can arrange their home as per their comfort and overall accommodations were ranked last. Singh *at al.* (2019) also reported similar findings in their study and observed that the home environment put a great impact on the old aged person's morale and psychological health.

Residential facilities make elderly people's life easy and happy. They feel confident and protected in their home. After getting a good environment in the home aged perception is changed towards their family members and society. The majority of respondents' home environment was in accordance to their wishes and family atmosphere was also favourable towards them.

While almost all were getting residential facilities according to their comfort and 41.7 percent older respondents always got protection against heat and cold, 44.2 percent had sanitation and cleanness facility followed by 46.7 percent who had power supply facilities and 58.3 percent felt that adequate resources made their life easy. Chen and Short (2008) also found that living with immediate family members (spouse or children) was connected with positive subjective well-being than living alone. Among the residential facilities, first preference was given to the facility where all the needed resources were provided to respondents to make their life easy like lighting and fans, power supply, sanitation and cleanliness, proper ventilation and protection from heat and cold. In the older age, the human body is less tolerant to the abiotic stresses, extreme hot and cold.

It can be concluded that perception of elderly about their physical facilities, mind set about life of elderly impact a lot on their self-perceptions and quality of life. More number of males was having high level of perception of about physical facilities as compared to females.

REFERENCES

- Basu, S. (2012). Concept of Ageing in Ayurveda. *The Indian Journal of Gerontology*, 22(3&4), 28-44.
- Beard, J. R., Officer, A., de Carvalho, I. A., Sadana, R., Pot, A. M., Michel, J.-P., Lloyd-Sherlock, P., Epping-Jordan, J. E., Peeters, G. M.
- Bosch-Farre, C., Garre-Olmo, J., Bonmati-Tomas, A., Malagon-Aguilera, M. C., Gelabert-Vilella, S., Fuentes-Pumarola, C., & Juvinya-
- Canal, D. (2018). Prevalence and related factors of Active and Healthy Ageing in Europe according to two models: Results from the Survey of Health, Ageing and Retirement in Europe (SHARE). *PLoS One*, 13(10)
- Chaturbhujia Sahu (1998). Problems of Ageing among the Indian Tribes, New Delhi-02.

Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis

- Chen, F. & Shot, S.E. (2008). Household context and subjective well-being among the oldest old in China. *Journal of Family Issues*, 29, 1379-1403.
- Countries: Results from the Study on global AGEing and adult health (SAGE). *BMC Public Health*, 20(1), 114.
- E. E., Mahanani, W. R., Thiyagarajan, J. A., & Chatterji, S. (2016). The World Report on Ageing and Health: A policy framework for healthy ageing. *Lancet*, 387(10033), 2145–2154.
- Hooyman, N.R., and Kiyak, H.A. 2005. *Social Gerontology: A Multidisciplinary Perspective*. Boston, MA: Allyn and Bacon.
- Iversen, T. N., Larsen, L., & Solem, P. E. (2009). A conceptual analysis of ageism. *Nordic Psychology*, 61(3), 4-22.
- Lee, K. H., Xu, H., & Wu, B. (2020). Gender differences in quality of life among community-dwelling older adults in low- and middle-income
- Levy, B. (2009). Stereotype embodiment. *Current Directions in Psychological Science*, 18(6), 332-336.
- Niharika, G. (2004). *Successful Ageing and Its Determinants*, Ph.D. Thesis, TISS, Mumbai (Mimeo).
- Ramamurti, P.V. & D. Jamuna. (1992). *Markers of successful ageing among Indian Sample*, Sandoz Project Report, Switzerland.
- Ranzijn, R., & Luszcz, M. (1999). Acceptance: A key to wellbeing in older adults? *Australian Psychologist*, 34(2), 94–98.
- Singh, M., Tyagi, R., & Kumar, P. (2019). Nature and extent of problems of aged men in rural community of Haryana. *International Journal of Education and Management Studies*, 9(2), 114-117.
- Siva Raju, S. (2006). *Ageing in India in the 21st Century: a research agenda*. Harmony - Celebrate Age. Mumbai.
- Turner B.S (1989). Ageing, status politics and Sociological Theory., *The British journal of sociology*, 40(4), 588-606.
- Velaithan, V., Tan, M. M., Yu, T. F., Liem, A., Teh, P. L., & Su, T. T. (2023). The association of self-perception of ageing and quality of life in older adults: A systematic review. *The Gerontologist*, gnad041.
- WHO. (2019). *10 facts on ageing and health 2019*. <https://www.who.int/news-room/fact-sheets/detail/10-facts-on-ageing-and-health>.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kumar, P. & Singh, M. (2023). Self-Perceptions of Elderly About Facilities at Their Homes: A Sociological Analysis. *International Journal of Indian Psychology*, 11(3), 3996-4003. DIP:18.01.372.20231103, DOI:10.25215/1103.372