

Problems Faced by Old Age People

Mohammad Amiri^{1*}

ABSTRACT

As per the Indian tradition, families have been described to provide social security to old age members of the family. Today changing family structure is caused increased problems of old age people. Emerging prevalence of nuclear families in recent years, the old rich family members are exposed to psychological, physical and financial insecurity. The study paper provides insight into the social and economic conditions of problems of the oldest people residing in the city and assists the scope for social work intervention for old age people.

Keywords: *Chronic Diseases, Old Age Person, Socio Economic Problems, Staying Arrangements.*

Old age or elderly consists of ages nearly a surpassing the average lifespan of individual increasing number of old people in India, today issues that need to be taken care of if economic and social improvement is to proceed effectively. As per the tradition of India, old age people had occupied the position of power and prestige in the family. But nowadays they are becoming inactive, dependent, sick and weak in terms of economically, physically and psychologically all these phenomena lead to several social economic problems. Because of technological advancement in field of health, education, medical facilities and very same and it due to other national schemes or programs for old age people, they're each decline in the death rate of old age people resulting in continuous incline in population of 60 years and above age people in India.

The major problems which oldest people face are lack of economic provisions, poor health conditions, lack of emotional support and illness in the post retirement period. This state of affairs becomes a social economic problem or issue as many people feel it is a problem. The problem of inadequate income after retirement, loss of spouse or ample free time, poor health, social isolation, were family relationship and physically and financially dependency et cetera - all these situations are interrelated or interdependence, The traditional Indian joint family system is now declining and more families are becoming nuclear. On the background it is taken to explore the correct situation of care and support for all the oldest people in the

¹Ph.D. Research Scholar, Panjab University, Chandigarh, Panjab, India

*Responding Author

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families. Therefore an attempt has been made in the study and understands the major problems faced by old age people, their opinions about health care and treatment by their family members.

Significance of the study

Issues or problems related to old rich peoples care are in the spotlight of policy debate nowadays; when there is rapid social and economic changes in its India and around the world, face financial hardship. Therefore it is important to focus on the various major social and economic problems faced by old age people, and the factors like family care and support. It is also significant to know the perceptions of oldest people about the major causes of problems and their negative attitudes towards life, so that may help in assessing the scope of social work intervention in the terms of medical/health care, emotional support, counselling et cetera.

REVIEW OF LITERATURE

1. Ali. M. A. Z. (2014), has focused on the adjustment problems of oldest people. Author has stated that there is a need for preserving the Indian joint family system. There should be mutual cooperation and understanding between new and old generations. In the opinion of author the situation of oldest people in India calls for concerted efforts of the government, NGOs, religious institutions et cetera not only to understand but also to solve the problems resulting from a greying society so that the old age people can leave a dignified and quality of life. Through the study author has focused on the emotional adjustment, social adjustment and marital adjustment of oldest people. Author has observed that, old age people staying in old age homes feel more emotional problems than those who are staying with the families.
2. Hemavathi U. & Rani. B. S , (2014), have focused on the problems faced by old age people based on age, gender and types of stay, that his institution and non-institution of Tirupati town and Mannurapalli village in Andhra Pradesh State. Through the study authors have found that, there were the majority of old age people who admitted in institution where from nuclear families. Institutionalised old age it will be facing many social problems such as I'd just mental problems compared with non-institutionalised old age people. Authors have also observed that, institutionalised old age people facing many psychological problems compared non-institutionalised were as non-institutionalised old age people were facing high financial problems.
3. Singh. R. (2015), has given insight into the socio economic condition of the oldest people along with the social and health problems faced by old age people. Through the study author has focused on the factors contributing to problems of old age people in India. Author has focused on the fact that, due to urbanisation family nuclearisation, rapid growth of industrialisation and rise of individual philosophy, diminished the Indian traditional values that earlier had a vested authority with old age people. Author has suggested that, there should be efforts to prevent the problems of elders and this can be carried out through awareness generation in families and social work intervention.

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Author has concluded that, as far as India is concerned social security schemes should be coupled antipoverty programs.

4. Raju, S. S. (2011), has focused on the research on ageing India and provides an analysis in terms of social, financial, psychological and physical and health aspects and elder abuse. Author has also discussed the issues upon which models of care for old age people can be framed and argues that factors like place of accommodation, social class and gender among others tamed to influence such models of care. In the opinion of author, the institution of the family needs to be protected and standard and social work intervention or through professional welfare services, including economical support, counselling to old age people and their family members also. Author has concluded that, not all aspects of ageing have been uniformly steady and majority of them are microlevel localised studies.
5. Kumar, Y., & Bhargava, A. (2014), have attempted to bring out the abusive behaviour towards old age people by their family members. Through the study author have discussed on the types of abuse prevalent towards the oldest people and studied the impact of abusive behaviour of family members. To the study authors have also examine the day adequacy of social security measures to safeguard the position of the old age people in the families is common rich insights the depletion of human values among the modern and new generations. Authors have opined that timely intervention of social work government policies and imperatives majors should give an utmost importance to overcome the problem of old age people.

Objectives of the study

1. To focus on the major socio economic problems faced by old age people
2. To know about the staying arrangements of the old age people
3. To understand the opinions of old age people regarding care and treatment given by family members and other relatives.
4. To know the perceptions of old age people about the causes of problems and negative attitudes towards life
5. To understand about the chronic diseases existed in the old age people
6. To identify the fields in which there is a need of social work intervention

MATERIALS AND METHODS

Research Methodology

The study is descriptive in nature. A sample of 300 old age people (60 years onwards) was taken by using convenience sampling method. This sample was identified in the demarcated geographical area of Pune city of Maharashtra state, India. The study is mainly based on primary data which was collected through small questionnaire. The primary data collected from the respondents have been processed and analysed by using percentage method.

Selection of sample

A sample of 300 respondents has been selected from various suburbs of Pune city. The following table indicates the suburbs wise distribution of the respondents.

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Suburbs of the city	No. of respondents selected
Pune central area	59
Kothrud - Karvenagar	64
Katraj, Dhankawadi, Bibvewadi area, Pune Satara Road	66
Hadapsar, Pune - Solapur Road	57
Baner, Pashan	54
Total	300

Limitations of the study

1. The present study is restricted only to the selected suburbs of the city
2. The reluctance on the part of few respondents to provide accurate information is limiting factor.
3. Sampling and statistical errors are not possible to eliminate because all the respondents may not answer all the questions.

RESULTS

The following table shows the age profile of the selected respondents,

Table 1, Age profile of the respondents

Age group (years)	Number of Respondents	Percentage
60 to 70	132	44%
71 to 80	104	35%
Above 80 years	64	21%
Total	300	100%

As per the collected primary information, majority of the respondents were belonging to the age group of 60 years to 70 years (44%). 35% respondents were belonging to the age group of 71 years to 80 years and only 21% respondents were above 80 years of age.

Table 2, Gender wise distribution of the respondents

Gender	No. of respondents	Percentage
Male	172	57%
Female	128	43%
Total	300	100%

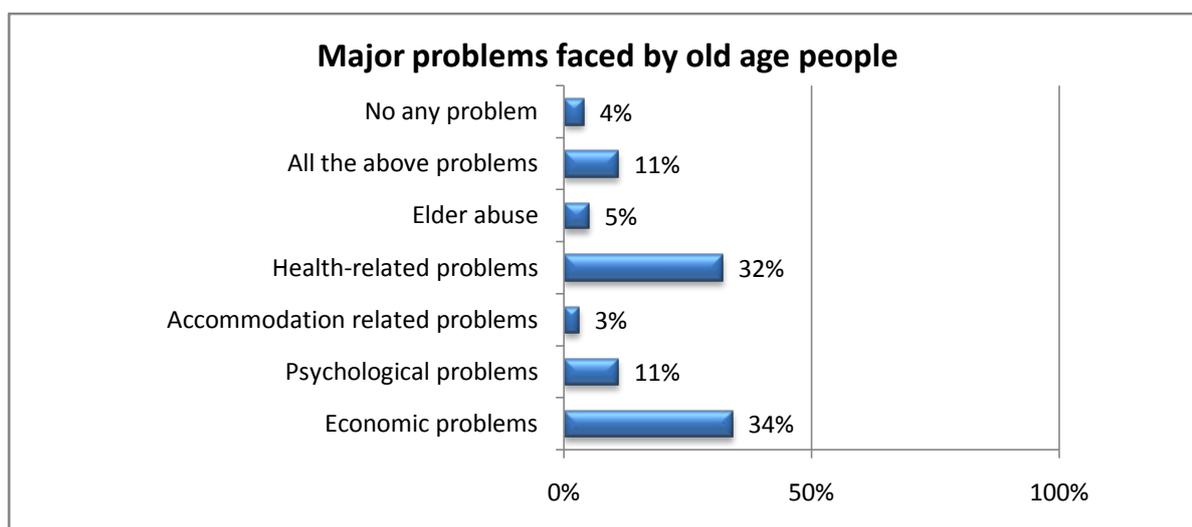
As per the selected sample 57% respondents were male and put it in person respondents were female.

The following table shows the major problems faced by old age people.

Table 3, Major problems faced by old age people

Problems	No. of respondents	Percentage
Economic problems	102	34%
Psychological problems	33	11%
Accommodation related problems	8	3%
Health-related problems	97	32%
Elder abuse	14	5%
All the above problems	34	11%
No any problem	12	4%
Total	300	100%

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The above table reveals that 34% respondents face the economic problem. The economic problem arises when old age people are not able to sustain themselves financially. Therefore lose the financial independence because of increasing competition from young generation. It is often that majority of old age people are not having a capacity to be productive or like the opportunity as they were before. We live in person respondents face psychological related problems. As per the growing age the mindset of human being is always change. After retirement idleness is made to believe that they are not physically productive now. It exists because of infused inactivity, lack of games/tools, and withdrawal from family responsibilities etc and this has been negative emotional effects of the old age persons. As for the collected information the person respondents face the pulsing or accommodation related problems. According to these respondents the present accommodation is not suitable, sufficient as per the current requirements. These food is people face the problem of lack of peaceful place to be in today's changing lives styles and social values and societal is like nuclear family doctor and priorities of new generation have led to increased religions towards old age people by their family members. With this isolation comes in there for the problem of housing or accommodation exists and it leads to the Fremantle quality of life of old age people of 32% respondents faced the health-related problems. During the old age phase, metabolism process slows down, and individuals become physically and mentally weak. They are more prone to sickness, diseases et cetera. Therefore, the clear thinking ability is reduced and diminished eyesight and they are experiencing difficulty in recalling memories; and weakness to bone diseases. 5% respondents face the problem of the abuse or ill-treatment by the family members of majority of old age people face in the abuse in terms of religions, but the real abuse and also physical abuse. Many times old age people are used economically, emotionally and mentally for various reasons in different ways of it is observed that the one person respondents face all the above stated problems and only 4% respondents have stated that they have no any problem.

The staying arrangement for old age persons often considered as a basic indicator of care and support provided by the family members. The following table indicates the staying arrangement of the selected old age people.

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Table 4, Staying arrangement of old age people

Staying arrangement	No. of respondents	Percentage
Staying alone	18	6%
Staying with spouse only	112	37%
Staying with married son or daughter	133	45%
Staying with other relatives	37	12%
Total	300	100%

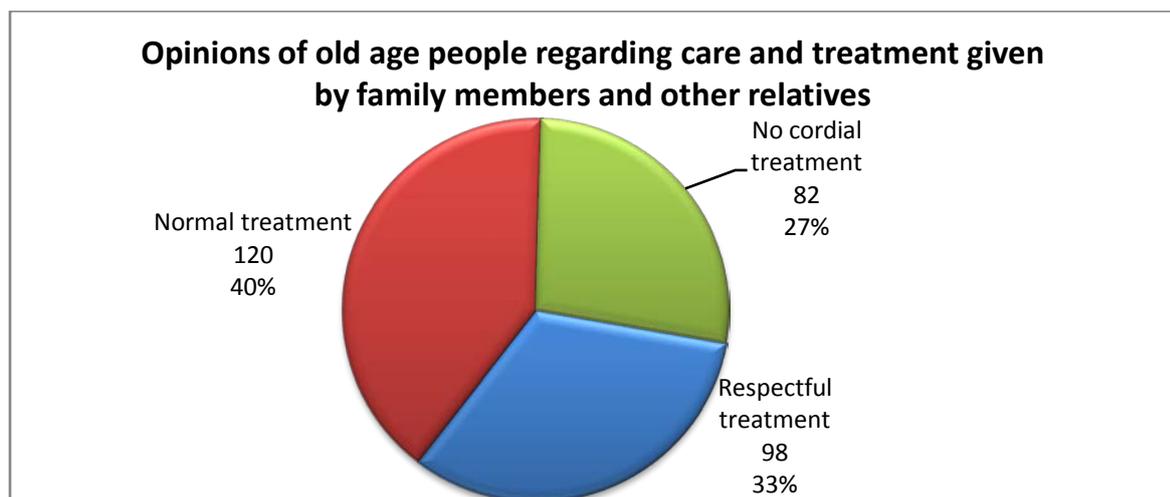
As per the information provided by the respondents, only 6% of them is the alone. Majority of them are female respondents. These respondents were not referred to stay with their son or daughter to some reasons.

Additionally Indian men are more dependent on their spouses for the maintenance of the family. Therefore majority of the respondents would prefer to stay with their spouses (37%). It is found that 45% respondents are staying with the married son or daughter families. That is the preferred to stay in the families. 12% respondents are staying with other ability was due to some reasons like negligence by son or daughter, due to being widower/widow and also due to conflict with daughter in law or son and some respondents (male and female) have accepted that an arrangement due to some social and practical problems involved staying alone.

The following table focused on the opinions of old age people regarding care and treatment given by family members and other relatives

Table 5, Opinions of old age people regarding care and treatment given by family members and other relatives

Opinions	No. of respondents	Percentage
Respectful treatment	98	33%
Normal treatment	120	40%
No cordial treatment	82	27%
Total	300	100%

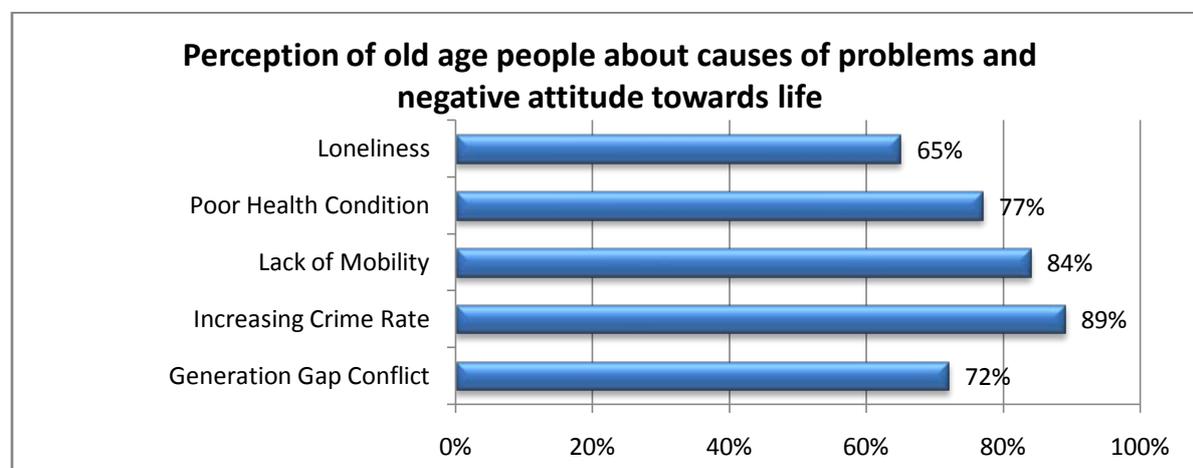


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In Indian society, family members are the main source of care and support to the old age people. Therefore, it would be important to know, what are the opinions of selected old age people about the treatment they are getting by the family members. As per the information provided by the respondents in this context, 33% respondents have stated on TV. That is they are getting respectful treatment in the families and by the other relatives. 40% respondents reported that they are getting normal treatment by their family members and other relatives and 27% respondents reported that the treatment according to them by the family members and other relatives is not cordial. This shows that still in Indian society voltage people are getting respectful treatment by their family members and other relatives.

Table 6, Perception of old age people about causes of problems and negative attitude towards life(Multiple Responses)

Perception	No. Of Respondents	Percentage
Generation Gap Conflict	276	72%
Increasing Crime Rate	175	58%
Lack of Mobility	209	70%
Poor Health Condition	227	76%
Loneliness	197	66%



In the opinion of 72% respondents, conflict due to generation gap is the major cause of problems and negative attitude towards life. According to them they are unable to accept the new social values and standard of new generation. They face problem of generation gap conflict with son / daughter or grandson/ daughter, it may spoiled their interest in the life.

According to 58% respondents increasing crime rate in metropolitan cities caused to increase problems and negative attitude towards life. Many old age people in metropolitan cities like Pune staying alone in flats and advantage of this fact is taken by criminals. 70% respondents have opined that, lack of mobility is the major cause for increasing problems of old age people. Majority of old age people are unable to cope with the fast life of metropolitan cities. Majority of old age people cannot move fast. They feel uncomfortable on the outside of their homes. Therefore their mobility is limited. In the opinion of 76% respondents, poor health condition is the major cause for the problems of old age people. In the old age phase many health problems associated with individual, such as heart palpation, knee pain, poor eye sight,

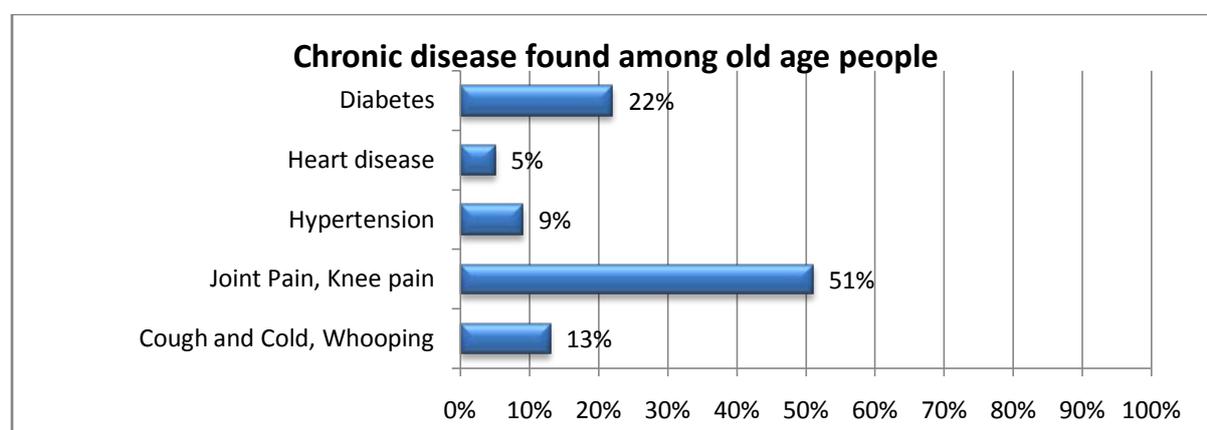
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poor hearing capacity etc. Make old age people as a burden on family members. 66% respondents have opined that, loneliness is the major cause for the problems of old age people. In Indian society, marriage is considered as a main source of companionship. What individual require living is the companion of spouse. However if one of the spouse dies, it creates a sorrowful space in the life of other partner. Death of spouse has created loneliness in the life of old age person.

The following table indicates the chronic diseases found among the selected old age people.

Table 7, chronic disease found among old age people

Diseases	No. Of Respondents	Percentage
Cough and Cold, Whooping	38	13%
Joint Pain, Knee pain	153	51%
Hypertension	28	9%
Heart disease	14	5%
Diabetes	67	22%

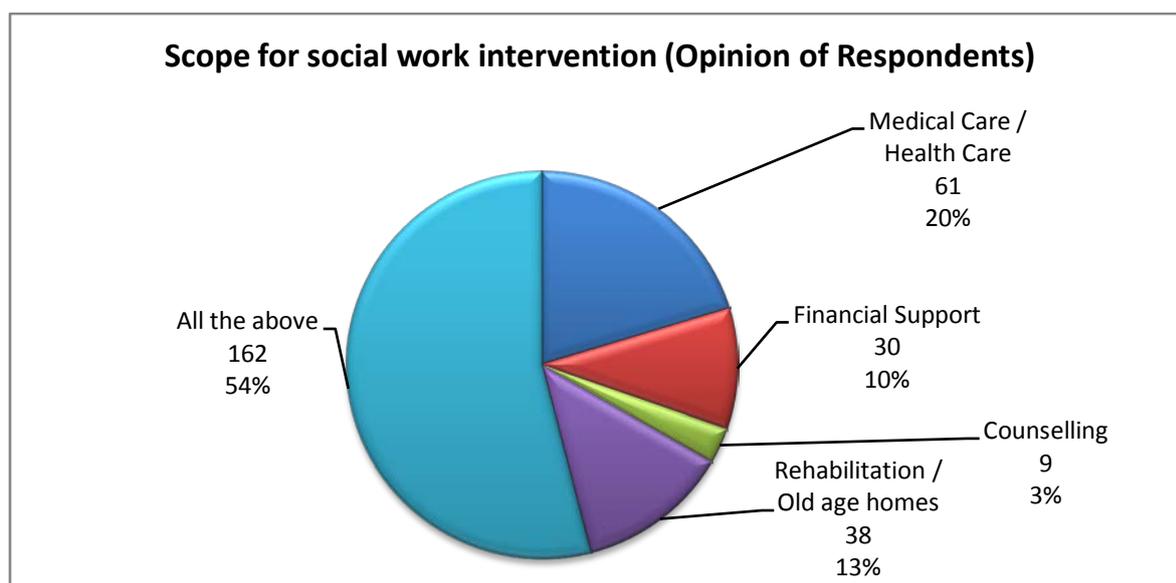


As per the information provided by the respondents, 13% of them suffer from cough and cold, whooping. Majority of the respondents suffer from joint pain and knee pain. 9% respondents were associated with Hypertension, 5% were associated with heart disease and 22% are suffering from diabetes. It shows that, the prevalence of joint pain, knee pain and diabetes are much higher in metropolitan cities. The diseases among the old age people increased burden on the family members, health care takers.

Table 8, Scope for social work intervention (Opinion of Respondents)

Areas	No. Of Respondents	Percentage
Medical Care / Health Care	61	20%
Financial Support	30	10%
Counselling	09	3%
Rehabilitation / Old age homes	38	13%
All the above	162	54%
Total	300	100%

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Social work intervention may play an important role in the well-being of old age people. Social work intervention enhances the well-being of old age people by intervening at the times where old age people find difficulties and problems. There it is important to understand the opinions of old age people about the scope for social work intervention. As per the 20% respondent's medical care or health care is having wide scope for social work intervention. In the opinion of 10% respondent's social work may be intervened by providing financial support to the old age people. 3% respondents opined that counselling may be the main tool for social work intervention. According to 13% respondent's rehabilitation or old age homes may be the main source for social work intervention. Majority of the respondents (54%) have opined that in all the above stated areas or fields there is a wide scope for social work intervention and may create good impact on the welfare of old age people.

FINDINGS AND CONCLUSION

Findings

1. Through the study it is found that, now a days the old age people resided in metropolitan cities like Pune are facing mainly economic problems and health related problems. Apart from these problems many old age people are suffering from psychological problems. Very few of them (4%) are not having any socio-economic problems.
2. It is found that, majority of the old age people are staying with their married son or daughter. That is they are staying in the families and with their spouses only. Due to some reasons some of them staying alone or with relatives. The major reason of this are negligence by family members, conflict with son and daughter in law, and being widow or widower.
3. It is found that, in many families still old age people are getting respectful or normal treatment. But it should be noted that, the people (27%) who are not getting respectful treatment by their family members is not negligible.

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4. It is found that, there are several causes of problems and negative attitude of old age people towards life. The major causes are conflict due to generation gap, lack of mobility, poor health conditions and feeling of loneliness. All these factors spoiled the life of old age people and created negative attitude towards life.
5. It is observed through the study that, almost all the selected old age people are suffering from various diseases like knee pain, joint pain, heart disease, diabetes etc. Due to fast life style in metropolitan cities like Pune.
6. Through the study it is found that there is wide scope for social work intervention through counselling, medical care and health care, rehabilitation centre / old age homes and financial support for old age people.

CONCLUSION

Old age is irreversible biological process. The problem of old age has been considered as a main social problem all over the world. In old age phase, people are required to face many socio economic and health problems, which they are not able to solve and have to suffer and thus becoming problematic issues for the society. It is concluded that existence of nuclear family system, and the impact of economic and social transformation have focused on the peculiar problems which the old age people are facing nowadays, and the duties or obligations of young generation towards the old age people is being eroded.

Suggestions

1. There should be effective implementation of national programme for the Health Care for Elderly (NPHCE) by the government.
2. Efforts should be made by government and NGOs for creating awareness among old age people on various government schemes or programmes.
3. There should be establishment of day care centres by NGOs where the old age people can meet and mingle with their peers and spend their time in a socially meaningful manner.
4. There should be proper utilization of experiences and expertise of old age people for the welfare of the society, so that their negative attitude towards life can change in to positive attitude and this will help to reduce their feeling of dependence on the family members.
5. There should be proper and effective implementation of national policy and programmes for old age people.

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Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

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