

# Problems Faced by Senior Citizens: A literature Review

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## **ABSTRACT:**

*For any researcher review of literature is considered an important part of research. This paper presents the views of various thinkers related to the problems of old age people. Traditionally, the care of the old age people has been the duty of family, but that as it may new pattern have developed to change family structure which has reduce the capacity of this foundation to fill in as the security net far the less privileged people . The rise of nuclear family has changed the example of life massively. The establishment of family as the safe house for aged people is step by step being dissolved. Old people are suffering from ignorance from their children, due to loneliness and lack of healthy environment they are moving to old age homes.*

**KEYWORDS:** Elderly, Old age home, Socio- Economic, Problems.

**INTRODUCTION:** Aging is a biological process through which every human being passes. This process starts at birth and ends with death. Aging is life spanning from infancy process of growth and development running from infancy to old age through childhood, adulthood and at last gets an end with the death of individuals. Aging is usually concerned with fatigue and declining functional capacity of different organs of the body due to physiological transformation (Sooden, 1975). As results the majority of them are unable or not allowed to work. For practical purpose who defines people above the age of 60 years as elderly. The beginning of old age in an individual is associated with different conditions or changes. Occurring in one life for example, the onset of graying hair. The advent of bifocals, serious impairment of vital physical components, failure of individuals to function independently, ceasing to be a part of production and imposition of an arbitrary retirement age by the society old age means physical disability, decline mental ability, the gradual giving up of roles played in social activities and a shift in economic independence to economic dependence on others for support (Sandhu, 2002). Edward defines ageing as the element of time in living. According to him aging is a part of living .Aging begins with conception and terminates with death. It cannot be arrested unless we arrest life. we many restart aging our accelerate it, but we cannot arrest life it white life goes on, because it is essentially an element in living .The study will create awareness among the people to amend their behavior towards their children also (Edward1962) . Many trusts and NGO opened much old age home. The traditional India family structure was different from present scenario. That time old people had respected positions in their families. But now western culture, industrialization, etc has turned down their position in their families. Youngsters believe in nuclear family structure and they don't like old people. They let to live them in old age homes. In some families old people with their own wish start to live in old age homes due to annoying behavior of their children.

**MATERIAL AND METHODS:** The review of literature was collected from various journals of National and International level. Related to the problems of elders. The present systematic review included the studies conducted on problems of old people. No limitations in terms of publication was considered in the research strategy,

**REVIEW:**

Isha (2009) in her article “Quality of life in old age home in Punjab” tried to find out reasons why old persons live in old age home. The old aged persons were poorly behaved by their sons and daughter –in-laws that why old persons feel sad and uncomfortable in their homes. On other hand moving of the families to the foreign countries is also one of reason of the old aged persons to live in old age home because there is no one left in their families to save them.

Chaudhary (1992) in his study “Ageing and the Aged” found that the elderly people were not looked upon carefully and due respect was not given to them by their children, which they used to get earlier. They start feeling neglected, therefore they start shunning the company of others and stay lonely and loneliness in turn may give rise to stress and depression and eventually they fall sick.

Soneja and Tyagi (1999) in their study “Family and Aging: A study to access the kind of support required by the aged living in families” found that a change in the attitudes of the younger generation is observed. Elderly felt that they are being respected only if they are interfering less in the life of younger generations.

Bansod and Paswan (2006) studied in Amravati district of Maharashtra in which they highlighted that majority of the aged inmates in the old age homes came from rural areas, which were illiterate, widowed and were economically dependent. Further the result shows that, most of the elderly has drove to take shelter in these old age institutions due to neglect, economic reasons and lack of support from children and relatives. In their study, misbehavior of sons and daughters in law were found common among those aged who came from joints families.

Madhurima (1989) conducted a detailed qualitative study of inmates of old age home at Chandigarh. She found that the aged, who owned property and transferred it to their children in order to win over them or in order to get their affection, were maltreated and were forced to live in old age home. When they lost their control over economic resources they had to suffer a lot.

In Maharashtra, 19old age homes were studied by Dandekar (1996). He found that the main reason for the aged moving into old age home was the lack of proper care for them within the family set-up. The study found that majority of the inmates was living free in the old age homes. The study also concluded that four-fifths of the inmates liked the old age homes .They wanted to live there because they had nowhere else to go.

A survey in (2001) was conducted in Kerala and Tamil Nadu by Rajan ,Mishra, and sarma , covering 7 old age homes and 126 elderly. This study reveals that majority of the inmates are happy about their stay in old age homes and services rendered. They are satisfied with the quality as well as quantity of the food served in old age homes. The study also found that above fifty percent of the inmates stated that the old age home the best place to live in old age.

Sandhu and Arora (2003) have been conducted a study in Amritsar district, Punjab. In their study they found that elderly are satisfied and enjoying their institutional life in the old age homes. They do 4 not felt badly about their institutionalization. They expressed their feelings that there should be established more old age homes in the society. The study also shows that most of the elderly came to these old age homes due to strained relations with their sons and daughters-in-law.

Das and shah (2004) conducted a study in industrialized elderly in Gujarat. Their studies indicated that one third elderly have stated that they choose such an arrangement due to familial conflict. It is also concluded that the demand for institutional living arrangements in the face of weakening traditional familial support has increased as grown-up children find it difficult to take care for their ageing parents. Thus, the circumstances compelled the elderly to move out to such impersonal arrangements, where they are struggling to make a new meaning of their lives, seek solace 5 and comfort in age mates, adjust to the discipline of institutional living and to unfamiliar living arrangements .The study also found that majority of the inmates was satisfied with the services provided to them and with the care taking of the staff.

A study has been conducted by Kaur (2009) on institutionalize elderly in Punjab and Chandigarh. She studied supportive / exchange relationship in terms of personal, advisory and financial relations between elderly and their married sons. Her study reveals that majority of the elderly were providing more help to their sons but getting less assistant from their sons. Further, the study also concludes the prominent reasons for shift the old age homes that there was nobody to look after the elderly.

Bharti (2010) has conducted an empirical study on institutionalized aged in Hyderabad. Her study reveals that most of the elderly were depend upon their children for their daily needs and requirements. Most of them were not receiving any personal care by their family members as it was main cause to move the old age homes. The study also concludes that despite being old some of the elderly play an active role by keeping themselves busy in some activities.

Mishra (2007) in his study of Orissa found that due to the lack of family care and economic support forced the elderly to shift the old age homes. He examined that majority of the elderly felt their satisfaction with the prevailing arrangement at old age institutions. Further, study also shows that being in constant contact with their friend networks, having cordial relations with the co residence and engaged in various activities within the institution were also contribution factors of their satisfaction lives in the old age institutions. For many of elderly felt that these institutions became an ideal place for them to live and they do not want to go back to their children.

Jamuna and Jyostana (2008) conducted a study on pay and stay homes in the four cities i.e. Bangalore, Chennai, Hyderabad and Tiruvananthapuram. They focused on their relocation experience, frequency and types of social network, perceptions concerning stay in old age homes. Their study found that majority of the elderly in widowed females. Findings reveal that issueless and conflicting relations are main cause for shifting to the old age homes. Most of them reported the network sizes are small and never conceived that they would be spending their later years in these old age homes.

**CONCLUSION:** From the above literature, it can be summarized that although Indian family has traditionally provided natural social to security to the old people but now a days, the traditional role of family is being shared by informal support such as old age home. In some studies, old age homes are viewed as the second next best option considered by the inmates of the old age homes. Analyzing the above literature, it is also clear that majority of the studies indicate that the inmates are satisfied with their stay in old age homes. Further, it is clear that most of the inmates would prefer to stay in these institutions rather than with their family members.

Author	Mean of Publication	Sample Size	Result
Isha	2009	Primary Sources	Poorly behaved by their children
Chaudhary	1992	Secondary Sources	Disrespect, loneliness
Someja and Tyagi	1999	Secondary Sources	Change in Younger Generation
Bansod And Paswan	2006	Primary Sources	Economic reasons
Madhurima	1989	Primary Sources	Economic reasons
Dandeker	1996	Primary Sources	Lack of care
Rajan , Mishra and Sarma	2001	Primary Sources	Not happy with their families
Sandhu and Arora	2003	Primary Sources	Strained relation with their family

Das and Shah	2004	Primary Sources	Familial Conflict
Kaur , G	2009	Primary Sources	Nobody look after the elderly
Bharti	2010	Primary Sources	Not receiving any personal care by their family members
Mishra	2007	Primary Sources	Economic Reasons
Jamuna and Jyostana	2008	Primary Sources	Conflict with family

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