AN OBSERVATIONAL STUDY ON PROBLEM-SOLVING ABILITIES AMONG ELDERLY IN SELECTED OLD AGE HOMES UTTRAKHAND

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ABSTRACT

Ageing, which is defined as the survival of an ever-increasing proportion of people who have fulfilled their adult tasks, is an irreversible biological process. The inevitable result of declining productivity is said to be aging. The incidence of mortality has decreased, nutrition knowledge has increased, medical facilities have improved, and life expectancy has increased with the development of technology and civilization. This study manuscript's primary goal is to better comprehend the issues facing older people in India. When people get older, they face a number of issues, such as deteriorating health, retirement, money issues, loneliness, and dependency on others. This study work has considered a variety of issues, including social, economic, psychological, health, criminality, abuse, and other unrelated issues and also the measures that are used by elderly to overcome these issues. The inclusion of social work interventions is another area. The design of measures and programs that focus on the well-being of the elderly, offer them security and protection, and attempt to ease their concerns.

KEYWORDS – problems of old age, overcome strategies, old age homes etc.

INTRODUCTION

The emergence of industry, globalization, and economic liberalization has exposed people to cutting-edge methodologies and procedures. The young people are focused on expanding their professional options, the middle-aged people are working and supporting their families, and the elderly are living retired lifestyles. The emergence of industry, globalization, and economic liberalization has exposed people to cutting-edge methodologies and procedures. The young people are focused on expanding their professional options, the middle-aged people are working and supporting their families, and the elderly are living retired lifestyles. They either engage in some type of honorary job, handle the domestic duties with the help of the caretakers, or go

about their everyday lives. People are becoming more mobile, and the joint family structure is breaking down as the nuclear family system takes hold.[1]

In the modern world, people from marginalized, underprivileged, and socioeconomically disadvantaged groups in society strive to obtain better employment prospects and maintain their standard of living. In quest of greater job possibilities, many move from rural to metropolitan locations, leaving behind their aging parents. People who live apart from their elderly parents might nevertheless stay in touch with them and pay them frequent visits. On the other side, there are people who don't take care of their parents and instead prioritize improving their own employment prospects.[2]

NEED OF STUDY

Changes in older people's social life are taking place. There has been a growth in the population of elderly people in India. The elderly population of the nation is given access to a variety of services and senior citizen privileges. These are advantageous and make a big difference in giving them assistance, especially when they are living alone. The modern sector's growth and, by extension, the creation of jobs and the urbanization process are determined by the amounts of investments and savings. People have moved to various locations as a result of industrialization, generally in quest of work opportunities. In India, older people deal with a variety of issues. These include issues with society, the economy, psychology, health, violence and crime, abuse, and other issues. That's why choosing this study **An Observational Study On Problem-Solving Abilities among Elderly in Old Age Homes.**

AIM & OBJECTIVES

- This article helps in identifying the issues faced by the elderly.
- It sheds light on the root causes of the issues that older people deal with on a daily basis.
- It makes an effort to comprehend how these issues affect the elderly person's quality of life.
- It will shed light on different methods used by elderly to overcome these issues

METHODOLOGY

DATA COLLECTION – The collection of material from the different authentic Sources like PubMed, NLM, and authentic literatures etc.

PLACE OF STUDY - Library of Dev Bhoomi Institute of Nursing , DBUU Uttarakhand

SOCIAL PROBLEMS

Transformations in people's cultures, attitudes, and general living situations have damaged the position and prestige of the elderly. In the modern world, technology has become more prevalent, and people from all walks of life and demographics are using it to do their work and fulfil their roles. Elderly people rarely use technology; instead, they could only talk on the phone, watch television, or listen to music and religious programming on the radio or on their mobile phones.[3]

This shows that they frequently don't know how to use technology to carry out different jobs and responsibilities. Inability to use technology may make it difficult for elderly individuals to communicate messages, images, and videos to loved ones who live far away. One of the things that prevents elderly individuals from interacting with their peers is their lack of technological understanding. People from rural towns sometimes leave their parents behind when they go to metropolitan areas in quest of better work possibilities.[4]

There are several causes for this, including the high cost of living in metropolitan areas and the prohibitive rent for them. Taking care of the needs and wants of the elderly typically becomes a difficulty for people when they start working full-time. The aging population may have trouble adapting to city social life. They frequently experience anxiety when visiting surrounding markets and asking for help from their relatives. The aged population's traditional values and beliefs are undercut by the difficulties of modern living.[5]

They have their own traditional opinions and ideas, which the young and middle-aged people typically do not accept since they are used to new values and viewpoints. Consequently, in this way, the wisdom and beliefs of the elderly are diminished (Chapter VI, n.d.). According to research, once a person reaches the age of 60, they are unable to recognize that they are now elderly. This indicates that people are not fully prepared for old age (Singh, 2015).[6]

They are more likely to feel safe and supported when they are surrounded by family, relatives, and a strong social network. On the other side, there are elderly individuals who are above 80 and live alone. They are mostly dependent on their carers because they have no nearby family. In these situations, older adults struggle with social issues. Going out into the social scene is not enjoyable for them. They may not appreciate attending events or rituals that are planned among their family, friends, or neighbors. As a result, older persons who become acclimated to seclusion have social issues.[7]

Elderly members of underprivileged, disadvantaged, and socioeconomically underdeveloped portions of society sometimes struggle financially. When people work in minority-dominated industries and earn meager wages that are insufficient to cover their needs and expectations, they face financial difficulties. Age-related social and financial stability is of the highest importance (Chapter VI, n.d.). The bulk of elderly persons in India struggle financially since they are unable to support themselves. Financial difficulties arise when a person's funds are insufficient to cover household obligations, including medical bills. They are typically taken advantage of by their family members when they have money and wealth.[8]

Over 65 percent of the elderly population in India depends on others for everyday tasks and duties. Less than 20% of older women are independent, compared to a majority of males who are largely independent (Financial Status of Older People in India, 2011). Age-related financial independence is closely correlated with a person's financial situation. The nuclear family structure has replaced the joint family system, and older individuals now choose to live alone and take care of their financial affairs.[9]

The elderly are more distantly related to the younger generation as a result of their increased intellectual and professional interests. The people who have amassed riches via their labor have developed net worth and value

in terms of monetary considerations. Age-related economic issues are a result of rapidly shifting socioeconomic situations, continued free market policies, and economic liberalization (Financial Status of Older People in India, 2011). People do not have money issues while they are employed in well-paying jobs and professions. However, when people are unable to save money for their later years, they face serious financial difficulties.[10]

HEALTH CARE –

People develop ailments and health issues as they age. They must have routine medical examinations, take their prescribed medications, and in the event of additional health issues, they must even receive medical care. The fields of medicine and health care are thought to require funding. Some medical treatments are highly expensive, and patients must make financial commitments. When they are wealthy, they do not encounter any issues; however, when their financial situation is weak, they do.[11]

CHILDREN'S EDUCATION –

The wants and requirements of their grandkids must be met by elderly people, especially when their parents are not around. Children's education is seen to be a key topic. Every parent or grandparent wants their child to have a decent education and strives to enrol him in reputable schools. Reputable universities cost a lot of money. Lack of financial stability makes it difficult for people to provide their children or grandkids with an excellent education. When there are no quality educational institutions in the area where they live, financial difficulties make it difficult to transport them to other places where they can further their education.[12]

HOUSEHOLD MANAGEMENT-

Taking care of the family is a challenging undertaking. There are many things that need to be considered, such as cleaning, washing, cooking, and gardening, maintaining the water, power, and other public services, and so on. These projects require both money and manual labor. Typically, older people must engage assistance and caretakers since they are unable to complete home activities on their own. They will be able to pay their wages if they are financially stable. On the other hand, if they have financial difficulties, they won't be able to employ help and will have to come up with ways to handle the home duties on their own.[13]

SOCIAL IMPACT-

When elderly individuals live alone, they typically participate in some social work. They are kept busy and their emotions of loneliness are eliminated by social work. Individuals carry out social work based on the industries and professions in which they have worked. For instance, if they have teaching experience, they may provide coaching lessons to kids from underprivileged and economically disadvantaged parts of society. Helping others is made possible by people's kindness and generosity. Being financially well is essential for assisting others and providing for others. If elderly individuals are financially stable, they may donate food, clothing, books, school supplies, backpacks, and other goods to needy kids. However, when it comes to the realization of some social objectives, economic issues show to be obstacles.[14]

PSYCHOLOGICAL PROBLEM-

A person exists inside a society. He must carry out certain jobs and duties within the community. His line of work heavily influences how he performs tasks and duties. For instance, if he works as a teacher, he will instruct others and support their efficient development. If he is a doctor, he will likely get engaged in providing medical care to the people and other things. As people age, they develop an understanding of values, conventions, and principles that they pass on to their family and the others in their society. The elderly have the important responsibility of effectively pointing others in the proper way. As a result, they must play a crucial part in the development of their family.[15]

Age-related psychological issues in older persons are a result of their sense of powerlessness, loneliness, and isolation. They experience psychological issues when they live in isolation, when others do not acknowledge them, and when their contributions or functions have not shown to be worthwhile and beneficial to the individuals.[16]

DEMENTIA –

More than only memory loss is meant by the term "dementia." Those over 65, who make up 5% of the population, struggle with this issue. The people who have this issue exhibit short-term memory loss, issues with word searching, problems with ability, trouble with tough everyday chores, apathy, irritability, apraxia, loss of speech intelligibility, loss of capacity to walk, and physical irritation. Consciousness, orientation, memory, reasoning, attention, and behaviour are the areas with the most issues. A person often sees a drop in vocabulary and word usage as they approach the age of 70. He has trouble starting and maintaining extended discussions with other people. In certain instances, this issue has a negative impact on the people. However, there have been instances where old people did not suffer any significant disadvantages.[17]

DEPRESSION-

The elderly do occasionally feel hopeless and depressed. Depression, however, is the term used to describe similar sensations when they persist over an extended length of time. Compared to young and middle-aged adults, depression is more common among the elderly. Elderly folks typically have a negative view on life when they are depressed. They enjoy solitude more than interaction with others and want to be left alone. They typically remain to themselves and get disinterested in carrying out other tasks and duties. These include of engaging in physical activity, watching television, getting out into the community, and other things. The biological processes and the living environment are the main contributors to depression.[18]

ANXIETY OR PHOBIA-

Age-related anxiety and phobias contribute to psychological issues in the elderly. One of the causes that manifests both psychological and physical symptoms is stress. People often experience anxiety and trepidation when they are under stress over something. These might develop for a variety of reasons. For instance, when people are unwell or suffering health issues, they could need help and feel apprehensive about going to the doctor or other healthcare facility. They may require companionship when visiting a temple or other holy site

since they may feel uneasy in crowded settings. Visits to markets are another activity that causes anxiety in older persons.[19]

LONELINESS-

Loneliness is described as a depressing, ongoing condition that interferes with people's mind-sets. Both the people' physical and psychological health suffer as a result of it. The elderly search for solutions to end their loneliness. They make an effort to develop deep bonds with their children and grandkids while family is around so they can support and help them. They want their family members to visit them frequently if they live far away. When they do not have family, on the other hand, they develop positive relationships with their caregivers and form social circles. One may lack social skills or be an introvert.[20]

HEALTH PROBLEMS

Health issues become more prevalent as people age. The elderly are susceptible to a wide range of health issues. These include ailments such as low or high blood pressure, various diseases, joint discomfort, vision, hearing, and speech impairments as well as a loss in vocabulary and word usage. While older people may live longer, they may also become more susceptible to illnesses and diseases. According to the World Health Organization, health is a full condition of physical, mental, and social well-being. It goes beyond simply being free of a sickness. Aged persons are given a higher priority when it comes to their health because they are the ones who often see a reduction in their health as they become older. It commands the State to raise levels of education, nutrition, and living conditions for people in order to eradicate poverty, ignorance, and poor health. One of the main responsibilities is said to be advancing medical treatment. When people are given the chance and resources to improve their living circumstances in a planned manner, it is possible to maintain the health and vitality of employees, including men, women, children, and the elderly.[21]

Seven to eight percent of the population is over 60 and living in poverty, which is defined as having incomes below the federal poverty level. The main sources of obstacles in the way of the accomplishment of their intended goals are the elderly people working in the unorganized sector, such as agricultural laborers, casual workers, or landless laborers, who are responsible for taking care of their families and households. Elderly folks require support and help from their family members and caretakers to manage their medical issues. They are able to keep good health and live longer when they have support and help.[22]

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IMPROPER DIETARY REGIMEN

Dietary intake for older persons must be adequate. Carbohydrates, minerals, proteins, vitamins, and lipids should all be included in a healthy diet. It is crucial for people to ingest minerals like calcium, potassium, and iron. In order to avoid any kind of nutritional deficiencies, it is important to receive the necessary nutrients. One of the most likely causes of diseases and health issues in older people is improper nutritional consumption. It is likely that they won't be able to meet their health needs in an appropriate way if they are unable to obtain the proper nutritional requirements. Milk, fruits, vegetables, cereals, and bread should all be included in a healthy diet.[24]

NOT PROPERLY DOING PHYSICAL ACTIVITY-

It has been shown that older men and women frequently visit parks in the morning to engage in physical activity and socialize. They stroll, converse with others, and engage in hobbies like yoga and meditation. Physical exercise and early-morning social gatherings with friends are thought to be crucial for the elderly to maintain their health. Elderly adults who use wheelchairs and are unable to walk go on outings with their family or caretakers to parks and other locations. On the other hand, when people stay at home and don't go for morning walks or engage in any physical activities, they typically experience depression and it has a negative impact.[25]

CRIME AGAINST AGED PEOPLE-

One of the main worries that plague older adults most frequently is crime and the fear of crime. Crime has a significant impact on them. They cannot protect themselves since they are old and fragile. The fact that elderly persons have few resources and frequently reside in busy neighborhoods is another factor contributing to their vulnerability to crime and violence. Above 80 years of age, the elderly typically face health issues. These people are the ones who experience crime and violence to a significant degree. Theft, robbery, burglary, cheating, verbal abuse, physical abuse, physical assault, rape, and murder are the crimes that are most frequently committed against them. These criminals typically have two objectives. These are either motivated by a desire for material wealth or by feelings of hostility or animosity toward the people they harm.[26]

OTHER PROBLEM-

The elderly must carry out their everyday tasks in a proper manner if they are to remain independent. To be appropriate for the weather, they must dress appropriately. They need to keep themselves clothed with woollen clothing, especially during the winter. It is crucial that kids put on appropriate woollen clothing, especially while they are leaving the house, to protect themselves from the cold. Stress and tension are thought to have an impact on people's physical and mental health. Stress is a serious issue that leads to high blood pressure. On the other hand, it has a negative impact on their health when elderly people are victims of crime and violence.[27]

MEASURES TO ALLEVIATE THE PROBLEMS OF THE AGED PEOPLE

THE PROVISION OF FULL- or part-time job options for the elderly is necessary to address their economic and financial issues. This would provide them a way to make money, enhance their social and economic well-being, and lessen their need on other people. The people, especially those who are impoverished, benefit from

the pension plan as well. The elderly should be able to get their pension regularly and without having to go through any procedures under the pension plan (Summary and Conclusion, n.d.).[28]

A few of the things that work to improve health conditions include the development of health care and medical facilities—even in rural areas—free medical examinations, the availability of cutting-edge techniques, ensuring that people receive the right nutrition and medications, and maintaining a clean environment. The elderly should start participating in certain physical exercises. It is essential that there be a friendly atmosphere in the home, as well as access to public amenities and services like bathrooms and clean drinking water. The people must be aware that cleaning up after oneself is necessary for food preparation and other domestic chores (Summary and Conclusion, n.d.).[29]

IMPROVING THE HEALTH CONDITIONS - A few of the things that work to improve health conditions include the development of health care and medical facilities—even in rural areas—free medical examinations, the availability of cutting-edge techniques, ensuring that people receive the right nutrition and medications, and maintaining a clean environment. The elderly should start participating in certain physical exercises. It is essential that there be a friendly atmosphere in the home, as well as access to public amenities and services like bathrooms and clean drinking water. The people must be aware that cleaning up after oneself is necessary for food preparation and other domestic chores (Summary and Conclusion, n.d.).[30]

IMPLEMENTATION OF NATIONAL POLICIES AND PROGRAMS – It is crucial that older folks be given the same consideration as other people when policies are being developed. Assistance should be provided to non-profit groups that work to aid them. The policies should be created with the needs and requirements of society and the state in mind. As more people become aware of the Maintenance and Welfare of Parents and Senior Citizens Act (MWPSCA), which was passed in December 2007 to guarantee need-based maintenance for parents and senior citizens, it is imperative that all states implement it equally and fully.[31]

FAMILY AND COMMUNITY – The primary responsibility of the family and community towards the elderly is to support and help them. The family is the first and most important institution that must care for the needs of the elderly members. Family members are expected to offer remedies to difficulties relating to one's health, finances, social life, psychology, and other unrelated issues. When their family members are there, elderly folks feel pleased in the event of any event or incident. Family support is crucial in situations like receiving medical care or seeing a doctor, for example. On the other hand, community members must behave respectfully when speaking to senior citizens.[32]

NON-GOVERNMENT ORGANIZATIONS - The well-being of senior citizens is the primary concern of non-governmental groups. Non-governmental organizations and other organizations have roles that are focused on their security and safety. In general, elderly individuals who have been subjected to abuse or mistreatment of any kind become fearful and vulnerable, and they seek help from non-governmental groups. Financial exploitation, other types of maltreatment, as well as other violent and illegal activities, can all be considered forms of abuse and mistreatment. These organizations assist the elderly, many of whom are vulnerable and alone, in leading a safe and secure life.[33]

INVOLVEMENT IN GROUPED ACTIVITIES- Elderly goes through a lot in their life. They are abandoned by their own child and this ultimately affects their psychological well being. Many of whom are vulnerable and keep them away from social contacts. A study conducted in Dehradun, Uttrakhand shows a positive relation of elderly's psychological well being with group activities. Group activities help individual to overcome issues related to loneliness as they interact with others and share their feelings and emotions.[34]

DISCUSSION

Many elderly people are in good health and may function both physically and cognitively well into their later years. On the other hand, seniors experience greater physical and mental health issues as a result of the biological effects of aging than do younger age groups. As we age, our bones and muscles deteriorate, we lose our vision and hearing, and occasionally our movement is restricted. Alzheimer's disease, which affects up to 32% of people aged 85 and beyond and around 10% of those over 65, also affects seniors. Due to physical or mental health concerns, almost two-thirds of all persons 65 and older need assistance with at least one "daily living" task, such taking a shower or preparing meals. Because they are concerned about how much longer they will be able to do the activities they like and worry about losing their independence, older people find it difficult to admit their health is declining.[35]

If the senior population has more health problems, it makes sense that they would need more medical care. Senior citizens are more likely to obtain than those of other ages. The majority of seniors are responsible for roughly the other half of their doctor's bill, which amounts to a total of thou of money each year, despite the fact that Medicare provides certain health-care costs for seniors through inpatient and outpatient care. Medicaid also overlooks the expense of guardianship, such as care in a nursing home or stress management therapy. The greatest option for seniors who need care around-the-clock is still living in a residential nursing facility. What's worse is that assisted living facilities are also highly pricey. Recognition with subpar treatment Assisted living facilities deal with staff shortages that expedite resident laziness. Patients are typically physically or psychologically unwell, so they cannot help themselves if they are abused or not given sufficient care. If a nursing home is the best option for your loved one, it's essential to choose one with a good reputation and to be actively involved in their care.[36]

Because they have fewer professional opportunities that would enable them to leave poverty, older folks are more likely to stay poor than younger ones. After retirement, the majority of seniors lived on fixed incomes, which along with increased living expenses can lead to a variety of financial difficulties. Their former quality of living might no longer be possible for them to sustain. Unexpected expenses also worry a lot of individuals. Unexpected medical costs, for instance, might make them fall behind. Many older citizens receive social security payments to supplement their income. Conversely, two-thirds of people who rely only on retirement income are underprivileged.[37]

It's challenging to determine how many elderly people are injured since few elderly people report elder abuse and neglect. The number of incidences of abuse reported each year is believed to be in the hundreds of thousands for at least 10% of elderly adults. Sadly, some elderly people experience maltreatment from members

of their own family. are usually Elder abuse is a serious health problem for those affected, and it could potentially increase their mortality risk. Monitoring your loved one's life carefully can help to keep them safe from harm or exploitation. Above these various problems faced in Old age elders because of that various point we have to discuss above.[38]

EXPECTED OUTCOME

In the coming ten years, it will be crucial to find an efficient way to assess and accommodate each person's unique requirements and preferences in a healthcare environment that is rapidly evolving. The measuring tools required to conduct that evaluation as well as the analytical know-how required to find solutions to the issues may both be provided through health outcomes research. This study presents a research agenda for the health outcomes of older adults that will be conducted during the next 10 years. According to the definition used in this study, health outcomes research examines how the organization and administration of healthcare influence people's health and well-being. Its objectives are to provide market knowledge that will guide healthcare improvements, boost productivity, and save costs. The study often adopts a multidisciplinary approach and can be conducted on a range of levels, from an individual's health state to the healthcare system as a whole. The word "outcomes" is now often used in a number of settings. Additionally, certain indicators, such those that concentrate on, can be used to define population health. Its objectives are to provide market knowledge to guide advances in healthcare, boost efficiency, and save costs. The study often adopts a multidisciplinary approach and can be conducted on a range of levels, from an individual's health state to the healthcare system as a whole. The word "outcomes" is now often used in a number of settings. Population health can also be described using specific metrics, such as those that emphasize[39]

- Physical and mental health; cognitive, social, and behavioural functioning; satisfaction with care; physiological and biologic conditions and illnesses

- Living quality in terms of health, costs, and resource allocation.

- Besides these essential terminology and ideas, thinking about the future of the aging Indian population, the country's healthcare system, and the area of health outcomes research is necessary for defining an agenda for outcomes research.

BENEFIT TO THE SOCIETY –

- India's senior citizen population has been steadily growing as a result of better health standards, longer lifespans, and improvements in medical services.

- In addition to getting to enjoy their golden years and spend time with family, senior citizens in India benefit from a variety of advantages that increase their comfort, ease their financial concerns, and help them in a thoughtful, systematic manner. A Senior Citizen ID card may be used to access a number of benefits provided by the Indian government.

FUTURE SCOPE-

- For Indian seniors in particular, the times have changed tremendously. There's been some development. In the past, especially in India, it was typical for parents to continue living with their children after retirement. Our

parents and other senior people nowadays like to choose their retirement date and location. They now seem to want to lead autonomous lives far from the chaos of the city.

- This situation benefits everyone involved since everyone leads stress-free lifestyle. Without giving up their passion or ambition, young individuals may now follow their dream of attaining a comfortable lifestyle and independent existence. Because they can now live more freely and because they long for independence, our elderly are also happy with the changes.

CONCLUSION

The issues that older persons face are numerous. These include issues with society, the economy, psychology, health, crime, abuse, and other issues. Inability to adapt to new, cutting-edge techniques and methods, conventional viewpoints and perspectives, the occurrence of conflicts and disagreements, the inability to get along with others, boredom, a lack of knowledge and awareness, a loss of control, low self-esteem, and a lack of preparation for old age are a few examples of the diverse problems. Some of these issues are persistent and have no answers. For instance, if a person is unable to walk, it is possible that he may eventually be able to walk or that he will not. The execution of initiatives and policies aimed at resolving the issues facing the elderly has taken place. The implementation of national policies and programs, residential aspects, family and community, education, non-governmental organizations, extracurricular activities, and living separately are some of these. They also include improving the economic and social welfare, health conditions, participation in activities and functions, and living separately. Health care, financial stability, housing, and family and community support are the most crucial factors. When these are accessible, people can live their lives effectively, uphold their principles, make their own decisions, and get along with other people.

CONFLICT OF INTEREST – NIL

SOURCE OF SUPPORT –NONE

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