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# Sociological Problems Of The Senior Citizens In Urban Area

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## Abstract

The last century has witnessed a rapid increase in the population of the elderly people in the developed and industrialized countries. This phenomenon is not restricted to the western world only, but many countries such as ours are now feeling the impact of this transaction. This situation could be attributed to a combination of factors such as increase in age, longevity and decreased death rates due to advancement in the field of medicine, improvement of life expectancy at birth, and enhancement in the average span of life. The health sector plays a vital role to increase the longevity on one side but create a situation for their standard of life decline to adjust with the processes like modernization and globalization on another side. Providing care to the elderly is a challenging task to the younger generation in this modern word. With an increasingly aging population in all developed societies, the role of care givers have been increasingly recognized as an important one, both functionally and economically. In this context, the case studies bring out the living conditions of the Senior Citizens and problems faced by them.

## INTRODUCTION

Senior Citizens are a treasure to our society. They work hard all these years for the development of the nation as well as the community, but ageing of population is a major aspect of the process of demographic transition. Ageing is a fact that in many ways the aged suffers a lot in the fag end of their life. The reason for the same may be different and many folded. Whatever be the reason for this situation, it is a fact that there are aged persons who are dissatisfied with life. The advance in medical knowledge has lead to an increase in life expectancy and an increase in the number of old people in the society. The rapid increase in the number of old people in the population raises various social, economic and health issues. Many studies all over the world have shown that ill health is one of the most important factors that cause fear in the minds of the people.

## REVIEW OF LITERATURE

Singh and Gunthey (1983) have found that depression, hyper activity, less control over emotions and thoughts, and dominance of illusions were in higher degrees in old age persons as compared to the adult people. Old age, in general is associated with multi-dimensional problems. The problems which are associated with old age and the care of

elderly are not exclusively the problems of social, cultural and economic ramifications, rather they include health and medical problems also that affect the life of a community as well. Dak and Sharma (1987) discussed Inadequate financial resources were indicated as one of the major problems of the Indian elderly. This also seems to be of a higher degree among female elderly compared to their male counterpart.

According to WHO (1989) Biologically", ageing begins at least as early as puberty and is a continuous process throughout adult life. „Socially", the characteristics of members of society who are perceived as being old vary with the cultural setting and from generation to generation. Economically", the elderly are sometimes defined in terms of retirement from the work force but, especially in societies with a normal or statutory retirement age, many individuals cease economic activity for reasons unrelated to ageing. „Chronologically", for a long time age has been used as an indicator of the expected residual life span.

## METHODOLOGY

### 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

**Design The study:** is a descriptive one in the sense that it tries to explain the various problems faced by the senior citizens in the society

**Tools and Techniques:** The data collected are both quantitative and qualitative as the study dealt with a vulnerable section of the population. Using standardized interview schedule, primary data was collected by interviewing the respondents directly at the field. Secondary data stood collected from books, journals, magazines and research works.

### FINDING OF THE STUDY

**Table 1: Age Structure**

Age	Frequency	Percenta
60 – 70	122	61
71-80	64	32
80above	14	07

Total	200	100
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As per the collected primary information, majority of the respondents were belonging to the age group of 60 years to 70 years (61%). 32% respondents were belonging to the age group of 71 years to 80 years and only 07% respondents were above 80 years of age.

**Table 2: Gender wise distribution of the respondents**

Gender	Frequency	Percenta
Male	112	56
Female	88	44
Total	200	100

As per the selected sample 56% respondents were made 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	Frequency	Percenta
Economic Problems	58	29
Psychological problems	17	8.5
Accommodation related problems	20	10
Health-related problems	45	22.5
Elder abuse	28	14
All the above problems	25	12.5
No any Problmes	07	3.5
<b>Total</b>	<b>200</b>	<b>100</b>

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

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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 22.5% 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 7% 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.

**Table 4 Staying arrangement of old age people**

<b>Staying arrangement</b>	<b>Frequency</b>	<b>Percenta</b>
Staying alone	44	22
Staying with spouse only	93	46.5
Staying with married son or daughter	63	31.5
<b>Total</b>	<b>200</b>	<b>100</b>

As per the information provided by the respondents, only 22% 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 (46.5%). It is found that 31.5% respondents are staying with the married son or daughter families. That is the preferred to stay in the families.

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

<b>Opinions</b>	<b>Frequency</b>	<b>Percenta</b>
Respectful treatment	44	22
Normal treatment	98	49
No cordial treatment	68	34
<b>Total</b>	<b>200</b>	<b>100</b>

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. 49% respondents reported that they are getting normal treatment by their family members and other relatives and 34% respondents reported that the treatment according to them by the family members and other relatives is not cordial.

### **Findings**

1. Through the study it is found that, now a day the old age people resided in metropolitan cities like 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 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 stay alone or with relatives. The major reason of this is 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 who are not getting respectful treatment by their family members is not negligible.
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 scolded the life of old age people and created negative attitude towards life.

### **Suggestions**

1. There should be effective implementation of national programme for the Health Care for Elderly 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.

### **Conclusion**

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.

Elderly life span brings in its wake a host of changes in body and mind of individuals with a consequent impact on the life style and social relations. The position of the senior citizens in a family was determined by a complex mix of the socio economic and cultural development

### **References**

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