



INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact factor: 4.295

(Volume 5, Issue 2)

Available online at: www.ijariit.com

Old age people problems and their importance in everyone's life

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ABSTRACT

The old people population is huge and becoming issue day by day because of human health issues. These individuals are challenged with various physical, mental and social changes that challenge their feeling of self and ability to live joyfully. Numerous individuals experience isolations and sorrow in seniority, either because of living alone or because of the absence of close family ties and diminished associations with their way of life of the source, which results in a failure to effectively take an interest in the public works. With progressing age, it is unavoidable that individuals lose association with their companionship systems and that they think that it is progressively hard to start new bonds and to have a place with new systems. The present examination was led to explore the connections among dejection, depression and friendliness in older individuals.

Keywords— Old age people issues, Importance, old age homes

1. INTRODUCTION

Old is not a disease but a biological procedure that no one can avoid. Slight care and attention will avert or delay disabilities. With proper care, everyone can enjoy a long run, healthy ageing. As age advance, several chronic disease affect our health. Many of these like obesity, hypertension, and diabetes are diet related and enhance can be controlled and even prevented by modifying our diet. The old age issue is a result of the motorized world and isn't restricted to our nation. It is additionally the migraine to many advanced nations. In fact, it is generally seen that the advanced countries are in the forefront and fewer advanced countries are following them. The old age people currently feel the need of physical, moral, economic related and enthusiastic help from their kids, who, being more engaged with the quest for their own vocation issues, relationships and family lives, are unable to give any consideration to the requirements of their parents and fulfil their emotional requirements. A feeling of having become an unwanted member of the family and society, therefore, overtakes the old people. Kids, amazing kids, household workers and even pets start to mess with them and overlook them in each issue. Their demeanour to the matured is set apart by disdain, negligence, lack of concern and inside and out put-down. When such things happen, the old people sink into the deep ocean of depression, so to say.

Table 1: Characteristics

Sensory losses	The sense of taste, smell, sight, anorexia, lost teeth, also the decline in neuromuscular coordination are common problems which lead to less food intake as a result of decreased appetite, food recognition, and self-feeding ability
Changes in the gastrointestinal tract	Secretion of digestive enzymes and juice decrease which results in incomplete digestion of food as a result absorption and utilization of nutrient are affected adversely.
Changes in the cardiovascular system	Narrowing of the lumen, thickening of arterial walls and lower myocardial contractibility.
Renal function	Working ability of kidney decrease, as a result, the elimination of waste products and reabsorption of nutrient are affected.

2. ISSUES FACED BY OLD PEOPLE

- **Neglect by their children's:** Due to the generation gap and materialistic attitude children often neglect their parents. They get busy with their own lives and forget the foundation stones who made them what they are.

- **Loneliness:** Youngsters are occupied with work and may not come to visit them. Grandkids are occupied in schools. Physically frail older may feel that they are a weight on them so they attempt to remain away regardless of whether individuals are near. Dejection prompts melancholy: they feel alone and unprotected.
- **Abuse:** Senior maltreatment is the punishment of physical, passionate/mental or budgetary damage on a more seasoned grown-up. Senior maltreatment can likewise appear as purposeful or inadvertent disregard of a more established grown-up by the guardian.
- **Hopelessness:** A feeling of sadness mirrors a negative perspective on what's to come. This incorporates desires for individual disappointment, disappointment, and a continuation of agony and trouble - a conviction that nothing will improve. Sentiments of defencelessness mirror a negative perspective on oneself. Discouraged people see themselves all the more contrarily, their confidence endures, and they have practically no self-assurance.

3. IMPORTANCE OF OLD PEOPLE IN OUR LIFE

3.1 They share their experiences

Elders as they also have seen life closely and are always willing to share their experiences and guide us through. Experiences from their life can act as a torchbearer for us in the long run.

3.2 They promote a cultural social setup

Any social setup is considered more cultured if its people treat their senior citizens with respect and care. A society devoid of blessings from its senior people surely runs down the drain in absence of any guidance.

3.3 Elders are a transistor of moral values

Elders are very important in the busy world of today where most of the married couples are working. This results in no time for their kids which end up swayed in the wrong direction in the absence of right teachings. It is therefore imperative to have elders in your family so that our future generation grows up with the required moral value and knowledge of the culture.

3.4 They love us unconditionally

No matter what we do in life, who we become, where we live, who you are with —our elders will always love us unconditionally. This kind of unconditional love is hard to find anywhere else in this universe.

4. SOLUTIONS TO HELP ELDERS

4.1 Government policies

The government of India had launched a pension plan called Varishtha Pension BimaYojana on 15th August 2014 Its objective is to provide social security to the senior citizen of the country. It is treated as best pension plan because returns quoted as more than 9% Varishtha Pension Bima Yojana.

4.2 World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006, for the Prevention of Elder Abuse by the International Network and the World Health Organization at the United Nations.

5. WHAT WE CAN DO FOR THEM

5.1 Increasing wakefulness

Expanding mindfulness among relatives can help break the array of mistreatment or disregard, and both the individual encountering the mistreatment and the abuser can get wanted help.

5.2 Training

There is a need to instruct the general population about the unique needs and issues of more seasoned grown-ups and the danger factors for mistreatment

5.3 Respite care

Having another person care for the senior, for a couple of hours every week is fundamental to diminish parental figure pressure, a noteworthy contributing element in senior mistreatment.

5.4 Advocating

Advising for conduct or individual issues in the family or for the people with emotional wellness and additionally misuse issue can assume a huge job in helping individuals change the long-lasting example of conductor discover an answer for issue rising up out of current burdens

5.5 Celebrate national grandparent's day

We ought to praise national Grandparent's Day. This extraordinary day is intended to respect the adoration among grandparents and grandkids, just as to enable youngsters to end up mindful of the quality, data, and direction that the more established grown-ups in their lives can offer.

Table 2: Should there be old age homes?

Advantages of old age home	Disadvantage of old age home
Old homes are intended for mature individuals who are unfit to remain with their families or are down and out.	Some elders have to share rooms with others and they sometimes don't get along with each other.

Apart from food, shelter, medical amenities, old age homes also provide yoga classes for senior citizens	Sometimes there's a lack of facilities and lack of caretakers at the maturity homes additionally. These recent folks area unit left to themselves and there's no one to require care of them.
Good services and good behaviour of the staff, food is wholesome,	Their management is profit driven. Patient care is low on priority.

6. METHOD

We have conducted a survey to find out what are people's ideas and views about old age homes. We distributed a google form in which people had to answer questions related to their opinion on old age homes. We chose to use multiple choice questions with checkboxes and radio buttons. This ensured that not much time was required to fill the form and people didn't lose interest to fill the form midway while filling it. We talked to people of various age groups including our friends in the college, to some of our faculties to the guards to know what they feel about old age homes. Finally, we drew the conclusion based on the result which we got from the survey.

7. GOOGLE FORM SURVEY

7.1 Result

Do you think old age homes is a good idea?

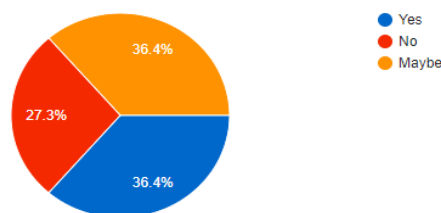


Fig. 1: Result of question

Around 36% of people think that old age home is a positive thing, while 27% of people who took the survey to deny upon the face. 36% of people are not sure if old age homes should be there or not. This shows that the majority of people are in favour of the existence of old age homes due to various reasons.

How many families do you know who have sent the elder members of the house to old age homes?

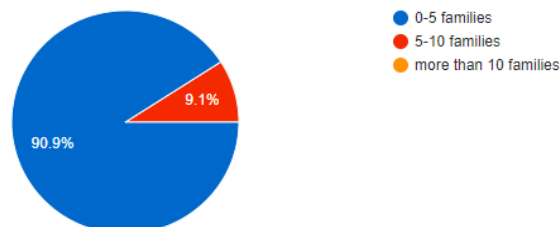


Fig. 2: Result of question

Contrary to the previous result, in this result, we see that although people favour the existence of old age homes not many people have actually witnessed their acquaintances leaving their parents in old age homes.

What do you think is the main reason why people send their parents to old age homes?

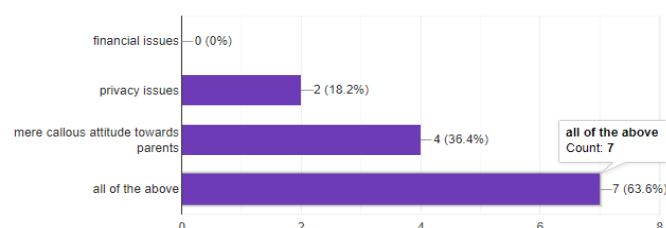


Fig. 3: Result of question

This result shows that people think that the main reason why a person will leave his/her parents in old age homes will be including financial conditions, privacy, or just careless attitude towards parents. Hence people don't point out to a single reason as such but they believe that the reason is a combination of all these factors as a whole.

Do you think sending the elders of the family to old age homes is good for the family? or for the children of those left at the old age homes?

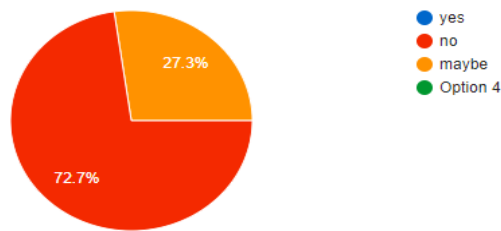


Fig. 4: Result of question

A good 72% of people who took the survey agree that leaving old parents at an old age home will do no good even to the children of those people. While 27% of people's opinion somewhere in between yes and no.

Do you think sending the elders of the family to old age homes is good for those who are left there? for the elderly?

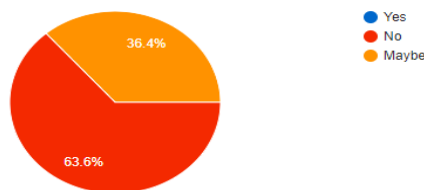


Fig. 5: Result of question

Around 64 % of people say that being left at an old age home is bad for those who are left there as it will affect their mental and physical health adversely. While some people are not sure about their opinion on this.

How do you think staying at an old age home will effect the physical health of the person?

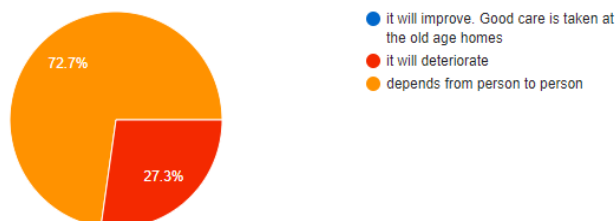


Fig. 6: Result of question

Majority of people who took the test feel that whether the physical health of a person at old age home improves or worsens depends from person to person, their likes, dislikes, family relations etc. while 27% people argue that their health will deteriorate.

How do you think staying at an old age home will effect the mental health of the person?

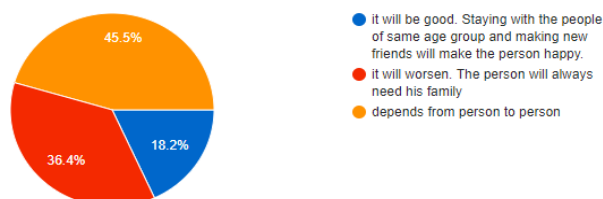


Fig. 7: Result of question

Again for the mental health of people at old age homes, some people think that it will depend on person o person. 36% of people think that it will worsen due to lack of family's presence, their love and care etc. while a small number of people think that in such conditions their health may improve

Will you ever leave your parents at an old age home if you face a financial crisis?

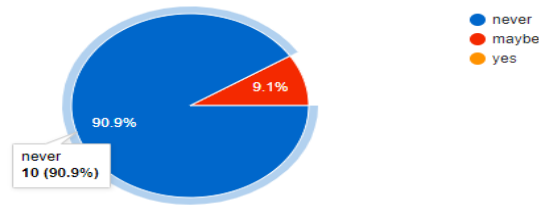


Fig. 8: Result of question

A good 90% of people mentioned that they will personally never leave their parents at an old age home, come what may.

Will you take an initiative to adopt people from old age homes?

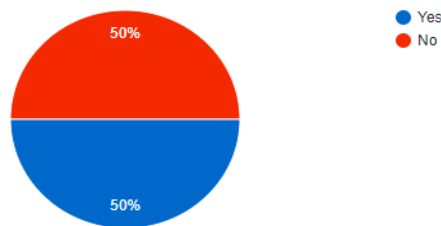


Fig. 9: Result of question

50% of people say that they may adopt people from old age home. They are compassionate enough to think about the wellbeing of the older citizens of the country. While the other 50% are not interested in this idea.

Will you fund an old age home, if given a chance?

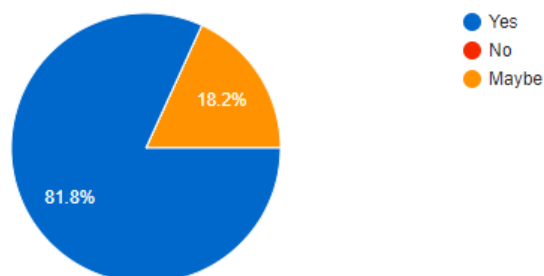


Fig. 10: Result of question

Although people are not willing to leave their parents at an old age home, majority of them do want to fund them and make them a better place to live.

Do you think the conditions and services of old age homes should improve in India?

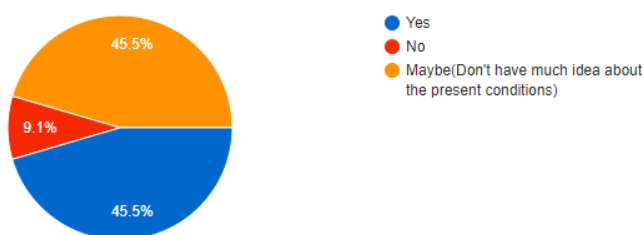


Fig. 11: Result of question

Around 45% of people taking the form feel that the services provided to the people at the old age home should improve, in terms of quality. As many as 45% of people don't have proper knowledge about the present conditions of old age homes in India.

8. PRESENT SCENARIO

- Elder Scenario and Help Age India's Contribution.
- Today there are an estimated 100 million elders
- 55 million of them sleep hungry
- 30 million live alone
- 12 million are blind and cannot afford treatment
- In 2030, the elder population is expected to touch 200 million elders, the elder issue deserves even more and urgent action.
- Today, HelpAge is able to reach out to 1.25 million needy elders just over 1% of 1000 million.

9. CONCLUSION

Through our study, we found out that even in a country like India, which is the epitome of the land of culture and traditions, old age is a problem. The elder citizens of our country are actually facing problems due to various reasons. The reasons may vary from financial issues to not being respected enough by the family members to being treated not more than just an object. All these things affect older people emotionally and physically. They get a feeling of worthlessness, betrayal and not being loved. Through the survey that we conducted, we found out that some people in our country support the idea of old age homes. At one point we might argue that the idea of old age homes should not be supported. The reasons may include that the old parents are sent out of their own homes, they face loneliness because of staying away from their family. This leads to the deterioration of their emotional and psychological health. But on the other hand, we may also argue that these old age homes have actually been able to save some lives. If the people who don't respect their parents and who don't want to stay with their parents are forced to keep their parents with them, they are more likely to treat their parents inappropriately. They might torture them. In such a case, it is better for old people to stay in an old age home where people like themselves stay together and spend time together. Also from our survey, we found out that not many people are well aware of the conditions and hospitality at the old age homes. So, people should be more involved in such issues and should contribute towards making old age homes a very comfortable place to live in. Hence what we can do like the youth of the country is that we can spread awareness among people about how important it is to take good care of old people. Also, we can make the use of social media for this purpose by making short films, posting related contents on this very sensitive yet neglected issue.

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