

**Problems of the Elderly People and their Care in old Age Home: A
Sociological Study of Lucknow City**

ABSTRACT

Submitted to
**Babasaheb Bhimrao Ambedkar University
(A Central University)**

Lucknow

**BABASAHEB
BHIMRAO
AMBEDKAR
UNIVERSITY**



**FOR THE AWARD OF DEGREE OF
MASTER OF PHILOSOPHY
IN
SOCIOLOGY**

Submitted By

Priya Dwivedi

Enrollment No. 172/18

Under the Supervision of

Prof. B.N. Dubey

Department of Sociology

School of Ambedkar Studies for Social Sciences

Babasaheb Bhimrao Ambedkar University (A Central University)

Vidya Vihar, Raebareli Road, Lucknow-226025

Uttar Pradesh, India.

2020

Problems of the Elderly People and their Care in old age Home: A Sociological Study of Lucknow City

ABSTRACT

The problems of elderly people are not something new in our society. These problems existed since time immemorial, and now it's getting more and more common, but what's important now is to know how they are confronting these situations?, and how we youngsters can provide better Environment for them, since we can clearly see that elderly people are being gradually excluded from the society and what steps should be taken to minimize these kinds of happening

The position and status of senior citizen have been seriously undermined by factors such as changing values, growing individualism and rising aspirations for consumer goods as a result of the impact of education, urbanization, westernization and industrialization, lesser number of children due to acceptance of the small family norms hence greater vulnerability in the matter of dependence, migration of younger members to cities for alternative source of livelihood. Elderly people occupy a unique place in society. In earlier times, they had authority in family having decision making powers. But now they face multifaceted problems such as social, economic, and psychological breakdown. Due to the breakdown of joint family system in the society, the elderly suffers from lack of emotional and socio-economic support from their young ones. These system *forces the elderly people to go to old age homes, day care centers and religious institutes. Also, the family structure has undergone a drastic change. The agricultural economy has been changing and joint family system is gradually replaced by nuclear family systems. These types of socio-economic changes have a profound impact on the condition of elderly people (**Panda, A.K. 2005**).

The data from Census 2011 revealed that there are 104 million elderly people in India out of which 53 million are females and 51 million males (Census of India, 2011).

Due to old age there are certain physiological and psychological changes that take place in elderly people which are somewhat mixture of pleasant and unpleasant feelings for themselves and for others too. For some elderly people this phase of their life is very pleasant and for someone this is the worst phase of their life based on the treatment they get from younger generation.

As some of them think that they are not capable of doing things their own so they start to feel that they are a burden on others and they are dependent on others, and this is one of the main causes of being abused and bitten by their own families and society as well. To concern more on elderly people, it has been also proposed to set up a Welfare fund for the elderly people by general assembly of UN. **International Day of older people is** celebrated annually on **1st, October**. The Resolution 45/106 was passed by the United Nations General Assembly on **December 14th 1990**.

Objectives

The objectives of the study are as follows

1. To examine the policies of government and welfare schemes meant for elderly people in India.
2. To explore the problems faced by elderly people in the urban areas.
3. To analyze role of the old age homes addressing the problem of elderly people.
4. To study the impact of old age homes in life of elderly people in the urban areas.

Hypotheses

Hypothesis of the study are as follows.

1. The government policies and welfare schemes of elderly people are inadequate.
2. The elderly people face less problems in the urban society.
3. Old age homes in urban areas do not receive any grant from the government.
4. Old age homes in urban areas have little role to address the problems of elderly people.
5. There is some positive impact of old age homes on elderly people.

Research Methodology: Methodology is a systematic way to solve the research problem. This chapter includes the research design, pilot study, and study area, sample design, sampling techniques, tools and techniques used for data collection and statistical methods employed for data analysis.

Sample Size of the Study

The total sample size of the old age homes is 4 and from these 4 old age homes 48 elderly people have been chosen for the interview (cases). Purposive sampling is used for selected old age homes. Four old age homes were randomly selected, (two from government and two from private owned) in which 12 respondents from each group will be interviewed which is further divided into two groups 6 male and 6 female. A total of 48 Sample will be used for interview schedule for inmates of old age. Further-more 6 case studies will be taken for the study.

Sources and Tools of Data Collection: In the present study, the survey method and an interview schedule has been used to collect the primary data. For the collection of secondary data will be collected from various books, journals, government organizations and websites and other relevant data sources etc.

The study shall be based on mixed method which includes both primary and secondary data.

Primary Data: Primary data will be collected through interview schedule and interview will be conducted with the help of a structured questionnaire. The interview schedule will be having closed ended questions.

Secondary Data: Secondary data will be collected from government's records, registrar, departments, library institutions, and non-government organizations etc, especially census records of government of India.

Research Design

The approach of the research design is descriptive in nature. Descriptive research design is a scientific method which involves observing and describing the behavior of a subject without influencing it anyway. This research design gives the opportunity to use both quantitative and qualitative data in order to find data.

Case Study

Case study is a very important tool of data collection .In this study total 6 case studies has been conducted with the inmates of old age homes. Every case study is unique and gives detailed information about the old age person, who shifted in old age home. All the case studies are very informative and reveal the real life facts of the respondents past and present life. Sometimes,

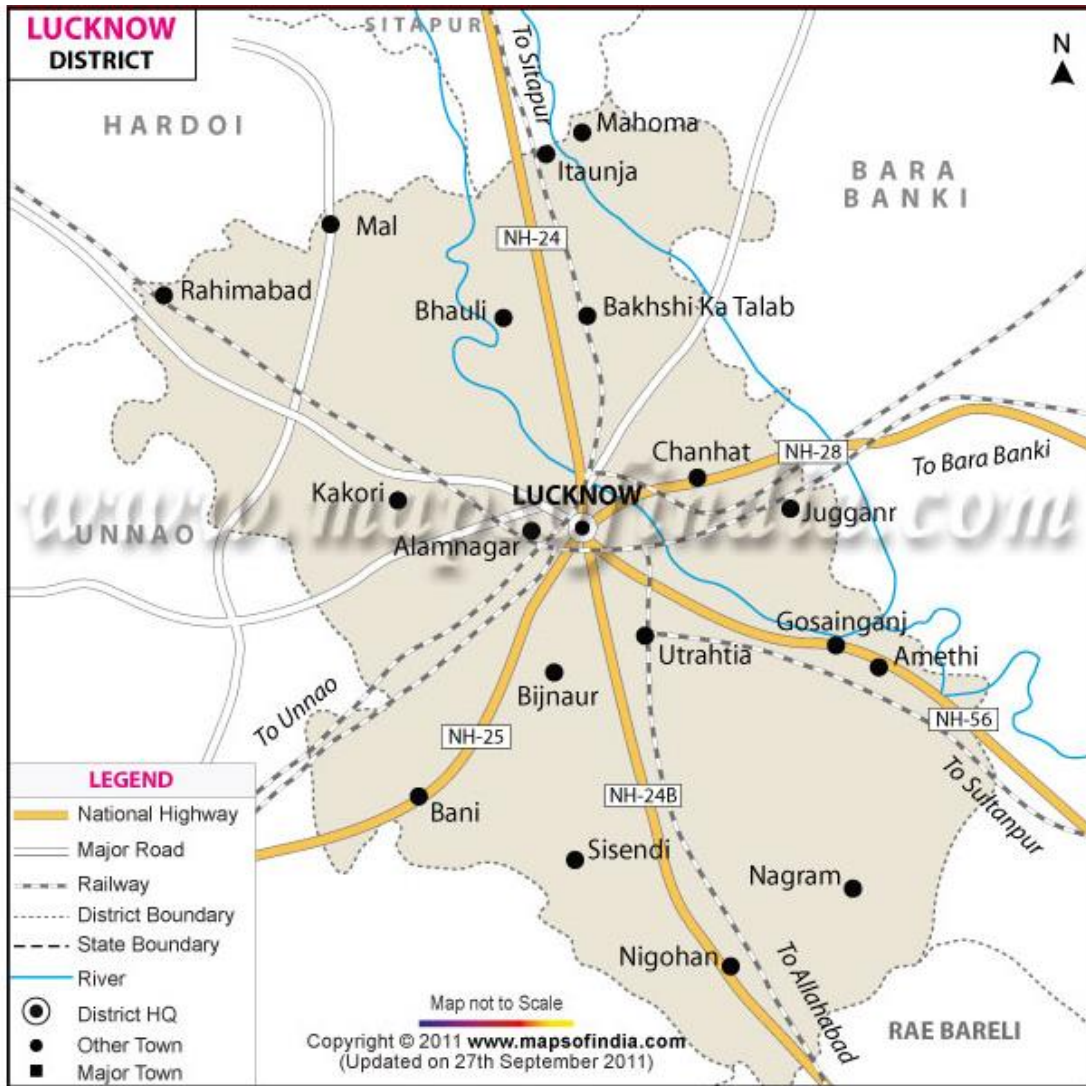
case studies are very important because they provide detailed information about the respondents, whose tabular data sometimes do not provide qualitative information.

Area of the Study

For the present study, Lucknow district of the state of Uttar Pradesh is chosen as unit of the study. The area of the Lucknow is 2,528km²(976sqmi). According to 2011 census population of Lucknow in 2011 is 2,817,105; of which male and female are 1,460,970 and 1,356,135 respectively. Although Lucknow city has population of 2,817,105; its urban population is 2,902,920 of which 1,509,451 are males and 1,393,469 are females. According to population Census 2011 there are nearly 104 million elderly people in India, out of which 53 million females and 51 million males. The elderly population of Lucknow is 4.8 lakh. And the total number of old age homes in Lucknow is 100 but there are many old age homes which are not registered in records. Lucknow is capital of Uttar Pradesh and being capital of Uttar Pradesh it is very much important in each and every aspect. Lucknow has always been a multicultural city that prospers as a north Indian culture and artistic hub. Lucknow is known for its culture and also known as city of Nawabs and located in what was historically known as the awadh region.

As per the census report 2011 total population of Lucknow is 4,589,838 out of which the number of males is 2,394,476 and females are 2,195,362 respectively. This was an increase in population growth of 25.82% compared to the 2001 figure. Although the total urban population of Lucknow city is 3,038,996 out of which the number of males' member are 1,580,724 and females' number is 1,458,272. And the area of the Lucknow city covers 2,528sq.km. Lucknow has total average literacy 77.29% out of which males are 82.56% and females are 71.54%. Lucknow is also the administrative headquarters of the many district and division. It is the fourteen most populous cities and the twelfth most populous urban agglomeration of India. The city stands at an elevation of approximately 123 meters (404ft) above sea level. It is situated near Gomati River. According to census data of 2011 of religion in Lucknow and the data shows the majority of people follow Hinduism religion. There are 71.71% people who follow Hinduism. Islam is the second most popular religion with 26.36%. The followers of Christianity are 0.58%, Jainism by 0.17%, Sikhism by 0.76% and Buddhism by 0.10%. And around 0.01% people stated other religion. And lastly there are 0.31% stated that they do not belong to any particular religion. The total literacy rate of Lucknow is 82.50%, out of which male have the 86.04% literacy rate and female have 78.70% literacy rate. Out of the total **Lucknow population for 2011 census**, is

66.21 percent which lives in urban regions of district. Sex Ratio in urban region of **Lucknow** district is 923 as per **2011 census** data. According to 2011 census 91.19% of the population in the district speaks Hindi and 7.56% Urdu as their first language.



Source: www.mapsofindia.com

Findings of the Research:

Second chapter we came to know about that there is high differentiation between male elderly people and female elderly people. The elderly people have lack of knowledge and awareness about the policies, they have heard some of the policies but they don't know how to access it. The elderly people who are in government sector they have some sort of relaxation, because they know that they have some sort of income. But for the other elderly people who were in private sector or were jobless are facing problems for their day to day life, according to elderly people the government policies are not implemented as they shown. At root level it is not successful as many elderly people have sold their house because they don't have any source of income and with that money they are bearing their expenses and accommodation in old age homes. And through data we can see that there is dissatisfaction among elderly people about the policies and schemes as most of them can't be enjoyed by elderly freely. The government should be more concerned about elderly people problems as they are excluded by their family and society and it's hard for them to sustain their lives without the intervention of government for poor elderly. The government should spend more money on the welfare of the elderly people especially the female elderly people who have lack of knowledge about the policies; female elderly suffers more in comparison to elderly male people. The objective of this chapter is the government policies and welfare schemes meant for the elderly people in India and the hypothesis of this chapter is the government policies and welfare schemes of elderly people are inadequate and through the data it was found the hypothesis is partially accepted.

Third chapter talks about problems of elderly people and what the physical problems and biological problems they are facing in old age. There are so many problems the aged are facing since starting of human civilization but it's getting worse and worse day by day with recent modernization like there are social, psychological, economical and medical in nature, with the impact of the modernization among the young of the community, the traditional norms and values have been affected. The attitude and behavior of the younger generation have also been changing, as of now they are objecting to follow the traditional norms of joint family. From the changing dimensions of family and society it can be concluded that the elderly people are no more enjoying the love, affection and respect from the other members of the family. Through deep analysis we can clearly see that the elderly people are facing problem in one way or other

like within their family, they are beaten and abused by the family, they are considered as a burden and no one wants to take care of them, they are forced to shift in the old age home. The elderly people are so much depressed about their old age as half of the elderly people are facing some kind of diseases that makes it difficult for them to continue living on their own that's why old age homes are better for them rather than living alone or being abused by others. The data reveals that the female elderly people whose health is in bad condition, they are not even aware of their disease and can't take care of themselves in comparison to males. The objective of this chapter is problems faced by the elderly people in the urban areas and the hypothesis of this chapter is elderly people face less problems in the urban areas and it was found that the hypothesis is rejected.

This study made an effort to understand the health conditions of the elderly people. The elderly people were suffering from various problems; this chapter gives a brief outline of the elderly people's health conditions and their problems in old age. Mostly female elderly do not know about their health status in comparison to male elderly people, males are much aware of their health status and hence are more capable to look after themselves as they know the condition of their body as they are aware of what kind of disease they are suffering from and they are taking proper medical treatment according to it. In old age elderly care is more likely to receive lesser attention in the families because all the members of the family are busy in their own stuffs, so it is very difficult for the elderly people to take care of themselves. There is a dire need to concern on the health of elderly people and provide them better facilities, a better life style in their old age. In this chapter Biological theories have been applied, as we can see from the above data that elderly people are facing many problems and one of those problems is the declining physical function of the body.

Fourth chapter is divided in two parts first part focuses on the impact of old age home on elderly people. And second part focuses on what kind of facilities are given by old age home to elderly people and types of accommodation. Old age home in urban areas are increasing and they impart a very much good impact on elderly people. The elderly people who are vulnerable and helpless and have been thrown out of their homes, who've been abandoned by their very own loved ones, these kinds of people have always alternative to shift in the old age home. The female elderly people felt lack of emotional support from their own family and that's why they

choose to shift in the old age home. The old age homes provides shelter and home to elderly people but up to some extent only because most of them have limited budget and elderly people are needy people they need more care and attention. And second part focuses on the features of old age homes as to what happens in them what are primary facilities provided by them. Private old age homes charges good amount of money to take care of the elderly to provide them proper facilities but in government old age home they provide free accommodation and some of the basic facilities though they are not as good as private ones. The impact of old age home on elderly people have some very much good aspect as we can see through analysis that elderly people are happy that in old age home there are so many people whom they talk, share their view, they do gossips. To some extent old age home gives a hope to overcome of boredom and to live life freely.

The objective of the study of this chapter is the impact of old age homes on elderly people in the urban areas and the hypothesis of this chapter is that there is some positive impact of old age homes on elderly people. it was observed in the study that the hypothesis is partially accepted and there is some positive impact of old age homes on elderly people, who were experiencing exclusion within the family or emotional insecurity, were more often likely to shift in old age homes has been proven by the data, the elderly people just wanted to be loved and cared by the family and society. Thus, it may be concluded that elderly needed due respect and recognition from their family members and society.

The sixth chapter discusses about the case studies. There are many things which were dug out and observed in the study that old age is very good part of our life but when the family supports you in every situation. But numbers of cases are increasing day by day where the family throws elderly people out of their life when they become jobless and think of them as a burden. Many of the male and female members told that they were beaten by their own son and daughter in law or other close family members. This is shocking to hear but it's true that the elderly people are no longer safe within their own house.

In the present study to complete the quantitative analysis an attempt was made to provide qualitative analysis as well. To obtain these information six case studies was undertaken. Each case study has its uniqueness, through case studies it was found that most of the respondents shifted to old age home because there was nobody to take care of them and also they have

security reasons that took consideration to shift in the old age home and they also felt isolated within the family .Only certain elderly people were visited by their younger ones while most of the elderly people never got to meet anyone from their family as no one never ever paid visit to them.

Suggestions though the services which are being provided to the elderly are playing an important role in minimizing the problems, there are still an urgent need to make a comprehensive programme for elderly care by creating awareness in the entire community, conducting surveys to know the extent of the problem, coordinating the available resources and to use them properly, to aware the elderly people for their rights, and making them mentally prepared to accept the challenges of old age as everyone had to go through this. There is also a need to rejuvenate and strengthen our social institutions; especially family ties so that the elderly may not only be made to live in family but also be must get proper care, protection and social importance. The family should pay attention, take care of them and give respect to elderly people. The most important thing for elderly people is that they just want to be loved by their love ones and want proper care from the family and don't want to be a burden to their family neither they want to be isolated. We have to aware the youth and make them realize that they should take care of their elderly people as they were once taken cared by those whom they are leaving behind today. This would require a sustained, wide ranged programme of re-socialization of the youth and the elderly. Further research also needed on the living conditions of the elderly; their problems, needs and evaluation of existing policies and programmes for their betterment and care.

**Keeping all the findings into consideration the following steps are recommended:
Suggestions for Government/ Policy Makers:**

1. The government needs to emphasize more on the concept of “institutional care” and prepare appropriate guidelines to safeguard the social, economic and medical care for the elderly people.
2. Government should modify the existing concept of old age home and provide more facilities and infrastructure to the old age homes and pay more attention towards vulnerable sections of the society. It should be made mandatory for family members to pay visit in old age homes once in a while.

3. There is need to create awareness about policies and programs among the elderly people. There is lack of awareness about their rights and policies due to the low literacy level. Even those who were aware of such programmes were not able to access its benefits because the procedure of getting pensions and all the benefits are not that much easy to access. The elderly people want that the benefit should be easy accessible and they should be prioritize for availing the government schemes and services.

4. There is need to set up Geriatric Counseling for the elderly people, Day Care Centers for the elderly, to encourage them to participate in community related activities so that they feel much better can get rid of loneliness and participated in activities can increase their capabilities. Meetings should be set between elderly of old age homes and children of orphanages once in a while, this might rejuvenate their mind and goodwill both elderly and children.

5. The elderly population suffers a lot in day to day life. And that's why there is a need to pay greater attention to the increasing awareness on the aging issues and its socio-economic effects and promote development programmes and policies for dealing with an ageing society.

6. Government might make it mandatory that every person should take care of the elderly member of their family. So, that they could not run from their responsibilities i.e. to provide care for their elderly parents and spends some time with their parents and the children who did not follow the rules shall liable for fine.

7. The government might include elderly people in each and every activity of the society and their contribution. So, that the youth can understand the importance of the elderly people and consider elderly people as their role model.

8. The government might also provide parent's care leave. So, that when elderly people are in need their son/ daughter or family member can take care of them.

Each and every part of the society should work together for the betterment of the elderly people and make them center of the society as the elderly people need more care and attention.

