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## LIVING CONDITIONS OF OLD AGE IN GULBARGA: A SOCIO-PSYCHOLOGICAL STUDY

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**Abstract:** Old age is one of the problems of Indian society, when joint family system was broken while industrialisation and urbanisation were evolved. India like many other developing countries in the world is witnessing the rapid aging of its population. Urbanization, modernization and globalization have led to change in the economic structure, the erosion of societal values, weakening of social values, and social institutions such as the joint family. In this changing economic and social milieu, the younger generation is searching for new identities encompassing economic independence and redefined social roles within, as well as outside, the family.

The changing economic structure has reduced the dependence of rural families on land which has provided strength to bonds between generations. Today the old age are neglecting by the families, consequently, they are suffering socially, economically and psychologically. The study has been conducted to study the problems of the old age with special reference to some selected units in Gulbarga. The major objective of the study is to find out the living conditions of old age and their social, economic and psychological barriers and possible solutions. All the old age people are being studied from old age day care center in Gulbarga.

**Keyword:** Concept, Surroundings, Problems, Remedial, Promotion.

### INTRODUCTION:

A man's life is normally divided into five main stages namely infancy, childhood, adolescence, adulthood and old age. In each of these stages an individual has to find himself in different situations and face different problems. The old age is not without problems. Most people wait for the approach of old age in the hope that they would relax after years of services and labour in discharging their obligations to the members of their family. They view old age as the best period of life when they can do things as they always wanted to do but for which they had no time. For some, it is the time to spend with grand-children with view to build up happy nexus with them, but, the situation remains different, when the old age overtakes them and they face the actual situations and realities. The hopes that they had entertained and the things that they had dreamt to enjoy in the old age become elusive and turn out to be an illusion.

Today out of every 10 elderly couples in India, more than 6 are forced by their children to leave their homes. With no place to go and all hopes lost, the elderly have to resort to old age homes, which do not guarantee first class treatment. In India, unlike USA, parents do not leave their children on their own after they turn 18 (of course there are exceptions), but children find it hard to accept the fact that there are times when parents want to feel the love that they once shared with them. There are times when parents just want to relax and want their children to reciprocate their care. Every parent wants to see their child grow and be successful but no parent wants their child to treat them like an unnecessary load on their responsibilities. Every other day, we see news of

parents being beaten up by their children, parents and in laws being forced to do the house hold chores, being made to live in small dungeon like rooms, their property being forcefully taken over by over ambitious children. According to NGOs incidences of elderly couples being forced to sell their houses are very high. Some elderly people have also complained that in case of a property dispute they feel more helpless when their wives side with their children. Many of them suffer in silence as they fear humiliation or are too scared to speak up. According to them a phenomenon called 'grand dumping' is becoming common in urban areas these days as children are being increasingly intolerant of their parents' health problems. In old age physical strength deteriorates, mental stability diminishes; money power becomes bleak coupled with negligence from the younger generation.

The number of elderly in the developing countries has been growing at a phenomenal rate; in 1990 the population of 60 years and above in the developing countries exceeded that in the developed countries. According to present indications, most of this growth will take Place in developing countries and over half of it will be in Asia, with the two major population giants of Asia, namely India and China contributing a significant proportion of this growing elderly (Irudaya Rajan, Sarma and Mishra 2003). 2';

According to an estimate nearly 40% of senior citizens living with their families are reportedly facing abuse of one kind or another, but only 1 in 6 cases actually comes to light. Although the President has given her assent to the Maintenance and Welfare of Parents and Senior Citizens Act which punishes children who abandon parents with a prison

term of three months or a fine, situation is grim for elderly people in India.

**OBJECTIVES OF THE STUDY**

To study the standard of living of the aged.  
To study the Social relationships of aged  
Health and Understanding the Psychological Feelings  
Problems and Welfare measures for aged

**METHODOLOGY:**

The present study being collected by Primary and secondary sources of data collection. Focus group discussions were held to gather data from the participants of the study. Questioner and Interview method widely used to collect statistical data.

**Sample:**

The sample was taken from urban society, residing in Gulbarga. 50 respondents involved in the study and they are only male respondent.

**Old age Population in India**

The 2001 census has shown that the elderly population of India accounted for 77 million. While the elderly constituted only 24 million in 1961, it increased to 43 million in 1981 and to 57 million in 1991. The proportion of elderly persons in the population of India rose from 5.63 per cent in 1961 to 6.58 per cent in 1991 (Irudaya Rajan, Mishra and Sarma, 1999) and to 7.5 per cent in 2001. This is true of other older age cohorts too. The elderly population aged 70 and above which was only 8 million in 1961 rose to 21 million in 1991 and to 29 million in 2001. Besides, the proportion of elderly above 70 in the total population increased from 2.0 per cent in 1961 to 2.9 per cent in 2001. The Indian population census reported 99,000 centenarians in 1961 their number rose to 138,000 in 1991. The growth rate among different cohorts of elderly such as 60 plus, 70 plus and 80 plus during the decade 1991-2001 was much higher than the general population growth rate of 2 per cent per annum during the same period. However, the sex ratio among the elderly in India has favoured males as against the trend prevalent in other parts of the world.

**Table 1: Number and Proportion of Elderly in the Indian Population by Age Groups, 1961-2001.**

	Number (in Millions)					Percent of Elderly to the total population				
	1961	1971	1981	1991	2001	1961	1971	1981	1991	2001
60+	25	33	43	57	77	5.6	6	6.49	6.76	7.5
70+	9	11	15	21	29	2	2.1	2.33	2.51	2.9
80+	2	3	4	6	8	0.6	0.6	0.62	0.76	0.8
90+	0.5	0.7	0.7	1	n.a.	0.1	0.1	0.1	0.2	n.a.
100+	0.01	0.01	0.01	0.01	n.a.	0.02	0.02	0.02	0.02	n.a.

Source: Compiled by the Irudaya Rajan, from the last five population censuses Govt. of India

**Problems of Aged:**

Financial or Economic problems.  
Lack of Health and Medical care.  
Familial and Emotional Problems.  
Housing Problems.  
Psychological Problems.

**Rights of the Elderly:**

\* Parents cannot be evicted from a house without due process of law if they have been staying there from before. There is three enactments that can be applied.  
\* Under section 125 of the CrPC, a magistrate can order a child to maintain his old parents under the Maintenance of Parents Act.  
\* The Hindu Adoptions and Maintenance Act say an aged parent can demand maintenance from children in the same way that a wife can demand it from her husband.  
\* The Domestic Violence Act too provides parents with the right to seek relief from any kind of abuse.

**Social Situations**

Table No. 2 Does the Family members give the chance to participate in the home rituals?

Sl. No.	Response	Respondents	Percentage
1	Yes	9	18%
2	No	41	82%
Total		50	100%

From the above table no. 2 that, 82 percent family members are not giving any chance to participate in the home rituals to old age, where as 18 percent family members are giving. This indicates the social situation of the old age is poor.

**Health Situations:**

Table No. 3 : Does your Family members take care of your health?

Sl. No.	Response	Respondents	Percentage
1	Yes	19	38%
2	No	31	62%
Total		50	100%

From the above table no. 3 that, 62 percent family members are not taking care the health conditions of old age and 18 percent family members are taking care. This indicates 62 percent old agers are suffering to get health care.

**Psychological Situations:**

Table No. 4: Do you feel inferiority being aged?

Sl. No.	Response	Respondents	Percentage
1	Yes	31	62%
2	No	19	38%
Total		50	100%

From the above table no. 4 that, 62 percent old age people are feeling inferiority on their old. Psychologically they are weak they need support and 38 percent people are not feeling

**inferior being old.**

Table No. 5:  
Can you control your mind when problems arise before you?

Sl. No.	Response	Respondents	Percentage
1	Yes	36	72%
2	No	14	28%
Total		50	100%

From the above table no. 5 that, 72 percent old age people are controlling their mind when the problems arise before them and 28 percent people are not able to control their mind.

**FINDINGS:**

- 1.Old age people in their family itself 82 percent family members are not giving any chance to participate in the home rituals, where as 18 percent family members are giving. Their societal situations have to improve. They expect love and affection more.
- 2.If we study on the health conditions of old age, 62 percent family members are not taking care of the health conditions of old age and 18 percent family members are taking care. After being old age they are physically and mentally poor.
- 3.The present study reveals that, 62 percent old age people are feeling inferiority on their old. Psychologically they are weak they need support and 38 percent people are not feeling inferior being old
- 4.In the old age many problems have arose in that 72 percent old age people are controlling their mind when the problems arise before them and 28 percent people are not able to control their mind.

**REMEDIAL MEASURES:**

- 1.Reasonable sum amount of old age pension to be suitable to reduce economic adversity.
- 2.Medical care in Government hospitals and dispensaries and provision of special wards and beds.
- 3.Recreation facilities to relieve them of the boredom of loneliness, etc.
- 4.Housing facility in the form of homes for the aged or arrangement for home care.
- 5.Counseling them for psychological support in any way.

**CONCLUSION**

The problems of the aged vary from society to society and have many dimensions in our country. Old age had never been a problem for India where a value based joint family system is supposed to prevail. Indian culture is automatically respectful and supportive of elders. However the rapid development of industrialisation and urbanisation disintegration of the joint family system and the impact of economic change has brought into sharp focus the peculiar problems which the old people now face in our country. Most of the aged people in the country are neglected and lead a woeful life. In majority of the cases the elders suffer from basic needs including money, poorer food and medical care. They are regarded as a burden on society. In addition to the welfare facilities comprising old age pension and homes for the aged, other welfare services such as medical care service, recreation and leisure activities, and home visiting services are helpful to diminish the problems of the old aged.

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