

Analyzing the Problems of the Elderly: A Study

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Abstract: *Old age is a state vulnerable to morbidity and senility. Making a person happy in this condition is an inevitable challenge today. Due to social, mental, economic and health problems, the evening of life is trapped in the maelstrom of diseases and deficiencies. Due to modernization, urbanization and industrialization, the attitude towards the elderly in the society and family has been diluted in such a way that the younger generation is turning away from healthy interaction with them. The problems of the physically-mentally weak old people are increasing due to lack of support from the family members. Due to the lack of flexibility in the approach of the elders and alienation from the traditional values in the younger generation, both are increasing disharmony. The usefulness of the elderly in the family and society has been devalued. In the absence of proper socialization, the children do not behave comfortably with the elderly. Due to the focus of the new generation on the rearing of their own procreative family, the person is cursed to suffer physical-mental sorrows in 'old age' by being neglected and destitute and falling into the unwanted dust of depression. Healthy body, good diet, good mental health, congenial environment, positive role of new and old generation and good economic condition are essential for happy old age. There is a need to develop a healthy lifestyle to prepare for old age. There is a need for joint efforts of sociologists, social work experts, health experts, psychologists and economists for the cause and prevention of the problems of the elderly.*

Keywords: twilight of life, modernization, urbanization, industrialization, secularization, procreative family, loneliness, depression loneliness, depression, society, etc.

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