

# 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.

## I. INTRODUCTION

India has been a tradition oriented country. The traditional values and norms here have been supportive of respect and due care for the elderly. There used to be many socio-religious organizations like Sadavrata to help the destitute elders. Due to industrialization, urbanization, secularization, westernization etc., there has been a vast change in the social fabric of the country and the traditional respect and respect towards the elders has been adversely affected. Due to continuous increase in the number of old people, today old age in India has taken the form of a critical social problem. Liberalism in the family has been replaced by individualism. The increasing population, declining status and role of the elderly have affected the social structure. Disintegration of the system of joint family and caste panchayat and the transfer of power of elders to the new generation. Where an old parent does not feel any burden in the upbringing of his children, the children despise the old parents. The new generation has forgotten that one day they will also have to join the ranks of the elderly and be neglected by their own children. This vicious cycle of old age is a curse for a healthy society. Due to rapid socio-economic changes, mental problems such as sadness, helplessness, loneliness, depression, isolation, despondency etc. have become prevalent in the elderly. Irrespective of the economic status of the elderly, they suffer from the problems of weakness, insomnia, poor vision and morbidity. Loneliness in old age, lack of creativity and lack of self-confidence due to not being employed according to physical strength. The condition of old people is getting trapped in the web of problems day by day. For the care, service, care, treatment etc. of the elderly today, there is a need for systematic efforts and adequate resources at the government, non-government and social level.

### 1.1 Objectives of the Study

1. Analytical study of the problems of the elderly.
2. To study the socio-economic basis in the diagnosis of the problem of maladjustment in the elderly.

### 1.2 Social Problems

Due to the increasing influence of consumerist culture, there has been erosion of basic and traditional human values. For this reason, degradation in the status and role of the elderly is the cause of many social problems. Such problems are social because they are related to the fabric of social relations. It is a known fact from studies that older people find it easier to interact with people who communicate with them according to their feelings. Old age brings problems for those people who do not prepare themselves for this stage. Today, the reason for the neglect of the elderly is the widespread change that has taken place in the attitude of the people towards old age. Older people generally spend time alone with being neglected by their family members. Loneliness, isolation among the elderly makes their social life problematic. There is a need to take proper care of the elderly and take guidance and inspiration from their experiences for the future generation. Due to rapid urbanization and industrialization, the problem of isolation among the elderly increases. Male elderly are more affected by social isolation than female elderly. The philosophy of India's ancient intergenerational harmony is not happening in today's consumerist society. To ignore the elders is to increase their sense of humility. They suffer from chronic weakness, illness, hopelessness, loneliness and feelings of uselessness. Old people are the heritage of our society and they do not want to be separated from the family and society. In traditional Indian society, these problems used to be solved in the village, caste group and joint family. Due to modernization, the basic condition of these institutions has changed. Economic problems Urbanization and industrialization will lead to more and more isolation of the elderly. There are many problems of the elderly, for which joint efforts of the government, voluntary organizations, experts, etc. are needed to solve. Modernization, technological change and mobility have brought changes in the way of life and values of the people. Due to this change, the respect towards the elderly has been adversely affected. Due to the migration of the young generation to the city, those rural elders who do not have enough economic resources have been pushed into misery. Employed educated woman lacks time to care for the elderly at home. The new generation spends most of its income on its procreative family and does not consider it a priority to spend on its own elderly parents, grandparents. This is the reason why depression, helplessness, sadness, loneliness etc. are common among the elderly. Some elders are cursed to beg in the absence of economic support because they neither get the opportunity to be looked after by their children nor get government-non-government support. Old age homes are also proving beneficial only for the wealthy. Today's new generation wants to stay away from their parents and other elders in the family. The children for whose upbringing the 'parents' sacrificed their comforts and facilities, today the same children are considering the parents as a burden. Financially dependent elders have to face disrespect, loneliness and many other difficulties. The problems of economically independent elderly people are more than those of dependent elderly people, today a large number of elderly people in India are living at a low economic level. The condition of retired old people without pension is worse than that of retired old people with pension. The aspirations of such old people, who are living their lives by being engaged in agricultural work and not in any service, are less as compared to those old people who have retired after being in government or non-government service. The level of deprivation and unhappiness is lower in older people living a traditional life than in retired older people. PS, the pensioned retired elders are physically and mentally sound. It has been found from the study that it is necessary for the elderly to have economic power. Older people with economic power do not want to transfer their accumulated economic achievements to their progeny while they are alive and say that the family will take care of them as long as they have the property in their hands. In the dark days, some old people are helped more by friends than by family members. It is also true that in such families in which both son and daughter-in-law are involved in economic activities or are employed in service, in those families the elderly parents are considered functional to take care of the children. Such functional elders feel satisfied with the love and sympathy of their sons and daughters-in-law. The new generation expresses their inability to raise their children and take proper care of their old parents by citing their low income. Therefore, being financially secure is an important factor for a happy old age.

### 1.3 Health Problem

According to the World Health Organisation, health does not mean being healthy and strong, but a state of being physically, mentally and socially well-being. "Staying healthy in old age depends on lifestyle and habits. Those elders who are leading a life of economic poverty are deprived of balanced diet and proper health care. The problem of insomnia in the elderly creates many other problems. Due to ill-health, problems of disequilibrium and depression are

arising in old age. This condition is susceptible to many diseases, such as constipation, obesity, stress, high-low blood pressure, diabetes, cancer, prostate disease, Parkinson's disease, Alzheimer's disease, insomnia etc. The elderly need emotional, physical, financial and health support. Good physical-mental health, physical exercise, balanced diet, social harmony, positive role of new and old generation and good economic condition are essential for happy old age. According to a study, every elderly person above 60 years of age suffers from many disorders, in which the main ones are cardiovascular disease, intestinal disease, urinary tract disease, depression, respiratory disease, irregularity of blood pressure, visual-auditory disorders, osteoporosis etc. . Economic achievement alone does not secure the life of the elderly, but association with the family has a positive effect on their psyche. In old age, the process of decay of the body occurs with Tivatra. For this reason, if it is said that old age is the center of many physical and mental diseases and sufferings, then it will not be exaggerated.

#### **1.4 Psychological and Adjustment Problems**

The psychological problems of the elderly are many, such as loneliness, isolation, depression, dissatisfaction with their own role, etc. The problem of adjustment in the elderly is the biggest psychological problem, which increases with age. Many problems arise in old age due to many psychological factors. It is a serious psychological problem that old people find it difficult to adjust with the new generation. Feeling of helplessness, depression, loss of memory, negative feelings, loneliness, isolation, role degradation, etc., are troublesome psychological problems for the elderly. At the core of the problems of the retired government servants are their decreasing income, ill health, socio-psychological problems of adjustment and the problem of passing time. Due to illness, there is a decrease in the mental capacity of old people. Similarly, due to unwellness, a vicious cycle of helplessness, inferiority and anxiety emerges in them, which generates many problems. Due to the modern processes of industrialization, urbanization, the elderly do not find themselves capable of proper adjustment with the family and society. The problem of many elders is also that they are worried about the failure of their children. Some elders remain unhappy because their children ignore them at every step. Due to the combined effect of many problems, a feeling of insecurity settles in them. Due to the physical-mental weakness of the elderly, family members need help. Due to lack of assistance, the problems of the elderly increase. In the absence of proper socialization, children do not behave smoothly and lack of proper socialization is the mother of many social problems.

## **II. CONCLUSION AND SUGGESTION**

All the problems of old age are related to each other. Social, economic, psychological, social, health problems etc. play an important role in making the elderly people helpless and oppressed in the twilight of their lives. Due to physical-mental health, economic independence and harmony, the problem of fourthness of life can be minimized. New and old generations need to bring flexibility in thoughts and balance their rights and duties towards each other. There is a need for joint efforts of sociologists, social work experts, health experts, psychologists and economists to find out the causes and solutions for the problems of the elderly. There is a need to work together with policy makers, planners and people working at the grassroots level to make such a strategy that can be better for the elderly. Competent legal initiative is needed to solve their problems, which is necessary to decide the role of family, society and government for the protection of the elderly on practical ground.

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