

# A Study on Psycho-Social Health of Elderly People in Old Age Homes with Special Reference To Eranakulam District

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*Abstract: Of late, old age homes are on its rise. The reason for this rise and the condition of inmates living there are ascertained in this paper. Instead of getting support in such an age they are soft of abandoned by their own family. Thus it is obvious they would definitely face unexpected difficulties by both adjustmental and distance from home issues. It may cause other issues like lot of physical and psychological problems also like feelings of loneliness, fear, depression and isolation from themselves, unpleasant thoughts but it is also dominated by negative feelings.*

*Keywords: elder, psycho social condition, elder in old age home, old age home.*

## I. INTRODUCTION

Elderly persons are not burden; but a blessing that can guide and enrich the society. Senior citizens are really the guide of the younger generation. The increasing proportion of elderly takes place as a consequence of demographic transition. In the developed countries measures were taken and programmes implemented for the wellbeing of the aged person. In Kerala. Also some welfare measures have been taken for the aged persons. The most visible intervention in old age care was the launching of the National Programme for Health Care of the Elderly (NPHCE) in 2011 ministry of Social Justice and Empowerment, Government of India adopted 'National Policy on Older Person in January 1999, this policy provides broad guidelines to state Government to taking action for welfare of older persons in a proactive manner by devising their own policies and plans of action. Ageing is universal but ageing and old age are functional and not chronological concept. The problem of old age is a significant human and social problem in recent time. The problem of aging is found in almost all the countries of the world. However the socio- Economics and health status of the aged revealed that prevalence of chronic as well as non-chronic diseases is obviously high among the elderly.

## SIGNIFICANCE OF THE STUDY

The aged groups are facing challenges of the changing socio-economic order, family atmosphere and set up. When the society is changing and becoming materialistic, the needs of the parents tend to be ignored. The present day family has pushed down the aged into a state of loneliness, helplessness, frustration and meaninglessness.

This study leads to pay our attention to the true aspect of old age. The role and status of the senior citizens within the family and their interpersonal relations with the family members also undergo certain modifications. It is therefore essential to understand the socio-economic profile of the aged in order to delineate the problem areas. The youngsters can take up adequate measures for solving their problems.

## SPECIFIC OBJECTIVES

- To study the health status of elderly population living in old-age home.
- To understand the institutional care given by the old age home.
- To analyze the problem of the elderly in the old age home.
- To study the socio- economic conditions of elderly people.
- To understand the quality of life affecting the overall health of elderly in old age home.

## II. REVIEW OF LITERATURE

Today the elderly population is the main focus of the various social planners and services providers. But the boundary of old age cannot be defined universally, because it varies according to socio-economic condition and cultural context of the countries. However a number of studies have been made in other countries as well as India to investigate the socio-economic condition of elderly people. These studies clearly indicate the living conditions of elderly people in old age homes, their health status and the problems of elderly people. The primary objective of this chapter is to make a review of the findings of some of the earlier studies. K. G. Gurumurthy (1998) in his study found that care for the aged has become important and urgent because, every year the demographic figures of the aged are increasing in an alarming phase, this is the result of improved health and medical care facilities for all, social and economic development and concern and respect for the aged, who have done so much to the society in their time of youth.

## III. METHODOLOGY

The present study is based on both primary and secondary data. The primary data is collected from 60, elderly people in the age limit 60-80 years, who were living in old age homes in Ernakulam District.

The data required for the study was collected with the help of questionnaire. The samples are selected by using judgment sampling method. The secondary data was collected from various published sources such as book, magazines, journals, internet and newspapers.

## DATA ANALYSIS AND INTERPRETATION

### A) Duration of staying in old age home

Duration	No. of respondent	Percentage
<1 year	6	20
1-2 year	10	33.33
3-5 year	9	30
6-10 year	5	16.67
Total	30	100

Source:  
The above  
33.33

primary data  
table shows  
percent of

the respondents are staying in old age home between 1-2 years. 16.67 percent of the respondents are in the old age home between 6-10 years.

### B) Counseling/ psychological support available to the respondent

Counseling/psychological support	No. of respondent	percentage
Yes	19	63.33
No	11	36.67
Total	30	100

Source: primary data

The above table shows 63.33 percent of the respondents get counseling or psychological support. 36.67 percent of the respondents didn't get any support from counseling or psychological side. This might be due to the fact that different old age homes perform in a different way.

## FINDINGS AND SUGGESTIONS

### Findings:

- The study reveals that majority of the respondents that is 63.3% belong to Christian community. The number of respondents belong to Hindu religion are 36.7%
- Majority of the respondents, that is 56.7% are from the general category 30% of the respondents belong to OBC category and 13.3% of the respondents are under scheduled caste.
- 93.3% of the respondents are married and 6.66% of the respondents are unmarried.

- 6.6% of the respondents completed their graduation. 10% of the respondents completed their Pre-degree and majority 66.7% of the respondents completed the secondary education. 16.6% of the respondents are educated only in the primary level.
- 66.6% of the respondents belonging to 5000-10000 income groups. 16.66% of the respondents belong to less than 5000 income group. 10% of the respondents belong to 10000-50000 categories. 6.67% respondents are in the 50000-100000 income categories

**Suggestions:**

- To remove the feeling of loneliness and to improve the mental health of the aged inmates, it is desirable that either a nursery or a creche be attached to these, preferably within the home premises, so that the aged can take part in their functioning. It is a fact that kids and old age people are mutually attached to each other and can engage in leisure activities by devoting ample time.
- The government must give priority to the issues of the elderly. It may give financial assistance to old age homes. Exclusive medical care programmes for the elderly should be implemented. Trained and motivated health care professionals should be employed to take care of the elderly. The government should ensure pension for aged people and also provide health insurance to the people in old age homes.
- Provide internet facilities to elderly people. Thereby they can use blogs to write their views and, expose their ideas in the Social Medias. Through this they can open their mind and they can intervene in the social issues. It will also help them to participate in the everyday activities of the world.
- Provide exercise to the elderly people. Old age home should have one room for doing exercise and provide the physical equipment like, treadmill, leg press machine, leg extension machine, etc. Simple exercises have positive effect on condition such as hypertension osteoporosis and other illness. This will improve their self-esteem.
- Periodical inspection should be conducted in the old age home by the authorities to analyse their mental condition and physical health. Through this they can identify the drawback and can take measures to correct it. The periodical inspection will also help them to identify the positive things which give happiness to the inmates of the old age home

**IV. CONCLUSION**

The study makes it clear that, the number of people in old age home is constantly increasing and also most of the parents are forced to live in old age home rather than living with their children. Because now a day's these people are facing problems like lack of care, emotional and economic support from the family. Old age homes are a blessing to these neglected old parents. It helps to provide a comfortable stay, extra attention to the elderly people with healthy food, medical assistance and other facilities.

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