

# A Study on The Difficulties Faced by the Elder Women in Old Age Homewith Special Reference to Ernakulam

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*Abstract: This study is trying to explore the difficulties faced by the elder women in old age home. Today, almost all the old age homes in India are fully occupied with residents. Aging comes with many difficulties faced from the old age homes. The loss of independence is one potential part of the process, as are diminished physical ability and age problem. As already observed, many older adults remain highly self-sufficient. Others require more care. Because the elderly typically no longer hold jobs, finances can be a major challenge. Due to cultural misconceptions, older people can be targets of ridicule and stereotype. The elderly face many challenges in later life, but they do not have to enter old age without dignity. Elder care is the fulfillment of the special needs and requirements that are unique to senior citizens. This broad term encompasses such services as assisted living, adult day care, long term care, nursing homes, hospice care, and home care. Because of the wide variety of elderly care found rationally, as well as differentiating cultural countries in Asia use government-established elderly care quite infrequently, preferring the traditional methods of being cared for by young generations of family members. The researcher used a descriptive research design with 60 samples. The researcher used simple random design for sampling and data was collected with questionnaire. Elderly care emphasizes the social and personal care of requirements of senior citizens who need some assistance with daily activities and health care, but who desire to age with dignity. It is an important distinction, in that the design of housing services, activities, employee training and such should be true customer-centered. The elder women facing many problems in old age homes. Such as caring, understanding difficulties with inmates, socio-economic problems, and psycho-social problems.*

*Keywords: Difficulties, elder women, old age home, Ernakulam.*

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## I. INTRODUCTION

Ageing is a continuous, irreversible process, which starts from conception till the death of an individual. However, the age at which one's productive contribution declines and one tends to be economically dependent can probably be treated as the onset of the aged stage of life. Old age is the last phase of human life cycle, which is again universally true. In India, the proportion of older persons has risen from 5.5% in 1951 to 6.5% in 1991, 7.7% in 2001 and projected 12% in 2024 (Vinod Kumar, 2003 cited in psycho-social aspects of ageing in India, in 1992). Change in population structures will have several implications on health, economy, security, family life, well-being and quality of life of people.

All the aspects of "health status", "life satisfaction", "mental health" and "well-being" together reflect the multidimensional nature of quality of life in an individual (Barua, 2007 cited in Ethno-medicine journal, 2001). Quality of life is a holistic approach that not only emphasizes on individuals' physical, psychological and spiritual functioning but also their connections with their environments; and opportunities for maintaining and enhancing skills. Ageing, along with the functional decline, economic dependence, and social cut-off, autonomy of young generation, compromises quality of life.

The elderly do not get respect because of the loss of traditional values and changes which have come in society. The elderly find it difficult to adjust with their own sons and daughters because of the generation gap and varying perceptions. Thus the seniors have to live according to the wishes of their children.

## II. REVIEW OF LITERATURE

Ramamurti, Jamuna (1984) expresses one of the earliest trends in Indian research was the study of the psychological characteristics and the problems of the elderly in adjusting to their later lives within the changing scenario. As age alone is not a factor for a satisfied later life, the several social, psychological and physical factors that influence the life of the elderly population have been researched as causes of better adjustment in old age. Economic, social and personal adjustments were found to be the important problems of adjustments in old age. Some of the other factors that influenced adjustment were identified as rigidity, flexibility, marital satisfaction, attitude towards retirement, satisfactory physical and mental health, type of family, social contacts and attitude towards death to name a few.

Jamunna, Ramamurti (1988) reveal that widowhood has meaning only in a psychological and social context in which it occurs. Social mores and norms of Hindu welfare have relegated the widow virtually to a hell on earth. If there is anything that a woman abhors in her life it is the loss of her spouse and becoming a widow. In fact, all blessings given to a married women invariably contain the phrase “Dheergayushu” is useless if you are not a sumangali. So strong is the prejudice in favor of “Sumangali” and against “Amangali”. In the ultimate sense what matters is the state of mind. If one thinks of herself as a widow with all its associated paraphernalia, she is only doomed to depression. If on the other hand, she considers herself as a person with her own individual identity, she becomes “a woman of conviction” and self-esteem. The sacred texts have encouraged woman predeceasing the husband and if not, through sati, where she seeks to end her life along with her spouse. Therefore, living the life of a widow brim with woes and worries.

Dhruvarajan, (1989) reveals that the family is the most important institution that has survived through the ages in India. India has a documented heritage of stable family life and structure that has been able to survive the changes over the centuries. The Indian family, like most families in Oriental cultures, is considered to be strong, well knit, strong and enduring. It is, however, important to point out that although families might be strong and resilient, heterogeneity and diversity characterize family life in India. There are regional and cultural variations in family structure and functioning. The norms and value related to family life vary according to religion, caste, social class, and residential patterns.

Kumar (1991) studies 460 old in the district of Chittoor in the state of Andhra Pradesh. He has taken 50 percent of his sample from 2 urban centers, viz, Tirupati and Chittoor and the rest 50 per cent from 30 rural villages located within 30 kilometers distance from these 2 townships of the state. He has highlighted the family life and living arrangement of the old, delineated the interpersonal relations of the old and the changes which took place because of the operation of some forces like modernization, urbanization etc., and also has described and familial, socio-economic, psychological and health problems of these people.

Joseph (1991) has directs a psychological study in terms of problems and personality of the aged in the district of Kottayam in the state of Kerala. For the purpose of his study, he has considered persons of 60 years of age as ‘old’. He says that a worthless sum of pension is associated with poor living condition and suffering. Thus occupational insecurity, lack of training facilities and shortage of psychiatric and psychological services etc. are some of the main inadequacies in some of the advanced social systems of the world. He has made a comparative survey between the home-living ‘old’ and the institutionalized ‘old’ and pointed out multiple problems, on physical, mental, economic, religious and occupational levels. Further he has attempted to examine the attitude of the young (between 20-50 years of age) towards the aged and has studied the personality of the aged in terms of certain selected personality variables. He finds that the young in Kerala do not have a negative attitude towards the old. Their attitude is clearly positive in nature and hence not unfair.

### **SPECIFIC OBJECTIVE**

1. To study socio-demographic profile of elder women in old age home
2. To study about psycho-social problems of elder women in old age home
3. To understand difficulties faced from inmates in old age home.
4. To study about challenges faced by elder women in old age home
5. To understand socio-economic problems of the elder women in old age home.

### **RESEARCH METHODOLOGY**

Quantitative study with the descriptive cross sectional research design is used in this study. This study focused on study the difficulties faced by the elder women in old age home. Simple random method in probability sampling is used in this study. 60 respondents are selected from different old age homes in Ernakulam district. Interview schedule was used to collect the data from the respondents. The universe of the study was old age homes in Ernakulam district. Elderly women in the old age home were taken as the sample unit of the study. For the collection of data researcher adopted primary sources as well as secondary sources. Interviews are conducted for collecting primary data. Secondary data were collected from books, previous research report and internet slides. Data analysis and interpretation are analyzed through Microsoft Excel.

### **DATA ANALYSIS AND INTERPRATATION**

**TABLE 1: Health problem that cause difficulties in self care**

	Frequency	Percentage
Yes	40	<b>66.66%</b>
No	16	<b>26.66%</b>

Don't know	3	5%
<b>Refused</b>	<b>1</b>	<b>1.66%</b>
	<b>60</b>	<b>100%</b>

Table 1 illustrate that the majority of the respondents 40(66.66%) have health problem that cause difficulties in self care. 16 (26.66%) of them have no difficulties in self care due to health problems. 3 (5%) of them are don't know about the health problems. One respondent refused to answer the question.

TABLE 2: Activities helps to reduced boredom

	FREQUENCY	PERCENTAGE
HANDICRAFT	5	8.33%
TALKING	25	41.66%
WATCHING T V	17	28.33%
READING	3	5%
PRAYER	10	16.66%
TOTAL	60	100%

Table 2 shows that respondent's activities help to reduce boredom. 8.33% of the respondents are engaged in handicraft works. 41.66% of the respondents are mostly engaged in talking. 28.33% of the respondents are watching t.v.5% of the respondents reduced boredom by their reading habit.16.66% Of the respondents engaged in prayer to reduce boredom.

TABLE 3 : Mental support and caring of elderly women

Particulars	frequency	percentage
Yes	49	81.67%
No	11	18.33%
Total	60	100

Table 3 shows illustrate that the respondents mental support and caring of elderly women in old age home. 81.67% of the respondents are said that mental support and caring got from old home. 18.33% of the respondent said that mental support and caring not getting in old age home.

TABLE 4 : Respondent's feeling of happiness

PARTICULARS	FREQUENCY	PERCENTAGE
Yes	44	73.3%
No	16	26.7%
Total	60	100%

Table 4 shows the respondent's happiness. 73.3% of the respondents are happy in every time and only 26.7% of the respondents do not happy. They make a good relationship with other inmates because of that they rember their problem.

Table 5 : Respondent's feeling of loneliness

Particulars	FREQUENCY	PERCENTAGE
Yes	12	20%
No	28	46.7%
Sometimes	20	33.3%
Total	60	100%

Table5 shows the respondent feeling of loneliness in their life. 46.7% of the respondents say they do not feel loneliness because they keep good relationship with other in the institution.33.3% says that they face loneliness sometimes in their life and 20% faces loneliness ever time. Loneliness is a major psychological problem in old age.

### III. SUGGESTIONS

Based on the findings of the present study, following suggestions are made for avoiding difficulties faced by the elder women in old age home.

- I. The aged should be considered as a valuable cultural resource and role models for younger generation. We should give enough respect for both in family and in society and also should use their experience and potentiality maximum.
- II. To appoint geriatric social workers in institutions for resolving the problems faced by elderly in institutions.
- III. Recreational facilities can play a major role in reducing the physical, social and psychological problems of the elderly. So more recreational activities must be included in institution for reducing their problems.
- IV. Most physical problems in old age are due to lack of exercise and physical inactivity. So make the old age people aware of the importance of physical exercise.

### IV. CONCLUSION

Through the research the researcher found that the difficulties faced by the elder women in old age home. But elderly women living in adult day care, long term care, nursing homes, hospice care, and home care. Old age home is the aged peoples unfortunate and unexpected destination despite delivering all fortunes and expectation of their beloved son daughter. There are some difficulties faced in old age home. The aged people are spending their twilight years in isolation, pain and misery. These time spend in old age homes their are satisfied in the place. Old age is the closing period in the life span.

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