



AN EMPIRICAL STUDY ON FEELINGS OF AGED PEOPLE RESIDING AT OLD AGE HOME

Vinaya S N¹

¹Assistant Professor,
Sociology, SYBWFCG,
Chitradurga, Karnataka,
India

ABSTRACT

“Wrinkles should merely indicate where the smiles have been.” Social and emotional encounters change with age. Social accomplices that are significant and important are safeguarded, more fringe social ties are disposed of, and outrage and depression are experienced less as often as possible. Optimistic influence remains exceptionally steady, just diminishing in certain observations among the most aged. In the last century has seen a quick increment in the number of population in the older individuals in the developed nations. This marvel isn't confined toward the western world, however numerous nations, for example, our own are currently facing the effect of this transition. This circumstance could be credited to a mixture of elements such as, increment in age, increased life span and diminished passing rates because of headway in the field of medication, improvement of future during childbirth, and upgrade in the normal range of life. globalization and urbanization have lead changes in this social framework with an impact of upgrade in economy, political and social conditions. The elderly population ceases to be functional, they are considered as a ‘burden’ upon the family and ending up in old age home [1].

KEYWORDS: *Living, Elderly, Aging, Old Age Homes, Problems, Depression*

INTRODUCTION

India like numerous other economically emergent nations is seeing the quick growth of its population. Globalization have prompted change in the financial structure, the disintegration of cultural qualities, debilitating of social qualities, and social organizations, for example, the joint family. In this changing monetary and economical changes, the more teenage is looking for new roles including financial freedom and social functions inside, just as outside, the family. The rapid change in financial structure has decreased the reliance of provincial families land which has given solidarity to connections between generations. Quick developing of industry, urbanizations in India, it has additionally affected the individuals from multiple points of view.

The custom of joint family in the way of life of Indian culture is vanishing gradually, which depended on the tradition, feelings and affection. It has additionally changed the life of family. Individuals have begun in having confidence in nuclear family as opposed to consolidated or extended family. It leads individuals to live with his own family which including spouse, wife and their kids. This culture has

additionally influenced the feeling of every unique individual. At present guardians apprehensive from their kids, that is the reason they have begun declining to live with them (kids). Because of this, elders willing to lead their aged life at old age homes. In India the number of inhabitants in old residents is developing in 1901 it was 12.1 million, yet it has been recorded in 2011 is 103.2 million¹. The number of inhabitants in older in India (more than 60 years) positions second in the world². The fundamental explanation behind this is most recent instruments, progressed medication, a-list treatment, social security, expectation for everyday comforts and food is accessible now daily's [3].

OLD AGE HOMES

An old age home also known as retirement home. It is a home for those elderly folks individuals they don't have anybody to take care of them or the individuals who have been tossed out of their homes by their kids. The spot is obviously similar to home where the detainees obviously receive all the amenities for a standard life, similar to food, apparel. Amenities provided by the old age homes will be maintained by administrator at old age home, the truly necessary love,



and care of friends and family is obviously unfortunately absent; for, by what method would outsiders be able to give comfort? In these homes, it is intriguing and in any event, contacting to converse with individuals whether they are men or ladies. In India it is believed that people who stays at old age homes are not in a happy circumstances. This situation of isolating the seniors from the teenagers has been brought into India from the West.

LIVING IN OLD AGE HOMES

The old age homes deal with the different parts of their elderly mates. After all an absolute establishment, old age home provides almost all the amenities in a best possible way to the elderly inmates. The way that the older are regularly not in a situation to distinguish their necessities and requirements to make the old age homes more capable in conveying their administrations. Although old age home provides all the necessities of elderly people, they lack in providing love and arm feeling which is present at family residing elders.

CAUSES OF LIVING OF THE ELDERLY IN OLD AGE HOMES

- Occasionally elders unable to understand their responsibility and much engaged in their own lives . Due to this reason they feel it is overburden to keep the elders with them. They consider it as an impedance in their own lives. Finally they convey the message to the elders saying they cannot afford them.
- The inner self conflict between mother-in-law and daughter-in-law leads too much frustration in the family and the circumstance moves to such worst environment that they cannot live together.
- Most of the younger generation very focused towards their career , modern life and following western culture in their day to day life. They feel it is burden to keep their parents along with them.

DIFFICULTIES AND PROBLEMS EXPERIENCED BY THE ELDERLY INDIVIDUALS

Getting old is an immortal and natural part of life. In numerous nations this step has been viewed as a genuine consideration of strategy producers of the legislature. We must consider that, elder people number count is significantly increasing. We have to understand that there are numerous raising issues identified with the circumstance. India is confronting a

few difficulties as fragile financial development, fragile pension framework, and invalid foundation for elderly individuals, or more all absence of political cause life hopeless for the elder residents in India. Issues of elderly residents typically show up above 65 years. At this age, elderly people face lot of issues such as physical, mental, economical , social and psychological.

DEPRESSION AMONGST THE ELDERLY LIVING IN OLD AGE HOMES

It is noticed that individuals living longer, turning out to be burden to the younger generations and it may also leads stress in family units. This may prompt elderly people to be in old age home settlement. Indeed, even where they are co-dwelling, minimization, separation and instability are noticed among old people because of the correspondence gap. This kind of environment influence the psychological imbalance in old people, it may also leads to depression.

Depression is a typical issue among the older people especially those who stays at old age home and is a significant medical issue. Depression is nothing but sadness. Depression is expressed to be a serious medical issue that additionally prompts physical, mental, psychological, social and monetary issues. The pace of depression among the older shifts. Most of the elder people really easily blends with other inmates of old age homes. They do enjoy the extracurricular activities which they conduct at old age homes such as sports, games and activities to keep them active and energetic; But they feel sad when they recall about their past life with their children and grand children. then again, there are old people who had to come forcefully to old age homes because of certain reasons, for example, abuse, misuse or different issues. But they miss their friends, relatives obviously the love and warm feeling which present at home. All these may cause deep sadness in senior individual. In longer run it may also leads to depression.

CONCLUSION

The idea of "old is gold" is genuine when old with great wellbeing share their valuable experience and a treasure of knowledge. They enjoyed their life with their loved one. They experienced and witnessed the joy of achievement during their younger period. But it is unwanted truth that they are getting old . Getting old is immortal, but one should enjoy gracefully the period of elder life. Although, getting old leads to many other problems such as imbalance in their physical and mental health, unable to control their emotions and feelings. These problems can be slightly avoided by taking right precautions at the right time to provide a



quality life for our elders. Old age is a phase of life that each individual eventually reaches and it is unavoidable. Everybody knows the fact that everyone must enter the old age at some stage. But during teenage youngsters neglect their elder ones. But they forget the fact about even they reach old age. Elder people main requirement is love respect, affection and responsibilities. To show that they are not unwanted person at home. We have to assign some easily doable tasks to elders to keep them active. Good health habits must be followed by elders to keep good well being. Good health leads great life of elders. Elder people knowledge, experience must be utilised for our younger generation future. But due to many other various reasons most of the elders present at old age home. Even old age homes become suitable for people who are open minded and gradually accept the fact of life. Old age amenities , extra activities will keep them active and joyful. Although they may not present at home with their kids , but even old age homes are providing feel like home feelings.

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