

SHIVAJI UNIVERSITY

(1)

CHAPTER - I

SECTION - I

ARRIVAL OF ARYANS :

Every man desire to live long but all people are not destined to enjoy it. Some of those were able to live upto old age were partially able to keep good health. Death is an unavoidable event and can occur to any individual at any time the cause of the death may be different. Death at early age was also the possibility and get some, before getting to adulthood or to some in middle age.

Aging is a natural phenomena the provision for the aged in the society called as the responsibility of the state especially that of modern welfare state. The problems of aged vary from society and have many dimensions in our country. This kind of social security for the old people was ensured in the cultural tradition of our joint family system. However the disintegration of the joint family system and due to economic changes, urbanization and industrialization have brought into sharp focus on the particular problem which the old people now face both, in family life and also in socio-economic life.

It is seen, in India Dravidians are the original inhabitants and they had advanced civilization, before the

M. Phil

SHIVAJI UNIVERSITY

(2)

arrival of aryaans in India. In Dravidians elderly had their particular place and respect. The excavations like Mohanjodaro, Lothal shows evidence of their progress. The ancient literature at that period is available about care of elderly. Number of volumes are devoted in health care, respect to aged long life and direction to youth.

Also in that ancient literature like Vedas, Upnishadas, Gita there are direction to youth to pay proper respect and best treatment to parents and aged and teachers.

FOUR ASRAMAS :

As per traditional view man's life passes through four stages these four stages are nothing but four asramas and these four asramas are as follows :

- 1) Bhramacharya Asrama
- 2) Grahistha Asrama
- 3) Vanprastha Asrama
- 4) Sanyas Asrama

According to the traditional Hindu view point Life of the man's is supposed to be 100 years and that is divided into four asrama's. First part of life is from birth to 25 years which is named as Bhramacharya Asrama. The second from 25 to 50 years. The third from 50 to 75 years known as Vanprastha Asrama. Lastly from 75 years to 100 years known as

M. Phil

SHIVAJI UNIVERSITY

(3)

Sanyas Asrama. P.N.Sati (1988) in his book entitled 'retired and aging people' observes "The life is again related to purusharthas, namely Dharma, Artha, Kama and Moksha". The every individual is expected to practice the teaching included in purusharthas during the four stages of life according to Sati out of four asramas first is Bhramacharya in this stage the individual wants to acquire knowledge and pursue his learning in accordance with his 'Dharma'. He is expected to learn to apply a check upon his Kama and Artha. Purusharthas, for preparing his social moral self. The second asrama is Grahistha Asrama in which the individual is expected to fulfill the three purusharthas of Dharma, Artha, Kama. He fulfills his obligations towards God, family members. The third asrama is Vanprastha in which he has to fulfill the Dharma, Moksha and Purusharthas and also according to Prabhu (1958) the individual prepares himself for the final stage in giving-up his interests in Artha and Kama by preparing to leave his family and community interests. Abandoning wordly possessions and material comforts. This is stage where a conscious effort is made by the individual to withdraw himself from active social participation and life so that he may enter the final stage i.e. 'Sanyas Asrama' in which the individual is expected to surrender all his earthly belongings for the perfection of the self. The asrama theory presents a dynamic approach of

M. Phil

SHIVAJI UNIVERSITY

(4)

human life in its development aspects. The Bhramacharya Asrama gives an opportunity to the individual to acquire knowledge for self development. In the Grahistha Asrama he has to serve the society with the his purusharthas, the Vanprastha Asrama as it gives an opportunity to the individual to withdraw himself from social obligations of the life and serve the people at large for their social welfare".

AGRICULTURAL SYSTEM :

According to four Asramas, in Grahistha Asrama, the individual want to fulfill the three purusharthas i.e. Dharma, Artha, Kama. So considering the ancient period at that time there was no industry, factory, mills or offices, or banks or any other establishments which is present in current period. So to fulfill individuals purusharthas every individuals in that period want to work in agriculture only to get Arth and devote energy as Dharma to get food for total year. So there was no any other alternative in front of any individuals at that period except devotion of his energy and labour in agricultural sector only. Each and every person was living together on the farm and at that period there was no educational institution for the children to teach them so from ancient period we can observe that from childhood to aged all family members was living together under one roof.

M. Phil

SHIVAJI UNIVERSITY

(5)

So that in that period sense of belongingness was present and we can see there was a full command of aged person on his family and aged person was leader of the family. He always give order to each and every person in loud voice. Each and every person give proper respect to elder person of the house so all members of the family are living happily. Each and every person including women are always ready to help and assist each other at any time so this is the origin of joint family system.

CONCEPT OF JOINT FAMILY :

It is observed in Hindu family there is a joint family system. In the western sociologist it is a matter of interest to study the joint family system in India about its structural and functional aspects. To study the joint family system number of research studies done in this aspect. Therefore there is lot of definitions present about joint family system but Dr.Karve (1965) expressed a simple and proper definition which is as follows -

Joint family is "Group of people who generally live under one roof, who eat food, cooked in one kitchen who had property in common, participate in common family worship and are related to one another as same particular type of kindred.

M. Phil

SHIVAJI UNIVERSITY

(6)

According to Indian cultural heritage and moral aspects we can observe that there are number of families seen in society, now a days which are particularly maintaining joint family system in their houses. In rural areas and as well as in urban areas we can observe that number of families are mainly observing, maintaining joint family system because there are number of benefits of this system due to which this method or system is useful to train the new generation to pay proper respect to elders and serve for aged, of the house which is useful for all member of house and also create sense of belongingness in the mind of each and every member of family.

But actually according to Hindu culture, family is mostly and preferably joint in structure. The European sociologist are interested to find out actual base of joint family system.

Now a days sociologist agreed that the functions and structure of the joint family are changing due to number of reasons like socio-economic forces which are badly affecting on jointness also there are number of reasons or forces which are as follows affects on joint family system.

Urbanization, Industrialization, Geographical mobility, Educational opportunity, Individualism.

M. Phil

SHIVAJI UNIVERSITY

(7)

REASONS OF BREAKING JOINT FAMILY SYSTEM :

Following are some main reasons which disintegrate or badly affects on joint family system.

- 1) Service
- 2) Attraction of city
- 3) Drought
- 4) Interactions with daughter in law
- 5) Accommodation problem
- 6) Interactions with son
- 7) Health of aged
- 8) Due to education
- 9) Marriages
- 10) Industrialization
- 11) Urbanization
- 12) Tendency to live separate
- 13) Bossing of aged
- 14) Bossing of young
- 15) Due to change in law of agriculture

1) Service :- Service is one of the important factor which badly affects on joint family system because due to appointment, transfer, promotions, demotions the individuals want to move from one place to another place so service is the important factor or important point.

M. Phil

SHIVAJI UNIVERSITY

(8)

2) Attraction of city :- The families who are living in rural area naturally there is a hidden attraction in the mind of children about big cities. So after their primary or secondary education then they escape towards big city.

3) Drought :- Drought is common in rural area it also badly affects on joint family system. Due to drought there is a transmission of family members from one place to another.

4) Interactions with daughter in law :- In many houses we can observe that there are interactions in between aged persons and daughter in law. So change in place take place. So this is the one of the reason of breaking up of joint family system. Many times daughter in law complaints against aged person of house and some time aged persons complaints about behaviour of daughter in law. But ultimately there is no sense of belongingness or affection in between them so which results in to breaking of joint family system.

5) Accommodation problem :- Due to new flat system there is one kitchen and one bedroom flat are present. So that there is no special room for newly married pair nor to aged persons so that which may result in to breaking of joint family system.

6) Interactions with son :- In many houses we can observe that there are clashes in between son and father. So there is a great possibility of breaking of joint family system.

M. Phil

SHIVAJI UNIVERSITY

(9)

7) Health of aged :- Frequently illness of aged due to over age the other family members start to hate the aged of the house. So this is the one of the main reason of breaking of joint family system.

8) Due to education :- In rural area there is no opportunity of higher education so that the youth of the rural area move toward district places for further education because best educational opportunities are available in big city. So this is helpful to break the joint family system.

9) Marriages :- Due to marriages there is a changes occur in two houses which is helpful for breaking of joint family system.

10) Industrialization :- We can see industry is located in some or certain part of the nation viz. Bombay, Poona, Ludhiyana, Madras, Calcutta, Bhilai, Coimbatore so each and every young try to enter in this cities for employment so this affects on joint family system.

11) Urbanization :- Due to less opportunities of job and employment and another reason is drought in rural area helps to leave rural area and accumulate in urban area help to break joint family system.

12) Tendency to live separately :- It is observed that there is a tendency to live separately without any disturbance in

M. Phil

SHIVAJI UNIVERSITY

(10)

the mind of young generation. Also it is found that young generation avoid bossing of aged or senior persons. So it is helpful to breaking of joint family system.

13) Bossing of aged person :- Now a days, it is found that young generation is always complaining about bossing of aged person also as per tradition aged person always try to keep command on young generation and youngsters avoid it, which is helpful to breaking of joint family system.

14) Bossing of young generation :- As per the impact of cine pictures and modernization youngsters are keep pressure on privacy of aged and keep control on freedom of aged of the house. Such type of controls or pressure on aged become helpful to breaking of joint family system.

15) Due to change in law of agriculture :- As per time being there is a change in agricultural law so there is ceiling come into existence. So that excess of land automatically converted towards Government. So there is restriction on land area. Each and every person can keep limited land according to this rule. So this is helpful to breaking of joint family system.

M. Phil

SECTION - II

INTRODUCTION TO THE SUBJECT

Any person invariably aged, as he or she passes through many stages of the life which is as follows. First of all childhood then adolescence, then adulthood and lastly old age. When aging population increases other hand there must be increase in the provisions for aged by society or by state and when the proportion of young persons increases then the population of nation automatically called as young.

According to census report (India 1982), population of India is neither mature nor aged but actually young because according to 1971 census only 3.2 per cent of the population was 65 years of age in India. Also 1981 census report says that population of India is also young. So there is less percentage of old persons in the total population. But according to Expert Committee appointed by Planning Commission the aged population is now 3.46 per cent of the total population.

But according to international conventions, the person above 64 is called as old. And in India person above 60 is called as old. Though in 1971 only 5.12 per cent population was 60, in India and in 1981 5.52 per cent population was 60 that is in 1971 there were about 28 million persons in the 60

M. Phil

SHIVAJI UNIVERSITY

(12)

age group and in 1981 there were about 37 million persons in the 60 age group.

So that, considering this figure of aged persons in India the study of aged is become most important in all aspects, because it will contain strong majority.

Though the percentage of the old population in India is considerable, a study of the old population of the country is important for the purpose of policies, programmes, provision as per their need. The demographic study of old covers particular problem like welfare, economical, health, treatment, etc.

The problems of aged are important in the nation lack of education, lack of health care, lack of vitamins, minerals, food, cloth, etc. Other major problem is generation gap. According to Article 41 of the Constitution, it is made compulsory provision, for right of work, right of education, right of equality. Also there are number of other problems of aged. Due to industrialization, urbanization process which helps to old people to live isolated or away from the family. Also problems of aged person changes from urban to rural area, to over come such type of problem Government or private sector want to give support to old people start to formulate plans for welfare of aged of the nation. Social worker or voluntary social work agencies can create proper atmosphere to solve the problem.

M. Phil

Social security is nothing but socio-economic policy of the nation. Due to this there is a sort of protection get to aged person and social security is essential for society for their bright future. This is not only useful for aged but it is useful for all the members of the society which is more beneficial to aged person to get benefits after retirement.

Any individual survive childhood, grow to maturity and after wards become old. So old age is characteristic of individual. The persons attitude is depend upon his age as the age strata changes the views also changes. Human life cycle is old but aging study is recent. In nineteenth century aging were discovered as social problem. It is necessary to fulfill the requirements of growing number of aged person if we fail to do so then the aged person become a social problem. In European countries, these countries are fully aware about provision and fulfillment of requirement of aged peoples so in many western countries aged is not a social problem. They started welfare of aged. Due to increase in birth rate and decrease in death rate, it is observed that all over world there is constant increase in number of aged population. The decrease death rate in infancy, childhood, youth, adulthood, middle age and also in old age this increasing life span of old age has caused short and long term effects on the society.

M. Phil

Due to industrialization and increasing urbanization results in to assimilation of the pattern of industrial civilization from agricultural sector. So from agricultural sector to industrial sector there is transformation of population which effects on characteristics of transferred population. Also it affects on aged people so due to this main social change bring some problems like population and aged problem.

This change of little community in to mass community creates personal, social, economical and aging problems due to urbanization and industrialization the elder's loss their status, respect, role, functions, control in the society. The best joint family system breaks in to nuclear family system. With advancing time passes there are deteriorative changes which aged experiences. The deteriorative change are socio-psycho-physiological in nature. Socio-psychological losses loss of friends, isolation, loneliness, status loss, prestige loss, economic loss, income loss, inflation. In physical losses are as follows - Physical diseases, sexual losses, loss of integrative system brain damage, arthritis, loss of speed of process and responses. In socio-psycho-physiological losses makes independent aged to dependent helpless aged. The aged person requires help from, either relatives, or from friends or from family members or from society. Number of studies confirm the great diversity

M. Phil

in the old population average of any other age group and average of older group regarding their bio-social and psychological set up. There is a possibility that changes may occur in the relations with the members of the family because due to circumstances and actual condition the aged of the house become unwanted. This happens when the aged person of the house obliged to depend on his children. So this dependence create sort of nervousness in the mind of aged person.

A new interest in aging as a social scientific problem has supplemented an initial interest in the aged as a social problem. All social scientific disciplines now have a substantial literature addressing a wide range of issues related to the later years of life and to aging as a social process.

A consensus now exists that age is a very imprecise concept which has distinct biological, psychological and social components. These components simply do not correlate in a precise way and this fact must be taken into account in research on aging. Societies surely take into account changes in the biological capacity of individuals to survive and their psychological capacity to adapt in life but social competence to perform social roles in life is not a simple function of biological and psychological capacities and the

M. Phil

social integration of older person and their personal satisfaction are demonstrable the rule, not the exception. Environmental factors, both distant and immediate ones affect behaviour in life but our capacity is quite limited.

James Joseph observed in his book Aged in India - "Gerontology the scientific study of the old is getting special attention these days, both from scientists and social worker. This is mainly because, rapid advances in the field of medicine have reduced infant mortality, controlled several diseases, increased average human life span, and thus ultimately increased the number of old people in the world. For instance in the German Democratic Republic, we are told that more than nineteen percent of the population is above the age of 60 (Central Statistical Board G.D.R., 1982). In the United States, in 1900, only four percent of the population was over 65. But in 1975, this figure jumped to ten percent (Rosenfeld, 1979). Even in a developing country like India, where public health services are far below. The optimum level about five percent of the population is above 60 (Census of India, 1971). As medical and health-care facilities improve, the age structure in the Indian population also will most probably resemble that of the developed countries.

M. Phil

SHIVAJI UNIVERSITY

(17)

Even if the percentage of the old in the population of the world becomes insignificant an attempt at understanding the process of aging remains worthwhile. The benefits of such an understanding are, in fact, two. First once the cause of aging is known, it may be possible to devise method of prolong the period of youth. This would increase the work output of people, beside giving them. The psychological satisfaction of being young and active second the onset of some disease like arthritis arteriosclerosis at present very common after forty may be postponed aim of research is not only prolonging of life but increase youth period of life and control age related disease.

DEFINITIONS :

Due to increase in birth rate and simultaneously decrease in death rate population of old persons day by day is increasing according to 1971 census report total population of aged is above 8.2 percent and in future it will increase. So that and due to break of joint family system which creates and due to urbanization and industrialization. And this helps to deterioration in the physical and mental health of aged person so it become a social problem. So we all want to act, to solve this problem with a Government support for the protection and care of aged.

M. Phil

So the Aging is defined as follows -

"Aging is nothing but it is stage, come after middle age and which is unavoidable and deteriorable in the sense of biological, psychological. So aging is a crucial period of an individuals, results in to death".

Many writers have defined the word Aging namely Mr.Cowdry's, Mr.Comforts, Mr.Handler, Birren and Renner. They define Aging as below which is mentioned by James Joseph (1991) in Aged in India.

"Cowdry's Definition :- According to Cowdry (in 1942) "Two conflicting views are held by students of aging in man. One considers aging as an involuntary process which operates cumulatively with the passage of time and is revealed in the different organ systems as inevitable modification of cells, tissues and fluids. The other view interprets the changes found in aged organs as structural attractions due to infections, toxins, traumas, and nutritional disturbances or inadequacies giving rise to what are called degenerative changes and impairments".

Comfort's Definition (in 1956) :- Comfort said, "Senescence is a change in behaviour of the organism with age, which leads to a decreased power of survival and adjustment.

M. Phil

SHIVAJI UNIVERSITY

(19)

Handler's Definition (in 1960) :- Aging is the deterioration of a mature organism resulting from time-dependent, essentially irreversible changes intrinsic to all members of a species, such that with the passage of time, they become increasing the probability of death.

Birren and Renner's Definition (in 1977) :- "Aging refers to the regular changes that occur in mature genetically representative organism living under representative environmental condition as they advance in chronological age".

On the whole, aging seems to mean deteriorative, biological and psychological changes that -

- a) Occur in a genetically mature organism
- b) Are irreversible
- c) Weaken the organisms ability for survival and adjustment and
- d) Eventually causes the organism's death.

Aging thus seems to be a whole array of irreversible biological and psychological changes that occur in a genetically mature organism, with the passage of time, affecting adversely its survival and adjustment potency, and eventually leading to its death.

M. Phil

SHIVAJI UNIVERSITY

(20)

A study of aged persons means - Gerontology or Geriatrics study of ageing and its related aspects from various angles biologically, psychologically, sociologically, economically.

This term coined by Nascher in 1914, Geriatrics is a Greek word means study of aged.

Lin Yutang's Definition :- According to Chinese philosopher "Lin Yutang" derived Gerontology as a tenderness towards old age existed already in the prime consciousness in our people".

OBJECTIVES OF THE STUDY :

Aging is the terminal stage of one's life cycle, which is accompanied with decreasing energy and body resources with infirmities due to the decaying and weakening of one's bodily organs such infirmities of the aging process have always been present among the older people.

The major objectives of the study is as follows -

- 1) To study various aspects of aging including psychological, mental, emotional, social aspects of the aged.
- 2) To study the socio-economic, socio-cultural and health problems of aged respondents of Solapur under study.
- 3) To understand the nature and extent of the problems of

M. Phil

SHIVAJI UNIVERSITY

(21)

aged in Solapur city.

- 4) To record the attitude and approaches of aged persons regarding their new generation.
- 5) To know the adjustment and readjustment in their routine life after reaching 60 years of age.
- 6) To focus the light on the treatment given to them by their children and close relative.
- 7) To judge that aged person is sort of burden on children or other family members.
- 8) To observe difference of aging and old age problems in India and abroad.
- 9) To know the facts and realities in life of aged person of Solapur city.
- 10) To find out and anticipate the economic condition of the aged in the Solapur city.
- 11) To examine the effect of social policy on the aged persons.
- 12) To investigate the socio-economic needs of aged at Solapur city.
- 13) To understand the role of social worker to help and assist the aged person of Solapur city.
- 14) To understand the role of voluntary social work agency to solve the problems of aged.
- 15) To understand the role of union and State Governments for old age people.

M. Phil

MEANING :

We can say that old age is nothing but closing period in the life. It is a period of moving away from previous and valuable period. aging is not a disease of disintegrative force nor is senescence. It is a state of pitiable position of mind and body to which we all must face, if we live long enough. Aging is inherent part of life so we must acknowledge, and accept it and understand it, also enjoy it. Aging is nothing but process of changes which involves all aspects of the organism its equal range from altered structures and functions of the component of the body to an altered relationship of the organism to its physical and social environment. Aging word suggest determinate patterns of late life changes and changes shown by all aged person though varying in rate and degree. Aging remain close in concepts of growth and development in which most members of the species are regarded as showing representative pattern of change. Aging is defined as a progression of adult changes characteristic of the species and which should occur in all individuals if they live long enough.

Due to best living condition many peoples i.e. man and woman today with proper health and care, try to hide mental and physical characteristics of aging upto mid sixties or seventies for that reason, but there is a big trend to

M. Phil

SHIVAJI UNIVERSITY

(23)

understand sixty five years as the beginning of old age of compulsory retirement. In many business though the traditional dividing line between middle and old age sixty years is still used compare the past, today man and women living longer more and more men and woman are reaching old age and living into seventies and even eighties. Compare to past so we can say that average span of life has increased. According to international conventions those above the age of 64 are considered to be old. In the India it is meaningful to consider 60 but for the analysis of national data the '60 plus' age group is considered to constitute 'old' person. It is observed that due to better living conditions and better medicine, better medical treatment average life span of men and women is increased but as per increase the average life span there is a decrease of proper treatment and status of aged in the society due to many other reasons.

CONCEPT :

Social scientist interested in aging because aging is now become social problem and briefly illustrated various interest to study aged and in aging as they appear in different social scientific disciplines in recent decades. There is selected themes and issues which has been explicit or implicit in this study which highlighted and interpreted briefly in following factors -

M. Phil

SHIVAJI UNIVERSITY

(24)

- a) aging and social integration
- b) aging as a social characteristic
- c) society and position of aged in society
- d) aged and environment.

So many other themes are under study. We will see there is major issues which among, others will be addressed in details. Aging is nothing but it is a biological process. Due to increase in proportions of older persons in industrialized urban societies was observed in such societies social differentiation and specialization characterized productivity tended to be valued and to provide an important basis for assessing individual merit. Older people were therefore perceived to be very neglected in modern society. The social integration of older persons appeared to be problematic on both theoretical and evidential grounds. Many social scientist defined that older person are singular target of social inequality. According to Myers (1985) : Ref Pati and Jena (1989) in Aged in India,

"The concept of aging has taken many meaning, at the onset it will be useful to discuss various ways it has been treated. Myers (in 1985) has elaborated the ageing of population in the following manner.

- a) Aging may be viewed as a biological process through which an organism is modified from birth to death. In a similar

M. Phil

sense, the psychological and social development process of individuals, including transitions in social positions, roles, status and characteristics of persons can also be examined.

b) An extension of this approach focuses on ageing of family, a social group in that is modified over the life course of its members in characteristic ways.

c) On a more aggregate level, change in the age distribution of population can be examined usually in terms of relative proportions of each age group. This is most common way in which the population ageing has been viewed.

d) On a more abstract level, there is a sense in which ageing can be viewed as a crucial index of societal or civilization maturity. If one accepts the propositions that societies follow evolutionary or cyclical paths of growth and decline then the age of societies represents a vital index of this process, perhaps related to demographic transition and cultural vitality.

TYPES OF AGE :

According to social scientist Aging is a social problem. It is a product of modern society. Aged persons are now facing many problems. In this para we will discuss on types of age. According to scientist there are three types of age, which is as follows -

M. Phil

- 1) Biological age
- 2) Psychological age
- 3) Social age.

First of all we will see Biological age. When there is changes occur in the functions or in structure of the human body then it is called as biological type of age. It is further explain that when there is a biological change occur there were following types of changes occur in human being.

- a) There is increase in fat in body
- b) Use of oxygen decreases
- c) There is loss of elastic properties
- d) Heart power of pumping blood decreases
- e) There is decrease in muscular strength.

These sort of changes occur in biological type of age.

2) Psychological age :- In psychological age as per new study and their results how well aged adopts to changing environmental demands in comparison with the average of the group. The individuals capacities which are functioning in society.

3) Social Age :- In this type of age it indicates the behaviour and habits and role of an individual in the society and how he adjust himself in society whether his behaviour is in proper manner. Also in the sense of aged person how

SHIVAJI UNIVERSITY

(27)

society handles aged person is also important and considerable. Inadequate finance condition, social insecurity, harmful social elements are present in society. So many elements common to these practices in the different societies. For instance in all societies many people try to live long as possible even they are facing difficulties. Many old people do not mix up in social activities. In fact younger generation want to help aged in the sense of welfare. As pension schemes to aged, legal aid for aged, to provide economic aid to aged and to supply medicine to old. These are the ways for young generation to help old people of society.

REVIEW OF LITERATURE :

We intend to record hereafter the views on Aging by different authors and experts in various disciplines.

Concern for the length of human life, or more precisely for the prolongation of human life has been a subject of interest to man as far as historical evidence is available.

The father of modern geriatric medical research and practice, Ignatz L. Nascher coined the word "Geriatrics" in 1909 and gave a new name in medical field.

James Joseph in Aged in India (1991) observes "Noelkar and Harel (in 1977) tried to find out the predictors of well

M. Phil

SHIVAJI UNIVERSITY

(28)

being and survival of the aged. The subjects of their study were 124 aged residences in long term case.

Then Gilleard and Pattie (in 1978) studied the effect of 'location' on the elderly mentally infirm. Their subjects were 34 patients from psychiatric wards 29 patients from chronic psychiatric wards and 32 patients from a hostel for the elderly mentally infirm.

Brimmer (in 1977) studied the adjustment of the aged in two social settings. The subjects were 42 elderly in nursing homes, and 42 elderly in a home care set up. He examined whether the social setting and functional ability of the subjects were interconnected.

Robinson and Thurner (in 1979) examined from a longitudinal perspective the experiences of adult children in caring for aged parents.

Oktay and Sheppard (in 1978) ^{have} discussed ^{ed} home-health care for the elderly.

Monk (in 1979) discusses the diverse aspects of family support in old age. Then Palmore and Kivett (in 1977) made a longitudinal study of changes in life satisfaction in persons aged 46-70.

M. Phil

SHIVAJI UNIVERSITY

(29)

Rebck and Hoyer (in 1977) describe the functional context of elderly behaviour. They discuss the importance of considering the global ecological context in behaviour change in intervention with the aged and emphasize.

Cohen studied sex difference in over personality patterns in older and women. His subjects were 118 aged men and women under 70 years old.

Kurtz and Kyle studied (in 1875) relationship between life satisfaction and the exercise of responsibility in old people.

Chatfield examined the relative importance of income health and similar sociological factors like worker roles and family setting to explain the life satisfaction of the aged.

Kidwell and Booth (in 1980) studied social distance between people of different ages.

Hanes and Wild (1976) studied locus of control and depression among non-institutionalised elderly persons. Then Atenley studied the leisure of the elderly. He noted that the aged made effective use of their leisure time since most of them had a sense of inner fulfillment.

Kirkendall (in 1977) studied the source of self fulfillment in latter years, particularly with reference to

M. Phil

enjoyment at that time.

Costa and McCrae studied cross cultural differences in masculinity - femininity in adult men.

Freedman and Carter studied the meaning of work and its predictors among older workers.

Foley and Murphy studied sex role identity in the aged. The subjects were 102 men and women of 65 to 85 aged. Then Guttman studied the impact of psycho-social variables on the decision making of the aged.

There is also some Indian researchers namely,

- Anantharaman (1979) studied adjustment and its correlates in old age. He studied 172 subjects, between 55 and 89 years.
- Singh and Dawra (1983) studied adjustment problem of old people. The sample was 50 old people and 50 young adults from Delhi.
- Paintal (1979) studied the factors related to the successful aging in medical sense.
- Dubey, Singh and Bopari (1978) tried to control aging and memory deterioration. The subjects were 45 males and 30 females in the age range 45 to 74 years.
- Ramachandran (1981) studied the relationship between family structure and mental illness in old age the subjects were 181 people aged above over 60."

M. Phil

SECTION - III

AGING AS A SOCIAL PROBLEM :

Each and every society have certain policies of aging through which there is transmission of cultural values from one generation to another with the help of that the new generation become enriched with that values and norms. Aging is not only physiological concept but it is cultural phenomenon. As per the age of individual increases norms, ideas, views, thoughts, skills changes and there are certain customs, norms in the society with prevailing practices. As early we say that the role of individual changes as per his age change. In the life of every individuals there is number of social events occur like employment, crises, marriages of children, birth of grand children, avoidance of sexual activity or expression of interest in the opposite sex then after completion of particular age automatically some new social responsibilities comes on younger shoulders. To meet new challenges of current period and this young generation take major part in shaping the future policies of home affairs and interest. Aging is nothing but it is unavoidable terminal stage of one's cycle which is co-related with deterioration and decreasing power of body or energy of the body. Also the physical activities are also affects due to aging . As per age of individuals increases simultaneously

M. Phil

SHIVAJI UNIVERSITY

(32)

there is decrease in the strength of body. This is the physiological and chronological aspect. Also this is a universal phenomenon. In the past it is observed that such infirmities were taken care of individual's immediately by circle of relatives and other family members due to that old of the house didnot want to constitute the social problem.

Now a days, due to result of changing circumstances and position of increasing tensions, vast urbanization, mdoern industrialization, social insecurity increases it results in to disintegration of joint family system, in to pieces so older people become increasing vulnerable not only to their physical disabilities but also in social, psychological, economical, emotional alienation. In our country we can observes that due to joint family system there is harmony and sense of belongingness in number of families. But this gradually undergone with the process of disintegration. The main thing is that there is tremendous transmission of young and youth from rural area to urban area. For the search of employment in previous chapter we have already discussed the major reason of migrations from one place to another place, due to this modern and recent situation.

Due to this the traditional respect, in the family structure to the aged of house disintegrates. The other family members and childrens are not showing adequate

M. Phil

SHIVAJI UNIVERSITY

(33)

attention towards old. So now a days aging is become as social problem according to study the present changing situation of society is fully and totally responsible for this bad position of aged in the family structure.

Due to effects upon the structure and functions of the society ageing become as a social problem for society and Due to segment of the population aged suffer all the consequences and indignities resulting due to physical and economical loss of status and control.

To come out, such type of problem aged of the society must want to get respect, recreation facilities, freeness, dignity, medical aid, proper accommodation, protection against exploitation, legal assistance, proper and nutritious food, cloth, home, this can be happen through the common efforts of Central Government, State Government, Voluntary social organizations, social worker.

THE PROBLEMS OF THE AGED :

We would like to point out the other social problems of aged in contemporary world.

When any individuals crosses the middle age then that individuals want to face many problems that may be physical, mental or religious. As per survey and study there were six types of problems observed which is given below -

- 1) Physical
- 2) Mental

M. Phil

- 3) Economic
- 4) Interpersonal
- 5) Religious
- 6) Occupational

1) Physical (Common diseases faced by the Aged) :-

There were many type of physical problems of aged because due to weakness as per age, the physical problems like constipation, loss of weight, chronic cold, urinary trouble such type of problems most frequently arise as per the health condition and physical strength of the aged, individuals, many physical troubles are given below.

Pain of joints,	Loss of Hair,
Failing vision,	Loss of teeth,
Back ache,	Weakness,
Rheumatic complaints	Breathlessness,
Difficulty in walking	Urinary Disturbance,
Chronic fatigue,	Anxieties,
A sense of worthlessness,	Depression,
Sleeplessness,	Over thinking,
Difficulty in travelling,	Vibrations (muscular)
Lack of courage,	Loude thinking,
Spondilitis,	Gas troubles
Failing memory especially names, event, date	
Failing efficiency,	Laziness

SHIVAJI UNIVERSITY

(35)

Lack of hunger/energy

Indigestion,

Constipation,

Headache,

Dizziness,

Burning sensation in heart

2) Mental Problems :

It is observed that such type of problems want to face aged person especially due to economic worries and worries about future, bad treatment from family members and from childrens also due to over thinking, mental problem get arise also due to unhappy living conditions and due to bad habits and physical illhealth results, lack of courage and converts into mental problem. As per observation and study mental problems are as following -

Sense of worthlessness,

Sudden change in mood,

Lack of courage

Loss of memory

Inefficiency,

Laziness,

Aimlessness,

Diffidence,

Difficulties and delay in taking decision,

Wasting of time,

Lack of concentration

Most of these problems occur due to ⁽ⁱⁱ⁾bad treatment from family members.

3) Economic Problems :-

It is observed that due to shortage of material resources and low income or low pension amount or due to

M. Phil

debts drawn for childrens education or for daughters marriage, absence of smooth and regular income. Due to this condition economic problem get created in the front of aged.

Following are the reasons for economic problems most frequently reported by aged.

- 1) Lack of saving
- 2) Lack of primary necessities of life
- 3) Lack of steady and regular income
- 4) Difficulty in settling children
- 5) Fear about future
- 6) Absence of confidence

4) Interpersonal Problems :-

Whenever there is a difficulties created in relationship with other personal then it is called as interpersonal problem. This can be possible when there is domestic problems - unhappy living condition, lack of nearest friend, lack of social contacts. Also it is observed that aged person having low interpersonal problem because of limited contacts. Following are the reasons for interpersonal problems.

- 1) Lack of opportunity for social contacts
- 2) Uncontrollable anger
- 3) Lack of friends

4) Lack of consideration by members of the family

5) Unhappy domestic atmosphere.

5) Religious Problems :-

This type of problems arises due to only religious matters and religious beliefs which is as follows -

Blind beliefs about God, worries about life, worries about death, confusion in religious beliefs, doubts about the existence of God, loss of faith on prayer. So such type of religious beliefs creates religious problems in front of aged.

6) Occupational Problems :-

Occupation is very important aspect in the life of individuals because his life is depend on it. But due to low income or poor wages over load in office or factory, lack of appreciation, bossing of seniors, lack of freedom in employment such type of occupational situation creates occupational problems. So this type of problem is called as occupational problems.

Health Problems :-

When there is a physiological system present, decline of functions must be there, so there is some symptoms of aging like greying hair, impression of wrinkles on hands, and

M. Phil

on face, teeth-fall, muscular paind, pains in knee and joints / so as per age increases a light exercise is essential like walking and jogging. Otherwise there is a possibility of failing cardiac efficiency. Many aged people are having hypertension. As per study by scientist aging starts in woman from the onset of menopause and in man not so. Therefore, it is difficult to determine the date of aging in man. It is observed that most woman cease the menstruate by 45 years of age and man give up sexual activities upto the age of 60 some of give above 60 also. According to W.H.O. (World Health Organization) Health is a state of complete physical, mental, and social well being and not merely absence of disease or infirmity.

Main symptoms of aging are hair loss, teeth loss, tiredness, loss of energy, loss of memory, diabetis, heart trouble, hypertension, hyper acidity, constipation, etc.

ATTITUDE OF THE YOUNG TOWARDS OLD :

Now a days we can observe that attitude of young is changing day by day due to surrounding condition, and surrounding changes. Total atmosphere of society due to several factors which are given below affects on attitude. There are several defination of attitude some of them are as below. According to social scientist attitude is nothing but it is a tendency to act infavour or not in favour of

M. Phil

something of the environment. So it is clear that attitude denotes affirmative or negative behaviour toward the object under consideration. It is observed that there can be a neutral attitude also present.

According to dictionary of psychology an attitude is the specific mental disposition toward an incoming (or arising) experience.

Attitude of young towards the old person depend upon following points.

- 1) Economic condition or bank balance of aged
- 2) Co-operation of aged person (to young)
- 3) Habits of aged
- 4) Behaviour of aged
- 5) Way of approaching or way of talking
- 6) Health problems of aged
- 7) Treatment which is given in past to young
- 8) Education of young
- 9) Friend circle of young
- 10) Due to treatment from other family members
- 11) Due to daughter in law.

REASONS WHICH CREATE DISTANCE IN BETWEEN YOUNG AND OLD :

There are many reasons which affects badly on the relationship in between old and young of the house. As per

M. Phil

reading and investigation there are number of reasons which are given below -

- 1) Bad health of aged
- 2) Aged or young are arrogant in nature
- 3) Housing problem
- 4) Low income of young (employment problem)
- 5) Daughter in law is not good in nature
- 6) bad habits of aged as well as young persons
- 7) Always gives advice to young generation without need
- 8) Unsuccessfulness (Guiltyness) of aged person
- 9) Fear about future (remaining days)
- 10) Loneliness
- 11) No respect from young to old or from old to young
- 12) Inefficiency, laziness of young or aged
- 13) Weakness of aged
- 14) Deafness or Dumbness of aged persons.

WELFARE OF AGED :

Through Day Care Centre :- The first social work literature on the aged and documentation of work done with them started appearing. The "Seminar on aging" at Aspen Colorado (in Sept. 1958).

The National Council of Aging was established in 1960. In India professional social work interest has been very

M. Phil

SHIVAJI UNIVERSITY

(41)

recent and mainly academic, where the topic is included in the curriculum of schools of social work and an attempt is made to provide some field of experience. Government of India sponsored the Day Care Centres for development of aged of nation.

Day care Centre :-

Aging is not only biological but also a social problem. Youth, is an state of age to acquire more and more things but in old and aged period there is a loss but the voluntary social organizations like Day Care Centres are always ready to help aged with Government Aid. Day Care Centre is made for senior citizens where 150 aged must be on list and at list 50 aged persons must have daily attendance. It is a club for senior citizen.

The day care centre programme through planned activity education and reaction creates an environment and community conduct to good physical and mental health. It prevents premature deterioration which is usually the result of the life of older persons.

Day care centres provide useful services to unhappy lonely and rejected olders which help them to make happier.

M. Phil

12432

A

Requirement of Day Care Centre :-

- a) A two rooms of 11' X 11' in the community with sufficient space for afternoon rest, library, reading room, crafts, hobbies, indoor games, T.V., Radio, outdoor games and meeting. Building must be situated in calm and quiet place.
- b) Number of equipments, material for hobby recreation, books, popular magazines, news paper, radio, furniture, chairs, benches, mats, clock and arrangement of tea and snacks.
- c) A social worker must be pass M.S.W. and have a warm understanding of problem for older person and in their welfare, group work, case work with techniques and leadership ability.

Following are the ^aaterial and programmes in day care centres -

- 1) Reading books for aged
- 2) Writing letters
- 3) Posters, hand book
- 4) Recreational activity trip, games, etc.
- 5) Collection of magazine
- 6) Meeting

Programmes and activities :

Individual Activity	Group Activity
Library and reading room	Singing, folk dance,
Wood work, Tailoring, painting,	Group discussions,
ceramics, spinning, creative	Story telling, picnics,
writing, picture painting,	trips, indoor games,
review, Use of musical	dramas, outdoor games,
instruments	Lecturers, debating,
	Competitions, adult
	Library

THE NEED OF AGED :

Every young citizen, Government and Social worker and voluntary social organization have a duty to meet the needs of aged person because we can see in the society that aged persons are facing more problems, needs are as follows -

- 1) Biological and physiological need - It includes food, nutrition, sex, clothing and housing to the aged.
- 2) Economic - It cove income sources, opporutnity to earn as per their physical strength.
- 3) Health - Physical, mental, care and safety.
- 4) Psychological - Love, response, respect, affection, security, usefulness, sense of identity and status, new experiences.

M. Phil

SHIVAJI UNIVERSITY

(44)

- 5) Social - International role and interpersonal relationships, family attachment, social institutions, social organization.
- 6) activities - Occupational activity and mobility.
- 7) Leisure - Recreative.
- 8) Cultural - Information, knowledge, Aesthetic play.
- 9) Political - Legal status, protection, participation involvement in affairs of community and state.
- 10) Spiritual (Religious) - Meaning of existence relating to unknown (including death).

M. Phil