



A sociological study of Old persons residing in an Old age Home of Delhi, India

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Abstract

Government efforts are increasing rapidly in the field of contemporary, social, economic, public interest and other factors to reduce maltreatment against the old citizens. But in the present time, the situation against the old persons is changing, people have started hated them, they forcefully made them to move from their own homes. Due to this they become homeless and may move to old age homes. This article is based on the various demands of old citizens. This article has been taken from an old age home of Delhi, which is working in the field of protection of old people rights to make clear the need of study.

Keywords: Respondents, old age home, socio-economic status, family relationships of the respondent, sociology.

Introduction

Rapid growing of industry, modernization in India, it has also effected the people in many ways. The tradition of joint family in the culture of Indian society is disappearing slowly, which was based on the love, affection and tradition. It has also transformed the life of family. People have started in believing in "Nuclear family" rather than combined or joint. It has made people to live with his own family which including husband, wife and their children. This culture has also affected the emotion of each individual person. In today's time parents afraid from their children, that's why they have started refusing to live with them (children). Due to this reason they have started moving in the old age home where they only which for death. In India the population of old citizens is growing in 1901 it was 12.1 million, but it has been recorded in 2011 is 103.2 million¹. The population of elderly in India (over 60 years) ranks second in the world². The main reason for this is latest instruments, advanced medicine, world class treatment, social protection, living standard and food is available now a days³. If we move on the deeper side, it will observe that the number of old people would be more than the new born children⁴.

Objectives: The term "old" can be associated with physical incapacity, biological deterioration or disabilities or even psychological factors⁵. Many older persons find living with their adult children to be more difficult than living alone and many do not have a choice and have to live separately from their adult children. In these circumstances old age homes seems to be the choice for the older persons. The question that arises is the attitude of the old persons to these settings in the last phase of their life. Is old age home are capable to provide an options for family conservation? Do they compromise with

the situation or are they happy and free to live life with group people? With these questions in mind the following study was conducted on an old age home in Delhi city with the following objectives: i. To study the facility being provided by the old age home. ii. To study the socio-economic background of the respondent. iii. To study the family and family relationships of the respondent. iv. To study the reasons for shifting from own children's home to the old age home.

Methodology

The data was collected through interviews with the staff and the respondent. At the time of survey there were 55 respondents out of which 40 were interviewed with the help of an interview schedule.

Bindapur Old Age Home: This Old age home was set up in 1971 at Tilak Vihar by Delhi Government and now shifted to Bindpur in 2011. The old age home is a 3rd floor building in one acres of land. There are 30 rooms with attached bathroom, a community Hall, a library, a first aid room. Each room has two bed, two chairs, a small table, a cupboard. There is a ceiling fan in each room. The home has been set up to provide free foods and residential care to the old persons. The capacity of the home is 60 beneficiaries at present. Admission in the old age home is open to old men and women who are, in the age group of 60 years and above, who have none to support or maintain them, who are not suffering from any infectious/communicable disease, who are residents of Union Territory of Delhi.

Admission in the old age home is on a voluntary basis and as such any person, desiring admission in the home will apply on the prescribed application from along with some

documents/certificates as: copy of age Certificate, copy of Medical Fitness Certificate, Evidence of residence in the Union Territory of Delhi. Complete application will be enquired/investigated by the welfare officer, who may also if so required, undertake field visits to verify the facts and submit his reports/findings to the superintendent. The superintendent will place the duly investigated applications along with his own comments/recommendations before the admission and discharge committee for decision. A committee shall decide admission and discharge of the old persons in the home. The committee shall hold its meeting once a month or as per exigencies of the work.

The old age home provides all the necessary facility to the old persons as: lodging/boarding, clothing and bedding, case work and counseling services, Medical care of the all old person, T.V., Radio, and religious discourses/Bhajan Kirtan, news paper and others programmes, helpers to assist the bed ridden or incapacitated old persons to perform their daily needs. Occasionally the old persons are also taken out by a special transport to other religious places. The staff includes one superintendent one Welfare Officer, One staff Nurse, One Part time doctor, one upper division clerk, one care taker, one house attendant, one lady made, two cook, two washer men, four sweepers and one part time barber. Every old persons gets his bed tea at 6 a.m. and they are served breakfast 9:00 am to 10:00 am includes two bread, mash, half litre milk, 400 gm. Fruits. They visit the library between 10:00 am to 12:00 noons. Lunch is served from 13:00 to 14: p.m., items includes unlimited Roti, Rice, Pulse, Vegetables, 70 gms. cheese or one egg. Every old person gets some items for daily routine work through free of cost as; 100 gms. Tooth paste, 500 grams soap both for bathing and washing of clothes, two matches and 90 gram mustered oils. They take rest till 5 p.m. and then they have their dinner.

Results and Discussion

Socio Economic status: There are 16 males and 24 females, majority at them were Hindu 70%, were from upper Castes 90% rest are Muslim, Sikhs, Christians and other backward classes and schedule Caste. Almost 12% of the residents of old age home are illiterate or never been to school. 52% of aged livings in old age home are in age group of 71-80 years. 18% of old age home residents enjoyed active married life for more than 40 years and 60 % of residents are widows/widower and without partners in old age home because of death of their respective partners. Various studies have reported that 10-15 percent of elderly population suffer from significant and treatable depression⁶. In their active adult life 18 of them were in jobs, 8 were in business, 6 were labourers and 8 of them were house wives. It has been observed that those old persons who live in old age homes is more under stress than those who live with their family members⁷.

Family relationships of the respondent: Study of family of the respondents helps understand their old age home in a better way. In old age, the persons need more attention and help from others because it is the time when they become weak, dependent and vulnerable both, physically and mentally⁸. Table 1 shows 80% of the respondents had children, 30% had both sons and daughters, another 30% had only sons and 20% had only daughters. However, 5% had no children and 50% were not married. Table 2 shows as for as relations with the family are concerned, majority had estranged relations with their children. They all have observed that mostly old citizens have moved in old age homes due to carelessness of their family members and social elements⁹.

Study at the old age home: Table 3 shows that 60% majority of the respondent have been living for 2 to 5 years, while 25% have been living for 6-10 years and 5% for 11 years or more.

Reasons for shifting to the old age home: Old citizens live in old age home due to their loneliness. In her study she finds that combined or joint family may be helpful in care of old peoples¹⁰. Table 4 shows the most commonly stated reason by the respondents for shifting to old age home was conflict with their sons 40% respondents reported that their sons would insult them. 5% respondents came to the old age home to lead an independent and peaceful life. Study by a researcher he finds that 40% male and 36% female have moved towards old age home due to stress¹¹. 30% had nobody to take care of them and 25% joined the old age home because they had no sons and they did not want to live with their married daughters. The health of women who live in old age homes were not so good, but they have no another way to live¹².

Table-1
Children of the respondents

Children	Number	Percentage
No Child	2	5
Only Sons	12	30
Only Daughters	8	20
Both sons and daughters	12	30
Not applicable	6	15
Total	40	100

Table-2
Relations of respondents with their family members

Relations	Number	Percentage
Estranged	24	60
Good	16	40
Total	40	100

Table-3
Duration of stay in an old age home

Period	Number	Percentage
Up to 1 Year	4	10
2-5 Years	24	60
6-10 Years	10	25
Above 10 Years	2	5
Total	40	100

Table-4
Reasons for shifting to the old age home

Response Category	Number	Percentage
Have no sons and did not want to live with married daughters	10	25
Conflicting relations with sons	16	40
Wanted independent peaceful life	2	5
Nobody to look after	12	30
Total	40	100

Conclusion

The study reflects that residents of old age home are from different caste and religion and even spoke different languages as well in some cases. Most of the women in old age home spent their whole lives in doing house hold works and had no income for their livelihood which forced them to depend on their family and due to this reason; the female residents were more in members in old age home as compared to their male. Widower women were very far away from government schemes¹³. Probably old age is the age when a human being feels more in need of someone to interact with and someone to share his/her feelings with. Government should concern about their (old people) health and application of many helpful programmes¹⁴. The problem of elder abuse cannot be solved if the essential needs of older people-for food, shelter, security and access to health care-are not met. The nations of the world must create an environment in which ageing is accepted as a natural part of the life cycle, where anti-ageing attitudes are discouraged, where older people are given the right to live in dignity-free of abuse and exploitation-and are given opportunities to participate fully in educational, cultural and economic activities¹⁵.

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