

Elderly Living in Old Age Homes: A Comparative Study of Banaras and Lucknow

*Dr Pushpa Kumari**

Abstract

The last century has witnessed a rapid increase in the population of the elderly people in the developed and industrialized countries. This situation could be attributed to a combination of factors such as increase in age, longevity and decreased death rates due to advancement in the field of medicine, improvement of life expectancy at birth, and enhancement in the average span of life. India ranks 4th in terms of absolute size of elderly population. The country is not adequately equipped to look after their special health needs and the changing traditional value system. In the above context, a study was conducted to understand and compare the background profile and satisfaction of the elderly residing in the old age homes of Lucknow and Banaras. The sample of elderly women was selected using the "Purposive sampling" technique to select 60 elderly women from the old age home. The data was collected using a specially designed Interview schedule and observation technique.

Keywords: Elderly, Old age home, Family, Modernization, Life expectancy, Satisfaction.

Introduction

The concept of old age now is new in India. An old age home is usually the place for those people who have no one to look after them or those who have been thrown out of their homes. The place is of course like homes where the inmates get all the facilities for their routine living like food clothing and shelter. Paliwal and Mathur [6] studied life satisfaction among aged found that various factors such as marital status, socio-economic, age, gender and social supports is affecting the quality of life satisfaction among the aged people in India. The traditional sense of duty and obligation of the younger generation towards their older generation is being eroded. The older generation is caught between the decline in traditional values on one hand and the absence of adequate social security system on the other.[5] Illness increases with age. All else being equal, an older population has greater needs for health care. This logic has led to dire predictions of skyrocketing costs- "apocalyptic demography".[9]

Aging is a universal phenomenon it is not a uniform experience among aging adults. Some persons achieve a sense of fulfillment and satisfaction in their old age, while others turn bitter and lament

the decline of their physical abilities and social significance. The care and support to the elderly was never a problem in Indian society as well as the numbers of the joint family group used to look after them.[7] Dubey et al. [3]revealed that most of the elderly felt the attitude of the younger generation is unsatisfactory towards them especially those who were in old age homes in terms of getting respect, love and affection from the family members instead they were considered as burden for others. The social relationship of the elderly women living in families and those living in old age homes also differed.

India like many other developing countries in the world is witnessing the rapid aging of its population. Urbanization, modernization and globalization have led to change in the economic structure, the erosion of societal values, weakening of social values and social institutions such as the joint family. In this changing economic and social value, the younger generation is searching for new identities encompassing economic independence and redefined social roles within, as well as outside the family. The changing economic structure has reduced the dependence of rural families on land

* Assist. Professor, Deptt. of Home Science, B.H.U. Varanasi, Uttar Pradesh, 221005. **E-Mail Id:** pushpa26155@gmail.com

which has provided strength to bonds between generations. Panigrahi and Syamala [8] found that the elderly residing in old age home are poor, helpless, destitute majority are from the vulnerable sections of the society. Widowed, economically dependent, children and sick elderly are more vulnerable compared to others. Family conflicts, lack of money and ill health are the major reasons for the elderly to depend on old age homes. Old age means reduced physical ability, declining mental ability, the gradual giving up of role playing in socio-economic activities, and a shift in economic status moving from economic independence to economic dependence upon other's for support. Old age is called "dark" not because the light fails to shine but because people refuse to see it.[4]

There are 81 million older people in India and among them 11 lakh in Delhi itself. Nearly 40 percent of senior citizens living with their families are reportedly facing abuse of one kind or another, but only one in six cases actually come to light. Although the president has given assent to the Maintenance and Welfare of Parents and Senior Citizens Act which punishes children who abandon parents with a prison term of three months or fine, situation is grim for elderly people in India.

Need of Institutional Support for Elderly in India

Today in a changing social system the traditional joint family system has given to modern nuclear family. In which condition they need for setting up, institutional support is not felt by all but at times there are some problems which need immediate attention. Older people are considered a burden because it is assumed that older persons have reduced physical and intellectual capabilities and are therefore dependent on the younger generation. The old people feel totally neglected and sometimes they have to take refuge in homes for aged which is run by some social organizations. "Old Aged Homes" or the homes for the aged as they are called are a western concept, totally alien to the Indian people, but the westernization of our society has given rise to this problem of caring for old. It is important that the state, civil society and community recognizes the rights and needs of the elderly women and make suitable policies legislations and effective implementation of health and security schemes which already exist. Specific state interventions are required for the aged women, they being most vulnerable and for the

aged who are below the poverty line. There is a need to protect the human rights of the elderly and have gender just laws and policies to ensure adequate economic and social protection during disability and old age, especially where the aged lack adequate family supports.[1] The elderly citizens are in need of urgent attention. They do not need our pity, but the understanding love and care of their fellow human beings. It is our duty to see that they do not spend the twilight years of their life in isolation, pain and misery. Older persons are, therefore, in need of vital support that will keep important aspects of their lifestyles intact while improving their over-all quality of life.[2]

Rapid growing of industry, modernization in India, it has also affected 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. One of the major impacts of globalization is breaking up of traditional family system. In India, migrants from the villages and towns to cities predominate, resulting in breaking up of families into nuclear families. The aged who are left behind have to fend for them. This is leading to an increased danger of marginalization of the geriatric population due to migration, urbanization, and globalization. Another impact of the globalization is the increasing economic burden on the elderly, especially the women who have practically non-existent property rights and other social security measures.[1]

The 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 due to this reason they have started moving in old age home. 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 million. The population of elderly in India ranks second in the world. The main reason for this is latest instruments, advanced medicine, world class treatment, social protection, living standard and food is available today. Therefore there is an urgent need to examine the various aspects of the new and fast growing population to ensure the design of appropriate policy and programmes directed to meet the varied needs of this vulnerable and dependent group.

Hence, the present study was conducted to compare background characteristics and reasons for staying with the following objective in view:-

1. To study the background characteristics and reasons for staying in old age homes in Banaras and Lucknow.
2. To compare satisfaction level of various facilities provided of elders living in old age homes in Banaras and Lucknow.

Research Methodology

Data for study are drawn from a survey conducted among the residents of selected old age homes. Two districts selected purposively for data collection Lucknow and Banaras.

30 respondents selected from each district. So according to sample size three and two old age home from Banaras (Birla, Ramkuti, and Nepali old age home) and Lucknow (Samparan and Kalyanpuri old age home) selected respectively by convenient sampling. The structured interview schedule was designed for data collection.

Most of the respondents included in the present study were sixty years of age or above and nonworking. The non-institutionalized elderly persons provided information about their age, while the age of the institutionalized individuals was ascertained from old age home records. The data was collected using a specially designed interview schedule. Prior to final data collection, the interview schedule was tested on a small subsample and subsequently finalized, upon successful testing and minor modifications. The interview schedule was divided into two sections. The first section included questions regarding general information of the respondents. The second section included specific information. The data were collected in the months of November 2014.

Result and Discussion

The problems of the aged vary from society to society and have many dimensions in our country. Old age had never been a problem for India where a value based joint family system is supposed to prevail. Indian culture is automatically respectful and supportive of elders. Ageing as a natural phenomenon has all along engaged the attention of the civilized world. However the disintegration of the joint family system and the impact of economic change have brought into sharp focus the peculiar problems which the old people now face in our country.

General Information

Table 1 reveals that majority of the respondent living in old age homes were 70 to 75 years old among them 46.7 and 30 percent of Banaras and Lucknow respectively. In Banaras, 26.7 were below 65 years and above 75 years old, but in Lucknow, only 6.6 percent of respondents were below 65 years old.

Table 1 also revealed that majority (40%) of the respondents of Banaras were illiterate followed by intermediate (33.34%), and only 13.3 percent respondents had educational qualification of less than metric and graduate, whereas in Lucknow's old age home, majority (40%) of respondents had educational qualification of less than metric pass, 30 percent were graduate and 20 percent were intermediate pass.

Majority of responded of old age home of were Hindu general caste 76.7 in Banaras and 66.7 in Lucknow followed by OBC. It was also apparent from Table 1 that majority (46.7%) of respondent living in old age home of Banaras were widow followed by divorce 23.3 percent only 16.7 percent married and 13.3 percent unmarried. Where as in Lucknow majority (43.3%) of respondent are married followed by 23.3 percent unmarried and 20 percent widow followed by 13.3 percent divorce. It was observed from Table 1 that in Banaras old age homes majority of respondent were widow where as in Lucknow married.

Specific Information of Respondents Living in Old Age Homes

It is difficult to understand the reasons for staying in old age homes by talking to the inmates because there could be multiple reasons. However, an attempt has been made here to understand the major reason that forced to elderly to stay in old age homes. Table 2 shows that the main cause of staying in old age home was loneliness about fifty percent of respondent in Lucknow and 33.3 percentage in Banaras, 26.70 percent of respondent of Banaras and 20 percent of Lucknow was ill-treated/ unhealthy treated by family members followed by 30 percent homeless (Banaras) and 13.3 percent in Lucknow. It was also revealed from data that very less 10 percent of respondents of Banaras and 16.7 percent of Lucknow had poor economic status.

Variables	Respondents living in Banaras		Respondents living in Lucknow	
	Number	Percentage	Number	Percentage
Age				
60-65 years	8	26.7	2	6.7
65-70 years	5	16.6	9	30
70-75 years	9	30	14	46.7
Above 75 years	8	26.7	5	16.6
Education				
Illiterate	12	40	3	10
Less than metric	4	13.33	12	40
Intermediate	10	33.33	6	20
Graduate	4	13.33	9	30
Religion				
Hindu	23	76.6	20	66.7
Muslim	4	13.3	9	30
Other	3	10	1	3.3
Caste				
General	15	50	18	60
O.B.C	10	33.3	9	30
SC/ ST	5	16.6	3	10
Marital Status				
Married	5	16.3	13	43.3
Unmarried	4	13.3	7	23.4
Divorced	7	23.3	4	13.3
Widowed	14	46.6	6	20

Table 1.General Information of the Respondent

S. No.	Particulars	Response of respondents in Banaras		Response of respondents in Lucknow	
		Number	Percentage	Number	Percentage
1.	Cause of staying in old age homes				
	Loneliness	10	33.30	15	50
	Unhealthy treatment	8	26.70	6	20
	Homeless	9	30	4	13.3
	Poor economic status	3	10	5	16.7
2.	Source of information about old age homes				
	Family	5	16.6	6	20
	Friends	16	53.7	8	26.7
	Mass media	6	20	14	46.6
	Any other	3	10	2	6.7
3.	Problem of adjustment in old age homes				
	Yes	9	30	8	26.7
	No	6	20	4	13.3
	Sometimes	15	50	18	60

Table 2.Specific information of respondents living in old age homes

It was also revealed from Table 2 that about more than half of respondent of Banaras get information

of old age home from their friend followed by mass media (20%) and family (20%), where as majority of

respondent (46.6%) of Lucknow known about old age homes from mass media followed by friends (26.7%). So it was said that role of mass media is very effective in Lucknow than Banaras. Table 2 also shows that majority of respondent of old age home both Banaras and Lucknow face some time difficulty in adjustment but 30 percent and 26.7 percent of respondent of Banaras and Lucknow respectively had face problem of adjustment.

Respondent's Satisfaction about Various Services Provided in Old Age Homes

Satisfaction continues to be an important construct in the psychosocial study of aging. It is one of the

commonly accepted subjective conditions of quality of life and seems to be one of the facets of successful aging, both of which are key concepts in aging. Table 3 revealed that 33.3 percent of respondent of Lucknow old age home are fully satisfied, 53.4 percent less satisfied and very less 13.3 percent not satisfied with the food facilities provided to them. In Banaras old age home more than half (66.7%) respondent are not satisfied, 26.7 less satisfied and only few 6.6 percent satisfied with the food facilities. Therefore it shows that food facilities provided in Lucknow old age home was much better than Banaras.

Particulars	Response of respondents in Banaras		Response of respondents in Lucknow	
	Number	Percentage	Number	Percentage
Food facilities				
Fully satisfied	2	6.6	10	33.3
Not satisfied	20	66.7	4	13.3
Less satisfied	8	26.7	16	53.4
Medical facilities				
Fully satisfied	8	26.7	11	36.7
Not satisfied	3	10	4	13.3
Less satisfied	19	63.3	15	50
Sanitation facility				
Fully satisfied	8	26.7	13	43.3
Not satisfied	6	20	2	6.7
Less satisfied	16	53.3	15	50
Recreational activities				
Fully satisfied	7	23.7	8	26.7
Not satisfied	9	30	9	30
Less satisfied	14	46.6	13	43.3

Table 3. Respondent's satisfaction with the Various Services Provided in Old Age Homes

Data regarding medical facilities was not so satisfactory in both Lucknow and Banaras old age homes. Table 3 shows that 63.3 percent and 50 percent respondent were less satisfied in Banaras and Lucknow respectively, 26.7 of Banaras 36.7 percent respondent of Lucknow were not satisfied with medical facilities provided to them. Table 3 also revealed that sanitation facilities provided to respondent in old age home 26.7 percent of Banaras 43.3 percent of Lucknow are fully satisfied where as 50 percent and 53.3 percent of Lucknow and Banaras respectively were less satisfied also 20 percent of respondent of Banaras not satisfied with sanitation facilities. It shows that sanitation facilities in Lucknow old age home were better than Banaras. The data about various recreational activities such as reading books, magazine, watching T.V, visiting Temple, shopping etc.

majority (46.6% Banaras and 43.3% Lucknow) of the respondent less satisfied with these activities where as 23.7 percent respondent of Banaras and 26.7 percent respondent of Lucknow were fully satisfied, 30 percent were not satisfied at all both Banaras and Lucknow.

Conclusions

Old age had never been a problem for India where a value- based joint family system is supposed to prevail. Indian culture is automatically respectful and supportive of elders. Ageing as a natural phenomenon has all along engaged the attention of the civilized world. Provision for the aged in the society has become one of the constitutive themes of our modern welfare state. The problems of the aged vary from society to society and have many

dimensions in our country. However, the disintegration of the joint family system and the impact of economic change have brought into sharp focus the peculiar problems which the old people now face in our country. And in the traditional sense, the duty and obligation of the younger generation towards the older generation is being eroded. The older generation is caught between the decline in traditional values on one hand and the absence of an adequate social security system on the other hand thus, finding it difficult to adjust in the family. Ultimately, it could be concluded that the general profile of the elderly women living in the old age homes of Lucknow were better than Banaras had more satisfied with old age home facilities provided to them. But people came in Banaras old age home due to holy city and want to live their till death.

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