

# **A STUDY ON LIFE SATISFACTION OF ELDERLY PEOPLE AMONG OLD AGE HOMES IN BENGALURU**

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## **Introduction:**

Old age was not perceived as a problem in India till recent times, as the joint family system was prevalent and Indian culture emphasizes supporting, caring and respecting elders. The Indian culture promotes taking care of elders in the family and living together. As a result, Elder abuse was not seen as a problem in India and was considered to be a fad of the western world. In recent times, due to dual-career families and inclination towards nuclear families, the youngsters are unable to dedicate time and effort to the elders in the family. The pressure at the workplace and also the economic constraints in families is also a reason in families neglecting the elderly.

India is undergoing a demographic transition. Eight percent of the population was recorded 60 years and above in the 2011 Census. It is expected that this group will increase to 12.5 percent and 20 percent by 2026 and 2050 respectively.

As a result of the current ageing scenario, there is a need for all aspects of care for the Old (60+ years) namely, socio-economic, financial, health and shelter. All these problems have an impact on the quality of life in old age and health care at the time of need. An increase in life span also results in chronic functional disabilities creating a need for an assistance required by the Old to manage simple chores.

## **Objectives of the Study:**

- To assess the existing economic condition of the elderly (60+) in terms of housing conditions, availability of assets and access and freedom to spend money.
- To assess the availability and utilization of health care services by the elderly (60+)
- To assess the access of the elderly to various welfare schemes and health insurance
- To assess the support system available to the elderly both from family and the community.

## **Methodology**

The study adopted both quantitative and qualitative research techniques to collect information from the elderly. The structured interview method will be used to gather quantitative data from the elderly and an in-depth interview was used to collect qualitative information from the elderly.

## **Target Groups and Study Area**

The target groups for the quantitative part comprised the Old in the age group of 60+ years in Bangalore city. The respondents covered in the qualitative study include Old (60+), Government health care providers and Private health care providers.

## **Findings & Conclusion**

The stress levels of elderly people are associated with family size, status quo (marital status ) and disability. Community support is lacking and highly required by the disabled people at old age homes. The elderly persons separated from their families because of disputes find it difficult to sustain themselves alone. Elderly person's stress is not created due to age, gender, occupation and income. The study reveals that the old age homes in Bengaluru are creating a new lifestyle for elderly persons. The persons living in these homes are not stressed but need to be engaged with social affinity values. Society must accept elderly people as honorary members of the society. We strongly believe that the values created by the elderly people will be experienced – based supportive model for young generations.

## **Youtube link:**

<https://www.youtube.com/watch?v=jrBkykOh83w>