

Socio-Economic, Psychological and Health Problems of Senior Citizens: A Case Study of Urban Faisalabad

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Abstract: The present study was an attempt to probe into the socio-economic factors which influence the socio-economic, psychological and health problems of senior citizens: A study of urban male senior citizens. The study was conducted in two colonies of Faisalabad. A sample of 120 male senior citizens was randomly selected from two colonies. According to this study, majority i.e. 89.2 percent of the respondents reported that they were respected. A huge majority i.e. 97.5 percent were in favour of the view that welfare homes should be established for the aged person. A vast majority i.e. 97.5 percent of the respondents said that special services were needed for the aged persons.

Key words: Socio-Economic, Psychological, Senior Citizens

Introduction

All the way down the road to history a "long life" has been counted among man's highest blessing. In every country and climate the survival of a high series of birthdays has been hailed as a coveted reward, until recently, however, this prize of extended days has been attained by the few. Now, through scientific advance, it is within the reach of the many, and strangely enough, voices are heard from all corners of the world to challenge the worth of this gift.

Aging starts with birth and is terminated only by death. Aging has been defined, as "the told constellation of social, biological and psychological changes that occur is late life" (Richard, 1962).

In a strict biological sense, aging begins at conception, as the individual grows older, the capacity of his body for cell growth and tissue repair is retarded. There is a decrease in the metabolic rate, in speed and in strength. The rate of decline of these functions varies widely among individuals.

Psychologically, the aging is "the interference's with normal metabolic processes in individual cell, the results being reduced slower of impaired functions of the circulatory system of the kidney and mental responses" (Herld, A. Philips and David Henderson, 1952).

Fortunately in our society many of the older people are greatly liked owing to the blessings of Islam, which teaches the young to respect their old parents and treat them kindly. Majority of the children take care of their old relatives. Majority of the children take care of their old relatives (Shafiqet al., 1994).

Islam enjoins every Muslim to do good to his parents, to take care of them especially when they reach old age and to hold them in esteem. Obedience to parents in Islam is placed next to submission to Allah, for among fellow human beings none has greater claim upon a person than his parents. However, Pakistan is often considered as an agricultural country its economy is on its way to becoming an industrial one. Theoretically it is expected that industrialization will germinate the forces that may facilitate the process of change from joint family system, supposedly in existence some where in the past to the nuclear family in the future are may formulate some idea about the trends in family structure from a scattered bits and pieces of information collected t different times and places in the province of Punjab. The cross sectional data though sporadic, presented here suggest that nuclear family trends seem to be taking root. There appear to be the emergence of values impressing upon independent living in the rural areas, at least that of Punjab nuclear families are expected to be greater in the urban areas compared with the countryside just because of the nature of environment (Shafiq et al., 1994).

Aging is a gradual process during which critical emotional, physical and social changes occur. The essential task of aging process is the integration of his past life experience. Typically old age is a time of reviewing the past. The extent to which an individual can accept himself and his past determines his happiness in the later years and the degree of calm with which he can face the inevitability of death. Different types of people adjust to aging in different ways. The man who is not fully satisfied with his past life may nevertheless find satisfactory solutions for growing age. In Pakistan average age of males is 62 years and among females it is 61 years. The current population of Pakistan is 137.5 million. Aged population constitutes more than 6% of the total population of the country. (Zafar) Age structure of population is changing and this change is a result of decline in birth rate and decline in the mortality rate. Change in the demographic structure significantly affects the health, social and economic conditions of the aged population. Unfortunately, however the problems of elderly people have not been properly understand or investigated The result is that no substantive efforts have been made for their welfare. Thus, there is a great need to plan policies and

programs that not only cater to the humanitarian needs of the aging population but also their developmental requirements which provide them socio-economic security and make their life more meaningful for themselves as well as for society at large.

The problem under study is important in this sense that due to industrialization and modernization joint family system is breaking down and there by creating more and more problems for the elder members of the family. So present study is oriented to explore the problems and the factors responsible for the mal-social adjustment in old age and it can be helpful in formulating the welfare program and policies to solve the problems of aged persons.

Objectives: The specific objectives of the study are:-

To examine the social and economic characteristics of aged people.

To assess the interest and activities of the aged persons.

To study the general problems of the aged people.

To see the attitude of other peoples towards the aged peoples.

To evaluate the perceptions of aged peoples regarding their needs.

Materials and Methods

The main objectives of the study are to find out the needs and problems of aged people and their social adjustment. Therefore the universe consisted of aged persons in Faisalabad city, the respondents comprised of both literate/illiterate male of the age 60 years and above. Multistage sampling techniques was applied for collection of data. 120 respondents were selected who qualified the eligibility criteria.

Results and Discussion

Table 1: Distribution of the respondents according to their age and education.

Age	Frequency	Percentage
60-65	44	36.7
66-70	30	25.0
71 and above	46	38.3
Total	120	100.0
Educational status		
Illiterate	14	11.7
Primary and Middle	21	17.5
Matric and Intermediate	52	45.8
Graduation and above	30	25.0
Total	120	100.0

Table 1 shows the distribution of the respondents with respect to their age. About 36.7 % of the respondents were in the age group of 60-65 years, 25.0 % were in the age of 66-70 years, while major proportion of the respondents i.e. 38.3 % were in the age category of 71 and above years of age.

Table 1 also indicates that 11.7 % of the respondents were illiterate and 17.5 % had primary and middle education. Major proportion of the respondents i.e. 45.8 % had Matric to Intermediate level of education and 25.0 % of them had graduation and above level of education.

Table 2: Percentage distribution of the respondents with respect to their wife/husband alive.

Wife/husband alive	Frequency	Percentage
Yes	77	64.2
No	43	35.8
Total	120	100.0

Table 2 depicts that majority i.e. 64.2 % of the total respondents replied that their wife/husband were alive whereas, 35.8 % said that their wife/husband were not alive.

Table 3 shows that 16.3 % of the respondents said that they find their life good without the partner, majority i.e. 65.1 % replied that only days are passing without the partner and remaining 18.6 % said that they find their life deserted (boring) without the partner. The importance of life partner has been identified in the study, without the life partner there is no charm attraction and interest in the life, a vast no. of respondents viewed.

Table 3: Percentage distributions of the respondents with respect to description their life with out the partner.

Life with out the partner	Frequency	Percentage
Good	7	16.3
Days are passing	28	65.1
Deserted (boring)	8	18.6
Total	43	100.0

Table 4: Percentage distribution of the respondents according to living status and living arrangement.

Living status	Frequency	Percentage
Live alone	5	4.2
With spouse	8	6.7
With family members	106	88.3
With relatives	1	0.8
Total	120	100.0
Satisfaction with living arrangements		
Satisfied	98	81.7
Not satisfied	22	18.3
Total	120	100.0

Table 4: reflects that there was 4.2 % of the respondents who was living alone, 6.7 % of the respondents were living with spouse, majority i.e. 88.3 % were living with members of their own families, while only one person were living with relatives. The study findings reflect the significant of family system in Pakistan in caring and addressing needs of old parents.

Table 4 further shows that a huge majority i.e. 81.7 % of the respondents were satisfied with their living arrangements, while 18.3 % were not satisfied with their living arrangements.

Table 5: Percentage distribution of the respondents according to their shyness of talking problems with family members and which they can impose decisions on kids in every day matters.

Shy of talking problems	Frequency	Percentage
To a great extent	35	29.2
To some extent	26	21.7
Not at all	59	49.2
Total	120	100.0
Decisions can impose		
To a great extent	49	40.8
To some extent	59	49.2
Not at all	12	10.0
Total	120	100.0

Table 5 describes that the 29.2 % of the total respondents were shy of talking their problems with their family members to a great extent, 21.7 % respondents were shy of talking their problems with their family members to some extent, whereas about half i.e. 49.2 % of the respondents were not shy of talking their problems with their family members.

Table 5 reflects that the 40.8 % of the total respondents could impose their decisions on their kinds to a great extent, 49.2 % respondents could impose their decisions on their kids to some extent, and 10.0 % of the respondents could not impose their decisions on their kids.

Table 6: Percentage distribution of the respondents with respect to which they are asked accompany or left behind if their family plans for outing.

Response	Frequency	Percentage
Asked to accompany	57	47.5
Left behind	63	52.5
Total	120	100.0

Above table reveals that 47.5 % of the total respondents were asked to accompany if their family planned for outing,

while 52.5 % of the respondents were left behind to guard the house.

Results and Discussions

Aged people may have to face the physical, social and psychological problems because industrialization has brought with profound changes in the position of older people in the family and society.

This study was intended to find out the needs and problems of aged people in urban area of Faisalabad. The universe selected for the research consisted of people more than 60 years living in Faisalabad city.

For this purpose, a purposive sample of 120 respondents was taken. On the basis of a review of the related literature, a comprehensive questionnaire comprising 45 questions was constructed. After modification and finalization, the question was administered to the aged people in person.

Government and private agencies should establish day centers for the senior citizens. These centers should provide a place for the aged persons to find companionship.

The aged who can not move much due to some disability and are restricted to their houses should be visited and treated by the team of doctors physiotherapists to provide health services to them in their houses.

Social security services and pension paid social assistance should be offered to old people.

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