

GERONTOLOGY: SOCIAL PROBLEM

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I. INTRODUCTION

The problem of the elderly is an important human and social problem of the present problem which is seen as a universal problem in all the countries of the world. Especially in India, many factors like industrialization, urbanization, changing values, urban environment, social change, population explosion, westernization are responsible for aging problem. Physical, mental and economic aspects during old age we call the problem that arises due to change as the problem of the elderly. In the Upanishads, the duration of human life is considered to be 70 years.

The gap between today's youth who imbibe new values and innovative thinking and the elders who value tradition is widening day by day in terms of ideological values. As a result, there is a conflict between the new generation and the old generation. What used to be a joint family breaks down into a nuclear family which creates many problems for the elders and the elders seem to undermine their dominance as the youth take center stage in terms of responsibility and decision making. Matriveda Bhava – Pitriveda Bhava concept seems to be almost extinct today and most of the youth find the old person useless and burdensome. Nowadays, the condition of the elderly is becoming very pitiable. Westernization in India has worked to break the culture of the country by crossing its legs.

II. PROBLEM STATEMENT

Nowadays, when family quarrels and disagreements take a serious form, the mentality of throwing the elderly out of the house or putting them in old age homes has become due to which the number of old age homes is increasing. As for the elderly in rural areas, their problems are different. Having run a household in economic deprivation and hardship all their lives, bringing up their children in poverty and when they are unable to work after becoming ablutions, they are despised by their children, which is rooted in lack of education, lack of understanding, addiction, casteism and narrow concepts of rural society. Etc Due to this, young children insult their parents, abuse them beat them etc. and leave the elderly in a helpless position.

The last century has seen a rapid increase in the population of elderly people in developed and industrialized countries. This phenomenon is not only limited to the western world, but many countries like ours are now feeling the impact of this practice. Advances in the field of medicine have led to an increase in age, a decrease in life expectancy and a decrease in mortality. India ranks 4th in the number of elderly people in the world. There is now a growing feeling among the elderly that the attitude of the youth towards them is not

desirable. 10000 people are turning 65 every day in the world. Sometimes adults fail to realize their duty Youngsters is so busy with their personal lives that they feel the burden of keeping parents with them. They feel it as interference in their personal life and eventually tell their parents that they cannot keep them. Due to ego clash between mother-in-law and son-in-law, there is a lot of tension in the house. The new generation is becoming more materialistic and their attitude towards parents is changing. They seem to have lost their patience.

III. FACTORS FOR THE PROBLEM

- 1. Mental Factor:** Old age produces restless attachment to life. Feels neglected in his own family. Now feeling that he is useless creates mental distress and feels mental stress. There is nothing but sorrow in old age Due to such thoughts, they get anxious and suffer from many types of minor and major mental problems. Hopes to live a peaceful life in old age. Today, due to the lack of space in the cities, the elderly find it difficult to go out for walks. Due to the noisy environment of the urban area, there is no peace during such times and it is mentally suffocating. Due to the emergence of emotional problems, the elderly feel that youth is good, old age is nothing but misery. There is a possibility of suffering from many types of minor and major mental problems due to constant thoughts.
- 2. Health Related Factors:** A sleep of 10 hours in childhood and 8 hours in youth is considered suitable for health, but in old age it is three hours of sleep. The heart becomes weak, the blood circulation slows down, the necessary elements for the body are reduced. Due to reduced movement speed in old age, the joints become stiff and the muscles of the body become dry. Aging affects most parts of the body in old age. There are some problems in physical health. Physical weakness, many diseases, blood pressure, poor eyesight, poor hearing etc. are seen.
- 3. Social Factor:** A person's reputation depends largely on social status. As a result of close social and economic ties of a person, a person can lead a smooth life in his society. Earlier the dominance of the elderly in the family system is less seen today due to which they do not adapt to the society due to which the problem of social isolation and loneliness is more common. Their needs are not met and they become physically and mentally weak as they retire from work due to old age. The problem of social security is seen during old age. Feeling of futility in life hinders adaptation in society. On the one hand, the society is reaching the peaks of development; on the other hand, the problem of the elderly is increasing day by day. To generate value for their service and assistance by the individual or family in circumstances where old age is a helpless condition In order to do this, it is very necessary and essential that every member of the family should develop understanding.

IV. NEED FOR LIBERAL POLICY AND FINANCE FOR THE ELDERLY

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desirable. Elders living in old age homes were treated as a burden to others, instead of receiving love and affection from family members. When the elderly need money to support themselves, they have to depend on other people. As the means of income are limited, money is needed to bring medicine, food, clothes, and necessities of life. Elderly people in foreign countries get financial assistance from the government whereas in India there is no such assistance from the government or if they get it, they get a very small amount. Taking care of the elderly becomes a moral duty of every society and family, but in today's era, sons seem to be failing to fulfill their responsibility by blindly imitating foreign cultures. Perhaps such a bad situation is rarely seen in villages.

V. DISADVANTAGES OF OLD AGE HOME

- Old people are like children. They cannot be considered as useless people. Just as a child asks one thing over and over again and the parents answer them every time, the elderly also ask the same thing over and over due to their poor memory. In such a case a stranger or a staff member of the old age home cannot control the nerves and misbehave with the elderly which can cause them a lot of harm.
- Emotional connection with any person is very important. When you are emotionally close to a person and for any reason you cannot see that person, there are chances that it can affect your health.
- Parents have a very strong emotional bond with their children so they cannot even see their children in old age homes. They get stressed and it affects them badly.
- The administration in the old age home doesn't really care about the old people. They are only tempted to advertise their business and earn money in the name of listening to in-home nursing of the elderly.

VI. CONCLUSION

The income threshold, the housing threshold and especially the heart threshold have been reduced to such an extent that access for elderly parents has become almost impossible. It can be said that a very bad situation has arisen for the elderly. First of all, in the family where the parents were kept willingly or unwillingly, the gap between the new generation, mental thoughts, narrow concepts, old customs, on the other hand, the expectation of an independent and clean life, running away from responsibilities, etc., caused discord in the family. Due to conflicts in the home, the elderly were neglected by the children, which later took the form of atrocities and then it was the turn of the elderly to move away from home. When the self-esteem and self-esteem of the elderly are hurt due to family quarrels, abuse, physical and mental abuse, they decide to leave the house due to inability to cope and are forced to go to an old age home or sometimes even the sons go against the mother. - The father is put in an old age home. An old age home is a society for there is stigma. Old age homes are one of the biggest problems of the society which will break the back of Indian civilization

