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Government policies and programme guidelines for aged people

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Abstract
This policy aims to encourage individuals to make provision for their own as well as their spouse's old age. It also strives to encourage families to take care of their older family members. The policy enables and supports voluntary and non-governmental organizations to supplement the care provided by the family and provide care and protection to vulnerable elderly people. Health care, research, creation of awareness and training facilities to geriatric caregivers have also been enumerated under this policy. The main objective of this policy is to make older people fully independent citizens. The present study reveals that social support is positively and highly significantly related to programme and policies of aged persons. The study was carried out in Lucknow. Multistage sampling technique was fallowed in the present study. The study is based upon sample of 120 elderly (60 nuclear family and 60 joint family) and the age rang 60-80 year. And used the Multidimensional Scale of Perceived Social Support (MSPSS). The samples of this study were personally and individually contacted and data was obtained through face to face interview. The study revealed that majority of elderly had low social support and those which nuclear family elderly reported for low joint family having higher social support the finding financial, health, social and personal domain. The result revealed that significant in nuclear family was highly significant. The test was applied to check difference social support of elderly people in nuclear family and joint family. The ANOVA method used to check the difference. Also the traditional Indian society and the age-old joint family system have been instrumental in safeguarding the social and economic security of the elderly people in the country. The rapid changes in the social scenario and the emerging prevalence of nuclear family set-ups in India in recent years the elderly people are likely to be exposed to emotional, physical and financial insecurity in the years to come.

Keywords: Aged people, social support, and government policy

Introduction
Elderly or old age consists of ages nearing or surpassing the average life span of human beings. The boundary of old age cannot be defined exactly because it does not have the same meaning in all societies. Government of India adopted 'National Policy on Older Persons' in January, 1999. The policy defines 'senior citizen' or 'elderly' as a person who is of age 60 years or above.
Old age is the closing period in the life span. It is a period when people 'move away' from previous, more desirable period of 'usefulness'. Age sixty is usually considered the dividing line between middle and old age. (Hurlock E.B 1981).

The Elderly People in India
Elderly or old age consists of ages nearing or surpassing the average life span of human beings. The boundary of old age cannot be defined exactly because it does not have the same meaning in all societies. People can be considered old because of certain changes in their activities or social roles. Also old people have limited regenerative abilities and are more prone to disease, syndromes, and sickness as compared to other adults. The medical study of the aging process is called gerontology and the study of diseases that afflict the elderly is geriatrics. The United Nations World Assembly on Ageing, held at Vienna in 1982, formulated a package of recommendations which gives high priority to research related to developmental and humanitarian aspects of ageing (United Nations, 1987). The plan of action specifically recommended that "International exchange and research cooperation as well as

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data collection should be promoted in all the fields having a bearing on ageing, in order to provide a rational basis for future social policies and action. Special emphasis should be placed on comparative and cross cultural studies in ageing".

The phenomenon of population ageing is becoming a major concern for the policy makers all over the world, for both developed and developing countries, during last two decades.

But the problems arising out of it will have varied implications for underdeveloped, developing and developed countries. In India with majority of its population aged less than 30, the problems and issues of its grey population has not been given serious consideration and only a few studies on them have been attempted in our country. To reap the advantage of demographic dividend, the focus is mainly on the children and the youth and fulfillment of their basic needs for proper development. Also the traditional Indian society and the age-old joint family system have been instrumental in safeguarding the social and economic security of the elderly people in the country. The rapid changes in the social scenario and the emerging prevalence of nuclear family set-ups in India in recent years the elderly people are likely to be exposed to emotional, physical and financial insecurity in the years to come. This has drawn the attention of the policy makers and administrators at central and state governments, voluntary organizations and civil society.

In view of the increasing need for intervention in area of old age welfare, Ministry of Social Justice and Empowerment, Government of India adopted 'National Policy on Older Persons' in January, 1999. The policy provides broad guidelines to State Governments for taking action for welfare of older persons in a proactive manner by devising their own policies and plans of action. The policy defines 'senior citizen' as a person who is 60 years old or above. It strives to ensure well-being of senior citizens and improve quality of their lives through providing specific facilities, concessions, relief, services etc. and helping them cope with problems associated with old age. It also proposes affirmative action on the part of Government Departments for ensuring that the existing public services for senior citizens are user friendly and sensitive to their needs. It provides a comprehensive picture of various facilities and covers many areas like financial security, health care, shelter education, welfare, protection of life and property etc.

Ageing of population is affected due to downward trends in fertility and mortality. Low birth rates coupled with long life expectancies, push the population to an ageing humanity. It is observed sthat percentage of aged 60 or more is rapidly swelling and even the percentage of persons above age 80 is going up over the years. Simultaneously, the ratio of people of "working age" (15–59 years) to those of elderly population is shrinking — and even within the working age group average age is also increasing. For the developing countries like India, the ageing population may pose mounting pressures on various socio economic fronts including pension outlays, health care expenditures, fiscal discipline, savings levels etc.

By 2026, North India population would be younger compared to the South. In India another paradoxical problem will arise in due course of time – by the year 2026 Kerala will have highest educated working people with average age hovering above (median age) 35 years whereas Uttar Pradesh will have uneducated and less educated working population with average age below 30 years. Although projections indicate that India's population above 60 years will be double in size between 2001 and 2026, the elders will account for 12.17 percent of overall population in 2026, and being a vast country India may face the problems differently at rural and urban part.

India will have another kind of a problem as despite of rapid and consistent economic growth, it will have a huge ageing population who may be far poorer than their counterpart in the West. In India, most of those who have worked in organized sector get pension and other retirement benefits after attaining the age of superannuation varying between 60 to 65 years. But for others, Government of India and State Governments, at present, have very nominal old-age pension coverage. It varies from Rs. 75/- to 150/- in a month. In addition some other additional benefits for the elderly are also being provided by the Central and State Governments. But much is to be done as at the old age their medical expenses go up and dependency on children / relative goes up for physical, mental and economic support.

Objectives of the Study
- To study the different programme and policies of aged persons.

Materials and Methods
Lucknow district of Uttar Pradesh was selected as the study area. The urban and semi-urban areas and selected the old age home–Aastha old age home and Sanjeevani Foundation (Charitable) Trust and Sava Sanklap old age home and residing in their home male and female aged group (60-80) year.
- Lucknow city was purposively selected to conduct the study.
- The sample size of the study was restricted up to 120 samples. 30 male and female living in old age home and 30 male and female living residing in their home. The main tools were used in the study was Predesigned questionnaire, and Multidimensional Scale of Perceived Social Support (MSPSS)
- Independent variable was age, Gender, Residing in their home etc.
- Dependent variable was social support in older people.

Results

Table: 1: Distribution of respondent according to age: (N= 120).

Age of respondent	Old age Home (N=60)			Residing in their Home (N=60)		
	Male (N=30) f (%)	Female (N=30) f (%)	Total	Male (N=30) f (%)	Female (N=30 f (%)	Total
60-70yrs	6 (22.2)	12 (38.7)	18	21 (77.8)	19(61.3)	40
71-80yrs	19 (57.6)	23 (79.3)	42	14(42.4)	6(20.7)	20

(Figure in parenthesis indicates percentages :)
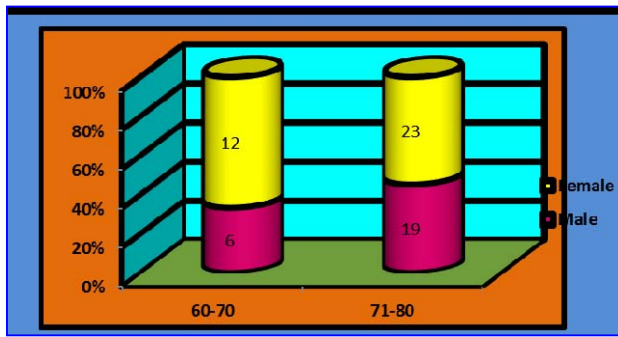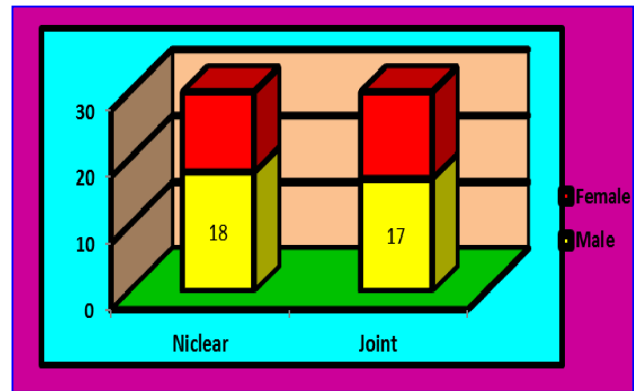
Fig 1: Age of old age Home elderly

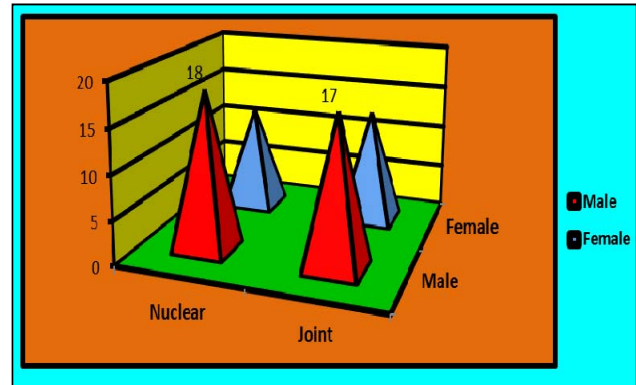**Fig 2:** Age of Residing in their home elderly

The sample for the present study comprised of two age group is 60-70year and 71-80 year twenty two percent male and 38.7 percent female elderly live in old age home and 77.8percent male and 61.3 percent female live in their home in the age group of 60-70 year. and 57.6 percent male and 79.3 percent female live in old age home and 42.4male and 6(20.7) female live in their home in age group 71-80 year.

Table 2: Distribution of respondent according to types of family. (N=120)

Family types	Old age home (N=60)			Residing in their home (N=60)		
	Male (N=30) f (%)	Female (N=30) f (%)	Total	Male (N=30) f (%)	Female (N=30) f (%)	Total
Nuclear	19 (51.4)	25 (67.6)	44	18 (48.6)	12 (32.4)	30
Joint	6 (26.1)	10 (43.5)	16	17 (73.9)	13 (56.5)	30

(Figure s in parenthesis indicates percentages :)

Fig 3: Types of family old age home of elderly

Fig 4: Types of family residing in their home of elderly

From the above table in can be observed that 51.4 percent respondent belonged to nuclear family where as 67.6 percent of female respondents belong to nuclear family. Also it can be seen that 26.1 percent of male respondent and 43.5 percent of female respondent belonged to joint family response to old age home elderly. And 48.6 percent respondent belonged to nuclear family where as 32.4 percent of female respondents belong to nuclear family. Also it can be seen that 73.9 percent of male respondent and 56.5 percent of female respondent belonged to joint family response to residing in their home elderly.

Table 3: Showing the Mean, SD, F-test and P-value for social support score of the groups on the basis of Old age home and residing in their home. Ho: There exists no significant relation between social supports among elderly. Across-Old age Home and Residing in their home.

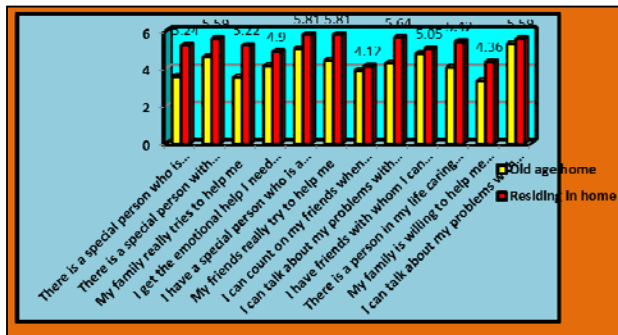| S. No.	Parameter	Old Age Home Mean ± SD	Residing Home Mean ± SD	F	P
1.	There is a special person who is around when I am in need.	3.57±2.220	5.24±1.897	19.451**	.000
2.	There is a special person with whom I can share my joys and sorrows.	4.60±2.141	5.59±1.498	8.570*	.004
3.	My family really tries to help me.	3.52±2.135	5.22±1.820	21.908**	.000
4.	I get the emotional help I need from my family.	4.13±2.135	4.90±1.936	4.188	.043
5.	I have a special person who is a source of comfort to me.	5.05±2.045	5.81±1.479	5.429	.022
6.	My friends really try to help me.	4.42±2.045	5.81±1.479	3.229	.075
7.	I can count on my friends when things go wrong.	3.90±2.064	4.12±2.134	.323	.571
8.	I can talk about my problems with my family.	4.28±2.351	5.64±1.808	12.496*	.001
9.	I have friends with whom I can share joys and sorrows.	4.80±2.015	5.05±1.686	.542	.463
10.	There is a person in my life caring about my feelings	4.05±2.243	5.42±1.812	13.480**	.000
11.	My family is willing to help me make decisions	3.33±2.039	4.36±2.132	7.152	.009
12.	I can talk about my problems with my friends	5.32±1.970	5.59±1.631	.695	.406

(P<0.05=Level of highly significant)

Fig 5: Social support among elderly. Across-Old age Home and Residing in their home.

Result depicted in table no-2 discussed that difference of old age home and residing in their home on social support elderly. data revealed that parameter was highly significant. It mean null hypothesis was rejected.

Hence the result revealed F test was found highly significant (0.000). It mean there is significant difference social support on old age home residing in their home. This mean that.-Null hypothesis is rejected

Table 4: Ho: There exisit no significant relation between social support among elderly. Across- Types of family.

S. No.	Parameter	Nuclear Mean ±SD	Joint Mean ±SD	F	P
1.	There is a special person who is around when I am in need.	3.99±2.276	5.04±1.988	6.698	.011
2.	There is a special person with whom I can share my joys and sorrows.	4.90±1.916	5.39±1.879	1.851	.176
3.	My family really tries to help me.	3.70±2.228	5.41±1.543	20.890**	.000
4.	I get the emotional help I need from my family.	4.05±2.101	5.24±1.804	9.977*	.002
5.	I have a special person who is a source of comfort to me.	5.44±1.848	5.41±1.796	.005	.941
6.	My friends really try to help me.	4.63±2.144	4.93±1.890	.623	.432
7.	I can count on my friends when things go wrong.	4.16±2.102	3.76±2.078	1.049	.308
8.	I can talk about my problems with my family.	4.36±2.269	5.91±1.710	15.929**	.000
9.	I have friends with whom I can share joys and sorrows.	5.01±1.897	4.78±1.800	.436	.511
10.	There is a person in my life caring about my feelings	4.19±2.277	5.59±1.600	13.157**	.000
11.	My family is willing to help me make decisions	3.53±2.049	4.33±2.212	3.964	.049
12.	I can talk about my problems with my friends	5.68±1.699	5.09±1.930	3.145	.079

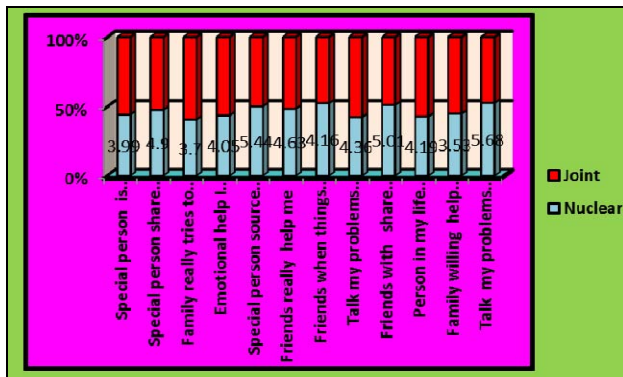($P<0.05$=Level of highly significant)

Fig 6: Social support among elderly Across-Types of family

Result depicted in table no-3 depicts that the P value calculated more than 0.05, which should that there was significant difference between types of family of respondent and social support among elderly.

Result also revealed that majority of the parameter significant (.000). It mean that there is difference between types of family of respondent and social support among elderly.

Hence the result revealed F test was found significant between types of family of respondent and social support among elderly. Which mean null hypothesis was rejected, which mean that social support dependent or influenced by types of family.

Conclusion
Elderly or old age consists of ages nearing or surpassing the average life span of human beings. The boundary of old age cannot be defined exactly because it does not have the same meaning in all societies. People can be considered old because of certain changes in their activities or social roles. Also old people have limited regenerative abilities and are more prone to disease, syndromes, and sickness as compared to other adults. Well-being has become an important focus for health and social policy in general, and in relation to older people in particular. The different programme and policies of aged persons objectives of encouraging individuals to make provision for their own as well as their spouse's old age; encouraging families to take care of their older family members; and creating in the elderly persons an awareness of the need to develop themselves into independent citizens.

At this age of their life, they need to be taken care of and made to feel special; Indian Government provides several benefits through its schemes in various sectors of development. With various tax benefits, travel and health care facilities provisioned for them, Indian Government has created reasons for senior Citizens to feel happy. There was a highly significant difference between social support across old age home and residing in their home. There was significant difference between social supports across types of family.

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