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Study on health, social problems and psychological needs of rural old aged women

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Abstract

Aging psychological is a predictable developmental phenomenon bringing along a number of changes in the physical, hormonal and the social conditions. The aged become increasingly dependent on others. They were of great assists as they could impart knowledge's and skills to young people on the basis of their age long experiences. They were considered carriers of culture and rituals of the society. As man grows, the problems of aged person increasing day by day like health problems cough, hypertension, defective vision, anemia, asthma and social problems; bad behaviour of their daughters-in-law, decline in the position of the family and society makes his life more susceptible. Their children do not look upon him with that degree of respect and considered burden and not treated properly. The old persons feel neglected and humiliated. This may prompt the development of psychology of shunning the company of others. Present study was conducted in rural areas of Jind, district of Haryana state, and 100 rural women were selected randomly. The study was taken with the objective to investigate the health, social problems and psychological needs of the rural aged women. Questionnaire-cum interview schedule was prepared for information regarding psychological social and health problems. The study results that the majority of rural aged women were in the age group 60 to 70 years and illiterate, cough and pain in joints were major health problems, adjustment with the member in the society, Differences in ideas, social and cultural values, lack of sympathy and affection by family members and positive attitude of youngsters towards them.

Keywords: Aged, health, social, psychological

Introduction

Aging of human is thought to be a series of changes going down within the life of a personal. Despite of best nutrition, best mental health and best physical care, aging process cannot be stopped. Universally man always wants to look young, for hidden fears best known to him viz., a person changes physically and socially, losses vitality, decline in his productive potential and fear of isolation. In primeval era the old age people had the most important role within the society. They are of nice assets they communicate information and skills to youth by their expertise that they got by their increasing life. They were thoughts of carriers of culture and rituals of the society. So, the responsibility of looking after old people, widows and other dependent was taken for consideration. The aged need to come to term with their changing status and reformulate their social and psychological roles and on the other, the youth need to be sensitized to understand the needs and problems of the elderly with greater empathy and tolerance. There's ought to respect the aged person and treat them with honour, self-regard and abundant love. The ageing of the world's population may be a international development with extensive economic and social consequences. The proportion of the aged population (60 years and older) is presently 1 of every 10. Constantly 2050, the ratio would increase up to 1 in 5. As man grows, the problems of aged person increasing day by day. Aging and aged represent a curious phenomenon in human life. Human being desire to live long, without avoiding the consequences of aging. The problems of the old age people are steadily, increasing in magnitude that has to face lot of physical, social, psychological and economic problems. Health problem is the most serious thing that has to be concerned by the society on the whole like cough, hypertension, defective vision, anemia, asthma. Sumanth, S. (2012) found that almost all the aged women experience the ill effects of either inabilities investigation examined respondents health status, the most well known being Hypertension

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(78.65 percent), Osteoarthritis (73.03 percent), Diabetes (66.29 percent), Bronchial Asthma (77.52 percent). Others included Cataract (65.16 percent), Anemia and Skin problems (61.79 percent). Result also found that most of the aged women had multi health problem. The main facts being that, the older women often reflect the cumulative impact of poor diets. Lack of good food and safe drinking water, a gender based division of domestic tasks; environment hazards etc also have a cumulative negative impact on the health of women as they age. In some families, old people are considered burden and are not treated properly. Although the problem of aging is more serious in urban areas where the life is becoming complex and busy. The gradual breakdown of the joint family and consequent separation and migration of earning members to distant urban areas has added fuel to the higher as a result there seems to be lack of security, love, affection and mental satisfaction to the aged and are being left to face the consequences of advancing age. Many psychological problems have been encountered with aging such as loss of memory, lack of confidence, feeling of being redundant, unwanted and useless, neglected and humiliated, isolated, feeling worthlessness, reduced interest, insecurity about life, constant feeling of tension, loneliness, worry and anxiety. Thus their psychological makeup makes their living and adjustment in the society more problematic, bad behaviour of their daughters-in-law; their decline position in the family and society makes their life more susceptible. Their children do not look upon them with that degree of respect and considered burden and not treated properly. The old persons feel neglected and humiliated. This may lead to the development of psychology of shunning the company of others. The ageing is a successful manner or active process of body in which an individual has to make choices of healthy living. The likelihood of a successful ageing can be considered by numerous factors which can be diet, exercise, social support, uphold of personal autonomy which needs to be embraced as a part of philosophy of a healthy encouragement of old age.

Aging of human is a progression of different occurring in a life expectancy from birth till death consistently there is few changes keep going on in body which are so minute to recognize known as metabolism as catabolism process. In spite of of a healthy life style, best nourishment, best emotional well-being and physical care one cannot stop the aging process. The significant variation with aged people

include physical changes, retirement, loss of spouse and post children rearing periods which is also known as empty nest syndrome. If some complimentary factors for example fulfillment of necessities, retention of old fellowship, positive social attitude etc. endorse ego integrity of the person. However without abundant support, to uphold and abide the losses of the aged person escort to an insightful sense of insecurity.

Objective

To study health, social problems and psychological needs of rural aged women.

Methodology

The study was conducted in rural areas of Jind, district of Haryana state. In rural areas 100 aged women were selected randomly. The data was collected through Questionnaire-cum interview schedule information regarding personal profile, health, social problems and psychological needs of the respondents. Data was analyzed using appropriate statistical tools.

Results and discussion

Table 1: Socio-personal characteristics of rural women

S. No.	Socio-personal characteristics	Percentage (N=100)
1.	Age	
	60 to 70 years	55.0
	70 to 80 years	32.0
	Above 80 years	13.0
2.	Education	
	Illiterate	95.0
	Literate	5.0
3.	Type of family	
	Nuclear	58.0
	Joint	42.0
4.	Caste	
	Lower	45.0
	Middle	33.0
	Higher	22.0

A Socio personal characteristic of 100 rural women is presented in Table1. Majority of the rural women was of age between 60 to70 Years (55%) and literacy was found to be low among respondents. 58% rural women belong to nuclear family and mostly aged belongs to lower caste.

Table 2: Health problems of rural old age women (N=100)

S. No.	Health problems	S. A	A	D. A	Total	Mean	Rank
1.	Cough	44	31	25	219	2.19	1
2.	Pain in joints	42	32	26	216	2.16	11
3.	Teeth problems	35	38	27	208	2.08	111
4.	Asthma	29	33	8	191	1.91	1V
5.	Weak eye-sight	16	51	33	183	1.83	V

Strongly agree-3; Agree-2; Disagree-1

The major health problems of old aged women are depicted in Table 2. Most common health problem was cough that ranked first (I) in rural areas, while pain in joint was ranked at second order (II) The rural respondents reported dental problem at third (III) rank where asthma was fourth rank (1V) and weak eye-sight at fifth rank (V). The main reason of these problems

was habitual of smoking i.e. Hookah and Biddies, lived in unhygienic conditions and lack of awareness about nutritious food. Pradeep, K. (2014) reported that health problems of rural elderly more than half of the aged were suffering from arthritis, and this problem was more reported with female as compared to male (27%).

Table 3: Social problems of rural old age women (N=100)

S. No.	Socialproblems	S. A	A	D. A	Total	Mean	Rank
1.	Family adjustments	31	53	16	215	2.15	1
2.	Adjustment in society	29	49	22	207	2.07	11
3.	Differences in ideas social and cultural values	24	55	21	203	2.03	111
4.	Breaking joint family	23	42	35	188	1.88	1V
5.	Lack of social security	20	42	38	182	1.82	V

Strongly agree-3; Agree-2; Disagree-1

Social problems are presented in Table 3. The rural aged women reported family adjustment where adjustment with the members in the society, differences in ideas, social and cultural values, breaking up of joint families were their major social problem. Attitude of youngsters pay no attention to elder people, with change in the society and they had different opinion and thinking towards their elders which make family problem. Higher education was another factor which played part in the family adjustment. It was concluded that youngsters did not participated along with their elders in the social activities and other social gatherings. Breaking of the joint family, made opinions differences in social and cultural values, behaviour of their sons and daughters-in-laws for

whom elder people are considered as burden on family, the association was found to be significant in rural areas. These problems may be due to migration of rural youngsters to urban areas, higher education, their exposure to modern technologies and generation gap Sumanth, S. (2012) observed that 52 percent aged women felt that old age affected their role in the family, 35 percent of the respondents felt that they were not consulted by the family members for making decisions. They felt that they were ignored by family members because of their physical illness and economic dependence, because they were aged and could not contribute to the family and society and 56.17 percent of the respondents had a negative attitude towards life.

Table 4: Psychological needs of rural old age women (N=100)

S. No.	Psychological needs	M.E	E	N.E	Total	Mean	Rank
1.	Sympathy affection family members and by	31	30	39	192	1.92	1
2.	Positive attitude of youngster towards them	20	41	39	181	1.81	11
3.	Emotional support	18	40	42	176	1.76	111
4.	Respect by family members	20	33	47	173	1.73	1V
5.	Mental satisfaction	15	32	53	162	1.62	V

Most essential-3, Essential-2, Not essential-1

The results of study in Table 4 concluded that rural aged women had psychological needs: lack of sympathy and affection by family members, positive attitude of youngsters towards them and emotional support was reported major psychological issue. The main reason was, in old age people become physically and mentally weak. They start behaving like children and thus their likes and dislikes are very much like children. They feel that they should be treated like that and generation gap was also another factor for that. Mohammad, A. (2018) studied that there were several causes of problems and negative attitude of old age people towards life. The major causes were conflict due to generation gap, lack of mobility, poor health conditions and feeling of loneliness. All these factors created negative attitude towards life of old aged person.

Summary and Conclusion

The study was conducted in rural areas of Jind, district of Haryana state. In rural areas 100 aged women were selected randomly. The data was collected through Questionnaire-cum interview schedule information regarding personal profile, health, social problems and psychological needs of the respondents. Data was analyzed using appropriate statistical tools. The major health problems of old aged women were cough, pain in joint, dental problem, asthma, weak eye-sight. The main reason of these problems was habitual of smoking i.e. Hookah and Biddies, lived in unhygienic conditions and lack of awareness about nutritious food. Family adjustment where adjustment with the members in the society, differences in ideas, social and cultural values, breaking up of joint families was their major social problem. Attitude of youngsters pay no attention to elder people, with change in the society and they had different opinion and thinking

towards their elders which make family problem. Higher education was another factor which played part in the family adjustment.

The study concluded that youngsters did not participate along with their elders in the social activities and other social gatherings. Breaking of the joint family, made differences opinions in social and cultural values, behaviour of their sons and daughters-in-laws for whom elder people are considered as burden on family. Psychological problems reported that; lack of sympathy and affection by family members, positive attitude of youngsters towards them and emotional support was reported major psychological issue. The main reason was, in old age people become physically and mentally weak. They start behaving like children and thus their likes and dislikes are very much like children. They feel that they should be treated like that and generation gap was also another factor for that.

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