



# International Journal of Home Science

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## A study on health status of elderly male and female living in old age home in Modinagar and Meerut city

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### Abstract

The current study was conducted on older people living in old people's care home "Old age" and the "Elderly" are the terms which are common title in most popular uses. Aging is the closest period of the total life span. The age gap in the generations is widened and the children's find it difficult to make an adjustment with their older parents. Therefore, the familial, social, psychological and economic issues rise in the family and consequently the birth of old age homes or care homes are increasing day by day. The aim to review the existing present nutritional situation of old age homes amongst the Indian elderly and to assess their health status. The simple purposive random sampling were performed and 75 males and 75 females were sample size. The health estimate was being done by the formulated questionnaire. The maximum health dentalium assess the dietary and health status.

**Keywords:** Health status, elderly population, old age homes

### 1. Introduction

Aging is multisymptomatic and exceptionally a diverse affair. The current piece of paper shares out the condition of elderly population in old age homes. It is believed that children are the secure key for their aged parents but the old age care homes proliferate since 1980's. The extensive cause & rising in old age homes are: strained status, spouse demise, poor situation, mistreated by the family members and insufficient support from social link. Today the young generation forget that older person is not a burden but a cultural heritage itself. In order to get more luxurious life, comfort the young people leave their parents to charitable institutions to lead a life insecurity and negligence. The elderly population is extensively getting physical and mental torture away from their homes.

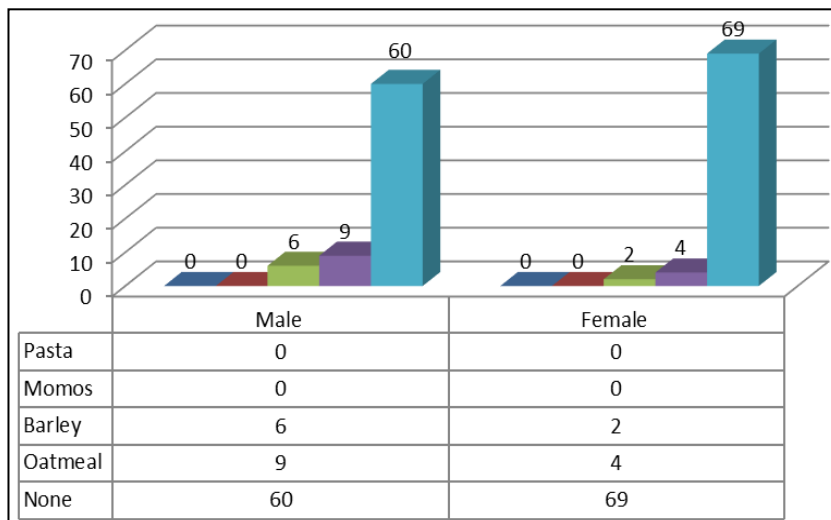
### 2. Research Methods

The present study was done in two cities Modinagar and Meerut in the year 2018 to 2019. The simple purposive random amplify was selected for the data collection. Elderly population male and female (above the age of 60) were taken under the study. A formulated questionnaire was being used and developed to assess the health status of elderly and duly filled by interviewers through interview cum questionnaire method. Questionnaire connect and explicable, tactile and well understood able questions were used to collect status, health conditions and medical conditions of the elderly. The mean and the standard deviation were calculated and compared.

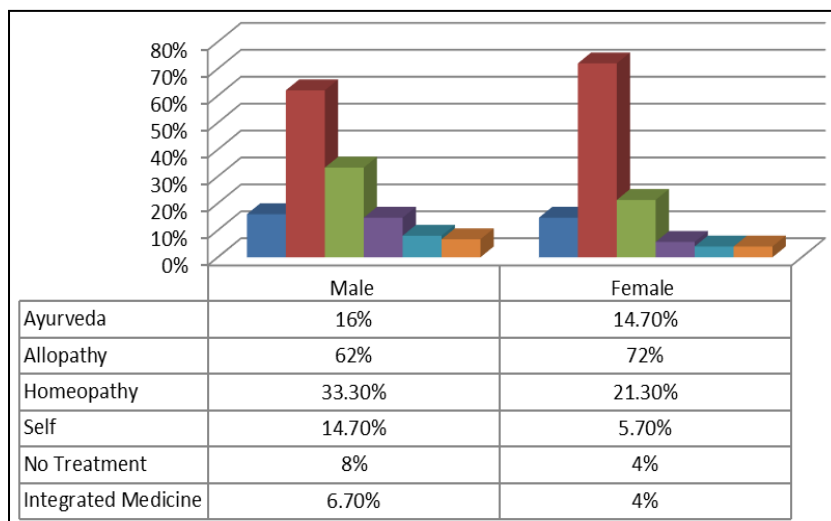
### 3. Research Findings and Discussion

The above table reveals that out of 75 male elderly 60 male inmates and 69 female inmates from old age homes were having healthy food choices and put their choices on wheat cereals rather than on refined cereals due to their empty nutritive value content present in them. 9 males and 4 females elderly were taking oatmeal and 6 males and 2 females liked barley in their diet.

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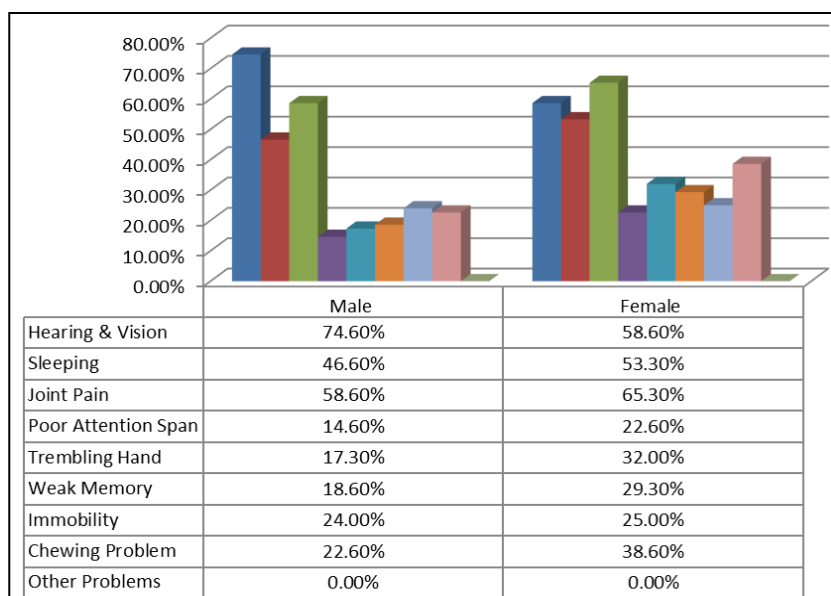
**Fig 1:** Consumption of healthier & unhealthier food choices of the male and female subjects living in old age homes



**Fig 2:** Kind of treatment preferred by the male and female subjects living in old age homes

The above table with graph shows the kind of treatment usually adopted male elderly respondents and female respondents 16% males and 14.7% females believed in Ayurvedic treatment. Majority of the respondents i.e. 62% males and 72% females followed allopathic treatment where

some of the respondents 21% females and 33.3% males preferred homeopathic treatment and many respondents' i.e. 5.7% females and 14.7% males believed in self-treatment for basic illnesses and pathological condition whereas 8% male and 4% females were ignoring their condition and health.



**Fig 3:** Health Diseases faced by the male and female subjects living in old age homes

The above table and graph give the information regarding the diseases prevailing amongst the male and female elderly living in old age homes. 74.6% males and 58.6% were suffered from optic and hearing issues and many having cataract in their both eyes. Many inmates suffered from insomnia and majority of the patients were facing joint pains and unable to walk. 17% males and 32% females depict the symptoms of Parkinson's disease. 18.6% and 29.3% having dementia with poor memory. 22.6% males and 38.6% females were not taken normal diet due to loss of teeth.

#### 4. Conclusion

The conclusion drawn after the study that the living condition of the old age homes is major concern and the elderly are the victims & poor health & the health status & elderly either male or female and the health service provided by the old age care homes was not found insufficient. An improvise and enquiry is must needed in this direction and improve the health services in term & diet, medical condition or should be taken under attention.

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