

**CHALLENGES AND PROBLEMS FACED BY ELDERLY PEOPLE: A CRITICAL
REVIEW**

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Abstract

Research on the quality of being and community possession indicates the vital role of these factors in the lives of large adults. It can be the support an individual can use in a particular stressful situation. This type of mental support decreases the risk of so many emotional disorders in a human life. Thus, social support is helpful for welfare and enhances quality of life. This appraisal reads the text on the superiority of life (Sol) and community holding up from side to side through the lens of the modern era perspective of person growth. Method this study is a review based on qualitative data sources, including journal articles, books, documents, and newspapers. Another one is when a child has a strong base at home, such as parental control and relations with friends, neighbors, etc. Similarly, this review also seeks to dissect the repercussions of essential principles like quality of life and collective adjustment in contemporary digital adjourns and dryness to contemporaneous relations and their impact on the profound logic with context to the affected large maturing. This study recommended that future research focus on seniors, their quality of life (Sol), and social support.

Keywords: Medline, Quality, documents, Quality of Life

Introduction

The initial interest in old age studies dates back to the early 1960s. When aging was recognized as one of the most critical social issues of our times by the earth meeting on age (Vienna, 1982) and the worldwide chart of deed on age by the UN universal meeting; it gave a strong force to aging study crossways the sphere, counting India. At present, the elderly populace is the primary target of the diverse social planners and service providers. The growing inhabitants in the context of industrialization and modernization have united the track of the inhabitants with the revise of age: socio financial impact, relations relatives, fitness, and livelihood circumstances, excellence of life, social bear and efficiency. The evaluation of the writing on superiority of life and social hold for older people in civilization is based on a web search. This study Literature Review covered several sub-sections:

- Mature in world
- Old in India
- Aged in Kerala
- Quality of life

- Social support

Elderly in world

However, it is distinguished from places like Italy and Japan, which have high shares of the 65-plus age population. By 2050, approximately two billion people worldwide will be 60 years or older, more than double the number in 2000, according to the World Health Organization. Some of the world's largest economies are now experiencing rising health care, increased annuity expenditure, and decreased working-age population politics due to the growth in the elderly population. Declining birth rates in these countries have become a major contributor to this phenomenon. With the average age of the population in each country increasing, many around the world are raising the retirement age, reducing pension benefits, and paying much more for healthcare for the elderly in different countries. The age cohort after birth in people is smaller and smaller, and people are living a lot longer, so the above 65 years of age is now a growing and growing fractional part of the world's total population. Below, we will look at a few of the countries that are pretty popular for their top goat-like smell of rapid aging.

Countries with the largest aging populations

Older people. For the elderly demographic, the numbers changed little outside the keeping down the same 20% limit from 2005 to 2010. For the past few years, however, they have followed the same sound but alarming trend. The population aged 0 to 14, the one that has the most interest in education and the workforce, has been steady at less than 15% since 1999. Italy has had the highest ratio of public spending to all EU countries' aging population.

The next highest is Greece, with 21.4% of its population 65 or older. Sovereign debt is high, retirement ages are much lower than in other countries, and there are a lot more pensioners than working people. Greece has the most poorly designed pension system in the world.

Other countries with high percentages of citizens who have attained 65 plus include Germany, Portugal, Finland, Bulgaria, Sweden and Malta. The 65 diplomates or older accounted for rates of 21.2%, 20.8%, 20.9%, 19.9%, 19.4%, and 19.2% of their respective populations in the last-mentioned countries (Haider, 2017).

Elderly in India

In India, the share matured 60 and over increased from 5.5% in 1951 to about 8.3% in 2013, i.e., nearly 93 million people. As per the period of India on April 22, 2011, even though the mature age is only 7-8% of the entire populace, that multitude looks toward 12% of the whole populace by 2025, of which 10% will become bedridden and require intensive care, reports the Union Health Ministry. By 2013, it is believed that individuals older than 60 will number 100 million; by 2030, they, like the rest of us, will number 198 million. Kerala has a higher proportion of internal migrants — almost 12.6% — while Maharashtra (10%), Himachal Pradesh and Tamil Nadu (10.3%, respectively) also have sizeable women in this age group.



Apart from Bihar, Jammu, and Kashmir, Assam is also among the few states with a higher number of older men than women (Times of India, 2012). The elderly are over 60 years old, which is the age associated with declining physical, psychological, and emotional health. About 65% of older adults rely on others for daily activities, according to Das. He said 6–7% of men and less than 20% of women were economy-dependent on a spouse, with children as first support for 85% of men and more than 70% of women. Men receive 2 percent of support from grandchildren and women 3 percent; 6 percent of respondents in both genders rely on others, including non-relatives. According to the United Nations (Economic Times, 2012), on the one hand, India's total demographic will increase by 60 percent in 50 years from 2000 to 2050; on the other hand, the number of 60 years and above older people will increase by 360 percent. As per 2002 data, close to 50% of rural elderly have a monthly per capita expenditure of Rs. 420 to Rs. 775, while around half of the urban elderly spend Rs. 665-1500. Stelzer discovered that approximately 40% of people aged 60 and older were still working. In rural areas, 66% of men aged 60 years and above and 23% of women aged 60 years and above were economically engaged. By contrast, in urban areas, 39% of older men and approximately 7% of older women were economically active (Das, 2011).

Elderly in Kerala

The number of aged individuals Most of the time, the onus of taking care of the elderly lies on relatives because most of the children are out of the state or abroad. The report says there is not much difference in the loneliness reported among urban and rural elderly in Kerala. About 6% of seniors in the state live alone, and that number increases as people age. Many families in Kerala take elderly relatives, leaving them at home due to children working abroad, and loneliness has even been among those out-living families. The Times of India. There are many challenges elderly individuals living alone face, such as transitioning to retirement, having less earning potential, less mobility, and loss of independence. Most of them find it challenging to cope, leading to an emotionally disturbed state, which may lead to suicidal tendencies (Mathew, 2011) [5]. In Kerala, it is pretty standard for the elderly to be in a nursing home. According to the Kerala aging survey, the state has 204 such institutions. Census data [3] (Radhakrishnan, 2011) shows that, of Kerala's population of 3.34 crore, 13% are over the age of 60, while the national average is 8.2%. While India's population grew 17.6% in the past decade, Kerala's population growth rate was a mere 4.6%. It is also for the first time in the case of Pathanamthitta district that a negative population growth was recorded.

Quality of life

A lot of older folks quit the active work world, surviving on savings and pensions (and those without either often beg others to help them). Financially self-sufficient older adults experience a greater sense of life satisfaction than those without income sources, he argues. Additionally, families in the senior's life may not show them proper treatment if they are



suffering from financial independence. Health is one of the most influential factors in community participation. Kumar points out those older adults with functional decline typically have co morbidities. As such, it poses a challenge for both the government and society to improve the quality of life of this segment of the population further. Growing life expectancy calls for attention to health and preventive objectives to bypass diseases and enhance standards of living, he added. In addition, for the elderly, social connections can fulfill an essential role in their overall quality of life. One major harmful for older people, a social disruption, is loneliness. The losses experienced, for example, retirement, disability, and loss of friends or spouses, can intensify feelings of isolation, resulting in compromised quality of life (Kumar, 2014) [6]. Devi notes that the care of older people includes not only their long-term physical, social, economic and emotional support. Quality of life, according to Lawton (2012), is a multidimensional judgment based on both personal and societal standards, assessing the individual with respect to how those past, present and expected experiences measure up. They argue that the quality of life of older people could be assessed from both subjective and objective viewpoints. It emphasized four aspects related to a higher quality of life: The first one being satisfaction with life, self-esteem, general well-being, functional capability and socioeconomic level. Ghost (2009) researched older adults from different economic status groups (above and below the poverty line) in terms of their perceptions of aging and death. The study measured socioeconomic status as it relates to each individual and then distinguished one group as being middle class among respondents above the poverty line. The analysis found that older adults in differing socioeconomic circumstances have distinct perspectives on aging and dying. According to a study by Udhayakumar in 2012, 50% of the respondents were aged 60-65 years at a time associated with dependency (31). Many seniors collect retirement benefits and rely on family to help pay bills.

As many of the participants do not work, they rely on others for support, according to the study. A widespread problem amongst older people is physical impotence, which increases their dependence on others, and also, women seem more dependent than men, according to the report. Education also stood out as an important factor; higher levels of education are associated with a reduced experience of aging-related problems. Illiterate old-aged people demand both informal and formal care. On the contrary, educated old individuals are more independent. The Transformation Plan has revealed that nearly half of the elderly are illiterate. Older people with money and property are treated better by caregivers in society. However, it also found that there was no relationship between income level and the quality of informal care (Udhayakumar, 2012).

Social support

Prof. Renold stated that elderly individuals rely on their families to meet their daily needs, assist with chronic illnesses, or help during crises. His document estimates that older people receive 70% of their total support from informal sources, spouses, and children. He also

mentioned that families can provide four basic types of social support to older people. He points out that a lack of social support can lead to drawbacks such as a decline in corporeal and cerebral physical condition. In his view, social support helps individuals to handle life stress and shows their ability to cope with it. He suggests that it prevent unenthusiastic symptoms like despair and nervousness while civilizing a person's well being. Clark sees social support as a psychological factor that aids in forgetting negative aspects of life.

He confirmed that a high degree of social support has a positive impact on the whole health in the long term. The provider of this sustain can be anyone from culture and relations member who create a helpful situation and strengthening. He also pointed out six criterion of social support: support from a spouse or lover, support from friends or a group of people, confirmation of merit from others, dependable carry, leadership and hold up from a senior figure, and the chance to nurture others. According to him, these six criteria can determine the social support available to an individual in their environment. A higher average score indicates an enhanced community holds up scheme, thus growing the likelihood of constructive health outcomes (Clark, 2005).

Fiksenbaum's research discovered that coping well is a key part of aging. This helps people handle losses, disappointments, and decline. Aging brings more stress in life due to events like losing a spouse, retiring, having less money, and illness. The authors stated that these stressors make it hard to keep an everyday life and lead to more dependence. People might not be able to do activities they enjoy, which results in unhappiness and more stress affecting their well-being. They also mentioned that older adults face mental and physical challenges, along with functional limitations that affect their daily activities. These limitations determine how much people can live.

In summary, the literature reviews do not have any education. Carry out the quality of life and social problems. Support systems for the elderly in India and kelala will be Education but has not been published I think it's a good time. Helping the elderly by focusing on this matter their difficulty and to provide better options for their elimination. Old age offers both physical and mental difficulties.

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