

## SHODH SAMAGAM

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### Social Support and Geriatric Care in Hilly Areas of North India

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Social Support and Geriatric Care in Hilly Areas of North India. Dr. Ambreen Jamali,  
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Abstract Researcher aims to understand the wellbeing, feelings and emotions of elderly  
people living in urban region of Dharamshala, District Kangra, Himachal Pradesh, India.

The children of majority of old age people are settled outside the state, because of their  
occupations. Maximum elderly are managing their daily routine alone or with their  
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#### ABSTRACT

Researcher aims to understand the wellbeing, feelings and emotions of elderly people living in urban region of Dharamshala, District Kangra, Himachal Pradesh, India. The children of majority of old age people are settled outside the state, because of their occupations. Maximum elderly are managing their daily routine alone or with their spouses. Although nine out of ten respondents were able to walk, dress, maintain personal hygiene. Economically they are self-reliant and few of them are dependent on their children. On interviewing them researcher found that more than half of the elder people are facing fear for morbidity care, loneliness, anxiety, depression and insomnia. This study will identify the problems faced by the elderly, what they expect from their children, from Government, community, society.

#### KEYWORDS

Care, Elderly, Social Support, Geriatric.

#### INTRODUCTION

India is a value based society. In our moral values we are taught about how it is our obligation to respect our elders and love our children and support our elders. But in today's era people are far away from taking of their old parents. They are adopting the concept of nuclear family and mostly they want to spend time in the cities far from home and their parents to study or to get a job and because of this reason mainly the old parents feel loneliness and stress. This study will be a mode of learning about the lives of the elderly people in Dharamshala. Elderly people are socially and economically dependent on their families. Elderly people go through various types of problems;

physical, psychological, economic and social. The problems that elderly people mostly face do not only affect them emotionally but it also affects their mental health and requires support and assistance.

### **Socio-demographic Profile of Elderly People**

Indeed the UN proclaims global ageing is unprecedented, unparalleled, pervasive, profound and enduring. In 2017, the global population of aged above 60 years were 962 million, more than double as very large as in 1980 at that time there were only 382 million elderly persons in the world. The number of elderly is expected to increase two times again by 2050, whereas it is expected to arrive at almost 2.1 billion (United Nations Population Fund, 2017). The old aged people of the developing regions are increasing more rapidly as compared to developed regions. Therefore, the rising regions are house to a growing share of the world's old aged population. The developing regions were house to 56 % of aged people 60 years or above in 1980. In 2017, two third of the world's old aged population lived in the developing regions. Between 2017 and 2050, the number of old aged people who are 60 years or above is expected to grow more than double, from 652 million people to 1.7 billion in the developing regions. While the more developed regions are predictable to observe a 38% increase in the number of old aged people above that period, which will increase from 310 million people who are 60 years or above in 2017 to 427 million in 2050. Projections point out that in 2050, there will be 79% of the world's population of 60 years or above in the developing regions (Li, J., Han, X., Zhang, X., & Wang, S. (2019).

### **Indian Perspective of Ageing Problems**

In India too, the size and percentage of elderly population have been increasing in recent years and this trends is likely to continue in the coming decades. "The elderly population has increased from 75.93 million in 2001 to 104 million in 2011. By 2050, the elderly population is likely to increase by three times to reach around 300 million, accounting for 20% of the total population of the country" according to (Kumar, S., Kumar, K.A.). Aged is one of the most significant worldwide trends of the twenty-first century and the question has continuously getting a lot of attention from the community, and policy makers. Whereas the twenty-first century is extensively being considered the century of aged people, the 22nd century is predicted to observe the occurrence of the 'ageing of the aged'. The rise of life expectancy has resulted a main shift in the age group of 75 years and over, well-known as the 'oldest old'. These rising trends call for incredible attempts to carry on with new demands and challenges are economic, psychological, and health related.

Customarily, in India, old age people spouses rear their children and expect their grown up children and grand children to take care of them at their elderly stage of life. This cohabitation is the assurance they have that they will receive social, emotional and care from their kids in old age.

As the modernization, urbanization, industrialisation, and westernization spread here and everywhere, elderly people are put on their own care. Today people prefer nuclear family over joint family and consequently, as a result elderly people are facing number of problems like social disorganisation, economic problems, psychological problems, feeling of isolation, health determination, total dependence and discrimination as well. Everyday elderly are physically abused, humiliated, threatened and isolated by their family members and others. The society no longer understands the problems of elderly people. Instead of understanding their pain the society blames over their intolerable attitude which makes them burden for the younger generation.

The increase in the employment of women outside the home means their help and presence is lost to the aged in the household. In such a situation how the old in an urban setup are being looked after by the family is worth enquiring. Young generation respect for and dependence on the old is reduced. The elderly lose everything including friends, spouses, status, power, influence, income and