Chapter 8

Limitations, suggestion and implications

Perfection is impossible to attain in any desired field. Similarly scientific research is not also an exception. Limitations are confined to substation in individual work; as all the factors are impossible to be taken into consideration. Therefore the shortcomings are observed in every research due to the stipulated amount of time and limited resources. The topic of the research is intriguing in itself as the dilemma of old age people has been meticulously interwoven with complex factors.

- The size of research sample is only of 240 which are not applicable for the generalization at the larger scale.
- The age –range of the participants is 60-75 which doesn’t cover the whole old age.
- Sample is designed only from 5 old age homes of Uttarakhand which represents a small and specifics region.
- There are so many other demographic variables which could be incorporated like cast religion etc. So that the better picture of old age could be obtained.

Suggestions

- Workshops on guidance and counseling can be organized in the old age homes.
- Counselor should be permanently appointed in old age homes.
- In general it has been observed that old age homes are established apart from the city. This caused a feeling of separation and isolation in old aged people. Therefore, there is a need to establish it in the city heart so that they may enjoy the mainstream.
- Some cultural and entertaining programs can be launched to make the elders happier and minimize monotony.
- This work can be replicated on a larger sample to generalize the finding.
• The comparative study of Psycho Social problems and coping behaviors of the old age residing in institutional and non-institutional residing settings can also be conducted.

• A more comprehensive investigation can be done to explore the impact of physical problems on psycho-social health of the old age people.

• A research can be conducted to investigate the behavioral pattern of the old age people toward their institutionalization.

• Special care system should be build to provide the counseling and health to the elderly. Such as; hospital, medical professionals, social welfare organization as special age care instauration should be appointed by the government along with the strong supportive network.

• Emergency health facilities and necessary infrastructure facilities should be provided by government to the old age Institutions.

• Financial support should be provided by the government to the senior citizens who are deprived of their pension.

• The incorporating body concerned with elderly people and their mental health problem could be beneficial to draw social changes in the country.

• A study can be conducted to point out elder’s attitude towards institutionalization.

• A research can be conducted to examine the relevance of the service by the family members, so that the proper care of elderly can be done.

Implications

In any scientific study, research implication is an eminent part of its discourse. Because the research has it’s multiple relevance in psychosocial and socioeconomic issues. As research give an authentic description of the people concern with a dogma in an elaborated scientific statistics. These scientific statistics provides the relevant information, to the government and nongovernment organizations in order to draw the policies, for the related issues, similarly the present study of home based and institutionalized elderly are concerned with subjective
wellbeing and death anxiety that in accordance proved us with relevant result. Therefore, the subsequent result infuses the government and nongovernment organizations.

The finding reveals that the institutionalized elderly were having significantly poorer amount of subjective well-being than homed based elderly people. It is a clear sign of the unhealthy conditions, psychophysical and psychosocial, prevailing in the old age homes. Every endeavor should be made to make these places provide with the facilities for their subjective well-being of the inhabitants there – including food, clothing, medical aid and counseling etc.

Further research result shows that institutionalized elderly significantly exhibit more death anxiety than homed based elderly people. It is indication of their unhealthy physical, mental and social conditions prevailing in the old age homes. Every attempt should be made by management team of institutions to make them to get rid off feeling of death anxiety.

It was found that in comparison to male elderly people female elderly subjects are found to have poorer amount of subjective well-being and higher amount of death anxiety whether they are living with family or in old age homes. It is an indication of their unhealthy physical, mental and social conditions prevailing in the society. So there each and every effort should be made by government or non government organizations who are working for welfare of women to make their life happy and healthy.
References


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