CHAPTER VI

MAJOR FINDINGS, SUGGESTIONS AND CONCLUSION

The present study is conducted among the old age people in the five panchayats in Pollachi North Block in Coimbatore district. The data collected from the respondents has been analyzed and interpreted appropriately by using statistical tools and techniques. The findings and suggestions emerged out of the analyses and interpretations of primary data are properly presented based on the focus of this research and logical conclusion is also presented in this chapter.

6.1. MAJOR FINDINGS

6.1.1. PERSONAL PARTICULARS

1. Age and gender

Here in this study 59.6 percent of the respondents belong to the age range of 60 – 69. While 50.7 percent were males and 49.3 percent were females.

2. Education

While discussing about the educational aspects of the respondents, it is found that majority (62.1%) of the respondents in the study area still remains illiterate and uneducated. The irony is that Government has taken a lot of steps and implemented certain programmes like adult literacy programmes, open schools, etc. to educate the people. But unfortunately majority of the people in the study area remains illiterate. So the researcher has raised certain queries here.
3. Religion and Community

In the matter of religion and community 92.9 percent and 69.6 percent of the respondents belong to Hindu religion and also from MBC category respectively.

4. Employment and pension

Here in this study more number i.e. 67.5 percent of respondents were not receiving any pension from any source but 32.5 percent were receiving pension from the government.

5. Marriage

As regards the marital status of the respondents in the study area, most (64%) of them were married and leading a happy family life.

6. Type of Family

Majority (87.5%) of the respondents were still living in joint families. This shows that still the joint family system has its own importance and validity in society and among the people, because once the joint family system was the highlight of rural India.

7. Nature of House

On enquiry about the nature of houses where respondents were living, it is found that majority (75.7%) of the respondents were living in thatched houses.

6.1.2. SOCIAL STRUCTURE OF THE STUDY AREA

1. Relationship Maintained with Family Members, Neighbours and Other Caste People

In the matter of relationship maintained with family members, neighbours and other caste people 85 percent of the respondents are maintaining an indifferent relationship with their family members.
While 83.2 percent of the respondents were maintaining cordial relationship with their neighbours and more than 91 percent of the respondents were maintaining an indifferent relationship with other caste people in the study area.

2. Attending Other Religious Festivals

As regards attending other religious festivals around 50 percent of the respondents were attending other religious festivals in their locality.

3. Celebration of Other Religious Festivals

In the case of the celebration of other religious festivals 97.5 percent of the respondents were not celebrating other religious festivals in the study area.

4. Religious Discrimination

More than 77 percent of the respondents were facing discrimination on the basis of religion in the study area.

5. Social Organizations

More than 98 percent of the respondents revealed that a number of social and voluntary organizations like SHGs, youth clubs, magalir mandram and thai thittam (Public Health Programme) were functioning for the welfare of the people in the study area.

6. Role of Caste Organization in Village Festivals

The caste welfare organizations like Kongu Nala Sangam, Puluvettu Gounder Nala Sangam, Kammavar Mandram, Nadar Uravinar Mandram, etc. and inter caste forum have a significant role in village festivals in the study area.
7. **Status of Social Integration**

As considering the social integration, there exists a medium level of social integration status in the study area.

8. **Economic Status**

The economic status of the respondents revealed that the majority (89%) of the respondents were hailing from middle class economic status.

9. **Employment Status of Family Members**

When discussing about the employment status of respondents’ family members, all most all the family members of the respondents were working as drivers, in coir making unit, NREGP, shop owners and as agriculture labourers

10. **Reasons for Migration**

While talking about the concept of migration in general, the status of migration is not so high in the study area but it’s happening for the purpose of searching more employment opportunities in other places, for earning more money and by compulsion of family members.

11. **Services available**

The study area has the basic amenities and facilities such as PDS Ration shop, School, Drinking Water facility, Primary Health Centre, Anganwadi, Electricity Board office, Post office, SHGs, market, road, burial ground, etc. which are functioning in their locality for the welfare and development of the people.
6.1.3. SOCIO- ECONOMIC AND PSYCHOLOGICAL PROBLEMS

1. Number of Rooms

Based on the study about the number of rooms available in respondents’ houses, 70 percent of them were having more than 2 rooms in their houses.

2. Ventilation

This study revealed that more than 98 percent of the houses were having adequate ventilation provisions in the study area. This also shows the awareness level of people about the necessity and importance of adequate ventilation in their houses.

3. Lighting

More than 96 percent of houses having the lighting arrangements. Which shows the awareness level of people about the necessity and importance of lighting arrangements in houses.

4. Movable and Immovable Asset

In study area more than 56 percent and 23 percent of the respondents were possessing vehicles and bank balance as movable assets. In the case of immovable assets, more number i.e. 66.4 percent of the respondents were having own houses.

5. Vehicles

In the case of ownership of vehicles almost all the respondents had owned vehicles of their own in the study area.

6. Nature of Land

In the case of nature of land and types of crops grown more number i.e. 61.8 percent of the respondents are not possessing any land of their own. But in the case of those who have possessed wet,
dry and garden in the study area majority of them were growing cash crops in their lands.

7. Treatment Given by the Family Members

Here in the study area giving treatment to old age persons was lacking in majority (90%) of the families. This is because of majority of the family members of the respondents may be thinking that giving treatment to old age persons may be the wastage of money, time, energy in short useless.

8. Problematic Persons

As regards persons who were creating problems to the respondents, in majority i.e. more than 59% of the cases the problematic person was their daughters-in-law only.

9. Problems Faced by the Respondents from Family Members

It is very transparent in the study area that everybody were affected by one or more problems in one way or other way by the family members directly or indirectly. So it was very clearly mentioned that 40.7 percent of the respondents denied their freedom for independently participating in decision making process.

10. Decision Making

In the study area 84.3 percent of the respondents’ family members were not consulting and giving preferences to express the opinion or consent of old age people while taking important decisions in their family.
11. Nature of Work

71.4 percent of the respondents were doing easy nature of work in their family. But more than 25 percent of the respondents are doing hard and unbearable type of work. This may be because; they may be financially supported or unsupported to their family’s income by contributing their pension, etc.

12. Reasons for Low Status

When enquired about the reasons for low status of old age people in the family the researcher could find out that the majority i.e. 60 percent of the respondents were physically depending on other family members for fulfilling their day today activities.

13. Routine Work

In the study area, 53.2 percent of the respondents were doing their routine works their own house itself.

14. Compulsion of Family Members

Majority (87.5%) of the respondents said that they were not facing any compulsion from their family members to do household activities.

15. Type of Living Arrangements

In the case of separate living arrangements more than 81% of the respondents have separate living arrangements in their homes. Among these respondents around 61 percent of them were staying in the verandas of their houses.

16. Frustration

In the study area 73.2 percent of the respondents were experiencing frustration due to one or other reason.
17. Psychological Problems

As psychological problems were concerned majority i.e. 91% was psychologically depressed in their vanaprasta and sanyasa stages of life and was facing some other psychological problems also. They were facing the psychological problems like blabbering, murmuring, speaking him/her self, repeating same words and dialogues, repeatedly talking about his/her olden days, memory loss, not recognizing right and wrong, and 9 percent of the respondents were suffered with anxiety, mental torture and other problems like loneliness, isolation, etc.

18. Mental Stress

94.3 percent of the respondents were experiencing mental stress and strain in the dusk of their life.

19. Basic Psychological Changes

Majority of the respondents have experienced the basic psychological changes like unnecessary thinking about their future and death in their old age.

20. Ill-treatment

More than 42 percent of the respondents have agreed that they have faced ill-treatment from their daughter/son-in-laws. While 31.1% agreed that they have faced ill-treatment from the hands of their own sons/daughters. At the same time 45% and 88.2% disagreed that they have faced any ill-treatment from the hands of neighbours and peers. In the case of community in general more than 77 percent disagreed that they have faced ill-treatment from the community in general.
6.1.4. FACTORS BEHIND SOCIAL EXCLUSION AND INCLUSION

1. Exclusion Experienced from the Family

96.1 percent of the old age respondents were experiencing exclusion in one way or other from their family members.

2. Forms of Exclusion

In the study area around 60 percent of the respondents felt exclusion in the form of avoidance.

3. Who Exclude the Old Age People in the Family?

When the researcher enquired about who is excluding the old age people are more in the family, the answer was that 60 percent of the respondents were excluded by their daughters-in-law only.

4. Reasons for Exclusion

While talking about the reasons for exclusion 55.4 percent of the respondents said that the reasons of their exclusion were that, they were depending on others in all the means for their day today life. This has created resentment in the minds of other family members in one way or other.

5. Methods of Exclusion

The old age people were excluded in different ways. More than 89 percent of the respondents faced exclusion in different ways like not providing proper food, not giving love and affection, not providing proper care and treatment, getting avoid in decision making, ignoring their advice and wordings purposefully to hurt their feelings, etc. from their family members.
6. Reasons for Unemployment

While discussing about the reasons for unemployment among the old age people, here in this study 73.2 percent of the respondents’ main reason of their un-employability is their physical unfitness only.

7. Inclusive Dimension of Old Age People

In the aspect inclusive dimension of old age people 58.2 percent of the respondents in the study area come under the dimension of social inclusion. This means that they needed the familial love and care from their own family members, kith and kins.

8. Treatment Given to the Old Age People in Government Hospitals

When, we analyzed about the health and the availability of getting treatment in government hospitals for old age people in the study area, three fourth i.e. more than 76% of the respondents said that they were getting proper treatment in government hospitals which is reportedly good.

9. Psychological Exclusion of Old Age People

More than 62 percent of the respondents’ Psychological exclusion from the society was because of their loss of self-esteem. This tends to lead other related issues like low self confidence, fewer employment opportunities, etc.

10. Methods of Occupational Inclusion

More than 67 percent of respondents were ready to adopt the changes in the way of doing work for their occupational inclusion. Even some of the respondents were ready to change their occupation also for their inclusion in occupational sector.
11. Steps to Improve Health Status

Adapting various steps to improve their health status 46.8% respondents demand separate village health workers to look after the area-wise health problems of old age people and 20% of the old age persons demand regular supply of life saving medicines and other medical aids and more than 18% felt that they needed frequent visits of Doctors or competent Medical teams to look after the health status of old age people while 14.3% demand supply of life saving medicines and other medical aids in either reasonable or free of cost.

6.1.5. PERCEPTION ON OLD AGE PERSONS BY OTHERS

1. Perception of Others on Aged People

The old age people used to talk to themselves about the memorable events happened in their past life. More over they used to recall all the same and remember at present. This has created intolerance among the younger generation due to age difference and their perception about old as useless and as a liability. Apart from these the old age people wished to be the head of the family and they expect other members in the family should their expectations. More over the old age people desire that the family must be in joint and to follow traditional life style.

2. Feeling of Inferiority Complex

The old age people often feel inferiority complex in their old age, because during their younger age, they didn’t depend anybody for their needs. But now they are bound to depend on their family members for fulfilling the basic needs. The old age people tend to think that for all their needs i.e. economic, physical, etc. they are to seek the care and support of their family members. This also has created certain problems between them. Because in their old age they
are unable to fulfill their own needs by themselves in view of physical and economic disabilities. This has created inferiority complex among the old age people and they think that why should they live? In some cases this has resulted in committing suicide also.

3. Feeling of Age as a Problem

Why age is felt as a problem? Because some of the respondents opined that due to their over age they were not getting jobs anywhere. This has created economic problem to them and lead to economic dependency also. If they are in younger age they could earn a good job anywhere and could lead a decent life also. Moreover their health condition was also fast deteriorating day by day due to the age. This has lead to physical dependency and they need somebody’s help to move from one place to another. This has created a feeling that they were the burden to their family members. In their younger age they were the supportive pillar of all other members in the family, had good job and salary. But now they have to depend on others for each and everything in their old age life.

4. Affecting by Wrong Notion of Others

Society in general people has a wrong notion about old age and old age people. Many a time this wrong notion of people about old age people have hurt the inner feelings of old age people in different ways, because in their old age period they are depending their children for their daily bread.

5. Wrong Motivation in Taking Wrong Decisions

More than 73 percent of the respondents have taken wrong decisions after getting wrong motivation from their kith and kin and have decided and tried to commit suicide also in their old age period.
6.2. SUGGESTIONS

After an in-depth study on Social Exclusion and Inclusion of Old Age Person – A Study in Pollachi North Block, Coimbatore, Tamil Nadu, the researcher deems it necessary to put forward the following suggestions to governments (both Central and States), Welfare Boards and Panchayat Raj Institutions.

➤ Information and awareness with guidance and counseling need to be given for the Prevention of sufferings of old age persons. Timely provision of relevant treatment would protect life of old age people.

➤ Improving the economic conditions of the old age persons by giving training to develop their self employment.

➤ The pension given by the government to the old age people may be increased to fulfill their genuine needs.

➤ All community centers and Panchayats must develop day care centers to take care the aged ones/ rehabilitation of the aged people.

➤ Warning and punishment must be given on humanitarian ground to the families those who are neglecting their aged ones.

➤ Free medical camps, health checkup, and medicines, concession in bus and train travels to the aged ones, especially to the aged women by the government and also by other welfare organizations would deliver the requirement of healthy and happy ageing.

➤ The family members and the community should give timely mental and moral support to the aged persons to get-rid of frustration and mental illness.
➢ GOs and NGOs should meticulously plan with policies to take care of old age people because they are at the last stage of life they are not having any support to hold to lead their remaining days peacefully.

➢ Government should give employment opportunities to the old ones based on their physical stamina to improve their economic conditions. It will help to improve their standard of living and freedom from dependency, as one kind of hold support for them, to be partially self supported.

➢ In villages, the village panchayats also have the duty and responsibility to take care of their village old age people. The members also can give opportunity to the aged persons to take decision in any village festivals and any other village-level activities.

➢ Counseling must be given to the family members, especially to the sons and daughters and also to their in-laws. For this the government should develop separate psychological and legal counseling centers.

➢ Free/concessional medical facilities as well as gerontologist need to be appointed in all government hospitals for the medical care of senior citizens.

➢ Utilizations of the skills/wisdom of senior citizens through the method of social group work.

➢ The parents when physically strong should treat all the children equally so that at the last stage all the children may equally shoulder the responsibility of their elder parents. The parents should keep a portion of their property for their personal expenses.
➤ The parents should socialize their children the respect of old age people of parents.

➤ There is dire need to increase per capita income so that the violation of the rights of senior citizens occurring due to poverty may be minimized.

➤ Encouraging the family members in the first place to take care of their aged parents and incentive scheme wherever feasible and possible.

➤ Include geriatric sociology in the curriculum of the schools so as to sensitize the younger generations to the problems of the aged so that they may keep the family tradition in tact.

➤ Value education, advocacy on the rights of the aged has got to be given priority in all the programmes.

➤ Immediate strengthening of primary health centers and motivating the doctors to work in the primary health centers in rural India.

➤ On the job training of rural un-qualified doctors, who have been accepted by the rural socio economic system, in geriatric care and assigning them with the responsibility of elderly care.

➤ Designing and developing occupation based social security programs for the workers in the Unorganized sector with individual contribution and along with employer contribution where ever there is an identifiable employer.

➤ A right based approach than an institutionalization of aged care should be thought of for mainstreaming the aged.

➤ Establishing district wise old age homes with community support; (As a last resort for family care and mainstreaming is strongly recommended).
Raising the retirement age in public service to 65 so that the knowledge and skills of the aged can be fully utilized at the same time lessening the burden on pension systems to pay for longer unproductive years.

6.2.1. SCOPE FOR POST DOCTORAL RESEARCH

Based on the findings of this study, the researcher suggests the following areas which need for further studies to find out answers as part of Post Doctoral Research.

- Plight of Old Age Parents of Single Daughter-A Diagnostic Study.
- A Study on Institutional Support to Old Age People towards Happy Ageing.
- Human Rights Violations of Old Age People in Family and Other Institutions- An Exploratory Study.
- A Comparative Study on Old Age Men and Women with Special Reference to Family and Care Homes.
- A Study on Destitute Old Age People.
- Empowerment of Old Age People through Legal Interventions towards Happy and peaceful Ageing.
- Community Life of Old Age People through Institutional Care and Support –A Study

6.3. CONCLUSION

As the impact of the in-depth study on aged people it evidently revealed many facts that are contrary to general beliefs mythical logics. Old age had never been a problem for India where a value-based joint family system is supposed to prevail. Indian culture is automatically respectful and supportive of old age people. Ageing is a
natural phenomenon which has all along engaged the attention of the civilized world. Provision for the aged in the modern society has become one of the constitutive themes of our modern welfare State.

The problems of the aged vary from society to society and have many dimensions in our country. Based upon the age brackets and the family structure the problems of aged are varying. The grand old people are facing lot of exclusion and sufferings with mental tortures in our society. The disintegration of the joint family system, the impact of occupation and economic change, the impact of modern education system and the degradation of moral values among the younger generation have brought into sharp focus of the peculiar problems which the old people now face in our country. And in the traditional sense, the duty and obligation of the younger generation towards the older generation is being eroded. The older generation is caught between the decline in traditional values on one hand and the absence of an adequate social security system on the other hand, thus finding it is difficult to adjust in the family. The above said factors influenced the life of the elderly people in the society also.

Very often the old age people have to depend on their siblings for their day today activities. In the absence of regular income they have to depend on their children economically. Apart from economic dependency they have to depend on their children for other needs also. In the study area majority of the respondents were illiterate or uneducated and some of them have completed primary or secondary schooling. So in such cases in their golden period also they didn’t have any permanent employment opportunities and income. This economic uncertainty is continuing in their old age period also. This economic dependency is creating a lot of trouble in their entire life i.e.
lack of proper medication and health care practices, lack of adequate and nutritious food, etc. Apart from these problems they are undergoing severe mental abuse and physical torture from their sons, daughters, in-laws and from grand children also.

The disintegration of joint family system, the influence of modern education and the migration among the younger generation created a wider gap between older parents and the youth. In the study area also migration is taking place. When the younger generation migrated to urban areas in search of new employment, for earning more money and for the betterment in their living conditions they are leaving their older parents in their place of origin. This type of desertion is creating isolation and loneliness among the old age people. The isolation and loneliness among the old age people created psychological problems like stress, strain, depression, mental trauma, frustration, and memory loss, anxiety, etc. Above all the old age people are facing ill-treatment, mental harassment and physical and verbal abuse from their family members, neighbours, relatives, peers and from the community also.

The researcher could grasp factually that because of the above said reasons the old age people are facing severe exclusion in all walks of life from the society. In their golden period they were the king and kingmakers, but in their old age period they are considered as waste and useless and kept them at a distance in decision making, ignored their advice and wordings purposefully to hurt their feelings, treating like an object and cursing purposefully to hurt them psychologically. Apart from this the old age people are undergoing heart breaking type of reasons for exclusion like the family members used to say that by the old age people they are not use or uttering as an object or no
benefit from them to the family in front of them during their old age period. The irony is that once they were the bread winners of the family. But now they have to depend on others for their bread.

Apart from family the old age people are facing exclusion from peers, neighbours, co-workers or unemployment as well as psychological exclusion also. In the work places majority of the old age people are facing exclusion and unemployment because of their poor health condition, poor eye sight, less alertness, etc. In addition to all these things the old age people show low self esteem and loss of self confidence also because of their psychological exclusion. In order to include the old age people in different walks of life we have to include them in the decision making process in family and give space and freedom of opinion to them in various inclusive dimensions like economic, education, religious, political and health. For the effective inclusion of old age people in employment sector we have to change the time of work, increasing in age limit, nature of work, etc.

The old age people need some special care, attention, affection and treatment from their family members and also from the community, GOs and NGOs. The old age persons are facing lot of problems from the family, neighbours, and also from the community. Because of this they psychologically affected by frustration, other mental illness, feeling about their health conditions and also about their death. The government should also develop some plans and policies to build housing for aged ones those who are neglected by their children. It will help them to lead their last moment of their life without any difficulty and any verbal and physical ill-treatment. It is the duty and responsibility of the family to teach their children about the importance of the older people, and the parents must also respect
their aged parents then only the present day younger generations could learn from their parents how to support, respect and treat their grandparents and aged parents with love and care. So family is the prime center for all the smooth functions of the society, it should be a role model for all other activities which is functioning in the society.

It is very important on the part of government, the society, the police and the NGOs to try, convince and make the aged to believe that they are an integral part of the society and like anybody and they too have the full freedom and constitutional rights to live with dignity and peace of mind. The present generation should be taught and oriented mentally to regard the aged people as treasures and not as waste, and imbibe them as the present day’s youth are to become old after some time which has no possibility of escapement and avoidance. Old age people should be ensured safety, security and civil rights to lead a life of dignity and honour without any problem just like any other citizen in the society with full confidence of peace of mind and social justice.