CHAPTER V

FINDINGS, CONCLUSIONS AND SUGGESTIONS
The population ageing is one of the major problems for the developing countries like India. The Chennai is the metropolitan city consists more number of old age homes. These homes are classified into different categories broadly paid homes and free homes. Every year the number of old age homes is increasing. The present study is carried out in the old age homes of Chennai city.

The specific objectives of the study are

1. To profile the socio-economic background of the elderly persons in the old age homes of Chennai,
2. To examine the determinants that leads the aged to seek admission into old age home,
3. To understand the experiences of the aged after entry into the old age home.
4. To describe the perceptions of the aged about their life.
5. To examine and suggest measures to solve the problem of the aged.

Major Findings

Socio-economic profile

- The women (70 per cent) outnumber than men in the old age homes. It falls in the line of national scenario.
- The majority (51.50 per cent) of the inmates are belongs to the age group of 70-79. The Mean Age of the inmates is 67.55 years of old with
Standard Deviation 21.83. the Mean age for men is 71.10 and Mean age for women is 70.80

- It is observed that the unmarried aged inmates (40.25 per cent) sought shelter homes in more number since they don’t have any body else to look after them during their autumn days.

- Illiteracy prevails among the most of the inmates (59.50 per cent).

- It is understood that majority (53.5 per cent) of the respondents belong to the Hindu religion and remaining 46.5% of the inmates belonged to the faith of Christianity.

- The majority (64.50 per cent) of the inmates belonged to the most backward caste.

- According to the data, 91.75 per cent of the inmates belong to the nuclear family setup and remaining 08.25 per cent come under the category of joint family setup.

- Just above half (51 per cent) of the inmates are staying less than five years at the old age homes.

- 59.50 per cent of respondents’ kin men are aware about the stay of the inmates at old age homes.

- Out of 169 respondents, majority (50.89 per cent) of the respondents have more than three issues

- It is evident that 28 per cent of the inmates have surviving sons.

- Most of the (67.46 per cent) inmates hail from within the district of Chennai.
- It is understood that the 94.25 per cent of the inmates are staying without kin (alone) at old age homes.
- 58.75 per cent of inmates eke out their living through private jobs.
- The 57.50 per cent respondents’ monthly income is less than Rs.2500.
- Out of the 400 inmates, 17.25 per cent of the inmates alone have both moveable and immovable properties.
- Half (50.25 per cent) of the inmates had resided in the rented house.
- As far as the rent is concerned, 61.19 per cent of the respondents paid below Rs.2000 as rent per month.
- 37.19 per cent of inmates’ house is currently used by their own children.
- The most of the respondents (81.25 per cent) belonged to the local area itself.
- The elders who don’t have any source of income concentrate more (70 per cent) in the old age homes
- The sizeable numbers (96.50 per cent) of the inmates are not having any saving as of now.
- The majority (75 per cent) of them draw their daughter in law from outside.
- The majority (64.91 per cent) of them draw their sons- in- law from outside.
Determinants of admission into old age home

➤ As far as the main reasons for admission at old age home are concerned, about 24.5 per cent of the inmates report that they have a clash with their daughters-in-law, 10.75 per cent are having disagreement with their respective sons.

➤ Out of 400 respondents, 40.25 per cent have said that the deteriorating health of the aged people kindle many problems in the family.

➤ It is observed that the most of the respondents (57.99 per cent) have strained relationship with their daughters-in-law.

➤ Most of (77 per cent) the inmates opine that they are considered as economic burden by their care givers.

➤ It is observed that the blood pressure is the most common problem identified among 21 per cent of respondents.

➤ Most of the respondents (60.75 per cent) are not interested to reply to the care given by the care giver during ailments. There is mixed feelings.

➤ It is understood that most of the respondents (34.25 per cent) attributes tarnishing self respect as unpleasant incidents which drive them to old age homes.

➤ Most of the respondents (52.75 per cent) need a place for their remaining days.

The perceptions of the aged about their life

➤ Out of the 400 respondents, just above half of (57.75 per cent) the respondents have indifferent opinion about their admission in the home.
Majority (57.75 per cent) have no feeling at all about the separation of their family members.

Most (52.5 per cent) of the inmates are not finding any differences between family and old age home.

Most (37.25 per cent) of the inmates long to meet their grand children during festival occasion.

We can understand that most of the (73.50 per cent) respondents do not at all share their feelings when their respective family members meet.

It is clear that most of the respondents (87.25 per cent) are satisfied about the social atmosphere at home.

The sizeable numbers (82.25 per cent) have adjusted with their fellow inmates amidst differences of opinion.

The experiences of the aged in old age homes.

Most of the inmates (68 per cent) have the problem of sense of loneliness.

most of the (40.50 per cent) respondents’ family members never visit the old age home to see their elders

The most of the inmates (66.75 per cent) express that no one come and meet them in old age home.

The sizeable number (75.75 per cent) refuse to reintegrate with their families

Most of the respondents (42.50 per cent) have by their own way find the availability of old age homes and joined there.
Most of (57.75 per cent) the inmates refuse to voice their opinion about the staying at home as it would bring shame to their offspring.

Most of the respondents (87.25 per cent) are satisfied about the social atmosphere at home.

Most (93.25 per cent) of the inmates extend enthusiastic cares to their parents and in-laws.

The data narrates that the 63 per cent of the inmates say the social condition is comparatively good when we compared to their parents.

Most (66.75 per cent) of the inmates are satisfied about their family life.

Majority (57.75 per cent) do not have any opinion about the aspiration attainment regarding their offspring.

Most (64.75 per cent) of the inmates are satisfied about the reaction and cooperation rendered by their family members towards their expectations.

Most of them (42.75 per cent) are satisfied with their spouses' adjustment.

More than half (59 per cent) of the respondents are not having any problem in the old age home.

It is observed that 41.50 per cent of the inmates simply involve talking with their friends as part of their leisure activities.

The majority (71.50 per cent) of the respondents opt old age home as their best place to spend their rest of the life.
➢ The concept of old age home is liked by most of the respondents (95.75 per cent).

➢ Majority (89.75 per cent) are not aware of the Elder parents’ maintenance Act, 2007.

➢ The Elders have myriad problems like health, economic and psychological problems. Out of 400 respondents, 26.5 per cent of them are having loneliness as psychological problem.

➢ Majority of the respondents (78.25 per cent) say that they are not experiencing any abuses at home.
CONCLUSIONS

Population ageing is ubiquitous and natural process. Ageing is one of the life stages and not a disease. India is not only a developing country but also a grey country since the aged population account for more than seven percent of its population. In spite of all policies and programmes, the aged population is subjected to various problems. The value system of India and family are considered as one of the important characteristics features of the Indian society. Due to the various modernization forces, the social system is diluting and withdraws its functional aspects. The aged people are one of the important victims of this modernization and shrinking social institution. The individualistic, materialistic attitude and generation gap intricate the magnitude of the problem of the aged.

The analysis and findings of this study help us to draw a few broad conclusions on the issues addressed.

The study shows that the admission into old age home is independent of one's socio economic status. This implies that the changing responsibilities and challenges in familial relations due to modern living conditions and opportunities. The finding that the inmates represent both rich and poor and are admitted in both paid and charity old age homes is in support this conclusion.

Family is the primary social institution which provides the care and support to the aged person. The family members who are the primary care givers spare adequate time to look after the needs of the aged persons during their autumn days. The change from joint family to nuclear family and change in size of family members drastically affect the aged persons. the decline of the
traditional joint family system; and the inability of modern nuclear family to provide the care and support to the aged have necessitated the need and emergence of secondary institutions like old age homes; and the intervention by the public policy and programmes.

Our third conclusion is that there are various determinants like the disagreement with sons and daughters-in-law, issueless parents; chronic illness; persistent poverty in care givers family; migration of the wards for career development; and the urges for independence of the aged decide the admission of aged persons into old age homes. The study findings help us to draw and support this conclusion.

Finally, our study indicates that in the coming decades there is a greater need with urgency for more elaborate policy and programme interventions for the care of the elderly. The demographic scenario reveals the increasing percentage of the aged, their longevity in India. At the same time, the empirical study shows the increasing inability of the Indian family to cope up with the challenge of caring of the aged. Hence we need for more elaborate policy and programme.
SUGGESTIONS

The following suggestions are evolved through the interaction of the inmates of the study and volunteer workers.

Formulation of Ministry

It is suggested that there should be a separate ministry, 'The Ministry for the Care of the Aged' at central and state governments in addition to the Ministry of Social Justice and Empowerment. As a welfare state, there should be separate seed funds to look after the needs and care of the elders. The redtappism should be curtailed in order to easy accesses to the existing policies and programmes. In order to popularize the available schemes and programmes there should be sensitization programmes. Most of the government facilities such as day care centers, old age residential homes, and counselling and recreational facilities are urban based. Since 75% of the elderly reside in rural areas, it is mandatory that geriatric health care services be made a part of the primary health care services. There is a need for clear strategy or schemes exist for the development of healthcare for the elderly. Cumbersome free insurance programmes should be evolved. Health needs of the elderly are enormous, but the financial resources and managerial capacity available to meet them are inadequate.

Structural Changes

Studies are needed on structural analysis of social networks and social support systems and care of the elderly. The effect of migration of young
members on their ability to take care of their elderly family members needs to be examined. Strengthening inter-generation bonds and reducing the generation gap in order to enhance the overall quality of life is very essential. The younger generation should realize the importance of elders. Identify feasible and appropriate community-based support programmes such as day care and interactive centres in the neighbourhood and community. This would minimize social isolation of the elderly. Social and ecological factors in a society as large and complex as India needs to be explored to reveal diverse personal adjustments of the elderly. An assessment of varied determinants of successful ageing should assist in designing provisions congruent to their specific needs.

Younger generation and youth need to be given mind set for the quality care of elderly; the natural rights of children on the parents property need to be linked with the quality care and healthy ageing of the elderly, which requires new legislation. The individual should prepare himself/herself well in advance for the evening of his/her life. He/she should take appropriate measures to ensure proper nutrition and health and must develop correct mental and social attitudes to accept the changes with grace. Adaptability on the part of the aged is important to enable him/her to lead a happy life and enjoy satisfactory relations. He/she must accept the changing roles and life-styles and try and contribute positively to the society. We have to accept that the ageing is a natural and universal process. Every one should realize this. This realization will reflect in maintaining their own elder parents. We reap what we sow. so we should try to understand this dictum and live life accordingly.
Media and NGOs

Effective use of visual and print media to bring attitudinal change towards widows in general and older widows in particular is important. National, international, voluntary and community resources are being mobilized towards implementation of a decentralized, community managed, multidisciplinary and multi-sectoral programme of services for the health and welfare of the elderly. Promotion of the concept of healthy ageing and safe ageing through appropriate media. Elder abuse is a growing problem, the dimensions of which go beyond mere physical abuse. The prevention strategy of elder abuse has to be evolved particularly at Old age home institutions.

Recreation and Rehabilitation

The non-utilization of potentials is one of the problems perceived by the respondents during the study. There should be tailor made programmes to make use of the potentials, knowledge and wisdom of our elders. Qualified elderly may be absorbed in jobs as advisors and consultants to serve the dual objective of looking after them and sharing their technical experience and expertise with their younger colleagues. Time has come to look into such undertakings. These days ‘Corporate Social Responsibility’ is the buzz word pronounced everywhere. The corporate sectors consider the elders as one of their stakeholders and look after the needs and services of the elders. Income security is prioritized for the aged, by elaborating public distribution system (PDS) and old age pension to cover all aged below the poverty line. Booklets, videocassettes etc. on health and nutrition related issues need to be developed
and information disseminated. Food guides and diet manuals need to be developed keeping in mind all the regional differences. Such guides should be available in all regional languages. The role of traditional foods, use of hereby, therapeutic foods need to be highlighted (Puri, S.; K Kumud, 1999).

Interventions need to be directed on a large sample to improve the self-esteem so that they can improve their overall quality of life. Portrayal of a realistic picture of old age and associated problems through various media channels. This is important for developing a positive attitude towards the aged. Free vocational training should be given to the widows in order to make them self-reliant. Capacity building of the Community leaders is essential for the success of community-based geriatric and rehabilitative health services. Community leaders can play an important role in identifying the felt needs of the elderly and in resource generation.