

Aging towards self-reliance: Problems of aged women in India and empowering prospective strategies

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Abstract: The problems of aged women in Indian are escalating along with the transformation in lifestyles. Both urban & rural women have been facing problems of isolation, economic insecurity, social exclusiveness, mounting uncertainty of livelihood etc. Their problems are enhancing as they are also facing diminishing health problems. The problems of aged women are of a great concern in India because they need interventions different from young women & their tribulations completely diverge from others. In India nearly 40% of India's population comprise of old people & several researches have shown that they are target of severe abuse, abandonment , social deprivation , humiliation such other social problems. This paper examines the facets of impact on life style alterations aged people suffer in changed social situation in India & this paper also streamlines the imperative significance of adopting strategies to inclusive growth heralding community empowerment.

Key words: aged women, socio economic exclusion, social conditions, inclusive policy

“Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members”- *Pearl Buck*

Introduction

Aging is a normal component of the life cycle. It is a process of

maturing genetically as well as physically. Aged people have several problems Aged women face problems different from

men. Members of the family start treating the aged member of the family differently.

Objectives of Study

1. This paper examines the facets of impact on life style alterations on aged people
2. This paper examines the facets of impact of changed social situation in India
3. this paper tries to streamline the imperative significance of adopting governmental strategies to inclusive growth & gender inclusion

Methodology

This paper has been prepared with the help of secondary as well as primary sources. The official report of the government has been used for data.

Concept Aged Women

The relation of the aged individuals in the family has changed. The closer affinity & accountability which they have

shared since long with the members of the family change suddenly. They suffer from solitude, isolation, health problems, economic reliance, social exclusion etc. They are excluded from all types of responsibilities & are sidelined. The attitude of the Community, society, & individual members fluctuate.

Problems of Aged Women

The age women in India face several problems. The changes occur can be listed as

1. physical
2. physiological
3. psychological
4. social
5. sociological
6. economic
7. spiritual

The Challenges

Aged women face several problems as biological aging refers to anatomy & such other physiological aging while psychological aging refers to decline in mental abilities

which is linked to aging .But sociological aging is very important as the impact of aging as a member of the family is influenced to a great deal. Members of the family start treating the individual differently. The relation with the members of the family, Community, society, change & this paper examines the facets of change aged people suffer in changed situation in India. The process of disengagement of the aged individual causes several societal issues. The aged individual withdraws herself from chore domestic activities & social engagements. An Age Well Study on Human Rights of Older Persons in India United Nations Department of Economic & Social Affairs Economic & Social Council shows human rights violation on old people on an increase.

Health Problems

Aged people suffer from following health problems

1. obesity & metabolic syndrome
2. hearing impediments
3. bone weakness
4. auto immune diseases
5. depression

Sociological Problems of the Aged Women

The following are the sociological problems of the aged women

1. companion / spouse status
2. marital / familial status
3. lack of preparedness for old age
4. the mental situation of being alone
5. lowered self esteem
6. loss of control over body routines
7. boredom

Aged people suffer from failing health each day they suffer from ailments & decreasing health they fear high cost of diseases management health care priorities should be made easily available to aged people . Health services should address preventive measures keeping in mind the diseases that affect

effective care & support is required policy makers should know that cost effective health care. (Situation Analysis Of The Elderly In India June 2011). Limited access to resources & lack of awareness of their rights & entitlements play significant role is reducing ability of the elderly women (Age Well Study on Human Rights of Older Persons in India United Nations). Economic security is very relevant issue as the aged people suffer from financial insecurity they should be engaged in financially productive manner. (Situation Analysis of the Elderly in India June 2011).

Provisions of the Act, 2007

Government has made several laws dealing with the support services to aged people.

If children or relatives, as the case may be, neglect or refuse to maintain a senior citizen being unable to maintain himself, the Tribunal may, on being satisfied of such neglect or refusal, order

such children or relatives to make a monthly allowance at such monthly rate for the maintenance of such senior citizen, as the Tribunal may deem fit and to pay the same to such senior citizen as the Tribunal may, from time to time, direct. (Ministry Of Social Justice & Empowerment 2007).

1. Maximum maintenance allowance which may be ordered by such Tribunal shall be such as may be prescribed by the State Government which shall not exceed ten thousand rupees per month. (Ministry of Social Justice & Empowerment 2007).

2. Provision for establishment of old age homes (Ministry of Social Justice & Empowerment 2007).

3. The State Government may establish and maintain such number of old age homes at accessible places, as it may deem necessary, in a phased manner, beginning with at least one in each district to accommodate in such homes a minimum of one hundred fifty senior citizens who are indigent. (Ministry Of Social

Justice & Empowerment 2007).The State Government may, prescribe a scheme for management of old age homes, including the standards and various types of services to be provided by them which are necessary for medical care and means of entertainment to the inhabitants of such homes. (Ministry Of Social Justice & Empowerment 2007).

4. The State Government shall, take all measures to ensure that -the provisions of this Act are given wide publicity through public media including the television, radio and the print, at regular intervals; (Ministry Of Social Justice & Empowerment 2007).the Central Government and State Government Officers, including the police officers and the members of the judicial service, are given periodic sensitization and awareness training on the issues relating to this Act (Ministry Of Social Justice & Empowerment 2007).

Role of government

1. The aged people especially women should be provided with partial social welfare grants through governmental agencies which can help them to overcome their basic needs.

2. Government should sponsor communities & families to encourage & support the elderly living with them through counseling & local self-governance. (Situation Analysis of the Elderly in India June 2011). Elderly people should be included in the family / community programs.

3. They should not be made to feel isolation (Situation Analysis of the elderly in India June 2011). Aged people should be helped to remove their boredom & by reducing self-confidence they should be helped to identify & addresses the causes for boredom & helped to overcome them.

4. Aged people should be helped to support the family / community welfare functions / marriages like signing, traditional festivities this makes them productively occupied

Conclusion

Awareness generation is important while dealing with the delicate issues of aged people many families conduct family gathering annually which provides the aged people with a sense of inclusion. Indian traditions call for several skills which can be procured from aged people. The experiences can be shared. They can become a good hand in looking after the children & young ones. The community stake holders should be appropriately educated to make the elderly people be a part of the community The feeling of boredom & isolation will naturally disappear. Aged people have several great experience to share their age old practices & skills can be rejuvenated to include all generations in a family the aged people should be made to cook sing dance involve themselves in all festivities sometimes knowingly or unintentionally the family members fear to give any responsibilities to elderly persons of the family But with

good intentions this can be changed Senior members of the family love to take responsibilities. Communities & families should be encouraged to support the elderly living with them through counseling & local self-governance.

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