



## Psychological, Social, Economic and Health aspects of institutionalized aged in Tirupati

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### Abstract

The study revealed Psychological, Health, Social, Emotional and economic conditions of the elderly living in old age home. Majority of the institutionalized aged were not having any savings and assets with them. Income and monetary resources were also minimal. A large number of the elderly were widowers and living alone in the old age homes. The respondents considered their health condition to be normal though they complained about joint pains, poor vision and high blood pressure. They were also aware about the steps that were needed to be taken for maintaining good health such as nutritious food, hygiene and sanitation. The study also pointed out that though the respondents were aware about Psychological problems, they were dependents on their fellow inmates for emotional support. A large number of the respondents living in these old age homes had children, but they preferred to stay in the old age homes due to maladjustment and ill-treatment.

**Key Words:** Old age homes, Pilgrims, Psychological factors and elderly people

### Introduction

Indian has around 100 million elderly at present and the number is expected to increase to 323 million, constituting 20 percent of the total population by 2050 (UNFPA & Help age international, 2012). With improved life expectancy rate in our country, it is estimated that as many as 8 million people are currently above the age of 80 years. According to census, the population of elderly people in India account for 7.4 percent of total population. For males it was marginally lower at 7.1 percent, while for females it was 7.8 percent. India's population is likely to increase by 60 percent between 2000 and 2050 but the number of elders, who have attained 60 years of age will shoot up by 360 percent and therefore the government should start framing policies now or else its consequences are likely to take it by surprise (UNFPA and Help

Age International, 2012). Government of India adopted 'National Policy on Older Persons' in January, 1999. The policy defines 'senior citizen' or elderly' as a person who is of age 60 years or above. Also, as per Maintenance and Welfare of Parents and Senior Citizens Act, 2007, senior citizen means any person being a citizen of India, who has attained the age of 60 years or above.

### Objectives

To examine the emotional and Psychological problems affecting the institutionalized aged.

To assess the economic and financial condition of the institutionalized aged.

To understand the role of gender among the elderly in old age homes.

### Methodology

The location of the study is Tirupati, Andhra Pradesh. The researcher is interested to understand the social, cultural, psychological,



biological and economic influences affecting the old aged people and their problems while residing in old age homes. The research he felt the need to understand the issues relating to elder abuse, its nature and extent of the problems faced by them that is prevalent across old age homes and perceptions of the elderly and other stakeholders. The study outcome is expected to provide a better understanding of their emotional, economic, and social and health status and bring out the issues that need intervention and advocacy for the betterment of their situation and conditions.

#### Area of Study

The study was conducted in Tirupati, Andhra Pradesh. Today, Tirupati is one of the major economic hubs in the state of Andhra Pradesh. Tirupati is located at the foothills of the Eastern Ghats in the southern part of

India. Globally it is famous for its Lord Venkateswara temple and is one of the busiest pilgrimage centers in the world. It is the fastest growing cities in the state and is closely linked to Chennai and Bangalore. According to the 2011 census, the city had a population of 2, 87,035. It is one of the largest urban agglomerated cities in the state, with a population of 459,985. Religious tourism is the main economic driver for the city. Tirupati is also an important educational center in the state. There are several old age homes situated in Tirupati due to its spiritual nature and religious environment.

#### Interview Process

Interview with a schedule is the technique adopted for data collection. The respondents were cooperative with the researcher and participated in the interview patiently.

### Socio-Demographic Characteristic of the Respondents

Table 1: Age wise distribution of the respondents

Age In years	Number of respondents	Percentage
60-69	14	35 - 00
70-79	16	40 - 00
80 and above	10	25 - 00
Total	40	100 - 00

The above table shows that, a significant percentage i.e. 40 percent belong to 70-79 years age group followed by 60-69 years

age group with 35 percent while 25 percent of the respondents belong to the age group of 80 years and above bracket.

Table 2: Gender wise distribution of the respondents

Gender	Number of respondents	Percentage
Male	20	50 - 00
Female	20	50 - 00
Total	40	100 - 00

The above table shows that the sample contains an equal number of male and female respondents



Table 3: Education wise distribution of the respondents

Level of Education	Number of respondents	Percentage
Illiterate	10	25 - 00
Primary	12	30 - 00
Secondary	14	35 - 00
College and above	04	10 - 00
Total	40	100 - 00

The above table reveals that a large percentage of the respondents (35 percent) had received education still secondary level. It also shows that 30 percent of the respondents had primary education whereas 25 percent were illiterate and only 10 percent had gone to college and above for higher education.

Table 4: Marital status of the respondents

Marital status	Number of respondents	Percentage
Unmarried	06	15 - 00
Married	12	30 - 00
Widowed	21	52 - 00
Divorced	01	03 - 00
Total	40	100 - 00

The above table indicate that more than half the respondents i.e. 52 percent were widowers, followed 30 percent who were married, 15 percent were unmarried and 3 percent were divorced.

Table 5: Number of the children of the respondents

Number of Children	Number of respondents	Percentage
Nil	13	33 - 00
One	06	15 - 00
Two	11	27 - 00
Three	06	15 - 00
Four and above	04	10 - 00
Total	40	100 - 00

The above table demonstrates that a majority 33 percent of the respondents had no children, 27 percent had more than two children and 15 percent had only one child. 10 percent of the respondents had four or more children while 15 percent had three children.



Table 6: Economic and financial support for the respondents

Economic and Financial support	Number of respondents	Percentage
Nil	14	35 - 00
Family	05	12 - 00
Government	19	48 - 00
Others	02	05 - 00
Total	40	100 - 00

The above table shows that 48 percent of the respondents received some form of economic or financial support from the government. 35 percent had no economic and financial support at all, whereas 12 percent got income support from their family and 5 percent respondents from other sources.

Table 7: Health status of the respondents

Health status	Number of respondents	Percentage
Good	03	08 - 00
Normal	31	77 - 00
Bad	06	15 - 00
Total	40	100 - 00

The above table determines that 77 percent of the respondents considered their health status to be normal. 15 percent felt their health status was bad whereas only 8 percent considered their health to be in good condition.

Table 8: Awareness of Hygiene and sanitation among the respondents

Awareness of Hygiene and sanitation	Number of respondents	Percentage
Yes	39	98 - 00
No	01	02 - 00
Total	40	100 - 00

The above table shows that 98 percent of the respondents are aware regarding the importance of hygiene and sanitation on their health.

Table 9: Emotional and Psychological support for the respondents

Emotional and Psychological support	Number of respondents	Percentage
Nil	07	18 - 00
Family	16	40 - 00
Inmates	13	32 - 00
Others	04	10 - 00
Total	40	100 - 00



The above table indicates that 40 percent of the respondents received their emotional and Psychological support from their family while 32 percent received from their fellow inmates living in old age homes along with them. 18 percent respondents said they had no one to share their feelings and emotional as well as Psychological distress while the remaining 10 received the support from other sources.

#### Results and Discussion

The study was carried out to understand the characteristics and habits of institutionalized aged living in Tirupati. The researcher conducted the study on institutionalized elder of both the genders staying in various old age homes across the city. The researcher collected the responses of the institutionalized elderly with the help of interviews schedules. The final size of the sample used for research work was 40. The sample was a stratified on the basis of gender. The researcher interviewed 20 male respondents and 20 female respondents respectively. Data from 40 interview schedules was consolidated and tabulated for analysis.

#### Summary and Conclusion

The study was undertaken to understand the Psychological, Social, Health as well as economic aspects of institutionalized aged residing in Tirupati by researcher. The researcher had interviewed 20 males and 20 females living in various old age homes in Tirupati. The data was collected and analyzed by the researcher. The following were some of the important and major findings of the study.

35 percent of the respondents had no economic and financial support to fall back upon in times of crisis. 48 percent of the respondents received some form of economic or financial support from the

government. 12 percent of the respondents received monetary support from their family members. 80 percent of the respondents have no savings or assets in their names. 53 percent of the respondents staying in old age homes were widowers. 30 percent of the respondents who were married also opted for old age homes. 33 percent of the respondents had no children. 67 percent of the respondents living in old age homes had children. 77 percent of the respondents considered their health status to be normal. 82 percent of the respondents were aware about the government schemes related to the elderly. 58 percent of the respondents interviewed took medications and received medical aid and support in some form regularly. All the respondents interviewed were aware about the importance of taking balanced diet and nutritious food for being healthy.

#### Conclusion

The study revealed Psychological, Health, Social, Emotional and economic conditions of the elderly living in old age home. Majority of the institutionalized aged were not having any savings and assets with them. Income and monetary resources were also minimal. A large number of the elderly were widowers and living alone in the old age homes. The respondents considered their health condition to be normal though they complained about joint pains, poor vision and high blood pressure. They were also aware about the steps that were needed to be taken for maintaining good health such as nutritious food, hygiene and sanitation. The study also pointed out that though the respondents were aware about Psychological problems, they were dependents on their fellow inmates for emotional support. A large number of



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stay in the old age homes due to maladjustment and ill-treatment.

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