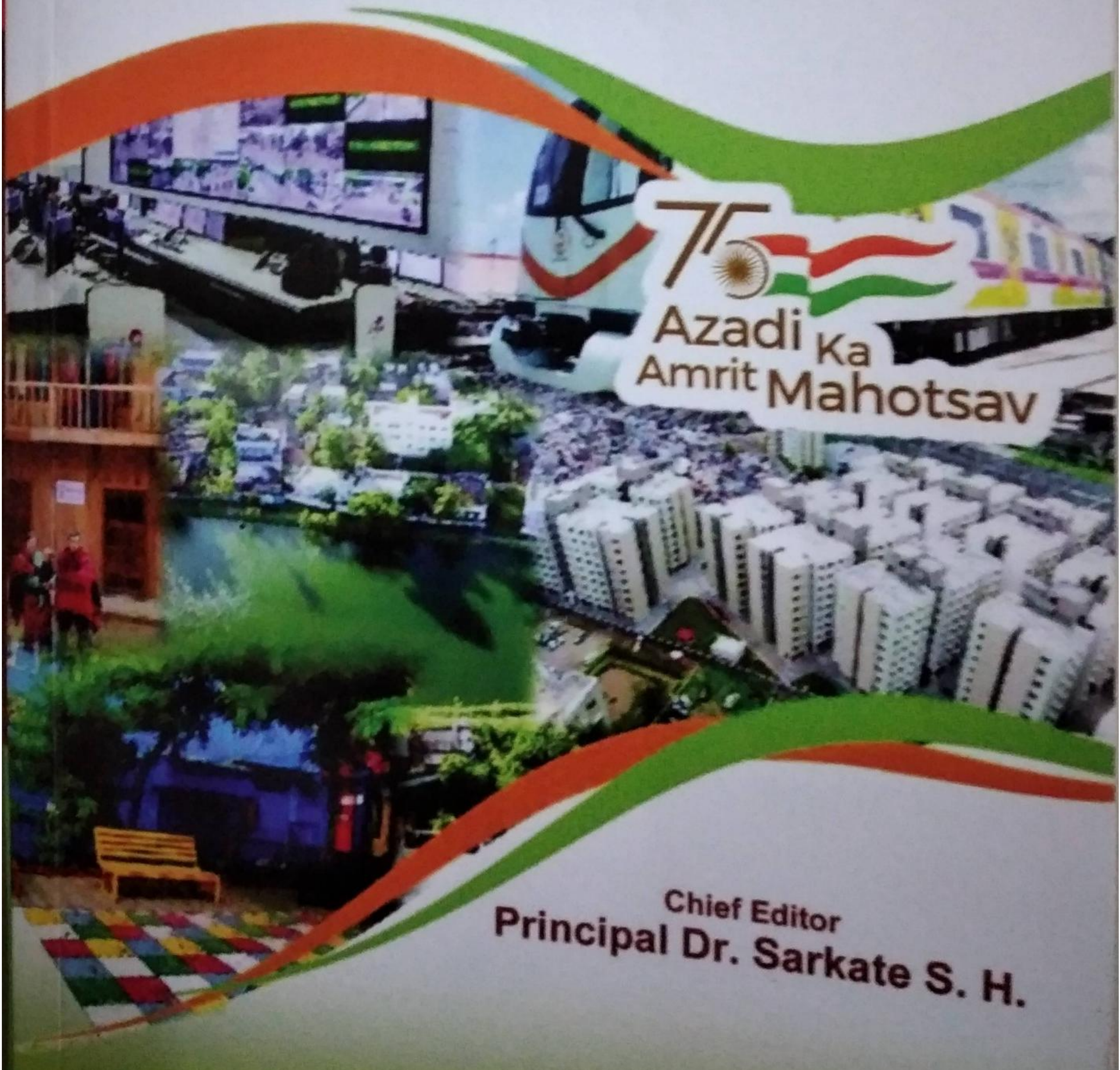


75 Years of Independence of India Opportunities and Challenges



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Azadi Ka
Amrit Mahotsav

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Problems Of Old Age

Dr. Ranee Jagannathrao Jadhav

Associate professor and HOD Department of Home Science
Arts and Science College Shivaji Nagar, Gadhi

Abstract

Old age is a period of physical decline even if one does not become sane eyes, sane teeth, sane everything right away one does begin to slow down physically. The physical condition depends partly upon hereditary constitution the manner of living and environmental factor. The consequences of old age problem and a biased Society are more severe if the Golden year are dominated by a major decline in physical and mental capabilities. Even though some differences in their health are genetic the majority is because of people's individual physical and social setting. In view of the increasing need for integration in area of old age welfare the ministry of Social justice and Empowerment of Government of India adopted a "National Policy on Older Person" in January 1999. If ageing is to be positive experience longer life must be accompanied by the continuing opportunities for health participation and security. The World Health Organization had adopted the term "active ageing" to express process for achieving this vision.

Keywords -Old Age, Active Ageing, Chronic Diseases, Help Age etc.

Introduction

Man's life is normally divided into 5 stages namely infancy childhood adolescence adult home and old age in which of the state and individuals find himself in different different problem old age viewed as avoidable undesirable and problem hidden features of

life problem of aging usually appear after the age of 65 years the problem may be divided under 5 periods physical psychological social emotional and financial Hindi chut we will see the different social Bina Menon baxter types of old age the most common health issues faced in old age and what can be done to prevent disease health hazard able Toyota 81 dast and some of the most frequently asked question about well being of senior members in our life.

Objective Of The Study

- 1.To understand the concept of Ageing
- 2.To study the problem of old age
- 3.To know about National Policy on Older Person.

Research Methodology

Study is based entirely on secondary data. Information is collected from the various books, research articles and social media.

Concept Of Ageing

Aging is byproduct of range of cellular and molecular degradation activities over time. This leads to a lose a progressive functioning and increased risk of disease and eventually death. The alternation are neither nor continuous and only mildly related to chronological age. Aside from biological changes aging is also linked to other life transition such as retirement moving more permanent housing and losing friends and lovers.

Problems of oldage

Physiological Problem

Old age a period of physical decline even if one became sans eyes, sans teeth, sans every everything right away one dose begin to slow down physically. The physical condition depend partly upon hereditary

constitution the manner of living and environmental factors. Vicissitudes of living, faulty diet, malnutrition, infection intoxications gluttony independent rest emotional stress over work endocrine disorder and environmental condition like heart and cold are some of the common secondary causes of physical decline. The aged are also prone to heart disease, other minor ailments and chronic disease.

Social problems

Older people suffer social losses greatly with age. Their social life is narrowed down by loose of work associate, date of relatives, friends and spouse and weak health which restricts their participation in social activities The home became the centre of the their social life which get confined to the interpersonal relationship with the family member due to loose of most of the social rules they once performed, they are likely to be lonely and isolated server chromic health problem enable them to became socially isolated which result in loneliness and depression.

Emotional problem

Decline in mental ability and make dependent. They no longer have trust in their own ability or judgement but still they want their grip over the younger ones. They want to get involved to all family member and business issue, Due to generation gap the younger to do not pay attention to their suggestion and advice. Instead of developing symptomatic attitude towards the old, they start asserting their problem and power this may create a feeling of new probation of their dignity and importance. Loos of spouse during old age is another hazard. Death of spouse create a feeling of loneliness and isolated. The negligence attitude of the

family members towards the older people creates more emotional problems

Financial Problem

Retirement from services result in loss of income and the pension that the elderly received are usually independent to meet the cost of living which is always on the rise. With the reduce income they are reversed from the state of 'Chief bread winner to mere dependent' Though they spend their provident fund on marriage of children, acquiring new property, education of children and family maintenance. The diagnosis and treatment of their diseases create more financial problem for old age.

Psychological Problem

Mental disorder are very much associate with old age. Older people are susceptible to psychotic depression. The two major psychotic disorder of older people are senile dementia and psychosis with cerebral arterio sclerosis. It has been observed that these two disorder account, for approximately 80% of the psychotic disorders among older people in the civilized society

National Policy For Old Age Welfare

The traditional Indian society and age-old joint family system have been instrumental in safeguarding the social and economic security of the elderly people. However with Rapid changes in the society and the emergence of nuclear families in India in recent years, the elderly are likely to be exposed to emotional, physical and financial insecurity. in the year to come. In view of increasing need to intervention in area of old age welfare, the Ministry of Social justice and Empowerment Government of India adopted on National Policy on Older person in January 1999. The policy provided broad guideline to the state government for taking action for the Welfare of older person in a proactive manner. It define "senior citizen" as a person who is 60 years or above and strive to ensure

their well being and improve the quality of their lives by to providing specific facilities, concessions, relief and services and helping them cope with problems associate with old age. It proposes affirmative action on the part of government department for ensuring that the exiting public services for senior citizens are user-friendly and sensitive to needs.

Summary

Senior's physical and social setting influence their health and behavior greatly. Personal traits such as the family we were born into sex and race can distort the connection with the surrounding, resulting in health disparities. Senior's frequently stereotyped as fragile, dependant and societal burden. These and many other Stigmatizing belief which may lead to bais must be addressed by public health officials and society as a whole. These Impact the way policies are formulated and the Chances older people have to enjoy healthy aging. Globalization, Technology, advantagement, urbanisation, migration, and shifting gender expectations all have direct and indirect effect on lives of senior 's. A Global Health strategy must asses present and future trends and formulate policies appropriately.

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