



EVALUATIVE STUDY OF THE ADJUSTMENT RELATED PROBLEMS AND AVAILABLE FACILITIES OF WOMEN LIVING IN OLD AGE HOMES

Poonam Patel

Research Fellow at Himachal Central University

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Abstract

The country has been impacted by shifts in society, the economy, and the lives of its citizens. The average age of the world's population is increasing, which is a problem in many regions of the planet because it results in an increase in the number of elderly people. In India, becoming older was never considered to be anything to be concerned about. In spite of this, the topic of ageing has recently arisen as a major social concern. Family institutions are currently facing issues in today's society relating to demographics, economics, and structures. Because of the ways in which society has evolved, people of a certain age, who are more frequently referred to as "the elderly," face a particular set of difficulties. This research article explores the difficulties linked to adjustment that older women who reside in care homes face, as well as the facilities that are available to help them.



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Introduction

There has been a significant growth in the Old age population in India, in recent years. According to the 2011 Census, 8.6% of the total population was over the age of 60, and this figure is expected to rise to around 12.4% by 2026. Ageing has been considered as a social concern; the elderly people need special time, health care support, and attention. If we look back into time, especially in Indian culture, if the family was the body, then elderly people are the backbone of the family. Elderly people tend to be more serious in their life, especially in middle class Indian families, the elderly show a dominant characteristic towards their children and try to interfere in their life decisions resulting into breaking of their emotional bond.

The older people have temperament issues due to many underlying causes, ageing, loss of memory or functional delays, restlessness or needing extra support for performing their daily activities. They seem to long for more belonging and time for their children or grandchildren.

The present broken family culture has very little time for their older parents (Atul & Saini, 2020). Elderly people tend to be more serious in their life, especially in middle class Indian families, the elderly show a dominant characteristic towards their children and try to interfere in their life decisions resulting in breaking of their emotional bond.

Several underlying factors contribute to temperament problems in older individuals, including ageing, memory loss or functional delays, restlessness, or the need for additional assistance with everyday chores. They seem to want more belonging and time with their children or grandkids. The current fragmented family culture has little time for their elderly parents. Adult children may find it difficult to offer enough care for their ageing parents as a result of this. Another factor is that people are living longer lives, which means that elderly people need more care and attention, which may be challenging for adult children who may have other responsibilities (Bhowmick & Chakraborty, 2016). Financial restrictions might also play a role, since the cost of living and healthcare can be prohibitively expensive, and some families may lack the finances to offer proper care at home or employ a caretaker. Lastly, for personal reasons such as loneliness, boredom, or a desire for social engagement with peers, some elderly parents may prefer to live at an old age home in order to alleviate the burden on their adult children. But the old age people find it difficult to cope with this separation, especially the women abandoned in old age homes by their children's find it difficult to adjust in old age homes in a hope they might return to home.

Facilities available in Old Age home

The objective of an old age home is to provide a caring, loving atmosphere for elderly people who may need assistance with daily living activities or are unable to live independently. As a result, it has a variety of conveniences, including everything found in a home. It comprises the living room, dining room, and gardens, as well as other spaces where the elderly may spend time. They provide cleaning and laundry services, as well as personal care assistance for people who want assistance with bathing, grooming, or dressing (Chakraborty & Bhowmick, 2017). Several old age homes also provide health care, medical assistance, and weekly check-ups. They offered three meals every day. Meals are often prepared by a professional chef and are designed to meet the nutritional needs of the elderly. Legal services and other amenities are offered to the elderly to alleviate their discomfort and sense of loneliness (Kusumastuti, Rahayu, & Utomo, 2019). In addition to social assistance, companionship, and organised outings, the senior living facility offers a variety of activities and entertainment events for the residents to participate in. These programmes are designed to keep residents active and

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involved. The elderly has a very difficult time adjusting to life in a care home, despite the fact that these places provide them with a variety of convenient amenities.

Discussion

Women in Indian society tend to have stronger feelings for their children and other members of their family since they spend the majority of their time caring for their families and looking after their children. As they get older, they develop a warmer affection for their grandkids and begin to yearn even more intensely for them to be with them. When they are relocated to an elderly care facility, it might be challenging for them to adjust to the separation. Despite the fact that they are provided with excellent care at care homes, they nevertheless have a strong desire to go back home (Dhar, 2018). Women who are elderly and living in care facilities because their children have deserted them do so with the expectation that their offspring would one day return for them. They find it tough to cope with the same and accept the new house because of the emotional trauma that was done to them, which makes them vulnerable. This disconnection results in feelings of loneliness and isolation. According to the findings of a study conducted by Bhattacharyya et al. (2021), elderly women residing in old age homes in India reported feeling lonely and alone because of a lack of social interaction and support from members of their families. These sensations of isolation can eventually lead to sadness, anxiety, and a deterioration in cognitive function.

The setting of an old-age home can be difficult for elderly women, and difficulties adjusting to the new environment might lead to mental health issues. The fact that these institutions are institutional in character, in addition to the fact that patients lose control over their day-to-day life, can all lead to feelings of helplessness, anxiety, and melancholy. Depression is a widespread concern affecting the mental health of elderly women who live in residential care facilities. Depression is often accompanied by feelings of loneliness and social isolation, both of which can contribute to its development. According to the findings of a study conducted by Rajan et al. (2015), the incidence of clinical depression was significantly greater among older Indian women who resided in old age homes as opposed to those who lived with their families. According to the findings of the study, increased rates of depression were associated with factors such as diminished autonomy, a lack of meaningful activities, and social isolation.

Anxiety is another mental health issue commonly experienced by older women living in old age homes. Anxiety can be caused by various factors, such as the loss of control over daily activities, uncertainty about the future, and the fear of being a burden on others.

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Hopelessness is another mental health issue that can result from adjustment-related problems faced by older women in old age homes. Hopelessness can be caused by feelings of social isolation, loss of autonomy, and a lack of meaningful activity (Ghosh & Chaudhuri, 2017).

As a result of the old age home's institutional atmosphere, in which everything is carried out in accordance with a schedule or time table, residents may experience a sense of having their autonomy taken away. This is especially true for elderly women who were once in charge of their own homes but now have to live in an old age home under the supervision of staff members. Older women who live in nursing homes or residential care facilities may experience a sense of diminished autonomy over their day-to-day lives as a result of the limited choices available to them regarding their activities, mealtimes, and even the most fundamental aspects of their schedules, such as when to get out of bed or go to sleep. They are deprived of the ability to govern their own decisions. The elderly women who live in nursing homes sometimes lose their independence, which can have a severe effect on their mental health and overall well-being. According to the findings of a study conducted by Kusumastuti et al. (2019), elderly women who resided in nursing homes in Indonesia felt as though they had lost their autonomy and control over their lives, which resulted in sentiments of dissatisfaction and powerlessness.

Older women living in old age homes may experience physical health problems that can impact their adjustment to the new environment. These physical health issues can lead to discomfort, pain, and limitations in mobility, which can affect their ability to participate in activities and engage with others. Another significant factor is privacy problems contributing to adjusting problems in older women in old age homes. Especially the women who have newly shifted to old age homes feel uncomfortable in sharing their life with strangers on the same roof and the sudden separation might change their attitude towards everything and everybody (Kulkarni, Kulkarni, & Gharpure, 2019). They feel that redness towards their family as well as towards this new environment. They doubt the empathy shown towards them by the caregivers and fellow residents and feel that their privacy is being intervened by others.

Apart from these adjusting the problems the old age home provides a lot of facilities that can be helpful for old age people. Old age homes in India provide a range of facilities to older women to ensure their comfort, safety, and well-being. These facilities include accommodation, nutritious food, healthcare services, recreational activities, assistance with daily living activities, spiritual and religious support, and security and safety. The rooms in old age homes are equipped with basic amenities, and the meals provided are nutritious and cater to the dietary requirements of older women. Old age homes also provide healthcare services

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and nursing care and offer recreational activities such as yoga and music therapy. Many homes also help with daily living activities, such as bathing and grooming. Spiritual and religious support is also provided, providing a sense of community, and belonging. The homes ensure the security and safety of older women with security guards, CCTV cameras, and emergency response systems. While there has been a growing demand for old age homes in India, there is still a need for more affordable and accessible homes that cater to the specific needs of older women from diverse backgrounds (Mathew, Sivaramakrishnan, & Thankappan, 2018).

Findings and Conclusion

Old age homes provide a home-like environment for elderly people who cannot live independently due to various reasons. However, adjustment-related problems are common in women living in old age homes. Some of the adjustment-related problems faced by these women include:

- Loneliness and isolation: Women living in old age homes often feel lonely and isolated due to lack of companionship and limited social interaction.
- Physical health problems: Ageing women are more prone to physical health problems such as chronic pain, arthritis, and osteoporosis, which can negatively impact their quality of life.
- Mental health problems: Depression, anxiety, and stress are common among elderly women, especially those living in old age homes (Rajan, Mishra, & Sarma, 2015).
- Lack of autonomy and control: Women living in old age homes may feel that they have lost their autonomy and control over their lives, which can lead to feelings of helplessness and frustration.
- Lack of privacy: older women feel their privacy is being hampered in old age homes.

In terms of available facilities, some of the common services provided in old age homes include:

- Accommodation: Old age homes provide accommodation to elderly people who cannot live independently. As well as providing a friendly environment.
- Basic healthcare services: old age homes provide basic healthcare services such as medical checkups, medication management, and assistance with daily activities.
- Social and recreational activities: old age homes provide opportunities for socialisation and recreational activities to promote mental and physical well-being. They also provide certain training of skills that can be engaging for them.

- Food and nutrition: Old age homes provide meals and nutrition services to ensure that elderly people receive adequate nutrition (Bhattacharyya, Chakraborty, Chatterjee, & Banerjee, 2021).
- Personal care: old age homes provide personal care services such as bathing, grooming, and dressing

Adjustment-related problems are common among women living in old age homes. To address these problems, it is important to provide a supportive and inclusive environment for women living in old age homes. This can include providing opportunities for socialisation and recreational activities, offering personalised care to meet individual needs, and ensuring that the facilities and services are of high quality. It is also important to ensure that caregivers and staff members are trained to provide compassionate care and support to elderly women. It is important to ensure that these facilities are provided with high quality and are tailored to meet the specific needs of elderly women living in old age homes. This can lead fulfilling lives with dignity and respect.

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