

## **Factors responsible for shifting of elderly women to old age homes in Varanasi district – A cross sectional study**

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### **ABSTRACT**

**Background :** Now a days, In India mostly old age homes are filled with residents, For what reasons they have to go in old age homes? It was explored during the Research work titled “Factors Responsible for shifting of Elderly Women to old age homes in Varanasi district”. The aim of this study was to explain and understood the problems and reasons of elderly women’s residing in old age homes in Varanasi.

**Methods :** This study was carried out on 49 elderly women from 4 different old age homes in Varanasi district of U.P, India. All the reasons which are responsible for shifting of women’s in old age homes are explained using questionnaire cum interview schedule method.

**Results and discussion :** The most common factor (reason) which was responsible for their shifting in old age homes was misbehavior of their Children , daughterin- Laws (30.61%) and feeling loneliness in their own house( 06.12%).and poverty/no financial support(32.65%).

**Key Words :** Old age homes, Elderly people, Impel factors, Cross sectional study

### **INTRODUCTION**

India is very vast country, with 1.33 billion peoples, According to the current scenario there are large number of women having age 60 years or above. As we see in Indian and global prospective, aged population is the most discussed topic or phenomenon in the world. The population in last 50 years has tripled the age of 60 years peoples in India and well relentlessly increase in the near future.

According to the Ministry of Health and Welfare and Central statistical organization (CSO) 2011, the increment in the elderly population is due to mortality and fertility rate. It is

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the most concerned issue in all the developing countries.

The Indian population is growing day by day and number of elderly women also growing parallel. So to look after and care is an important issue in India. If we go 25 years back. We see that India is a country which runs on value based system. So this has never been a problem in India, At that time families lived in a joint family system in which all the family members like and share all the responsibilities and burden to help each other. The members of the family shares physical, emotional, economical, psychological all sort of support they provide to each other. In case of emergency and in critical situations. They all help each other to overcome their problems.

Now a days, the change in values and family structure and psychosocial Matrix of society forces women's to shift their place from their house to an old age homes. It has becomes an alternative for elderly peoples. Because of that place they have been provided with medical facility with clothes and food. The southern part of India contains most of the old aged homes. Some old age homes provide free of cost services and some of them works on chargeable basis.

*The purpose of the study to find out the socio demographic profile, their problems and factors responsible for shifting from their own houses to old age Homes.*

## METHODOLOGY

### **Study location:**

Four different Old ages homes of Varanasi district, Uttar Pradesh.

### **Study design :**

Cross sectional exploratory Design.

### **Sample size :**

49 elderly women's residing old age homes were purposive selected.

### **Inclusion criteria :**

The older women aged 60 year and above staying in old age homes and able to communicate was purposely selected.

- Staying in an old age home since six months or more.
- Able to understand comprehended and reply to questions.
- Given written informed consent.

### **Exclusion criteria :**

Non- corporative due to any reasons.

- Any physical problems intervening with interview e.g. problem in speech, Hearing and vision.

### **Tools for data collection :**

Semi-structure questionnaire to gather socio demographic details and an open-ended questions to ask for the factors responsible for their stay in old age homes.

**Procedure:**

This research paper is the part of my Ph.D. work titled” Factors Responsible for shifting of Elderly Women to an old age homes in Varanasi district – a Cross Sectional Exploratory study”

The study being carried out in the department of Home Science, Banaras Hindu University Varanasi. The Researcher has randomly selected four different old age homes in Varanasi for the study and 49 respondents were purposive selected with the help of primary source and pretested questionnaire was used to obtain their socio demographic details and to explore the factors/ Reasons of impel them to shift from their own house to the old age homes. Data was analyzed with the help of appropriate statistics.

**RESULTS AND DISCUSSION**

A total of 49 elderly women participated in the study. Table 1 shows that their socio-demographic profile.

Socio-demographic details		Female	
		Numbers	%
Age	60-69	08	16.32
	70-79	23	46.93
	80 years and above	18	36.73
Education	Illiterate	18	36.73
	Primary	15	30.61
	Middle	09	18.36
	High School	04	08.16
	Intermediate	01	02.04
	Graduation and PG	02	04.08
Marital status	Married	02	4.08
	Unmarried	08	16.32
	Widow	39	79.59
	Divorce/separated	-	-
Occupation	House wife	35	71.42
	Pensioner	11	22.44
	Business/other	03	6.12

The table shows that socio-demographic profile indicates the most of the old age homes, females belongs to 70-79 yeas (46.93%) and (16.32%) was 60-69 years , either illiterate was (36.73 %)or primary class (30.61%), majority of Widows were (79.59%) and they were involved in household work (71.42%) .

Table no 2 revealed that the most common factors (reasons) which was responsible for their shifting in old age homes was misbehavior of their son and daughter in law and family members (30.61%), majority of financial crisis after death of their husbands were (32.65%), and feeling loneliness (06.12%).

Table 2 : Factors responsible for elderly women to reside in old age homes		
Sr. No.	Factors	No (%)
1.	Misbehavior of son and daughter in law/family members	15 (30.61)
2.	Poverty/ No finance	16 (32.65)
3.	Loneliness	03 (6.12)
4.	Adjustment problems	-
5.	Settlement of children at abroad.	-
6.	Children do not want to keep due to psychological/ physical problems	01 (2.04)
7.	To live independently /free minded with their inmates	02 (4.08)
8.	Having no son/ no family members	08 (16.32)
9.	Spiritual/ Moksha/ Kashwias	04 (8.16)

### Conclusion:

The increased span of life in India, A person over 60 years or above referred as “Elderly or senior citizen”. And in present scenario along with other reasons Old age home are being considered as a better alternative option to live. Most of the elderly women in India choose to live their later life in old age homes due to the misbehavior of younger generation especially their own children’s as well as feeling financial insecurity. Seeing future there is a need to generate emotional support facilities in these homes, and the government and voluntary agencies in India must make arrangements for institutional support and care for the elderly women’s.

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