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**Mr.Libin Sebastian**

Ph.D., Scholar, P.G and  
Research Department of Social  
Work, Sree Narayan Guru  
College, Coimbatore Tamil  
Nadu, India

**Dr.P.Jaya Kumar**

Associate Professor,  
Department of Management,  
Sree Narayan Institute of  
Management Studies,  
Coimbatore Tamil Nadu, India

**Correspondence:**

**Mr.Libin Sebastian**

Ph.D., Scholar, P.G and  
Research Department of Social  
Work, Sree Narayan Guru  
College, Coimbatore Tamil  
Nadu, India

## Social Integration of Elderly Women in Old Age Homes

**Mr.Libin Sebastian, Dr.P.Jaya Kumar**

### Abstract

Aging was associated with disabilities and social vulnerabilities on an alarming rate, including increasing institutionalization of elderly individuals. This scenario raised serious concerns and challenges to ensure quality of life and well-being of elder citizens. An attempt is made by the researcher to Social Integration of Elderly Women in Old Age Homes in Trissur. Data was collected from 120 respondents. The major findings are the respondents were able to carry out their routine activities, interested in attending public functions, the interpersonal relationships of the elderly women.

**Key-words:** Social Integration, Interaction of elderly, Satisfaction and family relationship

### Introduction

The global phenomenon, population ageing has now become a growing concern all over the world. With the increase in the proportion of elderly population, multifaceted problems faced by the elderly also came into lime light. India is the second largest country in the world, with 72 million elderly persons above 60 years of age as of 2001, compared to China's 127 million. It is estimated that there are 416 million old people aged 60 years and above around the globe and by 2020 world's 11.9% population will be above 60 years. In India also the trend is same, 7.5% of total population is above 60 years and life expectancy is increasing gradually.

The purpose of the study is to explore the plight of aged women, who are in the old age homes. In this study the researcher tried to study the Social Integration of the elderly women in old age homes. It helps to know about their interaction, social support, and the relationships the elderly keep with others in the old age homes.

Even though the State Old Age Policy has been drafted, no effort is taken to implement it. In the State Old Age Policy it is stated that needs and requirements of elderly women are different from that of elderly men, but there has been no reference for elderly women in particular.

### Review of Literature

Justin Jose (2015) in his present study, we examined the critical role of institutionalization of elder women on the social relationships, social integration and psychological well-being. A total of 194 elderly women were selected from Kannur district (Kerala) using multistage cluster sampling. Hundred and one participants were from homes and ninety three participants were from institutional care facilities. The results revealed that the unmarried, widowed and separated elder women were more likely to be institutionalized than married elder women. Former employment, being economically active, religion and place of residence were significantly associated with institutionalization of the elder women. Objective social integration was higher among the institutionalized elderly women while subjective social integration was higher among elderly women living at homes. The elder women at homes enjoyed better family group support, better social support and more social Contacts than those who were institutionalized.

**General Objective** The general objective was to study the social integration of elderly women who are in old age homes.

### Specific Objectives

- To study the extent of involvement of elderly women in the common activities for them.
- To examine about the interaction pattern of elderly women in the old age home.
- To find out the kind of relationship the elderly women maintains with their relatives.
- To know the major problems faced by the elderly women in old age homes.
- To understand the satisfaction of elderly women in old age homes.

### Methods and Materials

This study seeks to understand the social Integration of the elderly women in old age homes. For this the researcher took 6 old age homes in Ernakulum district on random basis. 120 elderly women were selected as the sample of the study. The data was collected from them using the tool of interview schedule. The data thus collected was analysed and interpreted using tables and figures. Chi-square test was also used to test the data.

### Findings of this study

**General profile:** In this study 60 percent of the elderly women's age is above 70 years and 20 percent of them are living as couples, and only 3.3 percent off them are illiterate. When coming to the duration of the stay in old age home, 70 percent of them are staying there for less than four years.

### Involvement in common activities

one of the specific objective of the research is to study the involvement of the elderly in the common activities for them. By the word involvement the researcher specifically means their habit of reading newspaper, watching television, mode of having dinner, their hobbies, and etc. It is found that only 25 percent of the respondents watch Television for more than an hour in a day, but most (73 percent) of them read newspaper regularly. Only 41 percent of them eat dinner with other inmates. 52 percent of the respondents do not go anywhere out of the home.

### Interaction Pattern in the Old Age Home

Interaction pattern is the way in which the elderly women in old age homes interact with each other. Among the respondents most of them ( 71 percent) are interested in attending public functions, around 85 percent of them share their emotions with other inmates by the way ventilate their emotions and 35 percent of them possess a personal mobile phone to contact with their relatives. And majority of the respondents (88 percent) are confident that they are been accepted by others in the old age homes.

### Family Relationship of the Elderly women

It has been found that 75 percent of them have a good relationship with family members, and the majority (90 percent) respondents have the desire to be with their grandchildren and almost all (95 percent) agree that the children have the responsibility to take care of their old parents, and 90 percent of them still maintain contact with

their relatives. Seventy percent of the respondents family members visit them at times and only 63 percent elderly women respondents have children. And when they are asked "where they like to live in" about 60 percent of them wish to live in the old age home itself.

### Problems faced by the elderly women in the old age homes

It is found that 18 percent of the respondents have conflict with other inmates. And 98 percent of them feels that there is no discrimination in the treatment given by the elderly home employees. Only 5 percent of them feel insecure and none of them feel lonely and more over almost all have some form of physical problems.

### Satisfaction of elderly women in Old Age homes

The level of satisfaction is analysed using various variables like, Food, Accommodation, Care taker, Medical Care, Facilities to interact with others, Sanitation Facilities, Reading Materials, and Television. And it is found that 86.7 percent of the respondents are extremely satisfied with all the services provided by the old age home.

### Conclusion

The major thing the researcher noticed in this study is that for the questions under involvement in common activities, almost all of the respondents have responded positively. The researcher could find out that all of the respondents are in one way or other way involved in the some of the activities in the old age home which would definitely contribute to the social integration of elderly women in old age homes. For example, most of them have their lunch together with all others. About their interaction pattern, the elderly talk with a lesser number of people for a lesser amount of time. Most of them have interest in public function and find someone to share their emotions. Another major finding was that the elderly were very much satisfied with the facilities of the old age home. Most of the elderly women relationships with their family members were distorted. The interpersonal relationships of the elderly women with the inmates were also poor and none of them avail counselling services from the old age home.

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