

PSYCHO-SOCIO- LEGAL STATUS OF OLD AGE PEOPLE IN CURRENT SCENARIO: AN UGLY TRUTH OF SOCIETY

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Abstract:

Background: A Person Starts a family in young age, he gives ultimate care, affection, attention towards familiar responsibility till middle Adulthood but when he Crosses his late adulthood, he faces the Crisis of basic facilities and then the most responsible Person Convert into liability for the "dependents" and they try to rehabilitate the older People in old age home due to their mismanaged, disturbed and discomfort Schedule. The Person who was the “**Head of family**” became the “**Headache**” for family.

Objectives: This is the irony of our society, whether we belong to any Caste, Community, Culture and Country, the dealing with elder People is the Same and Shameful. In India where we have world's richest Culture, there are more than 1200 Old Age homes in India, where more than 1 Lac old age People are passing the time of rest of their lives, facing the **Geriatric Issues**. They live their actual Life, till they were able to live on their own conditions but in old age, they are just praying for good conditions till the end of their lives.

Methods: Researcher conducted Descriptive research through an analytical study with data collection from old age persons; living in Old Age Homes, Mental Asylums and Rehabilitation centers. The Methodology has three steps 1.The survey of concerning literature 2.The experience Survey 3. The Analysis of ‘Inside–Stimulating.

Results: In this study, the findings showed that mental and Neurological disorders among older adults account for 6.6% of the total disability for this age group. Approximately 15% of adults aged 60 and over suffer from a Mental Disorder.

Discussion: The depressive self-efficacy, poor quality of life and lack of social involvement with low bodily functions are very common in Geriatric Patients. The scenarios become worse when mental illness capture the old age People.

Conclusion: This study found that there are lots of Legal provisions, Govt. Health Programs and welfare Policies related to old age people, Advancement in Medical Practice as well as Geriatric Psychiatry but still they are in miserable condition due to our old thinking about their mental & physical state, so all factors will work collectively if we will think positively.

Keywords: Elder / Old Age People, Rehabilitation, Old Age Home Dependency, Responsibility to facility.

Introduction:

“**Ageing**” is the State of mind and Body of an individual, both are entirely different aspect but reciprocal, because if a person thinks, he/she is not capable to do anything the thought of Incapability will prevail whether the Person is running in 40-50 or 60. But on other hand if a person is determined to maintain his physical/mental health he/she will become an example of “**Age is just a Number**”.

In every Society old aged People are presumed to be an asset but actually not treated like it. The Cognitive age of late adulthood is above 60 years or a person is considered Old/Senior Citizen after completion of 60 years. Thus, a person, having 60 year’s knowledge, experience, perfection, priceless values, wisdom is a true ambassador of Social- Cultural and moral Values. Such treating attitude derived them to deterioration of Physical/mental Health mostly. As per WHO the ageing is increasing rapidly globally during 2015 - 2050, the proportion of the world's Population over 60 years will nearly double, from 12% to 22%, mental and Neurological disorders among older adults account for 6.6% of the total disability for this age group. Approximately 15% of adults aged 60 and over suffer from a Mental Disorder.

Mental Health is the leading factor of our Physical health, if a person is suffering from a mental disorder or illness, it is impossible that he/she will be physically fit absolutely. Mental and Physical

health both are the two sides of a Coin. Healthy diet, proper sleep, disciplined routine, healthy workout, healthy Communication, Social involvement, follow the liking habits/hobbies, and an energetic Personality Physical strength are the basic Characteristics of a healthy individual but in the case of mental illness all of them got vanish. At the age of 60+yrs it is very difficult to manage and maintain these characteristics physically and mentally due to so many inevitable Circumstances.

Major issues of old Age or Late Adulthood:

1. **Health Issues:** In last 100 years development gave us lots of inventions along with many new Disease and Disorders. The old age adults mostly faces the Common Physical health problems like: High BP, Sugar, cholesterol, Thyroid, Osteoarthritis (Joint Pain) poor vision, Diabetes, Hearing loss, Heart Diseases, Poor Digestion function. on other side most common Mental and Neurological Disorders in this age groups are Dementia and Depression, Parkinson which affect approximately, 5% and 7% of the world's older population, respectively anxiety disorders affect 3.8% of the older Population, Substance use problems affect almost 1 % and around a quarter of death from Self harm are among older People of 60+ Age.

2. **Self-esteem and Socialisation:**

At the age of 60 years mostly Adults got retirement from their Job and then have to face financial crisis, in secured future with less respective Social Status in Society. So they become more attentive or Sensitive about their self-esteem with an unpleasant dependency on other for many tasks some time they don't have any Physical or mental Problems directly but their changed life style and Social Surroundings, Create a lot of Stressors towards the old aged People. They experience reduced mobility, chronic pain, fragility or other health Problems, which are very obvious as a result of routine.

But major reasons are loneliness, Isolation, less Communicative atmosphere, Lake of Social involvement, interesting activities, avoiding attitude of family and failure to adjust with new generation and their thinking. Sometime older adults are also vulnerable to elder abuse including Physical, Verbal, Psychological, financial, emotional and Sexual abuse; abandonment, neglecting behave, lost dignity and respected conduct related to them. Today approximately 1 in 6 older people experiences elder abuse, which increases Depression and Anxiety.

3. **Role of Geriatric Psychiatry to empower parental Health of Elder People:**

In the old age, Dementia is projected to increase to 82 million in 2030 and 152 million in 2050, bipolar Depression occurs in 7% old age People, While Dementia is a Syndrome, which is deterioration in memory, thinking behaviour and the ability to perform daily activities, but it is not a normal part of aging. The issues described previously are mainly associated with Dementia as well as Depression.

In every disturbed mental State only, a Psychiatric specialist can be a great savoir. In the case of old aged Adults, the Geriatric Psychiatrics are only a ray of hope for the betterment of mental health of old aged Adults. But unfortunately, in INDIA there is a huge shortage of Geriatric experts. In maximum Cases patients of mental health/Disorders are totally depended on their Care givers, in this condition all Psychiatrics cannot treat the patient unless and until they presented by the Care givers with brief of problem and outcomes. Psychiatrics Can identify the Symptoms, Diagnose the illness/ Disorder, treat the Patient with Proper Counseling, prescribe the medicine, Detect the root cause through different tests, Scales or techniques for the better line of treatment.

But medical treatment through the Geriatric Psychiatrics is incomplete if the Complete, Health mechanism is not in favor of them and their Practice. The Lake of Geriatric mental Health clinics in India with Diagnostic Tools-Techniques as well as Geriatric Specialist is the Reality of Psychiatric Health Scenario in India. The Research in this era is also not seems on priority for the Govt. and officials. In the case of Delirium, Patient in several Complication needs intensive Care Unit admission, on other hand End-of-Life care in case of chronic, Serious, Progressive or advanced life limiting illnesses are the Circumstances where Health Care System Should be more attentive and Sensitive for efficiency in anHumanitarian Preservation towards old age Adults.

The legal and Global Initiatives in reference to welfare of Old Age Person:

The Directive Principles Contained in Article-41 of the **Constitution of India** cast a legal obligation on the State to make effective provision within of its economic capacity for giving social support to old, sick and disabled. Where Article-51 & 51-C is stating that the state to respect International Law and Treaty obligations, in Special reference to Standards of living, increasing availability of health services, medical Advancement and improvement in Nutrition is development of Education

The **General Assembly** of the United Nations on 16th Dec, 1991 declared the principles for Protection of Human Rights of older Person Called " **United Nations, Principles for older Persons**" The objective of this declaration was aim "to Strengthen the capacities of Governments and Civil Society to deal effectively with the aging of Population and to address the developmental Potential and dependency with needs of older people. It promotes Regional and International Cooperation.

In the Compliance of UN Declaration for old age person, Article-25 of the **Universal Declaration of Human Right 1948**, Article 51& 51-C of the Indian Constitution, 1950; Indian Legislation enforced the New Law regarding old Age Persons, "**Maintenance of welfare of Parents and Senior Citizens Act-2007** with **Govt. of Rajasthan Maintenance of Parents and Senior Citizens Rules 2010**.

The Indian Govt. launched the **National Program for the Health Care of the Elderly (NPHCE) in 2011**. The **Comprehensive mental Health Action Plan for 2013-2020**, is a Commitment by all WHO member states to take Specific actions to promote mental well -being prevent mental Disorders, provide Care, enhance recovery Promote human Rights and reduce the morbidity, mortality and disability for persons with mental Disorders including in Older Adults.

In the next step WHO-included the Depression, Psychoses, Suicide, Epilepsy, Dementia and substance use disorders in the WHO- **Mental Health Gap Action Programme (MHGAP)**

WHO Organized the first ministerial conference on Global Action against Dementia in march-2015. Then In May 2017, the world Health Assembly endorsed the Global Action Plan on the Public health Response to Dementia 2017-2025. This Plan Provide a comprehensive blue Print for action - for Policy makers, International, Regional and National Partners.

Rehabilitation of Old Age Persons through old Age Homes:

As per-Sec. 19 of the "**Maintenance of welfare of Parents and Senior Citizens Act-2007**, Act-expects every State to establish and monition in each district on old Age Home on Other Side there are 4 types of resources available to geriatric mental health issues in India has namely Govt./Private-Psychiatric clinic and Nursing Homes, Non-Governmental organizations (NGO's) and Informal Sources- family as Care givers. The Recognized NGO - **Help Age India** - established in 1978, had approximately 30 regional & area offices to extended Services to elderly People throughout India by providing Consultancy, training & Financial Support to Voluntary Organization. The second Renowned NGO in this area is "**Indian Federation on Ageing**" Both are affiliated to international organization. They have their own mobile vans and employs doctors, Pharmacists, Social workers and drivers to deliver medicine free at the door Steps. They have tie up with hospital for those who need hospital treatment. They do not take a Single Penny from the Government and work solely through donation. There are lots of NGO also working for and made of **Centre for the Welfare of the Aged - (CEWA)**

Reality of Medico - Legal - Mechanism:

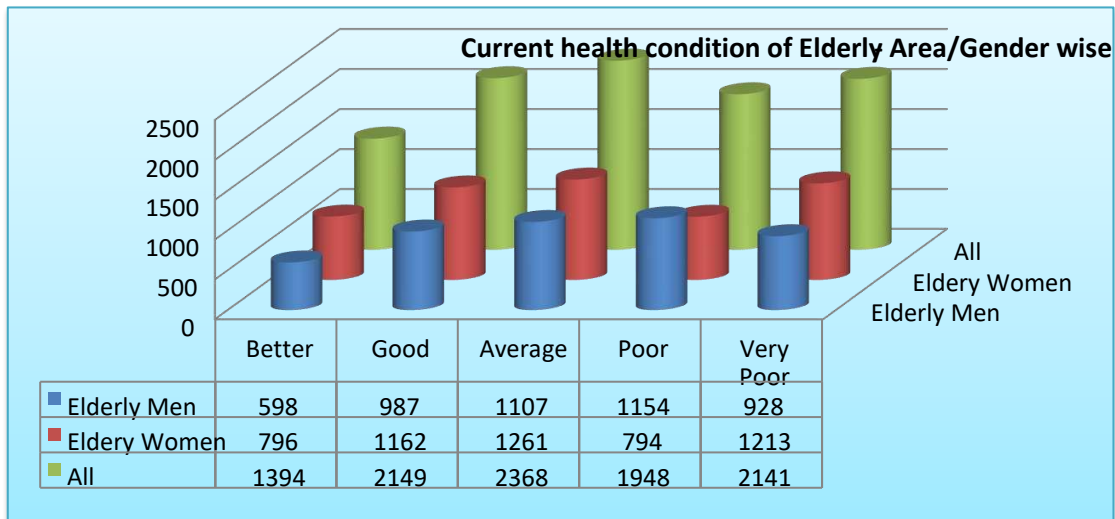
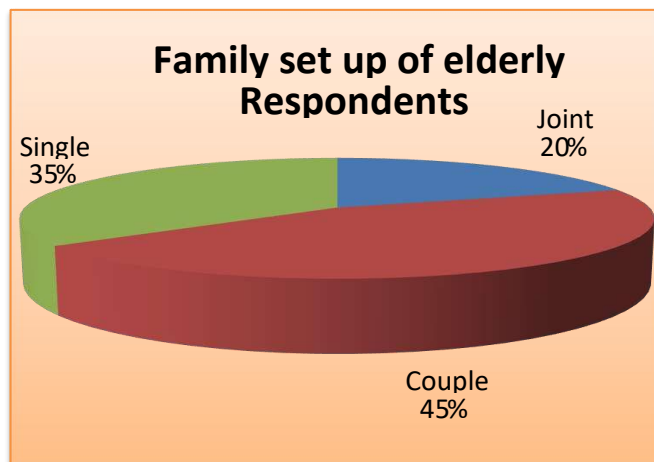
The Proportion has increased to 10.1% in 2021 and further likely to increase to 13.1% in 2031, of elderly Population. For male it was marginally lower at 8.2. % While for females it was. 9.0%.

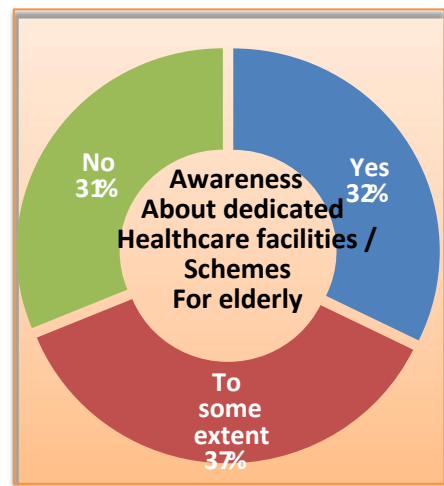
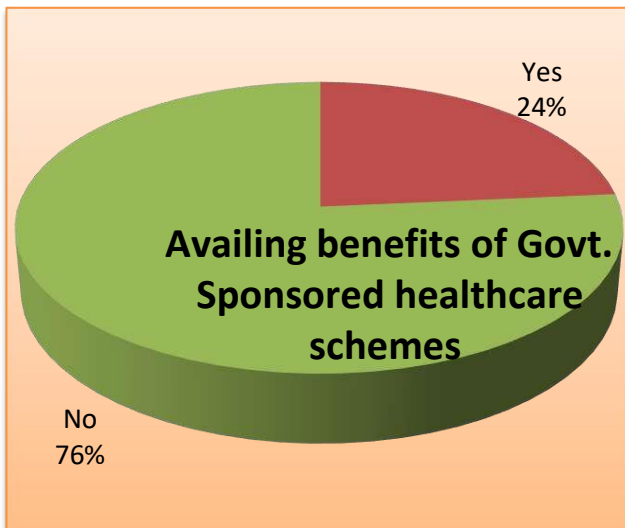
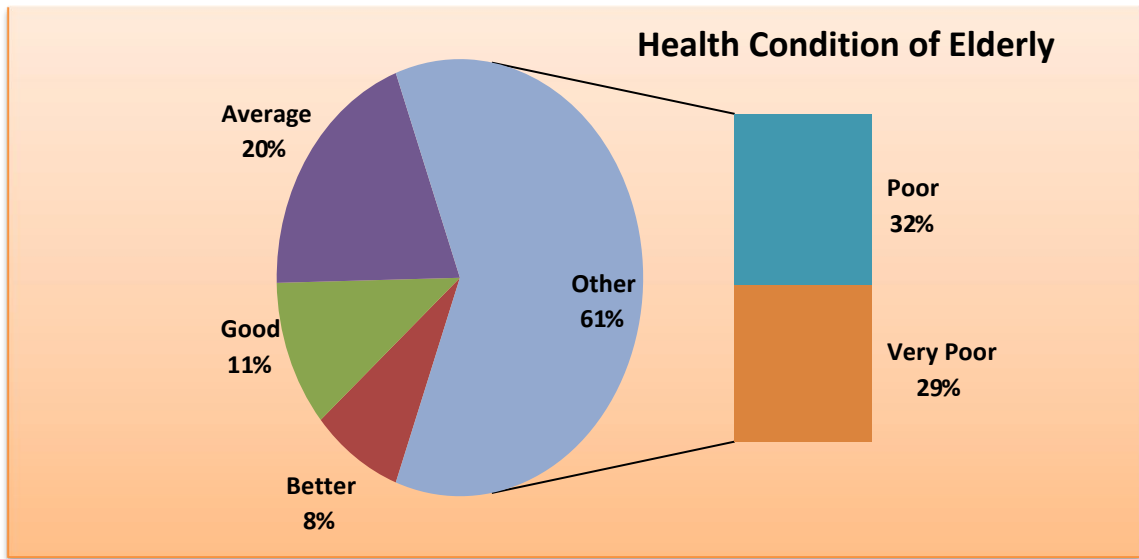
A recent Survey done by "**Age well NGO-associated by UNDPI in march-2021** - Title -" **Changing Needs of older People in India**, revealed the ugly truth about all effect from all fields- medical, Govt. officials, Legal, National & International organizations. This Survey recovered the 10,000 representative Samples of older People (5016 from rural /Slum areas & 4984 from Urban areas) across- 300 districts of 27 States & UT which are enough to expose the Current status of Older People.

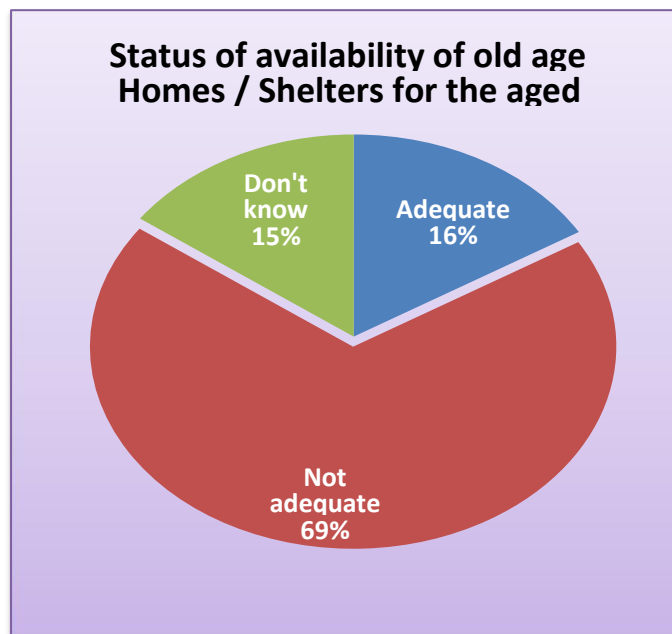
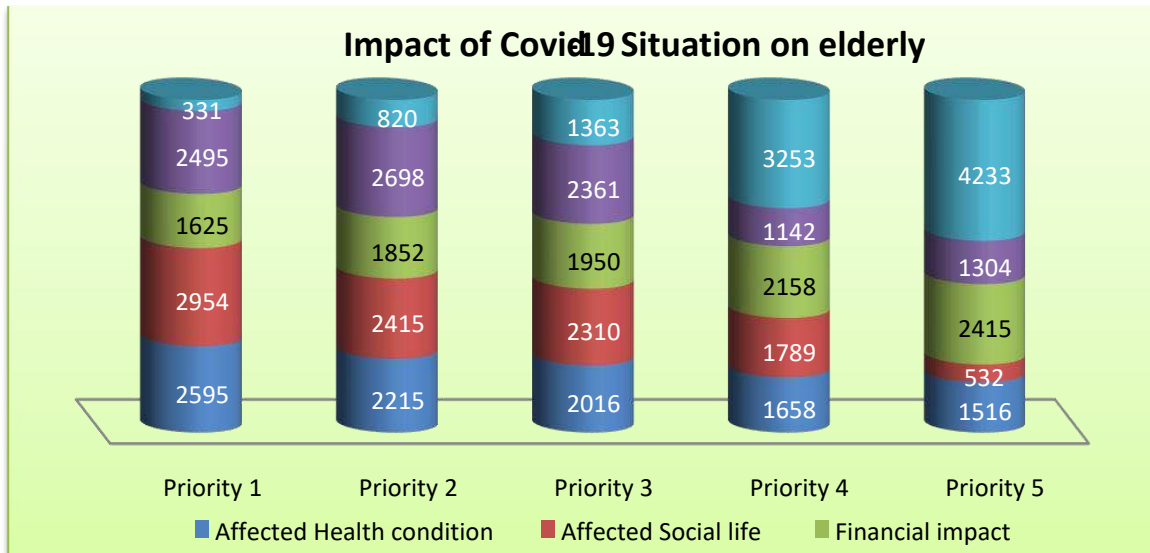
Overall, it shows about every third older person (approx 35% elderly respondents) was living alone, 45% elderly respondents found living with his/her spouse only and approx. 20% older people were living in joint families, with their children.

In each group the target was to include every section of the society, specifically

- Retired older people
- Non-pensioners / self employed
- Labors / farmers
- Housewives / working elderly women
- Professionals / businessmen
- Literate / Illiterate
- Financially secure
- Disabled / bedridden
- BPL (below poverty line) Family
- Slum dwellers
- Well off elderly / destitute







By these figures we can imagine the miserable Condition of Elderly Adults. They are suffering from Health issues as well as poor mental health state but actually their loneliness is killing them silently. Whether The "**Maintenance of welfare of Parents and Senior Citizens Act-2007**, Providing them (Sec. 2-9) Provision of Maintenance, Old Age Home (Sec-19), Medical Aid (sec. 20) But still they are actually very far away from all these benefits. Actually, most of them even don't know about these facilities & Benefits. They are facing all hidden traumas without Screaming in front of anybody else.

Basically, Question is that are they need only money, food, Shelter & Some medicines with some formal Protocol, or they are Seeking Love, Affection, Care, a healthy conversation, some Pampered behave of Close ones. It is said that an old man and a child Both Should treated in a similar manner. So, when they can give us ultimate love, care, attention, Affection then Why Cannot we repay them, with that they deserve from us, Family & Society. They are our assets, but we are not making their valuable state in Society. Perhaps They are very common for most of older males, on other hand Lesbian, Gay, Bisexual, Transgender & Queer, Elderly People are in miserable Condition. Studies reported that 9.1% of elderly lesbian Couples and 4.9% elderly gay Couples were Poor, as compared to 4.6% of their heterosexual Couples Counter partners. They also have complicated

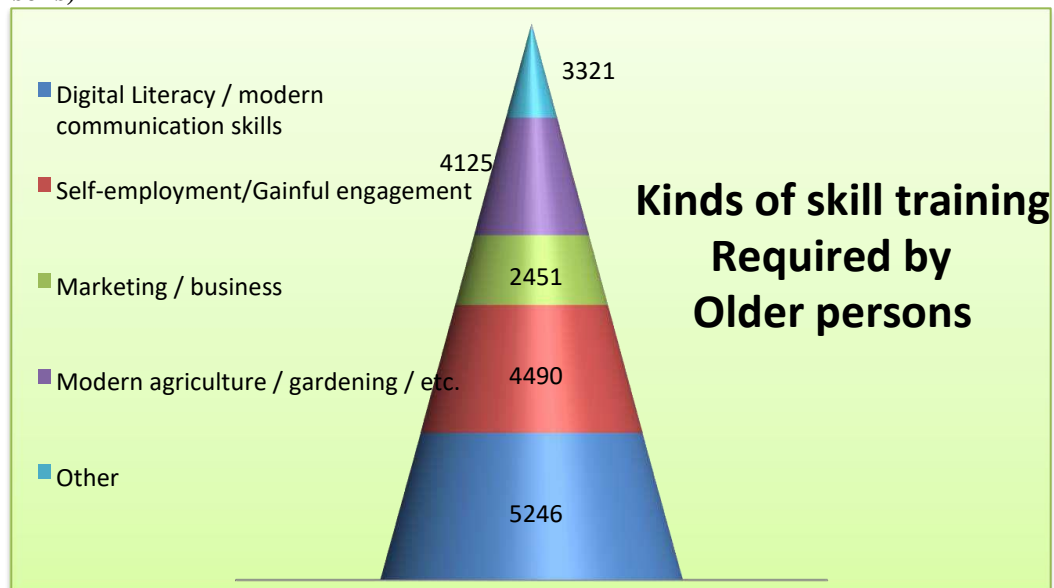
Psycho-Social Scenario in their elder Age, which make them more discriminated & isolated from the society.

The Loneliness of the elder age People is described easily by the example in which an NGO "**Anubandh Foundation**" organized a "matrimonial Introduction event" for Senior Citizen on 1st may 2022 in Jaipur. In this Event-170 male-Female got their spouse and 14,550 single male -female got registrations. Surprisingly 82 yrs old social worker who associated with 16 social work organization at Agra was in search of a Supportive life mate, on other hand 83-year-old retired Station Superintendent (Railway) was also in queue and expressed his loneliness with full of tears that his well-established Son & daughter, don't want to keep him in family and even they don't allow him to go to old Age Home for the sake of social image.

A Single Old lady came from Ahemdabad stated that her young son pressurized him to join the event and bring him in this program for searching a suitable match. She said my son loves me a lot & take Care in an affectionate way but still he wants that I should not face loneliness.

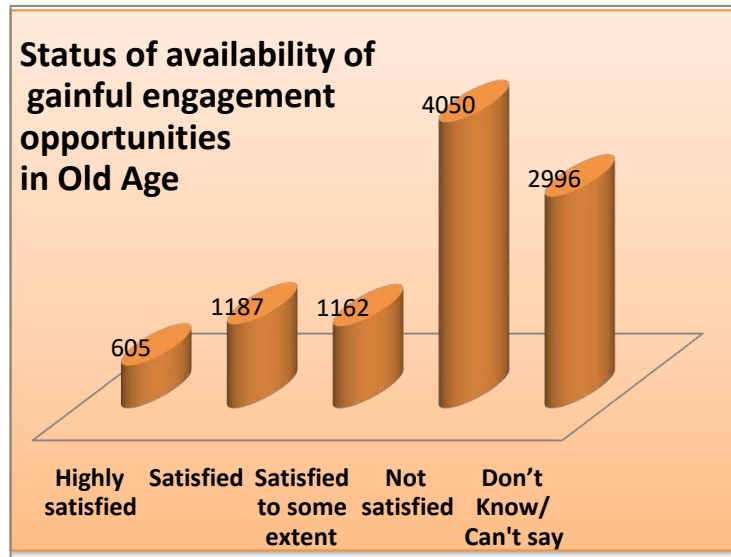
Conclusion:

Some of wise People like famous adventurous **Jhon Godard** Planned their late Adulthood timely and they prepare themselves to enjoy such Golden era of Life and maintain their dignity in family thorough delegation of main Responsibility, Adaptation of New Vision of new generation with active participation in family as well as society. They don't pertain as a liability for anybody else; actually, they involved themselves as a support not a dependent. They take care of their physical health as well as the mental health. There are a huge no of old age Celebrities, who are still active in their field & inspiring many elder. But this ratio is very few, which is more lower in case of elder woman, because in Indian Society the old mind set is still exist about status of woman in family whether She is young or old. But in an innovative manner we can restore the older but more experienced, knowledgeable, & full of Patience human resource through **Re-Skilling (Skill Training facilities for older Persons)**



persons i.e. 11.6% elderly respondents said that they are satisfied to some extent.

- About 2/5th elderly respondents i.e. 40.5% elderly claimed that they are not satisfied with the current status of availability of gainful engagement opportunities in old age.



This can increase the status of availability of gainful engagement opportunities in old Age. There are lots of Provisions in Social - Legal – Govt. official, Health System regarding old Age People but lack of Awareness, Poor execution and disturbed Connectivity among them, did not make them Successful in Practical implementation. So it is our duty to spread awareness, support in execution, be the chain of Connectivity to strengthen the Health mechanism. If there are a huge No. of old age adults in world why Should treat them like a **garbage** for dumping in an old age Home for living life in an Unexciting manner. We should utilize them Positively, pamper them like antique So that the old Saying should confirm truly - **Old is Gold** not the new one that -old is useless Garbage.

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