

Socio-Economic Problems Faced by Senior Citizens Living in Aafiyat Center Lahore, Pakistan

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ABSTRACT

Aging is where after some time an individual encounters a decrease in execution, productivity and wellbeing. Traditionally, the care of the old age people has been the duty of the family. Be that as it may, new patterns have developed to change family structures which has reduce the capacity of this foundation to fill in as the security net for the less privileged people. The rise of nuclear family has changed the example of life massively. The establishment of family as the safe house for aged people is step by step being dissolved. Pakistan faces many difficulties in welfare for its elderly populace. This article features the issues of aged population living in Lahore city. This study is conducted in Aafiyat(center for senior citizens). Respondent of the research are three in number including one female and two male.

Keywords: Senior Citizens, Socio-Economic Problems, Privileged People, Lahore, Pakistan

INTRODUCTION

What is an Old Age Home?

Old age home is usually a place where those people are lived who have no home and no children who looked after them, and also those people who have been thrown out their homes by their children. Old age home is a place of comfort for these thrown and without home people. Old age home provide shelter, food, clothing and all the necessity services to the people. (Aanasharma. (November 2012)

Old age is that age in which everyone is dependent on others regarding each and every matter, Physiologists said that, old age people are mostly behaved like a child, elder people wants attention and care, If they did not gain their desirable things they become gloomy and loose their health due to feelings of helplessness (Pak. j. life soc. sci. (2009), 7(2): 126-130). The population old age with years 60 and more day by day increasing thru in the world, the cause of less rate of death, expectation of life is been also increased, (Shoaib, Khan, & Khan, 2011). Elder number is roughly (605) million in the world today (Dawane, Pandit, & Rajopadhye, 2014), and raze this section about population is approximately 2 billion by year 2050 (Perna, 2012). Elder population which is growing rapidly it is presenting the supremely hard

challenges for both kinds of countries the developed and developing. In Pakistani civilization there is a strong values and tradition the old people are reflected as a respected a part of family and care for them is still seem like as a responsibility of family, is facing issues also as time has been transformed (Gulzar, Zafar, Ahmad, & Ali, 2008).

From the reference from verses of the Holy Quran argued these values alike in Quran also it is, no doubt, clearly transcribed that, "And your lord has decreased that you worship none but him. And that you be dutiful to your parents. If one of them or both of them attain old age in your life, say not to them a word of disrespect, or shout at them but address them in term of honor". (1) "And lower unto them the wing of submission and humility through mercy and say: My lord: Bestow on them. Your mercy as they did bring me up when I was little kid". (2) From biological point of view, a series of change from a set of social roles to alternative planned structured by the society is called aging. The age actually has certain categories such as infant, juvenile; maturity, medal and age of elder are the unavoidable human stages life being determined obviously. Old age has been categorized into different types: physiological, biological, functional and emotional. A type of aging is called physiology of aging which

emphasis on various groups: functional, emotional, physiological and biological. Aging of Physiology is emphasizes individual changes and behavioral; aging of biology emphasizes on fluctuations taking place in the structure and task of body of a human; matching age group in terms of those within the group being incapable to support their purposes in people; and finally emotional aging describes changes in one's lifestyle and approach trusting on one's self-perception of toward old (Ayrançi and Ozdag, 2005).

Theoretical Framework

"Components of social holding incorporate connection to families, sense of duty regarding social standards and organizations (school, business), inclusion in exercises, and the conviction that these things are vital",

In social bonding theory, the connection with families is important for everyone. According to Omi Hodwitz (2014) family greatly impact the social and economic aspects of the individual's life. It is very much important that to have a strong bounding with family and other social institutions.

So as these old peoples are living for away from their families and other social institutions in Aafiyat homes. They have absolutely no social activity which impacts their lives a lot. As they have no strong social bonding with their families and other social institution so it influences a lot on their social and economic aspects of life. (Hodwitz, 2014)

Literature Review

The elderly populace of the world (60 years and more established) was 251 million out of 1950, and expanded to 488 million out of 1990 .It is relied upon to increment from 530.5 million out of 2010 to 2 billion out of 2050. The seniority populace in Pakistan has more than a tripled since 1947, with about 10% of all people being 60 years or more. (WHO World Aging Report, 2013). Future has ascended by nearly three decades over the most recent 50 years and will achieve near 72 years by 2023. (Worldwide information base, 2004).The maturing procedure in actuality begins from the day you are conceived, however to be viewed as elderly, it is most regularly expected that after the time of retirement a man is viewed as a senior native. Maturing has significant outcomes on an expansive scope of financial matters, political and social process. "Maturing is too achieve change in the living plans of more established

individuals visa-a-vis more youthful relative and in the private and open arrangement of financial help for kids, grown-ups, and most basically more established people. The age classes, for example, outset, youth, pre-adulthood, adulthood, middle age, and old age are the unyielding phases of human life being resolved in organic and financial conditions. (Niaz et al , 2009). However maturing additionally exhibits a scope of Scio-financial difficulties for person's families, and social orders on the loose. As individuals get more established substantial capacities diminishes ,so a portion of the capacities that changes are in vision ,hearing ,touch, skin, endocrine renal and musculoskeletal. As is basic in western social orders, similar to USA and UK old guardians frequently live alone, or in the event that they have medical issues, they are left at nursing home or at an old people's home and retirement groups. The evolving socioeconomics and social patterns as far as movements from reached out to a more atomic family framework has raised worries about the rising maturity reliance proportion and the sufficiency of future family bolster for the elderly. (Naushin Mahmood2008)

In France, passed a bill in 2004 (Article 207 of the common code) requiring its subjects to stay in contact with their geriatric guardians. It was just ordered after two exasperating occasions, however; one was the distributing of insights uncovering the France had the most elevated rate of retired person .Suicides in Europe, and other was the after math of a warmth wave that murdered 15,000 individuals .the vast majority of them elderly, and a significant number of whom had been dead for a considerable length of time before they were found. In Korea the 60th and 70th birthday celebration of elderly are unmistakable life occasions which celebrated as a major family gatherings and banquets. In China follow to the disarray convention of "obedient Piety" , which organizes the family and qualities older folks with most extreme regard .yet china's fast industrialization has constrained individuals to move to urban regions for work, making numerous grown-up youngsters all the more further far from their folks. Who frequently stay in rustic regions what's more, are unfit to get and move.

In UK and USA old individuals desolate lives isolated from their kids. As their wellbeing winds up plainly down, they regularly move to retirement groups, helped living offices and nursing homes .African Americans kids will probably tend to their elderly guardians. In one

of the finest parts of our eastern culture is that (in many families) more youthful individuals are instructed the duty of taking care of and giving consideration to old guardians, great guardians or close relatives what's more, uncles as they see his being finished by their own folks. Senior individuals from the family are for the most part held in more prominent regards as they age, and the vast majority of the family will enthusiastically take care of their necessities while giving them an expanded feeling of having a place rather than viewing them as a weight. In any case, there are developing cases of youngsters leaving their folks to live somewhere else be it abroad or to like independently, just like the general pattern in the west. It appears that this idea is gradually discovering its direction all through our general public, which is a reason to get excited. Individuals by and large start to live more on account of enhanced medicinal services, as well as because of a few supplementary factors, for example, better sustenance and sanitation offices, training and salary. However maturing likewise displays a scope of financial difficulties for individual, families and social orders on the loose. Among 15 nations with more than 10 million more established people, seven are creating nations including Pakistan. This significant move in populace structures will have far reaching suggestion, particularly for the creating nations. Further, it is normal that South Asia will encounter a sensational increment in its elderly populace by almost nine times in the vicinity of 2010 and 2025, when future will increment to 75 years for men and 82 years for ladies (Rehmatullah. S, 2011:30).It is evaluated that there will be more than 43 million individuals 15.8% of the aggregate populace more than 60 in Pakistan 2050 as contrasted and 11.6 million means 65% of the aggregate populace at exhibit. To get ready for this anticipated future statistic move, arrangement creators need to set up approaches which give viable wellbeing and other social administrations particularly focusing on the elderly generally the continuous size of statistic changes will put a staggering weight on families as of now attempting to adapt to the weight taking care of their maturing relatives while attempting to all the while address their youngsters' issues.

STUDY OBJECTIVES

- To evaluate the social and health problems of the elderly people living in Aafiyat Lahore.
- To recognize the attitude of family members towards elderly people.

- To identify the important needs of the senior citizens with reference to their age.

Research Questions

- What are the problems of elderly people which they faced in their everyday life?
- What are the socio-economic problems of elderly people and how can elder people be accommodated in their normal life?
- How do families and societies at large in Lahore city normally respond to those problems which are faced by elderly people in the existing scenario?

METHODOLOGY

This study was conducted on older people living in AAFIYAT (A center for senior citizens) in Lahore. A sample of 6 older people was selected in Aafiyat center including 3 male and 3 female through purposive sampling technique. Data was collected from different senior citizens which are the residents of Aafiyat. As a researchers research is was used to conducted on fix selection criterion that respondent age should be 65 and above for the collection of data through interviews. A structure interview guide was used for this aim .Several visits were taken for interviewing the respondents. The purpose of this case study is to identify the problems faced by senior citizens in Aafiyat Lahore. This case study is involved explanatory research method.

Research tool

Data collection technique was based on qualitative research method. Structured interviews were conducted to collect the data from elderly people who are living in Aafiyat center Lahore. Interview guide also used for this purpose that includes different question. These questionnaires focus on the level of satisfaction and causes of isolation of senior citizens of the Aafiyat (A center for senior citizens).

Target area

Target area of research project is Social Welfare Complex Block 3, Sector D1, Umar chowk Township Lahore.

The Population and Sample

Population of this study was a government institution Social welfare complex township Lahore and target population was the senior citizens who are the residents of Aafiyat center .Sample frame was selected through convenient sampling and sampling size was 6 elderly

people including 3 males and 3 females of Aafiyat center. The reason behind this selection is that to know about the problems faced by senior citizens face.

Data Analysis

Subjective meetings with the 6 members were led on one event. The interviews, which kept going from 30 to 60 min each – the greater part of them no less than 60 minutes .The interviews were conducted in privacy with only the interviewer and the participant being present. Toward the start of every (benchmark) meet, a particular organized frame was utilized for accumulation of engaging information, for

example, age, sex, and living conditions. The rest of the pattern meet, and the whole development interviews, were subjective in nature, centered on the primary inquiry: “The life of the senior citizens in AAFIYAT Center”?’ A talk with control, covering diverse life zones, was utilized. Each meeting was finished with a short rundown to check whether the content had been effectively caught on.

Analyses of the transcribed interview material were carried out in line with the “Thematic framework approach”. In our research there are three main themes, which are as followed:

Social condition	Economic condition	Satisfaction level
Family relationships	Any occupation	Satisfied with health facilities
Inmates relationship	Any assets they have	Satisfied by the quality of food
Reasons behind coming old age home	Monthly income	Satisfied by the behavior of service provider

Social condition

In our research there are six interviews were conducted which includes 3 female and 3 male member. Firstly asked the question of social condition, 1st respondent Zeenat Bibi replies that my both parents are dead and I didn’t have any place of shelter that’s why I came here.2nd respondent Mr. Muhammad Tariq replies that It is an old example that 1 father serve the 10 children’s at a time and at the end 10 children didn’t have the capacity to look after parents (single of both).3rd respondent was Mr.Javaid Akhtar, he replies that I Didn’t have any children and my wife also died 1 year ago that’s why I feel alone and I hear about old age home then I came here and live here last 6 years.

Occupational conditions

Economic condition

Second theme is about economic condition.Fisrt respondent Zenith bibi replies that if the economic conditions are good then why we came here? Second respondent said that My wife and children didn’t allow me to stay in the house, My eyesight is too much week and I’m not able to do any work that’s why they didn’t allow me to stay in the house. Third respondent said that my wife suffering from cancer and I spent all my savings for her recovery but I didn’t save her life and she died. After the death of my wife I came her. I live here for last five years. Mostly people who come in the institution didn’t have home, mostly celebrated their Eid also in Aafiyat because they didn’t have home.

Satisfaction level

Third question is about satisfaction level that the people living in Aafiyat center are satisfied by the services which are provided to them. Services include are health services, quality of food, institutional services etc. First respondent of my research replies that I’m satisfied with the services which are provided by the institution, Food provided to us is good in quality. Behaviour of the service provider is also good. Health facilities are also good in nature. Second respondent replies that I’m not totally satisfied with the serives which are provided. Food quality is not good that we are not allowed to give suggestions about menu.Behaviour of staff is good and health facilities also good because they provide us medicines on time. Third respondent said that all the facilities which we avail in this institution are good enough that there are flaws are always happen in every department. Overall the behavior of people is positive towards facilities of the institution.

CONCLUSION

This research study concluded that some people are satisfied with the services of the institution and also said that this institution provide them shelter when their children left them all alone then they came here but some senior citizens were also not satisfied with the facilities and services of the Aafiyat home. According to them there is a need of improvement so that the old citizens which are withdrawal from their home lives in a better position in Aafiyat home.

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