

## Old Age: Status And Problems A Sociological Study

**Dr. Sadhana Shome**

Assistant Professor (Sociology)

### Abstract

Among the various problems of human life, old age appears to be a multidimensional problem in itself. Generally, none of us wants to grow old, and even if old age is dependent and problematic, old age cannot be avoided at any cost. Yes, it is necessary that various problems related to aging can definitely be solved with great understanding and intellectual cleverness. Women and men are considered to be two complementary sides of the same coin of life, yet the last stage of life of women i.e. old age is very pathetic, complicated and difficult as compared to men.

After independence, due to the coordinated effects and results of various processes of social change, scientific and technological progress, etc., there has been a proper improvement in the condition of women, yet the condition of women in many conservative families is not very good. Women consider education as the basis for spoiling the society. Going out of the house and working like men is still considered against the dignity and dignity, this indicates that how many steps have been taken to elevate the status of women from the legal and theoretical point of view, but from a practical point of view. The discriminatory attitude towards them and their disdain and harassment still continues, for this not only the men's class but the women's class is also to some extent to blame.

Aging is an inevitable and irreversible process, it is such a process, which starts with the understanding of a particular condition / condition of the person and continues throughout life, has studied old age from many aspects globally.

### 1. **Biological Aspect:**

In this context Berger F (1963) and M. s . The study and conclusions made by Kanungo (1982) are important. You say that it is a difficult task to take cognizance of old age on biological basis, because a 40 year old person may appear like an old man and 60 years old also shows talent and efficiency like a young man, so on biological basis old age can be considered. It is difficult to define.

### 2. **Psychological Side:**

This aspect is related to the person's state of mind, thought perception, emotion, impulse ability etc. In this context, Virne James (1964), Anand Raman (1982) is of the view that the loss of memory and dexterity is the indicator of old age. A person automatically starts to consider himself old from his own mind.

### 3. **The Aspects of Anatomy and Health:**

Pathak J.D. (1982) has clarified that the human body is made up of millions of cells. These cells, once destroyed or weakened, do not regenerate effectively.

### 4. **Socio-Economic Aspects:**

Lack of tree sovereignty in the family, decision-making power, participation, deviation from traditional values, family responsibility, isolation, attitude of the elderly towards changes etc. is used for the assessment of old age. Partial changes within the body composition, invasion and arrival of diseases, sensory impairment, socio-economic adverse conditions of the person, etc. are the references

which are helpful in understanding old age and old age. Doctor . Rajeshwar Prasad (1984) has clarified that the cause of the problem of old age is the changed Indian value system. Punia R. Of . (1987) said that the main problem of the elderly is to maintain good health. Pro . Bhatnagar (1987) has clarified that the problem of economic poverty is the most different among the problems of the elderly. Nandal (1987) has clarified that older people face more problems than men. Dishuja Alfred (1982) noted that older women who experience problems such as loneliness, isolation and anxiety are more likely to be older than men. Socio-economic conditions and problems of old people Most of the old age people suffer from some or the other diseases, in which digestive system, blood pressure, blindness, heart disease, insomnia are the major diseases, whose treatment is done only by the local hospital or quacks. The problem of economic poverty is also no less important, due to lack of wealth, old people are not able to successfully discharge various desired family responsibilities, they are not able to treat their disease properly, they are able to complete religious activities in a timely manner, authority and influence in the family. Erosion etc. is the result of poverty.

### **Old Age Experiences and Suggestions:**

Old people often keep asking who is the support of old age? Is contempt, humiliation, compulsion the only reward for old age's love, sacrifice and affection? Today's Shruvan Kumar has started sleeping in the lap of western civilization by being ruthlessly merciless. The gardener who had given up the garden of the house, irrigated with water as austerity, moral support, flourished, blossomed and flourished, the same gardener cannot take the smell of that gulshan, because he is old, curses his old age, the old man considers himself helpless, lonely, orphan. is being forced. In old age, a person has important thoughts, morals, sour-sweet experiences, knowledge about his life, but wants to pass on the knowledge to the youth, but there are child gap, communication gap, value conflict, changed status-role and attraction of scientific and western values etc. It compels the youth, due to which they consider it an insult to accept this empirical knowledge as antiquated and backward and does not want to include the old age in their way of life.

The solution of many problems is based on the attitudes and attitudes of the family members themselves and the people of the society. Along with this, through government efforts, the means of living a happy life can be made accessible to the aged. The social family structure in Indian society can become more balanced if there is little sympathy for the older members of the family in the younger generation. Old age is very fertile, its strength is not less than that of youth or adults, this has to be understood by the younger generation. The need is to recognize their power and get benefited from it, they need two words of love, that too from their loved ones.

### **Reference Book**

1. Bhatnagar, G.S. ( 1987 ) - Social Adjustment Among Retired Persons in Aging in India ( ed . ) Desai K.G. TISS, Bombay.
2. Chaudhari D.P. ( 1992 ) - Aging and the Aged , Inter India Publications , New Delhi
3. Nayar P.K.B. (1980) - A Study of the working of old age pension schemes in Kerala, University of Kerala.
4. Soodan K.Singh (1975) - Aging in India. The Minarva Associates , Calcutta . M