

 <p>ISSN 2631-2131</p>	<p style="text-align: center;">Issues of Elderly People in Nepal: A general Review</p> <p style="text-align: center;">Sharada Devi Sharma</p>
<p>Author(s)</p>	<p>Sharada Devi Sharma</p>
<p>Association</p>	<p>Lumbini Buddhists University</p>
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<p>Email</p>	<p>sharmasharada0@gmail.com</p>

Abstract

The issues of elderly people in Nepal are different in nature. The main objective of the study is to collect and identify the different types of issues of old-age people. Normally the issues or problems related to elderly are divided in five categories i.e., cultural, economic, health, psychological, and social. It is the general review of listed references to collect and identify the issues of senior citizen. A caretaker or old age home manager must be able to address all such issues while working with old-age people. It is necessary to maintain cordial relations with old age people. To manage the disorders, we need highly sophisticated old age homes all over the country. Governments should pay more social security to inject money in market and make happy elderly friendly society. It can contribute gender equality as well.

Keywords: Issues, Old-age People, Old-age Homes

Introduction

Matru devo bhava, Pitru devo bhava, Acharya devo bhava, Atithi devo bhava - Taittiriya Upanishad. Nepal is predominantly Hindu country and Hindus must respect their parents as god. Of course human is the creation of parents. Simply the creators are god. Thus senior citizens are god. According to the senior citizen act of Nepal 2006, senior citizens are “People who are 60 years and above. The family members in community and concerned authorities in old age homes should be made aware of the magnitude of this problem and should encourage them to provide care and support to the elderly. Regular health checkups should be done in old age homes to address the comorbidities and screening for depression can be combined with health checkups. Counseling and psychological services should be provided at old age homes (Mali et al, 2021). Thus it is necessary to manage good care of our Gods- senior citizens. There are various physical, psychological, social needs along with health problems and chronic diseases of elders. It must be addressed. Abuse can range from what might clearly constitute a criminal offence e.g. sexual or physical abuse, theft etc.

to acts that cause harm to an older person whether by omission or otherwise e.g. neglect through lack of resources or difficulties with interpersonal relationships. Abuse and neglect have been distinguished depending on whether or not there has been an active violation of rights or an absence of action. The abuser can be a stranger, an acquaintance or a trusted other (Rai et al, 2018). The abuser must be inside the prison and must have a strong punishment system. However, the issue of how migration of adult children affects older age parents is significant as current trends towards globalization and population ageing throughout the developing world is increasing. Thus to address the social cultural and psychological issues of elderly people the study is been conducted.

Objectives and Methods

The main objective of the study is to collect and identify the different types of issues of old-age people. Normally the issues or problems related to elderly are divided in five categories i.e., cultural, economic, health, psychological, and social. It is the general review of listed references to collect and identify the issues of senior citizen.

Discussions on Issues

The problem or issues related to senior citizen has broad social, economic, political and health implications. It is viewed as a concern of administrators, health professionals and general public. Care of the elderly is also one of the priority areas in Nepal (Shrestha et al, 2019). In Nepalese society, there is very low awareness about special needs of elderly and caretakers are yet to understand the vitals of elderly care (physical and mental, psychological and social needs). It is necessary to educate and aware the people about the dignity of old age people. Elder abuse is one of the subjects of frequent discussion these days, whether it is institution based or community based. Elder abuse is not merely physical instead, but it has been categorized as- physical, emotional, financial, neglect and sexual (Bhandari et al, 2020). Therefore, there are many types of problems and issues of old age people. Such issues are categorized in five groups as below.

Cultural Issues

Culture is the identity of the people. Nepali culture is directly related with Hinduism. *Matru devo bhava, Pitru devo bhava* – Parents are God. However, the reducing the value of ancient culture and religion have created serious negative impact on elderly- Gods. The diminishing joint family system and the various other socio cultural factors have enforced the emergence of old age homes, especially in cities (Bhandari et al, 2020). Culture of joint family system is a comprehensive cultural package for young, adult, and old people inside a roof. But deterioration of the joint culture is creating abuse in society. Abuse of the elderly is an important social and cultural issues arising from increase in longevity because longevity increases the number of elderly as well and more at risk of elder abuse (Rai et al, 2018). Abuse in society is not tolerable.

In Nepali cultural tradition, sons are morally obligated to provide care and support to their elderly parents. It is estimated that more than 80% of elderly in Nepal live with their sons. Only 2.7% of the elderly in Nepal are living with their daughters, which may be due to the cultural taboos that prevent parents from living with married daughters. It is nonsense because the property and ancestral legacy come from parents. So children live with parents not parents live as children in their own home and property. Thus there will be no difference in son and daughter. It can contribute

gender equality as well.

Economic Issues

Poverty, migration and low economy are the economic causes of distress of old age people. Due to the increasing trend of youth out-migration without any proper government initiatives to manage elderly care, the life of those elderly parents seems to become distressing, leading them to old age homes as the only option available for support and care. Majority of elderly living in old age homes did not have economic problem. Only 9.1% had economical problem. It may be due to children's financial support through remittance to their parents (Khanal et al, 2018). From an IMF report says, "Children consume more than they produce, and the same is true on average for the elderly. Consumption by children and to some degree by the old is covered by prime-age adults—those roughly 25 to 59—who produce more than they consume". People may work longer, workers may increase savings to cover longer life expectancy, or there may be greater investment in human capital that will lead to higher productivity.

Nepal like many other developing countries in the world is observing the rapid ageing of people. The urbanization, modern character, tendencies and values and world integration have led to change in the weakening of social values, economic structure, the erosion of societal values, and social structure such as the joint family. In this changing economic and social environment, the younger age group is searching for new identities about economic independence and redefined social roles inside, as well as outside the family. The shifting economic structure has reduced the dependence of rural families on land which has provided strength to tie between generations (Gormal, 2003). Governments should pay more social security to inject money in market.

Health Issues

Ageing is health problem. The problem must turn into opportunity. Healthy ageing is not only related to the advances in medical technology but also related to the interaction of a wide range of social factors such as maintaining and enhancing physical and cognitive functions being fully involved in the society, leading a stimulating and productive life, living in a stable social environment and having meaningful personal relationships (Bhandari et al, 2020). Most of the people living in the old age home in Eastern Nepal are found to have depressive symptoms among which majority have mild depressive symptoms and few have severe depressive symptoms. It depicts the miserable mental health of the elderly people in old age home (Sapkota et al, 2019). Abuse of the elderly is an important social and public health issue arising from increase in longevity because longevity increases the number of elderly as well and more at risk of elder abuse (Rai et al, 2018). Thus health insurance of entire sixty above people is necessary.

Psychological issues

Ageing is inevitable developmental facts that bring along a number of changes in the physical, psychological, hormonal and social status. Most of these changes are expected to affect quality of life of the elderly. Suffering from morbidity and poor performances on grip strength and perceptual speed were independently associated with reporting lower life satisfaction, morale, and happiness as well as feeling more anger, fear, and sadness at age 70(Potter et al, 2020). Weakness in body may create many psychological disorders. To manage the disorders, we need highly sophisticated

old age homes all over the country.

Social issues

In old-age homes, not receiving old-age allowance, bad perception of life, bad social relation, having a chronic disease, lack of care from family, stress and weeping as stress coping strategy were associated with depression. In the community, stress, non-involvement in family decision making, feeling of neglect, dysfunctional capability, bad social relation, lesser monthly income had positive relation with depression (Mali et al, 2021). According to the 2011 census of Nepal, there were 2.1 million elderly inhabitants, which constitute 8.1 percent of the total population in the country. Most of the elders in old age home because of the lack of own shelter, sixty percent elders have no any children, mostly they were widow or widower. Majority of elderly had vision (60 %), walking (46%), hearing problems (33 %) and minority (10 %) have inability problems in moving extremities, difficulty in talking. Some of them have maltreatment by their family members (Bhandari et al, 2020). Social activities should be expanded for these residents in order to promote social health. So it is necessary to maintain cordial relations with old age people.

Conclusion

In conclusion normally the issues or problems related to elderly are divided in five categories i.e., cultural, economic, health, psychological, and social. A caretaker or old age home manager must be able to address all such issues while working with old-age people. It is necessary to maintain cordial relations with old age people. To manage the disorders, we need highly sophisticated old age homes all over the country. Governments should pay more social security to inject money in market and make happy elderly friendly society. It can contribute gender equality as well.

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