

Experiencing Old Age: Case Studies of Elderly People in Old Age Home

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Abstract

Ageing is a serious of processes that begin with life and continue throughout the life cycle. The Indian family has traditionally been described to provide natural social security to the ill, dependent and the older family members. However in recent times, such traditionally described roles of the family has become more and more elusive and that increasingly issues of community care and support for patients without families are beginning to emerge. Rapid growing of industry modernization in India, it has also effected the people in many ways. The tradition of joint family in the culture of Indian society is disappearing slowly which was based on the love, affection and tradition it has also transformed the life of family. The In this study refers to express the experiencing of old age in the based on the case studies through the life time of elderly people experiences and the life history. And the aim of the study express the concept is placed in the complex interplay between the institutions beliefs and personal experiences and the present relationships and contacts with their family then how to understanding and adjustment of this elderly people in the old age home. It also points out that family relations in old age are shaped by the dividing influence of individual life experiences historical events. Social and economic conditions.

INTRODUCTION

“Serving your parents is a privilege, not an obligation”

Old age is the closing period in the lifespan. It is the period when people move away from previous more desirable period – or time of usefulness. As people move away from the earlier periods of their lives they often look back on them. Usually regretfully, and tend to live in present, ignoring the future as much possible. Age sixty is usually considered a dividing line between middle age. However, it I recognized that chronological age is a poor criterion to use in making of the beginning of old age because there are such marked differences among individual in the age at which aging actually begins. Because of better living condition and better health care, most men and women today do not show the mental and psychological signs of aging until the mid sixties or even the early seventies.

The Indian family has traditionally been described to provide natural social security to the ill, dependent and the older family members. However in recent times, such traditionally described roles of the family has become more and more elusive and that increasingly issues of community care and support for patients without families are beginning to emerge. Partly, this trend has been explained by the changes in family structure and function in recent times increasing trend of females being absorbed into workforce in the unorganized/organized sector who have traditionally been responsible for care giving; and migration of younger labour force, a source of second generation support, away from home towns (Avasthi A, 2010).

At the same time disturbing trends in terms of provision of social security, including health expenditure by the government in several developing countries, including India has been seen to show a declining trend in recent years elderly, institutions such as ‘old age homes’ have come to play an important role. Other than a major problem of (financial) resources ailing most of such institutions under state control, elderly living in such homes face problems of adjustment with tight and rigid schedules, total and or near total separation from the family/social milieu, anxiety over entrusting oneself to a new environment, diminished physical capacity and very close and frequent encounters with death and ailments in the institution (WHO, 2001).

Rapid growing of industry modernization in India, it has also effected the people in many ways. The tradition of joint family in the culture of Indian society is disappearing slowly which was based on the love, affection and tradition it has also transformed the life of family. People have started in believing in ‘nuclear family’ rather than combined or joint. It has made people to live with his own family which including husband, wife and their children. This culture has also affected the emotion of each individual person. In today’s time parents afraid from their children, that’s why they have started refusing to live with them (children). Due to this reason they have started moving in the old age home where they only which for death. In India the population of old citizens is growing in 1901 it was 12.1 million, but it has been recorded in 2011 is 103.2 million¹. The population of elderly in India (over 60 years) ranks second in the world. The main reason for this is latest instruments, advanced medicine, world class treatment, social protection, living standard and food is available now a days. If we move on the deeper side, it will observe that the number of old people would be more than the new born children, The term “old” can be associated with physical incapacity, biological deterioration or disabilities or even psychological factors. Many older persons find living with their adult children to be more difficult then living alone and many do not have a choice and have to live separately from their adult children. In these circumstances old age homes seems to be the choice for the older persons (Yadav alalan, 2014).

Ageing is a serious of processes that begin with life and continue throughout the life cycle. It represents the closing period in the life span a time when the individual look back on life lives on part accomplishments and begins to finish off his life course. Adjusting to the changes that accompany old age requires that an individual is flexible and develops new coping skills to adapt to the changes that are common to this time in their lives (Warnick, 1995).

Ageing is an inevitable developmental phenomenon bringing along a number of changes in the physical, psychological, hormonal and the social conditions. Define ageing in terms of the biology; referring to “the regular changes that occur in mature genetically representative organism living under reprehensive environmental conditions as they advance in chronological age.” old age has been viewed, as problematic period of one’s life and this is correct to same extent. The aged become increasingly dependent on others. As man grows, his reduced activities, income and consequent decline in the position of the family and society makes his life more vulnerable. An old person begins to feel that even his children do not look upon him with that degree of respect, which he used to get some years earlier. The old persons feel neglected and humiliated. This may lead to the development of psychology of shunning the company of others. Old age homes are a need of today as the life-styles are changing fast and diminishing acceptance of family responsibilities towards one’s elders. Older people are, therefore, in need of vital support their overall quality of life (Doshi & Jogan 2013).

Old age; a term this generally across a shudder two words loaded with anxiety. Frailty and sometimes anguish, yet an imprecise term whose meaning is still vague, its reality difficult to perceive. When does

one become old? At 55, 60, 65, or at 70 years nothing fluctuates more than the contours of old age that physiological and psychological and social complex. In spite of everything growing old is still an essentially biological phenomenon to which modern medicine is paying ever greater attention, without having yet managed to understand its mechanics. Old age is not a new phenomenon. It is as old as human society. The term 'age' means the length of time for which a person has existed and if that existence is for a long time the society considers him as 'aged' the aged is defined in various ways.

According to internationally accepted definition 'an aged is one who is sixty five years of age or above'. It is the terminal stage of one's life cycle. The joint family early accommodated the old and the disabled. The economy that was organized around agriculture provides the role differentiation in the community. Community which offered a respectful space for the older generation. But this situation changed by the intervention of modern institutions in the everyday with the affairs of human life. The breakup of the joint family into nuclear family made it incapable to accommodate the old due to the pressures created by the demands of a modern urban and industrialized life style (E T Mathew, Irudaya rajan, 2000).

Ageing is everybody's problem as everyone is bound to age and experience. Ageing is a fact of life which does not take place all of a sudden. The elderly are like the setting sun that retreats into the night after life giving, light during the day. Ageing is normal and natural. It is a stage ridden with physical and mental problems. Very few people reach old age completely free of diseases. Senior citizens across the globe are not getting the proper health care they need because governments and the society are not aware of their problem. The ageing population is both a sociological and medical problem. It makes a greater demand on the health services of a community. In a rapid greying world, healthy ageing is vital for the countries. It is a pre-requisite for economic growth. Discoveries in medical science and improved social conditions during past few decades have increased the span of life. The Situation becomes all the more difficult when one finds one left alone without anyone to take care of. Indeed, the loneliness and neglect associated with old age is a rather recent phenomenon. It is the outcome of breakup of the tradition of joint family system. Growing urbanization and fast moving modern life have contributed to the problem. Furthermore, the erosion of moral values has also aggravated the situation. Earlier, when life was simpler and values were more valuable, the elderly held an enviable place in family and society. However, with the changes in the structure and functions of family, many elderly lost their space in family and had to move to old age homes as their final haven. Old age home being 'home away from home' has a great responsibility in taking proper care of the elderly and the institution under study delivers commendable services within the limitations. Ageing is an important socio-psychological problem in almost every family, involving strains and stresses in taking care of the elderly. With the increasing longevity, the empty years at the end have increased, with its attendant issues of disease, disability and psycho-physical deteriorations. The dynamics in the structure and functions of family along with the ongoing Changes in social values have put serious dent on the space the elderly had been enjoying, bringing old age homes to the focus of discourse on ageing. The life of the elderly in care home, often referred to home away from home, is too not without problems. In this pressing context, the present paper attempts to capture the situations of care delivered by these institutions and the issues the elderly face in them (Vanitha D 2014).

Old age should be understood as a whole because it is simultaneously a biological phenomenon with psychological consequences once certain behaviour are pointed out as characteristics of the old age. As in every human situation old age has an existential dimension that modifies people's relations with time

generating change in their relations with the world and their own story. Thus old age should not be understood in any other way than in its wholeness and also as a cultural fact (Beauvoir S A, 1990).

In this sense, defining old age is difficult mainly when one desires to be healthy while aging, as everyone currently wishes for themselves and for everybody else. Therefore, it should be understood in its wholeness, in its multiple dimensions once it is a moment in the biological process, but it is still a social and cultural fact. It should also be understood as a phase in the life cycle where, as chronologic age advances, there are modifications at a bio-psycho-social level that affect the relations of individuals with their social context (Carvalho HBC, Rocha SM, 2006)

Therefore, to reflect on the meaning of aging and old age through what is reported by the elderly probably is a way of understanding the real meaning of old age, which would enable healthcare providers, nurses among them, to plan reality-based strategies able to enable the maintenance of the autonomy and independence of the elderly based on the parameter of understanding the modifications resulting from aging, mirrored in the old age, thus allowing improving quality of life according to the situation the health of the elderly is. Those actions and plans are possible by understanding that old age is not an absolute conception once the real meaning of the changes resulting from the aging process is unique, such as the way each individual thinks, acts, questions and interprets and how that affects his life. In this sense, the direction and length of those transformations should be thought considering people as a whole, what they were in the past, before this process. In this line of thought, some old people seem to be receptive to new experiences; they realize that old age is a broader and deeper phase in life during the existence. Others, on the contrary, remain rigid as to the changes characteristic of old age and the way of seeing and identifying old age. Thus, the way of thinking and the meanings attributed to old age and aging by each old person are founded on dynamic and continuous relations with the values the society attributes to aging and the influences every person suffers (Ferreira MH, Sao Paulo, 1999).

We consider that there is not an age universally accepted as the threshold of old age. Opinions vary according to the economic situation and cultural level, and even among scholars there is no consensus. Under a demographic standpoint, old age is basically approached through numeric limits. The medicine, public and private healthcare and cultural and bureaucratic institutions set a number that varies from 60 to 65 years of age to characterize old age. According to the World Health Organization, old age is fixed at 60 years old for developing countries and the third world, and at 65 for developed countries, a classification that involves the economic and social situation in each country (Brasil, Ministerio da Saude, 2004).

India like many other developing countries in the world is witnessing the rapid aging of its population. Urbanization, modernization and globalization have led to change in the economic structure, the erosion of societal values, weakening of social values, and social institutions such as the joint family. In this changing economic and social milieu, the younger generation is searching for new identities encompassing economic independence and redefined social roles within, as well as outside, the family. The changing economic structure has reduced the dependence of rural families on land which has provided strength to bonds between generations. The traditional sense of duty and obligation of the younger generation towards their older generation is being eroded. The older generation is caught between the decline in traditional values on one hand and the absence of adequate social security system on the other (Gormal 2003).

Illness increases with age. All else being equal, an older population has greater needs for health care. This logic has led to dire predictions of skyrocketing costs-”apocalyptic demography” (Smith J, 2000).

Life satisfaction continues to be an important construct in the psycho-social study of aging. It is one of the commonly accepted subjective conditions of quality of life and seems to be one of the facets of successful aging, both of which are key concepts in aging. Research reports that life satisfaction is strongly related to socio-demographic and psycho-social variables (Iyer 2003).

Old age means reduced physical ability, declining mental ability, the gradual giving up of role playing in socio-economic activities, and a shift in economic status moving from economic independence to economic dependence upon other's for support. Old age is called "dark" not because the light fails to shine but because people refuse to see it (Gowri, 2003).

Traditionally, elderly people in India have lived within a multigenerational family. This arrangement has catered to their economic, physical and emotional support to a great extent. However, it is evident that this situation is undergoing a radical change, as more and more people are surviving beyond the age at which they would perform or be rewarded in major social roles as worker, parent of a dependent child, or spouse. The vulnerability of older people has thus been heightened as a backlash of social change. Older people feel less valued owing to the forces of modernisation, technological change, mobility and the explosion in the lateral transmission of knowledge which have brought about changes in lifestyles and social values. Industrialisation has brought in unprecedented pressure in urban centres and living as a joint family has become financially impossible in larger cities. A major chunk of the younger generation migrates to other cities and towns for livelihood, increasing the vulnerability of the old who stay behind. Also, the role of the woman as the traditional caregiver has changed with an increase in employment of women outside the household. Families now invest more in education and upbringing of children thus affecting the intra-family distribution of income in favour of the younger generation. (Mohan Chandra Dolai, 2015).

The life expectancy in India has increased significantly after independence, particularly in the last 2-3 decades, due to availability of better medical facilities, improved health consciousness and increase in standard of living of the people. The percentage of aged persons has been steadily increasing. The old parents are not able to live with their children because of several reasons. There is, therefore, a huge demand for Old Age Homes where the elder citizens can live peacefully and safely for their life time. Instead of living independently and separately in houses without any safety and care, the elderly persons can live happily in these old age homes. In several cities, towns and rural areas there is a huge demand for Old Age Homes (Shodhagaga, 2014).

The ageing of the population is an obvious consequence of the process of demographic transition where fertility and mortality declines while life expectancy increases resulting in a decline in child population and an increase in that of the elderly. The developed countries have already experienced this phenomenon and made plans to take care of their increasing elderly population. In the developing countries, the ageing phenomenon is of much more recent origin and adequate plans to take care of the elderly are yet to be formulated and implemented. Asia, India and China are the two largest countries with a significant proportion of the world's elderly because of their large population base. India, like many traditional societies today faces a unique situation in providing care for the elderly. The existing old-age support structures, in the form of family, kith and kin are slowly eroding and the elderly are not well equipped to cope alone in the face of infirmity and disability. This phenomenon has given rise to the concept of alternative arrangements for the care of the elderly through institutional support. Although old age homes started functioning from the second half of the 19th Century, the growth and development of these facilities in India is still inadequate. Studies have shown that there has been

tremendous growth in old age homes in India accommodating a sizable number of the elderly. Old age homes have also sprung up to cater to the needs of the elderly from different socio-economic backgrounds. In fact, the Government of India's National Old Age Policy (NOAP) demands that old age homes be established in every district in India as a welfare measure. Traditionally in India, the elderly are supposed to be taken care of by the family. The changing socio-economic and demographic conditions has affected the welfare of the elderly has become a cause for concern in recent years. Further, old age homes have become the best alternative for those who are poor, destitute and disabled (E T Mathew, Irudaya Rajan 2000)

The recent data shows that there are more than 1,000 old age homes in India with most of them located in the southern India. The old age homes are of two types: free and paid. The "free" type cares for the destitute old people who have no family to care of them. They are given shelter, food, clothing and medical care. In the paid type, services are available for a price. A number of studies have discussed various reasons for the elderly to be in old age homes. Migration of children has been cited as a major reason for the elderly to move into old age homes. However, there are studies, which cite the need for independence as the reason why the elderly live in old age homes. Lack of care within the family, insufficient housing, economic hardship and break-up of joint family are also cited as reasons by many studies (Bansod and Paswan, 2006; Bharati, 2009; Mishra, 2008).

When more elderly are opting to stay in old age homes, it would be interesting to study their adjustment patterns in the new environment, levels of satisfaction and dissatisfaction and expectations from family members. A number of studies have looked into the various socio-psychological issues of inmates of old age homes. However, studies on the living arrangement preferences among the residents of old age homes are rather scanty. In this paper, an attempt has been made to understand the living arrangement preferences of the institutionalised elderly and its links with their health and well-being.

The Indian families have a tradition of providing protection and care to the disabled, widows, and age. Now a day's family is playing a lesser role in providing support to the elderly due to the changes that are taking place in the Indian society and on the account of gradual disintegration of joint Families. This has resulted in many elderly seeking support and care in old age homes. Sending one's own parents to old age home was traditionally considered as a big shame for the family and children. The concept of institutional care for elderly was originally associated with western culture but slowly this is happening in India also.

Old age homes seem to have become the need of today. In general saying old age home is considered to be a matter of insult for the elderly and for their families. The earlier impression about the individual who are living in old age homes are of poor destitute who do not have families to support or those elderly abandoned by their own children. However, this attitude has undergone significant change (Pradeep kumar , Anindya raj 2012)

Old age homes are a need of today as the life-styles are changing fast and diminishing acceptance of family responsibilities towards one's elders. Older people are, therefore, in need of vital support their overall quality of life. The above studies demand that we should understand the concept of old age homes thoroughly and evaluating psycho-social status of senior citizen and related factors.

Edward J. Stieglitz defines aging "as the elements of time living." According to him "aging is a part of living." Aging begins with conception and terminates with death. Aging may best be

Defined as the survival of a growing number of people who have completed the traditional adult roles of making a living and child bearing. Physiologically aging is characterized by diminishing of bodily functions. Many researchers have divided old age into three categories.

- Early old age or young old age which extended from age 60 to age 69.
- Old age or advanced old age, this begins at the age 70 and ends at age 79.
- From the age 80 and the above is considered older old age.

The disintegrating system of joint family, rapid industrialization and urbanization and changing social values have together caused serious problem for the aged. They are treated like an unavoidable burden if they ceased to remain productive members. Occupational problems of aging are generally accepted fact that the lack of employment security of older workers constitutes a significant social problem. The ever increasing complexity of technological innovations have produced labour market in which many older workers find themselves on the margins without any secure attachment to a job or even actually displaced and unable to. Nutrition is a major problem among the elderly. Many live alone and there is tendency for such persons not to consume well-balanced meal because they believe that preparing meals for one person is too much trouble. Low income is another reason that malnutrition is women among older individuals. Some research indicates that many consider housing to be a major problem during later years of life. Suitable housing condition is important for any one regardless of age. Few factors have as much potential for promoting the well-being of the elderly as housing of appropriate size, which offers safety, comfort, and opportunity of choice between privacy and contact with the community (Yoges A jogan, 2000).

Old age is the last stage of human life span, accompanied with decreasing energy and body resources. Socially, this stage was considered as the sum total of one's lived experiences. Hence, the society offered a space of respect to the old. In such a society, the aged were the repositories, transmitters, and sole authorities of wisdom and knowledge. All these provided a 'golden age' concept to this stage, old age. But the present society does not perceive old age with such golden age conceptions. There are many measures that determine the social conceptions of old age. There are many means to provide knowledge and wisdom. Old is not the mere and necessary component for the transmission of knowledge. Besides, many fear old age and consider it as a matter to be handled with care and attention. In a developing country like India, especially the state Kerala, old age has become a serious social issue nowadays. The change in conception of old age is the theme of the present study (Zachariah KC, Mathew E T, 2000).

Old age had never been a problem for in India where a value based joint family system is supposed to prevail. Indian culture is automatically respectful and supportive of elders, the general feelings and experiences of the elderly peoples. The family based daily interactions expression of feelings and complete life experience living in elderly people in old age home. Loneliness is an important influence on a quality of life in old age and has been conceptualized as consisting of two dimensions, social and emotional. In this chapter analysis that the old age and old age home activities and living condition and emotional loneliness in old age home.

Statement of the problem

Old age is not a new phenomenon; it is as old as human society. The term 'age' means the length of time for which a person has existed and if that existence is for a long time, the society considers him as 'aged'. The aged is defined in various ways. According to internationally accepted definition; an aged is one who is sixty five year of age or above. In India, however, all persons who are sixty years or above are included among the aged. This study refers the Indian definition and included those who are sixty

years or above at the time of the survey as aged. Ageing is the biological process of getting old. It is the terminal stage of one's life cycle, accompanied with decreasing energy and body resources with infirmities due to the decaying and weakening of one's bodily organs. Elderly faces numerous problems which include social physical experiences of life (K C Zachariah 2000).

The breakup of the joint family into nuclear family made it incapable to accommodate the old due to the pressures created by the demands of modern urban and industrialized life style.

The emergence old age homes thus become an alternative arrangement for the care of the elderly. The social, economic, cultural and political aspects of tradition and modernity created impacts on the social conception of old age

In this study refers to express the experiencing of old age in the based on the case studies through the life time of elderly people experiences and the life history. And the aim of the study express the concept is placed in the complex interplay between the institutions beliefs and personal experiences and the present relationships and contacts with their family then how to understanding and adjustment of this elderly people in the old age home.

It also points out that family relations in old age are shaped by the dividing influence of individual life experiences, historical events, social and economic conditions.

Justification and Relevance

Each and every one in this world are born innocent, and unwire of the world around them, they are brought up in to a complete human by their parents, who always sacrifice their needs and happiness for their children. But in the present society we can see that they attitude of the youngsters towards their parents, had changed a lot which can be reflected in the increase in the number of old age home. When I contemplated on this topic I gradually became curious to know about the life inside old age home and journey which brought them there as a result of selecting the topic, I got the opportunity to know many old people and drive in to their life experience, not only life experience but also I could experience the attitude of the present society which force them to abandon their parents without whom their nothing.

By choosing the topic I could understand about the changing family trends where nuclear families are more preferred than joint family. This trend had brought out massive change in the attitude of the society towards seniors citizen.

REVIEW OF LITTERATURE

This chapter provides a review of major studies in the area of old age experiences, with a focus on the variables included in the present study.

As more people grow into old age, the field of gerontology become an area of inquiry of increasing importance. India is a developing country where the degree of modernization,

Specifically the number of old people is increasing day by day with better health, medical facilities and reduction in death rates. This increasing trend imposes the need for studies and surveys about this particular group. The review of literature, which belongs to social gerontology from Indian context, is also important for this study. The study of the social dimensions of ageing is incorporated with three distinct approaches: ageing as an individual experience, ageing within the social context, and the societal consequences of ageing

The studies that examine ageing as an individual experience are investigating them from a life course perspective. Some of them relate the psychological impact on an individual to the social aspects of ageing. The literature survey is arranged here in such a way that the first portion is covered by the

literature on individual approaches of social ageing, then the societal consequences of ageing and lastly to the social aspects of ageing.

Butler and Lewis, 1973 in his book 'Aging and Mental Health: Positive Psycho-Social Approaches' the affirmative approach to old age is the Approach theme, throughout in Aging the elderly give three messages to the society. The first one is that they want to take their own decisions about their lives, the second is that they want to continue to be involved in life, and thirdly, they want to be treated with dignity. Old people need freedom, encouragement to move in new directions, autonomy and independence, and they treat these as precious commodities for them. The authors conclude the book by saying that the physical, cultural, social and economic aspects of old people's lives will be considered as intricately woven into their mental conditions.

Irene M. Hulicka, (1975) conducted an empirical study in the 'Psychology and Sociology of Aging'. It is purely a quantitative analysis, which clearly analyzes demography, intellectual functioning, perceptual functioning, learning, memory, problem-solving and creativity, life satisfaction and adjustment to ageing, work and retirement. This book discusses how the process of ageing and behaviour of older people are connected. There are surveys, which showed the impact of environment on old people. The influence of improved physical and social environment appeared not only in the increased satisfaction of residents with their living situation but also in more favourable attitudes about themselves and towards others, in more active and social patterns of life, and in signs of improved physical and mental health. About the attitudes of the aged towards euthanasia, Irene pointed out that their religious faith is an important consideration.

Kirpal Singh Soodan (1975) in his research conducted Aging in India the aged in the city of Lucknow. His demographic analysis shows gradual increase in number of aged. He compares the educational level, the age of migration to the city and their economic dependence. He found that the majority of the aged spend their free time doing odd jobs connected with household work, looking after children and 'doing nothing'. Free time pursuit of men was solitary in nature, while women spent free time in interpersonal activities. Information about the available welfare services was also a major concern of this study.

Russell A (1979) in his book, 'The Aging Experience- An Introduction to Social Gerontology' he says that though human behaviour is multifaceted, a multidisciplinary approach can only satisfy the gerontological studies. Growing old is not and cannot be the same experience in different societies, or even in the same society. There are many factors that shape happiness and unhappiness in old age. Two major ideas conveyed in the book are: first, all societies can be characterized by their age stratification systems, which result in age-differentiated.

Srivastava (1982) in his book, *The Aged and the Society* compiled the outcome of a socio-economic study conducted in some selected areas of Delhi, covering a wide socio- economic spectrum. The study was carried out in order to identify programmes, services and assistance needed for utilizing the skills and experience of the aged so that they become more useful to society. Much has indeed been written on the humanitarian aspects of the elderly, such as Medicare, old age homes, counselling and community centres.

In *The Rural and Urban Aged*, Maninder Singh Randhawa (1982) has attempted to scientifically investigate the various sociological aspects of ageing in both the rural and urban areas. In the rural communities of India, the joint family system is still prevailing to a large extent and such families do not throw the aged to the mercy of the society. There the aged participate in productive activities as much as they can. So the elders in rural communities still enjoy a high status and play a major role in decision

making. According to Singh, the aged in the urban area also enjoy a fairly high status in their families and the so-called problems are only a trend. The major problems arise due to the abrupt retirement from an occupation, which is considered as a normal phenomenon of modern industrial society.

Christina R. Victor Old (1987) by age in Modern Society presents ageing in modern society as a richly diverse experience. This book covers the social aspects of ageing by incorporating three distinct aspects of ageing. Ageing is considered as an individual experience, by investigating such topics as change in perceived identity as the individual progresses through life. The second aspect is the social context that defines ageing and seeks to understand the position of the elderly within the society. Third, the author examines the societal consequences of ageing. So the book finds the factors such as age, sex and social class contribute to make the elderly a heterogeneous segment within the total population. The author suggests that the main goal for an ageing society must be to replace notions of independence and dependence with a social framework, which emphasizes interdependence between generations.

Bytheway (1990) in his book, *Becoming and Being Old-Sociological Approaches to Later Life* by and others set the study in three approaches: becoming old, being old, and old age. It is to promote the study of the aged which relates to both 'the realities' and 'the ideologies' of ageing experience. The title, 'Becoming and Being Old' means that in the course of life, people become old and thereafter remain old. The process of becoming and the status of being old is described in the book. It analyzes how the people who are approaching pensionable age handle the process of ageing and face the transition from work to retirement. The book also discusses how they cope with the negative connotations of retirement and part leisure in their response. Relating different life styles in old age in different social classes concerns the process of being old. Defining concept of old age is another aim of the study, and the concept is placed in the complex interplay between institutions, belief and personal experience.

Sheila M. Peace (1990) in *Researching Social Gerontology (Concepts, Methods, and Issues)* says about the dependency, support and construction of ageing in its social aspects. The relationship of chronological age and definition of social and biological age is described here. One of the different concepts of age explained is 'social age', which means that the age of an individual must be something that can be measured at a point in time. Social age may increase from stage to stage as time goes by whereas other social measures may fluctuate. The distinction between quality of life and standards of living suggests that quality of life is a multidimensional concept, which cannot be defined in a single way. Peace highlighted the complexity of the concept that both are constructed and perceived, and the importance of considering both subjective and objective forms of measurement.

Shrinivas Tilak (1990) in his study *Religion and Aging in the Indian Tradition* has emphasized the traditional Indian views on ageing and collected the rich reflections of human experiences. He has analyzed this through the dialectical relation of Vedic religion, Buddhism and Hinduism and the concerns of various genres of texts.

Maninder Singh Randhawa (1991) has attempted to scientifically In the Rural and Urban Aged; investigate the various sociological aspects of ageing in both the rural and urban areas. In the rural communities of India, the joint family system is still prevailing to a large extent and such families. Do not throw the aged to the mercy of the society. There the aged participate in productive activities as much as they can. So the elders in rural communities still enjoy a high status and play a major role in decision making. According to Singh, the aged in the urban area also enjoy a fairly high status in their families and the so-called problems are only a trend. The major problems arise due to the abrupt

retirement from an occupation, which is considered as a normal phenomenon of modern industrial society.

Burgess (1991) who points out that the increasing problems of ageing in an urbanized society are: difficulty in finding satisfying and substitute activities, economic security, loss of status, decreasing social participation in organization, greater unhappiness and maladjustment, loss of health and illness. Singh concludes that the aged with higher education and economic status enjoy a leadership position in their families in both rural and urban areas.

Sara Arber and Jay Ginnains (1991) in the book *Gender and Later Life- A Sociological Analysis of Resources and Constraints* to provide a better understanding of gender differences among the aged. The high proportion of elderly women who live alone is a historically unprecedented situation. The book examines the position of elderly women and the cultural stereotypes, which affects older women where the 'compassionate ageism' gives way to 'conflictual ageism'. The resources preventing dependencies are analyzed at four levels: resources possessed by the individual elderly person, elderly person's household, available from the community (family members, friends, neighbours etc.), provided by the state in response to need. Comparisons are drawn between U.K. and U.S. for differences in their personal income in terms of their earlier roles in production and the labour market. Gender differences in life expectancy, health, disability and institutional care are also examined.

Jordan Cowgill and Holmes (1992) in the book, *Family Care Of the Elderly-Social and Cultural Changes*, refer in order to show that the dependence of the aged has shifted from the family to the State in modern societies. This dependence covers other areas of life such as housing, transportation, nutrition, health care and so on. According to Jordan, we are moving toward a 'world community' and so no country is immune to the impact of other countries, however close or far away. So the study about the family care of the elderly in sixteen countries is a great revelation as a means of adaptation.

Julia Johnson and Robert Slater (1993) in *Ageing and Later Life* consider themselves as the part of an ageing society. According to Britain's census report, elders will cover 18 per cent of the population in 2031. Not a matter of statistics, but the experience of ageing and old life is highlighted in the book through a collection of personal accounts. They included firsthand account of older people, because those who are younger have not had the same experience of age. How the images are created and how far the behaviour in later life influenced by the labelling and stereotype is included under the heading 'Images and Identity'. The authors have also dealt with topics such as ill health and well-being, intervention and therapy policy and politics etc. They formulate a concept of ageism and the essential feature of it is the contrast between 'us' and 'them'. The quality of life and life satisfaction is also well described. They documented some of the many changes currently affecting the lives of older people: the privatization of welfare, the development of markets and changing patterns of retirement. It is a multidisciplinary work and covers many aspects which are not common, but relevant to practice.

Nayar (1993) a survey of the old age homes in Kerala by Irudaya Rajan considers population ageing as the ultimate consequence of demographic transition. It assesses the ageing scenario in Kerala by districts and the profile of existing old-age homes in Kerala. *Needs and Problems of the aged: A Study in Kerala* by Nayar studies the problem faced by the aged parents in Kerala. It states that the isolated parents due to the migration of younger generation are the present social problem here. The articles in *Kerala Sociologist* by Jacob John Kattakayam, S.Saraswathy, Pushpa Mary Rani, Merlin J.N and Abraham Vijayan (1999) studied the various aspects of elderly population in Kerala, mainly the impact of modernization, institutional care, elderly abuse, health aspects and the challenges of ageing in the

twenty-first century. Another study about the Pattern of Living Arrangement of Elderly Women in Kerala by Kattakayam has compared the anticipatory socialization of elderly women between those institutionalized and those living in families. It argues that the elderly of today do a lot of mental exercises on various patterns of living arrangements and choose the best according to their socio-economic conditions. But it has been done only by a section of the society. Adjustment and Its Correlates in Old Age: A Study in Relation to Living Arrangement, a doctoral Dissertation by Cherian (1994), is the study on adjustment and its correlates in old age, it provides information regarding the differences in adjustment of the elderly living in varied (home) living arrangements.

T.V.Kochubava (1993) provides good evidence about the development of old-age homes in the social context of Kerala. In his book *Vṛuddhasadanam*, a novel in Malayalam. It says, the *Vṛuddhasadanam* (old-age homes) were the immediate need of the society then. In the novel, society is pictured in such a way that the 'old' has no role in the family or in the society. They get marginalised, and are becoming a burden to the rest of the society. The novel says, the old age homes for the old are not the idea of old, but of the rest of society who take decision for the old. It gives the impression that the modern world is not for the 'old'.⁵⁶ but when we reread the novel with a reflexive mind, it gives certain post modern concepts of uncertainty towards the reality.

Vinod Kumar (1994) most Indian writings are on the population explosion of the greying generation, which is also a global issue of the present century. In *Aging in Indian Perspective-International Conference on Aging in India*, the different sessions of the seminar on epidemiology, demography, and ecology of ageing. It gives an overview of conditions prevailing in different parts of India, both urban and rural and highlights important geographic differences. Methods and provision of care and services for elderly from different parts of India also have been mentioned. The influence of socio-economic status on various type of morbidity is clearly mentioned. Different coping mechanisms and resources are described as that may help the individual in various settings. The book has emphasizes the need to consider the age-old traditional wisdom, while making patterns of leisure and recreational activities as the new approaches towards coping with problem of the elderly. The problems of aged women, who are currently regarded as a vulnerable group, are well described. Section on biological gerontology includes papers on mechanism of ageing and development and the biological basis of anti-ageing agents as investigated inside well-equipped laboratories. This publication may be regarded as a rare collection of numerous multidisciplinary observations from different parts of India and from other countries like U.S., U.K, Sweden, Zimbabwe, Egypt, and Romania etc.

Ellen Rhoads Holmes and Lowell D. Holme (1995) the authors of the book, *Other Cultures, Elder Years* are anthropologists who are interested in gerontology say that it is a discipline that must take all people and all cultural traditions into consideration if we are to contribute to an understanding of the process of human ageing. The authors concerned the modernization influences in developing countries and its effect on the status and role of the elderly. Because change is an ongoing process in all societies, the impact of cultural change on the elderly is clearly noted. The book explains how the cultural tradition shapes the needs and roles of seniors. The other concern is with change, especially modernization and accompanying demographic change, and its effect on the status and wellbeing of the elderly.

Jon Hendricks (1995) in *The Ties of Later Life* says that having ties with children or grand children are important sources of support and affirmation. It pronounces that families are responsible for the needs of the elderly. In reality the responsibility falls on the shoulders of the family's female members. With longer lives come more extensive kinship networks, and more grand children know their grandparents

while all those in the middle try to balance obligations to both generations. In later years, there is need for mutual accommodation. The interaction between grandparents and grand children is a significant source of emotional satisfaction for both generations. But three types of styles and strategies of grand parenting that have been noted are: detached, passive and active. The interaction between step grandparents and step grand children may need to be dealt with counselling or educational settings which include role clarity, relationship quality, behavioural expectations and contact.

Rosemary Bleisner and Victoria Hilkevitch Bedford (1995) in *Aging and the Family*²⁶ analyze both traditional topics such as marriages, parent-child bond, and sibling relationship and newer topics such as feminist analysis of family relationships, no marital partnerships and the interface between the family and long-term care institutions. It also points out that family relations in old age are shaped by the intersecting influences of individual life experiences, historical events and social and economic conditions. The nature and timing of life transitions (marriage and retirement) affect relationships within and between generations may also vary across time. Family development theory, family stress theory, and critical theory are used as fruitful approaches to studies of ageing. Bedford has analyzed the theme of life course continuity, as it is echoed with special reference to sibling relationships.

Edna Wasser (1996) in his main work the need of casework with the ageing is emphasized in *Creative Approaches in Case Work with the Aging*. It views ageing as part of the continuum of life-long, interconnected experiences. Most elders are coping with and adapting to the changes of advanced years within the range of their capacities and resources while many do not. This creates the need of a caseworker. The concepts of the individual life cycle, individual development, developmental tasks and the interrelatedness of the various stages offer a substantial framework for the caseworker in understanding and relating to the ageing person. The role of the family agency is to specify the need of elders to give proper guidance. The services rendered by the volunteers, homemakers and supplementary services are also well defined. Marriage counselling for the aged client and the treatment of marital conflict are fruitful. The central concept used here is to prepare them to have a marital balance, which can be disrupted by many factors such as retirement and lowered income, inevitable organic, sexual and psychological changes of old age. Group approaches are also found useful if it can be done by a trained social worker. The client who is suffering due to various reasons can be empowered to strengthen his capacity to cope with his environment and regain his sense of control and mastery.

Sara Arber and Jay Ginn (1997) the book *Gender and Later Life-A Sociological Analysis of Resources and Constraints* aims to provide a better understanding of gender differences among the aged. The high proportion of elderly women who live alone is a historically unprecedented situation. The book examines the position of elderly women and the cultural stereotypes, which affects older women where the 'compassionate ageism' gives way to 'conflictual ageism'. The resources preventing dependencies are analyzed at four levels: resources possessed by the individual elderly person, elderly person's household, available from the community (family members, friends, neighbours etc.), provided by the state in response to need. Comparisons are drawn between U.K. and U.S. for differences in their personal income in terms of their earlier roles in production and the labour market. Gender differences in life expectancy, health, disability and institutional care are also examined.

Rajan (1999) in his work *India's Elderly- Burden or Challenge?* To explores the widespread feeling that the elderly are becoming a burden in Indian society. It is a demographic survey that cautions us about the implications of increasing elderly population in a developing country like India. The statistics of social conditions, economic conditions and the available social policies are meticulously presented in the

book. For the authors, the situation in general is worse for the female elderly compared to their male counterparts. This is substantiated by several case studies and group studies in this direction. The book will enlighten policy makers and researchers about the needs of the elderly.

Ramamurti (1999) A Study of Some Related Factors Related to Adjustment of Urban Aged Men, a doctoral dissertation by Ramamurti studies the impact of socio-economic status on the adjustment of elderly. It reveals that the higher income group people are better adjusted than the lower income group people. Family jointers, family and social integration among the elderly by Venkoba Rao studied psychiatric illness of the aged in the context of different living arrangements. It concludes that living within the family does not ensure a healthy integration.

In No Aging in India- Modernity, Senility and the Family, Lawrence Cohen puts forward a post modern approach. It is an ethnographic study, which freely draws upon post modern social theory and helps one to understand how social theory brings to bear on how field work is conducted. It offers views on current debates on old age in India. By adding 'No' to the title 'Aging in India', Cohen suggests certain differences in approach towards old age. The reason behind such a title is to inform that the aged too can cause radical transformations and can articulate collectivises and politics in society. Dependent person also possesses power in a particular space, or silence too speaks. By presenting this type of argument the book says there is no ageing in India, aged too have power in their own space, a postmodern argument.

Arun P.Bali (1999) in his work Understanding greying people of India is the edited work of many articles on social aspects of ageing. Among them, the study by K.D Gangarade deals with the emerging conception of ageing in India. It is a micro study that deals about the historical shift of Indian tradition towards modernization. The study analyses the social factors of tradition and modern settings. It is an effort to find out the conceptions of ageing in respective contexts. It explains the importance of traditional Indian value system, which can support the authority of elders and sanctity of tradition. There the individual life span was encircled by the concentric zones of family, caste, village community and the social control being exercised by religion. Indian society has been undergoing rapid transformations under the impact of several forces like industrialization, urbanization, education etc. This situation encourages the nature of rationality and the right of individual conscience. It encourages the task of national insurance, guaranteeing the basic subsistence to all: the orphans, the disabled, the aged, and the widows as well as temporarily unemployed. This study is very similar to the present study because it tries to define the concepts of ageing from the social context

Gail Wilson, (1999) Understanding Old Age-Critical and Global Perspectives aims to look more critically at knowledge of old age and to consciously correct some biases, which inform current discourses on ageing. This book provides a comprehensive overview of ageing as seen from a global perspective. The elders themselves see health as the main determinant of the quality of their lives. The present situation considers older men and women as consumers and providers of services. This book takes a critical look at ageing, which often portrays older people as an ever growing burden that will bring down the health service, wreck the pension system and overwhelm families and social services. The forces of globalization and economic changes trigger the movement of older men and women across countries and continents. Age discrimination exists in society and the author proposes an increase in equality in ageist society. Exposing the ageist and sexist assumptions lying mainstream demography and economics, the author presents a more balanced view of ageing of world population. Wilson also explains how a shrinking world in terms of communication has changed the lives of older migrants.

There are different forms of migration in later life as a challenge to dominant discourses--the conservative, passive and unadoptable.

James A. Thorson, (1999) in *Aging in a Changing Society* tries to figure out the massive population shift, which the world is experiencing, as a revolution unprecedented in human history. Until the 20th century, the worldwide pattern showed women bearing many children, a few of whom lived adulthood, and fewer lived up to old age. Not only the number of older people has been increasing, but the ways in which different generations see the world have been changing as well. The physical as well as the psychological process of ageing and the health care system are well explained in the book. The topics are more applied than theoretical.

Ingrid Arnet Connidis, (2001) in *Family Ties and Aging* has attempted to weave the vast range of information about the many facts of family relationships and ageing into a critical, comprehensive and integrated whole. The life experience of any age group are so closely tied to the family that the examining of such ties can lead to a better understanding of later life. Most relationships in old age are a continuation of those begun in earlier life; however, changes also occur in response to other changes associated with ageing. Connidis made five theoretical assumptions to explain the family ties in later life. First, the family ties of later life are best understood in the life course perspectives; they represent both continuity and change. Second, understanding the family ties of older persons require examining relationships, not only families, but also both older and younger persons to give and receive in their familial relationships. Third, family membership should be defined broadly and not restricted to a traditional notion of what constitutes family. Fourth is the arrangement of social life. The fact behind this search is the importance of individual persons who have the ability to act on their own behalf and the influence on one's position within the social structure. Fifth, the meaning of family at both the cultural and individual level is an important facet of understanding how ties are both negotiated and evaluated by family members and by others the impact of divorce and remarriage on intergenerational relations is also well treated by Connidis. The study about sibling ties in middle and later life shows that it has significance ties for women, especially those who are not married and the childless. Among divorced adults, the absence of a spouse may lead to re-establishing sibling bonds earlier than usual. Connidis also recommended a need for greater recognition of the obligations of family members caring for older persons.

Mohanty (2001) says, to know how to grow old is the masterwork of wisdom and one of the most difficult chapters in the great art of living. Jamuna⁴⁴ likes to make use of the rural elderly women as resource persons to the communities around and consider them as assets rather than liability. Counselling is also an important measure to the older individual to minimize ruptures with children or younger members and to keep their social relationships in constant repair. The book gives guidelines to planners and social workers for developing action programmes for the cause and care of the elderly population both in rural and urban areas of the country.

Anjali mody (2002) India is a fast developing country where the degree of modernization and rapid economic growth affect the status of the elderly. India has the second largest number of old people in the world as the elderly are the fastest growing age group and their population will reach 179 million by 2026. Recent books and articles are evidence of this. The main focus of Indian literature consists of suggestions to cope with the ageing scenario. Some of them are creative approaches towards understanding problems of the aged and planning for their rehabilitation. The review of Indian literature is provided here to check what the main agenda from the area of social gerontology.

Doshi Dhara R and Yogesh A Jogsan (2013) in the work Depression and Psychological Well-being in Old Age is the topic in his research by the research article Psychology & Psychotherapy. The main purpose of this research was to find out the mean difference between adult and aged in depression and psychological well being. The total 60 sample were taken out which 30 were adult (20 to 59 years) male and female and 30 were aged (60 years and above) male and female. The research tool for depression, Beck depression inventory was used. Here Gujarati adaption used. For psychological well being, Sudha Bhogle's Psychological well being scale was used, translated in Gujarati and the t-test was applied to check the difference of depression and psychological well being and the Karl-person 'r' method used to check the correlation. Result reveals that significant difference in depression and psychological well being with respect to both adult and aged. While co-relation between depression and psychological well-being reveals -0.70 negative correlation. There were significant difference in depression and psychological well being among adult and aged. There were -0.73 negative correlations are seen between depression and psychological well-being.

Yadav Lalan (2014) in his work A sociological study of Old persons residing in an Old age Home of Delhi, India .by the International Research Journal of Social Sciences, The study reflects that residents of old age home are from different caste and religion and even spoke different languages as well in some cases. Most of the women in old age home spent their whole lives in doing house hold works and had no income for their livelihood which forced them to depend on their family and due to this reason; the female residents were more in members in old age home as compared to their male. Government efforts are increasing rapidly in the field of contemporary, social, economic, public interest and other factors to reduce maltreatment against the old citizens. But in the present time, the situation against the old persons is changing, people have started hated them, they forcefully made them to move from their own homes. Due to this they become homeless and may move to old age homes. This article is based on the various demands of old citizens. This article has been taken from an old age home of Delhi, which is working in the field of protection of old people rights to make clear the need of study.

Dr. L. Umadevi, V. Kavitha Kiran (2015) Issues and Challenges of Institutionalized Old Age: Case Study Reports, an article as a Case study method was employed to study the issues and challenges of older women in old age homes. The study reveals that most of respondents were having average physical health condition. The results of study further reveal that they have less satisfaction with life; they display negative emotions like depression, loneliness. Recently India is witnessing rapid growth of older population. Disintegration of the joint family system and the impact of economic change have brought into sharp focus the peculiar problems which the old people now face in our country. And in the traditional sense, the duty and obligation of the younger generation towards the older generation is being eroded. The older generation is caught between the decline in traditional values on one hand and the absence of an adequate social security system on the other hand thus, finding it difficult to adjust in the family. The study reveals that the most of the women life satisfaction, loneliness and depression is present. And other important feature is that though most of respondents are in their 80s they were able to complete their routine activities without much difficulty.

In this chapter review of literature indicates that the scientific study of social aspects of ageing (social gerontology) is a twentieth century phenomenon. Many macro as well as micro level studies have been made by the western researchers. They cover all the aspects of social gerontology. Most of them can be considered as the responses to the increasing awareness about old age as a serious social problem. Age-specific theories and policies have emerged as a result of such studies. But the literature on the subject in

India, especially that in the context of Kerala is mainly about the societal consequences of ageing: increasing trend of greying population, problems faced by the elderly, challenges of ageing in the twenty-first century, directions towards productive ageing, information regarding the available policies for the elderly, and the details about the old-age home facilities.

METHODOLOGY

Research methodology is a systematic and scientific way of solving research problems. It may be understood as to how the research was done scientifically. As research is a systematic investigation for obtaining relevant information, the success of research is greatly dependent on its methodology. ‘The designing and adhering to the appropriate methodology throughout improves the quality of research’ (Kothari, 2009). This chapter deals with the methodological proceedings of the present study. The details of research plan and various steps that are adopted in studying the research problem along with the logic behind them are described.

“Guesswork, intuition and common sense, all have an important part to play in sociological research, but they cannot produce reliable evidence on their own. Only using reliable research methodology can produce reliable evidence. A methodology is a system of rules, principles and procedures that guides scientific investigation”. A sociologist is interested in discovering what happens in the social world and why it happens. “Research methodology provides guidelines for collecting evidence about what takes place, for explaining why it takes place and for doing so in such a way that other researchers can check the findings”.

The task of unravelling research problems becomes easier when we examine it with the techniques, tools and procedures developed by the social scientists. It has been rightly observed, “There is no short cut to truth, no way to gain knowledge of universe except through the gateway of scientific methods”. Hence, methodology is primarily the science of construction of knowledge. It is only through the scientific method that the profoundly buried truth or knowledge can be extracted from the social universe. Therefore, for the sake of scientific construction of knowledge, certain tools and techniques have been carefully utilized for the data collection and analysis.

Old age is the last stage of human life span, accompanied with decreasing energy and body resources. Socially, this stage was considered as the sum total of one’s lived experiences. Hence, the society offered a space of respect to the old. In such a society, the aged were the repositories, transmitters, and sole authorities of wisdom and knowledge. All these provided a ‘golden age’ concept to this stage, old age. But the present society does not perceive old age with such golden age conceptions. There are many measures that determine the social conceptions of old age. There are many means to provide knowledge and wisdom. Old is not the mere and necessary component for the transmission of knowledge. Besides, many fear old age and consider it as a matter to be handled with care and attention. In a developing country like India, especially the state Kerala, old age has become a serious social issue nowadays. The change in conception of old age is the theme of the present study.

Ageing is the biological process of getting old. It is the terminal stage of one’s life cycle the emergence of old age homes thus becomes an alternatives arrangements for the care of the elderly. The social, economical, cultural and political aspects of tradition and modernity created impacts on the social conception of old age. The experiencing of old age in the bases of case studies through the life time of elderly peoples experiences and the life history and the aim of the study express the concept is placed in the complex interplay between the institution beliefs and personal experiences and present relationships

and contacts with their family then how to understand and adjustment of this elderly people in old age home.

Conceptual framework

Aging is the important socio, psychological problem in almost every family involving the varieties of strain and stress in the taking care of elderly.

Elderly people and ageing experiences: Childhood, youth, adult and elderly are the stage of life circle of human's life. Elderly, is a phenomenon as old as mankind, is the last stage of the circle of lifetime (Bayram, 2011). In this study, elderly people are the persons who are 65 years old and above which used the definition from John S. Hayes, Rasheed A. Balogun, Jamison Chang and Emaad M. Abdel-Rahman (2012,). A research about the impact of the economic recession on well-being and quality of life of older people suggested that older people are experiencing financial challenges as a result of the economic recession (Fenge, Hean, Warwick, Wilkinson, and Fearnley & Ersser 2012). Gail Low, Anita E. Molzahn and Donald Schopflocher (2013) explored attitudes to aging mediate the relationship between older peoples' subjective health and quality of life in 20 countries. They concluded that older peoples' attitudes toward their own aging with respect to physical change, psychological loss, and psychological growth partly mediated the relationship between their health and QOL. M. Heravi-Karimooi, N. Rejeh, M. Foroughan and M. Vaismoradi (2012) explored experience of loneliness in Iranian abused elders. They summarised that the combination of abuse, old age and deprivation increased suffering and pain, which accompanied the loneliness experience in older people.

The ageing process ('normal ageing') represents the universal biological changes that occur with age and are unaffected by disease and environmental influences (Brundtland 1999, 10). The aging process reduces physiological capacity, which makes the elderly more susceptible to many health threats (Lepeule, Bind, Baccarelli, Koutrakis, Tarantini, Litonjua, Sparrow, Vokonas & Schwartz 2014, 566). The ageing process differs because of a number of reasons such as health problems, functional abilities, personal resources or the amount of social support (Hautsalo 2012, 2954). Several researches about ageing have been done. Kattika Thanakwang, Kusol Soonthorndhada and Jiraporn Mongkolprasoet (2012) explored the ways that contribute to healthy aging among Thai elderly. Their study revealed that healthy aging is viewed as a multidimensional concept involving physical, psychological, emotional, and social aspects, which are inextricably related to oneself, family, friends, neighbours, and society. Mary lice Kozar-Westman, Meredith Troutman-Jordan and Mary A. Nies (2013) investigated the suitability of using the Successful Aging Inventory in an effort to describe successful aging among older adults currently living in assisted living community. Their findings showed that among the differences were those influenced by gender, with females tending to score higher on successful aging. Christina Melin-Johansson, Ulrika Eriksson, Inger Segerbäck and Sara Boström (2014) explored experiences of ageing in older people living in nursing homes. Their study indicated how healthcare professionals could apply the gerotranscendence theory of ageing as a conversation model to enable care to be adjusted according to older people's wishes.

Research Question

The old age people faced different problems based on family background.

The social, economic and cultural background or familiar factors force them to reach the old age home. So the life history of old age people is an important aspect in this study so trays to identify the old age experiences of elderly people present relationship with the family and the adjustment of elderly people in the old age home.

Objective of the study

- To trace the life history of old age people
- To explore the respondent present relationship with the family
- To study the adjustment of elderly people in the old age home

Definition of concepts

Experiences: The definition of experience is something that happens to you that affects how you feel. The experience of aging refers to self perceptions of the individual's own aging process. These perceptions are multidirectional and multidimensional, implying that individuals experience both gains and losses in different domains, such as physical, psychological, and social functioning.

Elderly people: Peoples who are completed the age sixty above.

Old age home: An old age home is a multi residence housing facility intended for the elderly. The usual pattern is that each person or couple in the home has an apparently style room or suite of rooms. Additional facilities are provided within the building. Often this includes facilities for meals, gathering, recreation, and some form of health or hospice care Old age home is place where elderly who are neglected by their children live and they suffer multiple problems Old age homes are a need of today as the life-styles are changing fast and diminishing acceptance of family responsibilities towards one's elders. Older people are, therefore, in need of vital support their overall quality of life.

Old age: Old age should be understood as a whole because it is simultaneously a biological phenomenon with psychological consequences once certain behaviours are pointed out as characteristics of the old age. As in every human situation, old age has an existential dimension that modifies people's relations with time generating changes in their relations with the world and with their own story. Thus, old age should not be understood in any other way than in its wholeness; and also as a cultural fact

Research design

In this study researcher used case study research design. Qualitative case study research served as the main methodology for this study. This section describes the background of case study research; in this study is an arrangement of conditions or collections. A case study is an in depth study. It is a method used to narrow down a very broad field of research in to a focus.

Pilot study

The researcher conducted the pilot study among two elderly peoples in the case of experiencing the life cycle. The study included the significance feasibility of experiences in old age home through this to fix the universe, population and sample size and also decided the methods and tools of data collection.

Method and tools of data collection

Certain tools and techniques have been used to generate primary data from the field. In this study researcher used purely qualitative methods so interview guide and observation are the tool of this data collection.

Observation

The data and facts gathered by means of interviews virtually form the major basis for the study. However, at the same time it cannot be denied that the researcher also gains knowledge through observation during the investigation. Since most of the interviews were conducted in the household settings or institutions (like old- age homes), it was possible to observe and gauge various facts related to, for example, the behaviour of other family members to the aged respondents, or the working personnel to the inmates of the old age homes.

Source of data

The researcher depend the primary data and secondary data for study in this topic. The primary data mainly collected from the elderly peoples in an old age home. And the secondary data collected from the books, journals, magazines, internet and newspaper.

Pre test

In this study researcher interviewed some inmates in Malayattor Daivadan old age home for testing the guided interview. The researcher modified guided interview on the basis of the pre-test.

Population Sampling

This study conducted old people living in old age home are Universe and the old people living Devidan old age home Malayattor In this study the researcher selected five old people of the population. The researcher focused the five cases. Through the Purposive sampling .

Analysis

The collected data was analysed in two steps. In the first step cases were selected and narrated. In the second step all the cases were analysed on the basis of the sub themes of the interview guide (Appendix 1), after the analysis of the data the general findings were identified and interpreted.

Ethical issues

The current study was subject to certain ethical issues as it was mentioned the two respondents not interested give to their personal past life experiences .but another respondents interested to talk their experiences. Different types of feelings and sadness painful situation created.

Time frame

The study was carried out during the period of two weeks. The researcher takes in a five cases, one case interview and observation minimum 5 hours.

Limitation of the study

The researcher faced number of limitations in including the study they are given below.

- Researcher conducted study within a short period. This may affect the whole process.
- The research design being case study, the researcher faced difficulty in collecting, recording, and analyzing the data.
- Study conducted with in short period of time.
- A very few respondents are showed less interest to cooperate with the study.
- Researcher faced such personal feelings and mental sadness, in their old age home.

Methodology is the integral part of the research. In this study used case study research and qualitative case study research serve as the main methodology for this study. As research is a systematic investigation for obtaining relevant information, the success of research is greatly dependent on its methodology. This chapter deals with methodological proceedings of the present study, it details research plan and various steps that are adopted in studying the research problem along with the logic behind them are described.

Case studies of elderly people in Old age home

In this study I taken five cases and their life experiences and the supreme objective of the study was to collect expressing and interesting about the problems. Accompanying in aging process from the study I could understand that most of the members in the old age home does not have frequent contacts with their family at present. Even though each and every one had lived in various situations all of them had

got adapted with the environment in the old age home. Mainly this study emphasised on the life experience of elderly people of the old age home in Devidan Centre at Malayattor.

Case: 1

Name : Jaynamma Joseph
Age : 63
Sex : female
Religion : Christian
Marital status : married
Education : 7th STD

Jaynamma Joseph an old lady of 63 now completed her 6 months life here in this old age home. Seeing happily and her life is going without expectation nothing to worry. She was born and brought up in kollam district. We observed sadness on her face when she remembered about her home, childhood days etc... We asked about her life experiences and all. Sometimes she seemed silent and then slowly twinkled a bright shining on her face and started talking about her. She was an elder daughter of her parent's sweet lovely daughter. She had a brother 2 years younger than her. In her childhood, her brother was her friend. Besides him/she had Jaya prabha, Prabha, Ramani Thankamani as her friends. They all spent their childhood days with happy and pleasure. They shared their happy and sad; they fly their golden feathers as the most wonderful butterflies in the world. Their colour full days were very enjoyable. Her most wonderful friend was Leela. She never forgets her because their love and care was beyond our imagination. Leela was her aunts daughter, they both always friends with each other. Was their laughing, playing going to church and schools etc. all area a great things because in golden days. All children had their own lovable experiences. Friendship is a nice thing in social life that is what sometimes does not happen. It is not always necessary that when a group on whatever basis it gets formed. A friend in need is an indeed this is how the saying about friendship goes. Leela was that type of friend to Jaynamma. Jaynamma was very lazy in her studies often parents compelled her go to school. When she entered 7th std. she stopped her studies for ever and started helped her mother in all house holder duties. When she completed her sweet seventeen correctly saying at the age of 18 Joseph married her and started married life. In marriage life, she enjoyed very much in her spouse house. After marriage Joseph went Assam and he took Jaynamma with him. They spent their life with mutual understanding. Love, caring, sharing, giving talking and thus they were mad for each other. Joseph was a lovable husband. In their love garden there flowered a beautiful daughter. After giving birth to their daughter they moved to Tamilnadu, because of josephs transfer. In Tamilnadu Jaynamma gave birth to a son and a daughter. Thus they had three children. Joseph and Jaynamma spent their beautiful life with beautiful dreams about their sweet little ones. Their children had well at their studies. They decided to settle in Kerala and for giving better education to them. Thus they settled in Kerala. With great pleasure they again joined with Theravada and stated to live with great happy and expectation. Their elder daughter was very good at her studies but after completing her MSC she decided to become the bride of god [Jesus Christ].thus she joined in a convent at idukki. Joseph and Jaynamma became very sad about their daughters decision. But they agreed with without mind.

Their second daughter was married to a business man and now lives in Ernakulum. She had a daughter studying in 9th std. they all loved in happy and it gave happy to Jaynamma but after the married of their second daughter Joseph died with diabetics. Then her life had lost its balance. She changed a lot life also

changed a lot the sons married also changed her life. Son's wife was very cruel and irritated giant. She never loved her mother in law. A son job was in Delhi Jayamma joined with them because of daughter in laws was pregnant. After that children shared the wealth and look their own part. From there onwards Jayamma was a big problem for them. Some day's Jayamma spent with her daughter but soon she realized that she was a big problem and question mark for everybody. At last she decided to join in an old age home elder daughter took Jayamma to this old age home Daivadan centre home for the aged old age home Malayattor. Now she completed six months but her younger daughter and son never called her or meet her. But she had no complains at all. Children became ashamed of their mothers life in an old age home. Elder daughter 'sister' sometimes called her and will say to visit her. Those words became a great expectation to Jayamma. But in reality she had children, grand children etc. But she lives in an old age home alone. She had only sweet and better memories with her. Just think what life? What kind of children? The Indian way of life and culture has ever seen so different. We are also moving to western style. Ours has been a composite culture. a joint family system at least parents are always a part of our life and it is not only an obligation but a duty to look after them even if they live in the village while the son workers and lives in the city still with such a culture which rests on the emotional and sentimental considerations one knows not why our modern town life revels in emulating the west. Most of the parents like Jayamma spent their last stage in old age homes with better feelings, emotions and prayers...

Observation

We observed Jayamma in all her respects we could understand that she is a nice woman of soft character. Always holding 'japamala' spending most of her times in prayers. She likes to spend along because loneliness is her best friend now. She seems simple and humble and behaves disciplined way. She believes and says children you are growing, especially girly you behave good and proper way and try to study well and earn a good job. You must love, care, and respect others it is our life, try to be colourful.

Case: 2

Name : Sarada Bhai
Age : 87
Sex : female
Religion : Hindu
Marital status : married
Education : 10

Sarada Bhai 87 age old one, a Brahmin from Ernakulum but now she is an old age home just covered 15 days. We had seen her laughing, smart; jockey etc. looks very nice and wonderful character. She shared her life experience with happy mood. She shows very happy but her internal mind is crying for ever. She shared her childhood days with very happy and smart she had born and brought in a famous Brahmin tharavad with lots of believers and traditions. They followed different kind of traditions. So they lived alone and separate culture. In her family, she had six elder brothers and six younger brothers. She is in middle one. She enjoyed a lot of love and care. She was in the middle of love and happy as a Brahmin family she had lots of friends in different casts. Her neighbouring families were all Christians so she had so many Christian families. Thresya Alikock and Thankamma were her childhood friends.

She was very naughtily and jokey because of her over love and care. She spends and enjoyed her life with trilling spirit. She was very much interested in her studies she studied in ST Mary's high school. Convent school and she was a pet student of her teachers as she was very naughty but very working hard and good at her studies. She took very good results in her SSLC exam and all. She was in 9th STD she learned a story 'some bodies mother' now itself she remembered it very well. It shows she was interested in her studies. Thus she enjoyed each and every moment of her school life with great pleasure. She now remembers the great school life moments with her friend Alikock, their fighting for small silly things etc... But that days never come back it is the only sadness to her school, teachers, friends, playing etc. all are clearly reminds her mind as an everlasting sweet memories.

In her family she was very fond of her father because mother was always with her and scrolling her. But father will go early morning and came back late in the evening. Father had only 75 rupees as his salary. So their family life was difficult to roll it. But her parents were very much cared about their children studies she always spent most of her time with her friend Alikock. She was her neighbour so they closed with each other and had a good relation between them. Alikok's father was a tailor and he was stitching 'kontha' a type of Christian Japamala in Christian kurthas. Sarada and Alikock were always watching this with great excitement. It was one of their main hobbies. But some years later Alikock left that village forever and thus Sarada had lost her intimate friend forever.

Thus she entered her marriage life at the age of 21. Bride groom was her brother's wife's cousin from irinjalakuda at thrissur district. Groom name was vamana payyu. Their marriage celebration was not a big grand one, because of money problem. It was the period of ration rice and thirty people participated in the marriage function. After her marriage they went to her husband's house by train. Like all girls Sarada entered her husband's house and started a new life. It was a big joint family, near about 30 members were there. Husband's father was married twice so their children grand children etc. formed a nice joint family. All were lovable cooperative and nice handsome and friendly after their marriage, they waited nine years for their baby. After the birth of their son their life becomes more colourful. They enjoyed visited many places and life was very happy. But their son had at the age of 5 husbands died because of illness. After the death of her husband Sarada life becomes a misery. But she had overcome all the opens with a better smile and look after her son. She gave better education to him and at last he got a job medical representative and he got married. Daughter in law was a bank employed SBT thalassery she was very good and behaved nice to Sarada. They both loved each others. Daughter in law was absolutely abandoned by her family because the love marriage. But Sarada son daughter in law and their son lived happily like heaven. At that times son was transferred to mahi, the family also moved with him and the grandson become at the age of 4 they faced a great tragedy. They had lost their daughter in law. One day she was going to her office she died because of heart attack. Then again the family life becomes a gloomy one. The all were in despair. Sarada son mentally irritated and had lost all his health and wealth. Sarada took care of their grandson and thus going their life slowly and despair. One day Sarada lost his beloved son due to heart attack. Sarada become alone, she and her grandson shifted to Ernakulum Sarada remembered her responsibilities, and she lived for her grandson. She gave a good standard of living to him, and prayed for him. At Ernakulum Saradas neighbours were all Christians and they also helped her in many ways. Now grandson completed his studies and recruited to Indian navy. He has training in Rajasthan. Now he is going to Rajasthan for 4 months training. When he goes she will be alone so she come here as an orphan. She herself found this old age home. Their panjayath president a nice and good person and some other neighbours also helped her to come here.

Thus she becomes a member of this old age home as her own interest now she eagerly waiting for the arrival of her grandson after completing his training. She became very happy here. She herself adjusted and completely co operated with other mothers here all were feeling loneliness. Sarada is very much satisfied with the convenience here and always playing for others so she seems happy here. But one thing she always advising the new generation ‘give and take’ loves is life that our paradise is making our self. Parents, brothers, friends schooldays all memories are her sadness would like to see them, talk with them but all one vain..... never couldn’t but true love is above all ..

The breakup of joint family and the advent of nuclear families have brought out the issue of elderly. We all forget our tradition and send the age old homes and there by shake off the responsibility towards our parents.

Observation

Sarada is an entirely different from other woman within her character. She is co-operated with everybody and talkative. As an educated Brahmin woman she shows culture tradition and new ways of life, very kind and a pure vegetarian. But she faced many difficulties throughout her life. Yet she seems happy one it is her will power and bearing. She is healthy and smart one. But in reality are all these a drama? We will think like this because life is like that. Old age is the time when people long her love care and support. It is the second childhood stage. The blind limitation of western culture is not suited for a country like India. It is our responsibility to look after our parents who had spent their life for our welfare.

Case: 3

Name : Rosy Varges
Age : 72
Sex : female
Religion : Christian
Marital status : married
Education : illiteracy

Rosy verges a 72 year old woman born and brought up in mekkad near angamaly, in the district of Ernakulum 11 years before she come here and completely changed her life. She became unhealthy and has some problems and illness. She can’t walk properly. We told her to share life experience now itself she replied what a life experiences? It is true she is living such a kind of life.

Childhood days were happy father mother and an elder sister belongs to her family. Father’s job was in Mysore, Karnataka state. So at the very early stage itself they enjoyed the life outside Kerala. Father was her intimate friend. For mother and sister she was a naughty girl. Their financial conditions were very bad, so itself she couldn’t get better education. She never goes to school. School was a saying one to her. She did all house hold activities and helped mother and sister. They had no others friends.

They lived with themselves like a frog in the well. She knows Kannada very well. Her sister died due to asthma. After some years they settled in Kerala. Thus she got married verges without her permission. She had no education so nobody asked her likes and dislikes women’s life is like that without education and knowledge. Due to their financial condition marriage celebration was a small one. Verges were friendly and loveable husband. He had elder and younger brothers his parents were died earlier due to his job they lived in many places. Childhood and teenage became a snow covered ages without friends

no colourful dreams sweet memories nothing had her own. After marriage husband was the only be loved friend to rosy. They had no children so they both act as their own children. Their brother's children were their children so she loved all children as her own.

Suddenly another tragedy came there verges died with cancer. In her house she was alone. Some days her own parents lived with her they also died then she really alone and felt loneliness. Brother of verges become loved her and then she gave all her wealth to their children. They sold her house and brought rosy with them. But years went children became grownups and they married. After that rosy was a big problem for them. Rosy alone cried and felt loneliness thus one day they took her to this old age home. They told her that we are going to a pilgrim trip to a church and thus they brought rosy here and went their own way. Then she realized that it is not a church, is an old age home. Slowly she realized all the facts and became ready to face the situation. Now she is living a life without dreams 11 years has passed, how much years are further? She advised the new generation not to cheat others. Only love each other and true love is a fact.

Observation

Rosy is very sensitive and belongs to her own world. Her mind is filled with so many miseries and pain; she is crying along and has some health problems because of her age and all.

Old age homes may be useful for those old people who are alone in this world. But those who have children and grandchildren must not be sent to such homes. The government should think about farming laws which will help to prevent the age old from being sent away to old age homes by their own sons and daughters. Until the recent times, the problem was not very servence in India for in Indian tradition elderly people were taken care of by their children. They were seen as the keepers of family traditions and culture.

Case: 4

Name : Ahamad
Age : 75
Sex : male
Religion : Islam
Marital status : unmarried
Education : 7th STD

Ahamad 75 years born and brought up at Madurai, the member of poor family. Consisting of further mother and it he had spent one year in this old age home, when talking above his childhood and teenage he has no beautiful memories to tell.

His life has full of poverty and hardships and even though his childhood was very hard. Its study till 7th std. he had no such has friends and relatives in his childhood. He was a silent one always at silently without encaging in others business. Later after few years his family started that permanent study at kumali in idukki district. Even though he can fluently speak both Tamil and Malayalam more instantly his spoke Tamil. He was studying in 7th STD when he family migrated to kumali, and as a result he had to stop an education them. Later he started helping his father in cleaning jobs and so on. He could not enjoy his childhood, as it was full of hardships and poverty. It was at the time when he was stepping to his teenage; he had to witness the tragic end off his mother. After above six months from them his father also died, of certain diseases. And he was left alone. At the age of 16th he lost brought father and mother

and had to lead his life. As an orphan also he had no relatives or acuteness in idukki as he was born and brought up in idukki. He also lost them home in which they lived for rent from them he spent his days working in hotels cleaning attonsnes, and buying foode with money he won from that it till become 20. He spent his life in kumali. And then he returns to Madurai. There he started living himself by during the security jobs that stage he was completed to enjoy his own company and in his loneliness he realized the pain of losing this parents more deeply, when he ended in to his young age too. He had only lonely life in his view ahead, he did not marry even he could not think about a marriage. He knows that an orphan could never find a girl. So he never bothered above having his own home. He spent his money he earns for his own needs and spending his days. Nobody bothered about him and he had known one. His only company was the people worth in the institutions with whom he regularly interacted. He was deeply interested in reading, he had no other hobbies in his life other than newspaper and book reading, he spent his leasure time by simply walking to the rounds and contemplating in his loneliness after few years he return to idukki and left his job in Madurai. In idukki to he has only bothered above he day today expenses. He had never thought about marriage and family life. It was very difficult for him as he was suffering from breathing problems and had known to help or take care of him.

One day while he was travelling from Idukki to payyanur in a goods vehicle he met with an accident on the way at thrissur , then he spent if few days in the hospital it was very difficult for him to walk as his knee was injury in the same condition he spent about among in the thrissur medical college. After the treatment period when the question arises about where he should be, it was he himself who assured that he should be taken to an old age home. That was hoe he reached Malayattor old age home. In his one year he spent there. He never had to feel sorrow, because he was a man who spent major part of his life alone without enjoying even a bit in the old age home a pleasant surprise was waiting him. Something which he had never experienced in his life till then he got so many friends, he started enjoying his life with others company and it was a very refreshing experiencing for him. Even though he was not married and did not have any children he could experience they care and love from the youngsters in the old age home. As if they were his own children. He, who never bothered to visit a mosque inspire of being a Muslim started find time to pray.

Even though it is difficult for him to walk because of the leg injury, he still is very enthusiastic a love to help the workers in the old age home. He spent his leasure time watering for plants and reading books. As he was an orphan he had to never bother about someone coming to enquire about him. His only wish is to spent the rest his life time with his children's in the old age home, it was after coming to the old age home, that he started to celebrate festivals like Onam, Christmas, New-year , Ramzan and so on.

The most memorable experience on his life in his entry to the old age home he says that he was gifted with a new life, after he reached there. His message to the new generation is that one should never cheat and make others feel bad instead love everybody.

Observation

Ahamad is fit in appearance but as his knee is injured it's difficult for him to work. When asking to share experience he gives an expression as if he has nothing much to share. They pain of an orphan can be read from his face, innocent man communication is majorly in Tamil. Behave in a very mature, polite and loving manner, as he had spent his life has an orphan who ever interact with him is like his own child for him, his face spontaneously turns happy while asking about his entry in the old age home. At present he led his life happily forgetting all his sorrows and the loneliness in his past.

Case: 5

Name : Thomas
Age : 89
Sex : male
Religion : Christian
Marital status : married
Education : 4th STD

Thomas 89 years born and brought up in a small village called Gouthuruth in Paravoor; it was a village area rich in scenic beauty and full of ponds and lakes. It had be 7 months since he had come to this old age home. He has the one who was very interested to share his child hood memories. He was he only sun for his parents and for the same reason the most lovable as a result he had all kinds of naughtiness from his childhood its self madly interested to playing water as he was born in a medium family, he could only study till 4th grade, after that he has to stopped education he was found playing with his friends most of his time he most lovable best friends more Kannapan and Saviour his spend his days after his education with these to Thomas parents wished to give him further education but Thomas was not interested he loved to play with his friends, to fight with them to run around and enjoying his life. He tells that even thinking above his childhood cools his mind and brazes brake happiness. He used to go to his mother's home during free time. His mother's home was at Thanipuzha and there to his main entertainment was to playing water, when he was 15 years he became a member in the boat rising team. And they participated in all the corporate they receive numerous toffees and cash price too. Later boat rise became his major entertainment. Be the time reach variables age he had found a job for himself. He had a rise mill on his own. He was 28th years when he was married to the girl selected by his parents. The name was Baby. She was the doctor of a distant relative of his mom. After marriage Thomas, under when many changes in his life they one who spend his life enjoying company of friends and roaming around till then realized more about life. After his marriage he loved his wife very much, even though he had no idea about a marriage till them, he was very excited when he got baby has his wife she was very matured and good nature he never gave sorrow or difficult to anyone . she was a perfect wife, have know only to love every one, his parents also loved baby very much after One year baby gave birth to a boy child. He was named Thambi, after Thomas father. This small family spent the days happily but a year Thomas father died and following that his mother to die within 6th months due to certain deceases. Later in that form only they there were but Thomas enjoyed the play fullness and laughter of his child to too followed he son. While going for boat rises. Thomas wished to give better education his son but he son was very poor in study he stopped his education in 7th std. after that the child also followed Thomas to go boat raises. And spent his life thinking and praying for his future. When he was also married to a girl, how his life stays nearby after marriage also changed. She was the new member was only interested Thomas business and never bothered above Thomas and baby. This gave way to a small distance between the parents and Thambi. Thambi has two children, now loved Thomas and baby very much they spend most of the time with their grandparents, after 10yers baby died due to heart closes. This even totally changed Thomas life. He started fuelling only, and his spend his time in church and river bound. Lovely he had to quit his job as his leg was lose in, are. So he had to spend his days in his home itself but always they were problems and fights between his son and daughter in law he came to this old age home, by his consent as he realized they should not be the reason for problems between them. So Thomas realized that he was a disturbance for both of them. Before 15 years Thomas visited velakanni

and he met an old orphan. Thomas realized that the old man had no one and so he brought the man to the old age home. At that time the old age home was looked after by fathers. So Thomas tolled fathers that he too may come there after few years it came true as he went to the old age home. Reaching the old age home Thomas could find happiness everywhere and for him the old age home was a place which gave him peace and happiness. There he could meet many people belonging to the same age group and interest with them, and pray with them. He got love, care and good food from the old age home even though it been seven months after reaching in the old age home he things above his homeless frequently neither he son doctor in law had visited him to now . They have once ranked him that's one. Now his living happily their and he has only one pray to go to the goods aboard, as soon as possible.

Observation

Thomas owns a variety character. He loves to finish off conversation quickly but soon gets attached with others he is generally short timbered he loved his wife very much and tells about. He never wish to expresses' his sorrows instead. he loves to keep it himself .eventhough the old age home gives him peace and happiness, it can be understood that he really wishes to live with his sons finally in his home.

Analysis and interpretation

Each and every one in the old age home has their own situations which broad them there. It's not same in every case not only the interest of their children but also their personal interest is a reason which brought a few of them here. Mainly this study emphasise on the life experience of five members of the old age home. Each and every respondent responded entirely differently. Some were very free and curious to share the experience while some were not that much free. Case one is about one of them.

Who loved happily with all prosperity from the childhood itself but discussing about the reason which brought them here we find that the selfish mind of their children after being educated was the main reason. It was they themselves to choose this option to get rid of the loneliness and ignorance case two it's really different that is, life was very pleasant till the married life. But later due to the family problems, unexpected tragedies and situations they had to expect a life in old age home. Case three and case four are similar to a small extend in case three the respondent was left widow , without children later brought to the old age home by members of their husbands family. In case four respondents was orphan to throughout his life his life was the same for all these years without any changing. The respondent in case five suffers mental pain because he opted this old age home because he was ignored by his children.

The supreme objective of the study was to collect expressing and interesting about the problems. Accompanying in aging process from the study I could understand that most of the members in the old age home does not have frequent contacts with their family at present. Even though each and every one had lived in various situations all of them had got adapted with the environment in the old age home. Even though, they still keep their love and affection of their family and children in their mind. The pretend as if there perfectly happy. They all love peacefully in the old age home even though they have to burry many of their dreams and wishes and in their mind.

The analysis and interpretation of data can systematically focused on the life history and experiencing of elderly people in old age home. And they are seeing the data in light of research questions and conceptual framework. Data analysis involves a number of closely related operations that is perform with the summarizing of the collected data and the organizing these in such a manner that they yield answers to research question. In this analysis of data collection towards understanding the observe life

experiences of elderly people in old age home. In old age home, their social, psychological adjustments and problems are quite common during the phase of life. The study analyses the respondent's childhood, youth, elderly etc

FINDINGS AND CONCLUSION

It is scientifically proved that old age or senescence, is a stage in the life cycle of all living things. in case of human it is the time period during which the deserve special attention, care and love from their children and others, but today when the whole world is shrinking in to finger trip .due to the globalization, westernization and access to education, they moral value are declining and elders are ignore to a great extend. Not only the old people are denied of love and care but there also vulnerable to loneliness and depression, which are solved to a small extend by old age home, which provides them a peaceful environment, and access to interact with similar elders from different backgrounds. The introduction part mainly emphasis on the phenomena which is an inevitable part in the life cycle of humans. Both physical changes and psychological changes during in the old age are discussed in detail. then the importance of the old age homes the reasons behind the increasing number of the old age home and life of people in the old age home. The reference of old age by different writers and journals in their literature review work are included in the review of literature section.

Under the title methodology the process under one is not in detail, in the process chose is case study which is a qualitative method and may be the most appropriate method to get a develop and detailed data on such a topic. The respondents were closely observed and their life experience was collected through interaction and communication.

This study will help to understand deeply about the mental suffering and feelings of the old people. It was necessary to know their complete life experience. That is why I chose this method of study. From the study I found that elderly people badly and the love and care of their children. Even though their pretend to happy with the life in old age home. It can be understand their real happiness life within happy family life with their children and grandchildren. Not only the once who are ignored by their children reach the old age home but also orphans and people with many other backgrounds also reach the old age home.

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