

Original Research Article

# Epidemiological Study on Relationship of Socio-Demographic Factors and Determinants to Shift to the Old Age Home Among Elderly Women in Chittoor, District A.P.

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## ABSTRACT

**Background:** Aging is an imminent phase for everyone. Population aging is progressing rapidly in developing country like India. Burden of geriatric population (60 and above) in old age home (OAH) also rapidly increasing especially among women. Social factors and socio-demographic factors compelling elderly women to shift to the old age home. The main objective is to assess the socio-demographic factors and determinants to shift a woman to the old age home, so that preventive measures can be recommended.

**Methods:** Community based Cross sectional study was undertaken among elderly women of Chittoor Dist. A.P. Data collected by applying the semi structured and open ended, pretested questionnaire regarding socio-demographic factors and determinants. Analysis was done by SPSS.

**Results:** Total 70 elderly women interviewed, 54 % were between 60-70 yrs. 70% of them were widows and belonging to nuclear family. 94% are Hindus and 74% were house wives. Poverty/Financial crisis, Misbehavior of daughter in law and son, life threat from their children, to have peaceful life were important determinants.

**Conclusion:** For elderly women OAHs are becoming better alternative option during their old age. So government can make policies to enhance the facilities and provide the support and security to a woman at OAHs.

**Key words:** Elderly women, Old age home, socio-demographic factor, determinants, prevention.

## INTRODUCTION

Old age, a phase of reduced physical activity, mental ability and giving up of role in socioeconomic activities. <sup>[1]</sup> In India at present 72 million are above 60 and it may reach 179 million in 2031 and 301 in 2050. <sup>[2]</sup> In India 1018 old age homes and 118 exclusively for women. <sup>[3]</sup>

Due to modernization, urbanization, industrialization and globalization it is becoming to take care of elderly people. <sup>[4]</sup> Because of her low literacy, gender

discrimination, economic and social dependency she is becoming more vulnerable. <sup>4</sup> Transitional change in life style, psycho-social matrix and traditional and cultural values compel the elderly people to live in old age home <sup>[5,6]</sup> Change in family structure and breakdown of joint family into scattered nuclear family is associated with shifting to old age home. <sup>[7]</sup> Women per 1000 men are high because of their life expectancy rate which requires proper care of elderly women. <sup>[8]</sup>

Poverty, conflict in the family, unemployment, and death of the family members are the main determinants to shift to the old age home. There are hardly studies to explore the socio-demographic factors and important determinants to shift to the old age home among elderly women. So the present study was undertaken.

**Objectives:** The study was conducted with an objective, to explore the determinants which compel elderly women to reside at OAH and its association with socio-demographic factors.

**Methodology:** Community based explorative cross sectional study was conducted in field practice area of AIMSR Chittoor AP from August 1<sup>st</sup> to September 20<sup>th</sup> of 2018 after obtaining the approval from ethical committee of AIMSR. As the study is focusing mainly on elderly women, OAH exclusively for women was selected which is situated in Tirachanoor, Tirupati, Chittoor Dist. Total 38 women were residing. One was seriously ill not able to communicate was excluded and two had a hearing impairment, one more was recently joined, were excluded from the study. So total 34 were enrolled by applying purposive sample size technique, from Tirachanoor, Tirupati. In Chittoor proper number of OAHs was enrolled. Total four OAH in Chittoor, where both elderly men and women were residing. From each OAH nine elderly women were selected by simple random size technique. Total 70 women enrolled in the study. The consent was taken from concerned authority of OAHs to conduct the study and participants were explained regarding the need of the study. Women who are residing more than one year, and willing to participate by giving the written consent were included in the study. Women who are not able to give the consent because of severe illness and not able to understand and communicate were excluded from the study. Study tool consisted of two parts. Socio-demographic factors and Determinants compel them to shift to OAH in Telugu version. Semi structured pretested

questionnaire was applied to collect the information regarding socio-demographic factors and open ended questionnaire for determinants compelling them to reside in the OAH. Data was collected after getting the written consent from eligible participants and explained them that information will be kept confidential. Modified BG Prasad scale was used to classify the socioeconomic status. Statistical analysis was performed by using SPSS Version 23.

Chi-square test of significance was applied to know the association between the variables. P value <0.05 is considered as statistically significant. Data are presented in the form of percentage, proportion and bar diagram

## RESULTS

**Table 1. Socio-demographic profile of the study subjects (n= 70)**

Socio-demographic details		
VARIABLES	NUMBERS (n)	WOMEN
		PERCENTAGE
<b>Age (Yrs)</b>		
60-69	38	54%
70-79	18	26%
>80	14	20%
<b>Religion</b>		
Hindu	61	87.2%
Muslim	4	5.7%
Christian	5	7.1. %
<b>TYPE OF THE FAMILY</b>		
Nuclear family	49	70%
Joint family	13	19%
Three generation family	8	11.4%
<b>MARITAL STATUS</b>		
Married	4	6%
Unmarried	10	14%
Divorced/Separated	7	10%
Widowed	49	70%
<b>Educational status</b>		
Illiterate	28	40%
Primary	14	20%
Secondary	17	24.2%
Intermediate	10	14.2%
Degree	1	1.4%
<b>SOCIOECONOMIC STATUS</b>		
Class I	2	3%
Class II	1	1.4%
Class III	3	4.2%
Class IV	38	54.2%
Class V	26	37.1%
<b>OCCUPATION</b>		
House wife	67	96%
Taking Tuition	1	1.4%
Cooking	2	2.8%

In this study 54% of women were in the age group of 60-69 yrs. 70 % were from nuclear family .Most of the elderly women residing in OAH were widows that is 70% and a illiterate. 54% belonging to class IV socioeconomic status and 37% were below poverty line, 90% were housewives. Only 50% of them were getting 2000/Rs as an old

age pension. 80% of the women had children and most of them have lost their son. 40% of the children are visiting their mother once in a while; some of them were coming to collect their pension. Test of significance showing the association between the marital status, the Socio-economic condition and pension.

**Table 2: Chi-Square Tests showing the association between the marital status and the Socio-economic condition**

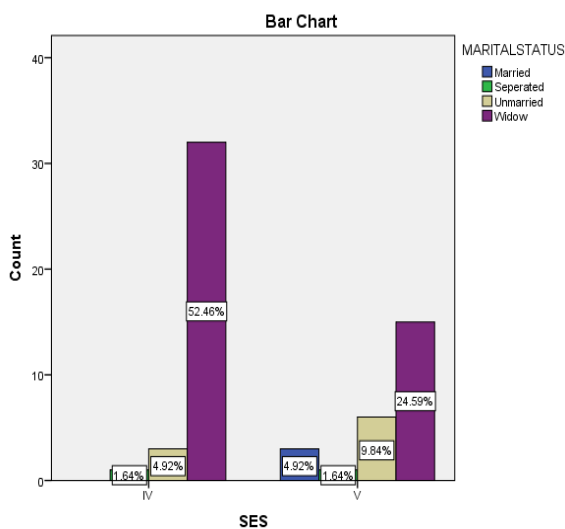
		MARITALSTATUS				Total
		Married	Separated	Unmarried	Widow	
SES	IV	0a	1a	3a	32a	36
	V	3a	1a	6a	15a	25
Total		3	2	9	47	61

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	8.440a	3	.038
Likelihood Ratio	9.474	3	.024
N of Valid Cases	61		

a. 5 cells (62.5%) have expected count less than 5. The minimum expected count is .82.

**Interpretation:**

Marital status of the women living in old age home showing the association with low socio-economic status (chi-square value=8.440, df=3, P<0.05)



**Fig 1. Association between marital status and socioeconomic status**

Bar diagram shows that 52.46% of women staying at old age home are belonging to IV class of socio-economic status, followed by 24.59% are in V Class of socioeconomic status

**Table 3. Pension details of inmates of women old age home**

Pensioner	38	54%
Non-Pensioner	32	46%

**Table 4: Showing the association between the socioeconomic status and pension holders**

		PENSION		Total
		NO	YES	
SES	IV	2a	34a	36
	V	23a	2a	25
Total		25	36	61

Chi-Square Tests					
	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	45.583	1	.000		
Continuity Correction	42.079	1	.000		
Likelihood Ratio	53.183	1	.000		
Fisher's Exact Test				.000	.000
N of Valid Cases	61				

**Interpretation:** Women in the old age home who are receiving pension showed association with lower social economic status (Chi-square=45.583, df=1, P<0.05)

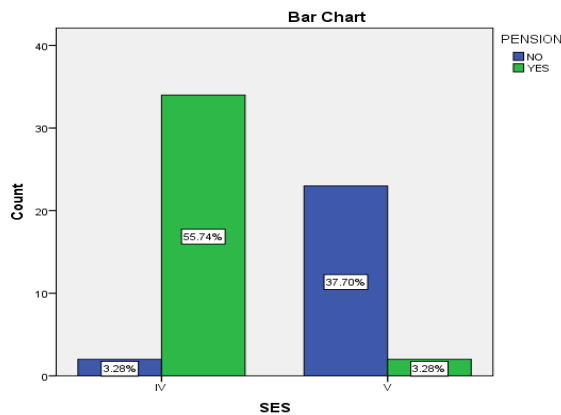


Fig: 2 Bar diagram showing the association between the Socioeconomic status and pension holders.

Only 55.74% of the women are getting the old age pension

Table 5. Details of children

Children		
Yes	48	80%
No	12	20%
Died	9	19%
Visiting their mother		
Once in a while	30	43%

Table 6 .Determinants compelling elderly women to reside in Old age home

S.NO	DETERMINANTS	NUMBER (n)	PERCENTAGE
1	Poverty/financial insecurity	18	26%
2	Misbehavior of daughter in law and son	16	23%
3	Having no son	14	20%
4	Husband died/son died/family members died, became totally orphan/loneliness	9	13%
5	Only daughter	5	7%
6	Life threat by son	4	6%
7	To live independently and to reduce the burden of children/and have a peace of mind	3	4.4%
8	Abroad settlement of only son	1	1.5%

## DISCUSSION

Socio-demographic factors are the important factors making elderly women to shift to the OAHs. In this study elderly women residing at old age home were between 60 to 69 yrs. Similar finding is seen in previous studies done by Tiwari et al (2012) [9] Sharavanan et al (2015). [10] Muslim religion women were less in number at OAH, this could be due to their joint families and belief in togetherness (united) which is also seen in a study done by Anita Rayirala et al (2014). [11] Change in family structure and break down of joint family into scattered nuclear family is associated with shifting to OAH. Similar results seen in, Bharati (2009), [12] Sonam et al (2017). [13] Change in family structure and psycho-social matrix made them to shift to OAH. This finding is seen in studies done by, Hegde et al (2012), [14] Kumar et al

There are various important determinants which compel them to reside in OAH. Most important one is Poverty 26%. Misbehavior of daughter in law and son was 23% making them to leave their house. Having no son is 20%. 13 % of women became orphan due to death of their husband, son and other family members. 7% had only daughter, that made them to stay in OAH. 6% of elderly women are getting a life threat from their son which compels them to reside in OAH. Few of them (4%) decided to live independently and also to reduce the burden of their children, shifted to OAH. Only 1% is abroad settlement of only son made her to stay in old age home.

(2012). [7] Being illiterate and house wives led them to economical crisis and compelled them to stay in OAHs. This finding is supported by Lalan (2014). [15] Socioeconomic status is closely related to stay in OAH. Class IV and below poverty line are the important factors making elderly women to stay in OAHs. Similar findings were seen in a study done by Gupta et al (2014) [16] and Vinita Singh et al (2017). [17]

Apart from socio-demographic factors there are important determinants shifting elderly women to OAHs from their own home. Majority of women expressed that, their whole life went to take care of children and husband and other family members by engaging themselves into house hold activities. Being a house wives, low female literacy rate and gender discrimination there was no financial security which forced them to depend on

their families and latter compelled them to shift to OAHs Similar finding seen in study done by Shamsi Akbar et al (2014).<sup>[18]</sup> In this study main determinant to shift elderly women into OAH is poverty 26%. This is not only due to poverty, but there are many underlying causes existing like illiteracy, being a house wife, economic dependency, gender discrimination, unemployment of self and their children. It is like a web of causation supplementing each other. Similar finding is seen in previous studies like Lanan et al (2014),<sup>[15]</sup> Gupta et al (2014).<sup>[16]</sup> Misbehavior of daughter in law and son was also a strong social determinant to reside in OAH about 23%. Similar results seen in Sonam et al (2016)<sup>[13]</sup> and Vinita Singh et al (2017)<sup>[17]</sup> 30.61% misbehavior by daughter in law and son was seen. 20% were having no son, is also an important contributing factor. They also explained that they are having daughters who are ready to take care but elderly women were not willing to stay with their married daughter because of social stigma (society will not accept) and there is a belief that if they stay with daughters they will not get Moksha. Similar findings were seen in studies done by Samsi Akbar et al (2014),<sup>[18]</sup> Lalan et al (2014),<sup>[15]</sup> Sonam et al (2016)<sup>[13]</sup> and Vinita Singh (2017).<sup>[17]</sup> 13% of the women lost every one in their life and became alone which compelled them to shift to OAH .Same finding noticed in Dubey et al (2014)<sup>[1]</sup> and Sonam et al (2017).<sup>[13]</sup> 6% of women were under life threat by their children. Similar results are seen in studies done by Shamsi Akbar (2014)<sup>[18]</sup> (and Vinita Singh et al (2017)<sup>[17]</sup> Settlement of children in abroad is also one of the determinant which is seeing in rural population, is 4% in this study. which is supported by a Gupta et al (2014)<sup>[16]</sup> and Sonam et al (2017).<sup>[13]</sup> Ultimately elderly women are deciding to stay in OAH to stay independently, safely and have some peace of mind at their fag end of the life is 4% similar findings seen in a study done by Panihrahi et al (2012)<sup>[19]</sup> and Vinita Singh et al (2017).<sup>[17]</sup> In this study only 54% of women were getting the

old age pension. Others were struggling to get that little amount even after submitting the required documents.

## CONCLUSION

In the present study illiterate, below poverty line, widows from nuclear family dedicated their whole life to family by doing day and night house hold activities, were not even getting minimum shelter, support, love and care from their own children .Instead of getting reward and returns for their life, they have been neglected by daughter-in law and son, and getting life threat from them. As they are all house wives, suffering from financial crisis compelling them to reside at OAHs. Illiteracy, gender discrimination, lack of income forming a web of causation and making the elderly women helpless. Because of this urbanization and modernization and increased in life expectancy of mothers compelling them to shift to the OAHs.

**Recommendation:** Female literacy rate should be increased, Gender discrimination should be abolished and women should get more job opportunities to become economically independent. Children who are taking care of their parents should be recognized and rewarded by Government by providing some benefits. At the same time children who are life threatening their mother should be punished severally. Policies should be made to take care of elderly parents especially mother by their children compulsorily or else they have to support financially to make their life comfortable at OAHs. Government should increase their Old age pension and everybody should get it without any delay. Every woman should be covered under compulsory Health insurance scheme. Separate geriatric clinics and geriatric wards should be created at least at sub divisional level. Government and Non government organization should strengthen to provide a better facilities, care and support to elderly women at OAHs. Exclusively OAHs for women should be encouraged and should be



called as MATRU MANDIR instead of OAHs just to encourage and to respect their dedication. Old age pension should be incremental with age like 60-64 yrs 5000/Rs, 65-69 8000/Rs, 70-75 -10,000 and above 75 it should be 15,000/Rs for medical expenses as health condition become bad to worse as the age advances.

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