



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Perception of Senior Citizens About their Social Engagement and Life Satisfaction

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ABSTRACT

This paper reviews the concepts of vulnerability and resilience, and their applications for ageing and older people through literature in this area. Concurrently, it reviews the life course framework and the capability approach, and their relevance to human development. Current literature offers great insights on novel approaches to conceptualizing the quality of life and well-being of older people, as well as information on distinctive analytical tools (such as the Active Ageing Index and the Global AgeWatch Index) that help measure and monitor varying outcomes across different policy contexts.

Keywords –Senior citizen, life satisfaction, social engagement

INTRODUCTION

People worldwide are living longer. Today, for the first time in history, most people can expect to live into their sixties and beyond. By 2050, the world's population aged 60 years and older is expected to total 2 billion, up from 900 million in 2015. Today, 125 million people are aged 80 years or older. By 2050, there will be almost this many (120 million) living in China alone, and 434 million people in this age group worldwide. By 2050, 80% of all older people will live in low- and middle-income countries.

The pace of population ageing around the world is also increasing dramatically. France had almost 150 years to adapt to a change from 10% to 20% in the proportion of the population that was older than 60 years. However, places such as Brazil, China and India will have slightly more than 20 years to make the same adaptation.

While this shift in distribution of a country's population towards older ages – known as population ageing - started in high-income countries (for example in Japan 30% of the population are already over 60 years old), it is now low- and middle-income countries that are experiencing the greatest change. By the middle of the century many countries for e.g. Chile, China, the Islamic Republic of Iran and the Russian Federation will have a similar proportion of older people to Japan.

WHAT IS SENIOR CITIZEN?

If people can experience these extra years of life in good health and if they live in a supportive environment, their ability to do the things they value will be little different from that of a younger person. If these added years are dominated by According to the law, a “senior citizen” means any person being a citizen of India, who has attained the age of sixty years or above.

WHAT IS PERCEPTION?

Perception is the process which people are aware of objects and events in the external world. Perception occurs in five stages: stimulation, organization, interpretation-evaluation, memory and recall. People studied perception as the need to solve a particular problem, arise simply from intellectual curiosity about themselves and the world. It is important to know just what kind of perceptual demands can reasonably be placed on human senses without compromising safety and sanity. The study of perception one can identifies and correct potentially hazardous environment conditions that threaten the senses and impair the ability to make decision.

REVIEW OF LITERATURE

Benefits of Having Friends in Older Ages: Differential Effects of Informal Social Activities on Well-Being in Middle-Aged and Older Adults –

It has been considered a fact that informal social activities promote well-being in old age, irrespective of whether they are performed with friends or family members. Fundamental differences in the relationship quality between family members (obligatory) and friends (voluntary), however, suggest differential effects on well-being. Further, age-related changes in networks suggest age- differential effects of social the impact of perceived social support, loneliness activities on well-being, as older adults cease emotionally detrimental relationships.

The effect of social relationships on survival in elderly residents of a Southern European community: a cohort study -

Comparative evidence regarding the effects of social relationships on mortality in Mediterranean communities will increase our knowledge of their strengths and the ways in which they influence longevity across cultures. Men and women may benefit differently from social relationships because of cultural differences in gender roles. Psychosocial mechanisms such as social support, which may explain the effects of social networks, may also vary by culture.

RESEARCH METHODOLOGY

Research methodology is a way to systematically solve the research problem. It may be understood as a science of studying the research being done scientifically. In it we study the various steps that are generally adopted by a researcher in studying her research problem along with the logic behind them. It is necessary for the researcher to know not only the research methods/techniques but also the methodology.

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Researchers also need to understand assumptions underlying various techniques and they need to know the criteria by which she can decide that certain techniques and procedures will be applicable to certain problems and others will not. All this means that it is necessary for the researcher to design her methodology.

Research objective

- Identify routine of senior people
- Identify the need of senior people
- To know the behavior of family and friends with elderly people.
- To understand frequency of social engagement with friends & family
- To know how they feel after meeting with friends & family

Main objective

To make aware society for the needs of senior people.

Sub objective

- Elderly can live happy and healthy life
- Drive positivity among family and friends to take of their loved ones
- To provide better health benefits to seniors
- To understand the quality of the services received by elderly

CONCLUSION

The data taken reflected us about the causes and effect of senior citizen living alone. There is a constant need of taking care of senior citizens so they do not feel isolated and deprived. They only talk to their relative and seek help from them when they feel lonely. The senior citizens should be able to make to talk their children and family members, elderly should gain confidence and ability to trust others. They should go for a walk with friends and join different clubs so that they are happy, the environment they are leaving should be peaceful and joyous, the children should at least spend one hour with them so that the belongingness and warmth can enhance the relationship between theme coordinate relationship between life quality score and all measurements of social network that point to the significance of making proficient social relationship among the elderly and progressing their social networks in family, companions and neighbors that bring an improved life quality of senior citizen individuals. Concurring to the discoveries, half of the senior citizens were in segregation mode and high hazard for isolation in terms of social network.

Finding of this study indicate, senior citizens are completely physically independent. Not suffering from any kind Sevier of Diseases. But some of the respondent suffering from diabetics, motyo& blood pressure problem. Most of the respondents are (64%) dependents on others for a medicine expenses because they are financially independent.

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