



A Sociological Study of Socio-Psychological Problem Faced by Old Age People after Retirement (A Case Study of Multan)

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ABSTRACT

This study of socio-psychological problem faced by old age people after retirement was conducted by me with in the duration of 4 months from August to November 2019. I have taken 120 participants 60 males and 60 females was selected for this study. This cross-sectional study survey was conducted on a geriatric population of between 60 to 75 years. The quality-of-life instrument is used which are developed by (WHO QOL_BREF). which is a validated and one of the most widely used tools in QOL (QUALITY OF LIFE) research. Before start study informed consent was taken from the entire participant. The data from all the participants was collected through face-to-face interviews questionnaires and entry with analysis was done through SPSS (statistical package for the social science). I observed that majority Retired Older pensioner people after retirement face many problems including diseases physical and mental tortured misbehave by house members. Major problem of the mostly families was financial problems. because just one person has source of income (pension) and 6-10 family members are the responsibly of his head of the family, so many conflicts and issues seen among them. Pakistan has many old homes in different cities but mostly people don't like to admit their Retired Older parents to these homes. It observed that mostly elder people were less educated so therefore the main source of income was low pensions and they depend on their children. Most of the study samples replied that the behavior of the family member is friendly and polite with them, but some Retired Older people were living lonely and they face many problems special socio-economical and socio-psychological problems. The quality-of-life score for physical health, psychological health, social relationship and environment were significantly higher in male participants as compare to female participants.

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Introduction

Aging process change the life style consistently where there many social, economic, mental, physical problems faced by them where they are physical abused by their family members, some time they misbehave with them due to economic issues or other domestic violence occurred because Retired Older people behave like child. some Retired Older people work labored or other job in their last ages like 60 to 70 years old, if they do not earn their family members do not tolerate them in the home and torched them by their talking and action.

Special attention must be given to retirees that retired before the turn of the millennium, as incomes were very poor at such times, contributing to low retirement as well. The day before, a radio Presenter Pakistan deputy that retired in 1999 claimed which his retirement is lower than many of those who retired two years earlier. That's because, before the 2013 elections, the PPP government had significantly raised the incomes of government officials still working without the need for a raise in pensions. From over years, in order to offer ad - hoc basis relief, both civilian and military establishments have been handling working and retired government servants with inadequate rewards. In spite of the concise overview given, I ask the Prime Minister and the executive branch to enhance pension benefits significantly such that someone who has served their country can comfortably spend the entire lives.

Objectives of the study

1. To focus and address on the key socio-psychological and economic difficulties faced through old age people.
2. To know about the staying arrangements of the retired people.
3. To consider the views given by family members and other relatives of older people on care and treatment.
4. To know the observations of retired, low and average pension retired older people about the reasons of difficulties and negative attitudes to life.
5. To recognize about the chronic diseases presented in the old age persons.
6. To find the fields wherein action in social work is important.

Literature Review

Nasir et al. (2018) Studies that among the world's population, 12.3% were in the age group at or above 60 years in 2015, and by 2050, this percentage is expected to rise to 21.5%, with an increase to beyond 32.8% in more developed regions. With the advancement in technology of medicine and awareness regarding public health, the life expectancy has increased considerably resulting in an increase in elderly people. Similarly, the fertility rate has a decreasing trend in the last decades. All these factors have greatly influenced the population pyramid by increasing geriatric population. Pakistan with 180 million population and dependency ratio 0.75 has chronic disease burden attributing 42% of all deaths. The sharp trend of growth in elderly population has been witnessed equally distributed globally both in developing and developed countries but this growth in geriatric population has the fastest rate in Asian region due to recent epidemiological transition. Khaje-Bishak et al. (2014) studies that to enhance the standard of living, policies and programmes must be acknowledged. Recent studies are needed

to evaluate other important factors influencing the standard of living of the older population. Deteriorating socioeconomic, cultural, educational and health care situations, as well as insufficient social activities, can contribute to low standard of living for the elderly. In senior citizens, chronic disorders including such diabetes mellitus, heart disease, osteoarthritis and cerebro blood vessel are the most serious diseases. Such conditions that cause medical, social and psychological issues may reduce the community's body symptoms and the performance of the elders. In addition, the burden of diseases would definitely increase. In 2012, this study aimed to assess the standard of living of senior citizens in Tabriz, Iran, in view of the insecurity of older people and the value of healthy status in this community as well as owing to the limited of research on standard of living and similar aspects in senior citizens in the group and in the area socioeconomic and demographic characteristics. In 2006, the United Nations (UN) announced that 6% of the Iranian population were aged 60 and above but it is expected so by 2050.5.6 senior people are more likely to suffering from chronic diseases due to decreased physical and mental abilities encountered. Any of the factors that can contribute to emotional problems are isolation, diminished sexual contact and chronic metabolic diseases. Such issues will reduce the quality of life of the seniors. In order to produce a good degree of quality of life and health status, the older people in particular requires care facilities. The standard of living of senior citizens was evaluated in this report. The results revealed that the topics concerned had an approximately appropriate standard of standard of living.

Wang et al., (2018) studies that there are several other older people living with their families, although they are unhappy overall. This is not great standards, or endless miscommunications and disagreements, with their extremely hectic kids. It is a common sense of anxiety arising from a growing slowly life that appears to lead to the stress of old age. It is need to approach the problem in an appropriate and proactive way so that the advantages can be positive for the betterment of the people.

Rondón García and Ramírez Navarro (2018) studies that World Health Organization defined quality of life as an “individual perception of his or her living situation, understood in a cultural context, value system and in relation to the objectives, expectations and standards of a given society” From this point of view, the life quality regarding health involves aspects like physical health, psychological condition, degree of individual freedom, social connections, values in a specific context or the natural environment, and social support, various discursive strategies have recognised the value of multidimensional implementation of health initiatives. It implies that variables like that of the different social environments and social, sociocultural networks that develop within the numerous sample groups should be taken into account when assessing the quality of life.

Methodology

All the retired population for the personal research consisted /selected from the employee of different government sectors.

SAMPLING SIZE

The sampling size of 120 retired populations from Multan Pakistan, 60 old persons selected from each gender (male and female).

RESULT AND DECISION

Table 1: Question No 1: Are you satisfied that your pension is enough for you?

Category	Frequency	%age
Yes	90	75%
No	30	25%
Refused	00	00
Total	120	100%

Responding to this question of whether you are generally satisfied Are you satisfied that your pension is enough for you, 75% said yes. 25% gave negative answer. Most of respondent to this question were satisfy, Respondent were asked are you satisfied that your pension is enough for you 75% said yes, 25% said no, and no any person refused to give me information.

Question No 2: If you have sudden problem with you does your child help and support you physically and psychologically? Table:2

Category	Frequency	%age
Yes	70	58%
No	20	16.6%
Refused	30	25%
Total	120	100%

Responding to this question if you have sudden problem does your child and family Support you, 58% said yes. 16.6% gave negative answer, and 25% refused to respond this question. Most of respondent to this question were satisfy, because in our society most of people try best level to support physically and psychologically to their elder.

Question No 3: Does your family members help you in your daily activities or workshop? Table:3

Category	Frequency	%age
Yes	100	83.3%
No	15	12.5%
Refused	15	4.1%
Total	120	100%

Responding to this question does your family members help you in daily activity, 83.3% said yes. 12.5% gave negative answer and 4.1% refused to respond. Most of respondent to this question were satisfy and tell cooperation of family members.

Question No 4; Are you happy to live at your home, family members and neighborhood? Table:4

Category	Frequency	%age
Yes	96	80%
No	24	20%
Refused	00	00
Total	120	100%

Responding to this question are you happy at you home and with family members and neighbor 80% said yes. 20% gave negative answer. Most of respondent to this question were satisfy. In Pakistan there is very close joint family system. Family's lives together and close relation with each other's. In our community there is big impact of neighbors on life. Above table shows that most of people are satisfy.

Question No 5: Do you financially support your family? Table: 5

Category	Frequency	age %
Yes	50	41.6%
No	70	59%
Refused	00	00
Total	120	100%

Responding to this question; Do you financially support your family? 41.6 % said yes. 59% gave negative answer. Most of respondent to this question were not satisfy, In Asian countries financial and economical is main problem. Literacy rate is so high, Most of Retired Older person depend upon family support and few have some other source of income.

Question No 6; Does your family members/relatives give you diet at time? Table:6

Category	Frequency	%age
Yes	111	92.5%
No	09	7.5%
Refused	00	00
Total	120	100%

Responding to this question does your family members/ relatives give you diet at time.? 92.5% said yes, and 7.5% said no. Most of respondent to this question are generally satisfied family members and relative take care of them and try best to give proper diet on time.

Question No 7: If any Problem at home, family member takes your advice or not? Table:7

Category	Frequency	%age
Yes	73	60.8%
No	47	39.11%
Refused	00	00
Total	120	100%

Above table shows that elder person plays important role in our society and family. According to table question were asked if any problem at home family members take advice? 60.8% said yes 39.11% said no. Above table show that on our society importance is given to elder person and their advice.

Question No 8; If you angry, your family members tolerate you and try to cool you and give you importance? Table:8

Category	Frequency	%age
Yes	28	23.3%
No	92	76.6%

Refused	00	00
Total	120	100%

Responding to this question if you angry, your family members tolerate you and try to cool you and give you importance? Respondent to this question 23.3% said yes, and 76.6% said no. Above table show that in our culture great importance is given to Retired Older person and their advice.

Question No 9: Does your child give you an economical support? Table:9

Category	Frequency	%age
Yes	65	54.1%
No	50	41.6%
Refused	05	4.1%
Total	120	100%

Responding to this question does your child give you economical support 54.1% said yes. 41% gave negative answer and 4.1% refused to respond. Most of respondent to this question were satisfy, because in Muslims era specially in Pakistan there is joint family system, parents live with their children most of families support their elders. In Pakistan financial and economical is main problem. Some of Retired Older people rely on pension. Above table show meaningful relation 60/40. Majority of elder persons live with family support or have some source of income.

Question No 10: Have you mentally torched bullying by your any family members? Table:10

Category	Frequency	%age
Yes	50	41.1%
No	45	37.5%
Refused	25	20.8%
Total	120	100%

Responding to this question, 41.1% said yes and 37.5% said no. 20.8% refused to respond this question. If we look the above table it shows that bullying and torched to elder person by family member is mostly seen.

Question No 11: Do you get failure to seek medical treatment frequent checkup? Table:11

Category	Frequency	%age
Yes	55	45.8%
No	43	35.8%
Refused	22	18.3%
Total	120	100%

Responding to this question Do you get failure to seek medical treatment frequent checkup? 45.8% said yes 35.8% said no and 18.3% said refused to respond. Mostly people are economically strong regularly checkup and follow up. Most of people ignore their health issues due to financial problems, above percentage shows mostly people have less interest regarding health.

Question No 12: Have your excessive fear/apprehension of or withdraw from relationship? Table:12

Category	Frequency	%age
Yes	42	35%
No	71	59.1%
Refused	07	5.8%
Total	120	100%

Responding to this question Have your excessive fear of withdraw from relationship? 35% said yes, 59.1% said no and 5.8% refused to response.

Question No 13: Do you suffer from anxiety and agitation? Table: 13

Category	Frequency	%age
Yes	96	80%
No	24	20%
Refused	00	00
Total	120	100%

Responding to the above question Do you suffer from anxiety and agitation? 80% of respondent said yes and 20% said no, in aging process anxiety is most common seen in elder people. If we see the above table 80% of respondent said yes, they suffer from anxiety.

Question No 14: Have your multiple fall history? Table: 14

Category	Frequency	%age
Yes	74	61.6%
No	30	25%
Refused	16	13.3%
Total	120	100%

According to the above table falling down is most frequent problem of the elderly. In the over 60 years old, equilibrium will a problem and one common consequence is falling down. 61.6% of the respondent said yes that over the year they have history of falling. 25% said no they have no any history of falling. And 13.3% refused.

Question No 15: Have you any mental pr psychological disorder due to aging? Table: 15

Category	Frequency	%age
Yes	110	91.6%
No	08	6.6%
Refused	02	1.6%
Total	120	100%

Above table shows that mental and psychological problems relate with aging. Responding to this question whether you have any mental or psycho problem, respondent 91.6% said yes, they have, 6.6% respondent said no they haven't and 1.6% refused to respond. According to the table mental problem is most common on Retired Older, like short term memory, sleepless, schizophrenia.

Question No 16: Does your family members neglect your needs, ignore you and physically abuse like pushing slapping and busing etc? Table: 16

Category	Frequency	%age
Yes	43	35.8%
No	66	55%
Refused	11	9.1%
Total	120	100%

Responding to this question Does your family members neglect your needs, ignore you and physically abuse like pushing slapping and busing etc? 35.8% said yes, 55% said no and 9.1% refused to respond. According to above table some elder person faces physically abuse. 55% respondent has never faced like ignoring or physically abuse.

Question No 17: Does your family members threat you to give information to others about them misbehave? Table: 17

Category	Frequency	%age
Yes	90	75%
No	23	19.1%
Refused	07	5.85
Total	120	100%

Responding to this question Does your family members there at you to give information to others about them misbehave? 75% said yes 19.1% said no and 5.85% refused to respond.

Question No 18: Do you often feel lonely? Table: 18

Category	Frequency	%age
Yes	108%	90%
No	12	10%
Refused	00	00
Total	120	100%

Responding to this question 90% said yes and 10% said no. In aging process every elder person seeks for attention and care. If we look the table 90% said yes, they feel lonely. Only 10% said they are satisfied never feel lonely.

Question No 19: Do you feel the life is meaningless for you? Table: 19

Category	Frequency	%age
Yes	83	69.1%
No	37	30.8%
Refused	00	00
Total	120	100%

Responding to this question do you feel life is meaningless for you? 69.1% said yea they feel. 30.8% said no we no. Not being satisfied with life is most common elderly problem. In Retired Older age mostly, people got sick and some serious illness. 69.1% respond to this question yes, they think life is meaningless for them.

Question No 20: Are you satisfy with Quality of Life? Table:20

Category	Frequency	%age
Yes	83	69.1%
No	37	30.8%
Refused	00	00%
Total	120	100%

Responding to this question of whether are you satisfied with quality of life? 69.1% said yes, and 30.8% said no. Not being satisfied with life among the elderly has many reasons, but the most important is economical problem. Respondents were asked, are satisfy with quality of life? 69.1% said yes. 30.8% said no.

Question No 21: Do you feel tired and exhausted most of the day? Table: 21

Category	Frequency	%age
Yes	108	90%
No	12	10%
Refused	00	00
Total	120	100%

Responding to this question do you feel tired and exhausted most of the day? 90% said yes, they and 10% said no. Most of elder person feel exhausted they have no activity and same routine.

Question No 22: Do you have an experience to attempt suicide due to relative's behaviors or any other reason? Table: 22

Category	Frequency	%age
Yes	26	21.6%
No	90	75%
Refused	04	3.3%
Total	120	100%

Responding to this question have you ever attempt suicide due to relative behaviors or other, 21.6% said yes due to relative behaviors some time they try to attempt. 75% said no they not attempt. 3.3% refused to respond this question.

Question No 23: Have you an experience of old home in your life? Table: 23

Category	Frequency%	Age
Yes	5	4.1%
No	115	95.8%
Refused	00	00
Total	120	100%

Responding to this question if you have option to go to old home and leave family will you go? Only 4.1% said yes. 96% gave negative answer. Above table show only 4.1% wants to live without family. 96.6% respondent want

to live with family, they never want to go to old home if they have option. In Pakistan there is no concept of old home, most of elder live with family.

Question No 24: If you have option to go to old home and leave family will you go or not? Table: 24

Category	Frequency	%age
Yes	4	3.3%
No	116	96.6%
Refused	00	00
Total	120	100%

Responding to this question if you have option to go to old home and leave family will you go? Only 3.3% said yes. 96% gave negative answer. Above table show Only 3.3% want to live without family. 96.6% respondent want to live with family, they never want to go to old home if they have option. In Pakistan there is no concept of old home.

Question No 25: Are you sleepless most of the time? Table: 25

Category	Frequency	%age
Yes	115	95.8%
No	05	4.1%
Refused	00	00
Total	120	100%

According to the above table sleepless is most frequent problem in elder age. Responding to the question are you sleepless most of the time? 95.8% said yes, 4.1% said no. In aging process sleepless is one of main problem. According to the above table 95.8% face this problem. They need sleeping pills and healthy environment.

Conclusion

The overall quality of life on the bases of quality-of-life score QoL (Quality of Life) was significantly better in male participants as compared to female participants, large number of elderly people are living in harsh conditions irrespective of living with family of nuclear life, their busy children or family conflicts and miss apprehensions instigates their miserable moments of retired older life. It is a general stemming from a relatively in active life those benefits can fruitful for the betterment of our society.

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