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“ASHWATHHA”: AN UNAVOIDABLE RESOURCE FOR NEXT GENERATION

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Abstract:

The present study was conducted to test the hypothesis that 1) the aging population does not have quality life. 2) The aging population does not have such positions and dignity in their life. 3) The urgent need is to design houses according to ergonomics for aging population. 4) Ageing population is marginalized and 5) The family members of old age persons are having certain problems in taking care of them.

The researcher tested this hypothesis by using the survey method. The researcher has taken the interviews of 112 families in which the old aged persons are living. On the basis of interviews and reflections from those family members, researcher reach to the findings that there is urgent need to develop a plan which may definitely promote a healthy, participatory and qualitative ageing

KEYWORDS:

Ashwathha, Unavoidable resource.

INTRODUCTION:

The issue of old aged persons is the emerging global challenge of the 21st century. The global population ageing is 690 million people today. This means 11% of the total world population is old aged persons. This population will grow to 2 billion people by 2050 that is 22% of the total world population. In India population ageing is 7.44% of the total Indian population as per the 2001 census of India. Means, which is equal to 7,56,22,321 old age peoples. Now it is near to 15 crores. This figure will reach nearly 20 crores by 2030.

STATEMENT OF THE PROBLEM:

To study the issues and problems of ageing population.

OBJECTIVES:

1. To understand the issues of population ageing.
2. To upgrade the quality life of ageing population.
3. To develop a plan for healthy and quality life of ageing.

RELEVANCE OF THE STUDY:

Compared to developing countries, India can be considered 'Young', with a vast majority of

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working age population, and so the dependency ratio is not very unfavorable. But this 'Population Dividend' will gradually disappear within the next four to five decades, and the country will face the same type of situation that the developed countries are witnessing today, of a rapidly ageing society. This advantage gives us the time to plan and introduce policy initiatives and programmes to address these issues and prepare the society for this demographic transition. Apart from this the elderly form a rich repository of knowledge and experience, which no society can afford to ignore.

HYPOTHESIS:

1. The aging population does not have quality life.
2. The aging population does not have such positions and dignity in their life.
3. The urgent need is to design houses according to ergonomics for aging population.
4. Ageing population is marginalized.
5. The family members of old age persons are having certain problems in taking care of them.

METHODOLOGY:

The researcher has taken the interviews of 112 families in which the old aged persons are living. On the basis of interviews and reflections from those family members, researcher reach to the findings that there is urgent need to develop a plan which may definitely promote a healthy, participatory and qualitative ageing.

RESULTS:

Physical/Mental problems	72%
Family member as a Care taker	15%
Sufficient time for taking care	17%
Ergonomically designed homes	05%
Involvement of old age persons in decision making process	19%
Circles/groups of old aged persons	20%
Old aged persons doing Yoga Practices	32%
Generation Gap	78%
Open discussion with old aged persons	16%
Affordable presence of old aged persons	31%

RESULTS:

We found that all the hypothesis are accepted

1. The aging population are not having quality life.
2. The aging population do not have such positions and dignity in their life.
3. The urgent need is to design houses according to ergonomics for aging population.
4. Ageing population is marginalized.
5. The family members of old age persons are having certain problems in taking care of them

Solutions: A Seven stage Program

1. To make aware the family members regarding the resourcefulness of old age peoples and to use these

resources.

2. Motivation about moral and ethical values.
3. Awareness about generation gap.
4. Optimum use of ergonomics of old age persons in house and surroundings.
5. Involve them in the problem solving procedures at family and societal level.
6. To form Groups or Circles of senior citizens.
7. To offer them various positions and dignity.

APPLICATION AND TRANSFORMATION:

We are sure this will really help to improve the quality life and provide dignity to them. At the same time such plan is having ultra low cost and affordable to every family. The cost is only for the designing house and surroundings ergonomically according to the capacities of old aged persons living in their houses. No doubt they will not feel empty and leads towards the healthy and stress free life. They will have opportunity to contribute to society even after retirement. This leads to them to come in to the main stream and not at marginal level. The family will take care and there will be support not only from family but also from society. They will enjoy the healthy and active life with dignity, participatory and qualitative aging.

LIMITATIONS AND SCOPE:

The necessity of the complete and error free data cannot be obtained as there may be certain subjectivity in getting the responses. There may be some errors in the interviews. As there is difference in qualifications of family members there may be some lacuna in getting the responses. Geographical area is also one of the limitations. Such type of studies may be conducted in various parts of India with different variables.

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