

A study on health problems among the elderly

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■ **ABSTRACT** : The present study was conducted in the year 2017-2018 to study the problems among the elderly. The sample consists of 120 elderly population aged 60 years and above residing in Hubli and Dharwad cities. A self structured interview schedule was used to collect the data. The results revealed that nearly one third and equal percentage of elderly belonged to underweight and overweight followed by normal weight and obese categories. Diabetes was the major problem faced by the selected elderly followed by blood pressure arthritis, coronary heart diseases and asthma. General weakness, poor eyesight and loss of hearing were the other problems faced by the elderly. Pain in knees while using toilets and while sitting and getting up were ranked first by the elderly. Hence it can be concluded that advancing age is associated with increasing physical frailty, cognitive impairment and economic vulnerability and requires appropriately supportive environments.

■ **KEY WORDS**: Elderly, Health problems

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