

Aging: well being and development in elderly

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■ **ABSTRACT** : The aim of the present study is to introduce the well-being and aging development during old age. In old age peoples are not more productive as in early stage of life. They need others support for doing some activities. Sometimes they feel stressed and depressed about that. The current study indicated that physical condition of old age person, socio-demographic factors, social network characteristics, and activity level all seem to affect subjective well-being in later life. In the present study discuss several different forms of well-being that play a vital role in the lives of elderly and it helps them to live longer and safer.

■ **KEY WORDS**: Aging, Development, Elderly, Healthy-ageing, Well-being

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Aging is a period in the life cycle experienced by every-one (Halloran, 2012). Aging is a process to become older from one stage of life to other. Aging or ageing is a process or a biological reality and has a dynamic that goes beyond human influence, and it clearly varies from society to society in terms of its meaning. According to Population Census 2011 there are approximately 104 million elderly persons (> 60 years); 53 millions females and 51 millions males. Chronological time is a measure of ageing in the developed world, the age 60-65 is the retirement age and beginning of the early age. In certain parts of the world, chronological time is irrelevant to the definition of old age. Other factors influence old age, such as one's ability to complete the tasks assigned to them, which means that old age is begin "the point at which active participation is no longer possible" Gorman (2000). Living in a residential care facility and providing well-being assistance to elderly

people plays a vital role in old age well-being and growth. Health and psychological well being are closely related and link may become more important at older ages. If elderly do some leisure activities (gardening, group exercise, art classes, walking clubs etc.) with other, helps to improve their mood and mental condition. Steinkamp and Kelly (1985, 1987) revealed that leisure activities significantly contribute to life satisfaction. Elderly people need support from the others for their psychological relaxation. Different factors also influencing healthy aging of peoples like; individual factors, (habits and routine, old age related changes, genetic factors and different health related issues) Environmental factors (surroundings, technologies used, social facilities' and transportation). Various problems also occurs during that period of life such as; physical health problems, social and psychological problems. It is important to support elderly in their work for their healthy and well being

growth and development.

What is well-being?:

Well-being is based upon our present life quality, not only the absence of disease or infirmity called well-being but our current life situation and health is called well-being. Oxford English Dictionary defined well being as “the state of being healthy, comfortable and happy”. Another definition given by the New Economics Foundation (2012) “as people feel and how they function on both social and personal level and how they evaluate their whole life is called wellbeing”.

Healthy aging:

Every person of every country who lives in the world has opportunity to live healthy and longer life. Healthy aging is all about creating the opportunities and environmental conditions that enable people to be and do what they enjoy during their lives. WHO (2017) described healthy aging as “being free of illness is not a criterion for Healthy Aging. Many older adults have one or more health problems that, when properly handled, have little impact on their welfare.

Where does well being come from?:

People’s well-being is influenced by their perceptions, behaviours, and experiences, the majority of which they have control over. For example, when an individual thinks positively, he is more likely to experience emotional and psychological well-being. Another example is that after retirement, the elderly have a lower level of workplace well being. This example demonstrates how deep well-being is related to humans’ life.

Types of well-being:

Physical well-being:

In this period of life elderly people required a healthy balance diet and routine exercise to improve their health. Regular light exercise can help elderly to prevent from different diseases. In physical well being included, being safe, shelter and good health and is closely linked to mental well-being.

Social well-being:

In their old age people are more interact with their age mates and feel a sense of belonging or socially interactive. Living with their age mates and sharing ideas,

beliefs, traditions are important for social being. Exchanging of thoughts about their value systems also improves social well being of elderly.

Emotional well-being :

In emotional well being included; being happy, positive emotions (love, joy, fun etc.) and generally feel satisfied with life. A use of stress-reduction technique helps to generate good feeling. When an elderly person has built up their emotional well-being, they are better able to deal with tension and emotions.

Psychological well-being:

Psychological well-being and health closely linked at older age. In old age people are suffering from different type of disease and it create sadness, depression, dependency etc. because in chronic diseases they are not able to do work by own selves, they need support. Those types of small things create irritation and other types of psychological disturbance.

There are three types of psychological wellbeing:

- *Evaluative wellbeing (or life satisfaction):* Elderly feelings about the quality or goodness of their lives, their overall life satisfaction, or how pleased they are with their lives are referred to as life evaluation.
- *Hedonic wellbeing (feelings of happiness, sorrow, and so on):* It refers to day-to-day feelings or moods such as experienced happiness, sorrow, sadness, anger, and stress etc.
- *Eudemonic wellbeing (sense of purpose and meaning in life):* It is concerned with elderly perceptions of the nature and meaning of existence.

Factors that affect well-being of elder people:

- Lack of Infrastructure
- Changing Family Structure (from joint to nuclear due to modernization)
- Lack of Social Support (Social isolation and loneliness has increased)
- Social Inequality (due to not actively participate in different activities)
- Unavailability and non-affordability of health-care
- Economic dependency on others

- Physically dependent on others.
- Lack of nutrition and physical activities.

Considerations to be taken while planning a shelter for elderly:

A well-designed shelter allows the elderly to move safely from one place to another, while also providing them with psychological and physical enjoyment, both of which contribute to their overall well-being.

- Good infrastructure plays an important role in elderly life and remains both physical activities and engaged with their local communities. Good environment has put greater impact on quality of life. Properly designed home can enhance elderly people's independence, dignity, overall enjoyment of life and help to improve physical wellbeing.
- Make sure there are enough windows in the building to let in enough natural light. Since sunlight increases vitamin D production in the skin of the elderly, it aids in the treatment of depression and other health problems.
- Well-lit areas ensure a clean and stable environment. The lighting should be appropriate but not blinding, as this would hinder the elderly mobility.
- A door handle can either be in the shape of a doorknob (round) or a door lever (square). Choose bathroom floor tiles that are non-slip.
- Install a handrail on both sides of the stairwell, reaching over the first and last steps. The edge of each move should be labelled with a different colour scheme or design.

Promoting independence of elderly:

Growing a person's freedom means giving them more chances to live a better life. Encourage him to take care of himself. When a person loses their autonomy, they frequently lose their will to live. Freedom is one of the most significant qualities of a stable human being.

Independence is important for both mental and physical health:

Mental health:

Individual happiness is dependent on their ability to preserve their independence, which they do by keeping their bodies and minds active. Every day, staying involved

with the world around them improves elderly mental health and quality of life.

Physical health:

Sustaining an elder's abilities requires a safe amount of physical activity. Daily routine activities can help them to promote their physical independence like; grocery shopping, light cleaning, gardening, walking etc.

Provide task-adaptive tools:

Provide some basic and easy equipment for their basic tasks like; giving an elderly with limited stretching and bending abilities, a dressing stick or grabber, it may assist them in dressing themselves.

Install adaptive equipment:

Aside from using basic tools, some equipment may be built to help elderly become more self-sufficient. Installing handrails in a shower and next to a toilet, can allow elderly to shower and go to the bathroom without risking serious injury.

Encourage frequent physical activity:

Regular exercise will help an old person's body become stronger and more independent. Even if they have physical disabilities, they should engage in some kind of physical activity on a daily basis.

Social engagement:

For the elderly, independence and social participation are vital because they can boost their self-esteem, enhance their mental health, and alleviate depression, anxiety, and a number of other diseases.

Simple tips for healthy ageing:

Keep track of what they eat and drink:

A low-saturated-fat diet and include plenty of fruits and vegetables, whole grains, and limited quantities of low-fat dairy and lean meat. And good amount of water to keep them hydrated.

Look after teeth:

Brush teeth twice a day and floss once a day. Flossing removes food and plaque from between the teeth, which helps to prevent gum disease.

Get a vitamin boost:

Many elderly are deficient in vitamin D and are

unaware of it. Vitamin D deficiency has been related to cognitive loss, bone disorders, and heart disease. For a vitamin D boost, elderly should at least 15-20 minutes per day outside in the sun. It is also present in foods like eggs and oily fish. Consult doctor about taking a vitamin D supplement. Get regular routine test specially hearing and eyesight.

Maintain contact:

Spending time with others will help them to stop feeling lonely or anxious. If they find that they are no longer able to do the things once enjoyed, consider developing new hobbies and interests or volunteering. Learn how to connect using basic technologies.

Maintain contact with family and friends, they can share their experienced a major loss or life change. Make time to catch up with friends and family on a regular basis, whether over coffee, at a weekly shared meal, or over a shared interest. Reach out to friends who may be lonely or alone.

Get enough sleep:

By keeping to a daily schedule and creating a bedtime routine. Avoid watching television or surfing the internet in bed and keep their room dark and quiet. Caffeine should not be consumed more in a whole day.

Conclusion:

The present study is underway with the aim of explained quality of life of elderly and from the perspective of elderly people living alone. Proper supportive equipment can helps elderly to do work by themselves. By proper diet and exercise they can improve their health-care maintains routine and improves their

standard of living. The current study also discussed about the importance of different well-being in old age.

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