



A Socio-Economic Study of the Elderly Population in India : A Case Study of Mumbai

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Abstract :

The word elderly is used to describe a person who is beyond middle age and approaching old age. In the present research, an attempt has been made to study the socio- economic profile of the elderly population in India with the help of a case study of Mumbai. The research objectives are to analyze the spatial pattern of elderly population in India, to analyze the socio- economic characteristic of elderly population in Mumbai, to identify the problem of the elderly population and provide recommendation for their socio-economic upliftment. The research methodology includes both primary and secondary sources. A questionnaire satisfying the required criteria is prepared using open ended and close ended questions. The study area for the survey was decided at Malad (W) and Borivali (W) area. It can be observed that the distribution of elderly people in the country is in accordance with the total population. The states which have higher total population have higher total elderly population and vice-versa. It is found out that 52% of respondents had major health issues like cancer, diabetes, heart disorders and some had biopsy done. 36% of respondents had minor health disorders. 62% of respondents do not have any major medical care or disorders, while 38% respondents said that they have diabetes, knee pain, breathing issues etc. 47% of respondents said that they get pension from government, as they worked in government sector. 53% of respondents said that they do not get any pension, which indicate that they either worked in private firms or had their own business. 65% of respondents said that the television is the major source to spend their time and also a mode of entertainment. It is recommended that awareness about pension plans must be spread to the old age. More medical facilities should be made available to them.

Keywords : *Elderly, spatial, disorders, awareness, medical*

Introduction :

The word elderly is used to describe a person who is beyond middle age and approaching old age. According to the Census definition, 'citizens who have attained the age of 60 years are said to be old'. They are also called senior citizens with respect towards their age.

A man's life is normally divided into five main stages namely infancy, childhood, adolescence, adulthood and old age. In each of these stages an individual has to find himself in different situations and face different problems. The old age is not without problems. In old age physical strength deteriorates, mental stability diminishes; money power becomes bleak coupled with negligence from the younger generation.

In the present research, an attempt has been made to study the socio- economic profile of the elderly population in India with the help of a case study of Mumbai.

Review of Literature

Mahadevan and Sumangala et.al (1992) have suggested that emerging problems of the elderly in modern society have created the need for change in the policies and better facility for elderly. He had put forward that there is a need for economic security for elders. Cavanaugh (1990) said that the concept of social aging emerged which referred to the individual's roles and habits in relation to the society. Rakowski, Julius et.al (1987) carried a sample of 172 communities residing older adults were interviewed four health practice grouping were used: information seeking, regular health routines, medical and self- examination and risk avoidance. Results indicated that the elderly women and elderly population with supportive family environment were having a good health practice. Ramamurthi (1996) explores the stress among elderly men and factors associated with it. The finding showed that main sources of stress included: Socio-economic and occupational stress (49%), physical condition (56%), psychological sources (61%) and Familial and social sources (59%). Sharma, Dak (1987) have edited a book on the process of aging in India and the socio-psychological problems attached to this process. The edition contains a total number of 23 short research papers on topics like aging