

# ALU - WOMEN'S STUDIES BULLETIN



VOLUME –25, ISSUE-25

August- 2018



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## Editorial desk

*“After a lifetime of working, raising families, and contributing to the success of this nation is countless other ways, senior citizens deserve to retire with dignity”- Charlie Gonzalez (Democratic politician from Texas).*

Ageing in India is exponentially increasing due to the impressive gains that society has made in terms of increased life expectancy. With the rise in elderly population, the demand for holistic care tends to grow. By 2025, the geriatric population is expected to be 840 million in the developing countries. The aging population is both medical and sociological problem. The elderly population suffers high rates of morbidity and mortality due to infectious diseases. The demographic transition in India shows unevenness and complexities within different states due to the different levels of socio-economic development, cultural norms, and political contexts. Hence, it is herculean task for policy makers to address the geriatric care. Care for the elderly is fast emerging as a critical element of both the public and private concern. The apparent success of the medical science is invariably accompanied by several social, economic and psychological problems in older persons, in addition to the medical problems. Many of the geriatric problems require lifelong drug therapy, physical therapy and long-term rehabilitation. The elderly tend to be cared for in a variety of settings: home, nursing home, day-care centre, geriatric out-patient department, medical units or intensive care unit depending on the nature of the clinical problem. Care of elderly necessitates addressing several social issues. The needs and problems of the elderly vary significantly according to their age, socioeconomic status,

health, living status and other such background characteristics. Very old people, due to their reduced mobility and debilitating disabilities, need other people to do things for them. With the increasing trend of nuclear families in the society and with fewer children in the family, the care of older persons in the families gets increasingly difficult. The attitude and behaviour of the younger generation have also been changing. It can be concluded that the old persons are no more enjoying the love, affection and respect from the other members of the family. Their presence, experience and blessings are must for everyone in the family. In a society where they command respect the aged feel that their life is worthy and they have to make the family fully developed.

## **HIGHLIGHTS**

- ✓ According to Population Census 2011 there are nearly 104 million elderly persons (aged 60 years or above) in India; 53 million females and 51 million males.
- ✓ Both the share and size of elderly population is increasing over time. From 5.6% in 1961 the proportion has increased to 8.6% in 2011. For males it was marginally lower at 8.2%, while for females it was 9.0%. As regards rural and urban areas, 71% of elderly population resides in rural areas while 29 % is in urban areas.
- ✓ The old-age dependency ratio climbed from 10.9% in 1961 to 14.2% in 2011 for India as a whole. For females and males, the value of the ratio was 14.9% and 13.6% in 2011.
- ✓ In rural areas, 66% of elderly men and 28% of elderly women are working, while in urban areas only 46% of elderly men and about 11% of elderly women are working.
- ✓ The percent of literates among elderly persons increased from 27% in 1991 to 44% in 2011. The literacy rates among elderly females (28%) are less than half of the literacy rate among elderly males (59%).
- ✓ Prevalence of heart diseases among elderly population was much higher in urban areas than in rural parts.
- ✓ In the age-group of 60-64 years, 76% persons are married while 22% are widowed. Remaining 2% are either never married or divorced.
- ✓ Comparison of 2001 and 2011 population census data reveals that the average increase of elderly population among states is 1%. The maximum increase is 3% in Goa. In Daman & Diu there is a decrease in elderly population by 0.4%.
- ✓ State-wise data on elderly population divulge that Kerala has maximum proportion of elderly people in its population (12.6 per cent) followed by Goa (11.2 per cent) and Tamil Nadu (10.4 per cent) as per Population Census 2011. This may be due to the lifestyle and better medical facilities in respective states. The least proportion is in Dadra & Nagar Haveli (4.0 per cent) followed by Arunachal Pradesh (4.6 per cent) and Daman & Diu and Meghalaya (both 4.7 per cent).

## ELDERLY PEOPLE- INDIA, AT A GLANCE

### I POPULATION

	Male	Female	Total
<b>Total Population (in millions)</b>			
Rural	427.8	406.0	<b>833.8</b>
Urban	195.5	181.6	<b>377.1</b>
<b>Total</b>	<b>623.3</b>	<b>587.6</b>	<b>1210.9</b>
<b>Population Aged 60+ (in millions)</b>			
Rural	36.0	37.3	<b>73.3</b>
Urban	15.1	15.5	<b>30.6</b>
<b>Total</b>	<b>51.1</b>	<b>52.8</b>	<b>103.9</b>
<b>Share of Elderly Population in Total Population (%)</b>			
Rural	8.4	9.2	<b>8.8</b>
Urban	7.7	8.5	<b>8.1</b>
<b>Total</b>	<b>8.2</b>	<b>9.0</b>	<b>8.6</b>

### II ECONOMY

<b>Old-Age Dependency Ratio</b>			
Rural	14.5	15.8	<b>15.1</b>
Urban	11.8	13.1	<b>12.4</b>
<b>Total</b>	<b>13.6</b>	<b>14.9</b>	<b>14.2</b>
<b>Elderly Population Working (%)</b>			
Rural	66.4	28.4	<b>47.1</b>
Urban	46.1	11.3	<b>28.5</b>
<b>Total</b>	<b>60.4</b>	<b>23.4</b>	<b>41.6</b>

### III HEALTH

<b>Life Expectancy 60+ (Years)</b>			
<b>Total</b>	<b>16.9</b>	<b>19.0</b>	<b>17.9</b>
<b>Death Rate (60-64years) (Per Thousand)</b>			
Rural	22.3	17.2	<b>19.7</b>
Urban	16.6	13.4	<b>15.0</b>
<b>Total</b>	<b>20.7</b>	<b>16.1</b>	<b>18.4</b>

<b>Physically Disabled Among 60+(Per Hundred Thousand)</b>			
Rural	5713	5476	<b>5593</b>
Urban	4361	4007	<b>4181</b>
<b>Total</b>	<b>5314</b>	<b>5045</b>	<b>5177</b>

#### IV EDUCATION

<b>Literacy Rate 60+</b>			
Rural	50.5	18.4	<b>34.2</b>
Urban	79.6	52.7	<b>66.0</b>
<b>Total</b>	<b>59.1</b>	<b>28.5</b>	<b>43.5</b>

Sources : Population Census 2011, SRS Report 2013

#### **NUMBER OF ELDERLY PERSONS REPORTING A CHRONIC DISEASE (PER 1,000 PERSONS)**

Type of chronic disease	Rural			Urban		
	Males	Females	Persons	Males	Females	Persons
Whooping Cough	8	6	7	4	2	3
Ulcer	37	54	44	30	24	27
Problem of joints	30	40	34	26	45	35
Hypertension	23	53	36	50	59	54
Heart disease	95	59	80	165	162	164
Urinary problem	78	28	57	89	33	63
Diabetes	30	52	40	68	36	53
Cancer	18	36	26	25	25	56

## THE PROBLEMS FACED BY THE ELDERLY

### Social Marginalization of the Elderly

Two major socio-demographic changes have contributed to bring about significant changes within the family and are having a major impact on communities throughout India. The first one is the increased longevity of people and the second one is a breakdown of joint family system and the emergence of Nuclear family system. Industrialization, westernization and globalization are the major factors responsible for the breakdown of joint family system. Due to harvest failure, slowdown of employment opportunities in the agriculture sector leads to migration of young people in search of livelihood and thus to the crisis on the care of the aged people. Increased individualization and new technologies are also leading for marginalization of the senior citizens and unfortunately, today they are considered as a social burden.

### Indian Family Structure



### Morbidity of Elderly

Arthritis, hypertension, hearing impairment, defective vision, diabetes and varicose veins are among the usual diseases faced by elders. These chronic diseases tend to occur more in women and tend to increase with age. Every year in the month of May, the number of deaths, caused by sunstroke is more among elders than the youngsters. More over the elderly people's diseases like nutritional disorder, cancer, tuberculosis, glaucoma and cataract will be further aggravated in summer among elders.

### Nutritional deficiency

Most of the poor old age people have nutritional deficiencies which includes the problem like iron deficiency, protein deficiency, calcium deficiency, blindness caused by vitamin A deficiency, anemia etc.

## Financial bankruptcy

The aged people are financially bankrupted since their assets, properties and all their wealth are legally transferred to their children so Elderly people do not have the emergency fund available to meet their basic needs which includes descent burial. In Indian society, the men and women entered in to their marital life earlier than the west. Therefore, the elders arrange their marriage in early twenties. In South Tamil Nadu and Kerala, the marital age is late twenties and early thirties due to their improved educational status. Indian couples' marriage is completed only after the childbirth. Therefore, immediately after marriage, they go for childbirth. It is a social necessity. So, in fifties, all their children are married and have grandchildren. In such situation, the elders have the social responsibility and moral responsibility to register all their assets/ properties etc., legally to their children and transfer their wealth. So all those who have no monthly pension on their retirement have to depend on their children for their basic needs.

## Violence against elders

**Six types of Elder abuse exist.**

<b>Physical</b> Hitting, kicking, pushing, slapping, burning or force causing injury.	<b>Sexual</b> Engaging in sexual act without consent.	<b>Emotional</b> Harming self-worth or emotional well-being, name calling and scaring.
<b>Neglect</b> Failing to meet basic needs like food, housing, clothing and medical care.	<b>Abandonment</b> Leaving elder alone or no longer providing care.	<b>Financial</b> Illegally misusing an elder's money, property, or assets.

 Learn how signs of elder abuse differ from normal aging to prevent elder abuse before it happens. 

## **SCHEMES AND POLICIES FOR THE OLDER PERSON**

### **Integrated Programme for Older Persons (IPOP)**

The Ministry of Social Justice and Empowerment has implemented a Central Sector Scheme of Integrated Programme for Older Persons (IPOP) since 1992. Its main objective is to improve the quality of life of senior citizens by providing basic amenities like shelter, food, medical care and entertainment opportunities etc. through providing support for capacity building of Government/ Non-Governmental Organizations/Panchayati Raj Institutions/ local bodies etc. Several innovative projects were added under the Scheme during 2008 revision. The following projects are being assisted under the IPOP Scheme:

- i. Maintenance of Old Age Homes;
- ii. Maintenance of Respite Care Homes;
- iii. Running of Multi Service Centres for Older Persons;
- iv. Mobile Medicare Unit;
- v. Day Care Centre for Care of Old Person with Dementia;
- vi. Multi Facility Care Centre for Older Widows;
- vii. Physiotherapy Clinics;
- viii. Regional Resource and Training Centres;
- ix. Helplines and Counseling for Older Persons;
- x. Programme for Sensitization of School/College Student;
- xi. Awareness Projects for Older Persons;
- xii. Volunteers Bureau for Older Persons;
- xiii. Formation of Vridha Sanghas/Senior Citizen Associations/Self Help Groups;
- xiv. Any other activity, which is considered suitable to meet the objective of the Scheme.

### **The National Policy on Older Persons (NPOP)**

The National Policy on Older Persons (NPOP) was announced in January 1999 to reaffirm the commitment of the State to ensure the well-being of the older persons. The Policy envisages State support to ensure financial and food security, health care, shelter and other needs of older persons, equitable share in development, protection against abuse and exploitation, and availability of services to improve the quality of their lives.

## **International Day for Older Persons (IDOP) and National Awards: Vayoshreshtha Samman**

The Ministry of Social Justice and Empowerment observes the International Day for Older Persons (IDOP) on 1st October every year in a befitting manner by organizing a series of events and programmes dedicated to the senior citizens. The day is dedicated to acknowledge the contribution of senior citizens to the society, to sensitize the public at large about their problems and needs, and to make our society more elder friendly.

In order to recognize the efforts made by eminent senior citizens and Institutions involved in rendering distinguished services for the cause of elderly persons, especially indigent senior citizens, the Ministry of Social Justice and Empowerment (Department of Social Justice and Empowerment) has prepared a new Scheme of National Awards for senior citizens to showcase the Government's concern for senior citizens and its commitment towards senior citizens with the aim of strengthening their legitimate place in the society.

## **The Maintenance and Welfare of Parents and Senior Citizens Act, 2007**

The Maintenance and Welfare of Parents and Senior Citizens Act, 2007 was enacted in December 2007, inter alia, to ensure need based maintenance for parents and senior citizens and their welfare. The Act does not extend to the state of Jammu and Kashmir. Himachal Pradesh has its own Act for welfare of Parents and Senior Citizens.

The Act provides for:

- i. Maintenance of Parents/ senior citizens by children/ relatives made obligatory and justiciable through Tribunals
- ii. Revocation of transfer of property by senior citizens in case of negligence by relatives
- iii. Penal provision for abandonment of senior citizens
- iv. Establishment of Old Age Homes for Indigent Senior Citizens
- v. Protection of life and property of senior citizens
- vi. Adequate medical facilities for Senior Citizens

## **National Council for Older Persons (NCOP)/ National Council of Senior Citizens (NCSrC)**

In pursuance of the National Policy for Older Persons (NPOP), a National Council for Older Persons (NCOP) was constituted in 1999 under the Chairpersonship of the Minister for Social Justice and Empowerment to oversee implementation of the Policy. The NCOP is the highest body to advise the Government in the formulation and implementation of policy and

programmes for the aged. In order to have a definite structure as well as regional balancing, National Council for Older Persons (NCOP) has been reconstituted and renamed as National Council for Senior Citizens (NCSrC) in the Gazette of India on 22-2-2012. The NCSrC will advise Central and State Governments on the entire gamut of issues related to welfare of senior citizens and enhancement of their quality of life. The NCSrC will meet at least twice a year.

## **BENEFITS EXTENDED BY OTHER CENTRAL MINISTRIES FOR THE WELFARE OF SENIOR CITIZENS**

### **1. Ministry of Rural Development**

The Ministry of Rural Development is implementing the Indira Gandhi National Old Age Pension Scheme (IGNOAPS) under which Central assistance is given towards pension @ Rs. 200/- per month to persons above 60 years and @ Rs. 500/- per month to persons above 80 years belonging to a household below poverty line, which is meant to be supplemented by at least an equal contribution by the States.

### **2. Ministry of Health & Family Welfare**

The Ministry of Health and Family Welfare provides the following facilities for senior citizens:

- ✓ Separate queues for older persons in government hospitals
- ✓ Geriatric clinic in several government hospitals
- ✓ The Ministry implemented the National Programme for the Health Care for the Elderly (NPHCE) from the year 2010-11.

### **3. Ministry of Finance**

#### **Health Insurance**

Insurance Regulatory Development Authority (IRDA) issued instructions on health insurance for senior citizens to CEOs of all General Health Insurance Companies, which, inter-alia, includes:

- ✓ Allowing entry into health insurance scheme till 65 years of age
- ✓ Transparency in the premium charged
- ✓ Reasons to be recorded for denial of any proposals etc. on all health insurance products catering to the needs of senior citizens. Likewise, the insurance companies cannot deny renewability without specific reasons.

## Tax Benefits

The Ministry provides the following facilities for senior citizens for the Assessment Year 2016-17:

- ✓ Income tax exemption for Senior Citizens of 60 years and above up to Rs. 3.0 lakh per annum.
- ✓ Income tax exemption for Senior Citizens of 80 years and above up to Rs. 5.0 lakh per annum.
- ✓ Deduction of Rs 30,000 under Section 80D is allowed to an individual who pays medical insurance premium for his/ her parent or parents, who is a senior citizen.
- ✓ An individual is eligible for a deduction of the amount spent or Rs 60,000, whichever is less for medical treatment of a dependent senior citizen suffering from specified diseases. For senior citizens of 80 years and above the limit is Rs 80,000.

## 4. Ministry of Railways

### Concession in Rail Fares

The Ministry of Railways provides the following facilities to senior citizens:

- ✓ Separate ticket counters for senior citizens of age 60 years and above at various Passenger Reservation System (PRS) centres if the average demand per shift is more than 120 tickets;
- ✓ Provision of lower berth to male passengers of 60 years and above and female passengers of 45 years and above.
- ✓ 40% and 50% concession in basic rail fare for male (60 years) and female (58 years) senior citizen respectively.
- ✓ Wheel chairs at stations for old age passengers.

## GLIMPSES OF THE MONTH

### International Day of Older Person – 1<sup>st</sup> October



The theme of the 2018 commemoration is *“Celebrating Older Human Rights Champions”*

1<sup>st</sup> October is celebrated as the International Day for Elderly People each year which was first established at 14th of December in the year 1990 by the United Nations General Assembly. It was started celebrating for the first time on October 1st in the year 1991 to aware the people about issues which affects the elders as well as to appreciate their contribution towards the society. Almost 700 million people are now over the age of 60. By 2050, 2 billion people, over 20 per cent of the world's population, will be 60 or older. The increase in the number of older people will be the greatest and the most rapid in the developing world, with Asia as the region with the largest number of older persons, and Africa facing the largest proportionate growth.

The UN 2018 theme aims to:

- Promote the rights enshrined in its declaration
- Raise the visibility of older people as participating members of society committed to improving the enjoyment of human rights in many areas of life and not just those that affect them immediately;
- Reflect on progress and challenges in ensuring full and equal enjoyment of human rights and fundamental freedoms by older persons; and
- Engage broad audiences across the world and mobilize people for human rights at all stages of life.

### **World Breast Feeding Week – 1<sup>st</sup> August -7<sup>th</sup> August**



The theme of this year's World Breastfeeding Week is *"Breastfeeding: Foundation for Life"* — a recognition of the importance of breastfeeding to a baby's future.

It was first started and celebrated by the World Alliance for Breastfeeding Action in the year 1992. And later it is being celebrated in more than 120 countries by the UNICEF, WHO and their participants such as individuals, associations and governments. World Alliance for Breastfeeding Action was also established in the year 1991 at 14th of Feb to promote the comprehensive breastfeeding culture worldwide by providing the support and achieve the real goal. The breast feeding has been emphasized to a great extent by the World Health Organization and the American Academy of Pediatrics (AAP) for promoting the healthy living for both the mother and the baby. It is highly recommended by them to all mothers that they should give breastfeeding to their child for the first six months of the life and after that a supplemented breastfeeding can be given for the one, two or more years.

It is necessary to the mothers to get timely support and healthcare education about their baby including breast-feeding. The continuous support and intimation can bring the gradual and permanent changes in the social living and ultimately healthy and disease free social living. To sustain a continuous breast feeding can be traditionally supported by the family, community leaders, trained health workers, lactation consultants, friends and partners.

The World Alliance for Breastfeeding Action (WABA) outlined four objectives for World Breastfeeding Week 2018:

- Informing people about the links between good nutrition, food security, poverty reduction and breastfeeding
- Anchor breastfeeding as the found of life
- Engage with individuals and organisations for greater impact
- Galvanise action to advance breastfeeding as part of good nutrition, food security and poverty reduction

## GLOSSARY

### **Ageism**

Discrimination based on age

### **Elder abuse**

The act of a caretaker intentionally depriving an older person of care or harming the person in their charge

### **Gerontocracy**

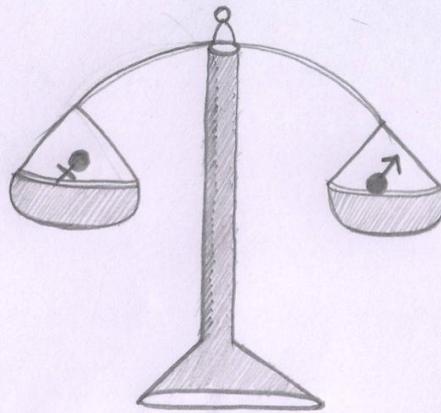
A type of social structure wherein a society's oldest members hold the power

### **Senescence**

The aging process, including biological, intellectual, emotional, social, and spiritual changes.

## STUDENTS CONTRIBUTION

# WOMEN'S EQUALITY DAY AUGUST- 26<sup>th</sup>



Held on 26<sup>th</sup> August every year. Men and Women are both equally play a vital role in the creation and development of their families in particular and the society in general. However, it is not reality, women have had to struggle for legal equality. In 1848 a group of determined women came together in Seneca Falls, New York, to proclaim that "All men and women are created equal."

Be respectful to women, For they are The Mothers of MANKIND

- IMAM ALI Ibn Abi Talib

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*To care for someone who once cared for us is the highest honour.*

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