

Socio-Psycho Problems of Aged in COVID-19 Lockdown and Coping Strategies

Paper Submission: 19/08/2020, Date of Acceptance: 28/08/2020, Date of Publication: 29/08/2020



Anuradha Verma

Head,
Dept. of Sociology,
S.G.R.R. (P.G) College,
Dehradun, Uttarakhand, India

Abstract

Covid-19 has engulfed the country across the globe having far reaching implication for society, economic and people at large. It also created various anxiety disorders almost all age groups. According to Cambridge dictionary pandemic refers to a dangerous disease that exists almost all age groups of people. Pandemic impact is equally all segment of population but there are some several social groups are more vulnerable. It includes aged, women-working and non working and children as well. Old age is a universal phenomenon the fact that life is a continuous process of growth beginning from infancy and coming to old age through childhood and adulthood and that is ultimately terminated with death of an individual. The aged people and their problems exist rightly from the beginning of human civilization. With the advent of technology and modernization, there has been a decrease of mortality rate, increase in awareness, nutrition, advancement in health care facilities and increase in life expectancy. Aged suffering from various problems like health problem, retirement problems, problems of loneliness and they depend on others because of their old age. The problems that are being taken into account in the research paper include social problems, psychological problems and other miscellaneous problems. There are some policies also mentioned that aim to provide them security and protection to aged.

Keywords: Pandemic, Anxiety, Aged People, Loneliness.

Introduction

Ageing is a process of growing older, a process that includes mental change, social change, physical change. The concept of ageing and aged has changed. As a record number of people in the whole world are alive long life, a trend expected to continue through the 21st century and beyond. This elderly word is used to refer to an older person of age 65 or above. Due to medicines life expectancy is continuously increasing. Research shows that even late in life potential exists for social, physical and mental development and growth. Ageing is an important part of all human societies reflecting the biological change that occurs, but also reflecting culture and societal conventions. The people that have been taken into account in this research paper include social problems, psychological problems, economic problems, health problems. There are some formulas of policies that aim to reduce the problems of elderly and provide them protection.

Aim of the Study

In present society during covid lockdown aged people are ascribed to the terminal sick roles and low status in the society. They do not get proper care, from their care takers and children, they are suffering from many social and psychological problems i.e. fear of death, loneliness, isolation, social ignorance etc. So the aim of the study is to highlight their problems and find out the solutions.

Review of Literature

1. Indian journal of psychological medicine Indian Psychiatric society South Zonal branch.
2. Prevalence of psycho-social Problems among elderly NCBI.
3. Psycho-social problem encountered by Aging –ijrar.
4. Problems of aged people in India an analysis-Shodhganga.

Research Methodology

This is an exploratory study based on primary data; the data is collected through survey and interviews at personal level. The survey instrument devised to know the impact of COVID 19 pandemic and Lockdown on aged people.

The questionnaire was distributed amongst the aged people and also others through google forms, their responses were collected using survey based approach.

The survey was conducted Among the aged people from various backgrounds and towns and cities. Collected responses from various cities of India and even from abroad as well.

Plans of Ministry**Ministry of Health and Welfare**

The Ministry of Health and Family Welfare gives the accompanying offices to senior residents of:

1. Separate lines for more established people in government medical clinic.
2. Gereatic clinic has been set up.

Ministry of Rural Development

The Ministry of Rural Development has actualized the National Old-age Pension Scheme (NOAPS) – for people over 65 years having a place with a family unit beneath the destitution line, Central help is given towards benefits @ Rs. 200/- every month, which is intended to be enhanced by at any rate an equivalent commitment by the States with the goal that every recipient gets in any event Rs.400/- every month as benefits.

Ministry of Railways

The Ministry of Railways gives the accompanying offices to senior residents:

1. Separate ticket counters for senior residents old enough 60 years or more at different (Passenger Reservation System) PRS focuses if the normal interest per move is in excess of 120 tickets;
2. 30% and half concession in rail passage for male and female senior residents separately of 60 years or more individually.

Department of Pensions and Pensioner Grievances

A Pension Portal has been set up to empower senior residents to get data with respect to the status of their application, the measure of annuity, reports required, assuming any, and so forth. The Portal likewise accommodates housing of complaints. According to the proposal of the Sixth Pay Commission, the extra annuity is to be given according to subtleties offered underneath to more established people:

Ministry of Civil Aviation

The National Carrier, Air India, gives concession up to half to male senior residents of 65 years or more, and female senior residents of 63 years or more in airfares. The problems of the aged people are diverse. These are different problems, which include health, social, physiological, economic and other miscellaneous problems which are diverse within them. The inability of old people to get used to the new improving technological world makes them

feel like outdated. They tends to give their traditional views, which majorly is rejected by the youth, and then they start doubting the need of their existence. Some of the problems are complex, which rarely have some solutions. For instance, when a person is unable to walk, it is a possibility that he may be able to walk after sometime or may not be able to walk. On the other hand, solutions can be implemented for some other problems, for instance, one can seek assistance and help in providing solutions to abuse and crime.

There have been a constant governmental support for the old-aged people, but what we need to do is that we need to spend more time with them, accept them the way they are. The youth needs to understand that spending time with their grandparents can really give them happiness and relieves stress as well. Several factors contribute a lot when it comes to the social and physiological problems to the old people. We analysed them and concluded that the old people needs to be treated both as a baby and as an elder family member depending upon the situation. When these are available then they are able to live their lives efficiently, practice their norms and principles, make their own decisions and are able to get along with other individuals.

Problems of Ageds

In present society the aged people are ascribed to the terminal sick roles and low status .They do not get higher status even in the family .They do not get proper care from their children .Since they have to depen on their own capacity and resources ,they are exposed to the vulnerability of ageing process.

So ageing has become a complex and challenging proposition for the individuals to face it personally .He owing to the absence of norms and lack of socialization facilities for the old people . They do not find any guidance for their actions and there by experience the lost feelings. In this situation these people become social problem cases because the burden of looking after their interests and taking after their interests and taking care of them fall on society.

Elderly people are at higher risk of COVID 19 infection due to their decreased immunity and multiple associated co morbidities like diabetes , hypertension, chronic kidney diseases and chronic obstructive pulmonary disease .India lockdown has stirred up anxiety and fears of dying alone among aged.

Chronic illness use multiple medicines increased health care need and physical support .Impaired cognitive abilities (memory, processing speed thinking and language) that worsen with age, can prevent them comprehending and adhering to precautionary instructions .People affected with dementia might have behavioral problem and wandering tendencies that can add to challenges of keeping them isolated at the time of such out break.

Less testing and consequently less detection can risk them to be asymptomatic carriers.

Psycho social vulnerability especially at time of lock down and quarantine loneliness anxiety and uncertainty can give rise to depressive disorders,

insomnia and chronic stress. Greif and bereavement due to loss or distancing from their loved ones can be major and prolonged. They are also increased risk for post traumatic stress, syndrome, if the stress is prolonged alarmingly suicide risk is also two to three times more in the elderly population and is often under reported.

The elderly also suffer due to the prevalent stigma of ageism. In general the elderly are marginalized even through traditionally humans are taught to respect and take care of the older generation the innate fear of ageing losing vitality and death have made 'ageism' a prevalent 'Social evil'. Society equates ageing with loss of 'charm and beauty' and of youth that many times trigger old age abuse. Such stigma and abuse can flare up during an outbreak which has an age – specific vulnerability.

Every day conversations such as "The old are dying more, so you better stay separate, last you get infected or you need to take more care or else you might infect others." Seem apparently benign but are laden with reproach and stigma.

The elderly are prone to chronic bronchitis; obstructive lung disease and common cold leading to chronic cough, sore throat and flu-like symptoms which overlap with those of COVID 19. These can be easily mistaken with covid 19 leading to social segregation and impaired mental well-being. Overcrowded, neglect and poor self care in old age homes are other contributing factors. Stress impacts immunity and can increase proneness to infections. Autonomy and self dignity may be hampered during a lockdown further impacting their mood, appetite and sleep. Many elderly people live alone are struggling with basic amenities like food, domestic utilities and hygiene along with the lingering fear of pandemic.

Cooping Strategies for Elderly in Pandemic

Families and care takers can use following ways to keep the aged disease and mentally free: Online and virtual exercise like yoga is nice cooping strategies.

Conclusion

After the study of socio-psycho problems of the aged we can conclude that it is necessary to provide them quality services, treatment and prevention of socio-psycho condition among aged during covid lockdown. Psycho-social problems including their emotional health, their level of stress etc. Informations obtain in this study will be useful to the peoples, organizations and government departments involve in improvement of aged condition during covid lockdown.

References

1. Nelson, T. D. ed. *Ageism: stereotyping and prejudice against older persons.* MIT press (2004).

2. Armitag, R. & Nellums
3. L.B COVID 19 and the consequences of isolating the elderly. *Lancet Public health* (2020) doi: 10.1016/s2468-2667 (20) 30061-X.
4. Rowe JW, Kahn RL. *Human aging: Usual and successful.* *Science.* 1987; 237:143–149.
5. Baltes PB, Baltes MM. *Perspectives from the behavioral sciences.* New York, NY: Cambridge University Press; 1991. *Successful aging*
6. Strawbridge WJ, Wallhagen MI, Cohen RD. *Successful aging and well-being: self-rated compared with Rowe and Kahn.* *Gerontologist.* 2002;42:727–733.
7. Vaillant GE. *Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development.* (Boston MA: Little, Brown and Company; 2002)
8. Tate RB, Lah L, Cuddy TE. *Definition of successful aging by elderly Canadian males: the Manitoba follow-up study.* *The Gerontologist.* 43:735–744. (place:publisher,2003)
9. Lupien SJ, Wan N. *Successful aging: from cell to self.* *Phil Trans R Soc Lond;* 359:1413–1426. Place:pub,2004
10. von Faber M, Bootsma-van der Wiel A, van Exel E, et al. *Successful aging in the oldest old: who can be characterized as successfully aged?* *Arch Intern Med.* 2001;161:2694–2700.
11. 2003; 56:223– 245. [PubMed] [Google Scholar]
12. Phelan EA, Anderson LA, LaCroix AZ, et al. *Older adults' views of "Successful Aging" - How do they compare with researchers' definitions?* *JAGS.* 2004;52:211–216. [PubMed] [Google Scholar]
13. Reichstadt J, Depp CA, Palinkas LA, et al. *Building blocks of successful aging: a focus group study of older adults' perceived contributors to successful aging.* *Am J Geriatr Psychiatry.* 2007;15:194–201.
14. Fisher BJ. *Successful aging, life satisfaction, and generativity in later life.* *Int'l J Aging and Human Development.* 1995;41:239– 250.
15. Phelan EA, Larson EB. *"Successful aging"--where next?* *J Am Geriatr Soc.* 2002;50:1306–1308.
16. Patton MQ. *Qualitative Evaluation and Research Methods.* 3rd Ed. Thousand Oaks, CA: Sage; 2002.
17. Willms DG, Best AJ, Taylor DW, et al. *A systematic approach for using qualitative methods in primary prevention research.* *Medical Anthropolgy Quarterly.* 1992;4:391–4
18. Glaser BG, Strauss A. *The Discovery of Grounded Theory: Strategies for Qualitative Research.* New York, NY: Aldine de Gruyter; 1967.