

**REVIEW OF LITERATURE**

Review of literature is a key step in the research. A review of literature is done in order to develop a deeper insight into the problem area. It reveals associated knowledge on the subject taken by the investigator for study. Review of literature is important to locate what is already know and what other have attempted to find out. So intensive review of literature has been done from published Journal, thesis and unpublished article.

For the purpose of systematic compilation, review of literature has been presented as follows:

1) Literature related to Physical problems faced by senior citizens.
2) Literature related to Psycho social problems faced by senior citizens.
3) Literature related to Physical and psychosocial problems faced by senior citizens.

**Literature related to Physical problems faced by old age group**

(1) **Adam G.F. (1997)** in his article titled, Health status of aged person. The findings of the study expressed that morbidity rate of illness rise sharply with each decade after middle age and becomes very high indeed over 70 years of age. These aged are often the victim of the degenerative conditions like cardiovascular, renal or respiratory insufficiency or urinary disorders.

(2) **Mehrotra S.K. etal (1997)** in their article titled, Urban aged population, a social study. A study was carried out to find the social and medical problems confronted by urban aged people and the results revealed that 14.4%, respondents were suffering from dysenteries and diarrhoeas, 6.6% tuberculosis, 11.8% nutritional deficiencies 5.3% ocular leisons, 31.6% respiratory problems, 15.8% skin diseases, 4% arthritis & rheumatism and 10.5% from miscellaneous problems.

(3) **Padd etal (1998)** in their article titled, Health profile of aged persons. The results revealed that 60.60% of the respondents were suffering from arthritis, 54.01% from visual impairment, 16.62% were hypertensive, 5.3% were having problem of diabetes, 5.87% were having chronic gastritis.

(4) **Goyal N and Goyal S (1999)** in his article titled, Health profile of the elderly. A study was carried out in rural area of state of Madhya Pradesh to study common old age disease and psycho-social problems being faced by the aged. The finding revealed that 17.86% elderly suffered from eye problems, 16.07% from bone & joint problems, respiratory
system problems were 21.42%. Geriatric population has 10.7% skin problems and 12.5% Dental problems.

(5) **K. Saraswathi and M. Parkasamma (2000)** in their article titled, An analysis of the problem of the aged above 60 years. In an urban community in Hyderabad a study was conducted in 2000 to analyse the problems of the aged people (above 60 years) and to relate those problems to socio economic background. The results showed that visual problems (80%) followed by hearing (41.67%). Problems with appetite (36.61%) digestion (25%) circulation (13.33) & Breathing (20%) Mobility problems (65%) were also very high.

(6) **Suresh K.N (2002)** in his article titled, The old age problems and care of senior citizens. A study of the old age problems and care of senior citizens was conducted at Omayal Achi. The results of the study showed that 20% of the senior citizens were not suffering from any disease, 22.5% were suffering from hypertension and 22.5% were from arthritis 75% were suffering from Asthma and 7.5% from diabetes 5% were found having heart diseases.

(7) **Sharma A.L (2003)** in his article titled, Geriatrics a challenge for twenty first century. A study was conducted to find out the physical health problems of geriatric population. The most common clinical conditions were found to be hypertension (39.53%), cataract (35.3%) Osteoarthritis (33.67%), chronic obstructive airway diseases (19.92%), chronic heart disease (18.85%) benign prospatic hypertrophy (16.23%), diabetes mellitus (15.23%), dyspepsia (11.03%) irritable bowel syndrome (9.2%) and depression (8.5%). The frequency of one, two, three or four disease were found among 29.1%, 28.6%, 26% and 16.3% respectively.

(8) **Lena A. etal (2009)** in their article titled, Health and social problems of the elderly. In a study, 213 elderly patients had interviewed to study health and social problems of the elderly and their attitude towards life. They have concluded the majority of the elderly patients and health problems such as hypertension, arthritis, diabetes, asthma, cataract. 68% elderly patients reported that attitude of people was that a neglect towards the elderly.

(9) **Thakur R.P. etal (2013)** in their article titled, Health Problems among the elderly. They concluded that most of the elders were suffering from visual impairment and followed by
hearing impairment and urinary problem. They also concluded that elders were living alone in rural area as compared to urban area. 30% elders had hypertension and 12% had diabetes, 32% elders were suffering from dental problems. Majority of the respondents had depression.

(10) Christian K.S. et al (2016) in their article titled, Assess the knowledge of common health problem of Geriatrics among old age group. The study is done on 50 old age people selected for waghodia Tahuka and interviewed by questionnaire. They all concluded that only 10% of aged people had adequate knowledge regarding health problems of the geriatrics and 78% respondents are having moderately adequate knowledge.

Literature related to Psychosocial problems faced by old age group

(11) Kajdi i. A.R. (2004) in his article titled, A study on social and mental problem of the elderly. The article concluded that 55% of the aged people had economic problem. 21% of the respondents stated that they were not satisfied with living conditions. 24% respondents were suffering from depression and anxiety. Some of the respondents were not aware about medical insurance facility.

(12) Torr J. and Davis R. (2007) in their article titled, Ageing and mental health problems in people with intellectual disability. They concluded that dementia and physical health problems were most commonly observed among older people and revealed that mental health problems among aged people with specific disorder were similar to younger people with specific disorder.

(13) Gupta R. (2009) in his article titled, System perspective: understanding care giving of the elderly in India, the author focused that elderly population is growing and there are very few government program in India. So care of the elderly falls mainly on the family as a care giver. Author proposed system model which specifies family structure, elder characteristics and personal characteristics of care giver. Author concluded that grater family income than there would be less burden on care giver for elderly. Author focused that although elderly had more behavioral problem than there would be more perceived burden on care giver. Author reported that there was significant association between greater the number of care giving task performed by the care giver and greater the perceived burden.
(14) **Botha N. and Dasgupta M. (2011)** in their article titled, A comparative psychosocial study of selected elderly groups in the canvas of successful ageing. They all concluded that there was significant positive correlations between depression and adjustment and partner bonding and emotional adjustment. They also concluded that there was a negative correlation between depression and care of partner bonding and care of partner bonding and social adjustment.

(15) **Mohapatra T. (2012)** in his article titled, Caring of the elderly. She concluded that 70% male aged were living with families as compared to female aged. 8.6% females were living with other relatives as compared to males. Most of the respondents revealed that they had respectful treatment from family. Some of the respondent said that relationship with other family members was not cordial. 50% respondents reported that they had mainly health problems followed by financial problems. 62.7% respondents opinioned that family members provide best help to them. They also concluded that 76% respondent’s are enjoying geriatric welfare scheme and 23% aged people had never benefitted this type of services and some of the respondents said that they are not aware of this type of services.

(16) **Tiwari S.C. etal (2012)** in his article titled, Mental health problems among inhabitants of old age home: A preliminary study. A study on older adults of seven old age homes was done by survey, psychiatric Assessment schedule, mini mental status examination and they have concluded that majority of older adults were suffering from dementia and depression followed by schizophrenia and anxiety and all the older adults has physical morbidity.

(17) **Dhara R.D. and Jogsan Y.A. (2013)** in their article titled, Depression and psychological well being in old age. In this study total 60 adult and aged were interviewed by back depression inventory and psychological well being scale and revealed that aged are more depressive as compared to adults and adults feel more psychological well being as compared to aged. There was a negative correlation between depression and psychological well being.

(18) **Ali M.A.Z. (2014)** in his article titled, A study on adjustment problems of old age persons. The author concluded that due to industrialization and urbanization and modernization, concept of nuclear families emerged and lead to physical and
psychosocial problems for the elderly. Younger generation should realized this fact that elderly people are a resource. It is responsibility of individual, Society, NGOs and religious institutions to focus on the situation of oldest people not only to understand but also to solve the problems. Institutionalized elderly people has more emotional problems as compared to non-institutionalized elderly. Elderly has more social adjustment problems as compared to younger generation.

(19) **Hemavathi U.S. and Rani B.S. (2014)** in their article titled, Problems faced by elderly. They concluded that old age peoples who are admitted in old age home were facing psychological problems as compared of those who had not admit in any institution, whereas non institutionalized old age people are facing economical problems.

(20) **Kaur H. etal (2015)** in his article titled, Factors determining family support and quality of life of elderly population. They all concluded that educated aged people had better quality of life as compared to illiterate aged. Economically independents elderly had a better quality of life as compared to those who were economically dependent on their family members. They also concluded that aged people who were getting care from family members had good quality of life as compared to those who did not have any support. Most of the elderly people stated that they were not involved by family members in decision making and also reported that their needs are not fulfilled.

(21) **Kourkouta L. etal (2015)** in their article titled, Psychosocial issues in elderly, they all concluded 5% of the aged population are suffering from dementia. Majority of the aged people feel unhappiness, loneliness related to living environment. Elders feel social isolation due to physical immobility, functional impairment.

(22) **Siegler E.L. etal (2015)** in his article titled, Community based supports and services for older adults. They all concluded that only 20% adults receive community based supports and services. 90% of support user had multiple chronic condition and respondents had activity of living deficit. Respondents revealed that they did not know community based support system and how to avail them.

(23) **Singh R. (2015)** in the article titled, Social conditions of elderly and problems. The Author has focused on the fact that parents fulfill all the responsibilities of the children but when they look forward for care from their children. Their expectations are not fulfilled due to economic, psychological and social factors. Author concluded that due to
urbanization, industrialization, structure of family is transforming from joint family system to nuclear family system. Elderly are facing problems due to changing attitude of younger generation and diminished Indian traditional values. Author has suggested that these should be community based interventions for families and elderly people regarding prevention and management of problems faced by old age group.

(24) **Dommaraju P. (2016)** in the article titled, Perspectives on old age in India. The author reported that 90% of the elderly were suffering from at least one disability. In India elderly did not take medical treatment for psychological problems such as loss of memory, loss of authority. Author focused that there is a need to generate awareness among old age group regarding mental and social issues related old age. Author reported that 41% elderly sought treatment in hospitals for acute morbidities. Author also revealed that lack of affordable health care puts pressure on care giver financially, emotionally and physically.

(25) **Oluwagbemiga O. (2016)** in his article titled, Effect of social support systems on the psychosocial well-being of the elderly. They all concluded that most of the elderly reported that they feel uncomfortable in home environmental followed by, I cannot share my feeling with family members. Some respondents reported that they feel rejection by family members most of the respondents revealed that they love group discussion with friends and most of the respondents had access to internet through their phone or computer followed by my social worker respond to me.

(26) **Janan A.M. (2017)** in his article titled, The most important consideration in the assessment of functional decline in seniors. Author concluded that arthritis, heart disease are the risk factors that influence health condition of the aged people and also revealed that inability to do activity of daily living, difficulty in driving, loss of memory, loneliness, visual and hearing problems, depression etc. risk factors which should be detected to avoid physical and psychological impairments.

(27) **Rath T. and Panigrahi D (2017)** in their article titled, Instrumental social support for the rural elderly. They concluded that 84% aged stated that they have no trustworthy support person only 15% aged stated that they have trustworthy support person. 34% respondents could place their trust on their sons for support in old age and 6.3% aged depends on
relatives for their support and 5% respondents revealed that there is nobody in old age for long term care.

(28) **Ross L. et al. (2017)** in their article titled, Psychosocial support issues affecting older patients: A cross sectional paramedic perspective. A study is done on paramedics and data were collected by questionnaire. They have concluded that all the subjects agreed that older patients have psychosocial issues include loneliness, anxiety, fear, depression, abuse and neglect and lack of social support. There issues were not in isolation but often coupled with physical and social support issues. 71% subjects disagreed that they were able to meet the psychosocial needs of older patients.

(29) **Jones K. (2017)** in his article titled, psychological problems in the elderly. Author concluded that 20% old age groups had chronic organic brain syndrome, mainly dementia majority of old age group had depression.

**Literature related to Physical and Psychosocial problems faced by old age group**

(30) **Sidik S.M. et al (2004)** in their article titled, Physical and mental health problems of the elderly in a rural community of sepang, Selangor. They all concluded that 60% of the aged people were having chronic illness, such as Hypertension, diabetes mellitus, Respiratory disease, osteoarthritis, ischemic heart disease and Gout, were selected to represent physical health problems. They also concluded that depression and cognitive impairment mental health problems were present in 7.6% and 22.4% old age group respectively.

(31) **The Kedath S.H. and Joseph M.V. (2009)** in their article titled, Social support system and well being of elderly women. They concluded that elderly women suffer more health problems as compared to male. In this study researcher also revealed that there are many factors that makes elderly women more vulnerable to social isolation and abuse. Elderly who have no support system, those are more vulnerable to physical an psychosocial problems support system has impact to manage physical and psychosocial problems among old age group.

(32) **Lalitha K. (2012)** in his article titled, In a study, Health aspects of elderly: A Global issue. The Author concluded that senior citizen had visual problem, gastrointestinal
problems, hearing impairment, chest disease etc. Physical problems. Psychological problems faced by all the aged people are insecurity, depression and loss of memory. Majority of aged people reported that they feel loneliness, lower perceived social support.

(33) **Ramchandra M.U. and Salunkhe A.H. (2014)** in their article titled, Assess physical problems of old age with special emphasis on psychosocial problems of Geriatric population among Nuclear verses Joint family. They have concluded that senior citizens had several clinical problems and majority subjects had arthritis and visual problems. 84.78% subjects are having economical insecurity and lack of love, affection and abused in family. 1.85% senior citizens had severe psychological problems in Joint family.

(34) **Sharma J.etal (2015)** in their article titled, Physiological and Psychological problems of Aged and identify the support system available to them. They all concluded that majority of the aged have moderate physiological and psychological problems. Only 28% aged people had mild problems. They also concluded that majority of the aged had support from relatives and 47% aged have poor support. This data cannot be negligible.

(35) **Paul N.S.S. and Asirvatham M. (2016)** in their article titled, Geriatric health policy in India. The need for scaling up implementation. The author concluded that National Policy that has been constituted for health welfare and protection of elderly people, has been negligible specially in rural area. Elderly are struggling to meet their basic needs. Author focused that it is now the right time for scaling up a geriatric health policy and programmes to add new physical. Psychological and social need of the elderly.

(36) **Bhattcharya K.K. (2017)** in his article titled, Health and associated social problems of elderly population. He concluded that most of 87.98% elderly people had morbidity problems. Most commonly, visual problems was detected and followed by hypertension and musculoskeletal and auditory and urinary problems among old age group. The trend of relation between morbidity pattern and age was found to be statically significant of 5% level. He also concluded that most of aged have negative attitude toward their life. 52% of the aged people were not happy in their life.

(37) **Khezrian Metal (2017)** in their article titled, A review of frailty syndrome and its physical, cognitive and emotional domains in the elderly. They concluded that three or more of five components of physical problem are observed among old age group such as weight loss, exhaustion, weakness, low gait, speed and low physical activity. Mainly
depression is observed among old age group but cognitive impairment was independently associated with chronic disability.

(38) **Roth M.Q. (2017)** in his article titled, Mental health problems of aging and aged. He concluded that there is relationship between mental health and physical health in old age. Both physical and psychological problems increase with age. He concluded that there are many factors such as biological, demographic, psychological, medical and social factors. There all are in interaction with one another for causing mental health problems.