

Challenges Faced by Elders: A Critical Evaluation

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Abstract

Ageing is an irreparable biological procedure and is defined as the existence of the increasing number of entities, who completed their adult roles. Ageing is perceived as the unavoidable consequence of decline in productiveness. Generally, the population's structure age wise has witnessed a significant change around the world. When individuals reach old age, the various issues and challenges that they experienced which is not exceptional for any context. The main objective of this study is to explore the challenges faced by the elders in a critical analysis. As it is a descriptive study, it has been undertaken on the basis of using secondary information. Books, journal articles and previously conducted researches were mainly used in this study. Discussion of the main analysis has been presented in an interpretative manner. The study categorized and interpreted the major challenges of elders such as social, economic challenges, housing, incomplete preparedness for elders, medical and health care problems, court and legal associate problems, social isolation, household chores and related issues, crimes and psychological trauma including dementia, depression, anxiety, phobias and loneliness; and abuses like verbal, physical, mental and sexual abuses, which were described critically. Finally, the paper suggested some recommendations to adopt with policy framework in order to eliminate the challenges faced by elderly people and ensure their wellbeing.

Keywords: Aging, Elders, Demographic changes, Dietary, Dementia

Introduction

Taking a gander at the social examples about old individuals and mature age from a chronicled perspective that the old, regardless of whether female or male is constantly ensured at the hours of antiquated substance (Ali, 2014). These days' public activity and everyday life saw fast and critical changes and these quick changes influenced social foundations, conduct and qualities. For instance, a jam-packed family separated into family units, the family and connection frameworks created all things considered (Andrews, 1993). In the general public, the word 'old' brings out a despondent and desolate, subordinate individual with strolling challenges, near changes and whose social relations have debilitated (Arokiasamy, 1997). The time of industrialization, nuclearizing family, urbanization, schooling, dual responsibility in families, modernization and ascent of individuals way of thinking and have decreased the conventional estimations of the general public that previously had vested authority with old (Andrews, 1993).

The elements of public manages the determinants and results of changes in the design, development and conveyance of general public after some time (Hireemath, 2012). The structure of population is the dispersion of a given society by age and sex (Niessen, & Gibsen 2000). The idea of the changing age scheme of the citizens during the segment progress (from high richness and mortality to low ripeness and mortality)

has different social and financial ramifications (Rehman and Mohyuddin, 2015). Along these lines, declining ripeness and expanding life span are bringing about growing population especially in the agricultural countries where genuine consideration need to be adopted in the legislatures (Singh, 2015).

In this line, Sri Lanka is the principal country which arrived at segment progress among the South Asian nations and Sri Lanka reports the most noteworthy maturing populace among South Asian nations (Menike, 2014). These positive segment patterns have achieved changes in the populace age structure where the older citizens more than 60 years is becoming quicker than the kid population under five years (Mendis, 2007). Right now, Sri Lanka has entered the third phase of segment progress (Attanayake, 1984). Because of that Sri Lanka has exceptionally high old population among the South Asian nations and furthermore it is being proceeded with quick. Consequently, Sri Lanka is quickly encounter growing issue. As a non-industrial nation, Sri Lanka has confronted financial issues and moves identified with aged population (Perera, 2017). Because of expanding heap of growth of population, there is quick expanding the quantity of enrolment to seniors' home (Luo et.al. 2018).

At any rate, senior citizens enormously advantage from social relations. Absence of social relationship is a solid determinant of grimness in the old age. Social communications help older folks from multiple points of view. Associations in exercises, for example, supporting the youngsters, visiting companions and relations, journeys, performing local area administrations and going to strict exercises all make seniors content, drawn in and actually and intellectually dynamic (Cairney & Arnold, 1996). Interpersonal interaction is the gathering of people or associations to accumulate and share data and encounters about local area and individual exercises, for example, sorting out a celebration or service, cooking and planting, creating kinships or expert unions, political involvement and discovering business or charitable effort (Arokiasamy, 1997).

However, the issues of the older people are assorted and they encounter different sort of issues in the society generally (Ali, 2014). These issues can be ordered under the social, cultural, financial, mental, wellbeing, wrongdoing, misuse and other issues. The different issues might be identifying with powerlessness to get acquainted with current and creative strategies and techniques, customary perspectives and points of view, event of contentions and questions, differences, failure to coexist with others, lethargy, absence of information and mindfulness, loss of control, low confidence and absence of readiness for older age (Rehman & Muhyuddin, 2015). A portion of these issues are suffering, which don't have alternative arrangements. For example, when an individual can't walk, it is a possibility that he might have the option to stroll after at some point or will be unable to walk. Then again, arrangements can be actualized for some different issues, for example, one can look for help and help in giving answers for misuse and wrongdoing (Amiri, 2018).

In this way, these sort of issues are substantial burden for the elderly and that can be the significant test for do their lives. Thus, the aged who are living in the Sri Lankan setting additionally encountering these sort of issues and challenges and that ought to be obviously thought about individuals who are living in the Sri Lankan society. So this paper aimed to examine major difficulties confronted by the aged in the Sri Lankan context.

Research problem

There have been number of implementation of measures and policies that aimed at alleviating the problems of the elder people in Sri Lankan context, such as improving the economic and social welfare,

improving the health conditions, improving their participation in activities and functions, implementation of national policies and programs, residential aspects, enhance family and community support, education, extra-curricular activities and living separately. The most important aspects are health care, financial security, housing and family and community support also taken into account for mitigate the challenges which faced by the elders. But, still there are major challenges which exist in the society and elder people are experiencing numerous problems, even though many strategies, policies and programs implemented by the government. This study significant as it explores what are the reasons for challenges faced by elderly, and to understand why many kinds of challenges still exist in the society.

Objectives

- To explore the challenges faced by the older people in Sri Lanka.
- To propose the recommendations to mitigate the challenges faced by the elders in the Sri Lankan context.

Materials and Methods

This paper is basically descriptive and analytical in nature. The data for this work has been collected from secondary sources such as books, journal articles and electronic sources. This library survey collected various information to reach the intended purpose of the study, and the major discussion were presented using interpretative method. The field based information has not employed in this study as it is purely a qualitative work.

Literature Review

A case study has been undertaken in India by Govil & Gupta (2016) who stated the country neglect to give due regard, care, love, security and wellbeing related offices, which old individuals most extreme require. Various instances of grown-up maltreatments are accounted for in papers as these individuals are simple casualties of cruelty and crimes. The general public comes to think about just those issues, which are accounted for, the endless instances of irreverence and disregard are not given any thought. The circumstance turns into even more exceedingly awful when culprits are exceptionally close to family members and now and again blood family members too. Thus, to give a work to handle this disturbing issue, the analysts intends to explain the elderly person's reliance proportion, the issues being looked by them and intriguing measures to give social and enthusiastic security to them.

Singh (2015) discusses on the period of urbanization, nuclearization of family, industrialization, schooling, dual responsibilities in families, modernization and ascent of individual way of thinking have reduced the conventional estimations of Indian culture that prior had vested authority with older. This paper gives knowledge into the financial state of the old alongside the social and medical issues experienced by the elderly persons.

Another study was conducted by Amiri (2018) who stressed that, according to the Indian custom, families have been portrayed to give national retirement aide to older people from the family. Today changing family structure is caused expanded issues of aged. Arising predominance of family units lately, the old rich relatives are presented to mental, physical and monetary instability. This study gives understanding into the

social and financial states of issues of the senior citizens who are living in the city and helps the degree for social work intercession for older.

Kapur (2018) underlined on the principle motivation behind this work is to obtain a comprehension of the issues of the older people in India. At the point when people arrive at senior age, the different issues that they need to encounter incorporate, decrease in medical issue, retirement, monetary issues, forlornness and reliance upon others. The issues that have been considered in this paper incorporate, social, monetary, mental, wellbeing, wrongdoing, misuse and other different issues. There are detailing of measures and approaches that target reducing the issues of the older, give them security, insurance and center upon their prosperity.

Rehman & Mohyuddin (2015) have done a research based in Bahria town, Rawalpindi, Pakistan. Qualitative anthropological research techniques were used to collect empirical data for this study. The principle motivation behind this analysis was to feature and talk about the issues of senior citizens with regards to social issues. This endeavor has been made to investigate the senior citizen expectation from the public authority about their government assistance. Modernization has influenced the existences of the more aged people vastly, prompting different issues. These issues incorporate social isolation, social versatility, dependence, and decisive issues, and so on. Thus, the study reasoned that in spite of the fact that there were numerous issues which made the existence of senior populations tricky, they actually carried on with a fulfilled life as they were financially autonomous.

Another study have done by Menike (2014) in Sri Lanka. The paper expound, among the South Asian nations, in Sri Lanka generally huge extents of the people are elderly and since over the most recent decades. Sri Lanka has encountered significant segment changes. The researcher has featured the significant highlights of the older persons in Sri Lanka. The study shows that the size and portion of the older mob would increase quickly. Another vital element of older people in Sri Lanka is that the most experienced age group (75+) is expanding than the youthful age classification (60-74) among the older group. Further, the maturing interaction is the rising number of ladies in the more established age bunch than number of men. Ladies are relied upon to dwarf men in the mature ages because of higher future among females. In any case, the investigation is attempted on the Sri Lankan setting the idea of the examination is about the highlights of the senior individuals and not about the difficulties looked by the elderly folks in the general public.

Bilesha (2011) argued that an impressive extent of elderly persons in Sri Lanka relies upon their kids or family members for food, cover and securely, albeit really focusing on seniors is a fundamental and significant social standard in the nation, factors like migration, urbanization, and westernization have implied that numerous elderly persons today experience chronic weakness and day to day environments. Social assistance and government backed retirement frameworks accessible today for seniors in Sri Lanka should be researched completely to recognize components and systems that are viable and feasible. Further, neglected requirements of seniors as for social help and retirement aide should be evaluated. Further, explicit plans of activities ought to be detailed to lessen future social help and federal retirement aide issues of elderly persons in Sri Lanka. Along these lines this study depends on the Sri Lankan setting and not consider about the difficulties experienced by the senior citizens and just focus on the security issues that challenged by the elderly people.

This study reviewed some selected studies that have been done by various scholars and researchers. Those studies were done in different contexts with different issues faced by elderly people. However, most of

the studies have focused on the context of India and Pakistan, and few studies have been undertaken on the Sri Lankan context and that papers also discussing about the different aspects of the elder-related issues and not about the challenges faced by the elders in the context of Sri Lanka but in general lens significantly. So, this paper tries to contribute the knowledge in the existing field.

Discussion on the Challenges of Elders

The challenges which faced by the elders can be discussed in the following categories as follows:

Social problems

The position and status of the elderly people have been sabotaged by changes in the way of life, qualities and in general everyday environments of the people. In the current context, innovation has acquired grounds and people having a place with all age gatherings, classifications and foundations are utilizing innovation in doing their daily chores (De-Silva, 2005). The older people are not typically mindful use of innovation, they may simply talk on the telephone, stare at the TV or tune in to music and strict convictions on radio or on their cell phones. This demonstrates that they are typically uninformed of how to perform different assignments and capacities through the use of innovation. At the point when matured individuals are ignorant of utilization of innovation, they may experience issues in speaking with individuals at inaccessible spots by sending messages, pictures and recordings. Ignorance as far as innovation is one of the variables that blocks socialization of the older (De-Silva, 2005).

Economic problems

Financial issue is another problems of elderly people who are having a place with denied, underestimated and socio-monetarily in reverse segments of the general public. In Sri Lanka, larger part of the elderly persons experience financial issues as they are not in a situation to procure their jobs. At the point when their reserve funds are sufficiently not to meet the clinical costs and other family requirements, at that point they experience financial issues (Attanayake, 1984). At the point when they have funds and riches, at that point as a rule they are abused by their relatives. The major fiscal issue that older people have encountered is that of abuse. There have been instances of relatives and family members, who keep a watch on the accounts that they have. In an immediate just as in a roundabout way, they make an endeavor to take cash from them. Different issues that older people experience regarding funds is burglary, robbery monetarily abused by false acts, lying and cheating (Fernando, 1995). Sometimes, people make up bogus stories, to acquire cash from them. When outside the home, people feel, an individual is living alone and has adequate abundance, they even get exposed to vicious and criminal acts.

Incomplete preparedness for old age

Dominant part of individuals enter the time of older with next to no or no attention to what it is going to offer to them. While the age of 60 years demographically recognizes an individual that he/she has a place with senior citizen, there is no such obvious sign accessible to the individual (Attanayake, 1984). Every individual has distinctive trigger point after which the person feels that he is physiologically and practically mature enough. This trigger point can be previously or following 60 years old and that may seriously influence them both in intellectually and truly (De-Silva, 1994).

Housing related problems

Lodging for old ought to be reasonable not exclusively to the living example which they have set up in ideal wellbeing, yet in addition to states of violence, wellbeing and disease. Greater part of lodging that is there for older might be discovered not sufficient and not reasonable to their necessities (Mendis & Illesinghe, 1989). The considerable populations of old widows and older guys have been dealing with issue of deficiency of serene spot to live in. With age a typical objection of numerous old is the inclination of forlornness and feeling of being detached. In most case disconnection is forced intentionally by the families or networks where the elderly people reside in (Perera, 2017). Changing ways of life and qualities, work culture, different methods for interruptions like web, TV, cultural move, for example, family unit structures and re-imagined needs have prompted expanded disregard of the old by families or networks, and with this seclusion comes in. With it the issue of lodging rises once more. It isn't just horrible thing yet in addition it prompts adverse personal satisfaction.

Health problems

As the individual ages, medical conditions among them are normal. There are different sorts of medical conditions experienced by the elders. More experienced people may live more however they may get inclined to ailments and illnesses. Over the span of older age digestion measures eases back down (Siddhisena & Ratnayake, 1998). They are more inclined to disorder, illnesses, and so on the resistance of an individual is brought down. More experienced people are generally powerless against non-communicable diseases (Bilesha, 2011). Lessening wellbeing because of expanding age is muddled by non-accessibility to great quality, age-touchy, medical services for a huge extent of more experienced people in the country. Notwithstanding this helpless openness and reach, absence of data and information in mix with significant expenses of sickness the executives makes older age care past the range of more experienced people, particularly the individuals who are poor and hindered. Not many infections which are normal with propelling age heftiness, diabetes, turning gray of hair tone, decreased hearing, wrinkling of skin, liver spots on the skin, deftness and more slow response times, diminished capacity to reliable discernment, reduced visual perception, trouble reviewing recollections, shortcoming to bone illnesses, for example, osteoarthritis (Menike, 2014).

Medical and health care

Senior people have been suffering from medical issues and ailments, they need customary clinical registration, and they are needed to take their prescriptions and if there should be an occurrence of other medical conditions are even needed to go through clinical therapy (Mendis & Illesinghe, 1989). Clinical and medical services are viewed as expanses that need funds. Now and again, clinical treatment is very costly and people need to go through cash. At the point when they are well off, they don't deal with any issues, then again, when they are not financially tough, at that point they experience issues (De-Silva, 2005).

Court cases

Legal disputes are viewed as perspectives that require going through of cash to a huge amount. At the point when people are engaged with specific debates or legal disputes, they feel focused and financial issues. A few seniors as a rule feel upset for the most part because of lawful issue and the cases forthcoming in different courts (Perera, 2017).

Education of children

There are seniors, who need to deal with the necessities and prerequisites of their grandkids, particularly when their folk are nowhere to be found. Training of youngsters is viewed as an urgent section. Each parent or grandparent needs his youngster to secure well-rounded schooling and tries to get him taken a crack at great instructive foundations. Rumored instructive establishments are costly. At the point when people are not financially hard, at that point they experience issues in making arrangement of good quality training for their kids or grandkids (Menike, 2014). At the point when great instructive establishments are not free in the locale, where they are dwelling, at that point monetary issues end up being obstructions inside the course of sending them to different urban areas to procure training.

Inappropriate dietary intake

For the elderly persons, it is fundamental to burn-through sufficient eating schedule. Solid and a nutritious eating schedule ought to involve sugars, minerals, proteins, nutrients, and fats. It is fundamental for the people to burn-through minerals, for example, iron, potassium, and calcium and so on it is fundamental to acquire the necessary sustenance to forestall any sorts of lacks. Wrong dietary admission is viewed as one of the clear reasons for medical issues and sicknesses among the older. At the point when they won't get the legitimate dietary prerequisites, at that point almost certainly, they won't meet their medical services necessities in a fitting way (Fernando, 1995).

Loss of respect

The main type of regard is given to them is as compelling correspondence. At the point when people don't speak with them in a proper way, at that point it is expressed as loss of regard. As it has been expressed that in old age, an individual encounters medical issues, issues in imparting and can't deal with his necessities and prerequisites. At the point when their parent and relatives don't enjoy speaking with them, get bothered on a regular premise, when they feel baffled in dealing with their necessities and prerequisites, affront them and shame them, these perspectives show that they don't have any regard for them (Bilesha, 2011).

Neglect

Disregard is alluded to the absence of activity to address the issues and prerequisites of the elderly persons. Powerlessness or neglecting to give them, food, drugs, assistive gadgets, garments, a decent agreeable climate, medical care and individual cleanliness is named as ignoring the individual (Attanayake, 1984). Shaping social contacts is basic for all the people. At the point when elder persons are left alone then it is named as ignoring them.

Abandonment or desertion

The older people typically can't deal with their prerequisites and need help. This help might be gotten from the relatives or different parental connections. At the point when the relatives and parents can't take care of the necessities and prerequisites of the elderly people consider their domestic chores (Jegarasingam & Karunarathne, 2007). At the point when these people desert them, at that point it is a type of misuse. This might be done in an affable way, however relinquishment and renunciation are disadvantageous to the senior citizens.

Management of household

The administration of the family is a troublesome errand. There are various places that should be thought about, these incorporate, cleaning, washing, planning of dinners, planting, dealing with power, water and other chores etc. These domestic chores requests physical work just as accounts (Mendis & Illesinghe, 1989). The older people are generally unfit to complete the family unit errands all alone and need to enlist supporters. At the point when they are financially tough, they will actually want to pay their compensations. Then again, when they experience financial issues, they will not be able to recruit assistants and need to define measures to deal with the domestic chores all alone (Perera, 2017).

Crime against the elder people

Misconduct and dread of wrongdoing is viewed as one of the significant worries that essentially cause stress among the senior citizens. The impact of crime or wrongdoing is serious among them. The explanation being, they are old, slight and can't protect themselves. The restricted financial plans that are controlled by the elderly people and they regularly live in frequented neighborhoods are different reasons that they get exposed to wrongdoing and ferocity. The elderly persons who are over 80 years old, ordinarily experience medical disorders (Jegarasasingam & Karunarathne, 2007). These people are the ones, who get exposed to wrongdoing and viciousness to a significant nature. The violations that are most much of the time submitted against them are, robbery, theft, thievery, cheating, obnoxious attack, actual maltreatment, actual attack, assault and murder. The practitioners of these violations, normally have two points. These are, it is possible that they expect to get cash and riches or they force hurt upon the people with the sensations of aggression or threat (Siddhisena & Ratnayake, 1998). Without being exposed to any sorts of criminal and brutal acts, the elderly live in the dread that they would be hurt by anyone. The dread and apprehensiveness create inside them, particularly when they live alone. At the point when they live alone and don't have any methods for help, at that point they feel unfortunate that they would be hurt by other any methods for help, at that point they feel unfortunate that they would be hurt by others. Retirees and ladies frequently become the objectives of criminals and housebreakers.

Psychological problems

The mental issues among the elderly people rise out of forlornness, separation, weakness and insignificance. At the point when they live in confinement, when they are not recognized by the others, and when their commitments or capacities have not end up being significant and advantageous to the people, at that point they experience mental issues (Nugegoda & Balasooriya, 1995). The various sorts of mental issues have been capable by them, for example,

Dementia: Dementia is alluded to in excess of a simple memory impedance. The people experience this issue, portray the manifestations of transient cognitive decline, word discovering trouble, capacity issues, trouble in dealing with complex day by day schedule errands, lack of concern, fractiousness, apraxia, loss of discourse understandability, loss of capacity to walk and actual touchiness (Bilesha, 2011). The primary issues are distinguished in the cognizance, direction, memory, thinking, consideration and conduct. At the point when an individual arrives at the age of 70 years, typically encounters a decrease in jargon and utilization of words.

Depression: The older people do feel melancholy and downcast now and again. Yet, when these emotions stay inside them for an extensive stretch, at that point it is alluded to as gloom. Among the senior individuals, melancholy is more predominant when contrasted with the young and the moderately aged

individuals. At the point when the older individuals feel discouraged, they ordinarily build up a cynical viewpoint towards life. They like to stay in confinement and don't enjoy speaking with the others (Attanayake, 1984). They regularly mind their own business and lose interest in the presentation of different exercises and capacities.

Social exclusion: Social refusal is alluded to the issue that the elderly peopel experience because of loss of open positions, nonattendance of relatives, family members, and companions. All in all, when they don't have anybody to associate with, they experience social elimination. Social refusal offers ascend to mental just as medical issues. It is imperative to actualize the estimates that are expected to kill social avoidance (Jegarasingam & Karunaratne, 2007).

Anxiety and phobias: Uneasiness and fear because of certain variables likewise adds to mental issues among the elderly persons. Stress is one of the components that gives both mental and actual indications and manifestations. At the point when people feel focused on with respect to something, at that point almost certainly, they feel on edge and uneasy. These may emerge because of number of elements. For example, when they are encountering medical conditions and ailments, they may feel restless in making a visit to the clinical and medical services community and may need support. At the point when they need to visit a sanctuary or a strict spot, at that point they may require organization from others, as jam-packed spots may cause them to feel anxious. Different effort and capacities that make older individuals restless incorporate, making visits to commercial centers, completing financial exchanges, etc. These may occur, particularly when they are inexperienced with the locale (Attanayake, 1984).

Loneliness: The elderly persons search for approaches to wipe out the sensations of depression. At the point when they have relatives around, they attempt to build up cozy associations with their kids and grandkids, so they give them backing and help. At the point when relatives are inhabiting a distance, at that point they need them to make standard visits to them. Then again, when they don't have relatives, they build up great terms and associations with their parental connections and make a group of friends. One might be contemplative person or less intelligent in nature, however forlornness is viewed as an extreme issue (Nugegoda & Balasooriya, 1995).

Abuse of elder people

The abuse experienced by the aged people in the present existence is becoming common. The various forms of abuse have been stated as follows:

Verbal abuse: Horrible attack is the most well-known type of misuse. It includes utilizing vulgar language and words. At the point when an individual utilizes cruel words and impolite language, at that point it is named as horrible attack. This type of misuse doesn't force any substantial mischief or injury, yet is expressed to hamper the outlooks of the people. Cruel words leave a scar upon the outlooks of the people and when they review those words, they feel discouraged and baffled. Elderly persons experience noisy attack to a significant level. The primary explanation that they get manhandled verbally is, when people produce the perspective against them that they are not fit for busy, are useless and respect them to be a weight. Dealing with their necessities and prerequisites is a bulky errand, at times, particularly when they are not moving (Menike, 2014).

Physical abuse: Actual maltreatment alludes to single acts that might be a suffering acts. Suffering acts are enduring or proceeding with acts that causes torment or real disruption. These incorporate, beating,

shaking, snatching, harming with objects, forcing substantially damage or injury upon the people, forcing improper restrictions, provocation and control (Menike, 2014).

Psychological abuse: Mental maltreatment is alluded to the maltreatment that blocks the attitudes and intellectual ability of the people. This sort of misuse causes a decrease in the personality, self-esteem and nobility of the people. This maltreatment is described by absence of regard for others' assets and security, absence of thought for their goals, disavowal of admittance to critical people and being not able to meet the individual's wellbeing and social requirements. For example, when one tells another that he isn't equipped for achieving anything or is useless, at that point it is a mental maltreatment (Perera, 2017). The sensations of dread, apprehensiveness, sadness, stress, pressure, nervousness, outrage and dissatisfaction are the components that lead to mental maltreatment.

Sexual abuse: Sexual maltreatment is a type of actual maltreatment that goes from assault to attack and lewd behavior. Sexual maltreatment is viewed as one of the maltreatments that forces hindering impacts upon the people. This particularly occurs, in the event that they can't impart well. At the point when the matured individuals can't shield themselves from any sorts of misuses and abuses, at that point it is named as sexual maltreatment (Perera, 2017). It can incorporate, hostile sexual practices just as actual contact of a sexual sort.

Domestic violence: Abusive behavior at home is the savagery that happens among the family units. Inside the families, clashing circumstances and cruelty can happen among relatives or among assistants and businesses. At times, the elderly persons likewise blow up and baffled over certain issues. For example, on the off chance that they are not given their suppers on schedule or drugs, they may blow up. Because of aggressive behavior at home, serious issues that are capable by the older incorporate, stress, nervousness, pressure, ailments and other medical issues (Menike, 2014).

Other problems: For the elderly, it is fundamental that they ought to play out the exercises of everyday living in a proper way. They need to wear legitimate clothing in agreement to the climate conditions. Especially, in the colder season, they need to keep themselves covered with woolen garments. Particularly when they are leaving the house, it is imperative that they should put on appropriate woolen pieces of clothing to keep themselves from cold (Perera, 2017).

Recommendations

In order to combat with the challenges which experienced by the elders in the society, it is more important to draw some recommendations in order to implement in the society. There are some initial strategies that should take into consideration.

- **Family and community:** The basic job of the family and local area towards the elderly people is to give them backing and help. The family is the first and the prime organization, which needs to deal with the necessities of the elderly persons. Relatives should give answers for the wellbeing, financial, social and mental and other different issues. If there should arise an occurrence of any occasion, elders feel satisfied, when their relatives are near. For example, if there should be an occurrence of clinical treatment, or visiting a doctor, backing of relatives is of most extreme importance (Fernando, 1995). Then again, the individuals from the local area are needed to associate with the elderly people in a deferential way, have an aiding nature and make arrangement of help and administrations that would prompt their prosperity.

- The role of religion: elderly people for the most part have hard faiths. Ordinarily, make visits to strict puts consistently. They enjoy tuning in to strict songs and watch strict projects on TV. They have the perspective that concrete beliefs would ease their pressure and uneasiness (Fernando, 1995). At the point when the home ecological conditions are not affable, when people are harsh, at that point all things considered, they make visits to strict spots, tune in to faiths and even structure a group of friends. Religion is viewed as a help that causes them in lightening the pressure that happens because of oppressive treatment. Social help, profound consolation and viable help is given through religion to the elderly persons who have been casualties of misuse and wrongdoing (Siddhisena & Ratnayake, 1998).
- Counselling: Directing is viewed as a type of conversation between the people, concerning different sorts of issues that they are encountering. For this situation, proposals and thoughts are conveyed by specialists and experts to the people, regarding the issues that they are encountering. At the point when older people don't coexist well with their relatives and experience misuse and abuse, they look for directing from specialists (Fernando, 1995). Directing and direction administrations of the specialists are viewed as healers to assist the elder people in providing psychological therapy or managing treatment.
- Place of safety: At the point when the home natural conditions are not positive, at that point elder persons will in general move to different spots, where they are protected. Frequently when they are mishandled and abused, they feel unreliable that they may get hurt or harmed. To carry on with one's life liberated from any sorts of pressure or abuse and in a tranquil way, the elders pay special mind to ways, where and how they can make a serene environment (De-Silva, 2005).
- Generation of awareness: In the current setting, there have been foundation of laws and arrangements that focus on the insurance of seniors. At the point when they have any sorts of issues from their own youngsters, they can move toward the courtroom to look for help. They reserve the privilege to oust their own youngsters out of the house or move away themselves, on the off chance that they experience any kinds of misuses and abuse. It is imperative for the senior citizens to create mindfulness as far as what sorts of laws and approaches have been planned, what are the associations that give assistance and backing to them from oppressive treatment etc. (De Silva, 2005).
- Improving the economic and social welfare: To give answers for the financial crisis of elders, they ought to be made arrangement of full time or low maintenance business openings. This would empower them to create a kind of revenue, improve their financial and social assistance and decrease their reliance upon others (Mendis & Illesinghe, 1989). The benefits plot is likewise helpful to the people, who are especially in a desperate condition. In the benefits conspire, it is significant that the elders ought to have the option to get their annuity consistently and without execution of customs.
- Improving the health conditions: The improvement of medical services and clinical offices, free clinical registration, and arrangement of cutting edge techniques, guaranteeing that people are getting their appropriate sustenance, meds, and keeping the climate clean are a portion of the components that target improving the ailments. The elders ought to get occupied for certain proactive tasks. Inside the house, it is essential that the climate ought to be agreeable, there ought to be arrangement of city conveniences and

offices, bathrooms and clean drinking water (De-Silva, 2005). The people need to have the mindfulness that planning of dinners and other family capacities ought to be completed in a spotless climate.

- Improving their participation in activities and functions: The elders are urged to partake in different exercises and capacities. Cooperation in these exercises and capacities assist them with lightening their dejection and it invigorates ones mentality. In old age homes, one gets included into playing of games, indoor and open air, people read, associate with one another and render an employable interest on account of festivity of a celebration or occasion. They get occupied with proactive tasks, these incorporate, strolling, running, yoga, contemplation, and etc. (Mendis & Illesinghe, 1989). They engage in the creation of crafted works and craftsmanship. Readiness of dinners is another action that generally older ladies enjoy. Older ladies even get occupied with exercises, for example, weaving. Generally, elders are urged to give their thoughts and proposals, as they are capable. This is the point at which one needs to coordinate a capacity in a family, old age home or a general public, when one needs to look for recommendations and thoughts if there should be an occurrence of any issues and people share with one another their everyday beneficial encounters. Sharing of delights and distresses is respected significant and elders think that it's alleviating.
- Residential aspects: The elders wish to remain inside their own homes. They either live without help from anyone else or with their relatives. On account of one's lodging and private viewpoints, security is the principle concern. The people are needed to keep the entryways and windows bolted, keep their assets and cash in safe spots or on the off chance that they feel that their security is under danger, they need to acquire the administrations of a safety officer (Bilesha, 2011).
- Education: Training and data with respect to different angles empowers the people to have gainful existences. At the point when they are knowledgeable and enlightening, they will actually want to take care of their medical services necessities, burn-through sufficient eating routine and sustenance, have data as far as how to actualize their security, deal with their family tasks in a fitting way, cooperate well with others, work for the government assistance of the local area, do different exchanges in a viable way and lighten the sensations of stress, pressing factor, tension and wretchedness (Mendis & Illesinghe, 1989). An informed individual can make adequate use of their abilities and capacities and doesn't feel useless.
- Living separately: Elders have their own perspectives and points of view. They follow their standards, qualities and societies throughout everyday life. They generally don't enjoy producing mindfulness with respect to innovation or other current procedures and strategies that are affecting the existences of the more youthful age. When there is difference in the perspectives of the elders and different individuals from the family, they incline toward living independently from them. They have the perspective that when they will live independently, they won't get impacted by any components that are influencing the occupations of others (Bilesha, 2011). They feel that living independently will empower them to settle on their own choices and carry on with their lives in agreement to their own standards, qualities, and norms. To live independently, they either live in discrete houses, or even move to old age home. In this way, these disposition likewise ought to be roused when they are profoundly need.

Conclusion

In the contemporary world, people move from rural area to metropolitan cities in quest for better jobs openings, leaving their old guardians and furthermore by so many foundation reasons seniors are deserted by their family members and own youngsters' and throughout the long term that caused numerous difficulties for them and they were dismissed in each viewpoint. Thus, these sort of exercises and practices ought to be killed from the essential level and each individual ought to get mindful about this matter to upgrade the maintainability in the general public. So, the elderly people become more vulnerable than the other groups. However, elderly persons have been suffering from various issues that has already describes in the article. Apart from socio-economic, cultural, medical aspects, the elders have associated with psychological traumas and physical inability which led for numerous challenges among them. This paper presented the challenges faced by the elders through the analysis of literature survey, and critical evaluation of secondary sources which highlighted various problems confronted by elders. To overcome this issue, the paper suggested some recommendations which need to be adhered with policy decision and legislative procedure formulated by the government or non-governmental organization. This recommendation would be useful strategies for diminishing the challenges faced by elder across countries in the globe.

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