Social Gerontology: Issues of Elderly Men Living in Lahore

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2021

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وَمَن يُؤْتَ الْحِكْمَةَ فَقَدْ اُوْتِیَ خَيْرًا كَثِيرًا

QUAID-I-AZAM UNIVERSITY

ISLAMABAD

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Thesis submitted to the Department of Anthropology, Quaid-i-Azam University Islamabad, in partial fulfillment of the degree of Master of Science in Anthropology.

Department of Anthropology

Quaid-I-Azam University, Islamabad

2021

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I hereby, declare that I have produced the present work by myself and without any aid other than those mentioned herein. Any ideas taken directly or indirectly from third party sources are indicated as such.

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Muhammad Salman ul Haq

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This is to certify that we have read the thesis submitted by Muhammad Salman ul Haq. It is our judgment that this thesis is of sufficient standard to warrant its acceptance by Quaid-i-Azam University, Islamabad for the award of the degree of ―MSc in Anthropology‖.

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Acknowledgement

In the name of Allah who is most gracious and merciful

I must start by thanking Almighty Allah who gave me courage and strength and enabled me to overcome various hurdles that came in my way during the process of research and thesis writing.

I would need a hundred more pages to list all those who deserve my highest gratitude for their invaluable support and intellectual input for my research from beginning to the completion of this thesis.

My special, cordial, and grateful acknowledgement is extended to my supervisor Dr. Rao Nadeem Alam for this work could not have been accomplished without his continuous guidance and support. He will always remain a source of inspiration and guidance for me.

I am thankful to Dr. Aneela Sultana (In-Charge, Department of Anthropology) for her kind cooperation and inspiration throughout the process of research. I also owe my gratitude to other faculty members at Department of Anthropology who shared their valuable knowledge with me which guided me throughout my research. It is because of their guidance and support that this whole research has been a great learning experience for me.

Ordinary words of gratitude do not truly encompass the love and gratitude extended by my loving parents who prayed for my successful and bright future. I also regard a tribute to my siblings. Their loving wishes for my bright future always became a source of encouragement.

My whole hearted acknowledgement is due to my friends, Haroon Iqbal, Arsalan Ahmed, Haider Bahadur Khan, Ahmed Asad Dhariwal, Zoha Rizvi, Hamza Haider, Muhammad Abubakar, Maida Ghafoor, Saad Shakeel and Ashar Farooqi. I want to thank them for their time, effort and constant moral encouragement. They were the ones who helped me source the interviews and were with me on the field.

I would also like to thank my seniors Faiz Rasool and Muhammad Amin Bhatti because their cooperative nature, continuous moral support and guidance helped me in the completion of my work.

Muhammad Salman Ul Haq

Abstract

The process of ageing begins when we are born. As we age, our brains and bodies expand, grow and mature. Over our youth, numerous elements, including our own personal qualities, our family history, how we are raised, where we grow up and who raises us, impact our development. Similarly, we continue to develop in our whole adulthood through our health, attitude and conduct, and through our relationships with our families, friends and surroundings. Therefore, conversations about ageing are short-sighted and limited to physical health issues and decreases. Aging is a complicated process that is impacted by many different societal and personal variables.

Gerontology is the scientific study of ageing, including biological, psychological, social and ageing aspects. The variables that influence the way we age are wide and diverse: Biological variables include genetic history and physical health whereas mental health, cognitive level, mental health and general welfare are psychological effects and social elements vary from personal interactions to societally organised cultures, policies and infrastructures.

In Islam, the elderly are believed to be very highly esteemed. But unfortunately, even though Pakistan is said to be a Muslim country the treatment that most of the elderly get is very dismal. This kind of bad treatment towards the elderly can be because of a variety of reasons. These can be either social or economic reasons.

This research aimed to learn more about the vast array of problems faced by the elderly in the city of Lahore. The main aim of this research was to explore the economic challenges faced by aged men in our society. Analyse the life experiences and social problems of aged men and to investigate the health related issues that the elderly men face and what are the main causes of them.

This research was qualitative in nature. I further utilized case study method to understand the nature of the work. The total sample size of my research was 30 participants. Rapport building is the first step of the fieldwork. In this step, the researcher makes friendly relationships with the elderly participants. He or she will look at their behavioral patterns and how they view and deal with the world around them. It can be a sense of mutual understanding with another individual or community. In qualitative research, key informants play an important role during fieldwork. The key informants did not consent to their names being used anywhere in the thesis. The participant observation method was used for the

collection of data. Formal and informal discussions and in-depth interviews were conducted with the participants. The languages of the city of Lahore were Punjabi and Urdu.

It is concluded that there are several challenges that the elderly face. These range from their economic issues like having low income, having pension as the only source of income, being dependent of the income of others, lack of job opportunities and high expenditure on health to social problems such as disputes within the family, decision making powers, lack of social participation, being isolated and not being able to get married in the old age. There are certain health related issues that are also faced by the elderly like having various diseases and not having any sort of medical insurance or money for getting proper treatment.

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CHAPTER 1   INDTRODUCTION

1.1 Introduction

Although most medical and scientific study has concentrated on the issues of later life, sociologists are also recognising the importance of old age and ageing in a broader sense. The assertion that age plays a crucial role in social organization and management is a significant social variable. The allotment of resources and social designations are correlated with age, which is a fundamental element in the fabric of society. There are several elements that impact the social structure and individual behaviour, making it virtually impossible to distinguish the impact of any one variable. Because age is naturally confounded with the impacts of two other factors: cohort and measurement time, isolating the influences of age and trying to define the process of aging is incredibly tough.

In the context of time, the term "age" refers to the length of time that has passed from one's conception, as well as the repercussions or patterns that have contributed to the development of that period. Cohorts are groups of people who were born at or around the same time as one another. When individuals are placed in historical context, it is always necessary to consider the interpersonal impact of historical conditions on those persons.

Growing older is the result of a combination of physiological, psychological, and social variables that have been building up over an individual's lifespan. Sociologists have identified three interconnected phases of ageing that occur simultaneously. The first of them is physical maturing, which refers to the internal and external physiological changes that take place in the human body over one's lifetime. Psychological ageing is the second kind of ageing, and it relates to changes in cognitive functioning over time, such as changes in memory and emotional skills. It is the third step, known as social maturing, that entails changes in how persons are viewed, as well as in what they expect of themselves and others, during the course of a person's lifetime.

Individual variations in the rate of physical ageing are substantial, and persons in their seventies and eighties may possibly be healthier and appear more young than those who are in their sixties and seventies. Nonetheless, the human species degenerates as it ages, and many people over the age of sixty-five are afflicted by a long-term health issue. Some of the most common of these health issues include: Arthritis, diabetes, hearing loss, cancer, and

cardiovascular disorders, to name a few. The social consequences and results of the ageing process are of particular interest to social scientists. The social meanings of age have an influence on the process of growing older through the application of norms and sanctions. In social situations, age is a major indication of social status because it influences how people interact with others of similar, younger, or older ages. Ceremonies of passage, which are ceremonial rituals that mark the transition from one stage of life to the next, are observed by people from many different cultures. The business retirement feast, which is still held annually in the United States, is a relic of these celebrations (marking the shift from middle to old age). Even processes that were previously considered to be entirely biological might be influenced by social factors. Life expectancy is influenced by a variety of factors, including the availability of effective medical treatment, improved diet, and efficient sanitation, among others.

The way people see and comprehend ageing differs not just from person to person, but also from one distinct period to the next. Being sixty-five today is not the same as being sixty-five in the 1960s or the 1860s, for example. Age classification creates age-related prescriptions and proscriptions for behavioural patterns; it defines "acceptable behaviour" at various ages by establishing "suitable behaviour" guidelines. Using age categorization, for example, people may learn when they can anticipate to begin formal schooling, discover love, become financially independent, retire, and many other things.

Almost all civilizations, no matter how primitive, foresee its inhabitants pursuing formal education, having children, being financially self-sufficient, retiring, and a variety of other activities. Almost all civilizations, regardless of how basic their social and economic systems are, recognise the three main age groups of childhood, maturity, and old age as being present. In part due to demographic changes that have not only increased the number of people over the age of 65 but also made them more varied than ever before, grading people according to their life stage category of old age has become exceedingly challenging.

Even if negative preconceptions about the elderly are based on reality, negative stereotypes about the elderly held by younger age groups (such as the notion that the elderly are much less active, healthy, sexually adept, and intellectual) contribute directly to their loss of status. The fact that the elderly are more vulnerable to mortality than their younger counterparts may be the most important factor to consider in this respect. Due to 60's effect on age status

designations, which have implications for money, status, and power distribution, age grading leads in the formation of age-based social hierarchies.

Aging is not a single process, but rather a collection of processes that take place throughout time. All of the physical changes that occur in the body, as well as psychological changes and diminished mental function, are all part of the ageing process. Despite the fact that human genetics and physiology play a part in the ageing process, the significance of ageing is decided by societal factors. Age has an influence not only on what individuals are capable of, but also on what they are expected to do and what they are prohibited from doing as they get older. Individuals' ambitions for themselves at different ages are impacted by cultural standards particular to that era and region, which is why the concept of ageing is subject to constant change.

People do not suddenly become elderly when they reach the age of sixty-five. Despite the fact that the process of ageing is usually linked with the elderly, ageing is a phenomenon that occurs throughout one's life. In the same way that sex and race are assigned positions, age is also not something that can be selected on one's own will. A unique characteristic of age in comparison to other assigned statuses is that it varies with the passage of time, resulting in altering expectations for behaviour, as well as fluctuating personal and societal obligations. As a result of the importance of age in society and in people's lives, sociologists have committed their careers to gaining a better knowledge of age groups and the ageing process.

The study of ageing is a development of the twentieth century. In spite of the fact that many bright individuals have raised fundamental research questions about the nature of ageing in the past, we did not have the research techniques to investigate the various faces of ageing until the twenty-first century. An increasing number of biological and social specialists are becoming interested in this emerging field of knowledge. In addition, new vocations have sprung up to cater to the large number of elderly people in the community.

Aging is a biological, psychological, and social process that occurs in all people. Furthermore, one should be conscious of the distinctions between the impacts of illness and the consequences of growing old as one gets older. In addition, the consequences of normal ageing, which will affect even the healthiest of the elderly, will be discussed.

Alzheimer's disease, for example, affects people in their later years and is known as senile dementia. In the aged, it is a process that affects the nervous system in a way that is

analogous to the consequences of heart disease and diabetes, and it should be separated from the changes that occur in healthy people as they grow older. Due to the fact that so much of what we consider to be normal human ageing is actually the outcome of illness, understanding the distinction is critical.

The scientific and social aspects of ageing are closely intertwined; in fact, it is hard to discriminate between the two categories. Because certain findings may have far-reaching implications for human ageing, some individuals may wish to slow down the pace of basic research in this area.

Gerontology, often known as the study of ageing, began as an inquiry into the features of long-lived people, with a great deal of theory and mythology devoted to understanding why certain people were endowed with such long lives. Retirement entails the loss of a role, a social standing, a job, and a source of financial support. The death of friends and spouses is another type of loss that the elderly have to deal with. Females are more likely than males to experience widowhood and the significant psychological and social losses that accompany it, owing to the fact that they outlive their spouses in general. Depression may also be brought on by a loss of physical energy or deterioration in one's overall health and wellbeing.

Depression is only one of a number of ageing-related concerns that have spurred federal, state, and municipal policy changes in recent years. The contentment with one's quality of life is one of the sociological viewpoints. The old are judged as incompetent and are relegated to the side-lines in order to make way for the young. They are demoted to a lower social status, robbed of their sources of income through forced retirement, and provided alternative employment opportunities to compensate. People who have been informed that they are useless or a burden come to feel that they are a burden, unsuitable to engage in society and incapable of doing jobs.

The prospect of intervening at the society level through mass media, as well as the possibility of intervening directly with the elderly individuals in order to change their self-image, must be taken into consideration. The representation of ageing on television looks to be improving, and television may even be utilised as a vehicle for educational intervention in certain situations on occasion. Education is a valuable source of information on how to keep healthy and deal with medical treatments for elderly citizens.

1.2 The Problem

This research looked at the lives of old men who lived in Lahore and interviewed them about their experiences. The purpose of this study was to examine how the previous experiences of the elderly men who participated in it influenced their lives in the present. It also looked into how economic issues play a part in the lives of the elderly, as well as the financial difficulties they encounter and the strategies they use to overcome such difficulties. Furthermore, the purpose of this study was to determine how the society affects them and what their perspectives were on the changes in the society. This research also looked into how the diseases affected the lives of the elderly men who were the subjects of the study.

1.3 Statement of the Problem

The purpose of this study was to have a better understanding of the life experiences and difficulties of elderly men in Lahore. It inquired into their ideas and difficulties, which mostly concerned their health, economic situation, and the community in which they resided.

1.4 Research Question

The major goal of this study was to get a better understanding of the effects of society, economic status, health, and the natural process of ageing on the lives of old men in Lahore and the challenges that they faced.

1.5 Objectives

- To explore the economic challenges faced by aged men in our society.

- To document the life experiences and social problems of aged men.

- To investigate the psychological and health related issues that the elderly men face and what are the main causes of them.

1.6 Significance of this Research

Various qualitative and quantitative studies related to gerontology have been conducted not only in Pakistan but world over. These studies highlight various aspects of elderly life such as their health, economic conditions, space and space utilization, family negligence etc. Most studies done on the topic have been limited to understanding the world views of either women or people living in the old age homes. This study is unique in the sense that no study has been conducted in the city of Lahore which specifically covers the world views of old men living in both old age homes and in their houses.

This research will be significant in the sense that it can be used to understand each and every aspect of the lives of old men. It will also prove to be helpful not to the field of anthropology but also in psychology. Furthermore, this research will give a chance to the old men to vent out which is something that many of them cannot do with the people whom they know because of the fear of being judged. It will also help our younger generation to understand the feelings of old men and learn something from their experiences.

1.7 Research Locale

The locale that I have selected for the purpose of this research is the city of Lahore. The old age homes I have selected within the city are ―Old Age Happy Homes‖ which is located near Azmat Chowk, Green Town, Lahore and Aafiyat old age home which is located at Social Welfare and Bait-ul-Maal Punjab, M-Block near International Market Model Town, Lahore. I have chosen these specific shelter homes because of the fact that I am a part of an NGO by the name of ―MEEM Foundation‖ which has done several projects to serve these shelter homes and therefore it was easy for me to get access to this vicinity as all the management already knows me. For my interviews in which I have targeted people who are working low paying jobs like fruit venders or security guards i targeted people in all different areas of the city. As far as the elderly men who are living in their homes after the age of 60 whether they are working or retired are concerned, I took the help of my friends to locate people in different areas of the city who were willing to share their life stories with me. Some of them were relatives of my friends and some were family friends.

1.8 Why I selected Gerontology for Research?

The ageing of the world's population has had a significant impact on civilization. Every living individual is affected by the wide-ranging consequences of global warming, which range from medical care to Social Welfare and beyond. Furthermore, the world's population of older people is increasing by the day, necessitating the need for specialists to handle policy issues and safeguard the requirements of this demographic.

As the progression in science has taken a quantum leap especially in the last century, the life expectancy has also increased for the average human being. In older times people did not live long due to the fact that there were no proper medical services.

Although there has been a huge rise in the average life expectancy and a lot of work has been done in the field of geriatrics but still there is not much research being done in the field of gerontology.

I therefore wanted to conduct my research on this topic because there is not much literature being written on the socio-economic challenges that is being faced by the elderly in our society. I specifically wanted to work on this topic to highlight these issues so that i and the other people of the society can better understand the challenges of these elderly.

CHAPTER 2   METHODOLOGY

2.1 Research Methodology

The application of various methods or tools of research characterize all the science disciplines particularly natural sciences. Anthropology is a discipline which has multiple instruments of its own to carry out a research initiative consisting of different techniques and methods. Methodology governs the research process throughout its various stages including choice of locale, identifications of units of data collection and selections of methods which are used while collecting the data. Anthropologists are free to select any kind of tool or research method for their research.

Anthropological field workers must use the various tools and methods of research for collect of the data because various methods or tools of research help a lot to collect an accurate data about the community.

Keeping in view the importance of methods and techniques of the methodology that will be applied during the data collection by me in order to get the qualitative and quantitative data to fulfill the research target. The following methods will be used to collect the data.

2.1.1 Theoretical Framework

Modernisation theory

Elderly persons were often regarded with dignity and authority in pre-industrial cultures. Traditional depiction of pre-industrial society as the "golden age" of the elderly and the senior population ignores the reality that each stage of history looks to reflect back on its own "golden age." This traditional view of the past is frequently contrasted with older people's current condition in society, in which they are seen to be worse off because they are condemned to useless retirement, forgotten by their family, and ignored by the dominating youth culture. The core thesis of modernisation theory is that when society attempts to transition from a rural to an industrialised state, older people's status begins to worsen as the urbanisation process and industrial growth combine to impede the extended family and begin to replace it with the nuclear family as the fundamental unit of society, isolating elderly people from both society and family.

Further development of this concept was carried out by Cowgill and Holmes. There are four factors that determine the process of modernisation: advancements in medical technology, the application of science and technology to the economy, urbanisation, and mass education. Cowgill and Holmes asserted that advancements in healthcare system had resulted in an ageing population. Because of the decrease in the probability of mortality, the working population is becoming older, and job prospects for the young are becoming scarce. As a result of the struggle for jobs, there is an upsurge in intergenerational tensions. Retirement therefore serves as a social alternative for death, as well as a source of employment opportunities for the younger generation. The prevalence of the prevailing work ethic, on the other hand, leads to the 'devaluing' of retirement. Furthermore, economic and technical advancements diminish the value of the work skills of the elderly. Young people from rural regions are drawn to urban areas, resulting in the disintegration of the extended family structure. Finally, the spread of mass education has lessened the power that older people wield over younger generations.

Changes in these four elements, it was suggested, were responsible for a decline in the status of elderly persons in contemporary society. Young people and advancement are lauded in such evolving social environments; yet, the traditions and experience of the elderly are developed and viewed as irrelevant, and their diminished influence and prestige puts them at a competitive disadvantage. The elderly are socially and physically abandoned, and they are relegated to a marginal existence on the periphery of modern civilization.

First and foremost, this hypothesis is predicated on the assumption that preindustrial cultures are homogeneous and characterised by a good attitude toward elderly people. Second, it presupposes that there has been a before-and-after scenario within cultures in terms of the position of elderly people, and that there has been a seamless, uniform, linear transition from one kind of society to the other. In the third and arguably most crucial respect, there is now a substantial body of empirical evidence indicating that the existence of extended family does not ensure the status and care of older people. Again, preindustrial communities demonstrate a degree of variability in the traits expressed towards elderly people, and it is naive to assume absolute homogeneity that is more myth than truth.

Structured dependency

Structured dependency theory was initially proposed by Peter Townsend and then taken up by others such as (Estes, 1979), (Myles, 1984), and (Pampel, 1998). Structured dependency

theory has been particularly important in British gerontology throughout the later half of the twentieth century, whereas in the United States, similar concepts were referred to as political economy during the same era.

This perspective contends that in order to comprehend the dependent condition of groups like elderly people, we must first grasp the essentially 'socially created' character of this status. According to this perspective, dependency is best understood in terms of the interactions that exist between the dependent groups, in this instance elderly people, capitalism, and the state. Policy measures relating to social security, retirement, and pensions are particularly important from this perspective since they define the length of a person's working life and allocate dependent status to certain stages of life, such as retirement, or to groups of persons, such as the long-term ill or the people with disabilities. This reliance is exacerbated and perpetuated by the removal of older people from employment, which is the primary way of determining one's economic standing in advanced capitalist nations.

As a result of their socially defined exclusion from the labour market and their dependence on welfare and pensions as a source of income, elderly people endure broader social isolation, including poverty, diminished community engagement, institutionalisation, and marginalisation. This isolation of elderly people from the social mainstream may, therefore, be addressed by changes in the social policy, most importantly through a significant rise in the level of the government pension.

Symbolic interactionism

―Mind, Self, and Society" is a book by George Herbert Mead that introduces symbolic interactionism as an important sociological theory. According to proponents of this point of view, contact with others serves as a mechanism of both transferring and receiving cultural norms and values from others. We learn a great range of social meanings and ways of acting through the exchange of symbols, and this approach indicates that the majority of adult behaviour is learned through symbolic communication with others. In the process of social contact, the individual is both an actor and a responder, depending on the situation. Individuals acquire the values and meanings of their culture and, as a result, different ways of acting from others through the transfer of symbols. The concept that individuals build realities or social worlds as a result of their interactions with others is central to the interactionist approach. Even while meanings are socially determined, it is the social actor that defines not just the social environment, but also himself or herself within it. This

perspective on ageing is focused with the reciprocal link that exists between an individual and her or his social environment.

Older people, like all other social actors, are involved in the construction of their own social reality. Ageing is thus viewed as a dynamic process that is reactive to both structural and normative environments, as well as to personal capacities and views, according to this perspective. This viewpoint on ageing is basically a micro-scale approach to the analysis of ageing since it emphasises the need of understanding the nature and consequences of ageing at the individual level. To comprehend the implications of ageing, one must first comprehend the significance and interpretation of the events that follow old age and which are articulated and characterised by older people in order to grasp the impact of ageing.

Labelling theory

Recently, it has been claimed that the idea of old age can be productively conceptualised within the framework provided by the labelling theory of deviance. In accordance with labelling theory, other groups ascribe social status to individuals and/or groups based on the successful application to them of negative 'labels', such as those that impart stigma or deviant position.

If individuals live in a society that values youth and health, old age may be defined, or even stereotyped, as a deviant and stigmatising condition. Indeed, those who work with elderly people may also develop a damaged or spoilt sense of self as a result of their association with the stigmatised community. Meeting members of the 'deviant' group is enough to cause individuals, as well as the older people themselves, to lose their social and professional standing and identities.

The underlying assumption of labelling theory is that the notion of self is developed through contact with others in our social environment: we receive our feeling of value and identity from how others react and engage with us. Thus the actions of elderly people are viewed to depend substantially on the reactions of significant others in their surrounding social sphere, which rely upon how they identify, classify and value older people. Such encounters may express a stereotyped impression of elderly people as worthless, dependant and marginal. Once this negative labelling is accepted, the individual is initiated into the dependent negative position, learning to perform in the manner in which older people are expected to act and losing previously acquired abilities, confidence, and independence; eventually, once the

external label is accepted, the individual perceives herself/himself as inadequate, establishing a vicious spiral.

Consequently, after someone has been 'labelled' as elderly because they are retired, they must assume the status of a "retiree," which means they must accept their pension and refrain from seeking productive employment. Another detrimental effect of societal branding on older people is the refusal of older individuals to seek medical attention for specific symptoms because they believe they are 'related to old age' rather than reading them as signals of sickness. It is clear from this theoretical perspective that, although the example presented here is a negative image of old age, the adoption of positive labelling could have the reverse effect, although attempts to rebadge old age as a satisfying and enjoyable stage of life have met with very little success to date.

2.1.2 Ethical Issues

The concept of informed consent emphasises the researcher's obligation to fully educate participants of all relevant features of the research in a language that they can understand before they agree to participate.

Before starting any discussion participants were informed about the purpose of the study and all what was required of them as respondents, such as the reason for them to stay to the end of the discussion. They were told that they reserve all the rights to participate or not to participate. Permission was taken from the respondents. I made sure about the Privacy of the respondents and privacy of their data as well. Their names are kept secret of those who did not wish their names to be taken in order to safeguard their privacy.

2.1.3 Rapport Building

Rapport building is the very first step in the research methodology. It is very essential for every anthropologist to create the good rapport with the people of the locale. Rapport building is the establishment of good relation between the collector of the data and the source. Entering in a new community to get the information is not so easy. Researcher should keep the friendly atmosphere with the members of the community. If researcher fails to develop a good relation with the society then it becomes difficult for a researcher to collect the data or information relevant to the topic.

I developed a friendly relation with the members of the community in the field by meeting with the people and having conversation with them at first. It was difficult for me to develop

a good rapport with most people but I eventually was able to develop good understanding and confidence among people within a week or two. So it was not that difficult to collect the information from the respondents of the old age home. As for the low income older workers it was more difficult for me to open them up as mostly they were unwilling to give interviews because most of the time they had to attend to their work.

2.1.4 Participant Observation

In order to collect data and gain an understanding of a social phenomenon or problem, the participant observation method, also known as ethnographic research, requires an anthropologist to actually join the group they are studying. During participant observation, the researcher is required to perform two distinct roles at the same time: that of subjective observer and that of objective participant. The group is sometimes aware that the researcher is conducting research on them, though this is not always the case.

Participant observation combines participation in the lives of the people being studied with the maintenance of a professional distance that allows adequate observation and recording of data. It is such a form of observation in which researcher becomes a part of community and takes participation in all the activities of their daily life. This method gave me, the researcher, an opportunity to collect the qualitative data of descriptive nature. I not only talked with them but also spent long hours with them and watch them work and interact with other people. I looked at how they interacted with people around them and what were their face expressions when they were talking about specific topics.

Some of the participants were very jolly and keen to share their life stories with me but at the same time there were also some other respondents as well who broke down and cried during the interviews when I inquired about their traumatic experiences in life.

According to H. Russell Bernard ―Participant observation is the foundation of cultural anthropology. It includes getting close to the people and making them feels comfortable enough with you so that one can observe and record information about their lives" (Bernard, 2006).

2.1.5 Key informants

A key informant is a person who is very close to the community, having information about whole society. They are also helpful in cross checking the data. Key informant proves to be a valuable source of data .Key informant should be chosen carefully and key informant should

be from the community, it is necessary because if the key informant would be from the community he/she would have the complete knowledge of the community. The researcher should take his time while selecting the person. I had selected two key informants from each of the shelter homes. One of them was the health worker and second was the caretaker of the facility. They had a good knowledge about the people of that vicinity. They helped me a lot for collecting the accurate and reasonable data. As for the elderly respondents who were living in their own homes their grandchildren were my key informants. I selected them as my key informants because they interacted with the respondents on a daily basis and had known them for a long time.

According to Bernard ―Good informants are people whom you can talk to you easily, who understand the information you need, who are glad to give it to you or get it for you." (Bernard, 2006).

2.1.6 Sampling

Sampling is the method of the anthropological research that refers to drawing a sample from the whole population. Bernard stated that, ―In purposive sampling you decide the purpose you want informants (or communities) to serve, and you go out to find some". (Bernard, 2006)

Due to the shortage of the time, it was very important to select the sample size unit carefully. The total population of the Aafiyat old age home was 45 and as for Happy Home shelter house the total number of people were 40. I took 5 people as the sample from each shelter home, all of them were males. As far as the other two categories are concerned I took 10 people for each category randomly from all across the city.

Avoiding females as respondents was the difficulty in accessing them and barrier of communication because of my gender. Another reason was my idea of relating safety nets to role set a male holds as breadwinner.

Table 1 Residential arrangement of the Respondents

Type of living arrangement	Number of Participants
Homes / Single Room Apartments	20
Old age home	10

Table 2 Frequencies of Marital Status of Respondents

Marital Status of the participants	Number of participants
Married	17
Never Married	2
Divorced	2
Widowed	9
Total	**30**

2.1.7 Interviews

Interviewing is used to learn about someone's inner ideas, beliefs, and explanations. It is used to learn not just what is visible but also what is concealed. An interview is just a type of dialogue between a respondent and a researcher that is conducted to achieve certain goals. It is a type of discourse that has a definite goal in mind. Interview is of two types; structured and unstructured. Structured interviews are those that have been formulated on a pattern while unstructured are those that are based on a set plan; do not have a regular pattern. I used unstructured interviews to get the basic information about the topic and also conducted the in depth interviews related to my topic which helped me lot to get the hidden information of the aged people and about their socio-economic and health problems.

In-depth interviews

In-depth interviews are useful when researcher wants detailed information of person's inner thoughts. It provided much qualitative data to me. This interview technique was a major key to get the information. In-depth interviews were applied to get the valid and reasonable data from the respondents. I was able to know the basic and hidden information related to the respondents through this major technique of in-depth interviews.

In-depth interviews take the form of conversation in which researcher probes deeply to uncover new clues, to open up new dimensions of problems, or to secure vivid, accurate and detailed accounts that are based on the personal experience of the subject.

I inquired about the health related difficulties to find out about their health issues. To find out about their economic difficulties I asked about their income and finances. For their social issues I asked questions about how and what kind of issues they face from the society.

2.1.8 Field Notes

Field notes are those notes on which researcher writes each and every piece of his research or data that he/she collect during the research. Daily diary activity is very common in anthropological research. It is a method to keep the record straight and without errors. It is just like a practical notebook of science in which a researcher, during research, notes down his or her daily activities and experience. I also used this technique of field notes during my research. When some of the respondents refused to give me permission for recording their voice I wrote key points of that interview on my notes.

According to Bernard:

―A daily diary is personal you need in the field. It will help to deal with loneliness, fear, and other emotions that make fieldwork difficult. It gives you an outlet for writing things that you don't want to become part of public record." (Bernard, 2006)

2.1.9 Case Study

A case study is an empirical enquiry that investigates a contemporary phenomenon with its real life content; when the boundaries between the phenomenon and context are not clearly evident, and in which multiple sources of evidence are used.

It is possible to look at occurrences in a methodical fashion using the case study technique, which includes gathering data, analyzing information, and reporting the results. Consequently, it leads to the generation and testing of hypotheses. This approach is utilized in the field to obtain legitimate findings from research studies.

It is another method to collect the detailed data based on the individual experiences, actions and behaviors. It is a technique which helps to get the information of the living individual. During field work I conducted Interviews of those who are living in shelter homes, working odd jobs past the age of sixty or are living comfortably in their homes or working good paying jobs after the age of sixty.

2.1.10 Audio Recording

When it was not possible to capture data in handwritten form, voice recording was used to capture information. Individual interviews with participants who gave permission were recorded, transcribed, and categorized according to different themes in preparation for thematic analysis. It also helped me, the researcher, to collect data quickly and efficiently,

and to save it for future reference in research references. For this purpose I used two mobile phones to record the voices of participants in audio format so that if the audio on one phone is lost due to any reason I would still have the interview recorded on another phone.

2.1.11 Secondary Sources

I collected the data not only from the primary source from the locale of the study but also looked at the relevant information available in various secondary sources relevant to my topic like books, journals and newspapers etc. were also utilized for collecting valuable information with regards to my topic.

CHAPTER 3   LITERATURE REVIEW

3.1 Literature Review

All of the literature I have reviewed has assisted me in building the basis for my research in order to have a deeper understanding of the phenomena causing the problem. The material reviewed for this study was beneficial to me in a number of ways. In this section, I have discussed the most significant parts related to my subject.

The study of ageing is a development of the twentieth century. Despite the fact that many intelligent persons raised fundamental research questions about the nature of ageing in the past, we did not have the research tools to investigate the different facts about ageing until the twentieth century. An increasing number of biological and social experts are becoming interested in this emerging field of knowledge. In addition, new vocations have sprung up to cater to the large number of elderly people in the community.

Growing older is a biological, psychological, and social process that occurs throughout time. Furthermore, it is critical to recognise the distinction between the impacts of illness that are associated with growing old and the natural ageing process that all comparably older people will experience over time.

The process of ageing cannot be thought of as a single trajectory, but rather as a juxtaposition of the physically failing body with a constant environment that demands a particular level of energy to function properly. *"Aging represented an interactive process of biological predisposition and the environment.* (Woodruff & Birren, 1975)

The old are considered to be respectable persons who have gained knowledge through their years of experience, which is accepted by the society. These old people, on the other hand, lack the physical power to deal with a wide range of conditions. Carroll Kennedy expresses this viewpoint on the elderly as:

"Society in general pictures those over 65 as nice old people with wisdom gained from years of living but not very effective now. They think the elderly lack energy and skill to deal with contemporary situation. However, most people tend to think of some old persons they know personally as being different from most old people. Those over 65 generally hold a similarly

negative stereo type of old people but think of themselves and their situation as an exception." (Kennedy, 1978)

According to Butler and Lewis, there are two distinct stages of ageing: early old age and advanced old age. Butler and Lewis presented these two different concepts of ageing as a whole.

"The age division is a convenient yet frequently an inaccurate indicator of a person's physical and mental status. Old age if divided into two groups , early old age , 65 to 74 years and advanced old age ; 75 and above years of age." (Butler, 1983)

Carroll Kennedy has identified some of the difficulties associated with old age, such as financial and health concerns, loneliness, and a dread of violent encounters.

"Although some older persons do have financial and health problems and many are lonely and threatened by crime, the majority do not report more problems than younger people. This is quite in contrast with the public's impression of life in old age." (Kennedy, 1978)

Poverty, illness, and loneliness are just a few of the challenges that Carroll Kennedy has identified as being important concerns for people in their older years. Poverty and the consequences of illness, on the other hand, should not be primarily associated with old age, as some believe.

"Old age includes the whole spectrum of conditions from poverty to wealth illness to health, abating to hope, lack of imagination to creativity, fear to courage. This variety makes it difficult for the elderly person who is attempting to relate to a single image of societal expectation. He needs to be encouraged to affirm his individuality." (Kennedy, 1978)

When people reach retirement age, they often face financial challenges. Workers in small businesses who worked for themselves were able to choose when and where they wish to retire, and they may move to part-time employment before fully retiring from their positions. Carroll Kennedy shared his thoughts about the prospect of retiring in later years of life.

"Retirement has been viewed in recent years as an adjustment problem for men; as more women maintain active careers outside the home, retirement will increasingly become a consideration for them. The arbitrariness of retirement appears to be the central issue. In earlier times when more people were self-employed in small businesses or rural activities, the individual could choose his own time and place of retirement. Often he would move to part

time work before full retirement freedom of choice is still highly valued in all aspects of life." (Kennedy, 1978)

Carroll Kennedy described retirement as the loss of work-related social connections, with the retired elderly placing a higher value on the loss of money than they do on the loss of work-related social contacts.

"Whereas persons miss many things in retirement from their work- social relationships a sense of meaning and contribution-the item mentioned first by most is the loss of income. At retirement many move from highest earnings to the lowest their income has ever been during their adult life." (Kennedy, 1978)

The elderly are divided into many categories; some are pleased with their retirement, whilst others desire to work but are unable to do so owing to bad health or various other factors. Carroll Kennedy shares

"Some retired persons are glad to be retired, but others want to work. There are some who say they want to work but seem to avoid opportunities or fail to take the initiative to do so. Some of these non-working cite poor health or old age as reason. However, it is possible that the problem for many older Americans is not that they have been told they are with frequent discouragement from working, disinterest in employment may have become a learned response for many older people who might otherwise prefer to work" (Kennedy, 1978)

Isolation is a major source of anxiety for the older population. Those with a long history of social ties may have a problem, while those who have lived their life alone will not have a problem with the isolation. A person's past life pattern, rather than his or her age, is a stronger predictor of the deprivation that a given set of circumstances would bring about in later life. Carroll Kennedy writes

"For some older persons, social isolation may be a problem. However, for people who have had isolation as a lifelong pattern the isolation of old age may not pose a severe adjustment problem. On the hand, the person whose lifelong pattern has been a series of marginal social relationships may find adjustments to later life extremely difficult. These observations point out that an individual earlier life pattern is a better measure than reference to his age in understanding the kind of deprivation a particular situation will bring him. Lowenthal has found that adjustment appears to be more difficult for the complex, highly creative, achievement-motivated individuals. The interruption of their world causes considerable

frustration and searching to find new ways to satisfy their need for personal expression. Other persons have looked forward to retirement for years as a time of leisure." (Kennedy, 1978)

James E Birren and Diana S Woodruff conducted research on the function of retirement and jobs in the process of growing older. Retirement is a metaphor for the transition from younger age to old age. It might also be a time when significant changes in one's position take place.

"Employment and retirement are among the most important issues in the study of aging Employment sets the state for growing old by contributing to a sense of identity for most men and an increasing number of women, and by affecting health and income tow important determinants of positive and negative experiences of old age. Likewise, retirement is significant as a symbol of the transition into old age. The retirement event, whether viewed as a crisis or as normal part of aging, makes a profound statement to the individual and to society that a major role shift has occurred." (Woodruff & Birren, 1975)

James E. Birren and Diana S. Woodruff feel that retiring and living one's older years in luxury is something that society cannot afford.

"To be old and retire is a luxury that society may decide it can no longer afford. As a result work which has been increasingly confined to the middle years may become an expected part of old age." (Woodruff & Birren, 1975)

Because of nuclear families, Cowgill and Holmes found that the status of the elderly is deteriorating in American households as a result of industrialization.

"Cowgill and Holmes published the first systematic statement of a theory that had been emerging in social gerontology now called modernization theory. They held that industrialization necessarily undercuts the status of the aged by nuclearizing the family prolonging life and placing a premium on social and technological innovations, productivity and wealth." (Cowgill & Holmes, 1972)

According to James E. Birren and Diana S Woodruff, the stages of life known as old age and retirement are separate from one another.

"For many, retirement equals old age: retirement people are old and old people are retired. This notion arises from the widespread use of age 65as both the "normal" retirement age and the age at which a person is legally defined as old. Although retirement is one of the most

significant event in a person's life and contributes in an important way to the wearing of old age in modern society, it does not equal old age first many people retire well before their 65th birthday while others work well into their 8"decade. Second, some people have never worked and therefore never retire. This, of course, does not mean they are eternally young. Last, some people retire return to work numerous times throughout their lives." (Woodruff & Birren, 1975)

Persons who have ceased working, either totally or partially, and have begun collecting a pension are referred to as retirees. According to James E Birren and Diana S Woodruff, this is a definition of retirement.

"We defined retirement as the point at which a person 1) withdraws fully or partially from the labour force and 2) begins collecting a pension, social security benefits, or other retirement income notice that both condition must be met. Thus the definition excludes those who retire from one job with a pension but go to work full time at another job, as well as those who simply reduce their work hours but do not begin drawing retirement income." (Woodruff & Birren, 1975)

The United States idolises its youth while alienating its old, pushing us away from the ancient feeling of duty that was formerly prevalent. This investigation was carried out by Wake and Sporakowski.

"A common stereotype of the older depicts them as an embittered, forgotten isolate with children who no longer care. American seems to worship youth and isolate the aged as if age were an infectious disease. Furthermore; the feeling is that this tendency towards a life is for the young attitude is increasing and that we are drifting further from the ancient concept of responsibility." (Wake & Sporakowski, 1972)

According to James E Birren and Diana S Woodruff, the timing of one's retirement and the length of one's retirement have an influence on retiree satisfaction. In addition, the quantity of money and the state of one's health are critical elements in a successful retirement.

"Income and health are the most important factors in successful retirement. Those living on high incomes retire early and generally enjoy retirement; those with low incomes are forced to retire later and are less happy in retirement. Furthermore, all but the highest status retirees suffer declines in satisfaction over time, largely due to losses in income." (Woodruff & Birren, 1975)

According to James E Birren and Diana S Woodruff, the timing of retirement and the amount of time spent in retirement have an impact on retiree satisfaction. Additional considerations for a good retirement include the amount of money one has saved and one's overall health.

"The "immediate environment" of the older person influences his styles of operation and thus the appearance of senility. Life style and personality patterns of earlier years set the stage for the functioning of old age individuals with a life style of conflict or perceived vulnerability will find the retirement years debilitating. Individuals experienced in a life style of adaptation and effectiveness in problem solving and who have some choice in planning their later year will find retirement a more satisfying experience. They will continue to be involved in determining their mode of adaptation in old age." (Kennedy, 1978)

The importance of family and the bond between a husband and wife in the lives of the elderly cannot be overstated. Any member of the family who passes away will put a strain on the rest of the family's relationships. Death or the migration of family and friends to another area are both examples of situations in which this loss occurs. This factor is responsible for the inability of the elderly to function.

"Traumatic loss of environmental support through death of the spouse being moved from familiar community and friends, or lack of income may have significant effect on morale and the increased stress may result in physical illness. Thus the deteriorative functioning often associated with old age is not necessarily an age related condition." (Kennedy, 1978)

Everyone wishes to be needed by others, and this is a natural desire. The fulfilment of that desire offers meaning to our lives and makes them worthwhile. This impulse arises as a result of society's underestimation of the importance of the elderly. Recognizing their value and assisting them in becoming valuable members of society are our responsibilities. Carroll Kennedy has carried out more investigation in this subject.

"A pressing desire for all people is to be needed. It is the sustained experience of being necessary to others that gives meaning and purpose to life and preserves its vitality. Opportunities to remain useful members of society are severely under mined by the required exits from adult social roles by those in old age. As community or individual changes influence the recognition of the elderly as worthy contributors to society, they begin to exchange their independence and creativity for more dependent lifestyle. Our task is to achieve new understandings of old age, to recognize the strengths of people in this period,

and to help them continue to command recognition as contributing members of society."
(Kennedy, 1978)

It is believed that beliefs and expectations have an influence on a person's personality, and that changes in self-perception lead to alterations in behaviour. Thomae was fascinated by notions about the ageing personality.

"The personality of the aged has been described according to many theories, in the cognitive theory of personality and aging that involves three basic assumptions, first the perception of change in the self leads to behavioural changes in an individual. Second beliefs, concerns and expectations determine self-perception so that change in self-perception results from changes in beliefs and expectations. Third adjustment to aging is related to how efficiently the individual is able to maintain and restructure the balance between cognition and motivation." (Thomae, 1970)

Social events and psychological variables can have an impact on the rate at which biological ageing occurs. The aged, on the other hand, are subject to social rules imposed by society. The pace of biological, social, and psychological ageing, on the other hand, might differ from person to person. This investigation was carried out by James E. Birren and Diana S. Woodruff.

"The rates of biological, psychological and social aging may be different in the same individual. Although the biological rate of aging the efficiency of the biological organism may contribute to the pace of psychological and social aging, a person may feel and behave on a psychological level somewhat apart from how well his body functions. Social norms prescribe that individuals should "act their age", aging while these prescriptions may be related to biological and psychological phenomena, they can also stand apart from them. Furthermore, social and psychological events can affect the rate of biological aging."
(Woodruff & Birren, 1975)

A substantial amount of influence may be exerted by the media on the self-image of older persons. The elderly should have access to television and other kinds of mass communication that are now available to the general public. Using television to educate and entertain the elderly will be useful because the elderly have few alternatives for entertainment at their disposal.

"We must look at the possibility of intervention at a societal level through the use of mass communication and the potential for intervention with the aged themselves in terms of changing their self-image. The images of aging on television already appear to be changing for the better and television sometimes be a means of educational intervention not only do many elderly have limited mobility and little access to transportation but also they tend to view television more frequently than most other age groups. Therefore, television provides a means of bringing education to the aged in a form with which they are already familiar."
(Woodruff & Birren, 1975)

People beyond the age of sixty-five have been associated with people of low social standing who have fewer economic resources, are more reliant on others, and have a negative self-image, according to ageing theories. These hypotheses have been developed by Carroll Kennedy.

"In research theories older people have been viewed as a sub culture separated from other aspects of society by their negative stereotype and the negative responses given to them. They have been seen to have the attributes of a minority group with their people experiencing the second class status effects of ageism, prejudices and the handicaps of low income, low social status, and low self-image. However, the major formulations of theory have been concerned with activity versus disengagement views of old age. Neither perspective appears to describe all elderly." (Kennedy, 1978)

Despite the fact that family ties are extremely important in the lives of the elderly, there is an alternate source of companionship in the shape of friends. For the time being, though, there is no other option. The elderly can only be helped by their families in their final years. In this regard, we may look at the work of James E. Birren and Diana S. Woodruff.

"Few people lay or professional will quarrel with the notion that family ties are particularly important for the aged. Indeed, we rely, rightly or wrongly, on the family bounds of affection and obligation to make up for the short comings in society provision for the wellbeing of our older citizens kin can function as important resources for the elderly; meeting health or financial needs with services, gifts, and monetary contributions. They can provide affection and companionship at a time when the older person's social network may be circumscribed by infirmities and budget restrictions. Although we recognize friendships to be transient dependent on common interests and geographic proximity we tend to view familiar

relationships as enduring and hence suited to sustaining the individual throughout the life cycle." (Woodruff & Birren, 1975)

People in their older years live with their children or as overnight visitors at their children's houses. Those who grew old with their children are more likely to be unwell or depressed than other people. The authors, James E. Birren and Diana S. Woodruff, have written about the topic of elderly people sharing homes.

"Those older people who share housing with off spring may be either heading their own households or living as guests in their children's homes. The latter opinion is exercised largely by those who are widowed, ill, impoverished, and or very old. Contrary to common belief, the widow is not much more likely to move in with kin than is the widower." (Woodruff & Birren, 1975)

Shanas viewed the extended family as a source of security as people approached their old age. In the case of family, there is no other option; family can only assist the elderly in their final years. This study has been mentioned by Warren A. Peterson and Jill Quadagno, among others.

" (Shanas, 1960) *considers family as a "safe harbour" and a "basis for security" in old age. She supports this claim with evidence that relatives, especially children, live nearby visit regularly, help with chores, and maintain emotional bounds with aging parents."* (Peterson & Quadagno, 1985)

As a result of their same ages and similar interests, the elderly people's friends and old age peers are excellent candidates for having a good communication with. Dowd was the one who carried out the investigation. *"Some age pears in contrast to children are candidates for rewarding and balanced exchanges because they share similar interests, life experiences and resources.* (Dowd, 1980)

An individual's dependence on others for activities such as feeding, toileting, and mobility increases as they get older. Parents give care for their children when they are young, but as they get older, they take on the role of the child and require assistance with all areas of daily life.

"An elderly person who begins to have serious functional disabilities will experience a new kind of dependency – needing to depend either on family members or on others to provide

assistance with the basic functions of daily living, such as feeding toileting, dressing and mobility. When the care giver is an adult son, or daughter, the parent's dependency might be viewed as a kind of role reversal." (Peterson & Quadagno, 1985)

Parents become depressed as they grow older and become less involved in their children's life. The cause for this might be due to their functional limitations, or it could be due to the loss of friends due to death or any other set of circumstances. However, the son or daughter becomes involved in the process of assisting their ailing parents sometimes. Parents' support, on the other hand, is conditional on their financial ability in our culture.

"Depression tends to entail a process of disengagement with the health crisis; the parent may begin to with draw emotionally from the relationship, partly in response to pain, partly from despair about the loss of functional abilities. But there is a paradox in this disengagement process. The parent's disengagement leads the son or daughter to become increasingly involved and active in the relationship both instrumentally and emotionally as the daughter or for son becomes depended upon for services and takes on an emotionally protective role vis a vis the parent." (Peterson & Quadagno, 1985)

Many people find that the only way to alleviate their feelings of loneliness is to have someone keep them company and be among other elderly people. Peterson and Quadagno write, *Increasingly it is argued that social support mediates the stressful events."* (Peterson & Quadagno, 1985)

According to Rosow, when it comes to the elderly, friends and neighbours are crucial in their life. Rosow's view is concerned with the changing environment in which the elderly live. Old people, whether they are widowed or not, live in a social environment that is decreasing.

"The dominant theme of old age is loss, the loss of social roles and group memberships. As these losses take place, the elderly tend more and more to centre their associations on their family and relatives, their friends and neighbours. The family remains the core of social relationships in old age. While the social world of the old contracts, this contraction does not apply to their relationships with their children. Friendship patterns, however, tend to be independent of relations with children. The friends of old people, as if friends of the young, resemble them not only in age, but also in sex, marital status and social class." (Rosow, 1970)

However, cooking permits older people to spend more time socialising with their family members, despite the fact that they have fewer alternatives for amusement. Study findings on the requirement of sharing a house with another person, which would be beneficial to the health of older persons, was referenced by Warren A. Peterson and Jill Quadagno in their paper.

"Cooking for one is not much fun, but many older people find themselves in this situation meals are a social time during most of our lives. For older people living alone, however, much of enjoyment is lost that other people find in considering new foods and recipes, meal planning, shopping, food preparation and serving an attractive meal to be appreciated, shared and enjoyed together with one or more companions. Research findings have shown consistently that living with a spouse or anyone else in the same house hold can accomplish about the same good effect nutrition may be one of the most important factors explaining how sharing a house hold with another person is beneficial to health." (Peterson & Quadagno, 1985)

CHAPTER 4   AREA PROFILE

This chapter comprises a detailed description of locale where the research was conducted. In order to conduct a good research the locale matters a lot and it should be pre-planned. The researcher selected suitable place for this field work to collect the actual data. The locale of my study was Lahore city where I as a researcher visited various parts of the city to conduct interviews from the old age homes, different people who were working for minimum wages and people who were comfortably living in their homes. The locale of my research falls in Punjab province of Pakistan.

4.1 Introduction of Locale

Lahore is Pakistan's second-largest metropolis and the capital of the province of Punjab. It is the country's second-largest city in terms of area and population. It is located 811 miles or 1,305 km northeast of Karachi on the upper Indus plain on the Ravi River which is a branch of the Indus.

Little is known about the history of the city prior to the Muslim period. Hindu legend attributes the founding of Lahore to Lava, or Lōh, son of Rāma, for whom it is said to have been named Lōhāwar. The city of ―Labokla" mentioned in Ptolemy's 2nd-century Guide to Geography may have been Lahore according to historians.

The city has had a turbulent history. It was the capital of the Ghaznavid dynasty from 1163 to 1186. A Mongol army sacked Lahore in 1241. During the 14th century the city was repeatedly attacked by the Mongols until 1398, when it fell under the control of the Turkish conqueror Timur. In 1524 it was captured by the Mughal King Babur's troops. This marked the beginning of Lahore's golden age under the Mughal dynasty, when the city was often the place of royal residence. It was greatly expanded during the reign of Shah Jahan but declined in importance during the reign of his successor, Aurangzeb.

From the death of Aurangzeb, Lahore was subjected to a power struggle between Mughal rulers and Sikh insurrectionists. With the invasion of Nadir Shah in the mid-18th century, Lahore became an outpost of the Iranian empire. However, it soon was associated with the rise of the Sikhs, becoming once more the seat of a powerful government during the rule of Ranjit Singh. After Ranjit Singh's death, the city rapidly declined, and it passed under British rule in 1849. When the Indian subcontinent received independence in 1947, Lahore became

the capital of West Punjab province; in 1955 it was made the capital of the newly created West Pakistan province, which was reconstituted as Punjab province in 1970.

Lahore consists of an old city area flanked on the southeast by newer commercial, industrial, and residential areas that are in turn ringed by suburbs. The old city was at one time surrounded by a wall and a moat, but these structures have been replaced, except in the north, by parklands. A circular road around the rampart provides access to the old city by 13 gates. Notable structures within the old city include the mosque of Wazir Khan and Lahore Fort. A walled complex that covers some 36 acres, the fort is a splendid example of Mughal architecture; it was partially built by Akbar and extended by the next three emperors. The mosque and the fort are decorated in marble and kashi, or encaustic tile work. Other historic landmarks include the Badshahi Mosque, built by Aurangzeb and still one of the largest mosques in the world; the 14-foot long Zamzama, or Zam-Zammah, a cannon that is immortalized in Rudyard Kipling's novel Kim; Ranjit Singh's buildings and mausoleum; the Shahdara gardens, containing the tomb of the Mughal emperor Jahangir; and the magnificent Shalimar Garden, laid out east of the city in 1642 by Shah Jahan as a refuge for the royal family. Jahan's refuge consists of about 80 acres of terraced, walled gardens, with about 450 fountains. The fort and Shalimar Garden were collectively designated a UNESCO World Heritage site in 1981.

An important educational centre, Lahore is the seat of the University of the Punjab, which is the oldest university in Pakistan. Near the university is the Lahore Museum, which houses eclectic collections of art and historical items. The University of Engineering and Technology, Lahore, and numerous other colleges and institutes also are located in the city.

Lahore is a leading commercial, banking, and industrial centre. Textiles are one of the most important industries, but there are many rubber factories, as well as iron, steel, and other mills located in the city. Railways and air services link Lahore with other major cities of Pakistan. The population of the city is estimated to be around 13,095,166.

Figure 1 Map of Lahore City

4.2 Climate

The climate of Lahore city is a micro climate with rainy, long and extremely hot summers, dry and cold winters, monsoon and dust storm. The weather is extremely hot in summers from May to July and the temperatures rise up to 48-50 degree Celsius sometimes. From June till August, the monsoon seasons starts with heavy rainfall throughout the province. In the winter there can be days when there is continuous smog with little to no sunshine.

4.3 Geographical Location

Lying between 31°15′—31°45′ N and 74°01′—74°39′ E, Lahore is bounded on the north and west by the Sheikhupura District, on the east by Wagah, and on the south by Kasur District. The Ravi River flows on the northern side of Lahore. Lahore city covers a total land area of 404 square kilometres. Lahore is in the north-eastern part of the country.

4.4 Demography

The results of the 2017 Census determined the population to be at 11,126,285, with an annual growth rate of 4.07% since 1998. Gender-wise, 52.35% of the population is male, while 47.64% is female, and transgender people make only 0.01% of the population. Lahore is a city of young people with over 40% of its inhabitants below the age of 15. The average life expectancy stand at less than 60 years of age.

The city has a Muslim majority (95.2%), Christian (2.9%) minority population, Hindu (1.2%) and Sikh (0.6%).There is also a small but longstanding Zoroastrian community. Additionally, Lahore contains some of Sikhism's holiest sites, and is a major Sikh pilgrimage site.

According to the 1998 census, 94% of Lahore's population is Muslim, up from 60% in 1941. Other religions include Christians (5.80% of the total population, though they form around 9.0% of the rural population) and small numbers of Ahmadi's, Bahá'ís, Hindus, Parsis and Sikhs. Lahore's first church was built during the reign of Emperor Akbar in the late 16th century, which was then levelled by Shah Jahan in 1632.

There is a small number of Hindus living in Lahore. The Shree Krishna mandir and the Valmiki Mandir are the only two functional temples in Lahore.

The Punjabi language is the most-widely spoken native language in Lahore with 87% of Lahore counting it as their first language according to the 1998 Census; Lahore is the largest Punjabi-speaking city in the world.

Urdu and English are used as official languages and as mediums of instruction and media administration. However, Punjabi is also taught at graduation level and used in theatres, films and newspapers from Lahore. Several Lahore-based prominent educational leaders, researchers and social commentators have demanded that the Punjabi language should be declared as the medium of instruction at the primary level and official use in Punjab assembly, Lahore.

4.5 Culture, Festival and Ethnic Fusion

Once the cultural centre of undivided Punjab, Lahore is a prominent city, an ethnic fusion of Hindu, Sikh and Muslim faith and a cultural fusion that followed fashion yet kept ancient customs alive. 1947 saw that Lahore's cultural landscape was destroyed completely when the majority of Hindu and Sikh families had to abandon their ancient ancestral homes and left towards the divided Indian state of East Punjab. Lahore of pre-1947 days is still remembered by many of its earlier and current residents. So called Islamic name on the cultural life is quite visible yet one can see that Lahore was an ancient seat of prosperous and lively Hindu culture. Different languages are spoken in Lahore like Urdu, Punjabi, and all the other languages like Sindhi, Balochi, Pashto, Hindko, Siraiki etc. because people in Lahore belong to different regions of the country. Lahore is an extremely festive city. Lahore is one of the most fashionable cities of Pakistan. The people of Lahore celebrate many festivals and events throughout the year blending Eastern and Western current trends. Eid-UL-Fitr and Eid-UL-Adha are celebrated. Many people decorate their houses and light candles to illuminate the streets and houses; roads and businesses are lit for days during these public holidays. The tomb of Ali Hajveri also known as also known as Data Ganj Bakhsh or Data Sahib is located in Lahore and an annual Urs is held every year as a big festival. "Basant" (Kite-Flying) is a Punjabi festival marking the coming of spring. Basant celebrations in Pakistan are centred in Lahore and people from all over the country as well as abroad come to the city for the annual festivities. Kite-flying competitions traditionally take place on city rooftops during Basant. Courts have banned the kite-flying because of casualties and power installation losses. The ban was lifted for two days in 2007, then immediately re-imposed when 11 people were killed by celebratory gunfire, sharpened kite-strings, electrocution, and falls related to the competition. The Festival of Lamps, or Mela Chiraghan, is an important and popular event in Lahore. This is celebrated at the same time as Basant, every spring on the last Friday of March, outside the Shalimar Gardens.

The National Horse and Cattle Show is one of the most famous annual festivals, held in spring in the Fortress Stadium, The week-long activities include a livestock display, horse and camel dances, tent pegging, colourful folk dances from all regions of Pakistan and mass-band displays take place. Lahori's are known for their exquisite taste in food, so the market has produced some of the most versatile, classy and inviting restaurants in the world. The blend of food and music at some uniquely expressive locales is truly exceptional. There are

many shopping areas which remain open late into the night offering an atmosphere of lively hustle and bustle.

The main languages spoken in Lahore are Urdu and Punjabi. According to the 1998 census, 94% of Lahore's population is Muslim, up from 60% in 1941. Other religions include Christians 5.80 as well as Ahmadi's at 0.20% and a small number of Baha'i's, Hindus, Parsis, and Sikhs. Due to the Lahore diverse culture, there are many mosques, shrines, synagogues, Hindu and Jain temples, Sikh Gurudwaras, and churches across the city.

Some of the well-known churches are there include, Regal Church, Hall Road Church, Convent of Jesus & Mary and Sacred Heart Cathedral.

4.6 Lahore as an Educational Hub

Lahore is known as Pakistan's educational capital, with more colleges and universities than any other city in Pakistan. Lahore is one of Pakistan's largest producers of professionals in the field of science, technology, IT, engineering, medicine, nuclear sciences, pharmacology, telecommunication, biotechnology and microelectronics and the only high tech centre of Pakistan. Punjab University is one of the largest centres of education in Asia. It has a splendid old campus in the old Lahore and built a new campus in the quieter environment on the Canal bank, but the old University building is still functioning, King Edward medical college is one of the country's largest and oldest medical institution, founded in 1870. The National College of Arts is one of the most prestigious art schools in the county.

4.7 Medical Facilities

The health facilities are much better in Lahore city than any other city of the province, several government hospitals as well as private hospitals are also there equipped with modern machines and qualified doctors providing best treatment not only to the inhabitants of Lahore but to all the people coming from other parts of Punjab and other provinces. A lot of people travel to Lahore for treatment from other cities and provinces. The city has state of the art hospitals such as Punjab Institution of Cardiology, Anmol hospital, Shaukat Khanum Memorial Cancer Hospital and Research Centre, Sir Ganga Ram Hospital, The Doctors Hospital, Sheikh Zayed, Hospital, Lahore, Sharif Medical Complex, Jinnah Hospital Lahore, Combined Military Hospital and Lahore Medical College and Institute of Dentistry.

4.8 Senior Citizens Foundations:

Lahore has one of the highest numbers of old age homes in the country. It is the city where one of the first old age homes was established. It is home to numerous government as well as private shelter homes. Many of them are free for the needy but some of them require special fee per month. Heaven old age Home, Dar-ul-Kifala Old People's Home, Kainat Parent Care & Old Age Home, Bait Ul Zaeef Old Age Home, Bilquis Edhi Home, Bint-e-Fatima old Home, Holistic Old age Home, Lahore Home Medical Services, Aafiat old age home, Happy Homes, Edhi Home, Bali Old Home for females, Dar-ul-Shafqat. For the purpose of this research I chose Aafiyat old age home and Happy Home old age home because I was much more familiar with the management and it was easier for me to get access even though the COVID cases were on the rise.

Figure 2 Entrance of Aafiat old age home

Figure 3 Aafiat old age home sign board

Figure 4 Happy Home Old Age Home entrance

CHAPTER 5   ECONOMIC ISSUES OF THE ELDERLY

5.1 The Economic Needs of the Old Age People

Every citizen does not get pension and every elderly person might not have a support system in place. What shall the elderly do in a state without social welfare? Although the government has introduced few initiatives like *panahgah* where food and shelter is provided but there is no stipend available to cater other needs of these poor souls. Following are some of the economic needs of the elderly.

5.1.1 Need for Money/Income

In the modern capitalist society one cannot survive without having a steady source of income especially in the old age when a person is no longer able to work effectively. One needs money to spend his or her old age with ease and tranquillity. An older person needs money to buy the bare necessities of life like food and clothing without either of which a person cannot survive. Moreover a person needs money to provide for their family. ―In today's world money is the main thing everyone is after. There is nothing a person can do to change that. It is the main factor in a person's life" said my respondent Mr Jamshed.

5.1.2 Need for Shelter

Humans have been creating different types of shelters for themselves throughout history. They have been using shelters to save themselves from the natural hazards and calamities. It is one of the most basic needs of humans. An older person needs to have a house of their own because in the older age they cannot work to pay the rent and the house also serves as a place where they can live together and spend quality time with their family. ―A person works all his life just so that he can earn enough to build his own house where his family can live with him when he gets old" shared Mr Ahmed Bashir.

5.1.3 Health Expenses

People in their older years require health-care facilities since their health deteriorates dramatically as they grow older. They require sufficient nutrition. They require financial assistance in order to achieve their goal. They want someone who can advise them on matters pertaining to their health and food. ―I cannot buy fruit everyday due to the fact that it is too expensive for me. I want to eat healthy and nutritious food but I cannot afford it" shared my respondent Mr Mushtaq Ahmed.

Older age also brings with it various types of ailments. Visits to the doctor become more frequent and so do the high amount of medical bills. Therefore the elderly need some source of government health plan or some steady source of income in their older age to pay the high medical bills. ―Everyone wants to get to quality medical treatment but only the rich can afford it" shared my respondent Mr Qazi Fayaz with a sad voice.

5.1.4 Money for Marriage of Children

The marriages of the children become a source of contention as people in our society get older. The weddings of the daughters were a major source of concern for their elderly respondents. It is mainly because the groom's family puts dowry demands on the bride's family. People in their older years require some type of savings plan or government fund to assist them in the marriages of their children. This fund or amount received would assist them in preparing dowries for their daughters. One of my respondents shared ―I cannot afford to make dowry for my daughter because I do not have the resources for it. I wish there was some sort of fund for the poor specifically so that we could marry off our daughters."

5.2 Economic Problems of Old Age Men

Issues arising from a scarcity of resources and an insatiable want for goods and services are referred to as "economic problems." Due to the fact that the vast majority of people have limited economic means and fall in a lower economic class, poverty is a significant issue in our country. People have been deprived of contemporary amenities in education, health, communication, and overall well-being for far too long. Such people are concerned about their financial well-being since they do not have sufficient economic resources to meet their basic needs and live in a manner comparable to their peers. They feel deprived of their rights in this age of competitiveness, and an inferiority complex takes hold of them as a result. Unemployment, underemployment, and underutilization of physical and mental energies in productive activities are all factors that contribute to economic problems. Illiteracy and a low level of education are also major contributors to economic problems, as is inheriting a lack of economic resources. Failure to utilise physical and mental energies in productive activities contributes to economic problems.

5.2.1 Minimal Income

Having low levels of income was one of the most significant issue confronting senior citizens. Because resources are scarce and their families are excessively large, they are unable to meet their families' basic necessities. Most of them do not have any kind of savings

towards the end of their lives, both for their own subsistence and for the expenditures of their families.

The reasons of this sort of problem were a disparity between economic resources and wants. First and foremost, several of the interviewees' families were big, with only one individual providing a source of income for the family. The shared family arrangement was another element. They had to pay for the needs of not only for themselves, but also for their children and sometimes even their grandchildren. They were unable to put money down for their retirement. Many of the respondents also believed that they had a solid business and that there was no need to expand it, but as time passed and inflation set in, they discovered that their judgement was erroneous, and their earnings from their business had become very low.

Ahmed Bashir was a 67 year old man who had a successful electronics business in Shah Alam Market Lahore but as he got older due to his failing health and no son to run his business after him he did not have any sort of backup plan ―I thought that I would sit at my shop and always have a steady income which would be enough for me and my wife but that was not the case and now I regret that I did not save anything and was very extravagant with my spending".

Illiteracy had a significant influence in obtaining high-paying employment since only those respondents who were well-educated or worked for the government were considered well-off. Apart from them, those in low-paying occupations were illiterate or under qualified.

The consequences of this dilemma in many families were that they were unable to offer happiness to their loved ones. They were unable to give proper education to their children, and as a result, their offspring encountered similar difficulties in their life.

Mushtaq Ahmed was a respondent who lives on Bedian Road and all his life worked as a fruit vendor. He said ―My children are uneducated and therefore do not have good jobs because I was not educated myself and so I did not understand the importance of education. I did not want them to study because I thought it was worthless but with time I came to realize that I made a huge mistake and that my children would never be able to earn good money and provide a good life for their children because they do not have proper education. Because of the fact that they couldn't afford to pay for a dowry for their daughters, several of them stayed unmarried.

Muhammad Noor Din works as a security guard at the National College of Business Administration and Economics Gulberg Campus. He faces many challenges when it comes to getting his daughter married due to the fact that he does not earn much. He said ―sometimes wish that I had a job where I had a higher pay so that I could get my daughter married without any hurdle. She has already been rejected 2 times because I could not meet the demands of dowry put forth by the family of the groom. It really breaks my heart as a father. I wish that I was rich". Many of the men who were interviewed were despondent as a result of their inability to provide comforts and luxuries of life to their families.

5.2.2 Pensions as an Income Source

Retirement brings with it tons of challenges. When a person retires, he is saddened by his inability to work. Many of the individuals I spoke with were on pensions, but the majority of them did not get any type of pension from their previous employer or were self-employed and thus had no pension plan.

"The decision to retire is influenced by many factors. Economics plays a Central role, both for its direct impact on perceptions about the feasibility of retirement and indirectly as a contributor to worker health and job satisfaction. Health is the second most important influence on retirement Decisions poor health, when it is combined with an adequate retirement income results in early or very early retirement. In contrast, poor income tends to delay retirement out of necessity." (Woodruff & Birren, 1975)

Retirement is an issue in old age since one can no longer work productively beyond a certain age. An elderly person faces the challenges of losing his physical prowess as well as his health, and as a consequence, he is set to quit, signifying that he is no longer capable of working. He relies heavily on his pension the majority of the time as he becomes unable to find new employment after he reaches pensionable age. The pension is insufficient to satisfy their own needs, thus they lead a dismal lifestyle most or all of the time. Even though the pension is a sizable sum, they still struggle to maintain the way of living they previously enjoyed.

The consequences of this dilemma were that these elderly men had been unable to provide happiness to their households, notably those men whose children were reliant on them, and that they were unable to find tranquillity in their life even as they became older. Due to a lack of resources, they were unable to provide proper dowry for their daughters.

Rafique Awan was a peon at Pakistan Railways and retired in 2018. He gets around 16000 rupees pension in which he has to pay for not him and his wife but also for his sons and their families as they are unemployed. He had only one daughter who was married last year. He told ―my daughter faced a lot of backlash because I could not provide her enough dowry. I spent whatever little savings I had on her wedding but still I felt very ashamed that I could not do enough for my daughter but what could I do? Whatever money I have is spent and I cannot save anything because I have so many mouths to feed."

All of these things made these elderly men feel really bad since they were unable to give a reasonable lifestyle for their families after retiring, as they had intended.

Manzoor Hussain is 67 years old. He retired from Military accounts department and now spends his entire time at home. He gets 90,000 rupees pension from the government. He tries to help his sons in running their businesses but they do not let him do anything so his main source of income is his pension. ―I feel useless lying around in the house all day because my sons would not let me do anything". Although his sons try to give him money and buy him new things but he never takes anything from them. He told ―I am the father so it should be my job to provide for my family and not the other way around especially when I am physically fit to work. Why should I take money from my sons? It does not feel right to me". He further shared ―Even though my sons are really supportive but i still want to provide for the family on my own. I feel like i cannot give my wife the same luxurious life as before when I used to work and this thing hurts me deeply. Sometimes I want to buy jewellery or expensive clothes and other gifts for my wife from my own pocket but cannot afford it because I cannot spend my limited pension on such luxuries".

Viewing this problem from the lens of ―Structured Dependency Theory" which argues that In order to comprehend the dependent position of groups such as the elderly, we must first comprehend the basically "socially manufactured" character of this status. I as a researcher came to see that in our country people are rendered unfit to work beyond a certain age and have to live on pension even though they can work. There is a stigma attached with them working beyond a certain age and they have to live off pension and in this way a social structure comes in play that leads them to believe that they are dependent on pension only.

5.2.3 Dependent on the Income of Others

In its truest sense, old age is a period of reliance. In their later years, people become physiologically, socially, and monetarily reliant on their families, primarily their sons. They seem incapable to support themselves and their families due to the physical inability to work or the fact that almost all employers hesitate to employ them since they are perceived to be old and weak.

During the fieldwork, the fundamental factors discovered were that ageing makes people reliant on others. They require physiological, social, and monetary aid. The main source of this issue is observed to be their loss of physical strength and retirement. Some of the elderly men depended on their son's earnings since they were no longer able to support their families financially due to failing health.

The consequences of this dilemma were that they were reliant on their son's earnings, which provided them with a limited amount of resources, prohibiting them from fulfilling their aspirations or, in some cases, necessities.

―My son does not let me keep any money for myself" told Malik Ahmed Yaseen who is 73 years old. He further added ―even if I want to give money to beggars I have to ask from my son which is something i do not like. If i want to give money to my grandchildren I would have to ask from my son and most of the time they refuse". Because of their economic dependency many of the respondents had lost the ability to make judgments. ―My sons remind me every other day that the business is in their name and they are the ones who have the decision making power even though I was the one who had started and run this business for many years" said Mr Yaseen when he was asked about the consequences of his dependency on his sons. Those that provide a stream of income for their family control almost all of the decisions. Mr Yaseen told ―I want my youngest daughter to complete her education but my sons fight with me on it and say that she is a woman and therefore she does not need education". He added ―They spend everything on their wives but do not spend it on their sisters' education. They are earning upwards of 300,000 rupees every month but still say that they do not have the money for their sisters' education".

Quite often the sons or daughters outright refused to take responsibility for their fathers and sent them to nursing facilities because they saw them as a burden.

Muhammad Usman is currently residing in Happy Home old age home. He is 71 years old. His son used to be really supportive of him but eventually his son felt like his father was a burden on him with all the medical bills racking up. ―My daughter in law took really good care of my at first especially when my son was around but then as time passed she stopped taking care of me and did not even care to give me food when my son was gone for his business trips" told Mr Usman with tears in his eyes. ―She was the one who gave my son the idea that I am a burden and I should be left in an old age home. So one day they just left me at the gates of this god forsaken place and never returned or called."

5.2.4 Insufficient Employment Opportunities

An issue that the elderly men whom I questioned encountered was a lack of employment possibilities, which was primarily attributable to their age. Because of the deteriorating health of the elderly, as well as their cognition and auditory capacity, work prospects diminish in old age. Professions such as milkman, watchman, hairdresser, and woodworker need outstanding health, which the elderly lack. Other occupations need education, which was a major problem for the majority of respondents.

These would be the causes discovered among old age males; they faced that problem either because of their inability to work in old age or because of their poor health. Some of them had previously been engaged in illegal activities or had been convicted of committing a felony. As a reaction, the society shut the doors for work at them.

―I was charged with theft multiple times" said Mr Waseem Zia who is 66 years old and sells corn on the side of the road. He further told ―I tried to find a decent job because I have parted ways with my old self but now whenever I try to find a decent job the employers turn me down because I am honest with them about my past so I have to sell corn and earn just 10,000 to 15,000 rupees".

Another factor is that there is just not enough employment for the elderly, and it's all due to their lack of education. One of the other chief factors of this dilemma was illiteracy.

Mr Ahmed Jabbar is 64 years old now and he sells toys on road side. he says that due to illiteracy he cannot find a good job ―If I had not skipped school and studied I might have got a good job but I cannot get even low paying jobs specially at this age due to the fact that I have got no education. By selling masks and toys on the road i just earn even less than 20,000 because of which face trouble making the ends meet". This is perhaps the most significant

factor leading to many other factors such as increased birth rates, high mortality rates, low socio-economic status, delinquency, and conservatism on a multitude of topics.

The consequences observed related to lack of job opportunities in elderly males were that they grew dependent on the income of their sons who took full advantage of their frailty or incapacity to work due to their failing health, and as a by-product of that issue, some of them lost their role as the decision maker in the family, moreover many of the participants said they had trouble managing the expenses because their children were not at an age where they could earn a living for themselves and were still studying.

―I cannot find a good job because wherever I apply I am turned down because they say I am too old. It is a huge burden on me knowing that I have to pay the university fee of my children because with a pension of 80,000 I have trouble saving money" explained Mr Arshad Niazi who is 67 years old and lives on pension. The people who were at high paying jobs did not want to work for less salary than what they used to earn as they thought their services were worth much more. They were not able to get jobs and as a result of this issue, their spouses and children were constantly upset with them because they could not enjoy the same life as before.

When one observes the issue of insufficient employment opportunities for the elderly in our society through the lens of ―Labelling Theory", which states that other groups give social status to either individuals or groups as a whole by successful application of negative labels to them in order to impose stigma or deviant status, one comes to understand that the older people in our society are labelled as ineffective and not able to work by others, in this case the younger generation and the society as a whole. The elderly are labelled either as weak people or as incompetent for hiring based on their past lives even if they have moved on from all the bad things that they did in their lives.

5.2.5 Health-Related Expenditures

Old age is a time when a person lacks strength and visits to the doctor's clinic become quite frequent; this is due to the loss of cognition, observing, and auditory abilities. The cost of health care escalates as individuals grow old. Many of the participants needed financial assistance to tackle these issues of health related expenditures, notably from an NGO or free health care camps at the shelter home where they resided.

The factors discovered among elderly males were a lack of medical facilities; for example, if individuals had been granted a medical allowance, they would not have encountered this difficulty.

Ismail Hassan is a 64 year old who currently lives in Garhi Shahu Lahore. He earns about 20,000 to 25,000 rupees per month. ―I am the only one who earns and there is nobody to look after me because I have no sons, my daughters are married and my wife passed away 4 years ago" told Mr Hassan. He further added ―Whatever amount i earn is spent on my medication. The government has badly failed its citizens. People cannot even get basic necessities like food and medicine. I can either choose to eat and pay rent or buy medicines for myself and live".

Where there was a joint family structure, the son had to support his family and his parents as well. He could not really spend much on his parents' health because of limited budget, and even if the son made a great deal of money, he didn't want to spend money on his parents on a few occasions. The elderly faced this issue due to a complete lack of resources. They spent everything they earned.

The impacts on old age males were that some of them had negative sentiments towards their offspring and resentment toward the state since they did not provide them with basic healthcare.

Tajjamal Dar is 72 years old and lives in Aafiyat old age home with his wife. He started to suffer from Glaucoma about 10 years ago due to which he could no longer run his business. It was not long before his savings dried up and he was forced to sell his house and business and move to old age home because he and his wife did not want to be a burden on their only daughter and son in law. ―The only way I can afford to get medicine now is through the free medical camps but those medicines are mostly near their expiry date and the system is not efficient at all. The government has completely failed its senior citizens. There is no special dispensaries for senior citizens through which we can go and respectfully take medicines from. We are humiliated in long queues at this old age. The separate lines for the elderly are a hoax. You go to the government hospitals and see for yourself. The line for the elderly is so long I mean who in this age can stand in it?"

In their old age some of the respondents did not focus their health. One such respondent was Mr Manzoor Hussain who is 67 years old does not take medicine and says ―Death will come

when Allah intends to. Why should I take these medicines full of chemicals? These just make the person sick. One should just exercise and pray 5 times because that is enough to make a person healthy" said Mr Hussain.

Table 3 List of most prominent reason as Economic challenge

Type of economic challenge faced by the participants	Number of participants
Low levels of income	10
Economic dependency on others	8
Pension as the only source of income	4
High health expenditure	5
Less employment opportunities	3
Total	**30**

CHAPTER 6   SOCIAL ISSUES OF THE ELDERLY

6.1 The Social Needs of Old Age People

The senior years are a time of reliance on others. Physical, social, and economic dependence are all possible forms of dependence. In their old age, people grow reliant on others for their well-being. Physical dependence becomes a burden on the children as a result of their parents' actions. As a result of this reliance, children's behaviour toward their elderly parents becomes increasingly disrespectful. Following are the social needs of the elderly identifies through this study.

6.1.1 Respectable Status in Society

In contemporary generation, the elderly are respected and revered. When it comes to the young, the elderly are a sign of knowledge and life experience. Nonetheless, as society evolves, the social standing of the elderly is also impacted to some extent. They are no longer regarded in the same way that they were previously. Media and modernity have played a role in this development. The economic standing of the elderly was a factor in determining their social position. If the elderly parents were financially reliant on their children, they would be more likely to accept their children's decisions and would be considered lower-status individuals in society. However, if they were able to provide for their family financially, they would be considered to be of decent standing. Respect for elderly parents is taught in our religion as well however we are deviating from Islamic teachings in this regard. One of my respondents shared ―Any human being alive just wants one thing and it is respect from others. If you do not have respect all your money would be of no use. A person works all his life just to earn respect from the people around him, especially his family".

6.1.2 Desire for Affection and Love

The old age is a time of grieving and isolation from others. The death of their spouses as well as the deaths of the family members and acquaintances creates a void in the lives of the elderly. It is possible to replace this need with the love and affection provided by one's family. The affection that children have for their elderly parents is a result of the difficulties they have faced throughout their lives. Older parents demand love and care from their offspring in their old age, but if they do not receive it, their lives become tough and their contribution to society is rendered ineffective. The children may help their elderly parents to

feel better by taking care of them, helping them realise that they are a blessing rather than a burden, and elevating their standing in society. Islam also instructs us to respect and cherish our ageing parents and grandparents. ―In old age I have become lonely. There is nothing more that I crave than love and affection from my spouse and children" shared one of my respondents.

6.1.3 Activities of Recreation

Recreational activities become increasingly important as people get older. People in their later years require leisure activities to keep them refreshed and to help them use their time in a meaningful way. Trips to relatives' homes and visits to friends' homes might be included in the list of recreational activities. Watching television, listening to the radio, and reading the newspaper, participation in social gatherings, and so on are all examples of passive recreational activities. ―I too want to go out and enjoy myself, to sit with my friends and have leisure time. People think that I'm old so I should be grumpy and not fun loving. Old people have a heart too" shared one of my respondent when I inquired about his leisure activities.

6.2 Social Problems of the Elderly Men

Before we undertake to enumerate the social problems confronting to old age people, it is better to define the term to remove any confusion. Fuller and Myers define social problem as: "A social problem starts with the awakening of people in a given locality, with the realization of certain cherished values that are threatened by the conditions which have become acute." (Fuller & Myers, 1941). Paul B. Horton and G.R. Leslie define social problem as: "A condition affecting a significant number of people in ways considered undesirable and about which it is felt that something can be done through collective social action." (Leslie & Horton, 1955). Lawrence K. Frank defines social problem as "Any difficulty or misbehaviour of a fairly large number of persons which we wish to remove or correct" (Frank, 1925). From above mentioned definitions, we can safely conclude that there are certain essentials of a social problem which are enumerated as: There are some threats to the welfare and the values of the people within a given locality under existing conditions. These threats or dangers might be clear or vague but they are present in the locality. There is a collective action to realize the solution in an organized manner by the individuals living in the locality. Only the existing adverse social conditions and situations do not constitute a social problem until their realization is created among people. There is consciousness among the people regarding the

conditions which are affecting the population adversely and majority of them are aware of the prevailing conditions.

These social problems include family problems, isolation, divorce and lack of social security etc. The social problems found in the locale were, family problems, decision making, marriage in old age and lack of social participation. Because of these problems old age people lived a miserable life. They needed social acceptance and social security.

6.2.1 Family Conflicts

The family is the sole institution in society that no one can survive without. Family is essential in many aspects of life. Family issues are the consequence of interpersonal disagreements yet, society may also be the source of these problems. The family feuds occur over concerns such as non-acceptance of old age people's advice and non-acceptance of change by the old age people. Another source of these issues is the joint family arrangement.

The observed factors for family disputes include economic reliance of the elderly men on their offspring and living in a joint household where everyone had their own way of life, taste, and attitude toward others. When there are so many people living together, they have disagreements over things like decision making and economic decisions.

―Me and my younger brother are not on talking terms even though we live in the same house" said Junaid Iqbal who is 63 years old and retired as a government officer when asked about the family disputes. He further continued ―Javaid (his younger brother) thinks that him and his wife should make all the decisions regarding the house like renovation or any other works and even want to take control over the lower portion of the house. His son always plays loud music and has his friends over late at night and creates a lot of disturbance but we cannot do anything but keep quiet because after all confronting them will only lead to more drama and I don't want that".

Because of media intrusion, families pay little attention to their elderly parents; the grandchildren do not sit and talk with their grandparents which results in a communication gap between the old and new generations, which generates family issues.

Muhammad Masood Farooqi is 71 years old and lives with his son and his family under one roof. All of his grandchildren are school going. ―They are busy with their gadgets all the time" said Mr. Farooqi when I inquired him regarding his relation with family. ―I want to

spend time with my grandchildren, read stories for them, take them to the park but how can I do this when they do not even have the time to sit with me? I confronted my son and daughter in law about this but they said that times have changed and I should be more understanding towards the fact that everyone has work to do. I have to specially call my grandchildren to my room after a few days just to see their faces".

Irfan Hussain is a 62 years old man. He is the youngest of three brothers and lives in a joint family system. He took a huge sum of money from his brothers to start the business but could not pay the loan back because his shop caught fire. He again sought monetary help from his brothers and they helped them. After some time when his daughters were in school his brothers asked to give his daughters hand in marriage. ―How could I marry them off at that time? They were just little girls aged 15 and 17 and that time and my nephews were 27 and 29 at that time. They (his brothers) ordered me to either pay them back face the music. But I stood up for myself. Though there were legal battles involved and I had to spend some jail time but I never let my daughters become the scapegoat."

As a result of all these issues, families get separated into tiny groups. Their sentiments of love and affection for one another fades. Some children separated from their parents because they saw their elderly parents as a burden on them. In society, it has the consequence of depriving the next generation of knowledge of their predecessors.

6.2.2 Less Decision Making Power

The ability to make decisions is a result of life experiences. People in their older years have the right to make decisions for their grandchildren. This status was bestowed to the elderly who engaged in economic activities. The media had a detrimental impact on the life of the younger generation; they paid little regard to their elderly parents' sayings. They disregarded their elderly parents' decisions. They consider themselves to be the most informed members of society, and their elderly parents to be the keepers of obsolete ancient wisdom.

The reasons that contributed to the cause of this situation were the elderly people's economic reliance on their offspring. They were unable to support themselves due of their bad health. They couldn't meddle in home issues or make decisions because they didn't have a source of money. The decision-making authority was in the hands of those who were financially supporting the family. The second element to blame for this situation was the remarriage of

the elderly males. Old men who have married in the later stage of life are likely to be denied the position of respect in the society.

Munir Awan is 60 years old. He has a family of 6 children and a wife. His first wife passed away while giving birth to their youngest child. His children were young at that time so naturally he needed a wife and a mother for his children therefore he remarried. He told ―Even though all my friends and family advised me against it but still I went ahead and got married because I wanted what I thought was best for my children. I mean I could certainly not raise 6 children on my own". His second wife left him at the age of 46 because of some family disputes. He remarried a year later. This was the cause of resentment among him and his children. His children thought of him to be too old to get married for the third time. He shared ―I remarried because I was afraid of being lonely in the old age. I was horrified by the thought of not being able to share my feelings with someone. But just because I remarried, my children see me as some kind of old pervert. I know they do not say it to my face but after all I am there father so I can sense it. My children think it is something bad because of the society but it is my religious right". Nowadays he is dependent upon his sons as he cannot work much due to his eye sight problem. When asked about the decision making in the family Mr Awan told ―My sons take me for granted because i married again and due to this issue i have lost all my respect and decision-making powers in the house. My children think that my verdict on anything is unimportant and useless and I am of old generation so they do not like me to interfere in the family issues."

The repercussions of this dilemma on the elderly respondents were that the problem created a sense of being a useless member of society who had no right to pass on their experiences to their children. The elderly whom I interviewed felt that their children are robbing their third generation of the cultural values and customs of their forefathers.

Viewing this issue from the perception of ―Labelling Theory" which dives into how people put different labels, which are mostly negative, and how it affects the people on whom the labels are being put and people get their sense of identity from the labels that are put on them, we come to see that it is the society that puts the negative labels of like being old or being useless because of old age because of which people also start to give less value to whatever the elderly say and do not let them make decisions because of all the negative labels put on them because of their age.

6.2.3 Inadequate Social Participation

The term "old age" refers to the age at which a person becomes disabled. This disability may be physical or mental in origin. Because of this issue, they are unable to participate in social activities. This problem leads to additional issues such as isolation and a lack of communication.

This difficulty was caused by old age infirmity and the character of old age individuals. The media has likewise curtailed their operations. Most people become physically disabled as they age, making it impossible for them to move. They make every effort to budge but they cannot do so due to their failing health. It has been observed that they lack social involvement as a result of their disagreements with their family.

Naseem Ibrahim is 64 years old. He has 7 children and a wife who live with him under the same roof. He told his story of not being able to participate in social situation as ─┤ suffer from severe spine related issues and I have had 4 surgeries as a cause of which I am unable to walk properly. I even need someone to assist me to just get up and go to the washroom. As a result of my ailment i cannot play with my own grandchildren, sit with them or even participate in any family events. I had great difficulty to even sit through my own children's weddings. Because of the fact that I am unable to play, go out or even sit with all of my grandchildren they are not that close with me and they see me as just some old sick man who is a burden on their parents. The lack of participation in family or other social gathering like weddings or funerals have caused a gap between me and my relatives and friends who think that my situation is not as bad as I show it because i just want an excuse to not meet them or join them in their happy or sad times. All of this deeply saddens me".

As a result of such issue, there is now a generational gap between two generations. The elderly feel alone, and a communication gap develops between the old and young generations. Young children are robbed of their elders' attendance in social events, as well as of their knowledge, customs, and traditions.

6.2.4 Solitude

Old age is the age of reliance, which might be physical or psychological, as well as economic and social. However, at that point in life, people become isolated due to the loss of relatives and spouses, and this situation exacerbates the sense of melancholy.

Many of the elderly men I interviewed were bereft and lonely. People became alone in old age as a result of the loss of loved ones or because they have been abandoned by others. People keep their distance from the elderly in this stage of life. It is due to the inflexible character and sometimes violent behaviour of the elderly. People in their older years often feel alone as a result of these factors. No one entertained them, and they were left alone by others.

They were saddened by the attitude of others toward them. They yearned for an end. They required the company of others, which was not present. They were depressed and had a gloomy mood. Some of them were always engrossed with their history. They saw themselves as a worthless member of society.

Muhammad Saleem is a 73 years old man. He is a retired teacher. He has a family of 4 children and a wife. Two of the daughters went abroad after getting married. One of his sons is living with him and the other one is living in the Karachi. He described his feelings of isolation in the following words ―My wife is the only companion with whom i can share my feelings. All of my friends have left me either because of their death or because of their migration to other cities. I have only one child living with me, my son Saad, but even he does not give me proper time every day to share how I feel on the inside. After coming from work usually Saad spends time with his wife and his children. My grandchildren even do not take out time to sit and talk with me for a while because they say that they are too busy with their studies. How much can I talk with my wife? I sometimes feel that even she gets annoyed because I want her to talk to me and share things with her. My wife most of the time either remains busy in offering prayers or watching dramas on T.V. I feel really isolated because of all this and just wait for occasions like Eid or some relative to get married so that i can spend some time with my children and other family members‖.

Observing the problem of loneliness from the angle of ―Modernization Theory‖ which states that As society transitions from an agrarian to an industrialised state, the status of older people starts to deteriorate as urbanisation and industrialization converge to erode the extended family and substitute it with the nuclear family as the fundamental unit of society, isolating elderly people from both society and family, we can see that most of the elderly in our society feel lonely because of the fact that their families cannot find time to sit with them because of their jobs or they are too busy with their modern gadgets.

6.2.5 Marriages in Old Age

Old age is the age at which people wish to marry their offspring and in our culture, an old man's marriage is not acceptable and is seen as a taboo. They face additional difficulties as a result of their second marriage. This issue creates family strife and has an influence on their economic and social lives.

The origins of this difficulty were that they were unable to marry in their teens due to other obligations. They had grown old by the time they could get married. Some of them remarried after the death of their first wife or for other reasons. Marriage in old age is not acceptable in our society since people think that every event has a time limit and we should not exceed that limit. However, someone should be available to be a companion in old age and this taboo should be broken as it is a religious right of every Muslim.

Sheikh Naseer Ahmed is a retired professor. All his life was spent struggling financially. He was born into a wealthy family. His mother was the second wife of his father. They all lived in separate houses near to each other and would frequently visit one another but when his father died his stepmother forged all the documents and took everything from them. He did petty jobs for a while to continue his education. Eventually he got his Master's degree and started working as a teacher. He later worked for a few years in Atchison College and later left that job to teach at Garrison College Lahore. When I inquired him about why did he not marry he commented ─I wanted to get married at an early age but due to my financial instability i could not get married because of the fact that i had to support my mother and all my other siblings as i was the eldest. After i established myself in life i felt like i was too old to get married as usually people in Pakistan get married in their twenties or early thirties at most. I felt that the society would not accept me and think really bad about me as a person if i got married at an older age. Moreover the fear of being ridiculed by my peers also was a major factor behind me not getting married".

As a result of such difficulty, the elderly who did get married lost their relationships with others. They lost their friends as well as their social standing in society. They had been opposed by their families in some cases and had lost financial assistance later in life which in Pakistani society comes mostly from one's own children.

Table 4 List of social issues faced by the respondents

Type of social issues	Number of participants
Disputes within family	7
Decision making	5
Lack of social participation	5
Isolation	10
Marriages in old age	3
Total	**30**

Chapter 7   PSYCHOLOGICAL AND HEALTH ISSUES OF ELDERLY

7.1 Psychological Issues

Older people are more likely than younger people to experience mental health problems. These challenges might include loneliness, depression and anxiety disorders, dementia and psychosis, among other things. As a result of physical diseases or other socio-economic stressors, a large number of older people might experience sleep and behavioural issues, cognitive deterioration, or episodes of disorientation.

The elderly whom I interviewed were facing various types of psychological issues. Most prominent issues that were highlighted during my field work are listed in this chapter.

7.1.1 Feelings of Discomfort

As a result of psychological pressures and mental stressors, discomfort is described as the absence of comfort in one's life. This variable had a significant impact on the majority of senior respondents. Remembering good memories that older individuals experienced in the past might help to alleviate this feeling of discomfort. A large number of respondents said that they work or reside in an unfavourable setting with minimal room available for them to move about in. ―I feel uncomfortable when I sit around idle in the house. I want to go out and do some work because I have worked all my life. I feel uneasy staying in the house all day" shared one of my respondents.

7.1.2 Depression

Depression is characterised by cerebral discomfort, restlessness, dread of being neglected by others, and a poor mental state in general. It is caused by a variety of factors, including poverty, unemployment, and prejudice. The majority of elderly individuals were victims of this aspect since they did not have a caregiver to look after them.

One of my respondents Mr Shehzad Butt who is 67 years old and lives in old age home told me "I am not unhappy due of my bad financial situation I don't care about that. I have a communication gap with my children, which causes me to be depressed. They are abroad and rarely talk to me".

The majority of these elderly in whom I discovered a depression component stated that they were ignored by their offspring, which caused them to feel melancholy. The remaining few stated that social conditions and poverty are the primary factors contributing to the rising rate of unhappiness among those elderly men. As I considered those families whose kinship links are damaged by a lack of communication, I found that those are the families with a high rate of neediness and had a high incidence of discouragement over everything.

7.1.3 Feelings of Loneliness

Loneliness is a mental state characterised by a lack of social interaction. A person will not be able to spend his life happily if he feels lonely and restricted. A substantial proportion of respondents stated that they used to work with the final aim of avoiding depression in mind. They need to be sociable and have a group of people around them with whom they can communicate, try to solve each other's problems, and offer solutions and creative ideas to their problems. Loneliness encourages the elderly to seek social attention. Aged men felt lonely for a variety of reasons, one of which is that the people who are most closely related to them are no longer alive, or else they are hopeless regarding life in general. Many elderly men had lost their life companions. They had lost their life partner with whom they had shared their good and bad experiences in life. According to them, their life partner was the tree that provided shade for the entire family. They were saddened by the death of their life partner, and they felt lonely and detached in the presence of everyone else.

Loneliness promotes depression, which can sometimes even lead to suicide. Depression also causes social distance, in which one perceives the world differently and behaves strangely. Old peoples mentally stressed leads to significant health problems. It is one of the leading causes of hypertension and sadness in the elderly. Depression among elderly people is also on the rise as a result of a communication gap between them and their offspring. They continue to support their children throughout their lives but they also require attention from their children. Nonetheless, their children do not give them a solitary look and continue on with their daily lives.

According to one of my respondents Mr Zulfiqar Ali who is 68 years old and sells masks and toys on road side shared his story saying "I am out here selling masks at 10.30 PM in winters because I feel lonely, I have no one to go home to because my wife left me for another man and my only son passed away at the age of 6. I am all alone in this world."

7.1.4 Feelings of Anxiety

Anxiety occurs when the elderly see themselves as a useless member of society. It refers to a breakdown in the physical and emotional well-being of the aged people. It is also caused by feelings of dread, restlessness, muscle tightness, and weakness. The majority of the elderly men I spoke with claimed they had been impacted by anxiety, and that their anxiety was rising with time. Some men who used to work were anxious because they feared rejection in front of their children because their children might not take care of them anymore because they would no longer be earning any money whereas other respondents were anxious because they had lost their spouses or feared losing their companion.

Anxiety is a multistate framework that develops as a result of many biochemical changes in the body as a result of a variety of physical changes caused by external pressure. It can cause a variety of changes in an individual's life, ranging from a change in sleeping pattern to an increase in hypertension. Social anxiety is quite frequent amongst aged males. They are unable to communicate with outsiders because society has stigmatized their identity to such an extent that they lack the courage to speak up in front of others about how they really feel on the inside. Intergroup relationships and societal factors cause tension and anxiety among many aged men.

One of my respondents Mr Bashir Ahmed told ―I feel severely anxious sometimes. I cannot sometimes control myself. I do not want to tell me children about it because I fear that they will think of me as a mad man who should be put in a hospital".

7.1.5 Feelings of Hopelessness

Aged people are at a point in their lives when they want to give up on almost everything. A number of the factors contributed to an increase in despair among elderly men. Some of the most prevalent causes of despair were that many respondents reported that they felt hopeless because of the fact that they are so close to death and they have still not achieved so many goals that they aimed for. One respondent reported ―I have become hopeless now that I will achieve everything that I wanted to. I will never be where I always wanted to be because now I am old and therefore due to my age I cannot do anything."

A person feels hopeless when he or she feels that they cannot meet their expenditures. The same feeling of helplessness was reported by many of the respondents. They told that their expenditures exceed their incomes and so they feel hopeless because they cannot provide

good lifestyle for their families. One of the respondents shared ―I feel very hopeless when I think about my future because most of the time my expenses exceed my income and I don't know for how long I can make the end meet like this".

Hopelessness can lead to depression and unhappiness in the longer run. One respondent shared ―My whole life has been so full of ups and downs that I now have lost all hope that my life will get any better."

Many respondents thought that they will never will able to compete with young people either in workplace or in life because the world around them is changing so rapidly. One of my respondents shared ―I have no hope of finding a new job because I cannot compete with these young kids who are much sharper and intelligent than me. I feel like I have lost all hope and faith".

The factor of hopelessness was reported equally in one form or another by all the respondents irrespective of social or financial background. One respondent Mr Ahmed Jabbar said ―I cannot help but feel helpless. No matter what I do where I go I feel helpless in each and every way. I sometimes think of killing myself all because of this helplessness because I see it as the only way out of this."

7.1.6 Tension and Burdens of Life

Many of the elderly men work for themselves as well as their families. There were many people in their house who relied on them for food, shelter, and protection. Each of these responsibilities rests on their frail shoulders, and they have made a commendable effort to go forward at this era of their lives.

―Why do they still love their children even if they know they are to blame for their current state of vulnerability?" I questioned, but they gave me a cold response. Most of them said that ―What else can we do? They are my children. We cannot just leave them. You are no one to judge my children".

The majority of the males thought it was their religious responsibility to care for their children. Even after all the trouble their children had given them in their lives, the majority of my respondents still maintained a soft spot in their hearts for them.

One of my responders, who did not want his name to be used, was living in an old age home after his son abandoned him; he told me, "I have nothing against my son." He is my blood,

how can I be hateful to him? " On the other hand, many others had the exact opposite opinion. One such person was Mr Jamshed Ahmed who is 63 years old and lives at an old age home. He said ─I wish I never had brought a son into this world. After all the years that I raised him, after all the money I spent on him he just threw me here in this dumpster. I hope his children do the same to him. I hope that his wife because of whom he kicked me out of the house dies".

Tension rises as they recall their previous affluence and successes, continually reminding themselves that if they had done better planning, they would still have all the money. They must also confront the hard fact that they can no longer make the same decisions in life that they used to. When we look at the situation as a whole, we see that the elderly feel just as stressed and burdened when they don't interact with society in the same manner that they used to.

7.1.7 Feelings of Misery

Another psychological issue aged people have is feeling miserable about themselves. Following are the major or frequently reported reasons that make elderly feel miserable:

Financial inferiority and feeling of being incapable of meeting the financial needs make elderly miserable. One of the respondent stated that ─I feel miserable because of my poverty. I feel like this because I cannot provide a good life to my family."

Thinking about death makes the elderly uncomfortable and miserable. One of the respondents was concerned that he was not able to perform *Hajj* or Muslim Pilgrimage of Makkah, and his death is approaching. He was worried to pass away without performing the ritual of pilgrimage.

Many of the respondents shared that they don't have the capacity to work or they can no longer work because no one will hire them due to their age and as a result they told that they felt miserable. One of the respondents told ─I feel sad and miserable because I can no longer provide the same lifestyle that I was one able to provide for my family."

With old age comes physical weakness and the inability to do tasks that are physically demanding and due to this many respondents were confined to their homes and could not go out much or help in the house chores even if they wanted to do so because their family members stopped them. One of the respondents told ─My family does not let me go out alone

for a walk or even to the nearby shop alone. I am confined to my home only and when I go out I have someone to accompany me. I just want to have some time alone for myself to go to the park to sit there in the morning all by myself but no one lets me do so and therefore I feel really miserable all the time."

7.1.8 Psychological Sensitivity

In this stage of life, elderly people become more sensitive for a variety of reasons, including their desires and expectations from children and relatives. Because of their seclusion, they remain separated and have a limited social circle. Because of less collaboration with individuals and being neglected by the younger generation, they believe that their comments do not count as much as they used to or that they have lost authority in family decision-making. When a person reaches a certain age, his or her behaviour changes and they begin to act like toddlers. Sensitivity occurs, and the elderly get dissatisfied with little nuances, becoming angry or sad over seemingly unimportant matters. This is not an unusual occurrence; it is the life cycle, and each individual is fighting for his or her existence, but in the end, the fact is that nothing is left in his grip.

One of my respondents Irfan Ullah Khan told me ―My children probably think that I am some crazy old man but the thing is that I sometimes get angry because I am afraid of getting old. Sometimes my blood pressure and sugar shoots up so I just behave like a child. I am aware of that but I cannot seem to control it".

7.1.9 Insomnia and Loss of Appetite

Sleep deprivation is a disease that occurs as a result of mental strain and tension, and it causes significant annoyance to the elderly. Every night, older individuals require seven to nine hours of sleep. It's a common misconception that as we become older, we get less sleep. Traumatic circumstances and other sleep issues can also cause a sleeping problem. Less appetite occurs when an individual's urge to eat is reduced, and it is also referred to as loss of appetite. This can occur as a consequence of mental stresses, but it can also occur as a result of physical concerns.

Mr Zulfiqar Ali who sells masks and toys told me ―I have trouble sleeping at night because I am away from my family. I do not want to eat anything too. I have lost my appetite."

Another one of my respondents who wished that his identity remains concealed told ―I cannot sleep at night. I have nightmares. Ever since my son left me at this old age home I have an

issue with sleeping. I also have lost my appetite. I don't feel hungry anymore. How can I eat when my family is not with me?"

Issues such as sleeplessness and loss of appetite can afflict elderly people in their later years, and they can all be addressed with compassion and attention. Love and attention are the primary factors that can have a significant influence on elderly people's overall personal fulfilment.

7.2 Health Issues of Aged Men

Old age is the period of life when a person's body becomes weak and he becomes susceptible to ailments. These ailments might be hereditary or due to old age. Following were the most common health related issues or challenges that were faced by the elderly people whom I had interviewed.

7.2.1 Diseases

In old age, the person who was thought to be the healthiest in his past loses his health. This is considered as an age when many of the elderly rely more on religion for physical activity, such as offering namaz, rather than performing physical activities such as walking. Many of the respondents desired to continue working because they want to make their own living and not rely on others. They are responsible for their family and do not want to be idle in their old age, so they continue to work hard, putting a load on both their physical and mental health. Among the elderly persons I interviewed, there were a number of prevalent illnesses. These were:

1. Diabetes.
2. Heart problems.
3. Hearing problem.
4. Orthopaedic Issues.
5. Illnesses related to muscles.
6. Blood pressure.
7. Partial paralysis.
8. Nutritional deficiency.
9. Weak eye sight.

Diabetes and blood pressure were the most common illnesses among the elderly men I interviewed. Because of the stress that the respondents faced throughout life or due to the

genetics they acquired these diseases. Diabetes and blood pressure related issues led the elderly whom I interviewed to other various ailments.

I interviewed Mr Maqsood Khalid who was paralysed in a vehicle accident and is now sells vegetables and fruits who shared "I am incapacitated by my left hand and selling vegetables and fruits is the only source of income left for me in light of the fact that I am not able to do much physical work like other people so no one would hire me."

Various respondents reported cardiac problems as a result of stress, sadness, and disappointment in general. While the rest of them are diabetics, the majority of them inherited the disease but some reported that they had diabetes because of all the stress that they have gone through in life.

7.2.2 Unaffordability of Medicine

Today because of the progression in science, effect of modernization and new advances things get to be expensive like in the field of medicine. Expenses of prescription medicine are continuously increasing and particularly the old people are bearing that and their treatment is getting expensive day by day. Many of the elderly men I interviewed said that they should be treated with respect and they should be provided with the best medical facilities available at a very low cost or no cost.

My respondent Qazi Fayaz who lives at Aafiat old age home expressed ―My major expense here is the medicine. The free camps that are set up here do not have all the medicines available. I am a heart patient and I certainly cannot afford all my medicine on my own so I have to beg the caretaker over here to give me some additional money every month so that I can buy medicine every month".

When one views the issue of unaffordability of medicine through the lens of ―Modernization Theory" which looks into how changing times have changed lives for people and especially the elderly, one can see that due to modernization in production methods and capitalism there is a huge profit margin in the medicine and the elderly who cannot earn for themselves have to buy expensive medicine.

7.2.3 No Health Insurance

Health insurance refers to medical services and free medications provided by the government or a commercial insurance company. The elderly may simply be treated and acquire medicine

with the aid of health insurance. Health insurance is the main and most important item that helps older people feel at ease, since health care is one of their major costs. One of the most demanding aspects of health insurance was that some elderly men stated that if they could not provide us with health insurance, they should provide us with more discounts on medications and check-ups. Many older people die every day as a result of being unable to pay their medical costs. Many of the low-income respondents were unable to cover all of their medical bills because they did not have a well-paying job or any other sources of money. If they did have any other sources of income, it was insufficient to cover all of their medical expenses most of the time.

On this issue my respondent Mr Mushtaq Ahmed expressed his views in the following words ―I think every senior citizen wants at least some sort of discount on medicines but there is no policy of health insurance in our country and sometimes children don't want to spend money on the old parents because they think it is the wastage of time. Many old people including myself suffer a lot because of this".

Table 5 List of respondents and type of ailment

Type of Ailment	Number of respondents
Respondents suffering from medical issues	28
Respondents suffering from psychological issues	11

Chapter 8   Summary and Conclusion

8.1 Summary

Social gerontology is a branch of gerontology that studies the ageing process in social settings. It is primarily focused with the social elements of ageing rather than the biological components of the process. Social gerontologists are interested in how biological processes impact the social circumstances of ageing. The ageing of society is one of the most significant societal developments of the twenty-first century. Major political, social, and economic institutions as well as the structure of individual and familial connections are all influenced by this phenomenon. The key themes include how population ageing affects retirement patterns, economic security, health care, and politics, and how these changes, in turn, alter the policy options accessible to policymakers and the general public.

A person's "age" refers to the amount of time that has elapsed since his or her conception, as well as the consequences or patterns that have contributed to the development of the era during which they were born. People who were born at the same time or around the same time as one another are referred to as cohorts. Individuals must always be put in historical context, and the interpersonal influence of historical conditions on those individuals must always be considered when placing individuals in historical context.

If negative stereotypes about the elderly are based on reality, negative stereotypes about the elderly held by younger age groups (such as the notion that the elderly are significantly less active, healthy and intellectual than younger age groups) contribute directly to their decline in social status. One of the most crucial considerations in this regard may be the fact that the elderly are more susceptible to death than their younger counterparts. Age grading results in the formation of age-based social hierarchies because of its effect on age status destinations, which has implications for money, status, and power distribution. Age grading also results in the formation of age-based social hierarchies because of its effect on age status destinations.

Growing older is a biological, psychological, and social process that occurs throughout time. Furthermore, it is critical to recognise the distinction between the impacts of illness that are associated with growing age and the natural ageing process that all comparably older people will experience over time.

The importance of family and the bond between a husband and wife in the lives of the elderly cannot be overstated. Any member of the family who passes away will put a strain on the remainder of the family's relationships. Death or the migration of family and friends to another area are both examples of situations in which this loss occurs. This illness is responsible for the inability of the elderly to function.

When people reach retirement age, they often face financial challenges. Workers in small businesses who worked for themselves were able to choose when and where they wished to retire, and they may move to part-time employment before fully retiring from their positions.

Isolation is a major source of anxiety for the older population. Those with a long history of social ties may have a problem, while those who have lived their life alone will not have a problem with this. A person's past life pattern, rather than his or her age, is a stronger predictor of the deprivation that a given set of circumstances would bring about in later life.

Old individuals have been mostly associated with people of low status who have fewer economic resources, are dependent on others, and have a negative self-image.

Elderly people are putting more money into their health. Because of their bad health, they need money for their medical treatments. People are more likely to be admitted to hospital for lengthier periods in their senior years.

Parents get sad as they age and retire from work and get less important in the lives of their children. It might be because of functional deficiencies or the loss of friends or other reasons. On the other side, the son or daughter helps their parents. In our culture, however, the support of parents depends on their financial means.

When a person is older, he or she depends more on others for things like food, bathroom and movement. This is a kind of reverse role in which parents take care of children when they are young, but when they are older they become like children and need help in all parts of their lives.

There can be certain socio-economic needs of the elderly. Some of the main social needs can be having a respectable status in the society, having somebody to love them and show affection and having some sort of recreational activities. Their monetary needs include having some kind of inflow of money and having their medical bills paid.

The major economic issues that were highlighted which were being faced by the elderly men were low income, not having a steady source of pension, many of the elderly were dependent upon the income of others and there were very few job opportunities as many employers did not want to hire aged people as they thought that they were not physically or mentally much capable to do the job that was required. Another economic problem that many respondents faced was that they could not afford to get proper medical treatments because they could not afford it.

The major social issues that were highlighted during this research were that they had disputes within the family. They had faced challenges when it came to making decisions in the house due to their old age because most of the time their families saw them as old fashioned and not aligned with the times. The elderly that I interviewed also told that they lacked social participation which was a direct result of their failing health. Moreover, almost all of the respondents said that they felt isolated because most people around them did not want to interact with them and so they reported that they felt lonely and isolated from others. Various respondents also reported that they could not get married because the society would look down upon them and shame them for getting married at an old age.

This study also explored the different kinds of health issues that the elderly were facing and the ways through which they were coping with these health issues. The common psychological issues that the respondents were facing were feelings of discomfort and depression as a result of the on-going things in their surroundings. Many of the elderly also said that they felt lonely and hopeless when they thought about life as a whole. Feeling anxious and insomniac was also reported by many of the respondents. They also told that they also felt miserable and said that they had become highly sensitive. Other major issues that they faced with regards to their health were that they could not afford to get their proper health treatment because the treatment and the medicine were too costly neither they could afford to get health insurance.

8.2 Conclusion

It is the duty of the government to provide its citizens with every necessary requirement of life that they need in order to live a good life. But sadly, this was not the case because the government has not paid any special attention towards the betterment of life quality for the senior citizens. In my opinion the elderly should get a monthly allowance from the government and all the aged people who cannot afford to get medical treatment should be

given medical allowance by the government so that they can afford the medical treatment and not have to look up to anyone for monetary assistance. Furthermore the cities should be designed in such a way that it would be more accessible for the elderly.

The government should pay special attention towards the education sector and teach the students the importance of elderly so that when they grow old they do not treat their elders badly or leave them to die at an old age home. Moreover the government should allot special funds in the yearly budget for the shelter homes to improve the living condition of the elderly who reside in these shelter homes.

There is an urgent need for more and more research on the topic of gerontology especially in regards to men because there is not much research being done on the issues regarding men, especially elderly men in our society. The government should fund more research on this topic so that more and more issues of the elderly can be highlighted and understood.

The medical and social NGO's that are working for the betterment of the elderly must be supported by the government. There should be proper awareness campaigns through print or electronic media to educate people about the elderly so they can better understand the needs and problems of the elderly.

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Questionnaire

What is your name, your birth place and age?

How many siblings do you have and what sort of relation do you have with them?

What was your relation like with your parents?

Where do you belong to?

Did you go to school?

If so, tell me something about your school days. Where did you go to school and how was the overall environment there?

What did you want to be when you grew up?

Did you ever failed in any subject? Did you get scolded or did your parents beat you?

Were you mischievous? Tell me something about that time.

Which games were your favourite and who did you play those games with?

Tell me something about your childhood friends. Where are they now? Do you still meet them?

Tell me something about your college days.

What about your youth days? Can you share some memories?

What were your hobbies back then?

Do you exercise regularly?

Do you go out for any leisure activity?

What your favourite way to pass time?

How do you spend your time these days?

What are your religious and political views? How do you view the on-going things in the country?

Do you regularly pray namaz? Do you go to masjid? Do you face any difficulty in that?

Did you ever fall in love?

Who did you fall in love with?

Tell me about your family. How did you meet your wife?

Tell me something about your wedding. You remember anything funny in particular?

Did you live in a joint family or separately?

How many children do you have and what do they do now?

Were you a strict parent or a lenient one?

How many grandchildren do you have?

Are there any problems that you face from the society or the people around you?

How many people earn in your family?

What occupations did you have over the course of your life?

Do you have any sort of pension or savings from the business?

What is your source of income now?

How do you manage all the expenses?

Do you have any monetary backup?

Do your children give you any money?

How did your children react when you ask them for money when needed?

What illnesses do you have? How do you cope with them?

Is there any ailment that you hide? And if so why?

Do you take your medicine on time or not?

How do you socialize nowadays? If so, how?

Do you have any fears in life? If so what?

Do you have any trouble sleeping?

Do you suffer from memory issues?

Who makes all the decision in the house?

Do you feel like you have lost interest in things or life in general?

What are the on-going tensions in your life?