

E-ISSN: 2709-9369  
P-ISSN: 2709-9350  
[www.multisubjectjournal.com](http://www.multisubjectjournal.com)  
IJMT 2021; 3(2): 34-37  
Received: 04-05-2021  
Accepted: 27-06-2021

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## **Socio-economic and health status of elderly rural women in Guntur district of Andhra Pradesh**

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### **Abstract**

The present study was conducted on socio-economic and health status of elderly rural women in Guntur district of Andhra Pradesh. The sample size was 50. Descriptive research design was adopted utilizing both primary and secondary data. A statistical tool like simple percentage was applied to test the field data. The implications of the findings and the importance of the study are discussed.

**Keywords:** elderly rural women, chronic health problems, Guntur district

### **Introduction**

Ageing is natural and inevitable consequence of human life. Once born there is no scope for human life. There should be and once born there is no scope for human from old age. Old age brings both physical ailments and social problems. Major social problem of the old age people is their adjustments to their surroundings social world in general and their immediate families in particular. In India rural society characterized by traditional systems like caste, family, kinship keep caste and joint family systems and kinship encourage living together in neighbor.

The women who are above 60 years age are considered as elderly women. The government planned the programmers' for the arise of aged people as they are important part of the society. Ageing is a biological process and not a disease or a curse and during this biological process significant changes occur in human body. However ageing is inevitable, irreversible and progressive. Prevention of disability and loneliness can help elderly to a happy and long life.

The implication of ageing population is to earmark a lot of budget to deal with their needs and problems. It also adds on to the dependent population in India. Population aging is the most significant result of demographic transition. Population ageing is transforming the world in dramatic and fundamental ways. The age distributions of population have changed and will continue to change radically, due to long term decline in fertility rates and improvement in mortality rates.

### **Significant of the study**

The elderly rural women are proud and precious asset to our country, but not a burden. They are the producers of offspring. Elders often silent in their day to day suffering and incapability because they may be physically and mentally family and society elder people. The elderly people understand the inner meaning of life, and they have perception and judgment of human behavior and inter personal relationship. They are the builders of human beings. So, we should follow them in this vast world.

### **Who is aged?**

Age means a person who has completed his 59 years is called aged person or older person. In India 60 above person is called as aged. Whereas developed countries it is 65 years. Ageing is unequivocally a universal and irreversible process. This process varies considerable within and between cultures. Getting old is the result of the interplay of biological, social, psychological and ecological factors; old age is the last phase of the human life cycle. The timing of this phase, its impact on role of relationship is the meaning towards attachments to the society. In this process of ageing, the last phase is considered as decline and death and in this phase majority of the aged face economic, social psychological, health problems with of course varies from individual to individual.

### **Global ageing scenario**

Population ageing is the most significant emerging demographic phenomenon in the world

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today. In 1950, the world population aged 60 years and above was 205 million (8.2 per cent of the population) which increased to 606 million (10 per cent of the population) in 2011. By 2050, the proportion of older persons 60 years and above is projected to rise to 21.1 percent, which will be two billion in number. Asia has the largest of world's elderly (53 per cent) followed by Europe (25 percent). This pressure of increasing number of elderly will intensify in the next 50 years.

### An overview of India

The population of elderly persons, above 60 years, has increased substantially with most of them residing in villages, says a government report. Based on profile of elderly in the country, it stated that there were 10.38 crore (8.6 percent of the population) elderly persons in 2011 as compared to 7.66 crore (5.6 percent in 2001). It said 71 percent of elderly population resides in village while 29 per cent is in cities.

The Elderly in India 2016' report by Ministry of Statistics and programme Implementation said Prevalence of heart diseases among elderly population was much higher in urban areas than in rural parts. It further said that urinary problems were more common among aged men while more

aged women reported to suffer from problems of joints. The sex ratio among elderly people was high as 1028 women (per 1000 males) in 1951, subsequently dropped and again reached up to 1033 in 2021.

### Objective of the study

1. To measure the social and economic conditions of the elderly women.
2. To study the chronic health problems of elderly women.

### Methodology of the study

In the present study is conducted in rural areas of Guntur district. The sample respondents are selected by the simple random sampling method the total respondents are 50 elderly women. In which the sample respondents were interviewed with the help of structured questionnaire. The family background, socio-economic conditions, major chronic health problems etc is deeply examined with a view to more familiarize with the research problem. The previous studies on elderly women in Guntur District of Andhra Pradesh have been examined before starting the study, for which analyzing the data with simple percentage method.

### Data analysis and interpretation

**Table 1:** Socio economic conditions of the respondents

Dimension	Socio - economic profile	No. of respondents	Percentage
Age (in years)	60-65	24	48
	66-70	13	26
	71-75	9	18
	76-80	4	8
Caste	General	12	24
	Backward Caste	12	24
	Schedule Caste	18	36
	Schedule Tribes	5	10
	Muslims	3	6
Occupation	Agriculture	11	22
	Unemployed	24	48
	Hawker	6	12
	Labourer	9	18
Education	Illiteracy	26	52
	Primary	15	30
	High School	9	18
Monthly income	Rs.1000 or Less	35	70
	Rs.1001 to 2000	10	20
	Rs.2001 to 3000	5	10
Marital status	Married	33	66
	Widows	15	30
	Un-married	1	2
	Divorced	1	2
Types of houses	Kutchha	2	4
	Pucca	40	80
	Mixed	8	16
Facilities in house	Tap Water	45	90
	Electricity	50	100
	Kitchen	45	90
	Bath room	45	90
Relationship with family members	Very Bitter	12	24
	Bitter	28	56
	Friendly	2	4
	Satisfactory	8	16
Economic status	Earners	10	20
	Dependent	40	80
Sources of income to meet the daily needs	Business	3	6
	Pension	27	54
	Property	2	4
	By-Son	16	32
	By-Daughter	2	4

Source: field survey

1. The highest frequency of 48 percent of the respondents were in the age group of 60-65 years, 26 percent of the respondents age group between 66-70 years; 18 percent of the respondents age group of 71-75 years. 8 percent of the respondents are at the age group of 76-80 years.
2. Caste wise distribution of respondents shows that the Maximum frequency is observed in 24 percent backward caste, which is followed by the 24 percent of the respondents are belong to the general; 36 percent of the respondents belongs to the schedule caste; 6 percent of the respondents are Muslims.
3. Majority of respondents 48 percent were unemployed, 22 percent of respondents are Agricultural labour. 18 percent of respondents are daily labourer; followed by hawkers are 12 percent.
4. Regarding education out of the total respondents 52 percent are illiterate, 30 percent respondents are primary education, 18 percent of the respondents are high school level.
5. Due to monthly income, we came to know that 10 percent of respondents families are earning between 2001 to 3000 rupees; 20 percent of the respondents monthly income between 1001 to 2000 rupees; 70 percent of respondents monthly income 1000 or below.
6. About Marital status of respondents 66 percent of the respondents are married; 30 percent are widows; 2 percent are Divorced; 2 percent are un-married
7. 80 percent of respondents are living in a pucca houses, 16 percent are living in mixed houses. 4 percent of the respondents are living in a Kuccha house.
8. The houses were observed by the investigators. Some enquires were done about house hold facilities like, 100 percent of the respondents have electricity; followed by drinking water 90 percent, and most them have kitchen 90 percent, 90 percent have bathrooms facilities.
9. In respect of respondents personal relations with family members. 56 percent of the respondents are having bitter relations with their family members, because most of them were belonging to lower income strata, while 24 percent are having very-bitter relations with their family members due to financially very poor. 16 percent of respondents are having satisfactory interpersonal relationships with family members; 4 percent are having Friendly and amicable relations with family.
10. About the economic status of the respondents, 80 percent of respondents are dependents; remaining 20 percent of respondents are earners.
11. Regarding Sources of income to meet the daily economic needs of the respondents, 32 percent of the respondents sources are by their son, who fulfilled their needs while 4 percent of the respondents sources was from property, 4 percent of the respondents the source was by their daughter and 6 percent fulfill their needs from their business and remaining 4 percent respondents get pension to fulfill their daily needs.

**Table 2:** Showing the major common chronic problems of senior citizens of the respondents

Sl. no.	Diseases and disorders	No. of respondents	Percentage	Total no. of respondents
1	Respiratory Infection	4	8	50
2	Visual Impairments	49	98	
3	Hearing Impairment	20	40	
4	Swelling of Feet	5	10	
5	Difficulty in Urinating	10	20	
6	Diabetics	10	20	
7	Nervous Disorders	35	70	
8	Hyper Tension	10	20	
9	Rheumatoid Arthritis	45	90	

Source: field survey

The above table no.2 reveals that health is most important in the human life. As the elderly people suffers from various diseases like respiratory infection 8 percent visual impairment 98 percent, hearing impairment 40 percent, swelling of feet 10 percent, difficulty in Urinating 20 percent, diabetes 20 percent, nervous disorder 70 percent, Hipper Tension 20 percent, Rheumatoid Arthritis 90 percent respectively.

**Findings of the study**

- About the age group, nearly half of the elderly women respondents are age group between 60-65 years.
- Regarding social category, 36 percent of respondents belong to the schedule caste.
- In respect of Educational qualifications, nearly one fourth of the respondents enter into the High school level.
- 48 percent of the respondents are unemployed.
- Due to Monthly income, three fourth of the respondents' family monthly earnings are 1000 or below.

**Conclusion**

India is a vast country which all region and diverse culture. All religion gives importance for all stages of individual life. The present study has covered Guntur district across the Andhra Pradesh majority covered with a sample of 50 elderly rural women. Though the study is confined as small sample, the results were very interesting. The research problem is quite interesting and has the contemporary importance. Ages are part of society and they have also contributed to the wellbeing of society every one aged had a dominant and important position in family and community. Even them is its own significance because many of the elderly rural women were facing many problems, though they had property, income and how they are ill-treated and what is the main problem to ignore them. The research problem had contemporary significance and has broad scope to look at the research problem in multiple dimensions etc.

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