

Assessment of Problems among Elderly Females of Ludhiana City

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KEYWORDS Elderly Females. Ageing. Physical Problems. Socio-Psychological Problems

ABSTRACT The present study was conducted in Ludhiana city to explore the problems faced by elderly females and to seek suggestions by them to overcome these. A random sample of forty elderly women above the age of sixty years was carved out from two localities each i.e. BRS Nagar and Civil Lines area of Ludhiana city, thus, making total respondents as eighty for the study. The data were collected through personal interview. Major physical problems faced by elderly females were reduced vision (81.25%), dental decay (77.50%), body weakness and pain (68.75%) whereas major economic problems were medical expenditure (85.0%) lack of freedom on spending (77.50%), reduced personal income (65.0%) etc. Amongst socio-psychological problems, stress and strain was the prominent problem (85%) followed by declining authority (77.50%), loneliness (72.50%) feeling of neglect (65.0%) and so on. The relationship between age and physical problems of elderly females was found to be non significant (2.824) whereas it was significant with respect to socio psychological problems (13.981).