

PRINT: ISSN 0971-8923 ONLINE: ISSN 2456-6756

# JOURNAL OF SOCIAL SCIENCES

*Interdisciplinary Reflection of Contemporary Society*

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J. Soc. Sci., 11(3): 255-256 (2005)

PRINT: ISSN 0971-8923 ONLINE: ISSN 2456-6756

DOI: 10.31901/24566756.2005/11.03.15

## **Empowerment of Senior Citizens for Retired Life**

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**KEYWORDS** Senior citizens; empowerment; psycho-social; economic status

**ABSTRACT** In the present study 120 senior citizens residing in the rehabilitative institutes of U. T. Chandigarh and State Uttar Pradesh participated. It was found that majority of male and female senior citizens suffer from depression, lose their social status and become economically poor after retirement. Health wise males were poor or good in their health status, while greater percentage of female senior citizens was good in their health status. There was significant difference in health status of male and female senior citizens.