

## **Active Ageing and Elders' Health: An Anthropological Perspective of Older Persons**

**Abid Ghafoor Chaudhry<sup>1</sup>, Aftab Ahmed<sup>2</sup>, Shaheer Ellahi Khan<sup>3</sup>, Mahwish Zeeshan<sup>4</sup>,  
Altaf Ghani Bhatti<sup>5</sup> and Haris Farooq<sup>6</sup>**

<sup>1</sup>*Department of Anthropology, PMAS-Arid Agriculture University, Rawalpindi, Pakistan*

<sup>2</sup>*Pakistan Association of Anthropology, Islamabad, Pakistan*

<sup>3</sup>*Department of Humanities and Social Sciences, Bahria University, Islamabad, Pakistan*

<sup>4</sup>*Department of Anthropology, PMAS-Arid Agriculture University, Rawalpindi, Pakistan*

<sup>5</sup>*Department of Anthropology, Institute of Social Sciences, Bahauddin Zakariya University,  
Multan, Pakistan*

<sup>6</sup>*Department of International Development Studies, Iqra University, Islamabad, Pakistan*

*"It is better to be active than inactive"*

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**ABSTRACT** Ageing is a global phenomenon with different social and cultural issues attached to it. South Asian culture celebrates a noteworthy value and respect towards the elders of the family and old members in the local community. However, the changing trends in psychological, economic and social patterns have led to individualistic lifestyles, nuclear family systems and strict working hours. The present research tests the hypothesis to find any significant relationship between economic activeness and disease prevalence among a sample of 384 respondents. Data was analyzed with the help of SPSS and a chi-square test. The study showed a significant relationship between economic activeness and disease prevalence, hence discusses that social and economic activeness leads to a better say in both public and domestic spheres. It is also found that the respondents, who have an active economic status, exercise and enjoy a comparatively healthy life with those who are financially dependent in seeking health attention.