

THE SOCIOLOGY OF AGING: EXPLORING THE SOCIAL CHALLENGES FACED BY ELDERLY POPULATIONS IN MODERN SOCIETIES

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ABSTRACT

This paper focuses on the subject sociology in relation to the ageing individuals in the society today. The general scholarly goal behind this study is to understand how culture as well as the level of development can define aging. This increase in the global life expectancy puts societies to task concerning the issues of aged population where we have elderly with problems such as age discrimination, lack of company, unemployment, or change in the structure of power in the family. This research paper aims to understand the factors that contribute to aging in different setting as well as the use of mixed method research design. The evidence presented in the study shows that despite the barriers such as inadequate health care, social integration and employment that seniors face, the degree of perceived barriers varies depending on perception and policies in society. Concerning the limitations of the presented study, it is also essential to address the issues of ageism, the lack of community resources, and the lack of connection between generations. This work contributes to the sociology of ageing by offering a more elaborate understanding of ageing as a complex social phenomenon and policy recommendations for the government, healthcare providers, and community organizations. The following recommendations have been made in order to extend the policy of non-discrimination, combating ageism, the improvement of the economic conditions of pensioners, and granting them social assistance. When such challenges are addressed, societies shall enhance the quality of life and ensure that elders are respected in their advanced age.

Keywords: Sociology, Social Challenges, Modern Society, Social Structures, Cultural Norms

INTRODUCTION

Aging is a natural part of human development that causes considerable changes in people and cultures. As people across the globe are living longer due to various causes, the age factor in sociology is aie framed by the gerontology segment. This research paper aims to analyse and discuss social vulnerabilities of elderly people in the contemporary societies, with reference to social aspects, structures, and relations regarding their aging process.

The increased speed of demographic shift towards an aged population poses issues like age discrimination, isolation, health care, financial vulnerability, and familial structure. This is essentially due to the fact that modern societies are today's being defined by technology, globalization and changing employment

patterns, leaving the elderly in very compromising positions. Analyzing them at the sociological level will help identify factors that contribute to or undermine the quality of life of the elderly in society.

This research in particular advances the scope of sociological knowledge on the aging process by highlighting the social problems of the elderly people encountered in today's society. Hence, the study's implications will be useful for policy-makers, healthcare practitioners, social workers, and other actors concerned with ageing populace. Thus, knowing the main social determinants of the orderly's quality of life, this study can contribute to the direction of intervention aimed at minimizing social isolation, addressing and combating ageism, and enhancing the

conditions of the orderly's life. Thus, the ageing population is both a problem and an opportunity for the contemporary society. As a result, the present study attempts to add to the body of existing knowledge regarding care, support, and social opportunities that are available for the elderly population as well as identify ways in which societies can promote a healthy and socially fulfilling aging process for elderly members. Therefore, this research has found that there is need to promote intergenerational solidarity. With the emergence of aging as a significant problem on an international level, it is necessary to know how generations interconnect and cooperate. The result of the study can be used to foster intergenerational activities that can help young and old people understand each other and appreciate the role each one of them plays in the society.

In short, while the world keeps getting older and the human population keeps growing older; one must reconcile the fact that the social issues of aging needs more than just a complex solution. It is only possible to respect the elderly and to become sensitive to their experiences and needs to assist them to live their remaining days with dignity and necessary interactions to cover their well-being, so that each society creates potential for every generation to live a fulfilled life.

Limitations of Research

It confines itself to cultural and national contexts of elderly people. It will involve cross-case comparisons and comparisons across country contexts though may not necessarily generalize to every context in the world. Differences in culture, wealth, and social policies may also play a very important role in the process of aging thus it is not easy to generalize the conclusions drawn. Furthermore, most of the qualitative has been gained courtesy of surveys and this therefore means that information collected is usually self-reported information from elderly participants. The inevitable shortcomings of self-reporting are recollection bias due to the tendency of patients to recall inadequate treatment as opposed to excellent treatment, respondent bias whereby the patient wants to portray the treatment as excellent even though it could have been otherwise, and subjectivity bias whereby a patient perceives a treatment to be excellent when in equal measure it could be indifferent to them. Also, Aging depends on a number of social, psychological, economical and health related issues. For that reason, even though this study aims at assessing multiple dimensions, the operation of these variables might

pose a difficulty of delineating particular factors that are causing the social challenges of aging. Such relationships between these variables also may be rather overlapping and complex, making it challenging to provide rather precise conclusions. In addition, social issues affecting elderly involve issues of power and may be compounded by issues of dynamism in social systems such as technology, health care policies and families. As with most research that is dated, this research does not encompass future changes that may occur in future but are already in the process of transpiring that are expected to transform the social life of elderly people.

Significance of Research

This study contributes to the knowledge domain of sociology by presenting the analysis of elderly vulnerability in contemporary society. To the extent, the study is an enclosure of theoretical frameworks and analysis of diverse aspects of aging in the social context of aging, including prejudice against the elderly, loneliness, economic vulnerability, and social structures. It is quite insightful especially at this era where the World is experiencing a phenomenon of aging population and it needs sociological literature to decipher it. Furthermore, the result of this study could impact the regulation of the welfare older people in society. It will also be useful to the policymakers to know areas that require sequential special attention by pointing out the major social issues facing elderly. These recommendations are to enhance health care for the older persons, designing employment and labor policies that are sensitive to the ageing population, combating age discrimination in institutions, and establishing mechanisms to combat social exclusion of the elderly. These findings may be used by policymakers in development of appropriate programs that may enhance the lives of the elderly, and their integration into society. Moreover, an important result of this study is that the problematic identified is ageism and social exclusion of older adults. In this way, the study supports the fight against ageism due to disclosing the ways negative stereotype and discrimination affect elderly people. Gaining an understanding of how common such bias is, and the costs of adopting it, promotes awareness and Civilized attitude towards the elderly that should be adopted in society. The main focus of this research is the lack of social assets that determine the elderly people's experiences, which include social contact, resource availability, and participation status. Thus,

understanding what elderly people with the mentioned illnesses struggle with, the study can contribute to creating community programs and networking resources that would help improve their quality of life and personal worth. This is particularly important, as it coincides with increasing interest in aging in place and maintaining the quality of life and the functioning of elderly people in their communities. Moreover, it will also complete the promising line of the further investigation of the sociology of aging. In this way, the findings of this research can contribute to the generation of ideas for further research focused on different aspects of elderly life, aiming at their deeper analysis in consideration of specific social factors, including race, gender, or socioeconomic status, among others. Also, it can promote panel research that implies changes by comparing results at different points in time, which provides useful information about how social problems progress as societies grow older.

Research Questions

1. To what extent can the older people in the modern societies identify social problems that affect their generation most?
2. To what extent do the cultural and ethical standards of a society influence the elder's ability to integrate in society?
3. In which ways does ageism manifest itself in various society sectors? What is the impact of ageism on the elderly?
4. What do elderly people themselves understand as the problems of aging in contemporary society, and how do they cope with them?

Research Objectives

- To effectively determine and describe the key social issues of concern to the elderly in contemporary societies
- To analyse the role of culture, including cultural and social attitudes towards aging and their impact on senior citizens' integration into society.
- To ascertain the effects of ageism on the psychological and physiological well-being, social incorporation and general satisfaction of the elderly population.
- To assess the way specific elderly people perceive the social problems of aging and to

get insight into their actual experience of such problems in the contemporary society.

Literature Review

The sociology of aging is an active field of research and different studies focus on different aspects of elderly life. Studies reveal that ageism exists and in different societal contexts such as in workplace discrimination, healthcare disparities and negative stereotyping in media (Nelson, 2016). Ageism is said to decrease the elderly people's quality of life, socially isolate them as well as worsen their health status (Levy, 2009). An instance of such prejudices is workplace ageism that hinders the elderly from getting jobs, thus, getting them locked out in early retirement or even provided low-paying employment (Dennis & Thomas, 2007). Older people suffer from social isolation and loneliness; these are considerable issues in the elderly since they are commonly result from retirement, death of friends and relatives, or poor health status. In a similar opinion, loneliness is defined as not only the personal, but also the socially constructed reality referring to it as a feature that is detrimental to health, has a potential to contribute to higher morbidity and mortality rates. , according to Hawkey and Cacioppo (2010), loneliness is not only about being single or living alone, but it is also about lack of close relationships. Community based initiatives for example can reduce social isolation which when done has been cited to have benefits in the wellbeing of elderly people (Gardiner et al. , 2018). Elderly people's economic insecurity still prevails, especially for those who lack pension plans as well as savings. According to Smeeding and Williamson (2001), the economic disparity among seniors continues to grow due to the absence of social security, the rise in the cost of health care, and the movement away from traditional defined benefit schemes to defined contribution pension schemes. The economic insecurity among the elderly is also fueled by the increasing demand for healthcare and housing, which are the other social issues, and the elderly become more vulnerable (Angel et al., 2011). Policy measures that expand the social security system and low-cost healthcare provisioning are the most efficient strategies to curb this problem (Ghilarducci, 2015). The shifting of the family structures, such as the increase in divorce, childlessness, and single-person households, have also changed the traditional family roles that are associated with elderly people (Connidis & McMullin, 2002). The study by Fingerma et al. (2012) shows that intergenerational support is still

often vital regardless of family structures. However, the forms may be modified. Erosion of family ties has resulted in the elderly having to depend more on formal care facilities, thus, becoming a challenge not only for the elderly but also for social institutions (Bengtson, 2001). The changes in the family dynamics demand the development of caregiving and support systems for elderly people. Structural functionalism is the perspective that a society consists of a complex set of structures that together function to keep stability and the social order. Within the framework of aging, structural functionalism correlates adults living longer life to the fact that somewhere at one point, they retired from the working force and gave opportunities to younger people. Moreover, this theory refers to retirement and other age-specific designs to benefit society, which in turn helps it stay balanced. Nonetheless, not all reviewers of this approach have seen the marginalization and exclusion of the elderly workers no longer being considered as productive as the other age categories (Cumming & Henry, 1961). The sociologists debate the role of the elderly people being only used as a mechanism for stabilization and internal consistency in society. Symbolic interactionism seeks to understand the meanings people give to their everyday experiences and how these meanings influence the ways of "doing society". It implies that intra-psychological processes construct individual identities or create selves that are social and thus intertwined with others. It is a significant point that symbolism inter actionists approach the age situation from the point of how the elderly managed their lives and their identities in society according to imposed expectations and arranged views of getting older (Mead, 1934). The research shows that social interactions are one of the ways older adults view their identities, roles, and behaviors as a result of different characterizations such as "frail" and "dependent" the society labels them like that (Kite et al., 2005). These beliefs can impact how older people interact with others and how they view their own aging process (Charmaz, 1994). Symbolic interactionism seeks to understand the meanings people give to their everyday experiences and how these meanings influence the ways of "doing society". It implies that intra-psychological processes construct individual identities or create selves that are social and thus intertwined with others. It is a significant point that symbolism inter actionists approach the age situation from the point of how the elderly managed their lives and their identities in society according to imposed expectations

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Research Methodology

This research paper is a theoretical paper on the sociological understanding of aging by providing a full analysis of the social problems of the elderly in modern societies. The research paper approaches the participation from two different points of view. On one hand, employing a qualitative method with a participation observation and in-depth interviews whereas, on the other hand, applying a quantitative method with a survey. This method makes a variety of problems faced by senior citizens recognizable. Nationwide surveys were structured to collect information about elderly individuals' conditions in domains such as health, family, economic security, and social participation. The survey assessed perceptions of ageism and social exclusion. Secondary data analysis has been performed using the national datasets to describe some peculiarities of the aging populations such as rates of economic insecurity, healthcare access, and social isolation. To explore how varying cultural and social contexts impact the experience of elderly people, different countries were compared with each other. this also means countries with different welfare systems, healthcare policies, and family structures. This research will be an entry point to the field of the sociological understanding of aging, by providing an extensive analysis of the social issues that aging populations face in today's societies. The findings will have relevance for the policymakers, healthcare providers, social workers, and the other stakeholders who are the people that help the aging populations.

Discussion & Analysis

Our contemporary society does not favor other age groups as much as the elderly who have however the same social problems together with the causes of these inequalities. For instance, Ageism is too rampant among older adults as it is an age-linked discrimination and oppression. It is present in several sectors. These areas of society, for instance, employment, healthcare, and mass media, result in social disintegration and a

lack of inclusion among the elderly. The association of aging with negative stereotypes, on the one hand, can easily lead to less “opportunities” for elderly people and, on the other hand, can be a factor in their psychological and physical health declining. Social isolation is a grave issue for many elderly adults especially those who live alone or in an institutional environment. Retirement, loss of a loved one, and illness can be communication breakdown factors that result in loneliness. Absence of socialization can provoke serious mental and physical health issues like depression, anxiety, and other afflictions. Also, some of them are faced with financial issues such as lack of retirement funds, having to pay high medical fees, and getting less income when they leave work. Financial instability can thus be the reason why an individual can access neither the food nor the homes and healthcare that are so important. Therefore the risk of vulnerability for the old is increased. The rising economic gap within the older population is another facet of the issue. Apart from this, the changes in family structures such as higher divorce rates, decreased family members, and increased mobility have contributed to the changes in the traditional care done by family members to the elderly. Many often-missed family members do not contribute if they were to belong to a service staff and disturbed ones are likely to go through the formal care system often characterized by fragmentary treatment. Hence, housing instability is likewise a serious issue affecting senior citizens. Aging issues such as personal limitations in mobility, untimely manning of financial resources, and unavailability of affordable housing can present problems for the aged. Some institutional care even not only kills independent thought but also induces controlling attitudes which turn these people’s lives into a nightmare. The situation not only seems to have these social structures, but it also calls for different interventions and measures that help in the adaptation and inclusion of aged persons to the modern society.

Cultural Norms and Values around Aging

Certain values and norms about aging and the elderly that are specific to particular cultural contexts explain why the elderly are so apperceived to be treated with such respect, and they differentially include them in social organizations. How these cultural perceptions on aging are sensitive among societies, and yet the intensity of social, economic, and family involvement

in the older people's lives also changes from one society to another.

1) Perception of Aging and Respect for the Elderly:

- In many societies where seniority is recognized as a sign of experience, wisdom, and respect to the elderly people, normally prefer. They are created as individuals and bridges the link between established traditions such as family and society. An exemplary example is the aging cultures such as Japan and China, where elderly people are prominent and viewed as the main custodians of family and community and their contribution and their value to the society are highly recognized. In the cultural sphere, the respect is a magnificent value that departs merely from the intergenerational links of a family like the grandparents to the youngsters, besides it's a tool for people that choose to do voluntary work, help their immediate family members and join activities that are related to each other.
- In contrast, sometimes aging has a negative denotation to the young group who rather prefers the youth and a successful lifestyle. Western European and United States societies stress self-reliance, good appearance, and productivity and often present the elderly in negative light which results in perceptions regarding the old as inefficient and thus not participating in the workforce. Such circumstances can make the elderly people find themselves well isolated, treated as nonentity, and excluded from social, political and economic affairs.

2) Role Expectations and Participation in Social Life:

- Cultural expectations concerning the roles that older people are supposed to be can either help or prevent their social integration. The latter is the case when it comes to the situations in which the older adults are expected to retire from duties and pursue the roles of caregivers or grandparents among others. This limits their chances of interacting with people from outside the family.
- On the other hand, cultures that encourage senior citizens to continue working,

volunteering, and civic engagement not only help them to maintain their sense of purpose and connection to the larger social framework but they also take part in it. In this case, Scandinavian countries have the best policies that make it easier for the elderly to be involved in social and professional activities.

3) Intergenerational Relationships and Family Dynamics:

- Cultural values that promote and emphasize the significance of strong intergenerational relationships can be a decisive factor in social integration for older adults in families and communities. In these cultures, which prioritize family unity and duty towards the elderly, they live either in the same house or alongside having active involvement in the family decision-making and caregiving. It also, therefore, increases the socio-integration and emotional support of the elderly.
- However, in more individualistic cultures, where people are fond of being independent, aging individuals are not able to cope with their family members which may eventually lead to their social isolation. The fact that older people live alone or stagnant in homes is a reality of Western countries' burdening from this confinement, therefore, they are not able to interact with the family and community life.

4) Ageism and Discrimination:

- First, ageism caused by cultural values can be one of the main obstacles elderly people face in their social integration. Ignoring older adults as who they really are such as seeing them as fragile, dependent, or not capable of using technologies can lead to their exclusion from social, professional and public spaces. Ageism can result in not being employed or at a lack of access to healthcare and negative coverage in the media which isolate and marginalize the elderly more.
- Ageism can also be accepted by the elderly culture, where people themselves, especially the ones who are old, start to have bad attitudes toward aging. This can impact their level of loss, mental adjustment, and

participation in social activities by alongside with further impediments on their integration process.

5) Gender and Cultural Norms:

- Cultural norms of gender are meeting aging and rebounding differently on men's and women's social integration with the elderly. In many cultures, elderly women experience double discrimination that is due to both gender and age, and one of the consequences is greater social exclusion compared to their male counterparts.

In short, these cultural expectations could also extend to caregiving responsibilities of women which will make it difficult for older women to participate in activities that are not just limited to the family unit, and thus, they will not be able to engage in public and economic activities. Societies where aging and age are honored and appreciated support the participation and the inclusion of older people to an universal social system, whereas cultures that put youth and productivity before everything else may isolate and disadvantage older people who are less productive. By addressing cultural biases and fostering more positive, inclusive views of aging, the high social integration and health of elderly populations can be achieved.

Manifestation of Ageism & Consequences

Nonetheless, the most distinct form of age-related discrimination that is conversely based on ageism in society is age discrimination against the elderly. This last form emerges in different sectors and results in powerful consequences on the elderly.

1) Workplace Manifestations

Hiring Discrimination: Older workers are also the ones who experience age-related biases during the hiring process or cases when companies pick younger employees to replace older ones thus creating challenges for the older workers. One of the age-based stereotypes that is generalized about older people is that they are less tech-savvy and less productive. These two factors are some of the reasons why they are discriminated against.

Workplace Culture: Besides ageism in the workplace, some of the cultures that are the largest proponents of the ageism phenomenon, are those that prefer more young employees in the workplace, where older employees are, therefore, not allowed to be part of the team activities or to reach decisions.

Consequences:

Employment Insecurity: Older workers who lose their jobs are exposed to occupational distress, lose the sense of security and that can bring a further financial burden into their retirement pension.

Psychological Impact: Age biases which have existed over a long period of time may interfere with the job satisfaction of workers, who in turn, may record a lower self-esteem as well as stress as a consequence of such old age workers.

2) Healthcare Manifestations

Bias in Treatment: In ageism ethics in the healthcare sector, the older adults are the ones who may be faced with less aggressive treatment of their health problems or they may be excluded from the medical interventions due to the assumptions that they are no longer supposed to receive such services owing to their almost dead life expectancy and life quality.

Neglect of Needs: Healthcare professionals are wrongly interpreting or taking it their negligence, they think that older adults' medical conditions are somewhat normal aging complaints and are not worrying about the real cause of the problem.

Consequences: Health Outcomes: The patients who do not receive the appropriate medical care are the ones that would endanger their condition and hence a corresponding decrease in the general well-being.

Patient Experience: Bias among seniors might generate misunderstandings or lack of trust between practitioners and patients. As a result, it is a lack of confidence and dissatisfaction with the received care.

3) Social Services

Manifestations:

Limited Accessibility: Ageism in social services may occur because of the insufficiency of services meant for older adults which may involve low or no resources as well as funds allocated to the elderly care programs.

Quality of Care: Older adults are likely to get care of lesser quality or have their needs placed at the bottom of the priority list of younger individuals, indicating a lack of respect.

Consequences:

Service Gaps: When services are insufficient or poorly designed, this may result in the need being unfulfilled which may reduce quality of life and increase the social isolation of elderly individuals.

Increased Vulnerability: Services that are not safe and inclusive of older people or are of low quality may worsen the problems of older adults' vulnerabilities and cause a constraint on their quality of life.

In other words, ageism in these sectors mainly influences social bonding, well-being, and quality of life of the old people. Combating ageism demands a holistic strategy that will engage the society in addressing prejudices, stereotypes, and access to quality opportunities, as well as in providing older adults equitable treatment in all areas of life.

Challenges Faced by Elderly Individuals

The aged people face numerous challenges in the modern world and they try to find the best way out of them. A lot of old adults are the victims of the prejudiced view of the aging process as a process of losing strength and becoming dependent. These views may affect their self-esteem and general opinion of themselves. Nevertheless, they're inclined to break down these stereotypes by taking part in activities that showcase their abilities and independence, for instance, they can acquire new skills, remain active, or engage in hobbies. Besides, Social contact is crucial for elderly people; however, the majority of them experience a social network shrinkage as a result of retirement, losing friends, or family members moving away, which can, in turn, change into a sense of isolation. In order to solve such a problem, old people often rely on the community groups, clubs, or online platforms as the new social connections. Besides maintaining the contact with their relatives and friends and being involved in the social activities, they do so to make the feeling of being alone disappear. Moreover, health is a very pressing issue for older people who often suffer from chronic diseases and the reduction of the physical abilities. Health problems are what the elders perceive as the main reason for their vulnerability in the aging process. The elderly people, who have the chronic diseases, usually try to manage their problems by doing everything what is prescribed, observing a healthy lifestyle, exercising regularly and even using assistive technologies to protect their health. As well, Financial security, namely the ability to pay for necessities and unexpected expenses without stress, is a significant worry for them, especially those who did not save up enough for retirement or have unexpected medical bills. Older adults are concerned about the economic stability not being maintained in the future and thus being a life quality factor they cannot influence. Financial issues can also be managed through seeking financial advice, carefully budgeting, or undertaking additional income through part-time employment or

support programs. They also do budgeting to manage the resources effectively. Furthermore, Some older adults experience ageism, which is the discrimination or unfair treatment of people based on their age and which can manifest in the workplace, health care, and social settings. As a result of this, they feel that they are placed on a scale which puts them in a marginalized or undervalued position. They might respond by calling attention to the matter, look for places where they will be treated fairly, question the existing biases, and join advocacy groups that address issues of age discrimination. They know well that their voices are heard and their views are respected in certain areas. In addition, technological development is today the source of the greatest difficulties for the adult age population, which might perceive themselves as out of touch with modern innovations and communications. Elderly people confront technological challenges through familiarizing with the new technologies via the classes, tutorials, or the family members. It is technology to connect, gather information and make their everyday living better. To sum it up, the elderly people through the changes and the challenges that accompany the aging process, redefine their self-identity by the social connections, dealing with the health and financial issues, confronting of the ageism, and being open to new technologies. These methods help them to have freedom and be happy with their lives despite the difficulties they face in the process of aging.

Conclusion

The old population is sociologists' new topic of interest as they continue to brainstorm and find solutions for the aging population problem. This study is designed to examine the social problems experienced by the aged, among which are ageism, social isolation, economic insecurity, and the changes in family dynamics. Through an examination of these issues from various sociological perspectives, the research aims to offer new knowledge on the influence of social structures and cultural norms on the aging process. The present research paper is highly significant because it informs readers that aging is not just a biological process but also a social phenomenon that is situated in society. The research paper discloses that the challenges of contemporary societies are the main hindrances to the older people's lives, thus, the need for inclusive policies, supportive social systems, and a cultural change in the direction of more respect and dignity for the elderly. This study is necessary for many

stakeholders, including policymakers, healthcare providers, social workers, and communities in general. The measures that reduce social exclusion, fight against ageism, and improve the quality of life for the elderly people are the ones that need to be implemented. Moreover, this research opens new doors for future studies, which will, in turn, motivate the continuous exploration of the sociology of aging, especially the development of sustainable, age-friendly societies. Briefly, the world is graying and thus the social problems of aging should be approached in a comprehensive and collective manner. By understanding the experiences and needs of the elderly population, societies can make sure that their aging members live with dignity, social connection, and well-being, thus ensuring a more just and compassionate future for all generations.

Recommendations for Future Related Studies

- **Comprehensive Policies for Age-Black Communities:** Governments and policymakers should present caring age-inclusive policies that are based on elderly people's specific needs. The latter would involve redesigning welfare programs, pensions, and healthcare policies to provide elderly people with financial security, affordable medical care, and other social services. The elderly should be the primary focus of those policies and we should also prioritize the attempts to ensure their inclusion in social, economic, and community life, create an attractively and invigorating environment they can still be engaged and alive.
- **Basis of Anti Ageism through Education Campaigns:** The educational programs launched by governments, NGOs, and public agencies should be the first concerned with cases of ageism and negative ideas about the elderly. Such campaigns should aim to enlighten people more about the advantages older adults bring to the society, to convey the attitudes that reject discrimination, and to fellowship the generations. These activities which would furthermore affect the country with more honor and eradication of exclusion towards old people.
- **Strengthen the Community-based support systems:** Community innovative actions that give social support, engagement chances, and

resources for the elderly should be improved. Planning local governments and community-based organizations should put attention on tackling the loneliness of the elderly, for example, by contributing senior centers, social clubs, and volunteer programs. Also, old-age people can be part of the generation-to-generation programs like mentoring and shared living arrangements that are to be created to foster the social links amongst the youthful and aged generations.

- **Enhance Economic Security for Older Adults:** Governments should take the necessary steps to ensure that the economic security of senior citizens is improved through the pension systems reforms, retirement savings schemes, and the resolution of financial ordeals that go with growing old. Financial literacy programs and support systems for the elderly in matters of health care, accommodation and other expenses must be at a higher priority. In addition, older people who wish to participate in the labor market should be given the opportunity to do so through such practices as swappable and set-up workplaces for seniors.

- **Promote Research and Data Collection on Aging:** To be able to know the social problems faced by the elderly in society, only a continuous age study can achieve it. The government, universities, and the suitable research centers should allocate resources to the studies of aging that are conducted over time, thus providing data for aging that will help the mapping process of the experiences related to aging. Such data could be generated from the analysis of the surveys in connection with the cultures, races, religions, ethnicities, and socio-economic house repairs across the world. This, in turn, will hasten and better target the formulation of policies that are more effective and bring about the intended results.

In short, with such measures, the problems of aging can be better tackled, the well-being of the older people can be amply ensured and the society can be made more inclusive for everyone who might want to stay.

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