



IDENTIFYING THE NEEDS AND PROBLEMS OF NON-INSTITUTIONALIZED ELDERLY PEOPLE

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ABSTRACT

This study's objective is to identify the demands of elderly adults and the measurements that need to be taken quickly before the issue becomes exponentially worse. It is focused on determining the mental health issues faced by elderly adults. Using thematic analysis, exploratory qualitative research design was used to attain the study's objectives. Data was collected from Faisalabad and Toba Tek Singh districts of Punjab province of Pakistan from May 2022 to July 2022. The sample of this study was comprised of n=21 participants using a purposeful sampling technique. All the participants were selected to be aged ≥ 65 . The semi-structured interview methods were used for data collection. This study identified the numerous problems and needs of elder adults. Themes included in this study are "Elder adults face the problem of poor relationships," "Older adults live alone," "Face challenges and Struggle for financial need", "Misbehavior of children with older adults", "Worries increase in old age", "Difficulties come with age", "Needs basic requirements, love, and care" and "Pray that children should be obedient". The findings were that older adults need care, love, and basic requirements and want a happy life with children. Older adults face the problems of loneliness and financial difficulties, and they worry about children's misbehavior. They pray that their children will be obedient, and must live with their parents. Therefore, as youngsters, we must focus on older adults for their needs and solve their problems. It is concluded that elderly people face various issues (personal, interpersonal, societal, and economics-related), and their needs are deprived when they experience loneliness at home and are not entertained by their family members properly.

Keywords: Non-institutionalized elder adults, Problems and needs of older people, Mental health issues

1.0 INTRODUCTION

Aging comes with physiological and biological changes that decline their ability to adapt to stress.¹ According to the World Health Organization (WHO), the world age will be sixty or over in 2030 so it is expected that between 2020 to 2050 people will be 80 years old that are triple and reach 426 million of the population.² The number of Pakistanis over 60 is approximately 7% of the overall population. In 2050, it is anticipated that the number of older persons will double. A growing older population raises the need for health care.³ Older persons' expectations about aging are a major factor in their decision to pursue physically active lifestyles and may have an impact on other health outcomes, like physical function.⁴

According to Erikson's psychosocial development theory, there are stages of life i.e. childhood, adolescence, and adulthood. These stages are associated with a particular psychological struggle, which contributes to a significant aspect of personality.⁵ In older adults common mental health problems are dementia, depression, isolation, psychosis, and anxiety disorder. Many older adults experience

behavioral and sleep disorders and cognitive distortion that leads to physical disorders.⁶ Farnia et al. (2021) conducted a cross-sectional survey in Iran and Spain, which proved that elder abuse is a common problem in these countries.⁷ Biologically, socially, and medically, the aging population faces numerous hurdles.⁸ Family support is waning in emerging nations due to the socioeconomic climate, while public assistance programs are essentially nonexistent.⁹ The elderly population was struggling with numerous social and economic issues as a result of a weak value system and the spread of Western culture.¹⁰ Elder people 60 and older felt uneasy in their homes because their input was not sought in all significant family-related decisions. They felt like a burden on their separate families because they were no longer contributing to household finances. Their financial demands and medical

¹ Rogers, Kara. "Aging | Definition, Process, & Effects | Britannica." (2020). Retrieved January 6, 2022 (<https://www.britannica.com/science/aging-life-process>).

² World Health Organization. "Aging and Health." (2021). Retrieved June 14, 2022 (<https://www.who.int/news-room/factsheets/detail/ageing-and-health>).

³ Khalid, Yar. "Financing the unmet needs of the older people in Pakistan." *ResearchGate* 3 (2021): 63-86.

⁴ Breda, Aili I., and Amber S. Watts. "Expectations regarding aging, physical activity, and physical function in older adults." *Gerontology and Geriatric Medicine* 3 (2017). doi: 10.1177/2333721417702350.

⁵ Erikson, Erik H., Joan M. Erikson, and Helen Q. Kivnick. *Vital involvement in old age*. WW Norton & Company, 1994.

⁶ Mitchell, Cristina. "PAHO/WHO | Seniors and Mental Health." *Pan American Health Organization / World Health Organization*. (2014). Retrieved June 19, 2022 (https://www3.paho.org/hq/index.php?option=com_c

[content&view=article&id=9877:seniors-mental-health&Itemid=40721&lang=en](#)).

⁷ Farnia, Vahid, Hafez Bajoghli, Senobar Golshani, Jalal Shakeri, Antonio Maurandi-López, Luis Rubio, and Maria D. Perez-Carceles. "Elder abuse among Spanish and Iranian people: new methodological approach to the same old story." *International journal of legal medicine* 135 (2021): 1515-1524. <https://doi.org/10.1007/s00414-020-02475-x>

⁸ Rowe, John W., and Robert L. Kahn. "Successful aging." *The gerontologist* 37, no. 4 (1997): 433-440. doi: 10.1093/geront/37.4.433.

⁹ Salahuddin, Khalid, and Amanat Ali Jalbani. "Senior citizens: A case study of Pakistan." *JISR management and social sciences & economics* 4, no. 2 (2006): 26-31. <https://doi.org/10.31384/jisrmsse/2006.04.2.4>

¹⁰ Ahmed, Zahoor, Muhammad Muzaffar, Muhammad Arshad Javaid, Nida Fatima, and Sub Campus Attock. "Socio-economic problems of aged citizens in the Punjab: A case study of the districts Faisalabad, Muzaffargarh and Layyah." *Pakistan Journal of Life and Social Sciences* 13, no. 1 (2015): 37-41.

needs were also not being met.¹¹ In older adults physical disability and depressive symptoms are related to social support.¹²

Older adults are physically and mentally assaulted. They are not permitted to participate in decision-making. They are now dependent on others as a result of their hardships and appalling conditions (Alam et al., 2016). In older adults, depression increased after the death of a spouse within six months and the proportion of depression was higher than before the death of the spouse. It is advised that family members living with older adults improve their quality of life after the death of a spouse.¹³ Social isolation has an impact on older persons' sleep disturbance, sadness, and exhaustion in addition to having physical and psychological repercussions on them.¹⁴ Good aging is related to one's social, health, and financial position. Additionally, it was noted that attempts to improve the health, social, and financial situation raise older individuals' quality of life.¹⁵ Older adults are a neglected population in Pakistan who face issues of physical and cognitive decline, and incapacity. They even face mental health challenges like depression, lack of basic living needs, and economic difficulty.¹⁶ While the frequency of

physical violence decreases with age, emotional abuse tends to remain constant throughout life.¹⁷ The nuclear family structure has higher levels of emotional and social isolation among older adults than the joint family system.¹⁸

The existence of the nuclear family system and the effects of social and economic changes have highlighted the unique issues confronted by older adults. The responsibilities or obligations of the younger generation towards the elderly are diminishing.¹⁹ Older adults aged 60 or over experience mental health problems as a result of domestic violence, and there is an urgent need to investigate this issue.²⁰ They even experience a variety of physical and mental health issues that need to be acknowledged.²¹

In all the above literature, no remarkable published work in Pakistan could be traced, which had been intended to explore the needs and problems of older adults in Pakistan through qualitative study. Because of this, research was required to ascertain their needs and problems to produce more accurate measures. This study underscored the need to plan upcoming strategies to grow new health and social protection programs for older adults in Pakistan.

¹¹ Muhammad, Niaz, Mushtaq Ahmad Jan, Musawir Shah, and Zahoor Ahmad. "Old age people: a socio-economic view of their problems in Peshawar city, Pakistan." *Pakistan journal of life and social sciences* 7, no. 2 (2009): 126-130.

¹² Tariq, Azam, Tian Beihai, Nadeem Abbas, Sajjad Ali, Wang Yao, and Muhammad Imran. "Role of perceived social support on the association between physical disability and symptoms of depression in senior citizens of Pakistan." *International journal of environmental research and public health* 17, no. 5 (2020): 1485. <https://doi.org/10.3390/ijerph17051485>

¹³ Chen, Yong-Hsin, Meng-Chih Lee, Mei-Huey Shiau, and Chih-Jung Yeh. "Effect of spousal loss on depression in older adults." (2020). <https://doi.org/10.21203/rs.3.rs-38175/v1>

¹⁴ Cho, Joshua Hyong-Jin, Richard Olmstead, Hanbyul Choi, Carmen Carrillo, Teresa E. Seeman, and Michael R. Irwin. "Associations of objective versus subjective social isolation with sleep disturbance, depression, and fatigue in community-dwelling older

adults." *Aging & mental health* 23, no. 9 (2019): 1130-1138. doi: 10.1080/13607863.2018.1481928.

¹⁵ Low, Sew Kim, Ming Yu Cheng, and Kai Shuen Pheh. "A thematic analysis of older adult's perspective of successful ageing." *Current Psychology* 42, no. 13 (2023): 10999-11008. <https://doi.org/10.1007/s12144-021-02371-6>

¹⁶ Abbas, Faheem. "Factors Affecting Elder's Health in Pakistan: A Literature Review."

¹⁷ Knight, Lucy, and Marianne Hester. "Domestic violence and mental health in older adults." *International review of psychiatry* 28, no. 5 (2016): 464-474. doi: 10.1080/09540261.2016.1215294.

¹⁸ Ibd

¹⁹ Amiri, Mohammad. "Problems faced by old age people." *The International Journal of Indian* 6, no. 3 (2018): 52-62. Doi: 10.25215/0603.026

²⁰ Ibd

²¹ WHO, SS. "Mental health of older adults." *World Health Organization Internet site located at* (2017).

1.1 Objectives

- To assess the role of youngsters in fulfilling the needs and mitigating the problems of old people.
- To recommend ways of managing the physical, emotional, and mental needs of older adults in Pakistan.

1.2 Research questions

- What are the needs and problems of non-institutionalized elderly people in Pakistan?
- What is the role of youngsters in fulfilling the needs and mitigating the problems of old people?
- What are the ways of managing the physical, emotional, and mental needs of older adults in Pakistan?

2.0 METHOD

2.1 Research Design

It was an exploratory qualitative research that explored the requirements and issues facing Pakistan's older adults. The main methodology for this study was thematic analysis. The researchers themselves served as data-gathering agents.

2.2 Participants

The sample comprised 21 participants. The Purposive sampling technique was used for sampling. All the participants were selected to be aged 65 or above. In-depth semi-structured interviews were conducted with 21 individuals. It has been recommended that qualitative studies require a minimum sample size of at least 12 to reach data saturation so the sample size was kept above this mark.²² The sample population comprised 10 males and 11 females. Participants belong to the Faisalabad and Toba Tek Singh districts of the Punjab province of Pakistan.

2.3 Inclusion and Exclusion Criteria

Participants who were older than 65 years old and lived in Punjab, were selected for the study. They

were not dependent upon others for their daily activities. The ones who were handicapped physically or mentally were excluded from the study.

2.4 Measures

A semi-structured interview-based questionnaire was created to evaluate the requirements and issues of older persons for the inquiry and data collection. Then, to gauge depression, anxiety, and stress in older persons, the Depression Anxiety Scale (DASS) was employed. It can be challenging to identify the symptoms of mental health illnesses. Patients can quickly and easily complete the DASS, a diagnostic tool for diagnosing mental health issues used by healthcare professionals. There are 21 items on the Depression Anxiety Stress Scale (DASS). In the three DASS-21 scales, each has seven items that are broken down into subscales with related material.²³ The DASS scale was only to ensure that participants performed their daily activities independently without any severe mental issues.

2.5 Procedure

The present investigation focused on the specific psychological, social, and other needs and problems of older adults in Pakistan. This study was carried out by using a qualitative approach to identify the needs and problems of older adults. A sample of n=21 older adults was taken. Only those participants who were included in the studies were aged sixty-five or greater than 65. The Purposive sampling technique was used to approach the sample. The Phenomenological research design was used for this research. After getting participants' consent, the participant was informed of the nature of the research. Confidential information was ensured. One-on-one semi-structured interviews were conducted. The response was written down or recorded for ease of the researcher. Later, the data was analyzed using qualitative data analysis techniques and results were reported. Each

²² Braun, Virginia, and Victoria Clarke. "What can "thematic analysis" offer health and wellbeing researchers?" *International journal of qualitative studies on health and well-being* 9, no. 1 (2014): 26152. <https://doi.org/10.3402/qhw.v9.26152>

²³ Basha, Ertan, and Mehmet Kaya. "Depression, Anxiety and Stress Scale (DASS): The Study of Validity and Reliability." *Universal Journal of Educational Research* 4, no. 12 (2016): 2701-2705.

participant was thanked cordially for their cooperation. The Depression Anxiety Stress scale was used to measure their mental health and it was helpful to find out whether participants can perform their daily activity without any severe mental health issues. The semi-structured interview was used as a measure and literature-based questions were asked to explore their experience, needs, and problems. Some of the questions were asked about the needs and problems of older adults are as under:

1. Do you depend on others?
2. What type of relationship do you have with other people?
3. Do you think that you are dependent on others?
4. Could you talk about those things that make you sad now?
5. Are you satisfied with your life?

The interviews were conducted and transcribed in the Punjabi language, but the data analysis (Coding onward) was done in the English language. All the steps involved in data analysis are under.

2.6 Data Analysis

Thematic analysis was used to evaluate data from semi-structured interviews. Thematic analysis was used to locate, examine, and produce themes within the data. The researcher represented participants' real experiences, which are independent of the influence of earlier theories and literature; a realistic approach was chosen to reflect the experiences and facts of the interviewees. The six primary steps of Braun and Clarke's (2014) suggestion for data analysis were followed.²⁴ These actions are as follows:

1. Familiarizing yourself with the data

Reading and rereading the transcripts was the first step. Understanding the data was crucial during the initial stage. After reviewing all of the interview data, the researcher began making notes and developing preliminary theories to help understand the material.

2. Generating initial codes

In the second phase, the researcher arranged the material in a meaningful and systematic way. An interview's code is a condensed version of what

was stated. Therefore, a code was identified for everything interesting found in the data. A code is not an interpretation; it is a description. It is a means to begin organizing data into relevant groups.

3. Searching for themes

A researcher began organizing codes into topics in step three. While codes highlight important data, themes are more general and involve active coding and data interpretation. The first step was to review a list of codes and the phrases that went along with them. The next step was trying to incorporate the code into larger themes that had deeper meanings regarding data.

4. Reviewing themes

Step 4 involved reviewing and revising the topics that had been chosen in Step 3 and reading all the code-related excerpts to determine whether they supported the theme or not. It was also identified whether there were any contradictions or any overlapped themes.

5. Defining and naming themes

The themes that were discovered in the earlier rounds were individually given names and descriptions in step 5. The researcher made an effort to make the theme names descriptive. Each of the topics was thoroughly explained in the explanation of the themes. The stories that represented the compilation of all participant stories were examined at this stage of the investigation.

6. Producing the report

The researcher wrote the findings in the final phase. To accomplish this, a detailed account of the conducted actions was written. The descriptions of the themes from the earlier steps were already in the possession, so the researcher used them as the foundation for the final report.

3.0 RESULTS

Results are based on a thematic analysis report and thematic map. The thematic analysis report was based on super themes, main themes, and sub-themes. Participants' quotations were coded concerning the transcript of interviews. In reference "P" stands for page number and DU stands for discourse unit. Conducting in-depth research about older adults' needs and problems,

²⁴ Ibid.

this study concluded 8 super themes “Older adults face the problem of poor relationships”, “Older adults live alone”, “Face Challenges and Struggle for Financial needs”, “Misbehavior of children with older adults”, “Worries increase in

old age”, “Difficulties come with age”, “Needs basic requirements, love, and care” and “Pray that children should be obedient”. Each super theme has sub-themes under it (see Figure 1).

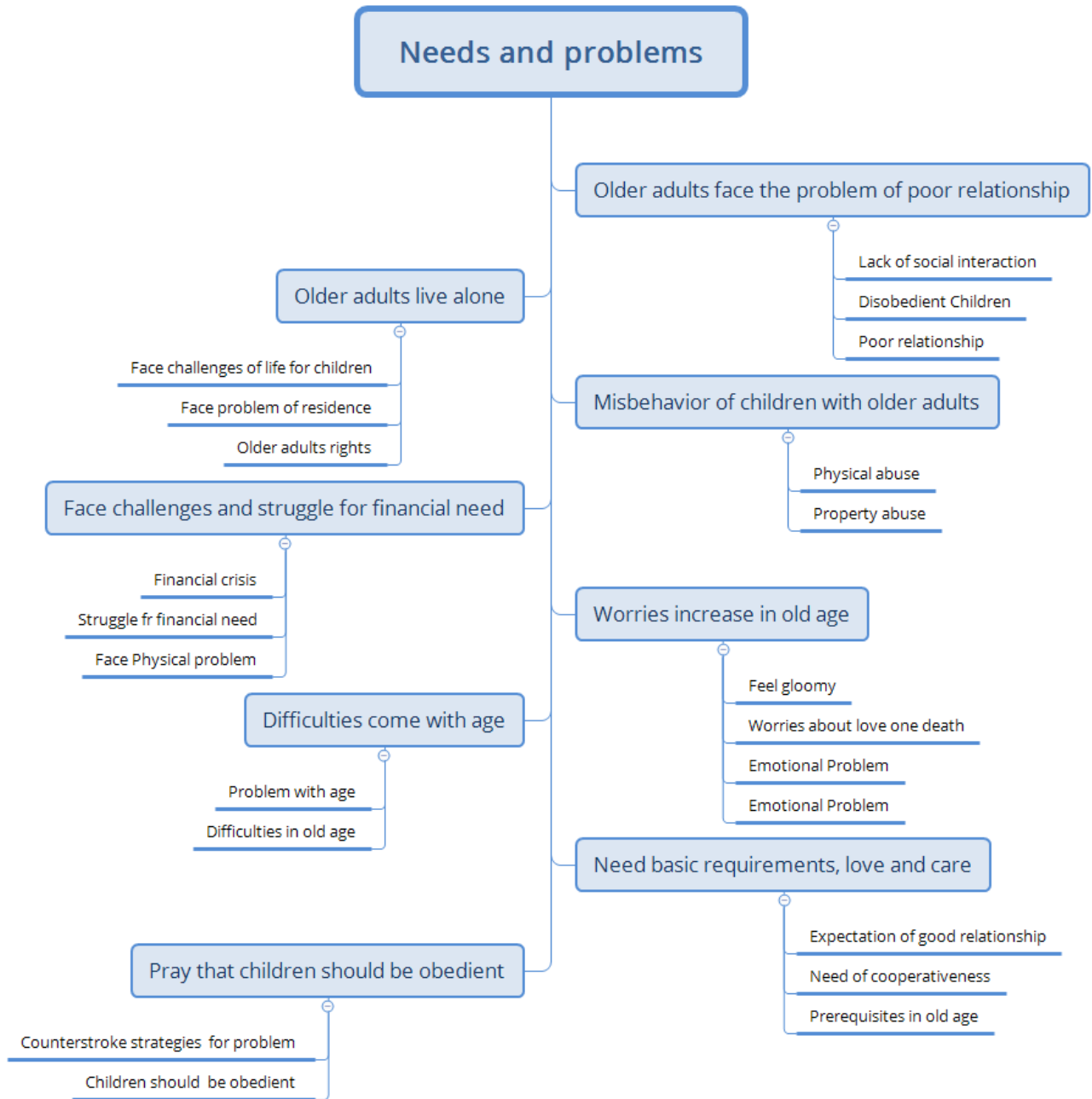


Figure 1: Super themes, and Sub themes of the study

3.1 Older adults face the problem of poor relationships

After conducting an in-depth analysis, it was found that the super theme “Older adults faced the problem of poor relationship” comprised the sub-themes “Disobedient children,” “poor relationship,” and “lack of social interaction.” In old age, older adults face problems with poor relationships, and their children or other family members do not treat them with the care, love, and affection they need. Therefore, they have to face loneliness.

Regarding the theme of disobedient children, one of the participants stated,

“...Though the son is ours, he just follows the instructions of his wife, and he is not obedient. He does not bother our opinion.”P14 (DU 29).

“...our children do not bring anything for us ”P3 (Du 182).

Poor relationships are the second theme which represents that the relationship between older adults and children is pitiable. According to the participants,

“...when I was living with my elder son, my daughter-in-law and grandson behaved rudely. While I was doing all the house chores, they didn't provide a supportive environment.”P20 (DU15).

“...My son should realize that if he is working then he should take responsibility for his sister, but if he wants to live separately what can we do in this situation!”P3 (DU113).

According to the views of the participants, lack of social interaction was also proved among old parents and children,

“....If there is any work then I do, otherwise there is no need to surplus”P17 (DU 20)

“....I spent most of my time with the animal farm there ”P15 (DU52)

Therefore, the poor relationship is the outcome of having an unsupportive living environment for the old aged people.

3.2 Older adults live alone

This super theme “older adults live alone” comprises the sub-themes “Face challenges of life for children”, “Older adults rights” and “Face problem of residence”.

Face challenges of life for children was proved when the participants said,

“...When I started farming, I worked hard and people come for my appreciation but now I am weak physically, I have no physical energy to do anything “P17 (DU34)

“’...when I left the village and came to the city, I started a job in a factory. Thus I had struggled a lot for family betterment.”P3 (DU36).

Referring to older adults' rights, the views of the participants were,

“...I transferred my property to the nephew but now no one cares for me.”P19 (DU 7)

“.. Parent fulfill their duty and struggle throughout life for children's betterment but in old age they are worried about their own needs because they think children consider a burden in old age.”P21 (DU)

Regarding facing the problem of residence, participants said,

“...I live separately in a rented house”P3 (DU 135)

“...I live in a separate home because we were beaten by our children and thrown out of home”P4 (DU 37).

This shows the poor level of connectivity and ruthless behavior of children with their old aged parents which give them mental torture and unwillingness to live more. Despite being challenged physically due to illnesses, old people live alone to maintain their self-esteem which gets harmed on asking anything from children. Moreover, the ones who want to live with children, get beaten and suppression in return, considering that they are a burden over their children.

3.3 Misbehavior of children with older adults

Under the super theme, “Misbehavior of children with older adults comes “Physical abuse” and “Property abuse”. Youngsters hurt their elders by abusing them in different ways.

Physical abuse was proved by the words of participants that,

“...if children are obedient then old age passes like a young age. If not, then the prayer is that Allah gives death.”P18 (DU97).“...My daughter-in-law beat and abused me and said to take my luggage and go out. My son also did not say anything to her. I was weeping and came here ”P8 (DU36)

Regarding property abuse, the participants said,

“...If children are caring, then this property was also in their possession. This property is ours, but the nephew said that this is their property. They possessed our house and threatened us that no one

could take them out from there. I was upset due to this situation and became ill. P8 (DU44).

"....The eldest son took the land with power and dominance, and now the land became a villa. P17 (DU88)

The overall misconduct of the children is one of the basic reasons for the ill health of old people and this leads to further illnesses as well such as depression or anxiety.

3.4 Face Challenges and Struggle for Financial need

This super theme "Face Challenges and Struggle for Financial need" comprises "Face Physical problem", "Financial Crisis" and "Struggle for Financial need". According to this theme, older adults face challenges such as physical challenges, financial crises, and financial struggles.

Referring to physical problems, participants said, "....My eyesight has become weak and I can't read the holy Quran properly."P2 (DU 16)

"....I am weak and suffering badly"P19 (DU9)

Regarding the financial crisis, the participants said, ".... Money is also a big issue. If money is given to anyone, the quarrel will start"P18 (DU 101).

".... Children are not cooperative and they don't provide the expenditure to their parents. However, being parents, we don't even ask for it. If we find anything from the field we take it home and give it to them so that they don't think that our parents do not give us anything. However, they do not agree to live with us because they think that we are a burden to them and they have to give us food and medical expenses. P9 (DU36)

Regarding the struggle for financial need, the participants said,

"....I have given my house to rent from which I get 10,000. From this firstly I fulfill my necessities, if I save some money then I do some shopping"P1 (DU 101).

"....I make a living by rearing cattle and hardly achieve the basic needs."P3 (DU 113)

It can be concluded that old people do not take help from their children and if they do, they bear circumstances referring to bad language and misbehavior. They either try to manage their basic financial needs on their own or just let them go and live in undesirable conditions.

3.5 Worries increase in old age

This super theme "Worries increase in old age" comprises themes "Worry about children", "Feel gloomy", "Emotional Problem" and "Worries about loved one death".

The participants said that feeling gloomy,

"....I wept the whole night because of the misbehavior of the children, I pray that Allah will lead them with guidance. My eyesight is getting affected due to weeping daily, leading me towards blindness. And if I feel thirsty, no one can give me water."P8 (DU 47)

"....past was good, a pot that is used for milk now, was full of money earlier and I used to buy everything from that money but not now"P3 (DU182).

Worrying about children was understood when the participant said,

"....I have to worry about my son "P5 (DU 114)

"....My nephew said that he will take care of his mother and his brother should take care of his aunt."P19 (DU 13).

Referring to worry about a loved one death, the participants said,

"....O my nephew, he was caring for me when he came across here. He asked about me and gave me money for medicine. He also took care of others. Now I felt grieved for him but what can we say! The age of death was mine but he died." P20 (DU 15)

'....I think that if there are two partners then life is spent happily, but she died."P14 (DU 55)

Considering emotional problems, the participants said,

"....I wept the whole night and I have tension that how we have done their brought up and how they are behaving"P8 (DU44)

"...Man has many worries when old age comes and he thinks about his older age and sits alone."P21 (DU 56)

As people age, worries intensify because of health concerns, financial uncertainty, and the loss of any loved ones. Moreover, loneliness exacerbates the level of anxiety, and fear of declining independence even is an additional factor of stress. Such factors collectively increase mental health issues, which make emotional support and social connections important in later life.

3.6 Difficulties come with age

The super theme “Difficulties come with age” comprises the sub-themes “Problems with age” and “Difficulties in old age.

The participants talked about problems with age, “... Every problem starts when children are unsupportive. My nephew prohibits his children from visiting my home”P19 (DU46)

“... Problems in old age arise when some hurdles come in life.” P3 (DU 178)

Participants said about difficulties in old age, “...with time many problems arise and a person thinks about the life struggle and becomes weak.”P19 (DU 34).

“.. Problems .are the part of life but children have their responsibility and expenditures but I mostly get worried about my daughter.”P1 (DU 166)

Thus, aged people have nothing to do much and spend time thinking about their children and get worried. They feel depressed and worry the whole day, thinking about their children's life problems, their misconduct, and other relatable issues.

3.7 Need basic requirements, love and care

This super theme “Need basic requirements, love, and care” consist of three themes that are “Prerequisites in old age”, “Expectation of good relationship” and “Need of cooperativeness”

Referring to a prerequisite in old age, the participants said,

“... Everything is needed in old age”P19 (DU 44)

“...food should be provided on time and if someone visits my home then no one should see me in ugly clothes. I must have good ones to wear”P15 (DU 59)

Regarding the expectation of a good relationship, the participants said,

“...Children should obey. If my clothes are neat and clean then everyone will appreciate me and my children. If my clothes are ugly then everyone who sees me will blame my children.”P18(DU 118)”

The need of cooperativeness was well explained in this response,

“.....My friend seldom visits my house considering that I am weak.” P1 (DU 99)

“’...My younger son is cooperative, if I spend any money, he doesn't ask me, ”P10 (DU34)

Basic affection, love, and support are a dire need of every individual, specifically old aged people who are

in a state of help and are dependent. Thus, giving them moral support and attention makes them happy and is also a fundamental requirement for them.

3.8 Pray that Children should be obedient

This super theme “Pray that Children should be obedient” consists of two sub-themes that are “Counterstroke strategies for problems” and “children should be obedient”.

Counterstroke strategies include,

“... Children don't take care of their parents but I had to adopt patience. If my children behave badly with me then their children will do the same, I don't do anything but be patient. P17 (DU 72)

“’...There is no solution for the problem but I pray to Allah that He grant them guidance and show them the right path.”P16 (DU)

Children should be obedient is well explained by the participant,

“... parents have many rights and children who obey their parents, go to paradise. The ones who disobey will lose everything in this world and hereafter.”P14 (DU 72).

“’...food is not the issue as Allah has promised about it. What is more important is that children must be caring.”P18 (DU 105).

Pakistani old-aged parents pray that children get guided to the right path as per Allah's will because they fear for their future and think that whatever they are doing with their parents, will come back to them. It is Allah who does justice and one sows what shall he ripe.

4.0 DISCUSSION

Analyzing the findings attained through participants' responses, it is concluded that older adults face the problem of a poor relationships. The children disobey their aging and frail parents. They don't show them any compassion, love, or affection. They don't have good ties with the elderly. This super theme is supported by a study which proved that an increasing number of people seek separate families. Moreover, family arrangements had to change and convert the joint family system into an undesirable one. On the other side, family support is declining in developing nations due to current socioeconomic conditions.²⁵

²⁵ Ibid

Another major finding is that the older adults live alone. It is found that children are uncooperative; some of the participants live with one of their sons while others live alone. Throughout their lives, older adults encounter numerous difficulties. To improve life, they put in a lot of effort. This finding is supported by a study carried out in Pakistan about learning the experiences of old people and determining what drove them to live in such shelter homes. The finding was that elderly people lacked the physiological, mental, emotional, and financial help of their children and relatives.²⁶

Misbehavior of children with older adults is another major issue. It is found that a serious form of abuse is physical abuse. It is evident in the literature that the elder abuse prevalence and risk factors of this issue are high in Europe and Asia. According to a cross-sectional survey conducted in Iran and Spain it was found that there are prevalent problems of elder abuse.²⁷

Referring to the theme of difficulties that come with age, it was found that old people experienced issues throughout their lives. Being young is always viewed as a blessing but difficulties come with age. Literature proves that as age increases both biological and psychological changes occur. The basic cognitive functions affected by age are memory and attention, perception also declines with age, and mainly decline sensory capacities, language processing, and decision-making even affected by age.²⁸

Considering the struggle for financial needs, it is found that older persons confront difficulties including health difficulties, financial difficulties, and crises. This theme is supported by literature that

older people experience discomfort in their homes because they are unable to assent to appropriate decisions. Even their financial demands and access to good medical care are not taken into account. The only source that could satisfy their needs was pension.²⁹

Worries increase in old age were proved when the researcher found that older persons experience a variety of psychological problems, including loneliness, anxiety, and despair. In Karachi, there was a very high frequency of depression among the elderly. Living with a spouse, viewing children as a source of future stability, and the proportion of male adult children in the group investigated all proved to be strongly associated with depression.³⁰

Older adults need basic requirements, love, and care however findings proved that food is everyone's primary necessity. There are other essential needs for the elderly too. Because a healthy diet is as important to parents' health as they age, they often struggle with the desire for food. In late adulthood, from the age of 65 until death, people's needs vary. Some people lead carefree lives without many problems, while others experience health problems. In addition, some older adults experience diet problems.³¹

Lastly, the theme, "Pray that Children should be obedient" was explained stating that when parents get older, children must listen to them carefully just as the parents do to their children when can hardly utter a word. According to a study, the older adults' immediate family serves as their primary source of social support during illness, and their extended family, which includes their children, siblings, and other relatives, serves as their main connection to society.³²

²⁶ Ryu, So Im, BeLong Cho, Sun Ju Chang, Hana Ko, Yu Mi Yi, Eun-Young Noh, Hye Ryung Cho, and Yeon-Hwan Park. "Factors related to self-confidence to live alone in community-dwelling older adults: a cross-sectional study." *BMC geriatrics* 21 (2021): 1-12. <https://doi.org/10.1186/s12877-021-02214-w>

²⁷ Ibid

²⁸ Jafari, Zahra, Bryan E. Kolb, and Majid H. Mohajerani. "Age-related hearing loss and cognitive decline: MRI and cellular evidence." *Annals of the New York Academy of Sciences* 1500, no. 1 (2021): 17-33. <https://doi.org/10.1111/nyas.14617>

²⁹ Ibid

³⁰ Bhamani, Mehreen Anwar, Mehtab S. Karim, and Murad Moosa Khan. "Depression in the elderly in

Karachi, Pakistan: a cross sectional study." *BMC psychiatry* 13 (2013): 1-8. <https://doi.org/10.1186/1471-244X-13-181>

³¹ Almoraie, Noha M., Rula Saqaan, Razan Alharthi, Amal Alamoudi, Lujain Badh, and Israa M. Shatwan. "Snacking patterns throughout the life span: potential implications on health." *Nutrition Research* 91 (2021): 81-94. <https://doi.org/10.1016/j.nutres.2021.05.001>

³² Schulz, Richard, Scott R. Beach, Sara J. Czaja, Lynn M. Martire, and Joan K. Monin. "Family caregiving for older adults." *Annual review of psychology* 71, no. 1 (2020): 635-659. <https://doi.org/10.1146/annurev-psych-010419-050754>

5.0 CONCLUSION

The findings of the present study demonstrate that elderly persons encounter numerous difficulties. They face the problem of poor relationships, older adults face the problem of residence, abuse, and humiliation, and go through financial issues. Their tensions increase in old age since they become dependent on fulfilling their fundamental necessities. Thus, the parents just expected that their children should be obedient.

6.0 LIMITATIONS AND RECOMMENDATIONS

The limitation of this study was that most of the participants in this study were uneducated. Therefore, initially, they showed resistance to participation but after assurance and describing the purpose of the study somehow they agreed to participation. The data was collected only from the Faisalabad, Toba Tek Singh District of Punjab so these results cannot claim the whole Punjab.

Considering the key findings of the study, the researcher has suggested some recommendations. Improving the relationships between older adults and children in the society of Pakistan needs a culturally sensitive approach that pays heed to family values including mutual respect.³³ Moreover, the traditional system of joint family has a key role in terms of fostering close-knit relationships, and promoting regular family gatherings—like religious celebrations, weddings, or festivals—can develop a strong bond. Furthermore, engaging in storytelling sessions in which the elders share their life experiences might enhance the level of understanding as well as respect amongst the family members, which will allow the younger generations to take part in the wisdom of their parents.

Open communication is important to nurture such relationships.³⁴ Thus, regular family meetings may work in facilitating the discussions regarding concerns, leading to a secure space where all individuals are heard. In addition, expressing a level

of affection through verbal affirmations or customary gestures may help in reinforcing emotional connections. The educational workshops addressing aging as well as challenges can also bring enhancement in empathy among the generations. Such workshops can even give training regarding effective communication including conflict resolution skills that are important to navigate the common misapprehensions.

Shared activities offer another avenue for strengthening family ties. Engaging in cultural practices, such as cooking traditional dishes or participating in community service projects, fosters teamwork and shared experiences.³⁵ Additionally, promoting digital literacy among older adults can help them maintain connections with family members who may live far away. Encouraging regular updates through messaging apps keeps communication active and strengthens bonds. Apart from this, emotional well-being is very important. Giving access to the needed counseling with support networks is helpful for families in addressing significant challenges of caregiving.³⁶ Moreover, celebrating milestones, like anniversaries or any personal achievements, signifies the value of older adults in the family structure. Paying heed to such culturally pertinent strategies, Pakistani families may create a conducive environment having mutual respect with support that can also enhance the quality of relationships among older adults with their children.

7.0 FUTURE IMPLICATIONS

The future implications of this study are that the study can be conducted by adding quantitative data based on every identified theme. Furthermore, the study area of the research can be extended to more cities in Punjab to get a variety of opinions from old people. The perception of children must also be taken into consideration to get better insights and a view of both parties. The sample size of the study can also be

³³ Townsend, Peter. *The family life of old people: An inquiry in East London*. Taylor & Francis, 2023. <https://doi.org/10.4324/9781003433491>

³⁴ Ambert, Anne Marie. *Parents, children, and adolescents: Interactive relationships and development in context*. Routledge, 2020. <https://doi.org/10.4324/9781315786681>

³⁵ Becker, Gay. *Growing old in silence*. Univ of California Press, 2023.

³⁶ Wenger, G. Clare. *The supportive network: Coping with old age*. Routledge, 2021. <https://doi.org/10.4324/9781003206989>



increased to get extensive data on the topic of the study.

The results of this study can be used to build appropriate precautionary and therapeutic strategies. The research can be helpful for psychologists to evaluate the needs and problems of older adults. This research can be further helpful for policymakers to fulfill the needs of older adults about financial problems. It can be helpful for awareness in youngsters about their needs and problems. This research can be helpful for public awareness about the needs and problems of older adults.

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