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## ECONOMIC AND HEALTH PROBLEMS OF AGING POPULATION

Dr. S. Vimal Dolli <sup>1</sup>

### Abstract

This paper deals with the economic and health issues of aging population. The population of aged people in 1961 was 6.4 percent of total Population, which rose to 7.5 percent in 2001. The share of elderly Population in rural and urban areas are 20.3 percent and 1.97 percent. The quantity of older is probably going to achieve around seventy-seven million by 2001 and 124 million by 2020. Among the issues faced by during the last fifty years, the major identified issue is the lack of economic independence particularly among women. According to the report submitted by Human Development Indicator Survey (HDIS) in 1994-95, seventy-six percent of the women and forty-two percent of the men were taken care of by their family. Some common unhealthy state of older are vital sign, psychological state, internal organ issues, diabetes, joint pains, urinary organ infections, cancer, loss of vision T.B. etc. There are fifteen million people that have a stroke annually. Stroke is that the second leading explanation for death for individuals higher than the age of sixty. The speedy population ageing can essentially bring social modification and economic transformation. Therefore, a holistic approach towards the elderly population will take social, economic and cultural changes which is required to solve the issues relating to the older people. supported the prevailing diversities within the ageing method, it's going to be declared that there's a necessity to pay bigger attention to the increasing awareness on the ageing problems and its socio-economic effects and to market the event of policies and programmes for coping with an ageing society.

**Keywords:** Cardiovascular, aging population, mental illness, elderly people, Alzheimer's Disease, mental illness

### Introduction

We can normally divide the life span of a person into five stages, such as infancy, childhood, adolescent period, adulthood age and old age. In each and every stage a person will face many issues like economic issues, social, political, psychological, physical issues and so on. The problems faced in one stage of life will be different from problem faced another stage of the life. Among all the issues the problems faced by the older people will be peculiar and unique. The elders may find it difficult to face issues due their deterioration of physical health and mental stability due to poor physical condition. Money plays vital role in maintaining both physical and mental health of elders. But the problem will rise in spite the good financial position when there is lack of support from their wards and negligence by their family members.

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Among demographic transition in the world, the identified significant change was considerable increase in the elderly population. The fact was true particularly in developing countries like India. The medical advancement brought the situation that there lower mortality rate and higher fertility rate, thereby the life expectancy of people has increased well. Among the total global population, majority of the elders (60 percent) lives in developing countries and this was expected to increase to 70 percent by 2010. Further, the older population itself is ageing, with the previous old being quite ten percent of the world's older.

#### Objectives

- To know about the economic status of age population
- To understand the health problems of age population

#### Methodology

This study is based on secondary data. Secondary data were collected from books, journals, project reports and from internet sources.

#### Elderly Population in India between the age group of 60 and 100 during the period 1961 - 2001

Age	Number (millions)					Percent of Elderly to the Total Population				
	1961	1971	1981	1991	2001	1961	1971	1981	1991	2001
60+	25	33	43	57	77	5.6	6	6.49	6.76	7.5
70+	9	11	15	21	29	2	2.1	2.33	2.51	2.9
80+	2	3	4	6	8	0.6	0.6	0.62	0.76	0.8
90+	0.5	0.7	0.7	1	-	0.1	0.1	0.1	0.2	-
100+	0.01	0.01	0.01	0.01	-	0.02	0.02	0.02	0.02	-

Source: Irudaya Rajan (2006). The Centre for Enquiry into Health and Allied Themes".

According to the 2001 census in India the elderly population accounted for 77million. This is about 6.7 percent of the total population, which is up from the 5.6 percent in 1961 and 7.5 percent in 2001, respectively. In rural areas the percentage of elderly people is much higher i.e. 20.3 percent, comparing to the urban areas, which stood at 1.97 percent. The number of elderly people is likely to reach around 77 million by 2001 and 124 million by 2020.

#### Economic Status of the Age Population

The percentage of elderly population as percent of working population is less than one percent. According to the NSS 52<sup>nd</sup> round, majority of the aged people (63 percent) in India are illiterates. Among total elderly people around 79 percent of women and 50 percent of men are illiterate. Around 44 percent of the elderly men and 24 percent of the elderly women are currently economically active, while the majorities are not economically active. There were only 969 women for 1000 men in the 60 plus age group in 1991.



The first among the problems faced by the elderly is the high levels of economic dependence on others, especially for women. According to the report submitted by Human Development Indicator Survey (HDIS) in 1994-95, among the total aged people 76 percent of the women and 42 percent of the men were supported by family and there were taken care of by their children and their spouse. Specifically, more than 70 percent of elderly people are taken care of by their children as per the NSS data.

#### **Health Problems of old Age Population**

**Alzheimer's Disease:** This disease might be associated with nervous disorder and a slow and gradual disease that begins inside part of the brain that controls the memory. as a result of it spreads to different parts of the brain, it affects a bigger vary of intellectual, emotional and behavioural abilities. there's no acquainted cause for this malady. As an individual grows older, he's at larger risk of developing Alzheimer's. the simplest thanks to forestall these conditions from occurring is to stay mentally busy. participate in activities like recreation, yoga and meditation. Reading books, playing keyboard board or physical games of any kind and moving with people will boost the standard of our life. Eat a balanced nutrient diet and avoid alcohol and smoking.

**Mental illnesses:** According to World Health Organization, 25% of the world population is suffering from Mental illnesses. But only 40% of these cases are diagnosed and treated. One million annual suicides are the result of these undiagnosed or missed cases. Most common causes for these suicides are depression, dementia, anxiety and Schizophrenia. Elderly are vulnerable to a spread of mental sicknesses. Depression is that the commonest of those. Symptoms of depression include- Lack of interest in activities you enjoyed doing. disappointment or unexplained crying spells, anxiety or irritability, Loss of memory, inability to concentrate, confusion or disorientation, Thoughts of death or suicide, modification in appetency and sleep patterns. These health problems are characterised by confusion, state of mind and disorientation.

**Blood Pressure:** With age the centre and blood vessels dwindle economical even within the absence of obvious diseases. the centre tends to urge enlarged and also the pumping action decreases. The blood vessels dwindle pliable and elastic. this may lead to the swelling of feet, high force per unit area and coronary failure. The UN agency (World Health Organisation) estimates that in 2006, three million folks die of cardiovascular (CVD) disease like cardiopathy and stroke in Asian nation. Major reason for the death was attributed by the centre unwellness in Asian nation. A cardiopathy or coronary failure happens once the provision of oxygen-rich blood to the centre is discontinuous, typically by a blood in one among the coronary arteries that offer the centre with blood. This happens once there's a blockage in one or a lot of coronary arteries. Habits like unhealthy

consumption, having a lot of stress, absence or no physical exertion can result directly into heart issues.

**Heart Problems and Heart Attack:** With age the heart and blood vessels become less efficient even in the absence of obvious diseases. The heart tends to get enlarged and the pumping action decreases. The blood vessels become less pliable and elastic. This can result in the swelling of feet, high blood pressure and heart failure. The WHO (World Health Organisation) estimates that in 2006, 3 million people die of cardiovascular (CVD) disease such as heart disease and stroke in India. Major reason for the death was attributed by the heart disease in India. A heart disease or heart attack occurs when the supply of oxygen-rich blood to the heart is disrupted, usually by a blood clot in one of the coronary arteries that supply the heart with blood. This happens when there is a blockage in one or more coronary arteries. Habits such as unhealthy eating, having more stress, absence or no physical exercise will result directly into heart problems.

**Stroke:** There are 15 million people who have a stroke each year. Stroke is the second leading cause of death for people above the age of 60. There are two types of stroke i) Ischemic which occurs in 85% of patients and ii). Haemorrhagic which is seen in 15% of patients are affected.

**Cancer:** Cancer is a leading cause of death globally, an estimated 7.6 million people died of cancer in 2005. Human being is prone to many diseases, more than a hundred diseases cause cancer on different parts of the body and cancer. Among elderly men, cancers of the prostate and colon are the most common while for women it is breast cancer. Other cancers found in geriatric patients are skin, lung, pancreas, bladder, rectum and stomach cancer.

**Diabetes:** Diabetes is a metabolic disorder characterized by high blood sugar. Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose (blood sugar) to enter the cells of the body and be used for energy. Most of the elderly are affected diabetes.

**Kidney disease:** Kidney disease is disorder that affects the functioning of the kidneys. It will be characterised as hereditary, nonhereditary or nonhereditary. Chronic uropathy is thought to have an effect on the old and is related to a high risk of renal failure, upset and death. In Republic of India an outsized range of individuals come in terminal renal failure per annum, whereas many others suffer from lesser types of excretory organ diseases.

**Eyes Diseases:** Eye diseases like cataracts and age-related macular degeneration, loss of vision etc. are major eye problems in old age.

**Fall-related Injury in Old Age:** In old age changes in vision, hearing, muscle strength, co-ordination and reflexes make older people vulnerable to falls. In addition, diseases of the heart, brain, bones and joints, thyroid and diabetes may affect the balance and gait. Improper lighting, slippery or uneven ground surface, assistive devices, misplaced furniture, pets and footwear are

among the most common environmental culprits. Thousands of older men and women are disabled, often permanently, due to falls that lead to fractures. The fear of fall can be psychologically debilitating. Every year, thousands of older adults fall and hurt themselves. Falls are one of the main causes of injury and disability in people age 65 or more. People who have suffered a stroke, multiple sclerosis or osteoporosis, are also at risk.

#### **Conclusion**

The aged populations are normal people. They may also become ill like others. Old age in itself is not a disease. It is normal and natural condition. Every living organism has weaknesses and disabilities. Some health problem and common ailments that generally affect elderly are blood pressure, cardiac problems, diabetes, joint pains, kidney infections, cancer, tuberculosis etc. Once they occur, this disease may take a long time to heal due to old age. Therefore, regular medical check-up should regularly be made in order to prevent any kind of disease which affect the health conditions. To remain healthy in old age, control your weight, blood pressure and diabetes, eat four to six portions of fruit or vegetables daily, do not smoke, reduce salt, avoid alcohol, walk daily, maintain muscle strength and flexibility with exercise and sleep for six or seven hours a night.

The rapid population ageing will necessarily bring social change and economic transformation. In view of this, a holistic approach to population ageing taking social, economic and cultural changes into consideration is needed to effectively solve the emerging problems of the elderly. Based on the existing diversities in the ageing process, it may be stated that there is a need to pay greater attention to the increasing awareness on the ageing issues and its socio-economic effects and to promote the development of policies and programmes for dealing with an ageing society.

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