

Golden Age : Problem- Ridden Phase

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Abstract

The old age is an integral part of human life. It is the evening of life. It is unavoidable, undesirable, unwelcome and problem- ridden phase of life. But it is really interesting to note that everybody wants to live a long life, but not to be old. It is ironical that however undesirable the old age, it is bound to come in life. A man is compelled to go through the pains and pleasures of this age like the other phases of life before making an exit from this mortal world.

An old man is full of experiences and even though experiences are of immense help to the younger generation, he is taken as an unwanted burden. He himself is caught in a terrible feeling of redundancy. Thinking of old age visions of loneliness and neglect emerge in mind. Elders are very important for an equitable growth of society. Any social setup is considered more cultured if its people treat their senior citizens with respect and care. A society devoid of blessings from its senior people surely runs down the drain in absence of any guidance. All energy and no experience could act a source of conflict in the society leading to a complete chaos and anarchy. The picture becomes all the more awesome with the failing health and illness. A sense of despair glooms over all his pleasant feelings. Though it is true that no stage of life has its ever smooth sailing and every stage has its attendant problems, those of old age are more difficult and insurmountable because the physical strength and mental capability required to cope up with the adverse situations of life are immensely reduced. We fear the mental and physical decline. . Earlier, when life was simpler and values counted for more, those who reached a ripe old age held an enviable place in society where they could really release and enjoy the twilight years of life.

Keywords: capability required, younger generation, etc.

Introduction

The thought of not remembering our past or even friends and families is scary, what is there to like about forget all the wonderful memories that took us so long to accumulate. And then there's the fear of physical decline, knowing that we risk the chance of not being as youthful as we would like to be. Missing out on all the fun of playing with the grandchildren, taking long walks at night or even those bike rides that we once enjoyed. Old age has become a social problem in our time. The reality of getting older is manifested through stereotypes and

myths. Common stereotypes of aging view the old as out to the pasture, over the hill, and all washed up. We want to be able to stay youthful and enjoy life to it's fullest. No matter what lengths we go to, to stay young, there will always be that fear in the back of our minds of getting old. He is, in fact, filled with a feeling of emotional insecurity. He wants someone to take care of his needs and share his feelings. It is important to remember that **elderly people** are precious. They are somebody's parents and grandparents. Surely, caring for them can be hard and tiresome and very often people start thinking about nursing and retirement homes but it's not the way out. Take a moment to find out if you could care about them on your own.. Growing urbanisation and fast moving modern life have contributed to the problem. Furthermore, the erosion of moral values has also aggravated the situation. They commanded great respect, regard, love and attention and were taken as source of inspiration, guidance and experience for the younger generation.

Every phase of life has its own problems which require prudence, wisdom, courage and strength to attend to. In childhood and youth one has parents and other close elderly kith and kin to help, cooperate and guide. Besides, one himself is full of energy, strength, stamina and courage. But the situation takes a reverse turn in the old age. For his every work he needs someone to help. He becomes dependent to others largely due to his physical infirmity. Today's society every one wants to look young and attractive. We want to be able to stay independent, and in touch with modern times..The problem gets accentuated especially as the world ceases to have any resemblance to what the elderly were once accustomed to and changes at a bewildering pace with every passing moment.

Debilitating body and failing health, make things worst. Having rendered service for a lifetime, the body parts appear to have become tired and weak. He becomes highly vulnerable to ailments-minor or major **Old people** are in strong need of attention and affection. They have a lot of interesting stories to tell, as they have gone through so many life events. Remember, you may be the only one person who can help your elderly relatives enjoy the last years of their lives.

Objectives

Social security and emotional support are terribly needed. A feeling of loneliness adversely affects their mental health which shows through some physical problems. In recent times, insecurity of the old, particularly in metropolitan cities, has emerged as a matter of grave concern. Usually, they are alone with servants to take care of them. After some time, the servants become familiar with everything in the household, they rob them of all their belongings, often become cruel enough to kill them and ran away. The news of such incidents are frequent

in national dailies. People of this consumer culture do not have sufficient money to provide financial support to their parents; neither do they take it as their moral responsibility.

Suggestions

This situation is really unfortunate and needs to be addressed properly. The thought loneliness, being unwanted, or becoming a burden and dependent upon our friends and family members is another reason we fear getting old. It seems like when we get older our friends tend to diminish and our interests seem to clash with the younger generation, so they stop coming around as much. Then there's the thought of having to rely on other people to help us in our daily activities. The last thing we want is for someone to have to take care of us, and losing our independence. No more being able to jump in the car and go to the store or friends houses. Added to this is the depressing anxiety of not knowing just how far ahead one must plan or for how long one is forced to dependent financially on his children to meet his requirements. This brings more despondency to him. This plays havoc with the lives of the elderly. The picture is really grim in the twilight years of the life which ought to have been the best years of a person's life, when man is free from every kind of responsibilities.

It is always in the interest of the younger lot to offer respect to their elders. Just like a soldier fighting a war commands respect from his fellow countrymen for all the ups and down he has overcome, you must respect your elders as they also have seen life closely and are always willing to share their experiences and guide us through. Experiences from their life can act as a torchbearer for us in the long run. The problem of loneliness and isolation is the gift of modern society. The society forces an old person to live like an island. Often he faces the loss of spouse and old friends. In fact, during the old age one is faced with multi-dimensional problems. One of the major problems is the financial constraint which is really more difficult in case of those old persons who are not entitled to any social security and have no source of income, completely depending on their spouse or children.

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