

Physical Needs and Adjustments Made by the Elderly

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ABSTRACT Old age is generally a closing period in one's life span. Old age bring about a wide variety of problems. During the old age physical and psychological function declines. There is a decline in intellectual activity, social activity and physical health. The needs and problems of the elderly vary significantly according to their age, socio-economic status, health, living status and other such background characteristics. The present study is an attempt to study the physical needs and adjustments made by the elderly. The sample comprised of 100 elderly people (50 men and 50 women) of Jammu city in the age group of 65 years and above. Purposive Sampling Technique was employed for sample selection. Interview Schedule was framed to collect the required information and Observation method was used to cross check the information given by the respondents. Results of the study revealed that majority of elderly men and women lived in joint families. Majority of the respondents were satisfied regarding their financial position. They had enough money to look after their needs. Majority of both elderly men and women liked to watch T.V in leisure time. Men liked to read newspapers and women preferred reading religious books. . Majority of the respondent were facing the health problems like joint pains, failing vision, high blood pressure and diabetes. The finding revealed that the elderly were looked after by their spouses when they fell ill. It was observed that though most of the elderly were living in joint families still the spouses looked after each other when they fell ill this may be due to the growing generation gap.