

## **SOCIAL WELL-BEING AND ELDERLY : AN ANALYSIS ON EFFECT OF COVID-19 PANDEMIC AMONG AGED PERSONS**

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### **Abstract**

Covid-19 pandemic effects on daily life of human beings are uncountable. Disrupt on the field of health care, business, economic and social life, in the field of health care are challenges in the diagnosis, isolation, and treatment of suspected cases, burden in medical system, being neglected by patients with other diseases or health problems. Social well-being is one of the important factors in the mental health. During the COVID-19 pandemic the social well-being is challenged in many ways. The elderly experience a variety of problems; they lost all the joys they had experienced before the COVID-19 pandemic. In the pandemic they could not see even the closest thus the COVID-19 gave them a completely lonely life to older adults. Present study is an attempt to enquire the social well-being of elderly during COVID-19 pandemic by analysing the factors of well being like social contacts, neighbourhood and neighbourhood cohesion, material deprivation, most important occupation, social isolation, societal institutions and societal participation.

*Keywords:* social well-being, older adults, social contacts, networking, social isolation, societal participation.

### **Introduction**

COVID-19 pandemic is a phenomenon that has affected the mankind as a whole which made changes in the lives of children to adults. This pandemic situation brought about a life style that was completely unfamiliar to humans. Most accountable impact occurred due to social distancing and lockdown (Haleem & Javaid, 2020). Thus covid-19 pandemic changes bring changes in all the conditions of life, especially in the life of older adults. The elderly experience a variety of problems; they lost all the joys they had experienced before the COVID-19 pandemic slowly no one cared about the elderly. In the pandemic they could not see even the closest thus the COVID-19 gave them a completely lonely life to older adults. There are mainly four types of grief that coronavirus causes in the elderly, which are depression and anxiety, Unmet spiritual needs, poor social well-being and adverse effect of quarantine (Buenaventura, Ho, & Lapid, 2020). COVID-19 pandemic brings new fear and unwanted tension to older people about their lives. Because in the media and public spread the news that corona virus mostly affects older people and happen death if they are physically weak, this news triggers unwanted fear among them and which leads depression and anxiety. Prayers and religious activities are considering an important factor for the elderly, go to places of worship daily also visit holy places and are factors that give the elderly a lot of mental happiness. But nowadays older people cannot go to their religious institutions which they had experience pleasure before. Now they can't go to church, temples etc. Social distancing is necessary to slow the spread of the virus, it has the unintended consequence of preventing older people from meeting or communicating with their friends and relatives. People who lack access to technology and have limited resources are more likely to be lonely and unable to connect with others outside the home. Long-term depression and a decrease in emotional well-being may result from a lack of social contact, this effect is more prominent especially among geriatrics who has limited fluency with digital platform (Buenaventura, Ho, & Lapid, 2020).

Aging is just as important as any other condition in life. But pandemic like COVID-19, aging is often overlooked this is because of the fact that those who suffer the most from epidemics are the older adults. Many decisions to deal with such epidemics are even unacceptable to them. No one is trying to learn or understand the difficulties and hardships experienced by the elderly. In the COVID-19 pandemic adversely affect the social well-being of elderly, which implies that make an effect on the mental health too. It is clear from the literatures which mentioned above epidemic like COVID-19 have denied the majority of activities that bring happiness to the elderly. Social well-being is major important factor of the mental health of elderly. Present study is an attempt to enquire the social well-being of elderly during COVID-19 pandemic by analysing the factors of well being like social contacts, neighbourhood and neighbourhood cohesion, material deprivation, most important occupation, social isolation, societal institutions and societal participation

## **Review of Literature**

According to the study conducted by Raveen Lekamwasam and Sarath Lekamwasam on effects of covid-19 on mental health and well-being of older adults which states that Pandemic are inevitable in nature, pandemic not only affect the morbidity and mortality rate but also it will affect people's income at various level. Effects of social isolation and social distancing are discussed beautifully here how isolation will affect internally and externally to older adults are discussed here before conclusion the article which is discussed the measures to safeguard of older people during a pandemic which are the implications to social workers here the author says that special attention need to be give the fields of health, nutrition, physical activities, social activities, and religious activities of older adults in the pandemic period. Berg-Weger and Morley (2020 ) assessed the way to reducing social isolation and loneliness during the pandemic period they were started innovative methods. The aged but face unique challenges. Advanced age itself can be a pre-disposing component to bodily and mental issues. The aged are susceptible to social isolation below everyday situations and this trouble has been improved in the modern day. Older humans typically have handiest in a depth circle of friends and family with whom they routinely interact. However social interaction from an outsized a part of their life in retirement. But due to the pandemic situation and restrictions they cannot able to maintain their friends circle and interaction with beloved ones. Older adults are not professionals by handling online platforms, but online platforms are the only method that is suggested to maintain relation to all (Philip & Cherian, 2020). Pandemics have huge psychosocial sway. Wellbeing tension, alarm, modification problems, gloom, persistent pressure, and sleep deprivation are the significant branches (Banerjee, 2020). Deception and vulnerability offer ascent to mass panic. Among them, the older are particularly defence less. Up until now just one paper looks at old psychological well-being during these occasions. It specifies social disconnection of the old as a "genuine general wellbeing worry" due to their profile psychosocial weaknesses. Despite the fact that social separation is an effective method for combating Coronavirus, it is also a significant cause of loneliness, particularly in settings such as nursing homes or assisted living facilities, where it is a free risk factor for depression, stress, and suicide. When general welfare deteriorates, social connectedness becomes even more important, particularly when "ageism" becomes a source of defamation in this underserved population. This leads to apathy and remedial agnosticism. Since most seniors are uncomfortable with advanced cells or, on the other hand, media terminology, insurances for a pandemic must be revealed to them in simple terms. Psychological hindrance, what's more, issues like meandering, peevishness, and crazy side effects can decline the frenzy and make it hard for them to follow the insurances of separating and hand cleanliness.

## **Methodology**

In order to analyse the social well-being of elderly of elderly the researcher used Social Well-being Seven Factor Scale developed by Jacqueline Radzky especially the factors like social contacts, neighbourhood and neighbourhood cohesion, material deprivation, most important occupation, social isolation, societal institutions and societal participation .The investigation conducted among eighty two non-institutionalised elderly people in Kerala by using simple random sampling. The researcher devised an interview schedule which consist of socio demographic profile of the respondents and social well being scale. Collected data were coded, tabulated, analyzed and interpreted using SPSS software. The data were presented with simple frequency tables, diagrams and charts.

## **Result and Discussion**

The study made an attempted to analyse the effect of COVID 19 pandemic on social well-being of elderly. The study analysed the socio-demographic profile of the elderly in first section and Social well-being in second part.

Table 1 represent the socio- economic and demographic profile of the elderly. The study reveals 43.3 percent of the respondents represent the age group of 60-7 and 61.3 percent of them are females. . The study further reveals that most of the respondents were earning for their livelihood for themselves through various activities like agriculture (13.3 percent), , old age pensions (68.7 percent0, and other activities like daily wages and shop keeping (12.9 percent0 and only very few of them (5.1 percent ). Majority of the respondent (52.2 percent) have low monthly income. The study showed that 12.4 percent were staying alone while 48.3percent with children and 28.3 percent with from that we can identify that most of the elders are living with their children, it indicating that they have strong familial support. Majority of the respondents are spending their leisure time with grandchildren because they feel joyful memories and loving relationship.

**Table 1: Socio Economic and demographic Profile of Elderly**

Variables	Group	Percentage
<b>Age</b>	60-70	28.3
	70-80	43.3
	80 <	18.4
<b>Gender</b>	Male	38.7
	Female	61.3
<b>Living Arrangement</b>	Alone	12.4
	With Children	48.3
	With Spouse	28.3
	Other	11
<b>Source of Income</b>	From Children	5.1
	Pension	68.7
	Agriculture	13.3
	Other	12.9
<b>Spending Leisure time</b>	Siblings	8.7
	Grand Children	39.7
	Friends	12.6
	Neighbors	32.1
	Other	6.9

**Table 2 : Social well-being of Elderly during COVID-19 Pandemic**

Social Wellbeing Components	Gender	Level of Well Being			Mean	SD
		Low	Moderate	High		
Social Contact	Male	33.8	42.8	23.4	14.465	1.7653
	Female	31.3	48.5	20.2	15.786	1.549

Neighbourhood and neighbourhood cohesion.	Male	38.2	52.6	9.2	12.738	1.415
	Female	34.0	49.14	16.86	14.52	1.835
Material Deprivation	Male	36.3	49.3	14.3	11.80	1.659
	Female	37.8	48.4	13.8	10.852	0.983
Most important occupation	Male	38.7	55.3	6.0	12.67	1.572
	Female	34.5	52.7	12.8	10.873	1.264
Social Isolation	Male	3.3	55.0	41.7	11.621	1.55
	Female	12.7	48.7	38.6	12.785	1.674
Societal institution	Male	33.3	47.1	20.6	11.63	1.581
	Female	31.7	43.6	24.7	11.98	1.076
Societal Participation	Male	65.6	28.3	6.1	12.38	1.585
	Female	72.3	14.8	12.9	11.505	0.894
Over all Social Well being	Male	41.5	46.3	12.2	12.342	1.438
	Female	35.7	49.8	14.5	14.582	1.236

Table 2 represents social well-being of elderly during COVID -19 pandemic. Social well being have been analysed with seven factor scale developed by Jacqueline Radzky. The components are social contact, neighbourhood and neighbourhood cohesion, material deprivation, most important occupation, social isolation, societal institution and societal participation. The present investigation revealed level social well-being in terms social contact is very less with evidence of the responses. 76.6 percent of the male and 79.8 percent of the female were under low and moderate level of social contact. Study also revealed that female respondent had high social well-being during pandemic situation. The study showed that Female had more neighbourhood cohesion than male. Their level well-being moderately low in term of neighbourhood and neighbourhood cohesion. Majority of the respondent (85.6 percent of male and 86.2 percent of female respondents) have materials deprivation. The factor related to most important occupation, the study showed that most of the respondent ( 94 percent of male and 87.2 percent of female) had have low and moderation level of social well being. But, based on the means score of the component male respondents had more social well being as compared to female. Social isolation is other important factor which adversely effect the elderly due to social distancing and lock down in COVID-19 pandemic. According to the means score of the social isolation component male respondents have more isolation than female respondents. The study further revealed that, interaction with social institutions are very less during the pandemic due to restrictions by government especially with the religious institutions and recreational activities for aged. Based on the opinion of 65.6 percent male and 72.3 percent female social interaction of elderly during COVID- 19 pandemic is also very low. But female respondents has more social interaction than male. Considerng ovel all social well being of the elderly during COVID-19 pandemic situation, most of them ( 87.8 percent of male and 86.5 percent of female) had low and model level of social well being. The study also revealed that male respondents had less social well being than female respondents. This COVID-19 pandemic forced them into isolate and maintain physical distance. As we all know that older adults is a population which is in the vulnerable group list, so they had several restrictions in the pandemic period.

## Conclusion

COVID-19 pandemic had greatly affected the lives of the older adults. Social well-being is one of the important factor in mental health. The study evidenced that older adults have low mental health during COVID-19 pandemic as social well-being is low in older adults. Social contact is cannot be maintained by older adults, not only the older adults but also every age group. In the pandemic period lot of peoples lost their jobs and suffer for financial stability. Durring pandemic period their source of income becomes stop, they restricted in their own homes. Social isolation another factor of social well being , which adversly effect elderly lack visiting permission to beloved ones and restrictions in attending religious ceremonies . The COVID-19 pandemic changed the life style of the older adults. It is true that the older adults were not given due consideration in the pandemic period, often they were not on many consideration list by the government. This is the downfall of our health sector, many schemes and programs are essential for the safety of the older adults. There may still be epidemic like the corona virus it is therefore imperative

to take pre cautionary measures for the welfare of the older adults. when it comes to epidemic or pandemic we should take care the older adults not to avoid their needs

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