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## Family Institution: A Study of Socio-Economic Factors of Senior Citizens to Old Age Homes in Lahore

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Family Institution, Socio-Economic factors, Senior Citizens, Effects of Mobility, Substitutes of the Family

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**Abstract:** The study's overarching goal was to investigate how social and economic factors influence family institutions and ultimately lead to the institutionalization of care for loved ones. Qualitative and descriptive research methods were used in this investigation. New studies show that social and economic variables affect the family unit, leading people to look for care for their golden years in institutional settings. The major demographic included seniors in institutional settings like nursing homes, retirement communities, and assisted living facilities. For this study, we used a systematic approach to identify 30 retirees from various communities in and around Lahore. In-depth interviews with an interview guide yielded the data. Interviews were conducted with key personnel who had direct responsibility for the retirees. Thematic analysis was used to draw out recurring topics once qualitative data had been collected.

## Introduction

To put it another way, becoming older happens to everyone. This concept incorporates the myriad aspects of metamorphosis, which may include but are not limited to the physical, the cerebral, and the social spheres. While some things expand and mature over time, others slowly lose significance. The majority of people understand the term "old age" to signify a decline in both their bodily and mental health, a slowdown of social and economic activity, and a transition from independent financial status to a greater degree of dependence on others (Dubey, Bhasin, Gupta & Sharma, 2011). People, families, and communities face various social and

economic challenges as a direct result of the natural aging process (Sarfaraz & Riaz, 2015). Changes in population demographics, in particular an increase in the proportion of elderly people, have significantly and negatively impacted the world over the previous 20 years. When there is a considerable increase in the average number of years people live, there is a corresponding increase in the social, economic, and health implications accompanying that increase—as a direct consequence of this, addressing their needs and making provisions for their care has emerged as a critical concern on a global scale. Respecting the knowledge and

expertise of older people is highly valued in both the Eastern cultural tradition and Islam; as a result, Pakistan has earned a strong reputation for upholding this value. The growing population of elderly people living in poor socioeconomic conditions and chronic health conditions, as well as the rising costs of medical treatment and the inability to pay for less caregiving, have led to a violation of religious and societal norms. This has resulted in a breach of both religious and societal standards. In Pakistan, an increasing number of older people are being relocated to nursing homes (OAHs) due to legal requirements or their free desire (Vertejee et al., [2020](#)).

### Senior Citizens in Global Context

The Senior Citizens Act of Nepal mandates that families provide for their elderly relatives (Amir, 2018). 7.9% of Canadians over 65 called "old age residences" homes in the 2001 census. While only 5% of American citizens reside in such institutions a generation ago, 24% do so today (Qidwai et al., [2018](#)). In rural parts of India, it is common for grandparents to share homes with their grandchildren (Latha, [2017](#)). The elderly in the United Kingdom and the United States are increasingly moving away from their offspring. People move into assisted living facilities, nursing homes, and retirement communities as their health deteriorates. Young people of African descent are more likely to care for their elderly parents. Young people in the East typically observe their parents caring for their grandparents, aunts, and uncles (Sarfaraz & Riaz, [2015](#)). Traditions of caring for the elderly in South and Southeast Asian countries are being lost. The state is burdening the younger generation unfairly by supporting the elderly. Multi-shelter homes are becoming increasingly common in Asia to care for the elderly. Home care for the elderly remains common.

The principles of Confucius continue to shape the way Japanese families treat their grandparents, parents, and other seniors. Most Asians nowadays still care for their aging

parents, with many staying with them until death (Grace [2015](#)). About 30% of the elderly population in Korea is alone. For six hours, church elders wait in line for a piece of fruit and fifty cents. Nursing homes currently have three times as many people on their waiting list as they make beds. In just 20 years, the elderly will outnumber the young by a factor of four to one. Aged folks make up a quarter of Japan's population. In China, "Confucius Laws" stipulate that offspring must see and care for their aging parents. - This can be especially difficult for only children, as people can be sued for failing to make required visits to their parents after divorce, and children of divorced parents sometimes face guardianship issues (Grace, [2015](#)). About 85 percent of the unpaid care given to England's 1.4 million senior home-dwellers comes from their adult children and spouses (CPA, [2014](#)). Traditional family roles in Bangladesh, where most retirees rely on their offspring, are changing due to urbanization and globalization (Khan et al., 2014 [Khan](#)).

### Old Age Home

In Pakistan, several well-established religious communities, including the Parsi, Catholics, and Muslims, each run their own retirement home for elderly members of their community. Some homes for elderly people are supported entirely by contributions made by the communities in which they are located; others are funded by the social welfare agencies of the government; and yet others are operated on a commercial basis with varying facilities and levels of quality control. Each household has its own house of worship, and meals are cooked by the family's interpretation of the family's particular religious traditions (Sarfaraz & Riaz, [2015](#)). The number of elderly people living in nursing homes and other residential care facilities is growing steadily due to various issues, including a shortage of care from family members, emotional support, and financial worries. There are also problems of a socioeconomic, demographic, and structural

nature taking place within the institution of the family (Rajkumari & Shahani, 2021).

### Bill for Senior Citizens in Pakistan

The nation's president, Dr. Arif Alvi, has suggested legislation to aid the elderly. The law has thus far only been enforced within the Islamabad Capital Territory's borders. Senior Citizen Cards are available to anyone aged 60 and up and grant free or discounted admission to public spaces such as museums, parks, and libraries. They will pay less for prescription drugs, doctor visits, dental work, and lab work. Travel discounts of 20% off are available for passengers 65 and older on plane and train tickets. When a transferee fails to provide the home and care promised to an elderly transferor after acquiring property from the transferor, the law may enforce the transferor's rights (Dawn, 2021).

The "Elderly Parents Care and Senior Citizens Act" was recently enacted as federal legislation for the District of Columbia. The Act proposes establishing a commission responsible for a wide range of responsibilities related to the well-being of seniors, including but not limited to creating policies tailored to their needs. As the first law in the country to prioritize the needs of the elderly population, the Khyber Pakhtunkhwa Senior Citizens Act of 2014 represents a significant step forward. In 2016, Sindh became the first of two new provinces, followed by Baluchistan in 2017. The purpose of the Senior Citizens Welfare and Rehabilitation Bill, 2013 in the Indian province of Punjab is to facilitate intergenerational solidarity and provide senior citizens with access to necessities like retirement and health benefits, housing, disability assistance, and even financial aid in times of crisis (Gillani, 2021).

### Objectives of the Study

- To explore socio-economic factors behind the transition of senior citizens towards old age homes.

- To find out the effects of social mobility on senior citizens' life.
- To explore the alternatives of the family institution.

### Research Questions

- i. What are the socio-economic factors becomes the cause transition of senior citizens from family to old age homes?
- ii. How the social mobility effects senior citizens of old age homes?
- iii. Can old age homes be the substitute for the family institution?

### Methodology

A qualitative research approach was used for this research. The required respondents were selected by purposive sampling technique from the selected old age homes. The in-depth interviews were conducted for the collection of data with the help of an interview guide. Old age homes administration was also interviewed with the help of key informants. The approved proposal along with a written request letter was submitted to the concerned old age homes of Lahore and formal permission was taken. Data was collected from the senior citizens of the old age homes after the permission of the old age homes authorities. Verbal and written informed consent was obtained from each respondent of old age homes. **Inclusion Criteria** Age above 60 years, living in old age homes in Lahore, and those persons who were willing to give responses in this study. **Exclusion Criteria** Those people who were unwilling to interview or had severe speech and deafness problems. **Time duration for an interview** the time was taken for the in-depth interview 45-60 minutes and the interview was conducted in a single session. The data was analyzed with the help of thematic analysis and connected conversation in the form of themes, nodes, and codes were formed".

## Result and Discussion

### Social Factor

According to the findings of this present study that less than half of the respondents belonged to the lower- lower class but after the transition, they were in a better position. Similar studies found that most of the respondents belonged to the lower- lower class so their transition effect is positive because they have basic facilities in old age free of cost. Socio-economic status is closely related to staying in old age homes and below the poverty line was the important factor making elderly women stay in Old age homes. Similar findings were also found in studies done by (Gupta et al., [2014](#)). Poverty was the major reason for the transition from the family to old age homes. 29.3% result was shown (Akbar et al., [2014](#)). Because of poverty senior citizens living in old age homes are also supported by many of the studies carried out. (Gupta et al., [2014](#)).

### Financial Status

The result revealed that senior citizens had earned enough money in their earning period to fulfill the basic necessities of life but few did low wages jobs, the analysis disclosed that female respondents were more financially dependent than males. Numerous studies have discussed the various reasons why elderly people live in old age homes. Lack of family care, inadequate housing, financial difficulties, and the breakdown of the joint family is cited as the factors carried out by (Bansod et al., [2006](#)). Among older adults who were abused, the majority reported caregiver negligence (34.9%) and verbal abuse (34.9%), sexual abuse (7.3%), Physical Abuse (5.5%), and Financial Abuse (2.8%). The study showed that women were high risk of being abused than men. (Baral, Chhetri & Bhandar, 2021).

### Involvement in Family Matters

This study analyzed that they were not much involved in family decisions. Most of the respondents replied that the involvement in

family matters and decisions was strong with spouses but after the death of spouses, they claimed that they were less involved in family matters. Few responds when they were financially stable then there was strong involvement in family matters and decision-making; Similar study showed that there is a sudden decrease in income, which leads to a sudden shift from the head of the family to an inactive member in decision-making, and as a result the self-image decreases and the mental stress increases. In contrast, the majority of participants in the study responded that not only they but also their spouses respect the decision of the older member of the family. (Qidwai et al., [2017](#)).

### Property

The data identified that most of the senior citizens no longer had any property. Less than half replied that they had been property but it was sold to compensate for business losses and children's marriages. Few replied that their children had snatched their property and confiscated the documents. One replied that their brother and sister had snatched her property. Few respondents had incurred significant financial losses in their business and now had no savings to resume business. All respondents respond that they have no savings in the form of money, property, and land. There is a shortage of retirement funds and government pension schemes are only available to those employed in the public sector. The retirement age in Pakistan is 60 years, after which most of the elderly are unable to find alternative sources of income and thus rely on their families for financial support. (Sabzwari & Azhar, [2010](#)).

### Facilities and Treated at Home

The result specified that most of the respondents were the facilities provided to their families. Half of the respondents said that they had enough money to survive but half of the respondents were financially dependent on their families and

they were financially unstable. Most of the respondents did not get basic living facilities. Very few had access to services provided by their children. They received it but refused because it was not specifically for them. In this context, according to the information provided by the respondents, 33% are being treated with respect in the family and by other relatives. 40% of the respondents said that they are being treated normally by their family members and other relatives 27% of the respondents said that they are not treated well by the family members and other relatives. (Amir, [2018](#)).

### **Chose Old Age Home by Force or Own Will**

It was analyzed that most of the respondents chose old age home by their own will because they were compelled and have no shelter and no option to live anywhere. Most of the respondents respond that because of age they have no physical and mental stamina to do for earning. Few had the reason that their children and relatives migrated to another country or city. Few respond that they came here by daughter-in-law's choice. One responds that her son brought her here. Few replied that her sister and brother had been brought to an old age home. In a similar study, 56.0% of respondents replied that they came to the old age home by their own will and they were able to take care of themselves, 24.7% said that they were unable to take care of themselves and have no one to take care of them, 11% said they were forced to move to an old age home. (Baral, Chhetri & Bhandari, [2021](#)).

### **Transition Period**

The responses unfolded that majority's first option was to stay with relatives. Relatives were also compelled because they have their own families and are constrained by residential space so they cannot keep a long time. Mostly replied that they tried to live with friends but after feeling the burden they rented a house but due to lack of money, they could not afford the expenses. Few respond that they lived in

footpaths and parks. One said that he had no money and place to live so he took refuge in the graveyard. Most of the respondents said that they tried different old age homes then they closed permanently due to some reasons which caused them to shift here.

### **Pull Factors**

It was concluded that most of the respondents had shelter, and accommodation issues, which was the main pull factor that attracted them because they have suffered the pain of being homeless. In old age homes, almost basic facilities were free of cost, they had free food, free electricity, winter, and summer clothes, pocket money, free laundry, free bed mattress, blankets, and attach washrooms that were enough for them. Old age home provides the elders with a comfortable and cozy place where they can have all the basic facilities such as food, clothing, shelter, proper medical care, recreational facilities, etc. (Rajkumari, 2021).

### **Work Capacity in Old Age**

It was concluded from the discussion that most of the females had always been dependent upon parents, husbands, brothers and children. Few males were still doing low-paid jobs after the age of sixty because they need money for different expenses like phone balance, shaving, haircut, ironing, petrol, go to meet friends. The current study concluded that the majority of the respondents had no ability to do work in old age. Most replied that daily work is enough for them because they had unstable health; most have no skills to do work at this age. Mostly females had always been dependent upon parents, husbands, brothers and children. Most of the respondents had no skill and no permanent profession is also supported by many of the studies carried out by (Gupta et al., [2014](#)). Most of the women in the old age homes were living there voluntarily because most of them were single or widows who had no one to look after them and were forced to live with their daughters for various reasons

mentioned by (Singh, Raut, Subramanyam & Kamath, [2014](#)).

### **Staff Behavior towards Senior Citizens**

It was concluded that most of the respondents appreciated the staff behavior, sometimes the old age home Administration seeks feedback and involves them for advice such as weekly menus, outing plans, and complaints. Very few have an issue with the management of the old age home and give ambiguous answers; few claimed that previous staff gave tough time to them, and most of the respondents replied that in the old age home, there was no verbal and physical violence. In this context, some people enjoy them while others feel that the administration is breaking the wall of privacy for them (Anil & Hemamala [2018](#)).

### **Facilities in Old Age Homes**

The result indicates that half of the respondents said that they have access to health facilities within the boundary of old age homes and receive free medicines from government hospitals. Half of the respondents said that they do not have any medical facility in the old age home and they go out for medicine. All the respondents replied that they have a good menu and laundry facilities, half of the respondents have AC inverters, heaters, and Gezer facilities and half of the respondents have Room Collar, Gezer, and Sui gas heaters facilities in their old age homes. All the respondents replied that they do the dishes and iron themselves. If someone is unable to do so, they pay out of their own pocket for extra work to help with the dishes, taking baths, and ironing. More than half of the respondents are receiving (1000) pocket money from the Donor and half of the respondents are receiving (4000). The old age home was a place of support for them in a situation where they had no other option of living with the required facilities like food, medical aid, etc a similar study was done (Adhikari, [2016](#)).

### **Satisfaction Level in Old Age Home**

The result demonstrates that most of the respondents were happy with their menu, very few have a problem with food and most of the respondents were satisfied with laundry and few had some issues. Those respondents who have medical facilities in their old age home boundary were satisfied; half of the respondents were unsatisfied because there was no dispensary in the old age home. More than half of the respondents were not satisfied with their monthly pocket money and less than half of the respondents were satisfied with their pocket money. Similar findings indicated that elderly people were satisfied with their lives living separated from their own families and assisted by caregivers in old age homes (Baral, Chhetri & Bhandari, 2021).

### **Transition Feelings**

It was analyzed that the transition from family to old age home was not an easy task; most of the respondents replied that it was an agonizing decision for them because the adjustment anxiety in a new unknown place was a really painful moment for them. Few respondents were mentally prepared for the transition to old age homes it was a satisfactory decision for them because they had no accommodation and felt light when they were selected for admission. A similar study mentioned that they also feel helpless and their perceptions and fears have a negative effect on their adaptation and settlement in their new environment (Menezes & Thomas, [2018](#)).

### **Mobility Effects**

Facilities wise Family institution has the alternative in the form of old age home but the importance-wise majority favors both. From a Socio-Cultural perspective, living with family is a blessing, but living in an old age home is considered an insult, but is mostly considered a safe shelter for those who have no family and no permanent source of income. Emotional

attachment wise there is no substitute for the family. The majority replied that there is no comparison between the family and an old age home. In the previous condition, they had financial worries about food, clothing, electricity, and gas bills but now they were free of all those worries. Half of the respondents had no property before and after the transition to the status position was almost the same. Socio-economically wise less than half belonged to the lower- lower class but after the transition, they were in a better position. Few belonged to the Upper -middle class but after the transition, their social status decreased. Some belonged to Middle -middle class and had their own houses and living setup, and authority over everything but after transition, they faced taunting behavior and sharing a room with other mates. Most senior citizens' children had good education status compared to them. Most respondents' children had better living positions compared to them. Male occupants of old age homes used to worry about earning money before transit but now they were free from earning worries. A similar study showed that elders believed that although living in "old age homes" is safe, they are very lonely without family and loved ones (Qidwai et al., 2018). Senior citizens now prefer to spend the second innings of their life freely (Hussain, 2012).

### **Perception of Old Age Home**

It was concluded from the discussion that an old age home is a safe place for those who have nothing in the form of relatives, family, children, finance, and shelter. Most of the respondents used the words' insult, and notoriety in the response of perception; they were living in old age homes and facing taunting behavior in and outside of the old age home. Most of the respondents hide the fact that they are living in an old age home. All respondents replied that the state is providing facilities for needy senior citizens so this is the right of deserving senior citizens. a similar study showed that Sending elderly people to shelter homes were considered

taboo, as some time ago people feared a social backlash from the community but now the situation has changed, as more senior citizens now prefer old age homes (Hussain, 2012).

### **Substitute of the Family**

It was observed from the responses that most of the respondents emphasized that there is no comparison between the family and an old age home, the family has no substitute, and it is considered a blessing but when the family is over, circumstances and fate change the human life so there must be a place where we can go and live. Free facilities wise it is the best substitution for the family. Most respond that an old age home must be established, and few respondents were against it because they said children have the option to leave their parents in another place. Few replied that their children did request the management for her admission to an old age home and also gave them money in the form of charity or fee. A similar study concluded that Old age is the age when human beings feel the need for more care, to communicate with someone, and to share emotions. Old-age homes are becoming the best alternative for those who are poor, destitute, and disabled (Rajkumari, 2021). Similarly, Old age homes were being considered as a better substitute or alternative for senior citizens (Akbar et al., 2014).

### **Conclusion**

Few confessed that they did not fulfill their responsibilities properly and this negligence became the cause of the breakdown of the relationships. It has been concluded that the responsibility of earning is on the shoulders of men but the family denied their services and claimed that they did nothing for us. The results of the present study concluded that more than half of the respondents provided basic necessities of life to their families; few had low-paid jobs and no permanent source of income. It has been concluded that they admitted their negligence and most admitted that they were authoritative

and family members felt irritated by them. It was concluded that those suffered financial loss but there was still a strong emotional bond with their families. It was analyzed that over time they lost the ability to make money and now they were dependent on others. It was concluded that most had the perception that after sixty they were not able to earn money and the family chapter is over and old age home is now their shelter until death. It was concluded that they linked the socio-economic factor with the age factor and mostly linked their economic status to a significant factor which led to disorganization in the family institution".

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