

Life After 60s : In A Changing Scenario

Sangeeta Gupta

Department of Sociology, Meerut College, Meerut (U.P.) India
E-mail Id: drsangeetaguptamcm@gmail.com

Abstract

Ageing is an important and on-going aspect of human life. All of us have to pass through this stage of life. There are two ways to live life after 60 plus. One is feeling unhappy: health-wise, money-wise and insecurity-wise. The another way to live life is to live gracefully and making active and pleasant life after sixty plus.

In many of the cases, elderly people are opting the second option and making their lives happy. In this paper the author discussed various issues and suggested many happy and healthy ways to live life after 60s.

Key words: Human life, Elderly people, Identity, Re-marriage, Spouse.

PAPER/ARTICLE INFO

RECEIVED ON: 01/01/2017

ACCEPTED ON: 27/03/2017

Reference to this paper
should be made as follows:

Sangeeta Gupta (2017), "Life After 60s : In A Changing Scenario", *Int. J. of Trade and Commerce-IIARTC*, Vol. 6, No. 1, pp. 226-229

1. INTRODUCTION

Ageing is an important and on-going aspect of human life. All of us have to pass through this stage of life. Modern medicines and improved hygienic conditions have increased not only the possibility of life expectancy but longevity also. Now, the number of senior citizens ageing persons is increasing in India which is giving birth to various social challenges. This new situation has attracted the attention of social scientists and scholars.

At present, India ranks at 4th place in the world in the terms of absolute size of the elderly people. It is estimated that the number of elderly people will be double by 2025 and half elderly people will be there in developed countries. India is expected to have 323 million elderly people in 2050 (The slop statesman 12th August 2004).

In fact, the last years of the life are the most important. We are like a tree and old age is a period of ripening. It can be the most valuable time in human life, when we have rich experience, a deeply polished character and a pure and gentle heart.

There are two ways to live life after sixty plus. One why of living life is feeling unhappy-health-wise, money-wise and insecurity-wise. The another way of living life is by ageing gracefully and making the life very active and pleasant after sixty plus. Old age is directly related with our outlook and attitude. There is a saying that goes "To a fool, old age is a bitter winter; to a wise man, it is a golden time." It depends how old people approach life. Now the approach of many elderly people is changing towards their life. They do not want to be sad for their ageing because they think that their bodies may age but hearts and minds will remain young.

Research also shows that when people make continuous use of their powers of memory and concentration, these abilities do not fade. An active interest in others, finding new pastimes and making new friends-such positive attitudes have shown reduced physical and mental decline.¹

To quote the **Poet Samuel Ullman**, "Youth is not a time of life, it is a state of mind, it is not a matter of rosy cheeks, red lips and supple knees it is a matter of the will, a quality of imagination, a vigor of the emotions, it is the freshness of the deep springs of life."²

These elderly people can play an important role in the family, in their own lives and in society with their life long experiences, knowledge and participation by having the positive attitude and being active in this age.

In fact, many elderly people are also changing and adopting new values. They are perceiving social activities and inter-actions in a different way. Forces of social change i.e., modernization, urbanization, westernization and mass-media are also influencing them effectively. Now, they are changing with the time coming out and gradually realizing the needs of time.

Now, an increasing number of such people are choosing to live a life of their own, in place of living with their children and grand children as the apron strings are being loosened bit. They want to enjoy their space and sense of dignity so they prefer to live separately. As **Shahs** has mentioned in his article named after the marriage of the children.

As **Joeanna Rebello Fernandes** has mentioned in his article that elderly people who are staying in the retirement housing complex, 90 km. from Mumbai are very happy and enjoying the independence. Now they can do whatever they want.³

They have their own social network to fulfill their Need and desires. They also remain in regular touch with their children. They visit them at their place. This also helps in maintaining good relations between parents and married children.

2. IDENTITY MATTERS

According to **Shielu Srinivason**, the Founder Chairperson of Dignity Foundation, "The increase in disposable income and the preference for a nuclear family set up has promoted many elderly people to opt for an independent life and carve an identity of their own."

An increasing number of such people are also very careful or sensitive about their dignity so they do every effort to maintain it. They do not like to depend economically on their children and grand children. Many elderly people continue to work even after retirement. They join many self supporting systems coaching institute or start any small business. They get rich dividends from their investments to fulfil their needs to part from a feeling of being burden on their kids. They believe engagements are necessary. In this way, they live their life in the way they want. Consequently, there is no conflict between two generations and no need of constantly adjustment with their schedules.

3. HEALTH MATTERS

In case of occasional illness and mishappenings, they take the help of their supportive system where their neighbours and friends extend the necessary help by arranging health delivering system, food and medicine. There are many clubs, associations, ashrams and institutions to extend their help in day to day life i.e., Walker's club, Geeta Gosthi, Prathna Sabha, Keertan Mandlis, Yoga groups, local sports club and some other free time activity clubs.

Elderly people are becoming more health conscious day by day. Media also plays a significant role in this matter. They make each and every efforts for good health. They control their diet, do yoga, go for walking join laughter clubs, visit health check up camps whenever they get opportunity. This is the reason many of them are healthy even after sixty years of age. Today many elderly people are having pretty healthy and good looking in advanced age. This was not the case fifty years ago. This has further increased the life expectancy thus active working life makes them health-wise fit. This activeness raises their self esteem desire enormously.

Social activist **Shailesh Gandhi** has rightly said that, "Today if a person dies at the age of 50, it is considered a pre-mature death, but this situation was not there in the past 50 years ago. In fact, if the retirement age is increased, society could still benefit from the productive work of seniors."⁴

4. PSYCHOLOGICAL ASPECT OF AGEING

Everything depends on our way of thinking and how we approach life. We may view old age in two meanings. Firstly, we can view it as a period of decline, ending in death. Secondly, as a period in which we have the opportunity to attain our goals and bring our life to a rewarding and satisfying completion.

Our old age depends mainly on our thinking and it will differ depending upon our outlook. They take their life towards the oriented goals in place of putting themselves in age old traditional thinking of not working. Various researches show that people who do not engage themselves in creative activities get bored and become sick.

People become older according to their age but their psychological aspect like their thoughts, and emotions remain same. They even want to look good, smart and expect compliments. Growing old does not mean giving up the joys of life and age has no limitations to emotions.

5. REMARRIAGE AMONG ELDERLY PEOPLE

Elderly people are not only aware and conscious about the health and identity but in remarriage also. More and more people are getting married at an age considered ripe for retirement previously. In a changing scenario, they prefer love in place of arranged marriage. There are many examples of such cases and number such marriages are increasing day by day, 75 years Yezitata remarried to 58 years old bride. This was done in 2000. There are many other examples of renowned renounced personalities also who did remarriage in their sixties e.g., Jyotsna Sahai remarried at 55, Latha, Ashok Jaitley, H.K. Due, Shahnaz Hussain etc.

Today, senior citizens are registering on marriage portals and placing matrimonial advertising in newspapers with the active encouragement of their children.⁶

In fact, man is a social animal who always like to move in the company of others. He can not survive alone. He needs the company of other people. After the death of the spouse, men/women become alone.

At the advanced age, children are in the settled age groups, have their own family responsibilities, work set ups and have no time for their aged parents. Nandita Sen Gupta has also focused on this issue that reduced interaction within family emerges as the greatest factor leading to feeling isolated. The report, conducted via interviews in urban and rural randomly selected districts found that at nationally, 87% of those in their 70s reported loneliness.⁵

Sometimes, their children are not with them or out of station or out of country. In this situation, they feel the need of companionship and friendship. They need someone to share the rest of their lives with. According to **A.M. Badal**, chief executive officer of the marriage portal remmariage.com. Over 4000 persons over the age of 50 have registered at their matrimonial website. He says that since they started arranging marriages for senior citizens in 2002 there has been an increase of almost 20 percent in membership. He again reported that age is no bar here.

They can be in their fifties or eighties. All that is needed is the will to remarry. Help Age India, an NGO working for the elderly, surveyed, 14 matrimonial sites in 2004 and found that about 12 percent of persons registered were over the age of 50, over half of these were over the age of 60. Nidhi Raj Kapoor, Head of Communications, Help Age India also reported that today most go up to 99 years.

In fact, this is the change in the thinking of the elderly people.⁷

REFERENCES/NOTES

- [1]. **Mind Over Matter (2008)**. "Live Life Till the End", *Times of India*, New Delhi, Jaunary 13, pp. 23.
- [2]. **Ibid.**
- [3]. **Fernades J.R. (2010)**. "Good 01 Days " *Times of India*, New Delhi, December 6, pp. 19
- [4]. **Gandhi Sailesh (2005)**. "India's Elderly Ageing", *Times of India*, December 20, pp. 11.
- [5]. **Gupta Nandita Sen (2010)**. "Loneliness Creeps up on Elders", *Times of India*, March 15.
- [6]. **Majumdar Swapna (2008)**. "The Best is Yet to Come", *The Hindu*, May 18.
- [7]. **Ibid.**