

Present of scenario of elderly Population in Himalayan Region – Himachal Pradesh ,India

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Abstract

The main focus of this article is on health and socioeconomic status of elderly persons in Himalayan Region of Himachal Pradesh, India . It is estimated that in Himachal 9 % of population are elderly and in India's 100 million old people will account for 25% by the turn of 2050. Over 40 percent of Senior Citizens of our country living below the poverty line speaks of their quality of life. Present study was conducted to know the extent of health and socioeconomic status of elderly persons living in Himalayan region of the country. The data collected through baseline survey through simple random sampling of 500 elderly people (321 males and 179 females) indicates that persons over 55 years suffer diseases of ageing process, such as, senile cataract, glaucoma , Diabetes, Hypertension, Asthma, nerve deafness , bony changes affecting mobility , changes in mental outlook, breathlessness and failure of special sense. Some of the long term illnesses are cardiovascular diseases, cancer, accidents, diabetes, diseases of locomotor system, respiratory diseases and genitourinary problems. These are coupled with psychological problems, such as, impaired memory, irritability, jealousy, emotional disorder etc. The study also reveals that 67 % elderly belong from unorganized sector in urban Himalyan region and 75% in rural Himalayn region

Key words: Health and Socioeconomic status of elderly in Himalayan region of Himachal Pradesh in India

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