

# Analysing Active Ageing of the Indian Elderly: Comparative Study of the Indian States

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## INTRODUCTION:

In India, the percentage of the elderly population has gradually increased: from 4% in the year 1930 to 8.6% in 2011. In keeping with the developmental scenario in India, the high percentage of elderly population in the ensuing years would be a matter of concern.

Active ageing helps the elderly population to actively participate and contribute towards the development of the country. The active ageing principles can be seen in the National Policy of Older Persons, India 1999. The policy notes that "It does not view age 60 as the cut off point for beginning a life of dependency. It considers 60+ as a phase when the individual should have the choices and the opportunities to lead an active, creative, productive and satisfying life. An important thrust is therefore on active and productive involvement of older persons and not just their care." (NPOP, 1999)

## AIM:

The aim of the study is to understand the level of active ageing in the 29 states of India and do a comparative study. Also, the possible factors which have an impact on the index value will be analysed.

## DATA AND METHODOLOGY:

For this study the data used is courtesy of National Sample Survey Organisation (NSSO) 60<sup>th</sup> round. In this study an alternative methodology, used in some study of active ageing in the countries like Thailand, Bangladesh, Indonesia etc. has been used. Here instead of 4 indexes 3 indexes namely Health, Participation and security is considered.

- Health Index- self assessed health, disability, mental health, activities of daily living, functional limitation.
- Participation Index- family participation, work force participation.
- Security Index- House ownership, living arrangement, Income, source of income.

Each individual response for each indicator is divided by the total number of response class.

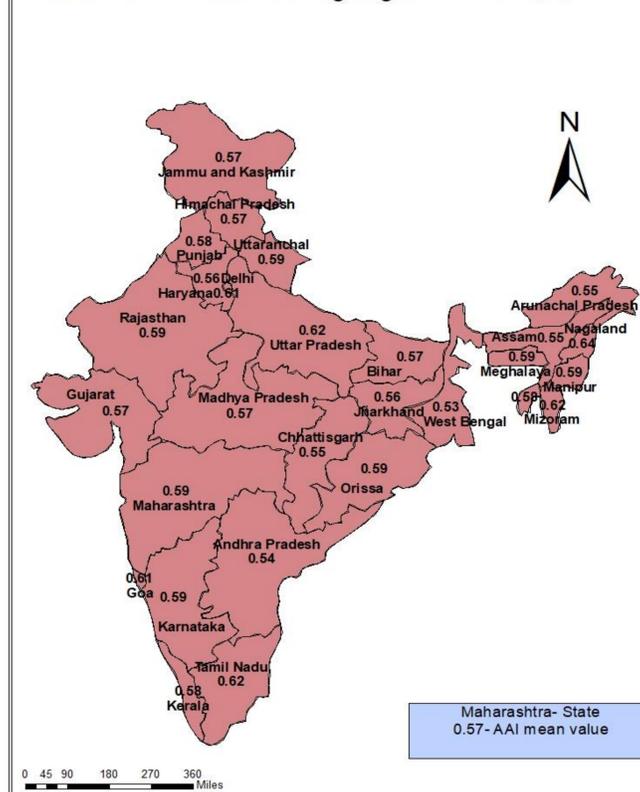
Composite score for health = summation of all the indicators of health/5 (since 5 indicators are used for health index).

Dimension Index= (actual value-minimum value) / (maximum value-minimum value)

Active Ageing Index= 1/3(health index) +1/3 (participation) +1/3 (security index)

Multinomial logistic regression has been used to find the effects of the various social, economic and demographic factors on the active ageing index values of the states. The odds ratio value is considered

Statewise Mean Active Ageing Index Value, India



Source: Calculated from 60<sup>th</sup> round NSSO data

## Regression analysis of Active Ageing Index values and factors affecting

	Low AAI class	Medium AAI class
<b>Age group</b>		
young old	0.216*	0.56*
old old		
<b>Gender</b>		
Male	.360	1.230
Female		
<b>Marital status</b>		
never married	.663	.431
currently married	.134	.183
Widowed	0.717*	0.445*
divorced/separated		
<b>Living arrangement</b>		
Living alone	8.207*	15.85*
With spouse	0.879	1.629*
Children/relative/friends		
<b>Residence</b>		
Rural	1.403	1.08
Urban		
<b>Education level</b>		
Illiterate	20.455*	3.937*
Literate	8.659*	2.576*
Primary	5.334*	2.078
secondary & higher		
secondary	1.878	1.685
Graduate	1.671	1.499
post graduate and above		

#\* Significant at 0.001

Source: Calculated from 60<sup>th</sup> round NSSO data

## STUDY AREA:

The current study is based on the 29 Indian states. The states vary from one another in terms of demography, socio-economic development level and total elderly population.

## FINDINGS AND CONCLUSION:

The 29 states of India are at different levels of development but the active ageing values are more or less close to one another. Tamil Nadu is quite developed than Uttar Pradesh but both of them are having same mean value. Similarly West Bengal is having the lowest mean value but it is much more developed than states like Jharkhand, Chhattisgarh etc. which are showing higher index value.

For the three pillars of the AAI, the health index shows a concentration of index value in the medium index class even for the backward states. In the participation index the percentage distribution in the high index class is slightly higher among the backward states. For the security index it is opposite where the more developed states have higher percent of elderly in high security index class

In the odds value of the regression analysis the chances of female elderly to be in the lower active ageing class are higher than the male elderly. The elderly who live alone have a higher chance to be in the lower active ageing class than those elderly who are living with their spouses or with their children and relatives. Similarly when it comes to marital status the currently married elderly showed lowest chances to be in the low active ageing class when compared to the widowed or the divorced elderly. Education is another significant influence on the active ageing values. As the persons' education level increases from illiterate to graduation their likelihood of being in the high active ageing class increases.

Many governmental policies and programmes directly and indirectly encourage active ageing. Effective measures are needed on the part of the government to increase the active ageing level and also the welfare of the elderly. In India the care of the elderly is mostly entrusted to the children and the relatives. The Government should take up shared responsibility with the family of the elderly which can help increase active ageing. In near future the percentage of the elderly population will inevitably increase. Considering the development scenario of the country active ageing can thereby be a productive solution for the increasing elderly population.

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