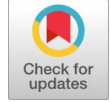


Promoting Subjective Well-being: Essential in leading to Up-gradation of one's Living Conditions

Radhika Kapur



Abstract: Promoting subjective well-being is important for all individuals, belonging to all communities, categories and socio-economic backgrounds. The senior citizens are required to be well-versed in terms of all types of methods and strategies, which are facilitating in promoting subjective well-being. The individuals in old age are required to be well-equipped in terms of different techniques, which would be facilitating in generating desired outcomes. The elderly individuals are required to form cordial and amiable terms and relationships with other individuals. The family and community members are required to make provision of support and assistance to elderly individuals. The reason being, in old age, individuals experience decline in capabilities and aptitude, hence, they are required to communicate and take help from others in promoting enhancement of their overall standards of living. One of the important aspects that needs to be taken into account is, in old age, individuals need to promote a normal mindset. This will be facilitating in leading to up-gradation of different types of skills and abilities. As a consequence, analytical, critical-thinking and problem-solving skills will be put into operation in an appropriate manner. Therefore, promoting subjective well-being is essential in leading to up-gradation of one's living conditions. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of subjective well-being, measures to be implemented in promoting subjective well-being and impediments encountered by senior citizens in promoting subjective well-being.

Keywords: Activities, Family, Goals, Living Conditions, Methods, Strategies, Subjective Well-being, Tasks

I. INTRODUCTION

In India, the senior citizens, aged 60 and above were eight percent in 2010 and it is estimated to increase to 19 percent by the year 2050. The senior citizens have spent lot of time in the world and have undergone varied experiences, which the future generations are not familiar with (Kaur, Kaur, & Venkateshan, 2015). The elderly members of the family have rendered a significant contribution in shaping the lives of their children and grandchildren. The individuals generate information in terms of values, norms, principles, standards, morals and ethics from the elderly family members. In one's life, the individuals are required to experience number of problems and challenges.

But they need to put into operation suitable and appropriate methods and strategies that would be beneficial to them in overcoming the obstacles and achieving professional and personal goals. It is comprehensively believed that when the individuals are to get engaged in the implementation of various tasks and activities, obtaining blessings and best wishes from the elderly family members will help them achieve the desired goals.

In accordance to the estimate, India will be having the highest population of the senior citizens by the year 2025. The quality of life (QOL) of the elderly population has become relevant with the demographic transformation within the society. The needs and requirements of the senior citizens are different from those of other individuals, belonging to younger and middle age groups. The fulfilment of needs and requirements of the individuals are considered to be of utmost significance in promoting subjective well-being. When the senior citizens feel that their needs and requirements are being taken care of in a satisfactory manner, they will be able to promote subjective well-being. A majority of the senior citizens evaluate the quality of life in a positive manner on the basis of social contacts, dependency, health, material circumstances and social comparisons (Kaur, Kaur, & Venkateshan, 2015). When they possess the viewpoint that they have these needs and requirements, they develop subjective well-being. On the other hand, deficits in these aspects are regarded as impediments within the course of subjective well-being.

A. Understanding the Meaning and Significance of Subjective Well-being

The family members are vested with the responsibility of making provision of support and assistance to senior citizens. In other words, they are focused upon promoting subjective well-being. The family provides social, moral, and economic support, as senior citizens experience decline in health and capability levels. The ability of the senior citizens to cope with changes also diminishes. They are usually accustomed with their own routine. When they need to cope with changes, particularly the ones, which do not make them feel comfortable, they need assistance and support from family members. Such changes are primarily the changes that occur in the home environmental conditions and place of residence. Subjective well-being of senior citizens is the fulfilment of special needs and requirements that are unique to them. In the traditional societies, it was the responsibility of family members as well as the extended family members to take care of the needs and requirements and promote subjective well-being of the elderly members of the family.

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But in modern societies, there have been establishment of medical and health care centres that are making use of modern and innovative methods in providing health care facilities and promoting subjective well-being.

In the social milieu, when senior citizens experience health problems and illnesses, they normally communicate with their family members in terms of their concerns. In the present existence, with advancements taking place, individuals are developing interest in medical fields and are acquiring medical education. When adult children are medical practitioners, the elderly parents obtain their support. With experience, the senior citizens too are aware of methods and strategies that are needed in maintaining good health (Preventing Illness and Disease, n.d.). For instance, when they experience swelling in the fingers, they are aware that they need to make use of ointment and soak their fingers in warm water at least twice a day for about 15 to 20 days. Hence, having health care specialists and medical practitioners within family, and generating awareness in terms of methods and strategies that are put into practice to curb various types of health problems are important factors in maintaining one's health conditions in a satisfactory manner. As a consequence, individuals will render an important contribution in promoting subjective well-being.

When senior citizens are living alone and their children are either not around or living at a distance, they need to generate awareness in terms of all factors that are necessary in promoting subjective well-being. Research has indicated that senior citizens usually make use of internet to read articles in terms of various topics, such as, diet and nutrition, maintenance of physical health, psychological problems of anger, stress, anxiety, frustration and depression, and how to eliminate and provide solutions to various problems they are experiencing. The internet is regarded as a prominent source that is making provision of information regarding all subjects. The usage of technologies and internet have not only proved to be beneficial to the individuals, belonging to young and middle age groups, but also senior citizens. When they need certain items, they order online, when one has to travel, one does the booking online and through technology. Furthermore, one is able to communicate with family members and friends in the verbal form through video-calling and written form, through exchanging messages and emails. Therefore, it can be stated that utilization of technology has rendered a significant contribution in promoting subjective well-being of senior citizens.

Even when senior citizens are aware of the factors that need to be implemented to promote subjective well-being, still it is vital for them to implement effective communication terms with family members. It is apparently understood that their children and grandchildren are more aware and informative. The senior citizens normally learn from their adult children or grandchildren how to make use of technologies and internet. These are regarded as an integral part of the lives of individuals. Furthermore, they have contributed efficiently in promoting subjective well-being of all individuals. Through internet, information is acquired, so one is able to make use of it to carry out various tasks and activities. Hence, from the above stated information, it is understood that when senior citizens are well-equipped with the usage of technologies and internet, they are able to benefit in number of ways. These

include, obtaining information, making purchases of items, paying bills, recreational and leisure purposes and communicating. As a consequence, they are more likely to become independent and promote subjective well-being.

B. Measures to be implemented in Promoting Subjective Well-being

The concept of subjective well-being is acknowledged by the individuals, belonging to all age groups, occupations and communities. From the stage of early childhood, throughout their lives, they are required to understand that implementing measures to promote subjective well-being should be the primary goal. In the cases of senior citizens, it is a possibility that they may not have family members and caregivers around all the time, hence, they need to recognize the significance of subjective well-being (Pietrangelo, & Watson, 2017). Furthermore, they are required to augment their knowledge in terms of measures to be implemented in promoting subjective well-being. These are manageable as well as complicated, these are implemented in more amount of time or less time-consuming and these are carried out on one's own or through obtaining support and assistance from others. One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in all these measures. These are stated as follows:

II. DAILY ROUTINE ACTIVITIES

All individuals, belonging to all age groups, categories and socio-economic backgrounds have daily routine activities in which they participate in their lives. When senior citizens, belonging to both urban and rural communities get engaged in daily routine activities, they are able to render an important contribution in promoting subjective well-being. They normally prefer to carry out various tasks and activities on their own. In other words, they do not tend to put any pressure on their family members or caregivers. When domestic helpers make visits, the elderly individuals do not tend to overload them with work. They take pleasure in carrying out all tasks and activities on their own. On the other hand, when they possess the viewpoint that they are incapable and cannot carry out the tasks on their own, they call for assistance.

The daily routine activities of the senior citizens include, getting engaged in various creative activities, such as, embroidery, knitting, worshipping, playing with grandchildren, telling them stories, preparing food items for family members, sitting in the sun, communicating with friends, watching television, listening to radio, reading and so forth. Therefore, daily routine activities is regarded as one of the indispensable measures to be implemented in promoting subjective well-being.

III. RESPECTFUL TREATMENT

The senior citizens are regarded as the heads of their household, when they are treated with respect by their family members. Furthermore, they are vested with the decision-making authority.

The decisions made by them are to be followed by all family members. One of the important aspects that they take into account is, decisions are favorable to their family members. In addition, these are facilitating in promoting their well-being and goodwill. As a consequence of incurring respectful treatment, they are able to contribute efficiently in promoting subjective well-being. Respectful treatment facilitates in the generation of satisfaction and gratification among senior citizens that even in their old age, they are provided with responsibilities of being the heads of the households. Furthermore, they are able to contribute efficiently in promoting well-being of family members. When they are treated with respect and courtesy, they are likely to provide ideas and suggestions to their family members and make decisions. In this case, the family members take ideas and suggestions from them in the management of household responsibilities as well as other tasks and functions. Therefore, respectful treatment is one of the significant measures to be implemented in promoting subjective well-being.

A. Transportation

The senior citizens usually move out of their homes, when they need to go to religious places, homes of relatives and friends, other outings for leisure and recreational purposes, marketplaces to make purchases of items, banks and so forth. In some cases, especially when the senior citizens are in between 60 and 80 years of age, they may drive their vehicles on their own. Whereas, when they are not ambulatory or experience visual and hearing impairments, then they prefer to be accompanied by family members or caregivers. This is facilitating in not only making them feel pleasurable and contented, but they will be able to take care of their physical health conditions as well.

When the senior citizens are able to transfer from one place to another or move out of their homes to parks, religious places or marketplaces independently, they are able to promote subjective well-being. In cases, when they do not have family members or caregivers around and aspire to go to the park for a morning walk or temple, they travel on their own. In public transportation as well, there have been sitting arrangements made for elderly individuals, so they are able to travel comfortably. Therefore, transportation is an expedient measure to be implemented in promoting subjective well-being.

IV. FINANCIAL SUPPORT

Financial resources are regarded to be of utmost significance in promoting subjective well-being. These are regarded as the monetary resources. These are utilized to make purchases of various items, bring about changes in different aspects, fulfil various needs and requirements and bring about improvements in one's overall standards of living. When the senior citizens are wealthy and obtain sufficient financial resources, they are able to fulfil all their needs and requirements. Research has indicated that when senior citizens are living alone with family members not around, they are able to live their lives effectually and promote subjective well-being with financial resources.

The senior citizens are able to hire domestic helpers and caregivers and be less likely to depend upon their family

members. Furthermore, it is of utmost significance for senior citizens to safeguard their financial resources. The information regarding various policies and schemes in which investments are made are obtained from financial institutions. These too are beneficial to senior citizens in order to bring about improvements in their financial positions. Therefore, financial support is a productive measure to be implemented in promoting subjective well-being.

A. Comfortable Living Conditions

It is vital for the senior citizens to make provision of materials and equipment within their homes, so they can live their lives comfortably. This is facilitating in not only making them feel pleasurable and contented, but they will be able to take care of their physical health conditions as well. Furthermore, they will be able to cope with psychological problems of anger, stress, anxiety, frustration and depression in a satisfactory manner. For this purpose, it is necessary to make provision of proper furniture, heating and cooling equipment in accordance to the weather conditions, power supplies, water supplies, restrooms, communication networks, internet and transportation facilities and other facilities.

Furthermore, it is necessary to manage financial resources in an adequate manner. In India, summers are hot and winters are cold, therefore, when they will possess all the materials and equipment, they will live their lives comfortably and promote subjective well-being. Hence, it is well-understood that comfortable living conditions are the key in bringing about improvements in one's overall living conditions. Therefore, comfortable living conditions is a renowned measure to be implemented in promoting subjective well-being.

B. Participating in Tasks and Activities

In old age, individuals feel pleasurable and contented in participating in various tasks and activities, i.e. social, cultural, religious, economic and political. These are within personal as well as professional lives of senior citizens. One of the important aspects that needs to be taken into account is, positivity needs to be implemented in various tasks and activities. When senior citizens are consulted by other individuals, including family and community members, in terms of various types of dilemmas and issues, they are able to promote subjective well-being.

In other words, when the senior citizens are asked to make decisions and provide their ideas and suggestions, they not only feel revered, but they are able to form the viewpoint that they are acknowledged and respected. When they are participating in different tasks and activities for their family and community members, they ensure to make provision of useful and meaningful ideas and suggestions, which may be beneficial to the individuals. As a consequence, they will contribute efficiently in achieving desired goals and objectives. Therefore, participating in tasks and activities is a noteworthy measure to be implemented in promoting subjective well-being.

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C. Forming a Social Circle

Loneliness and seclusion are regarded as chronic and distressful states. Hence, it is indispensable for senior citizens to form a social circle. It comprises of family members, friends, relatives, neighbors, domestic helpers, service providers and other community members. These are facilitating in coping with various types of psychological problems. Furthermore, these are prevented from giving rise to impediments within the course of putting into operation various tasks and activities. The senior citizens usually make visits to religious places, homes of relatives and friends and participate in social work.

These activities enable them to not only remain occupied, but they are able to form a social circle. Within a social circle, they are able to communicate with others in terms of their joys and sorrows and alleviate loneliness and seclusion. As a consequence, the elderly individuals not only incur the feeling of satisfaction, but are able to reinforce their well-being and goodwill. When the senior citizens are confined within their homes, they usually interact with their family members, caregivers and domestic helpers. Therefore, forming a social circle is a notable measure to be implemented in promoting subjective well-being.

V. FULFILMENT OF EXPECTATIONS

The senior citizens have expectations with regards to number of aspects, which they aspire to get fulfilled. The expectations may be to make a visit to a religious place, planning a good life and career for their grandchildren and children or bringing about changes in the home environmental conditions and so forth. When they are living with their family members, they would communicate with their family members regarding their expectations.

When the family members agree with them and work towards fulfilment of their expectations, they are able to promote subjective well-being. For this purpose, it is of utmost significance to form cordial and amiable terms and relationships with each other. As a consequence, family members will lead to up-gradation of traits of helpfulness and co-operation. Furthermore, communication processes are required to take place in an effective manner. In addition, one needs to treat each other with respect and courtesy. When the family members listen and obey the elderly family members, they feel fulfilled and peace of mind. Therefore, fulfilment of expectations is a worthwhile measure to be implemented in promoting subjective well-being.

A. Participation in Religious Functions

In India, senior citizens feel pleasurable and contented when they participate in religious functions. The participation in religious functions is normally on the basis of their capabilities. In some cases, they take out time out of their daily routine to make visits to the temples. In some cases, when there are organizations of religious functions within homes, they feel pleasurable in participating in these. Furthermore, they feel pleasurable in communicating with guests. The elderly family members render an effective contribution, when there are organization of any events or celebration of festivals. They normally possess the viewpoint that in the twilight years of their lives, they need to dedicate themselves towards the services of the Almighty. In this

manner, they will be able to promote peace of mind. In addition, they participate in social work activities, by making donations of various items. In this manner, they will contribute efficiently in promoting well-being of community members. Hence, through participation in religious functions, they are able to contribute efficiently in promoting subjective well-being. Therefore, participation in religious functions is a favorable measure to be implemented in promoting subjective well-being.

B. Satisfaction with Livelihoods Opportunities

Senior citizens are normally engaged in different types of tasks and activities that are essential to promote better livelihoods opportunities. In rural areas, the individuals, who are 60 years of age and above are also engaged in agriculture and farming practices. In some cases, they are strong and robust and form the viewpoint that it is vital for them to get engaged in work throughout their lives. Whereas, within urban communities, the senior citizens, particularly women may get engaged in production and manufacturing of items, such as, artworks, handicrafts, candles, jewelry, garments, baskets, food items and so forth. This is common in rural communities as well. When they form the viewpoint that even after retiring from work, they are participating in productive activities to promote better livelihoods opportunities, they are able to promote subjective well-being. One of the major benefits is, they are able to contribute significantly in bringing about improvements in their financial positions. Furthermore, it is important for the senior citizens to be satisfied with different types of livelihoods opportunities. Therefore, satisfaction with livelihoods opportunities is an advantageous measure to be implemented in promoting subjective well-being.

C. Impediments Encountered by Senior Citizens in Promoting Subjective Well-being

The occurrences of problems and impediments are regarded as an integral part of the lives of the individuals. Within the course of implementation of different tasks and activities, achievement of desired goals and objectives and promotion of subjective well-being, there are various impediments encountered by senior citizens. The individuals need to ensure, they do not lose hope. Furthermore, they are required to prepare themselves in an adequate manner to overcome different types of setbacks. In addition, the individuals are required to be well-versed in terms of methods and approaches, which are necessary in overcoming all impediments. The impediments encountered by senior citizens in promoting subjective well-being are, social problems, emotional problems, economic problems and health problems. These have been stated as follows: (Chapter IV, n.d.).

VI. SOCIAL PROBLEMS

The social problems usually arise among senior citizens, when they lose contacts and communication terms with others including their family members, relatives and friends.



The position and status of senior citizens are determined by the changing values, growing individualism and increasing aspirations for the consumer goods, such as, influence of education, urbanization, westernization and industrialization. In the present existence, technologies have gained prominence. The individuals, belonging to various age groups and backgrounds are making use of technologies to carry out various tasks and activities. The senior citizens, primarily belonging to rural communities are not well-equipped with the usage of technologies. They need to acquire training in order to make effective use of them. When they are unable to obtain assistance from individuals to make use of technologies in an appropriate manner, they usually experience problems.

The individuals normally migrate to other regions or countries for various purposes, such as, acquisition of education or employment opportunities, thus leaving their elderly parents alone (Proficiency Levels, n.d.). In such cases, they only have to communicate with their family members on the phone or send messages. Therefore, there is a decline in the socialization of the elderly individuals. When they feel lonely and secluded, they join clubs and associations, where they find opportunities to interact with others and form a social circle. On the other hand, getting engaged in some type of work is also considered important in augmenting one's social circle and socialization processes. When the senior citizens form an effective social circle, they are able to alleviate social problems.

VII. EMOTIONAL PROBLEMS

The fulfilment of the basic needs of food, clothing and shelter are essential for survival. The individuals need to ensure that they make adequate savings that in old age, they are able to live their lives satisfactorily. Apart from the possession of sufficient financial resources, the senior citizens also need support and assistance from others. They want to feel a sense of belongingness. Associating with other individuals or groups add meaning to their lives. The senior citizens occupies some positions and enjoys freedom, performs meaningful functions and tasks and enrich their lives. In this manner, they are able to alleviate emotional problems. Apart from this, senior citizens possess the viewpoint that it is essential for them to do something productive. In this way, they are not only able to incur satisfaction, but promote well-being of the community. Therefore, they get engaged in productive activities, such as, providing counseling, making donations etc.

Factors such as, loneliness, seclusion and any kind of losses augment emotional problems among senior citizens. When they do not have anybody around and are living alone, they are unable to communicate with others regarding their problems and concerns, hence feel that they are unable to find solutions to emotional problems. Absence of common interests and lack of extensive and regular interaction with the younger family members lead to loneliness and social isolation. There are differences in the needs and interests of senior individuals and individuals, belonging to younger age groups. These differences usually lead to a reduction in the communication processes and emotional problems take place. It is vital for the senior citizens and other individuals

to establish effective communication processes, so they are able to alleviate emotional problems.

A. Economic Problems

Economic problems among senior citizens are regarded to be the most severe, which prove to be major impediments within the course of sustenance of their living conditions. There are number of senior citizens, who are residing in the conditions of poverty and backwardness. They are normally dependent upon their family members for the sustenance of their living conditions. When the family members are supportive, they feel satisfied, on the other hand, when the family members are not supportive, the senior citizens need to look for ways, so they can sustain their living conditions on an independent basis. A great anxiety and stress experienced in old age leads to economic problems and financial insecurity. When the issue is observed within the framework of the fact that one-third of the population is living below the poverty line and one-third are above it. But belong to the lower income group, the financial position of two-thirds of the population, who are 60 and above are weak and feeble.

Due to the changes that are taking place within the society, social security and economic support of the senior citizens are regarded as crucial. Social security schemes are being introduced within the country, primarily for those individuals, retired from the organized sector. The informal sector employs 90 percent of the total workforce. National old age pension schemes provide assistance to the individuals, residing in the conditions of poverty, who are above 65 years of age. The concept of social security implies that the state itself should make responsible for ensuring the minimum standard of material welfare to its citizens. Since the country achieved its independence, it is making efforts to alleviate economic problems and conditions of poverty among senior citizens and promote their well-being and social security.

B. Health Problems

Advancements that have taken place in sciences and technologies over the past years have led to improvements in longevity, but not good health. The senior citizens within the country live longer, but are more vulnerable to illnesses and health problems. Health problems are major concerns in old age. The senior citizens experience decline in physical abilities due to the health problems they are experiencing. In old age, the individuals in some cases, experience severe health problems that they are unable to remain ambulatory. On the other hand, in some cases, when they implement various factors that are necessary in maintaining good health, they experience health problems to a lesser extent. Therefore, it is vital for the senior citizens, belonging to all categories and backgrounds to generate information in terms of the measures that need to be put into operation to maintain good health. The senior citizens, belonging to urban communities, who are well-educated are aware of the measures. On the other hand, senior citizens, belonging to rural communities need to consult health care specialists in terms of the factors. In rural communities, health care centres are not in a well-developed state.



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Hence, the senior citizens too may need to move to urban areas to obtain medical treatment in case of severe health problems and illnesses. Therefore, it can be stated that it is vital for the individuals to obtain proper medical and health care to maintain good health. It is comprehensively understood that senior citizens within the country give priority to their health. They possess the viewpoint, when they will maintain good health, they will be autonomous and less dependent upon others.

VIII. CONCLUSION

Promoting subjective well-being is referred to fulfilment of various types of needs and requirements of individuals. Measures to be implemented in promoting subjective well-being are, daily routine activities, respectful treatment, transportation, financial support, comfortable living conditions, participating in tasks and activities, forming a social circle, fulfilment of expectations, participation in religious functions and satisfaction with livelihoods opportunities. The impediments encountered by senior citizens in promoting subjective well-being are, social problems, emotional problems, economic problems and health problems. Finally, it can be stated, promoting subjective well-being is essential in leading to up-gradation of overall living conditions.

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