

Productive Contribution of Senior Citizens: Essential in Promoting Family and Community Well-being

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Abstract: In both urban and rural communities throughout the country, there are senior citizens. They hold the viewpoint that in old age, they aspire to engage in various types of tasks and activities, which would facilitate the promotion of the well-being of family and community members. The functions and activities are put into operation in personal and professional lives. For example, when senior citizens prepare their favourite food items for family members in their personal lives, they experience feelings of pleasure and contentment. On the other hand, in their professional lives, they are involved in various tasks and activities that promote well-being and goodwill among community members. For example, in the education field, they still take classes and impart information on academic subjects and lesson plans to individuals, thereby rendering a productive contribution. Furthermore, senior citizens impart information on various subjects and concepts, which facilitates the emergence of moral and ethical human beings and productive citizens of the country. Therefore, it is widely acknowledged that the productive contributions of senior citizens are crucial in promoting the well-being of families and communities. The main concepts considered in this research paper are understanding the meaning and significance of productive contribution, identifying factors that highlight the productive contribution of senior citizens, and measures to be implemented in augmenting productivity among senior citizens.

Keywords: Abilities, Communities, Health Problems, Job Duties, Productive Contribution, Senior Citizens, Skills, Well-being

I. INTRODUCTION

The senior citizens are found in all communities throughout the country. Individuals emerge as senior citizens when they reach the age of 60 years. It is generally understood that in old age, individuals experience various types of health problems and illnesses. Some of these conditions include joint pain, high blood pressure, low blood pressure, kidney disorders, heart problems, visual impairments, hearing impairments, and others. Senior citizens often experience a decline in physical health conditions and capabilities. However, their primary aim is to promote the well-being and goodwill of their family members in the twilight years of their lives.

The senior citizens are experienced (Chapter II, n.d.) [2]. They are well-informed in terms of all types of methodologies and procedures that facilitate the progression of individuals. Furthermore, they convey these to their family members, enabling them to promote the overall improvement of living standards. Therefore, the productive contribution of senior citizens is acknowledged when they impart valuable information. The senior citizens typically aspire to be self-sufficient. They do not tend to be dependent on others to sustain their living conditions effectively. In India, over 70 per cent of the population resides in rural communities. In these communities, agriculture and farming practices are regarded as the primary occupations of the individuals. Senior citizens also participate in these jobs to generate income (Community Empowerment, n.d.). In both rural and urban communities, senior citizens are involved in the production of various types of products, including artworks, handicrafts, garments, jewellery, pottery, basket weaving, silk weaving, and more. This task not only facilitates improvements in one's financial position but also leads to increased productivity and profitability. In this manner, all senior citizens are contributing efficiently to promoting better livelihood opportunities. Therefore, they will play a crucial role in enhancing the overall quality of life for their family members.

A. Understanding the Meaning and Significance of Productive Contribution

Individuals from all age groups, communities, and socio-economic backgrounds are required to be well-versed in measures that facilitate productivity enhancement. Senior citizens are engaged in various tasks and live in homes. However, by implementing multiple methods and procedures, individuals can make an essential contribution to increasing productivity. In some cases, senior citizens are professionals in their conduct. They belong to various fields, including education, medicine, healthcare, law, and others. The senior citizens provide free classes to children from deprived, marginalised, and economically weaker sections of society. On the other hand, those from medical professions offer medical and healthcare facilities to individuals from disadvantaged groups. Therefore, one can acquire an efficient understanding of the meaning and significance of productive contribution when they are engaged in any social work activity.

Individuals select fields and become engaged in various tasks and activities based on their educational qualifications, competencies, and abilities. The multiple fields chosen include education, medicine, healthcare, science,



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technology, engineering, architecture, management, administration, journalism, law, and other related fields. In all fields, individuals are engaged in tasks and activities that are necessary not only for bringing about improvements in their lives but also for promoting community well-being (Decision-making Process, 2020) [3]. In some cases, senior citizens continue to be engaged in their jobs, which helps promote community well-being. For example, senior citizens in the education field may continue to work because they possess the viewpoint that, in old age, they should also continue working and promote the well-being and goodwill of others. Senior citizens hone their productivity, not for financial resources, but to utilise their educational qualifications, competencies, and abilities. Therefore, individuals will acquire an understanding of the meaning and significance of productive contribution when they are engaged in practical tasks and activities.

Senior citizens are required to undertake various tasks and activities within their households in a well-organised manner. The different types of household responsibilities include cleaning, washing, preparing meals, fetching water, and performing other essential tasks effectively. Research studies have indicated that elderly family members are well-versed in cooking methods. Their family members take pleasure in eating the meals they cook. Hence, they pay attention towards putting into operation all types of household responsibilities in an adequate manner. These are both difficult and manageable, as they are implemented in a shorter amount of time or can be more time-consuming. Senior citizens impart information on all types of household responsibilities to their family members. The upgradation of listening skills will facilitate the enhancement of knowledge, competencies, and abilities. Elderly family members make an essential contribution to augmenting skills and abilities among their family members as well as the broader community. Therefore, an understanding of the meaning and significance of productive contribution is acquired when elderly individuals contribute to the operation of household responsibilities.

B. Factors highlighting the Productive Contribution of Senior Citizens

Individuals differ from each other in various factors, including caste, creed, race, gender, religion, ethnicity, educational qualifications, culture, occupation, community, and socio-economic background. Despite these differences, they share a common objective of enhancing their overall quality of life. When all individuals are wholeheartedly committed to achieving various goals and objectives, they must acknowledge the importance and significance of productivity. Furthermore, they need to augment their knowledge and understanding in terms of different types of measures, which facilitate the up-gradation of productivity (Encouraging Children with Learning Difficulties, 2020) [4].

One of the crucial aspects that needs to be taken into account is that positivity needs to be reinforced in the implementation of all types of measures. Senior citizens, in their old age, also work diligently to enhance productivity and promote the well-being and goodwill of others. The factors highlighting the productive contribution of senior citizens include taking on applicable job duties, implementing

household responsibilities, engaging in economic activities, promoting social work, enhancing knowledge, competencies, and aptitude, and providing counselling and guidance services. These are stated as follows:

C. Putting into Operation applicable Job Duties

Individuals select fields and become engaged in various tasks and activities based on their educational qualifications, competencies, and abilities. The multiple fields chosen include education, medicine, healthcare, science, technology, engineering, architecture, management, administration, journalism, and other related fields. In all fields, individuals are engaged in tasks and activities that are necessary not only for improving their own lives but also for promoting the well-being of their community. In other words, all members, regardless of their position in the organisation's hierarchy, focus on implementing their job duties in a manner that contributes to the efficient promotion of the well-being and goodwill of community members.

In some cases, senior citizens are engaged in their jobs, which helps promote community well-being. For example, senior citizens in the education field may continue to work because they possess the viewpoint that, in old age, they should also continue working and promote the well-being and goodwill of others. Senior citizens hone their productivity, not for financial resources, but to utilise their educational qualifications, competencies, and abilities. Therefore, implementing applicable job duties is regarded as one of the essential factors that highlights the productive contributions of senior citizens.

II. IMPLEMENTATION OF HOUSEHOLD RESPONSIBILITIES

Senior citizens are required to manage various tasks and activities within their households in a well-organised manner. The different types of household responsibilities include cleaning, washing, meal preparation, fetching water, and performing other essential household tasks effectively. When service providers, such as electricians, repair workers, painters, carpenters, plumbers, and others, make visits, they supervise them in the implementation of various job duties and responsibilities. Research studies have indicated that elderly family members are well-versed in cooking methods.

Their family members take pleasure in eating the meals they cook. Hence, they pay attention towards putting into operation all types of household responsibilities in an adequate manner. These are both difficult and manageable, as they are implemented in a shorter amount of time or can be more time-consuming. Senior citizens impart information on all types of household responsibilities to their family members. The upgradation of honing listening skills will facilitate the enhancement of knowledge, competencies, and abilities. Elderly family members make a vital contribution to enhancing the skills and abilities of younger family members. Therefore, the implementation of household responsibilities is one of the significant factors highlighting the productive contribution of senior citizens.



A. Getting engaged in Economic Activities

Senior citizens typically aspire to be self-sufficient. They do not tend to be dependent on others to sustain their living conditions effectively. Senior citizens from urban communities are engaged in various fields. In all fields, including education, medicine, healthcare, engineering, science, technology, law, and others, individuals undertake multiple tasks and activities necessary for improving overall standards of living. The accumulation of financial resources will facilitate improvements in one's overall quality of life.

In rural communities, agriculture and farming practices are regarded as the primary occupations of the individuals. Senior citizens also participate in these jobs to generate an income. In both rural and urban communities, senior citizens are engaged in the production of various types of products, including artworks, handicrafts, garments, jewellery, pottery, basket weaving, silk weaving, and more. This task not only facilitates improvements in one's financial position but also leads to increased productivity and profitability. In this manner, all senior citizens are contributing efficiently to promoting better livelihood opportunities. Therefore, engaging in economic activities is an essential factor that highlights the productive contributions of senior citizens.

III. PROMOTING SOCIAL WORK

Senior citizens are engaged in tasks, as well as living within their homes. However, by implementing various methods and procedures, individuals can make an essential contribution to increasing productivity. In some cases, senior citizens are professionals in their conduct. They belong to various fields, including education, medicine, healthcare, law, and others. The senior citizens provide free classes to children from deprived, marginalised, and economically weaker sections of society. On the other hand, those from medical professions offer medical and healthcare facilities to individuals from disadvantaged groups. Furthermore, they make donations of various items, such as food, clothing, bags, books, stationery, and monetary contributions, among others.

Senior citizens in urban communities often hire domestic helpers and service providers. They are overwhelmed by specific problems related to health, poverty, illiteracy, unemployment, homelessness or crime and violence. Hence, they provide help and assistance to individuals to solve all their problems. Therefore, one can acquire an efficient understanding of the importance of productive contribution when engaged in any social work activity. Thus, promoting social work is a crucial factor that highlights the productive contributions of senior citizens.

A. Augmenting Knowledge, Competencies, and Aptitude

Senior citizens are required to be well-versed in the factors that lead to productivity enhancements, emphasising the need to augment knowledge, competencies, and aptitude. Senior citizens utilise various sources that adequately facilitate the task. Today, the internet has gained significant prominence. It is utilised to augment information across all types of subjects and concepts, providing answers to overwhelming questions and clarifying doubts of all kinds. Furthermore, senior citizens take pleasure in reading a wide range of materials, including books, articles, reports, projects,

newspapers, magazines, and other publications. In this manner, they are contributing efficiently in honing various types of skills and abilities satisfactorily.

The senior citizens may not be in good health. They are overwhelmed by different types of health problems and illnesses. However, when they are wholeheartedly committed to promoting the well-being of others, they ensure that their health problems and diseases do not hinder them in the course of implementing various tasks and activities. Therefore, augmenting knowledge, competencies, and aptitude is a recognised factor highlighting the productive contributions of senior citizens.

B. Making provision of Counselling and Guidance Services

Senior citizens primarily operate these services for individuals belonging to deprived, marginalised, and disadvantaged groups. Senior citizens in urban communities often hire domestic helpers and service providers. They are overwhelmed by specific problems, related to health, acquisition of education, honing competencies and abilities, poverty, illiteracy, unemployment, homelessness or crime and violence. Hence, they provide help and assistance to individuals to solve all their problems. For this purpose, they provide counselling and guidance services. In these services, individuals are required to acquire a thorough understanding of the causes of problems. After the causes are identified, senior citizens put into operation the methods and techniques that facilitate individuals on a comprehensive basis. The counselees need to emphasise honing their listening skills. These enable the acquisition of an efficient understanding of the methods and approaches. Furthermore, individuals need to implement these in a well-ordered and disciplined manner.

As a consequence, they will render a significant contribution in providing solutions to all types of problems and challenging situations. Therefore, providing counselling and guidance services is a notable factor highlighting the productive contributions of senior citizens.

C. Measures to be implemented in Augmenting Productivity among Senior Citizens

The senior citizens may not be in good health. They are overwhelmed by different types of health problems and illnesses. It is unfortunate to note that in some cases, they are not ambulatory. As a consequence, they are required to seek help and assistance from others to carry out activities of daily living, such as eating, bathing, dressing, toileting, and transferring. When they are unable to carry out their job duties and activities satisfactorily, they promote the well-being of others by implementing effective communication processes. In other words, they attempt to communicate with others in a manner that would lead to an improvement in their overall quality of life (Changing Needs and Rights of Older People, 2017) [1]. When they are wholeheartedly committed to promoting the well-being of others, they ensure that their health problems and illnesses do not hinder the implementation of various tasks and activities. To carry out their job duties in an orderly manner, senior citizens are required to be well-versed in measures to enhance productivity. One of the crucial aspects that needs to be

taken into account is that all types of measures must be implemented satisfactorily. These are stated as follows:

IV. AUGMENTING COMPETENCIES AND ABILITIES

Senior citizens need to be well-versed in the factors that lead to productivity enhancements, emphasising the need to augment their competencies and abilities. Senior citizens utilise various sources that adequately facilitate the task. Today, the internet has gained significant prominence. It is utilised to augment information across all subjects and concepts, providing answers to overwhelming questions and clarifying various doubts. Additionally, it facilitates the execution of all job duties, which include managing household responsibilities, such as paying bills for electricity, water, gas, phone recharges, house tax, and other similar expenses. Furthermore, senior citizens take pleasure in reading a wide range of materials, including books, articles, reports, projects, newspapers, magazines, and other publications. In this manner, they are contributing efficiently to honing competencies and abilities in a satisfactory manner. Therefore, augmenting competencies and abilities is regarded as one of the indispensable measures to enhance productivity among senior citizens.

A. Implementing Effective Communication Processes

When senior citizens are unable to carry out their job duties and activities satisfactorily, they promote the well-being of others by implementing effective communication processes. In other words, they attempt to communicate with others in a manner that would be effective in leading to an improvement in their overall quality of life. The communication process takes place in both verbal and written forms. Verbal communication typically occurs face-to-face or via video calls, whereas written communication is conducted through the exchange of messages and emails.

Senior citizens need to ensure they are well-versed in communication ethics, including using polite language and respectful words, treating others with courtesy and respect, providing factual information, maintaining eye contact when communicating face-to-face, and possessing an approachable nature and an amiable attitude. As a consequence, senior citizens will render an essential contribution to augmenting productivity. Furthermore, their tasks and activities will prove beneficial to individuals on a comprehensive basis. Therefore, implementing effective communication processes is a significant measure to enhance productivity among senior citizens.

V. HONING TECHNICAL SKILLS

Technical skills are the skills that facilitate the use of various types of technologies, such as computers, laptops, iPads, scanners, printers, photocopiers, and audio-visual aids. Furthermore, the internet has gained prominence. It is utilised for augmenting information across all subjects and concepts, obtaining answers to overwhelming questions, and clarifying various doubts. One needs to acquire a thorough understanding of the concepts and engage in regular practice to develop proficiency. This will facilitate the augmentation

of competencies and abilities in achieving desired goals and objectives.

Additionally, it facilitates the performance of all job duties, which include managing household responsibilities, implementing effective communication processes, and engaging in leisure and recreational activities. Senior citizens need to acquire a thorough understanding of the concepts. Furthermore, they are required to get involved in regular practice. As a consequence, they will render a significant contribution in enhancing productivity and promoting family and community well-being. Therefore, honing technical skills is a prudent measure to improve productivity among senior citizens.

A. Being well-informed regarding Methodologies and Procedures

To carry out all types of job duties in a well-ordered and satisfactory manner, it is necessary to be well-versed in terms of different kinds of methodologies and procedures. These are referred to as the methods for carrying out all tasks and activities. One needs to acquire a thorough understanding of the concepts and engage in regular practice to develop proficiency.

This will facilitate achieving the desired goals. When senior citizens undertake various tasks and activities, they are required to supplement their knowledge of methodologies and procedures.

When engaging in economic activities, promoting social work, and carrying out various tasks and activities, individuals must ensure that they implement the methodologies and procedures satisfactorily. Senior citizens are experienced, and as such, they possess adequate knowledge of various methods and procedures, which facilitates their performance in tasks and generates the desired outcomes. Therefore, being well-informed regarding processes and procedures is an eminent measure to be implemented in augmenting productivity among senior citizens.

B. Taking out a Sufficient amount of Time for all Job Duties

In old age, individuals are also required to engage in various tasks and activities. Some of these are more time-consuming, whereas others are less time-consuming. Hence, it is of utmost significance to be well-versed in terms of time management skills. These are the skills that facilitate taking sufficient time for all job duties. The individuals are required to assign priorities to the tasks. The more important ones are carried out first, whereas the less important ones are put into operation after the completion of the more important ones. Procrastination is avoided.

Senior citizens can make a significant contribution to increasing productivity by recognising the value and importance of these skills. As a consequence, senior citizens from all communities are augmenting their information through various approaches and procedures, which enables them to perform their tasks effectively and achieve the desired outcomes. Therefore, allocating sufficient time for all job duties is a proven measure to enhance productivity among senior citizens.



C. Leading to up-gradation of Motivation Levels

Senior citizens have one of the primary goals of promoting the well-being and goodwill of family and community members. Furthermore, they also have a forgiving nature. In cases when they are displeased by the conduct and performance of others, they forgive and forget. In addition, they are focusing on leading to an upgrade in motivation levels. As a consequence, their mindsets will be stimulated to put their tasks and activities into practice, generating the desired outcomes.

Senior citizens are required to be well-versed in the factors that lead to productivity enhancements, emphasising the need to augment knowledge, competencies, and abilities. Senior citizens utilise various sources that adequately facilitate the task. One of the crucial aspects that needs to be taken into account is that senior citizens need to be motivated to undertake various job duties and responsibilities in response to the expectations of others. Therefore, upgrading motivation levels is a key measure to be implemented in augmenting productivity among senior citizens.

D. Promoting Enrichment of Concentration Levels

Senior citizens have one of the primary goals of promoting the well-being and goodwill of family and community members. Furthermore, they possess an approachable nature and an amiable attitude. In cases when they are displeased by the conduct and performance of others, they usually forgive and forget. In addition, they are focusing on leading to an upgrade in concentration levels. Senior citizens experiencing visual and hearing impairments also need to improve their concentration levels to perform tasks and activities effectively. One of the significant benefits is that senior citizens will be well-versed in methodologies and procedures. Furthermore, they will overcome all types of doubts and setbacks. These will be prevented from causing impediments during the implementation of job duties. As a consequence, their mindsets are inspired to put their job duties into practice and generate the desired outcomes. Senior citizens are required to be well-versed in the factors that lead to productivity enhancements, emphasising the need to augment knowledge, competencies, and abilities. This is facilitated by leading to an upgradation of concentration levels. Therefore, promoting enrichment of concentration levels is a fundamental measure to be implemented in augmenting productivity among senior citizens.

E. Being Well-informed regarding Pioneering Methods and Materials

With advancements taking place and the advent of modernisation and globalisation, it is essential to stay well-informed about pioneering methods and materials. Senior citizens from all fields are utilising these to enhance productivity. The different types of pioneering methods and materials include the utilisation of charts, graphs, maps, pictures, images, shapes, designs, structures, tools, devices, apparatus, machinery, equipment, and various types of technologies. One needs to acquire a thorough understanding of the concepts and engage in regular practice to develop proficiency. Senior citizens are honing their skills in these areas and utilising them to participate in various productive activities. The possession of adequate information in this

regard will facilitate preparing oneself adequately to achieve desired goals and objectives. When senior citizens undertake multiple tasks and activities, they are required to supplement their knowledge of pioneering methodologies and materials. Furthermore, these are facilitating the carrying out of all types of job duties in a well-ordered and regimented manner. Therefore, being well-informed about pioneering methods and materials is a favourable measure to implement in augmenting productivity among senior citizens.

F. Coping with Dilemmas in a Satisfactory Manner

Throughout the implementation of various tasks and activities, dilemmas arise due to multiple factors, including job duties, responsibilities, methodologies, procedures, approaches, work pressure, inadequate time management, unfamiliarity with pioneering methods and materials, and so forth.

Senior citizens need to ensure that they do not get overwhelmed by the occurrence of dilemmas. They prevent these from hindering the implementation of various tasks and activities.

Senior citizens often undertake this task independently or with the assistance and support of others, including family members and community members. Hence, in old age, they need to be well-aware of the fact that to live their lives peacefully, they are required to form cordial and amiable relationships with family and community members. Instead, they need to prepare themselves in a well-ordered and satisfactory manner to perform their job duties effectively and generate the desired outcomes. As a consequence, they will cope with dilemmas satisfactorily. Therefore, effectively addressing dilemmas is a valuable measure to enhance productivity among senior citizens.

G. Possessing the Abilities to Work under Stress

Within the course of augmenting productivity, the senior citizens do experience various types of problems and challenging situations. These include job duties, responsibilities, methodologies, procedures, approaches, and other relevant aspects. However, when they are wholeheartedly committed to putting their tasks and activities into operation, they must possess the ability to work effectively under stress. This will facilitate coping with various types of problems and challenging situations in an adequate manner. Furthermore, these are prevented from giving rise to impediments during the implementation of different job duties.

Senior citizens often face setbacks and must overcome them on their own or with the help and support of others, including family and community members. Hence, in old age, they need to be well-aware of the fact that to augment productivity, they are required to possess the ability to work under stress. As a consequence, they will make a vital contribution to promoting overall well-being, both physically and psychologically. Therefore, possessing the ability to work under stress is an advantageous measure to enhance productivity among senior citizens.

VI. CONCLUSION

Senior citizens, belonging to all communities, are well-informed about job duties and methodologies that facilitate individual progression. Factors highlighting the productive contribution of senior citizens include implementing applicable job duties, managing household responsibilities, engaging in economic activities, promoting social work, enhancing knowledge, competencies, and aptitude, and providing counselling and guidance services. Measures to be implemented in augmenting productivity among senior citizens are, augmenting competencies and abilities, implementing effective communication processes, honing technical skills, being well-informed regarding methodologies and procedures, taking out sufficient amount of time for all job duties, leading to up-gradation of motivation levels, promoting enrichment of concentration levels, being well-informed regarding pioneering methods and materials, coping with dilemmas in a satisfactory manner and possessing the abilities to work under stress. Ultimately, it can be stated that the productive contributions of senior citizens are a key factor in promoting family and community well-being.

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