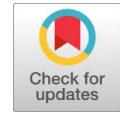


Productive Contribution of Senior Citizens: Essential in promoting Family and Community Well-being



Radhika Kapur

Abstract: *In both urban and rural communities, throughout the country, there are senior citizens. They form the viewpoint that in old age, they aspire to get engaged in different types of tasks and activities, which would be facilitating in promoting well-being of family and community members. The tasks and activities are put into operation in personal and professional lives. For example, when in personal lives, the senior citizens are preparing favorite food items for their family members, they will incur the feelings of pleasure and contentment among them. On the other hand, in professional lives as well, they are engaged in different tasks and activities, which would be facilitating in promoting well-being and goodwill of community members. For example, in the education field, they still take classes and impart information in terms of academic subjects and lesson plans among individuals, hence, they are rendering a productive contribution. Furthermore, senior citizens impart information in terms of different types of subjects and concepts, which are facilitating in emerging into moral and ethical human beings and productive citizens of the country. Therefore, it is well-understood, productive contribution of senior citizens are essential in promoting family and community well-being. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of productive contribution, factors highlighting 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. The individuals emerge into senior citizens, when they attain the age of 60 years. This is apparently understood that in old age, the individuals experience various types of health problems and illnesses. Some of these are, pain in the joints, high blood pressure, low blood pressure, kidney disorders, heart problems, visual impairments, hearing impairments, and so forth. The senior citizens do experience decline in physical health conditions and capabilities. But they have the primary aim of promoting well-being and goodwill of their family members in the twilight years of their lives.

The senior citizens are experienced (Chapter – II, n.d.). They are well-informed in terms of all types of methodologies and procedures that are facilitating in leading to progression of the individuals. Furthermore, they convey these to their family members, so they are able to promote enhancement of overall standards of living. Therefore, productive contribution of senior citizens is acknowledged, when they are imparting useful information. The senior citizens normally aspire to be self-sufficient. They do not tend to be dependent on others in sustaining their living conditions in an effective manner. In India, more than 70 percent of the population resides in rural communities. In these communities, agriculture and farming practices are regarded as the primary occupations of the individuals. The senior citizens also get engaged in these jobs to generate income (Community Empowerment, n.d.). In rural as well as in urban communities, the senior citizens are engaged in the production of different types of products, i.e. artworks, handicrafts, garments, jewelry, pottery making, basket weaving, silk weaving, and so forth. This task is facilitating in not only bringing about improvements in one's financial positions, but also leading to an increase in productivity and profitability. In this manner, all senior citizens are contributing efficiently in promoting better livelihoods opportunities. Therefore, they will play an important part in bringing about improvements in overall quality of lives of their family members.

A. Understanding the Meaning and Significance of Productive Contribution

The individuals, belonging to all age groups, communities and socio-economic backgrounds are required to be well-versed in terms of measures, which are facilitating in leading to enhancement of productivity. The senior citizens are engaged in tasks as well as they are living within homes. But through implementing various types of methods and procedures, individuals will render an important contribution in leading to an increase in productivity. The senior citizens are in some cases are professionals in their conduct. They belong to different fields, i.e. education, medical, health care, law and so forth. The senior citizens make provision of free classes to children, belonging to deprived, marginalized and economically weaker sections of the society. On the other hand, when they are from medical professions, they are making provision of medical and health care facilities to the individuals, belonging to disadvantaged groups. Therefore, one is able to acquire an efficient understanding of the meaning and significance of productive contribution, when they are engaged in any types of social work activities.

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The individuals make selection of the fields and get engaged in various tasks and activities in accordance to their educational qualifications, competencies and abilities. The different fields that are selected are, education, medical, health care, science, technology, engineering, architecture, management, administration, journalism, law and so forth. In all the fields, the individuals are engaged in tasks and activities that are necessary in not only bringing about improvements in their lives, but also promoting community well-being (Decision-making Process, 2020). The senior citizens are in some cases engaged in their jobs, which are facilitating in promoting community well-being. For example, the senior citizens, in education field may continue to work, because they possess the viewpoint that in old age as well, they should continue working and promote well-being and goodwill of others. The senior citizens hone their productivity, not for financial resources, but they aspire to make use of 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 useful tasks and activities.

The senior citizens are required to put into operation different types of tasks and activities within the households in a well-organized manner. The various types of household responsibilities are, cleaning, washing, preparation of meals, fetching water, and carrying out functioning of the households in an effective manner. The research studies have indicated that elderly family members are well-versed in terms of cooking methods. Their family members take pleasure in consuming the meals cooked by them. Hence, they pay attention towards putting into operation all types of household responsibilities in an adequate manner. These are difficult as well as manageable, these are implemented in less amount of time or can be more time-consuming. The senior citizens impart information in terms of all types of household responsibilities among their family members. The up-gradation of listening skills will be facilitating in leading to enhancement of knowledge, competencies and abilities. The elderly family members render an important contribution in augmenting skills and abilities among their family as well as community members. Therefore, an understanding of the meaning and significance of productive contribution is acquired, when elderly individuals are contributing in putting into operation household responsibilities.

B. Factors highlighting the Productive Contribution of Senior Citizens

The individuals are different from each other in terms of various factors, i.e. caste, creed, race, gender, religion, ethnicity, educational qualifications, cultures, occupations, communities, categories and socio-economic backgrounds. In spite of these differences, they have the common objective of bringing about improvements in their overall quality of lives. When all the individuals are wholeheartedly committed towards achievement of all types of goals and objectives, they need to acknowledge the meaning and significance of productivity. Furthermore, they need to augment their knowledge and understanding in terms of different types of measures, which are facilitating in leading to up-gradation of

productivity (Encouraging Children with Learning Difficulties, 2020).

One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in the implementation of all types of measures. The senior citizens in their old age as well work diligently in leading to up-gradation of productivity and promoting well-being and goodwill of others. The factors highlighting the productive contribution of senior citizens are, putting into operation useful job duties; implementation of household responsibilities; getting engaged in economic activities; promoting social work; augmenting knowledge, competencies, and aptitude; and making provision of counseling and guidance services. These are stated as follows:

C. Putting into Operation useful Job Duties

The individuals make selection of the fields and get engaged in various tasks and activities in accordance to their educational qualifications, competencies and abilities. The different fields that are selected are, education, medical, health care, science, technology, engineering, architecture, management, administration, journalism, and so forth. In all the fields, the individuals are engaged in tasks and activities that are necessary in not only bringing about improvements in their lives, but also promoting community well-being. In other words, all the members, belonging to all positions in the hierarchy of the organizations are focusing on implementing their job duties in a manner, which are contributing efficiently in promoting well-being and goodwill of community members.

The senior citizens are in some cases engaged in their jobs, which are facilitating in promoting community well-being. For example, the senior citizens, in education field may continue to work, because they possess the viewpoint that in old age as well, they should continue working and promote well-being and goodwill of other individuals. The senior citizens hone their productivity, not for financial resources, but they aspire to make use of their educational qualifications, competencies and abilities. Therefore, putting into operation useful job duties is regarded as one of the indispensable factors highlighting the productive contribution of senior citizens.

II. IMPLEMENTATION OF HOUSEHOLD RESPONSIBILITIES

The senior citizens are required to put into operation the different types of tasks and activities within the households in a well-organized manner. The various types of household responsibilities are, cleaning, washing, preparation of meals, fetching water, and carrying out functioning of the households in an effective manner. When service providers, such as, electric workers, repair workers, painters, carpenters, plumbers and so forth make visits, they supervise them in the implementation of different types of job duties and responsibilities. The research studies have indicated that elderly family members are well-versed in terms of cooking methods.

Their family members take pleasure in consuming the meals cooked by them. Hence, they pay attention towards putting into operation all types of household responsibilities in an adequate manner. These are difficult as well as manageable, these are implemented in less amount of time or can be more time-consuming. The senior citizens impart information in terms of all types of household responsibilities among their family members. The up-gradation of honing of listening skills will be facilitating in leading to enhancement of knowledge, competencies and abilities. The elderly family members render an important contribution in augmenting skills and abilities. Therefore, implementation of household responsibilities is one of the significant factors highlighting the productive contribution of senior citizens.

A. Getting engaged in Economic Activities

The senior citizens normally aspire to be self-sufficient. They do not tend to be dependent on others in sustaining their living conditions in an effective manner. The senior citizens, belonging to urban communities are engaged in different types of fields. In all the fields, i.e. education, medical, health care, engineering, science, technology, law and so forth, the individuals are putting into operation different tasks and activities, which are necessary in leading to up-gradation of overall standards of living. The accumulation of financial resources will be facilitating in bringing about improvements in one's overall quality of lives.

In rural communities, agriculture and farming practices are regarded as the primary occupations of the individuals. The senior citizens also get engaged in these jobs to generate income. In rural as well as in urban communities, the senior citizens are engaged in the production of different types of products, i.e. artworks, handicrafts, garments, jewelry, pottery making, basket weaving, silk weaving, and so forth. This task is facilitating in not only bringing about improvements in one's financial positions, but also leading to an increase in productivity and profitability. In this manner, all senior citizens are contributing efficiently in promoting better livelihoods opportunities. Therefore, getting engaged in economic activities is an essential factor highlighting the productive contribution of senior citizens.

III. PROMOTING SOCIAL WORK

The senior citizens are engaged in tasks as well as they are living within homes. But through implementing various types of methods and procedures, individuals will render an important contribution in leading to an increase in productivity. The senior citizens are in some cases professionals in their conduct. They belong to different fields, i.e. education, medical, health care, law and so forth. The senior citizens make provision of free classes to children, belonging to deprived, marginalized and economically weaker sections of the society. On the other hand, when they are from medical professions, they are making provision of medical and health care facilities to the individuals, belonging to disadvantaged groups. Furthermore, they make donations of various items, i.e. food, clothing, bags, books, stationary, monetary donations and so forth.

The senior citizens, belonging to urban communities, hire domestic helpers and service providers. They are overwhelmed by certain problems, related to health, poverty,

illiteracy, unemployment, homelessness or crime and violence. Hence, they provide help and assistance to the individuals in order to solve all their problems. Hence, one is able to acquire an efficient understanding of the importance of productive contribution, when they are engaged in any types of social work activities. Therefore, promoting social work is an eminent factor highlighting the productive contribution of senior citizens.

A. Augmenting Knowledge, Competencies, and Aptitude

The senior citizens are required to be well-versed in terms of the factor that in order to lead to up-gradation of productivity, it is necessary to put emphasis on augmenting knowledge, competencies and aptitude. The senior citizens make use of various sources, which are facilitating in carrying out this task in an adequate manner. In the present existence, the utilization of internet has acquired prominence. It is utilized to augment information in terms of all types of subjects and concepts; obtaining answers to all types of questions that are overwhelming and clarifying all types of doubts. Furthermore, senior citizens take pleasure in reading various types of reading materials, i.e. books, articles, reports, projects, newspapers, magazines and other reading materials. In this manner, they are contributing efficiently in honing various types of skills and abilities in a satisfactory manner.

The senior citizens may not be in good health. They are overwhelmed by different types of health problems and illnesses. But when they are wholeheartedly committed towards promoting well-being of others, they ensure, their health problems and illnesses do not give rise to impediments within the course of putting into operation various tasks and activities. Therefore, augmenting knowledge, competencies and aptitude is a renowned factor highlighting the productive contribution of senior citizens.

B. Making provision of Counseling and Guidance Services

These services are primarily put into operation by senior citizens in cases of individuals, belonging to deprived, marginalized and disadvantaged groups. The senior citizens, belonging to urban communities, hire domestic helpers and service providers. They are overwhelmed by certain 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 the individuals in order to solve all their problems. For this purpose, they make provision of counseling and guidance services. In these services, the individuals are required to acquire an efficient understanding of the causes of problems. After the causes are identified, the senior citizens put into operation the methods and techniques, which would be facilitating to the individuals on a comprehensive basis. The counselees need to put emphasis on honing listening skills. These are facilitating in acquiring an efficient understanding of the methods and approaches. Furthermore, individuals need to put these into operation in a well-ordered and disciplined manner.

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As a consequence, they will render an important contribution in providing solutions to all types of problems and challenging situations. Therefore, making provision of counseling and guidance services is a notable factor highlighting the productive contribution 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 take help and assistance from others in order to carry out activities of daily living of eating, bathing, dressing, toileting and transferring. When they are unable to carry out their job duties and activities satisfactorily, they promote well-being of others, through putting into operation effective communication processes. In other words, they make an attempt to communicate with others in such a manner, which would be effective to them in leading to up-gradation of their overall quality of lives (Changing Needs and Rights of Older People, 2017). When they are wholeheartedly committed towards promoting well-being of others, they ensure, their health problems and illnesses do not give rise to impediments within the course of putting into operation various tasks and activities. In order to carry out their job duties in a well-ordered manner, senior citizens are required to be well-versed in terms of measures to be implemented in augmenting productivity. One of the important aspects that needs to be taken into account is, all types of measures are required to be put into operation in a satisfactory manner. These are stated as follows:

IV. AUGMENTING COMPETENCIES AND ABILITIES

The senior citizens need to be well-versed in terms of the factor that in order to lead to up-gradation of productivity, it is necessary to put emphasis on augmenting competencies and abilities. The senior citizens make use of various sources, which are facilitating in carrying out this task in an adequate manner. In the present existence, the utilization of internet has acquired prominence. It is utilized in order to augment information in terms of all subjects and concepts; obtaining answers to all types of questions that are overwhelming and clarifying all types of doubts. In addition, it is facilitating in carrying out all job duties, which are facilitating in management of household responsibilities, i.e. paying all the bills, i.e. electricity, water, gas, phone recharge, house tax, and so forth. Furthermore, senior citizens take pleasure in reading various types of reading materials, i.e. books, articles, reports, projects, newspapers, magazines and other reading materials. In this manner, they are contributing efficiently in honing competencies and abilities in a satisfactory manner. Therefore, augmenting competencies and abilities is regarded as one of the indispensable measures to be implemented in augmenting 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 well-being of

others, through putting into operation effective communication processes. In other words, they make an attempt to communicate with others in such a manner, which would be effective to them in leading to up-gradation of their overall quality of lives. The communication processes takes place in a verbal and written form. Verbal communication takes place face to face or video-calling, whereas, written communication takes place through exchanging messages and emails.

The senior citizens need to make sure, they are well-versed in terms of communication ethics, i.e. making use of polite language and decent words; treating others with respect and courtesy; making provision of 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 important contribution in augmenting productivity. Furthermore, their tasks and activities will prove to be advantageous to the individuals on a comprehensive basis. Therefore, implementing effective communication processes is one of the significant measures to be implemented in augmenting productivity among senior citizens.

V. HONING TECHNICAL SKILLS

Technical skills are the skills that are facilitating through making use of various types of technologies, i.e. computers, lap-tops, I pads, scanners, printers, photo-copiers, audio-visual aids and so forth. Furthermore, the utilization of internet has acquired prominence. It is utilized in augmenting information in terms of all subjects and concepts; obtaining answers to all types of questions that are overwhelming and clarifying all types of doubts. One needs to acquire an efficient understanding of the concepts and get engaged in regular practice. This will be facilitating in augmenting competencies and abilities in achieving desired goals and objectives.

In addition, it is facilitating in carrying out all job duties, which are facilitating in management of household responsibilities; putting into operation effective communication processes and leisure and recreation purposes. The senior citizens need to acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice. As a consequence, they will render an important contribution in enhancing productivity and promoting family and community well-being. Therefore, honing technical skills is an expedient measure to be implemented in augmenting productivity among senior citizens.

A. Being well-informed regarding Methodologies and Procedures

In order 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 types of methodologies and procedures. These are referred to the ways to carry out all tasks and activities. One needs to acquire an efficient understanding of the concepts and get engaged in regular practice.

This will be facilitating in achieving desired goals. When senior citizens are putting into operation different types of tasks and activities, they are required to augment their information regarding methodologies and procedures.

In getting engaged in economic activities, promoting social work and carrying out all types of tasks and activities, the individuals need to ensure, they put into operation the methodologies and procedures in a satisfactory manner. The senior citizens are experienced, hence, they possess adequate information in terms of different types of methodologies and procedures, which would be facilitating in doing well in their tasks and generating desired outcomes. Therefore, being well-informed regarding methodologies and procedures is an eminent measure to be implemented in augmenting productivity among senior citizens.

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

In old age as well, individuals are required to put into operation different types of 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 are facilitating in taking out sufficient amount of time for all job duties. The individuals are required to assign priorities to the tasks. The ones, which are more important are carried out first, whereas, the ones, which are less important are put into operation after the completion of more important ones. Procrastination is avoided.

The senior citizens will render an important contribution in leading to an increase in productivity, when they acknowledge the meaning and significance of these skills. As a consequence, senior citizens, belonging to all communities are augmenting information in terms of different types of approaches and procedures, which would be facilitating in doing well in their tasks and generating desired outcomes. Therefore, taking out sufficient amount of time for all job duties is a renowned measure to be implemented in augmenting productivity among senior citizens.

C. Leading to up-gradation of Motivation Levels

The senior citizens have one of the major goals of promoting well-being and goodwill of family and community members. Furthermore, they also have a forgiving nature. In cases, when they are not pleased by the conduct and performance of others, they forgive and forget. In addition, they are focusing on leading to up-gradation of motivation levels. As a consequence, their mind-sets will be stimulated towards putting into practice their tasks and activities and generating desired outcomes.

The senior citizens are required to be well-versed in terms of the factor that in order to lead to up-gradation of productivity, it is necessary to put emphasis on augmenting knowledge, competencies and abilities. The senior citizens make use of various sources, which are facilitating in carrying out this task in an adequate manner. One of the important aspects that needs to be taken into account is, senior citizens need to be motivated towards putting into operation different types of job duties and responsibilities in accordance to the expectations of others. Therefore, leading to up-gradation of motivation levels is a key measure to be implemented in augmenting productivity among senior citizens.

D. Promoting Enrichment of Concentration Levels

The senior citizens have one of the major goals of promoting well-being and goodwill of family and community members. Furthermore, they possess an approachable nature and an amiable attitude. In cases, when they are not pleased by the conduct and performance of others, they usually forgive and forget. In addition, they are focusing on leading to up-gradation of concentration levels. The senior citizens experiencing visual and hearing impairments also need to enrich concentration levels in carrying out their tasks and activities adequately. One of the major benefits is, senior citizens will be well-versed regarding methodologies and procedures. Furthermore, they will overcome all types of doubts and setbacks. These will be prevented from giving rise to impediments within the course of implementation of job duties. As a consequence, their mind-sets are inspired towards putting into practice their job duties and generating desired outcomes. The senior citizens are required to be well-versed in terms of the factor that in order to lead to up-gradation of productivity, it is necessary to put emphasis on augmenting knowledge, competencies and abilities. This is facilitated through leading to up-gradation 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 with the advent of modernization and globalization, it is necessary to be well-informed in terms of pioneering methods and materials. The senior citizens, belonging to all fields are making use of these in order to augment productivity. The different types of pioneering methods and materials are, utilization of charts, graphs, maps, pictures, images, shapes, designs, structures, tools, devices, apparatus, machinery, equipment and various types of technologies. One needs to acquire an efficient understanding of the concepts and get engaged in regular practice. The senior citizens are honing their skills in terms of these and are making use of these in order to get engaged in different types of productive activities. The possession of adequate information in terms of these will be facilitating in preparing oneself adequately in achieving desired goals and objectives. When senior citizens are putting into operation different types of tasks and activities, they are required to augment their information regarding pioneering methodologies and materials. Furthermore, these are facilitating in carrying out all types of job duties in a well-ordered and regimented manner. Therefore, being well-informed regarding pioneering methods and materials is a favorable measure to be implemented in augmenting productivity among senior citizens.

F. Coping with Dilemmas in a Satisfactory Manner

Within the course of putting into operation various tasks and activities, there are occurrences of dilemmas in terms of various factors, i.e. job duties, responsibilities, methodologies, procedures, approaches, work pressure, lack of implementation of time-management skills, unawareness in terms of pioneering methods and materials, and so forth.

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The senior citizens need to ensure, they do not get overwhelmed by the occurrences of dilemmas. They prevent these from giving rise to impediments within the course of putting into practice various tasks and activities.

The senior citizens carry out this task on their own or through obtaining help and support from others, including family and community members. Hence, in old age, they need to be well-aware of the factor that in order to live their lives peacefully, they are required to form cordial and amiable terms and relationships with family and community members. Rather they need to prepare themselves in a well-ordered and satisfactory manner to do well in their job duties and generate desired outcomes. As a consequence, they will cope with dilemmas in a satisfactory manner. Therefore, coping with dilemmas in a satisfactory manner is a useful measure to be implemented in augmenting 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 are related to job duties, responsibilities, methodologies, procedures, approaches and so forth. But when they are wholeheartedly committed towards putting into operation their tasks and activities, they are required to possess the abilities to work under stress. This will be facilitating in coping with various types of problems and challenging situations in an adequate manner. Furthermore, these are prevented from giving rise to impediments within the course of putting into operation various types of job duties.

The senior citizens carry out the job duty of overcoming setbacks on their own or through obtaining help and support from others, including family and community members. Hence, in old age, they need to be well-aware of the factor that in order to augment productivity, they are required to possess the abilities to work under stress. As a consequence, they will render an important contribution in promoting good health, physically as well as psychologically. Therefore, possessing the abilities to work under stress is an advantageous measure to be implemented in augmenting productivity among senior citizens.

VI. CONCLUSION

Senior citizens, belonging to all communities are well-informed regarding job duties and methodologies that are facilitating in leading to progression of individuals. Factors highlighting the productive contribution of senior citizens are, putting into operation useful job duties; implementation of household responsibilities; getting engaged in economic activities; promoting social work; augmenting knowledge, competencies, and aptitude and making provision of counseling 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. Finally, it can be stated, productive contribution of senior citizens is facilitating in promoting family and community well-being.

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