

# The Honor of Later Life: Active Aging Subjective Concern and Formal Adaptive Environment in Nepal

Bhusal D\*

Department of Population Studies, University of Tribhuvan, Kathmandu, Nepal

## ABSTRACT

This paper aims to disseminate a viewpoint on honor later life from the alternative angle of traditional perspective to later life. It reviews the subjective concern and existing evidences for formal environment on adjustment and adaptation to establish honored later life in Nepal indicating old age is respected age because of their life experience decorated with skill and expertise knowledge. This paper claims that understanding aptitude in later life entails recognizing the participation of senior people to their households, communities, and the development course. The formal documents following the constitution of Nepal 2015 have incorporated program to achieve dignified life of senior citizens. Nowadays, we are no longer talking merely about care of the elderly but also, and may be more, about active ageing with quality of life and ways to help seniors make the best later life. The power of the elderly is only possible through solidarity, proper understanding, and programs to promote productive aging. Supporting generation of 21<sup>st</sup> century is progressively having problematic time due to constricted household economy to achieve their obligation of enhancing elderly member of their family.

**Keywords:** Active aging; Harmonious aging; Successful aging; Affirmative old age

## INTRODUCTION

The upper segment of life stages “Old age,” or “late adulthood,” has been mentioned by Klimczuk in a book *Economic Foundations for Creative Ageing Policy* as a sub period of adulthood. He has categorized different age groups to point the late adulthood stage (60-years and older) that childhood (approximately 0-12 years of age), adolescence and puberty (13-19 years), young or early adulthood (20-39 years), and middle adulthood (40-59 years), and ends with the process of ageing. People are living longer, healthier lives and have better cognition. Senior Citizens Act, of Nepal mentions a citizen of Nepal having completed the age of sixty years as senior citizen where to respect them shall be the duty of all citizens.

Later life is an improved term of old age in describing the life experience of senior citizens although it is itself an intricate group of population, hard to define and operationalize. For individuals, the aging process is an inevitable biological truth. Social construction of individual aging creates together limitations and opportunities. According to Barrientos, Gorman, and Heslop, contributions of senior citizens are thoroughly unappreciated; then, perceptions of later life are painted by the belief that older people are basically dependent on their households, communities, or the state.

Underrating the helps of senior citizens disregards them from progressive thinking [1]. In second global conference, Israel 1995, Bonnici mentions in a conference paper that seniors should be encouraged and educated in all countries in order to make the best of old age [2]. There is no intrinsic consecutive threshold to second childhood. The long-established culture and traditional taboos of honoring elders is eroding because younger generation, morally obligated to provide care and support, could not live with their parents due to mandatory employment opportunities away from their birth place.

At the commencement of the 21<sup>st</sup> century, the concept of the HRM is growing in the route of “human capital management” due to interalia, globalization, the dissemination of Information and Communication Technologies (ICTs), and the need of organizations, for the widespread employment of current knowledge and to adapt to constant innovation and change. Human capital is composed of knowledge, skills, and competencies that are effects of the usage of the social capital [3].

## MATERIALS AND METHODS

The purpose of this paper is to deliver a viewpoint on honor

**Correspondence to:** Bhusal D, Assistant Professor, Department of Population Studies, University of Tribhuvan, Kathmandu, Nepal, Tel: 9857058459; E-mail: db67092@gmail.com

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later life, the alternative angle of perspective. In order to fulfill the target of this paper author has attempted to introduce formal environment for adjustment and adaptation particularly in the later life. Constitution of Nepal 2015, different budget speeches of finance ministers, and fifteenth five years plan approach paper are used as the chief documents to introduce the formal adaptive environment for senior citizens in Nepal [4,5]. Various empirical studies have been reviewed to indicate the honor of senior citizens. Secondary data are analyzed to clarify the aim of this paper. No any statistical technique is applied to put the viewpoint. This article sheds the light to answer the questions- Can the senior citizens contribute the nation as productive main power, and how does the situation support the senior citizens' later life challenges for adjustment and adaptation? The term "older people" will be used in this review interchangeably with terms such as "older adults," "older persons," "old people," "seniors," and "senior citizens". This article rejects the way of thinking about old age perspective of losses, deficits, and risks, and focuses on the potentials of older adults. The chief objective of this review is to describe different resources that can be interpreted as positive contributions of older people in society and the economy.

## RESULTS AND DISCUSSION

Human life is not problem free life because of its evolutionary mindful thinking capability unlike other animals. Older adults solve interpersonal problems often more effectively than do younger adults. Lack of cognitive capacity, chronic illness and loss in social belonging are the three circumstances where older adults become incapable to employ the emotion regulation strategies [6].

A total of 30% to 80% of persons in the retirement range do not consider themselves to be old' is the finding in the study of Kastenbaum [7]. This study further mentions that the response of elderly psychologists on the query about nature of the threshold that one passes over when he/she enters old age is gender difference because "None of the women in the sample felt that simply reaching a particular age (e.g., 65) made them feel old; but 22% of the men did. Also, approximately 6% of the men but no women thought that the attitude or behavior of others made them feel old. The nature of work and the way of doing help to create fleeing of oldness. The attitude and behavior of others become positive towards senior citizens with the dominant household decision making role.

Loue and Sajatovic mention that incapacity and disability are not equivalent terms. An individual is not incapacitated simply by reason of age or a potentially disabling diagnosis. One's capacity can vary over time and is dependent on the circumstances and the task involved. Some areas of decision making require a higher level of comprehension and reasoning than others. Therefore, a person with a condition affecting his/her capacity may be able to make some decisions. Age related consideration of old age regardless of capacity becomes meaningless in active and capable senior citizens to use their knowledge, skill and experience. Household environment plays prominent role for potential activities of senior citizens [8].

Affirmative old age as an alternative impression of later life that goes beyond the binaries of decline narratives and successful aging [9]. In their recent critique of successful ageing, Liang and Luo argue for a shift in social gerontology-the western value-towards "harmonious

aging," based on an integrated body and mind relationship, and their argument emphasizes the interdependent nature of human beings [10]. Affirmative old age underlines the facility of the ageing body as paralleling "harmonious aging," with differ argument- interconnections of power and difference. Difference is not always destined to negation but is instead understood as a proliferative and productive force-positive difference. Household decision making role in later life reflects the independent nature with power that makes the different environment within household. Maintaining autonomy and independence as one grows older is the aim of **active aging** concept which is the process of optimizing opportunities is a key goal for both individuals and policy makers [11]. A 87-year-old man in describing his 'wonderfully supportive' children and his own autonomy and self-sufficiency puts the proof that active ageing is keeping people interested in living basically is the mentionable matter of a study of Stenner, Mcfarquhar, and Bowling. One suggestion of the study is that the very notion of 'being old' is associated with a becoming passive [12].

Those are in "happy old age", who in the past were harmonious personalities and after retirement for a long time engaged in creative work. The term "happy" in "happy old age" has been used in the logic of serenity, wise enlightenment worldview, contemplation and self-control, which reflects not only in the accumulation of life experience, but also weaken the influence of emotions in psychological life [13]. For "happy old age", the nature of activity is chosen in the personal interests and aspirations. Household decision making role in the later life is that activity which establishes the happy term in old age. The qualitative research of Thapa and Bahadur within the interpretative research paradigm explores the elderly's own experiences and understanding and finds that most of the elderly are unhappy in the similar perception of society with the saying elderly are frail, weak and dependent. This means that elderly people want to be happy by choosing the role which makes them happy [14].

A study acknowledging one of the founders of positive psychology Martin Seligman has mentioned three conditions for true happiness. These three terms are:

- 1) Earn to savor the pleasure (slow down the pace of their work, resist impulses to escape vain tasks, which we always have a lot);
- 2) Take some time to fully taste the joy of achieving the desired, to feel satisfaction from the choices made; and
- 3) Should stop wanting more all the time, make your life easier and deal primarily with what is important to you in this period of life" [13] (Figure 1).

On the basis of Figure 1, Cabedo Manuel, and Escuder Mollón, shows health, knowledge, and proper engagement as the elements of successful aging [15]. There are at least seven reasons why social innovations are important in ageing societies. These are the adaptation of working conditions to demographic change; the need to promote the workability and employability of older workers; the need to change health-care solutions and long-term care systems; the need to adapt housing conditions for fostering independent living; the need to develop lifelong learning systems; stakeholder and policy mix; and the new types of involvement of older people.

### Prospective age

In order to understand the concept of prospective age let us

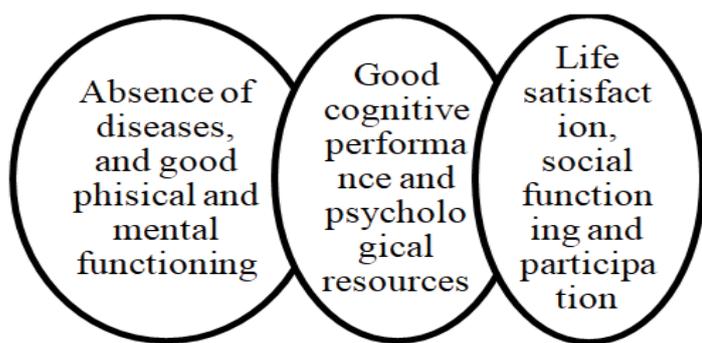


Figure 1: Elements of successful aging.

Imagine two people, one alive in 1950 and the other in 2000. If these two people both were 40 years old, then naturally each would have lived 40 years by those two dates. From the different angle we can say that sharing a prospective age means the sharing of remaining life expectancy. If a 40-year-old person in 1950 had a remaining life expectancy of 30 years, and a 50-year-old person in 2000 also had a remaining life expectancy of 30 years, then the 50-year-old in 2000 would have a prospective age of 40, using 1950 as a year of reference [16]. It is not only that “40 are the new 30”, but today “70 are the new 60”. This is why 21st century of aging can better be addressed using 21st century tools. How old age do you need to become Old, is the perspective of prospective old age. The frequently used old-age thresholds of 60 or 65 are inconsistent with the reality of people living longer and healthier lives. A better alternative is to define the onset of old age based on ages adjusted for remaining life expectancy [17].

**Productive aging**

Normally ‘productive ageing’ is instrumental and economic because it focuses narrowly on the production of goods and services. “Productivity” means “activities that produce goods and services that otherwise would have to be paid for” or, more broadly, “Productive ageing is any activity by an older individual that produces goods or services, or develops the capacity to produce them, whether they are paid for or not” [18,19].

**A modern concept of active ageing**

An innovative perception of active ageing started to appear in the 1990s under the inspiration of the WHO, which, not unexpectedly, underlined the vibrant connection between activity and health and the importance of healthy ageing. The thinking behind this new approach is expressed perfectly in the WHO pronouncement “years have been added to life now we must add life to years.” This helps to conclude that the need to emerge modern concept of active ageing is a blend of the main component of productive ageing with a strong stress on quality of life and mental and physical well-being.

**Features of a modern approach to active ageing**

Modern approach to active aging contains 7 key principles that are Activity (more than paid work), Preventative concept (preventing ill-health, disability, dependency, loss of skills and so on), Encompass all older (even frail and dependent), Maintenance of intergenerational solidarity (fairness between generations), Rights and Obligations, Participative and empowering, & Respect national and cultural diversity [20]. These principles suggest that a modern effective strategy on active ageing will be based on a partnership between the citizen and society [21].

The paper of Ivan and Aleksandar points out the scenario of aged society from the estimation of global population size aged 65+ years by the year 2050 that will remain over 20% of world inhabitants [22]. The economic contribution of older adults is recognized as Silver Economy that is associated to commercial activities of 50+ year’s population. The researchers add that countries connected with EU have recently started to change old-style thought about elderly persons from fiscal burden to market opportunity. Potential economic value of elderly people under active aging is inspected in this article. Continuously increasing size of senior citizens in the world shows the similar condition in Nepal too. Second demographic dividend becomes possible from the application of the concept of silver economy which will be the basis to get rid of the burden from dependent population in some extent. Burden of dependent population can be transferred to opportunity if and only if effective policy starts to work.

**Formal environment for senior citizens in Nepal**

Constitution of Nepal 2015: Special attention to the subpopulation—senior citizens has been given Under the part 3- Fundamental Rights and Duties, Article 41, rights of senior citizens, mentions that “the senior citizens shall have the right to special protection and social security from the state”. It reflects that state cannot be biased in the concern of citizens.

**Social Security Allowance (SSA) in Nepal:** It is one policy for senior citizens where government always seems to be at the forefront while making progressive decision over senior citizens. Old age pension is one among various grants-single woman, child, disability, and endangered ethnicity-as social security allowances in Nepal. Social security allowance program’s intention is to assist the sub population well-thought-out socially and/or economically defenseless (Table 1).

**Fifteenth periodic plan (2019/2020-2023/2024):** This plan paper has formulated vision, aim, and objectives regarding well-being of senior citizens as:

**Table 1:** Shows the attempt of different government on subjective and objective value to old age allowance in Nepal in different budget speeches of fiscal years 1995/1996, 1999/2000, 2008/2009, 2015/2016, 2016/2017, 2019/2020.

Fiscal year	SSA type	Amount in rupees	Benefited age group
1995/1996	Old age allowance	100	All 75+
1999/2000	Old age allowance	150	Widows 60+ & Other 75+
2008/2009	Old age allowance	500	60+ for Karnali Citizen, Single women & Dalit; & Other 70+
2015/2016	Old age allowance	1000	60+ for Karnali Citizen, Single women & Dalit; & Other 70+
2016/2017	Old age allowance	2000	60+ for Karnali Citizen, Single women & Dalit; & Other 70+
2019/2020	Old age allowance	3000	60+ for Karnali Citizen, Single women & Dalit; & Other 70+

**Vision:** Guarantee of protection and dignified life of senior citizens;

**Aim:** The knowledge, skills and experience of the senior citizens are enhanced and are utilized for the sake of national prosperity by making their lives honored, safe and organized; and

**Objectives:** 1. To protect and promote the rights of the senior citizens through family, financial and legal protection, 2. To provide emergency services to senior citizens, and 3. To utilize the knowledge, skills and experiences of senior citizens in socio-economic transformation and development.

## CONCLUSION

Working senior citizens in economic activities is criticized as taking younger generation's job. This critique has based on unemployment sphere of adults that is pessimistic attitude of existence. The old age of the population adjusted for changes in remaining life expectancy is the prospective old age concept. It is calculated on the basis of the age at which remaining life expectancy is 15-years. The 65-years of age have been taken as reference year to calculate old age threshold. Governments and their agents adopt a managerial approach to the delivery of social services. Our beliefs about getting older are called "age stereotypes" by Psychologists. Seniors are convinced becoming old means becoming useless, helpless or devalued at the condition when stereotypes are negative that reflects on poor physical functioning to die earlier. On the other hand, old age view as self-realization and satisfaction at the condition when stereotypes are positive that results toward a higher level of functioning. Professionals, voluntary workers, friends and kin all, in their own way and in pursuit of their own interests, promote the dependency of elderly people. Elderly people themselves, however, strive to retain control over their own lives, to maintain their independence. This contradiction or power struggle cannot be resolved; but it can be mitigated through overt recognition of it and the reflection upon patterns of interaction between the elderly person and those providing services and care.

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