

State of Physical Mobility of Old Age People in Haryana - A Case Study

Dr. LUBNA SIDDIQUI

Assistant Professor

Department of Geography, Jamia Millia Islamia

New Delhi, India

Abstract:

With the passage of time the physical health deteriorates and people become prone to injury leading to permanent or partial disability and largely responsible for old age hardships. Conceptually, old age disability is a complex phenomenon that manifests in many ways and takes a much longer time period to evolve. Generally it refers to the ability of the older adults to perform such basic activities as eating, dressing cooking, bathing walking, climbing stairs etc. An elderly can be classed as disable if his capabilities fall short of what is actually demanded in particular environmental and family set up. When the elderly become unable to perform their basic task they become dependent on others. This paper is an attempt to explore the status of disability among the senior citizens in a district Rohtak of Haryana. In all 500 respondents above 60+ years were randomly selected from all the five Development Blocks of Rohtak. Absolute numbers and simple percentages were applied to arrive at conclusions.

Key words: Disability, Old Age, Rohtak, Haryana

INTRODUCTION:

The year 1981 was proclaimed by a resolution of United Nations General Assembly in 1976 as the International Year of

disabled Persons, with the key note theme of full participation and equality. Disability is another major component of health of elderly. Conceptually, old age disability is a complex phenomenon that manifests in many ways and takes a much longer time period to evolve (Manton and Stallard, 1994). Generally it refers to the ability of the older adults to perform such basic activities as eating, dressing cooking, bathing walking, climbing stairs etc. An elderly can be classed as disable if his/her personal capabilities fall short of what is actually demanded in particular environmental and family set up. When the elderly become unable to perform their basic task they become dependent on others. It ultimately leads to increased demand for long term care (Alam, 2003).

With the passage of time, the physical health deteriorates and people become prone to injury leading to permanent or partial disability and largely responsible for old age hardships. Since the consequences of disability can seriously affect the economic, social and psychological aspects of life of persons with disability, as well as, their families and the community, health care services should be developed to alleviate and prevent disability and the impact of disability. Visual impairment, paralysis, hearing impairment, dementia and, physical disability are the major disability among the elderly in India. Physical disability is rampant among elderly as about 50 and 55 per cent elderly were affected in 1990 and 1995 respectively. It is followed by visual and hearing impairment. It is good to note that dementia has registered a declining trend. The point of concern is not the reason of disability only but the rising trend. It needs thorough examination (WHO, 2004).

OBJECTIVES:

1. To examine the extent of disability among elderly;

2. To examine the physical mobility of elderly in the district of Rohtak, Haryana

DATA AND METHODS:

The present study is empirical in its treatment of the theme of inquiry. The requisite information is obtained from primary as well as secondary sources. Secondary data were obtained from National Sampling Survey Organization (NSSO, 1995-1996, and 2004), Help Age India and Census of India.

To develop an in-depth understanding about the neglect, violence, abuse meted by the elderly and the attitude of society towards elderly, a field survey was conducted in 2012 in District Rohtak, Haryana. In all, 500 respondents of 60+ age spreading over five development blocks were randomly selected. The selection of number of respondents is a function of per cent share of elderly to the total population of elderly. This way, 50 respondents were selected from Lakhna Majra and Sampla, 100 from Maham and Kalanaur and 200 from Rohtak. During the survey, due attention was given to the age of respondents. For, maximum numbers of respondents were selected from amongst 60-69 age group followed by 70-79 age groups. Least number of respondents was selected from 80 + years age. Simple percentages, graphs and charts are applied to unhide the issues related to the elderly in Rohtak.

STUDY AREA:

The study area Rohtak District lies in the south eastern part of Haryana between 28° 09' North latitude and 76° 57' East longitudes. Elderly population accounted for about 7.87 per cent of the total population whereas the percentage share of elderly in the study area is 9.2 in 2001. The district is having an area of 1668.47 square kms.

RESULTS AND DISCUSSION:

Census of India (2001) has revealed that over 21 million people in India are suffering from one or the other kind of disability. This is equivalent to 2.1 per cent of the total population. Among the total disabled population 12.6 million are males and 9.3 million are females. Majority of disables reside in rural India the disability rate (number of disabled per 100,000 populations) for the country is about 2130. This is 2369 for males and 1874 for females. Seeing has emerged as major disability. Highest number of disabled population has been reported from Uttar Pradesh followed by Bihar, West Bengal and Tamil Nadu. As far as elderly population is concerned, about 17.6 per cent Indian elderly are disabled of varying type and degree. The share of female elderly is 19.78 per cent whereas that of males is 15.92 per cent. Rural females exceed the rural males by more than 3 per cent.

As per the estimates of NSSO 2002, about 50 per cent elderly were physically disabled in 1995 which rose to 55 per cent in 2000 and the trend is rising. Visual and hearing impairment is next to the physical disability. It is a matter of satisfaction that the problem of dementia is on decline (Table 1).

Table 1: India: Types of disability among elderly, 1995 and 2000

Types of disability	Year	
	1995(%)	2000(%)
Physical disability	50	55
Visual impairment	20	26
Hearing impairment	16	20
Dementia	10	6
Urinary incontinence	1	1

Source: National Sample Survey, India 2002

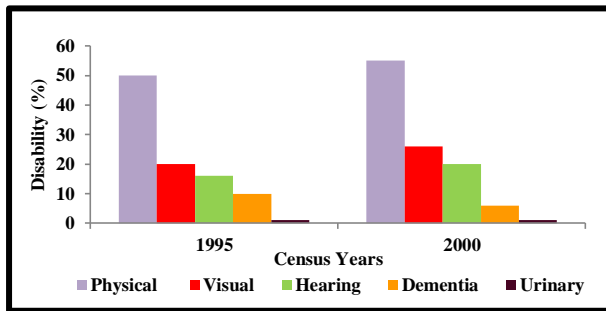


Figure 1: India: Types of disability among elderly, 1995 and 2000

Disability among elderly in Haryana:

As per the census 2001, there are 95,708 disabled elderly in Haryana. It accounts for about 21.03 per cent of the total elderly population of Haryana whereas it is about 22.5 per cent in the study area, i.e Rohtak district. The per cent difference between the males and females disability in Haryana and Rohtak is seven per cent which is far more than the all India difference of three per cent. Though the share of males and females is almost the same yet highest number of such cases are reported from the rural areas. That is, more than 79 per cent are residing in rural areas. As far as Rohtak is concerned only 3.67 per cent disabled elderly of Haryana reside. The distribution by sex and residence follows the state pattern.

Table 2: Old age disabled population in India, Haryana and Rohtak by sex and residence, 2001

		Total	Rural	Urban
India	Total	17.56	18.77	13.96
	Male	15.92	17	12.72
	Female	19.78	21.15	15.67
Haryana	Total	21.03	22.38	17.05
	Male	18.29	19.51	14.64
	Female	25.18	26.74	20.63
Rohtak	Total	22.15	24.07	18.69
	Male	19.08	20.36	16.62
	Female	26.84	30.09	21.53

Source: Census of India, 2001, C-Series

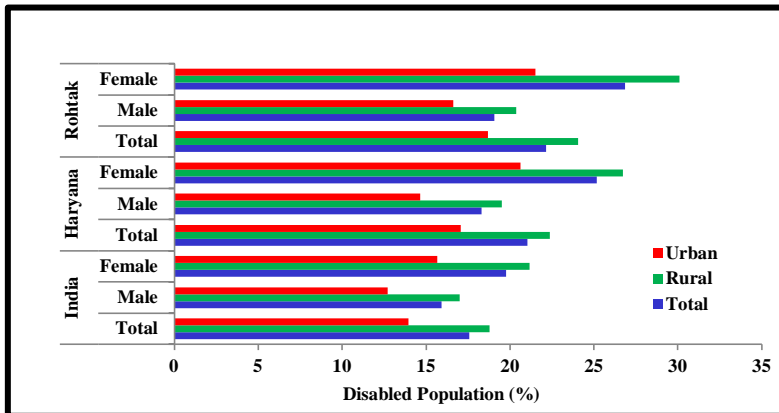


Figure 2: Old age disabled population in India, Haryana and Rohtak by sex and residence, 2001

Disaggregation of data on disability by age groups of elderly reveals that only 17.56 per cent are suffering from disability yet majority of them (8.06 per cent) belong to the 60-69 years age group. There percentage declines with an increase in age. Only 0.67 per cent old age disabled are reported in 80+ groups. It is matter of concern that the rate of disability among females is more (19.78 per cent) than the males (15.92 per cent). Though, age specific disability among females follows the same pattern as that of the males but with higher percentage in every age group. As far as rate of disability by age groups in rural and urban areas is concerned once again a similar trend is observed except that the rural disability is higher and the rural females have outnumbered the rural males in each age group.

Similar pattern of age specific disability are reported in Haryana as well as the study area. That is, highest percentage of old age disabled is found in rural areas particularly among the females in every age group. The point of concern is that the percentage of disabled in Haryana is more than the national average and in Rohtak it is more than the state average. The crux of the analysis is that females' particularly rural females in each age group are largely suffering from disability (Table 3).

Table 3: Age specific old age disability in India, Haryana and Rohtak, 2001

	Age-Groups	India			Haryana			Rohtak		
		Person	Male	Female	Person	Male	Female	Person	Male	Female
Total	60-69	8.76	8.06	9.70	9.46	8.06	11.58	10.43	8.73	13.03
	70-79	5.63	5.11	6.32	7.07	6.34	8.17	7.06	6.28	8.25
	80-89	2.17	1.87	2.58	3.18	2.77	3.81	3.20	2.79	3.49
	90+	0.67	0.52	0.87	0.99	0.78	1.31	0.90	0.72	1.18
	A.N.S*	0.33	0.35	0.30	0.32	0.33	0.31	0.55	0.56	0.54
Rural	60-69	9.29	8.51	10.35	9.97	8.44	12.30	11.18	8.92	14.84
	70-79	6.07	5.53	6.80	7.54	6.79	8.68	7.73	6.76	9.31
	80-89	2.35	2.05	2.76	3.46	3.08	4.02	3.52	3.23	3.99
	90+	0.73	0.58	0.94	1.08	0.86	1.42	0.97	.82	1.21
	A.N.S*	0.31	0.33	0.28	0.32	0.32	0.32	0.67	.63	0.74
Urban	60-69	7.16	6.75	7.74	7.96	6.94	9.48	9.08	8.35	10.09
	70-79	4.31	3.90	4.87	5.67	4.98	6.69	5.85	5.35	6.53
	80-89	1.63	1.34	2.02	2.37	1.83	3.17	2.27	1.96	3.56
	90+	0.48	0.34	0.67	0.73	0.54	1.01	0.78	0.52	1.13
	A.N.S*	0.39	0.40	0.37	0.32	0.34	0.28	0.34	0.43	0.20

Source: Census of India, 2001, C-Series

*A.N.S= Age Not Stated

As per the 2011 census, the percentage of old age disable increased by about 7 per cent from 2001. Irrespective of age, sex and place of residence, majority of elderly disabled are observed in 60-70 years age group. However, the rate of disability among females is higher than their counterpart. As expected, disability is widespread in the rural areas. As far as the state of Haryana and the study area are concerned, the pattern of disability is similar to that of national pattern but with a difference. For, the disabled population in Haryana is more than the national average and even greater in Rohtak. About 12 per cent males and 15 females in 60-70 age groups in Rohtak are disabled which is considered significant. About 15.37 per cent females in rural Rohtak are disabled in the same age group. The difference between males and females is about 4 per cent. Contrary to this, the difference in urban areas is only one percent. Large scale disability in the early phase of old age is responsible for the hardship of elderly for painful life. It is a matter of concern that the rate of disability is high even in 80-90 age groups (Table 4).

Table 4: Old age disabled population in India, Haryana and Rohtak by age, sex and residence, 2011

	Age-Groups	India			Haryana			Rohtak		
		Person	Male	Female	Person	Male	Female	Person	Male	Female
Total	60-69	9.91	9.3	10.68	10.55	9.96	11.78	13.08	11.89	14.7
	70-79	6.6	5.9	7.48	7.05	6.11	8.34	9.49	7.75	11.82
	80-89	2.7	2.25	3.27	3.81	3.12	4.75	5.25	4.34	6.46
	90+	0.84	0.65	1.08	1.32	1	1.75	1.61	1.18	2.19
	A.N.S*	0.51	0.51	0.52	0.18	0.17	0.18	0.09	0.1	0.08
	Total	20.61	18.61	23.03	22.91	20.36	26.80	29.52	25.26	35.25
Rural	60-69	10.68	9.9	11.67	11.13	10	12.72	13.27	11.75	15.37
	70-79	7.37	6.59	8.37	7.76	6.68	9.26	10.31	8.3	13.07
	80-89	3.01	2.53	3.6	4.37	3.58	5.47	5.83	4.82	7.12
	90+	0.94	0.73	1.19	1.57	1.2	2.08	1.89	1.42	2.53
	A.N.S*	0.46	0.46	0.47	0.16	0.16	0.17	0.11	0.14	0.06
	Total	22.46	20.21	25.30	24.99	21.62	29.70	31.40	26.43	38.15
Urban	60-69	8.16	7.94	8.44	9.43	8.94	10.07	12.77	12.12	13.61
	70-79	4.84	4.35	5.45	5.73	5	6.67	8.11	6.81	9.8
	80-89	2	1.6	2.5	2.74	2.21	3.45	4.27	3.39	5.39
	90+	0.62	0.45	0.83	0.84	0.61	1.14	1.15	0.76	1.64
	A.N.S*	0.63	0.62	0.63	0.19	0.19	0.19	0.08	0.04	0.13
	Total	16.25	14.96	17.85	18.93	16.95	21.52	26.38	23.12	30.57

Source: Census of India, 2011, C-Series

* A.N.S= Age not Stated

Types of Disability:

Age is considered an important factor in reducing the capabilities of sensory organs as well physical status. It is found that almost all the health related problem crop up in 60-70 years age group. Thereafter the problems are aggravated. As per the 2011 census a large number of elderly (27.02 per cent) are suffering from vision problems followed by movement (25.8 per cent). The rural elderly particularly females are greatest sufferers, as about 30.69 per cent of all the elderly in rural areas particularly females (34.16 per cent) were having problem in seeing. It is important to note that about 30 per cent are facing multiple disabilities. Loss of memory and mental retardation are also prevalent. The Table 5 further reveals that problem in seeing and movement is common in 60-69 years age group. Thereafter it recorded a declining trend. The percentage of elderly with multiple disabilities in 60-69 and 70-79 age groups is almost the same (10.8 per cent). The percentage of disable females is far more than their counterparts in both rural and urban areas. However largest concentration is among rural females. Two very interesting trend is observed. The percentage of females having problems in seeing (30.13 per

cent) is far ahead of males. It is amazing to observe that about 50 per cent urban elderly particularly males (39.3 per cent) are disable in one way or the other way (Table 5).

Table 5: India: Types of disability by age, sex and residence, 2011

Disability	Age-Groups	Total			Rural			Urban		
		Person	Male	Female	Person	Male	Female	Person	Male	Female
In Seeing	60-69	13.30	12.09	14.63	14.83	13.40	16.39	9.78	9.17	10.48
	70-79	9.25	8.27	10.33	10.71	9.64	11.87	5.90	5.23	6.68
	80-89	3.52	3.02	4.07	4.07	3.56	4.62	2.26	1.82	2.77
	90+	.95	.77	1.14	1.08	.89	1.28	.65	.49	.82
	A.N.S*	.49	.50	.48	.44	.45	.44	.58	.60	.57
	Total	27.02	24.15	30.13	30.69	27.49	34.16	18.59	16.71	20.75
In Hearing	60-69	9.70	10.77	7.52	9.16	10.13	7.23	10.29	11.48	7.86
	70-79	6.76	7.67	4.93	6.40	7.29	4.61	7.17	8.09	5.29
	80-89	2.85	3.16	2.23	2.62	2.95	1.97	3.10	3.39	2.52
	90+	0.85	0.94	0.68	0.74	0.83	0.56	0.98	1.06	0.81
	A.N.S*	0.61	0.53	0.78	0.62	0.54	0.79	0.60	0.52	0.77
	Total	20.77	23.07	16.14	19.54	21.74	15.16	22.06	24.54	17.25
In Speech	60-69	6.29	6.32	6.24	6.24	6.17	6.37	6.35	6.51	6.07
	70-79	2.79	2.83	2.71	2.78	2.82	2.70	2.80	2.84	2.73
	80-89	0.82	0.81	0.83	0.76	0.76	0.75	0.89	0.87	0.94
	90+	0.29	0.28	0.31	0.27	0.26	0.28	0.32	0.31	0.36
	A.N.S*	0.62	0.54	0.77	0.61	0.53	0.77	0.62	0.54	0.77
	Total	10.81	10.78	10.86	10.66	10.54	10.87	10.98	11.07	10.87
In Movement	60-69	12.53	12.80	11.73	11.81	11.94	11.46	13.69	14.22	12.16
	70-79	8.32	8.73	7.16	7.21	7.57	6.17	10.14	10.62	8.76
	80-89	3.26	3.41	2.83	2.53	2.69	2.08	4.44	4.57	4.05
	90+	0.89	0.95	0.73	0.63	0.69	0.46	1.33	1.38	1.17
	A.N.S*	0.28	0.27	0.30	0.27	0.27	0.30	0.29	0.29	0.31
	Total	25.28	26.16	22.75	22.45	23.10	20.47	30.55	31.08	26.45
Mental Retardation	60-69	3.81	3.94	3.53	3.51	3.59	3.33	4.23	4.41	3.82
	70-79	1.51	1.54	1.43	1.33	1.38	1.24	1.75	1.77	1.69
	80-89	0.47	0.46	0.49	0.38	0.39	0.37	0.58	0.55	0.65
	90+	0.19	0.19	0.20	0.16	0.16	0.17	0.23	0.22	0.25
	A.N.S*	0.36	0.32	0.45	0.36	0.32	0.45	0.36	0.31	0.45
	Total	6.34	6.45	6.10	5.74	5.84	5.56	5.56	7.26	6.86
Mental Illness	60-69	7.80	7.90	7.59	6.78	6.90	6.52	9.19	9.23	9.08
	70-79	3.47	3.49	3.42	2.82	2.88	2.68	4.35	4.30	4.45
	80-89	1.08	1.04	1.18	0.80	0.80	0.80	1.47	1.36	1.71
	90+	0.31	0.32	0.30	0.24	0.24	0.22	0.42	0.43	0.40
	A.N.S*	0.38	0.34	0.46	0.34	0.32	0.40	0.42	0.37	0.54
	Total	13.04	13.09	12.95	10.98	11.14	10.62	15.85	15.69	16.18
Any Others	60-69	7.32	7.75	6.47	7.21	7.58	6.48	7.46	7.97	6.45
	70-79	3.56	3.85	2.99	3.44	3.72	2.87	3.72	4.01	3.15
	80-89	1.17	1.24	1.01	1.05	1.13	0.89	1.31	1.37	1.17
	90+	0.40	0.41	0.37	0.35	0.36	0.31	0.46	0.48	0.44
	A.N.S*	0.82	0.78	0.89	0.82	0.77	0.90	0.81	0.78	0.88
	Total	13.25	14.03	11.73	12.87	13.56	11.45	13.76	14.61	12.09
Multiple Disability	60-69	10.18	10.82	8.28	9.14	9.57	7.92	11.44	12.31	8.75
	70-79	10.84	11.96	7.48	8.96	9.92	6.20	13.13	14.41	9.14
	80-89	6.44	7.06	4.61	4.99	5.57	3.33	8.21	8.84	6.25
	90+	2.62	2.90	1.78	1.82	2.09	1.06	3.60	3.88	2.72
	A.N.S*	0.31	0.28	0.38	0.31	0.28	0.38	0.31	0.29	0.38
	Total	30.39	33.02	22.53	25.22	27.43	18.89	50.45	39.73	27.24

Source: Census of India, 2011 C-Series

*A.N.S. = Age Not Stated

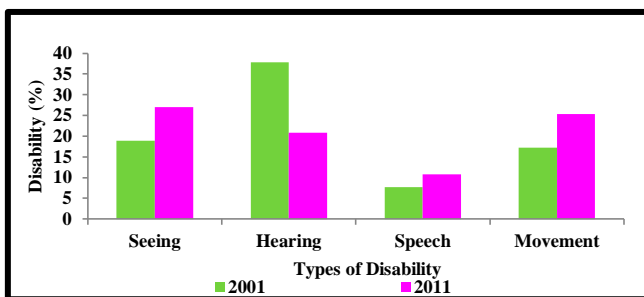


Figure 3: India: Types of disability among elderly, 2001 & 2011

The state of Haryana depicts a grim picture about the state of elderly. The Table 6 shows that about 34 per cent old age people are suffering from multiple disabilities. It is generally considered that the males are strong than the females but the situation in Haryana seems to be pathetic as about 37 males and only 28 per cent females are having multiple disability. Maximum number of cases is reported problem in seeing (39.55 per cent) followed by movement and closely followed by hearing. The problem in seeing is maximum (45.05 per cent) among the males whereas the females are far behind (28.28 per cent). As expected the highest concentration is in the age group of 60-69 years. The urban males are the greatest sufferers in almost forms of disability. About 47 urban males are having multiple disabilities at the same time about 50 per cent elderly males are having problems related to vision. It is strange to note that the Haryanvi males who have ruled in their young age have become fragile in the old age.

Table 6: Haryana: Types of disability by age, sex and residence, 2011

Disability	Age-Groups	Total			Rural			Urban		
		Person	Male	Female	Person	Male	Female	Person	Male	Female
In Seeing	60-69	17.97	19.67	14.44	16.49	17.72	13.99	19.62	21.82	14.97
	70-79	13.11	15.22	8.76	11.90	14.00	7.64	14.47	16.56	10.04
	80-89	6.59	7.91	3.87	5.90	7.12	3.43	7.36	8.77	4.38
	90+	1.74	2.12	0.97	1.41	1.79	0.63	2.12	2.48	1.36
	A.N.S*	0.14	0.13	0.14	0.14	0.12	0.18	0.13	0.15	0.10
	Total	39.55	45.05	28.18	35.84	40.75	25.87	43.7	49.78	30.85
In Hearing	60-69	9.26	10.61	7.43	8.65	9.83	7.04	9.94	11.48	7.87
	70-79	6.78	8.29	4.75	6.40	7.69	4.64	7.22	8.95	4.88
	80-89	4.02	5.01	2.68	3.71	4.66	2.41	4.37	5.40	2.98
	90+	1.38	1.76	0.85	1.18	1.50	0.75	1.59	2.05	0.96
	A.N.S*	0.20	0.17	0.23	0.19	0.15	0.23	0.21	0.18	0.24
	Total	21.64	26.84	15.94	20.13	23.83	15.07	23.33	28.06	16.93
In Speech	60-69	6.41	6.43	6.35	6.30	6.24	6.42	6.58	6.75	6.26
	70-79	3.19	3.05	3.47	3.00	2.87	3.29	3.47	3.34	3.73
	80-89	1.04	1.01	1.11	0.78	0.83	0.68	1.45	1.30	1.74
	90+	0.39	0.36	0.46	0.26	0.24	0.30	0.60	0.56	0.68
	A.N.S*	0.10	0.08	0.12	0.08	0.07	0.12	0.12	0.11	0.14
	Total	11.13	10.93	11.51	10.42	10.25	10.81	12.22	12.06	12.55
In Movement	60-69	11.88	11.32	13.25	10.71	10.18	12.07	13.86	13.34	15.01
	70-79	7.57	7.18	8.54	6.22	5.97	6.88	9.84	9.31	11.02
	80-89	3.79	3.82	3.73	2.81	2.85	2.69	5.45	5.52	5.30
	90+	1.21	1.28	1.03	0.87	0.94	0.68	1.78	1.89	1.55
	A.N.S*	0.10	0.10	0.09	0.10	0.10	0.10	0.09	0.11	0.06
	Total	24.55	23.7	26.64	20.71	20.04	22.42	31.02	30.17	32.94
Mental Retardation	60-69	4.22	4.23	4.20	3.83	3.66	4.19	4.91	5.27	4.21
	70-79	1.68	1.74	1.57	1.38	1.42	1.29	2.23	2.32	2.06
	80-89	0.59	0.63	0.50	0.51	0.57	0.39	0.73	0.74	0.71
	90+	0.24	0.25	0.21	0.21	0.24	0.14	0.30	0.28	0.33
	A.N.S*	0.11	0.10	0.12	0.12	0.13	0.10	0.08	0.04	0.16
	Total	6.84	6.95	6.6	6.05	6.02	6.11	8.25	8.65	7.47
Mental Illness	60-69	7.82	8.22	7.05	6.82	7.23	6.01	9.57	9.98	8.80
	70-79	2.85	2.72	3.09	2.31	2.08	2.76	3.78	3.86	3.65
	80-89	1.19	1.24	1.10	0.99	1.04	0.89	1.54	1.59	1.46
	90+	0.33	0.36	0.27	0.17	0.18	0.17	0.59	0.68	0.44
	A.N.S*	0.09	0.08	0.11	0.06	0.06	0.06	0.15	0.13	0.19
	Total	12.28	12.62	11.62	10.35	10.59	9.89	15.63	16.24	14.54
Any Others	60-69	8.02	8.41	7.35	7.79	8.08	7.27	8.35	8.87	7.45
	70-79	3.66	3.87	3.30	3.48	3.68	3.11	3.92	4.13	3.55
	80-89	1.39	1.52	1.15	1.18	1.32	0.95	1.67	1.81	1.42

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	90+	0.41	0.43	0.36	0.34	0.36	0.30	0.50	0.54	0.44
	A.N.S*	0.31	0.33	0.28	0.32	0.35	0.28	0.30	0.31	0.29
	Total	13.79	14.56	12.44	13.11	13.79	11.91	14.74	15.66	13.15
Multiple Disability	60-69	10.54	10.68	10.20	9.52	9.53	9.50	12.00	12.34	11.17
	70-79	10.88	11.61	9.10	8.72	9.35	7.20	13.96	14.88	11.77
	80-89	8.66	9.59	6.39	6.69	7.50	4.69	11.48	12.61	8.77
	90+	4.41	5.22	2.44	3.15	3.80	1.96	6.22	7.28	3.68
	A.N.S*	0.15	0.10	0.30	0.16	0.11	0.27	0.15	0.07	0.33
	Total	34.64	37.2	28.43	28.24	30.29	23.22	43.81	47.18	35.72

Source: Census of India, 2011 C-Series

*A.N.S. = Age Not Stated

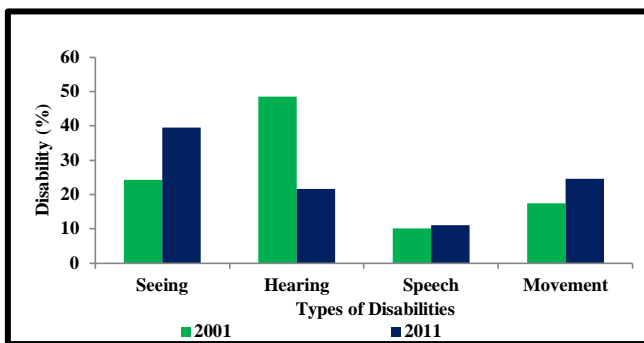


Figure 4: Haryana: Types of disability among elderly, 2001 & 2011

The level of disability among elderly is very high in Rohtak. It is evident from the Table 7 that about 43 elderly are suffering from multiple disabilities with very high number among females (53.78 per cent). This percentage is more than the state as well as national average. The elderly especially females residing in rural areas are worst sufferers as about 58.68 per cent are affected. Though the overall situation in the urban areas is comparatively better but the females still the greatest sufferers (41.8 per cent). Disaggregation of data shows that the age specific disability percentage in all the categories is almost follows a uniform trend except that of in hearing among the females. For, it was about 11 per cent in 60-69 years age group but has risen to about 15 per cent in 70-79 years group. Disability in seeing is the most common among elderly. Irrespective of age, sex and place of residence, more than 40 per cent of them are having vision problems. It is a matter of concern that about 56 per cent females in rural areas and 44 per cent in urban areas are disabled in seeing.

Disability in hearing which remained about 20 per cent at the national and state level has emerged as significant disability. About 32 per cent elderly particularly females (35 per cent) are disabled in hearing. It was found that about 37 per cent rural and 32 per cent urban females are having problem in hearing. As far as disability in movement is concerned it is another important disability in the old age. The study is area is a developed district of Haryana but about 31 per cent of all the elderly (25 per cent males and 39 per cent females) are disabled in movement. The percent share among different sex in rural and urban areas remained unchanged. The percentage of mental illness and mental retardation at both national and the state level hovers around 6 and 12 per cent respectively. Though the percentage of mental illness remained 6 per cent but the percentage of mental retardation subjects increased to 15 per cent in the study area. Once again the sufferings among females are far more than the males.

The comparison of data of national, state and study area reveals some contrasting facts which may have policy implications. About 45 females in both rural and urban areas are suffering from various types of disability.

Table 7: Rohtak: Types of disability by age, sex and place of residence

Disability	Age-Groups	Total			Rural			Urban		
		Person	Male	Female	Person	Male	Female	Person	Male	Female
Seeing	60-69	21.37	19.99	22.8	21.02	18.72	23.37	21.93	22.03	21.82
	70-79	15.62	13.79	17.51	18.45	16.86	20.08	10.93	8.86	13.15
	80-89	8.55	7.6	9.53	10.04	8.99	11.11	6.07	5.34	6.85
	90+	1.7	1.4	2.02	1.88	1.86	1.89	1.42	0.65	2.24
	A.N.S*	0.1	0.15	0.05	0.12	0.16	0.08	0.07	0.13	0
	Total	47.34	42.98	51.91	51.51	46.59	56.53	40.42	37.01	44.06
Hearing	60-69	12.12	11.87	12.41	12.48	12.94	11.91	11.57	10.16	13.15
	70-79	10.53	8.71	12.66	11.56	9.32	14.26	8.94	7.73	10.3
	80-89	6.59	6.28	6.96	7.11	7.09	7.13	5.79	4.97	6.7
	90+	2.49	1.96	3.1	3	2.3	3.86	1.69	1.44	1.98
	A.N.S*	0.09	0.08	0.1	0.11	0.14	0.08	0.05	0	0.12
	Total	31.82	28.9	35.23	34.26	31.79	37.24	28.04	24.3	32.25
Speech	60-69	7.12	6.7	7.78	7.05	6.39	8.29	7.22	7.25	7.18
	70-79	4.42	3.88	5.28	4.52	4.17	5.18	4.28	3.38	5.39
	80-89	1.51	1.23	1.94	2.35	1.94	3.11	0.27	0	0.59
	90+	0.32	0.17	0.56	0.18	0	0.52	0.53	0.48	0.59
	A.N.S*	0	0	0	0	0	0	0	0	0
	Total	13.37	11.98	15.56	14.1	12.5	17.1	12.3	11.11	13.75
Movement	60-69	14.68	12.72	17.73	14.42	12.19	18.08	15.11	13.66	17.18
	70-79	10.31	8.3	13.43	9.83	7.69	13.34	11.1	9.37	13.57
	80-89	4.2	3.15	5.83	4.37	3.25	6.22	3.9	2.98	5.23
	90+	1.45	0.99	2.17	1.49	1.1	2.13	1.39	0.79	2.24
	A.N.S*	0.02	0	0.05	0	0	0	0.05	0	0.12
	Total	30.66	25.16	39.21	30.11	24.23	39.77	31.55	26.8	38.34
Mental Retardation	60-69	3.99	4.08	3.82	3.67	3.61	3.79	4.42	4.8	3.86
	70-79	1.96	1.2	3.22	1.96	1.2	3.41	1.94	1.2	3
	80-89	0.6	0.72	0.4	0.52	0.6	0.38	0.7	0.9	0.43
	90+	0.23	0.12	0.4	0.39	0.2	0.76	0	0	0
	A.N.S*	0.15	0.24	0	0.26	0.4	0	0	0	0

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	Total	6.93	6.36	7.84	6.8	6.01	8.34	7.06	6.9	7.29
Mental Illness	60-69	9.62	7.54	13.04	10.62	7.95	15.33	8.51	7.05	10.74
	70-79	3.04	2.65	3.68	2.66	2.65	2.67	3.46	2.64	4.7
	80-89	2.02	1.42	3.01	2.66	1.51	4.07	1.33	1.32	1.34
	90+	0.25	0.2	0.33	0.24	0	0.67	0.36	0.44	0
	A.N.S*	0.38	0.2	0.67	0.24	0.38	0	0.53	0	1.34
Total	15.31	12.01	20.73	16.42	12.49	23.34	14.09	11.45	18.12	
Any Other	60-69	10.06	9.72	10.55	10.38	9.39	11.84	9.45	10.38	8.14
	70-79	4.57	4.24	5.04	4.74	4.32	5.37	4.23	4.09	4.44
	80-89	1.89	1.77	2.05	1.88	1.81	1.97	1.9	1.68	2.22
	90+	0.27	0.21	0.36	0.35	0.32	0.39	0.12	0	0.29
	A.N.S*	0.15	0.18	0.1	0.19	0.27	0.08	0.06	0	0.15
Total	16.94	16.12	18.1	17.54	16.11	19.65	15.76	16.15	15.24	
Multiple Disability	60-69	12.3	11.03	13.95	13.53	12.04	15.38	9.54	8.91	10.45
	70-79	14.05	10.87	18.2	15.69	11.92	20.37	10.39	8.67	12.89
	80-89	11.77	9.17	15.16	12.64	10.55	15.24	9.82	6.26	14.98
	90+	4.79	3.57	6.37	5.72	4.24	7.55	2.7	2.17	3.48
	A.N.S*	0.08	0.07	0.1	0.06	0	0.14	0.14	0.24	0
Total	42.99	34.71	53.78	47.64	38.75	58.68	32.59	26.25	41.8	

Source: Census of India, 2011 C-Series

*A.N.S. = Age Not Stated

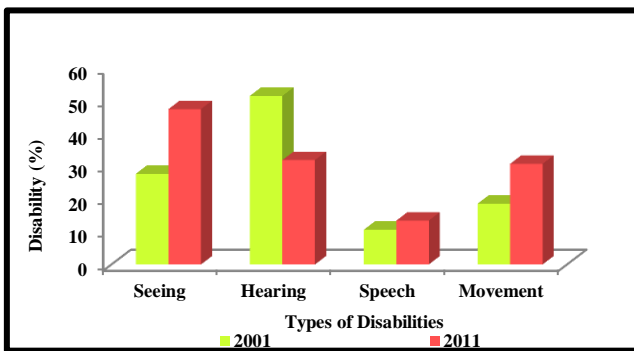


Figure 5: Rohtak: Type of disability among elderly, 2001 & 2011

The investigative study conducted by the author in 2012 was in conformity with census data in all the parameters of disability. Though disability in seeing is major disability, but the numbers of elderly blinds are negligible. Most of the elderly reduced vision which is normal with the age. An interesting fact is that though reduced level of vision is prevalent yet most of elderly males has least problem in near vision and can perform their routine with minimum support. A reverse trend is found among females i.e. good number of females have problems in near vision.

State of physical mobility:

Though about 17 per cent of India’s elderly population is disabled yet there are found glaring differences not only in place of residence and sex, but also in different age groups. As

per NSSO 60th Round: Jan-Jun 2004 off all the physically disabled, about 90 per cent of elderly are mobile and can perform their daily activities independently or with partial support. About 6 per cent are confined to home, but 1.3 per cent are confined to bed. It has made their life miserable.

Table 8: Rohtak: Age and sex specific state of physical mobility, 2004

Place of Residence	Age-Groups	State of physical mobility			N.R.
		Mobile	Immobile		
			Confined to bed	Confined to home	
Total Rural	60-64	94.7	0.4	2.7	2.3
	65-69	93.6	0.7	4.4	1.3
	70-74	87.8	1.8	8.7	1.7
	75-79	84.5	2.8	11.1	1.6
	80& above	68.2	5.8	21.1	4.9
	All ages	90.2	1.3	6.4	2.1
Rural Male	60-64	95.0	0.4	2.3	2.3
	65-69	93.8	0.7	4.4	1.1
	70-74	90.4	1.6	6.3	1.8
	75-79	86.9	2.3	9.4	1.4
	80& above	72.4	4.9	17.1	5.7
	All ages	91.2	1.2	5.5	2.1
Rural Female	60-64	94.4	0.3	3.1	2.2
	65-69	93.4	0.6	4.4	1.5
	70-74	85.2	2.0	11.2	1.6
	75-79	81.8	3.3	13.0	1.9
	80& above	63.2	6.9	25.7	4.1
	All ages	89.1	1.4	7.4	2.0
Total Urban	60-64	94.6	0.6	2.7	2.0
	65-69	93.8	0.9	4.1	1.2
	70-74	89.6	1.9	7.8	0.7
	75-79	84.2	2.2	12.5	1.0
	80& above	69.0	6.9	21.4	2.6
	All ages	90.0	1.7	6.7	1.5
Urban Male	60-64	95.2	0.8	2.5	1.5
	65-69	95.1	1.1	2.3	1.5
	70-74	91.2	1.8	5.9	1.1
	75-79	88.5	1.8	9.5	0.3
	80& above	72.7	6.9	17.0	3.4
	All ages	91.7	1.7	5.1	1.5
Urban Female	60-64	94.0	0.5	2.9	2.5
	65-69	92.5	0.8	5.8	1.0
	70-74	88.1	2.0	9.6	0.3
	75-79	79.7	2.8	15.7	1.8
	80& above	65.7	6.9	25.4	2.0
	All ages	88.5	1.7	8.3	1.6

Source: NSSO 60th Round: Jan-Jun 2004

It may be noted from the Table 8 that mobility is directly linked to the age of individuals. For, 95 per cent disabled elderly are mobile in 60-64 years age group and it decreases gradually. Highest number of bed ridden and confined to home disabled elderly is in 80+ groups. It is found that though there is visible

difference in the per cent elderly confined to bed in the 70-79 years age group in both rural and urban areas but about the their percentage in the 80+ group in both the sex is the same (7 per cent).

CONCLUSIONS

Though about 2.1 percent Indians are disabled but the disability among the elderly is about 17 per cent. Irrespective of age, sex and place of residence, majority of elderly disabled are observed in 60-70 years age group. The level of disability among elderly is very high in Rohtak. The rate of disability among females is higher than their counterpart as 53 per cent elderly are suffering from multiple disabilities. As expected, disability is widespread in the rural areas. The point of concern is that the percentage of disabled in Haryana is more than the national average and in Rohtak it is more than the state average. The crux of the analysis is that females' particularly rural females in each age group are largely suffering from disability particularly in seeing. Besides, about 30 per cent are facing multiple disabilities. Loss of memory and mental retardation are also prevalent.

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