



## **ADAPTATION MECHANISMS OF ELDERLY RESIDENTS IN URBAN OLD-AGE HOMES: A SOCIOLOGICAL PERSPECTIVE**

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### **Abstract**

Aging is an inevitable part of life. Beside the physical change that come with growing old, elderly individuals often face additional challenges, such as psychological and social issues. Aging is a lifelong process where a person gains experience, develop skills, and holds a specific place in society. As people approach the later stages of life, they are generally considered as elderly. According to the World Health Organization (WHO), most developed countries define elderly individuals as those 65 years or older. As people age, they go through many life events that shape their experiences. However, they also encounter various problems, such as financial difficulties, social isolation, psychological stress, and health issues. These challenges can make the elderly more vulnerable. They may face economic hardship, lose their professional status, experience the death of their peers or spouse, and in some cases, become seen as a burden on their families.

Old-age homes serve as shelters for elderly people who are deprived, homeless, or lonely. Many elderly people, either by choice or with the support of others, turn to these homes to live the rest of their lives. The residents of old-age homes often rely on the care provided there because they lack financial, medical, or emotional support from their families. According to Mohapatra and Narayan (2009), the breakdown of joint families into nuclear families, especially in urban areas, has worsened the situation for the elderly. The shift from multigenerational to two-generational families has led to changes in traditional values, and as Raju and Venkateswarlu (2002) pointed out, the decline of the joint family system is a significant cause of the growing problems faced by the elderly in India. Modernization and urbanization have reduced the sense of collective responsibility for family welfare. This paper aims to explore the level of satisfaction among the elderly by assessing the quality of services provided by old-age homes.

**Keywords:** *Elderly, Old-age, Urbanization, Family, Homeless, Psychological*

### **INTRODUCTION**

The rapid urbanization and changing family structures in contemporary societies have contributed to the growing demand for old-age homes, particularly in urban areas. For the elderly, the transition to an old-age home signifies not only a change in physical surroundings but also an adjustment to a new social and emotional environment. This adjustment process is influenced by various factors, including the elderly's personal background, the quality of care provided, and their ability to adapt to changes in their daily routine and social interactions (Kalra & Kapoor, 2020).

The adjustment strategies of elderly individuals in old-age homes are crucial for their well-being. They often employ coping mechanisms such as forming new social bonds, engaging in recreational activities, and maintaining a sense of autonomy to navigate this significant life change (Singh et al., 2021). Furthermore, emotional support from staff and peer residents plays a vital role in enhancing their mental health and promoting a sense of belonging (Desai & Shah, 2019).

Understanding these strategies is essential for improving the quality of life in old-age homes and ensuring that elderly residents experience a smooth transition from their previous living environments. As social and cultural expectations evolve in urban settings, the approaches used by the elderly to adapt to old-age homes reflect broader societal changes (Kumar & Rani, 2022).

## **GLOBAL PHENOMENON**

The global phenomenon of aging population has led to a significant increase in the number of elderly individuals residing in old-age homes, especially in urban areas. As family structures transition from extended to nuclear systems, many elderly people find themselves without the traditional support systems that were once available in multi-generational households (Victor, 2019). The adjustment process in old-age homes is, therefore, a critical area of study, as it reflects broader societal changes and the impact of urbanization on the elderly.

In developed nations like the United States and Europe, research indicates that adjustment strategies of the elderly in urban old-age homes are shaped by their access to healthcare, social engagement opportunities, and psychological support (Smith & Abrams, 2021). Elderly individuals in these settings often rely on structured activities and social services provided by institutions to cope with the challenges of aging in isolation from their families. Studies suggest that residents who engage in community-building activities within the homes report higher levels of satisfaction and well-being (Lloyd et al., 2020).

In contrast, developing countries such as India and China face unique challenges in the adjustment process. Here, the cultural emphasis on familial care for the elderly is deeply embedded in society, making the transition to old-age homes a difficult emotional and psychological experience for many seniors (Sharma & Li, 2022). In urban settings, elderly individuals often adopt adjustment strategies such as forming new social networks within the homes, participating in religious or cultural activities, and seeking emotional support from peers to mitigate feelings of isolation and loss of traditional family ties (Wang et al., 2020). However, the availability of resources and the quality of care can vary significantly, affecting the success of these strategies.

The role of institutional support is critical across different geographical contexts. In many countries, the provision of mental health services and recreational activities in old-age homes helps the elderly to develop coping mechanisms for emotional and social adjustment. For instance, in Japan, where old-age homes are increasingly common due to the country's rapidly aging population, the focus has shifted towards personalized care, ensuring that elderly residents maintain autonomy and dignity in their new environment (Yoshida & Tanaka, 2021).

The adjustment strategies in old-age homes are influenced by multiple factors, including cultural expectations, institutional support, and the availability of social and psychological resources. While the specific strategies may differ across global contexts, the underlying need for community, autonomy, and emotional support remains consistent.

## **AN INDIAN CONTEXT**

The phenomenon of old-age homes has grown significantly in urban India, driven by rapid urbanization, migration, and the breakdown of traditional joint family systems. As more elderly individuals move in to avail these facilities, understanding their adjustment strategies becomes crucial for ensuring their well-being. The adjustment process for the elderly is influenced by various personal, social, and environmental factors (Kumar & Singh, 2021).

In the Indian context, cultural values such as family care and respect for the elderly often make the transition to old-age homes emotionally challenging. Many elderly individuals initially face feelings of abandonment, loneliness, and anxiety upon entering these institutions (Chowdhury, 2020). To cope with these emotional challenges, elderly residents employ various strategies, such as forming new social bonds, engaging in recreational activities, and developing a sense of routine and autonomy.

### **Social Interaction and Bonding**

Building new social connections within the old-age home is a key adjustment strategy. Many elderly individuals actively seek out friendships with fellow residents and engage in group activities. In Indian old-age homes, festivals, religious gatherings, and cultural events provide opportunities for social interaction, which helps reduce feelings of isolation (Nair & Menon, 2019). These social interactions are essential for creating a sense of community, which improves emotional well-being and provides emotional support during difficult times.

### **Recreational Activities and Engagement**

Engaging in activities such as gardening, yoga, or participating in recreational programs is another significant coping mechanism. In many Indian urban old-age homes, recreational facilities play a pivotal role in helping residents adjust to their new environment. These activities not only keep them physically active but also contribute to their mental and emotional health (Patel & Verma, 2022). Studies suggest that participation in regular activities reduce stress, enhance self-esteem, and provide a sense of purpose, contributing to better adjustment.

### **Emotional Coping and Mental Resilience**

The emotional aspect of adjustment is deeply influenced by the individual's mental resilience. Some elderly residents find comfort through religious practices, such as daily prayers or meditation, which is often considered an inevitable part of life in Indian old-age homes (Sharma & Gupta, 2020). Emotional coping strategies, including positive thinking, acceptance of the situation, and finding meaning in the new life phase, help in managing feelings of sadness and loss.

### **Role of Staff and Institutional Support**

The role of caregivers and staff in facilitating the adjustment process cannot be overlooked. Staff members play a crucial role in providing emotional support, ensuring that elderly residents feel valued and respected. In well-managed Indian old-age homes, caregivers are trained to be sensitive to the psychological needs of the elderly, offering personalized care and attention (Khan, 2021). The quality of institutional support directly impacts the adjustment process, with positive staff-resident relationships being a key factor in enhancing the well-being of residents.

The adjustment strategies adopted by elderly individuals in Indian old-age homes are a combination of social bonding, active engagement, emotional resilience, and institutional support. These strategies are essential for improving their quality of life and helping them cope with the challenges of living away from their families. As the number of elderly individuals in urban old-age homes continues to grow, there is an increasing need for policies that focus on providing emotional, social, and psychological support to facilitate better adjustment.

## A NORTH-EAST INDIA CONTEXT

In the North-East region of India, the elderly population faces unique challenges in adjusting to life in old-age homes, particularly in urban settings. Traditionally, the joint family system in this region has provided care for the elderly. However, due to urbanization, migration, and the shift toward nuclear family structures, old-age homes have become increasingly prevalent. This has led to a need to understand how the elderly in these settings adapt to their new environment (Singh & Dutta, 2021).

### Cultural and Social Context in North-East India

The cultural diversity of the North-East influences the adjustment strategies of elderly residents in old-age homes. Many older individuals have strong emotional ties to their land and communities, making relocation to an urban old-age home a significant psychological adjustment. The elderly often experiences loneliness and a sense of displacement as they navigate the transition from a close-knit rural or tribal community to a more isolated urban environment (Bora & Phukan, 2020).

### Common Adjustment Strategies

To cope with these changes, the elderly in urban old-age homes in the North-East employ various strategies:

***Building New Social Connections:*** In the absence of their traditional family support, elderly residents often form new social bonds with other residents and staff. These relationships provide emotional support and help mitigate feelings of isolation (Sharma & Deb, 2022).

***Engagement in Cultural Activities:*** Many old-age homes in the North-East incorporate regional cultural activities, such as dance, music, and festivals, which help the elderly maintain a connection to their cultural roots. Participation in these activities has been shown to improve emotional well-being and foster a sense of belonging (Laloo & Khonglah, 2021).

**Religious and Spiritual Practices:** Given the importance of religion and spirituality in the lives of many elderly people in the region, maintaining regular religious practices serves as a key adjustment strategy. Regular prayer and participation in religious events help elderly individuals find comfort and meaning in their new surroundings (Sarmah & Goswami, 2019).

**Emotional Coping Mechanisms:** The elderly often employs psychological coping mechanisms such as acceptance, resilience, and positive thinking to adapt to life in old-age homes. This is especially important for those who come from rural or tribal areas, as they face the dual challenge of adapting to an urban lifestyle and institutional care (Deka & Roy, 2020).

### **Challenges in Adjustment**

Despite these strategies, many elderly residents face ongoing challenges in adjusting to urban old-age homes. Language barriers, cultural differences, and the lack of family visits often exacerbate feelings of loneliness and alienation. Moreover, the lack of adequate staff training in cultural sensitivity can hinder the emotional adjustment of elderly residents (Das & Saikia, 2022).

### **Institutional Support and Policy Implications**

To enhance the adjustment process, old-age homes in the North-East must focus on providing culturally appropriate care and fostering an environment that supports emotional well-being. This includes encouraging family visits, offering recreational activities that reflect the region's cultural diversity, and training staff to address the specific needs of elderly residents from diverse backgrounds (Thapa & Tamang, 2021).

## **THEORETICAL FRAMEWORK**

The theoretical framework for studying adjustment strategies of the elderly in old-age homes in urban settings is grounded in sociological, psychological, and gerontological perspectives. These frameworks help explain the factors influencing the adjustment process and how elderly individuals navigate the challenges of transitioning to institutional care.

### ***Disengagement Theory***

One of the foundational theories in the study of aging is the *Disengagement Theory*, introduced by Cumming and Henry (1961). This theory posits that as people age, they gradually withdraw from social roles and relationships, allowing younger generations to take

their place. In the context of old-age homes, elderly residents may experience a reduction in social interaction with their families, friends, and communities, making the adjustment process difficult. However, disengagement does not necessarily imply isolation; rather, it can be a natural process where the elderly shifts their focus to activities that require less social involvement. In institutional settings, this theory helps to explain why some elderly individuals may struggle with forming new relationships or engaging in communal activities (Cumming & Henry, 1961).

### ***Activity Theory***

In contrast to the Disengagement Theory, *Activity Theory* asserts that staying active and socially engaged contributes to better psychological and physical health in later life (Havighurst, 1961). According to this theory, the elderly who participate in social, physical, and recreational activities are more likely to experience a smoother adjustment to life in old-age homes. Urban old-age homes often provide structured programs aimed at maintaining the residents' cognitive and physical health. Elderly individuals who embrace these opportunities can experience higher levels of satisfaction and well-being, as social involvement serves as a buffer against loneliness and isolation (Lemon et al., 1972).

### ***Continuity Theory***

*Continuity Theory*, proposed by Atchley (1989), focuses on the idea that elderly individuals maintain consistency in their internal and external structures over time. This means that individuals strive to preserve the lifestyles, values, and social patterns they have cultivated throughout their lives, even as they age and face new environments. For elderly residents in urban old-age homes, the ability to continue with familiar routines or relationships, even in a different setting, plays a critical role in their adjustment. This theory suggests that successful adjustment can occur when old-age homes facilitate a continuation of personal hobbies, cultural practices, and autonomy, thus easing the transition from home to institutional life.

### ***Environmental Press Theory***

The *Environmental Press Theory*, developed by Lawton and Nahemow (1973), emphasizes the interaction between an individual's capabilities and the demands of their environment. In old-age homes, the physical, social, and institutional settings can either support or challenge the adjustment of elderly residents. This theory explains that if the demands of the environment (e.g., communal living, shared spaces, structured schedules) exceed the individual's ability to cope, the adjustment

process becomes more difficult. Conversely, when the environment aligns with the elderly's capabilities and needs, it promotes a smoother adaptation. In urban settings, the complexity of the environment may either facilitate or hinder the elderly's adjustment, depending on how well the old-age home is designed to accommodate individual differences.

### ***Person-Environment Fit Model***

Expanding on Environmental Press Theory, the *Person-Environment Fit Model* suggests that an individual's well-being is maximized when there is a balance between personal characteristics and the environment in which they live (Kahana, 1982). This model is particularly relevant in old-age homes where the adjustment process is highly dependent on how well the institutional environment fits the physical, emotional, and social needs of the elderly residents. In urban settings, old-age homes may offer various amenities and services, but their success in supporting elderly adjustment depends on how well these resources align with individual preferences and abilities.

### ***Coping and adaptation theory***

Coping and adaptation theories from psychology also provide insight into how elderly individuals manage the stress of transitioning to an old-age home. According to Lazarus and Folkman's (1984) *Stress and Coping Theory*, adjustment is seen as a dynamic process involving both problem-focused and emotion-focused coping strategies. In an urban old-age home, residents may use problem-focused coping to address practical challenges, such as adapting to a new schedule or communal living arrangements, while emotion-focused coping may help them manage feelings of loss or loneliness. Coping strategies, including seeking social support, maintaining optimism, and engaging in meaningful activities, are essential for successful adjustment.

The theoretical framework for understanding the adjustment strategies of the elderly in old-age homes integrates insights from Disengagement Theory, Activity Theory, Continuity Theory, Environmental Press Theory, the Person-Environment Fit Model, and Coping and Adaptation Theories. Together, these perspectives highlight the complexity of the adjustment process, emphasizing that individual well-being in old-age homes depends on a combination of personal characteristics, social engagement, and environmental support.

## **DISCUSSION**

The process of adjustment for elderly individuals in old-age homes is a multifaceted challenge that involves emotional, social, and psychological dimensions. In an urban setting, where traditional family support structures are often weakened due to nuclear family models and increased migration for work, elderly individuals frequently find themselves navigating unfamiliar environments. Understanding the strategies, they use to adjust is essential for improving their quality of life in institutionalized care.

### ***Social and Emotional Adjustment***

One of the key strategies for elderly individuals in old-age homes is building social connections with their peers and caregivers. Research shows that social interactions are crucial for maintaining emotional stability and reducing feelings of isolation and loneliness (Desai & Shah, 2019). For many elderly residents, developing friendships within the home becomes a primary coping mechanism. Group activities and recreational programs in these settings offer opportunities for social engagement, which has been linked to improved mental well-being (Singh et al., 2021).

Emotional support from caregivers also plays a vital role in helping elderly individuals cope with the emotional challenges of leaving their previous home environment. Staff members who are trained to provide compassionate care can significantly reduce the emotional stress that residents experience during the transition period (Kalra & Kapoor, 2020). The emotional bonds that elderly residents form with caregivers provide a sense of security, which is necessary for successful adjustment.

### ***Cognitive and Behavioral Coping Mechanisms***

Another important adjustment strategy is adopting cognitive and behavioral coping mechanisms. Many elderly individuals engage in positive thinking and acceptance of their new environment, which helps them mitigate stress and anxiety. According to Kumar and Rani (2022), individuals who are more resilient tend to accept their circumstances more easily and view the move to an old-age home as an opportunity for personal growth. Cognitive reframing, where individuals reinterpret their situation in a more positive light, is a commonly employed strategy.

Engagement in structured activities, such as physical exercises, cultural programs, and religious practices, helps elderly residents maintain a sense of purpose and routine. Studies have shown that participation in these activities is associated with higher levels of psychological well-being and a reduced risk of depression (Patel & Roy, 2021). Furthermore, these activities foster a

sense of autonomy, which is essential for elderly individuals who might otherwise feel a loss of control over their lives.

### ***Challenges and Barriers to Adjustment***

Despite these strategies, many elderly residents face significant barriers to adjustment. Loneliness remains a common issue in urban old-age homes, particularly for those who have weak family ties or limited social interactions. According to Desai and Shah (2019), loneliness can lead to feelings of worthlessness and depression, making it harder for elderly individuals to engage in social activities or develop meaningful relationships.

Resistance to change is another barrier. Some elderly individuals may find it difficult to accept the loss of their independence or adjust to the communal living arrangements typical of old-age homes. Studies highlight that residents who struggle to adapt to the structured routine of these institutions often experience higher levels of anxiety and frustration (Singh et al., 2021).

### ***Role of Institutional Support***

The role of institutional support in facilitating adjustment cannot be overstated. Institutions that provide a welcoming and empathetic environment help residents transition more smoothly. According to Kalra and Kapoor (2020), old-age homes that offer personalized care plans, recreational opportunities, and emotional counseling are more successful in promoting a positive adjustment process. Additionally, fostering a community-oriented atmosphere where elderly residents feel valued and heard significantly enhances their emotional well-being.

The adjustment strategies of the elderly in old-age homes in urban settings are varied and multifaceted. Social interactions, emotional support, cognitive reframing, and engagement in activities play significant roles in helping elderly individuals adapt to their new environments. However, challenges such as loneliness, resistance to change, and institutional limitations often hinder the adjustment process. To promote successful adjustment, it is crucial for old-age homes to provide a supportive environment that addresses both the emotional and psychological needs of their residents.

## CONCLUSION

The adjustment in life in an old-age home in an urban setting can be a significant challenge for elderly individuals, but it is essential for their overall well-being. The process of adjustment is influenced by personal, social, and environmental factors. Elderly residents often rely on strategies such as forming new social connections, engaging in activities, seeking emotional support, and maintaining a sense of independence to cope with the transition.

The role of the old-age home itself is crucial in supporting this adjustment by providing a nurturing and supportive environment. Understanding these strategies and enhancing the care provided can greatly improve the quality of life for elderly individuals in urban old-age homes. As society continues to evolve, it is important to focus on helping the elderly adapt to these new living arrangements with dignity and comfort.

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