

SOCIO-ECONOMIC STATUS AND HEALTH CONDITIONS OF THE RETIRED WOMEN TEACHERS: A CASE STUDY OF GULBARGA CITY

Kavita S. Bevinamar & Mallikarjun A. Konnur***

Many of studies have undertaken already to study either women life in general or to study the elders life or even the work life of women. But none of the studies were undertaken to study the retired women employees till now. Hence, the present study was made to know the socio-economic, psychological and health problems of the retired women teachers. A case study of Gulbarga city was conducted by a questionnaire survey covering 124 retired women teachers. The study covered different aspects of the old age, women and family issues such as care and respect in the family, health problems, major concern or worry, differences of opinion with the younger family members, psychological problems such as feeling of insecurity, loneliness, depression, etc. The paper concluded with the remarks that more studies are needed to know about the life of retired women employees, so as to know her role in society after the retirement or in old age.

Introduction

Women's Studies can be of tremendous value in generating consciousness about the multi-dimensional roles played by women in society. A woman is not only a mother, a wife, a daughter or a sister, she is also a human being. She is an individual entity in her own right and affected by social technological and environmental changes. She too, contributes towards the development of the nation even though for the most part she remains behind the scenes (Kulshreshtha: 1989).

As the present study concentrated on retired women teachers, it is necessary to know about the old age. Old age is a critical phase in life as much as childhood or adolescence and hence requires special consideration. Old age is considered as second childhood, because both the aged and the child have to depend on others for many of their personal requirements. The major problems of old age could be devaluation in status and income, deteriorating health, retirement, dependency, fear of death and shock of growing old. Old age should be tranquil as childhood should be playful. However, nobody prefers to have old age for a longer time, as aged people are looked upon as useless, non-productive, rigid and burdensome. This leads to various problems like cultural rejection, self-rejection, anxiety and panic, psycho-physiological exhaustion, isolation and unrealistic pre-occupation (Shah and Joshi,1996).

* Research Scholar, Department of Social Work, Gulbarga University, Gulbarga

** Lecturer, Department of Social Work, Gulbarga University, Gulbarga

The globalization and especially technological transformation opened the door for the women new opportunities towards their work life. Now, women occupied in all the occupations and professions, which were occupied by men earlier. Hence, the women engaged as successful professionals as Medical Practitioners, Nurses, Teachers, Lawyers, Bankers, Lecturers, Librarians, Information Technologists, Engineers, etc. But, the women are not like men. Earlier there were the responsibility that the men have to lead the family and work outside for earning and women have to look after the household work. But now, the women also working outside like men and looking after the household work. It is also noted that there are many studies conducted on the different aspects of working women in different professions. But till now, only a fewer studies were made to know about the status of retired women. Generally it is observed that the economic condition of the retired women is good, but social, psychological and health conditions may not be good. This is so because, the retired women, have certain social challenges such as leading the family by performing a role of elder in the family, the elderly women face ill-treatment in the family by the younger such as daughter-in-laws and sons, there is also problems of poor health conditions due to the old age, if widow, she can feel unsecured and lonely and in such way the women have to face many challenges. Hence the present study is made to examine the socio-economic life, psychological conditions and health problems of the retired women.

It is also noted that teaching profession is one of the popular profession for women, which attracted majority of women to work in schools and colleges. The women are suited for the teaching profession as they are fond of children. Hence, it is found that many of the schools and colleges prefer to recruit the women teachers for teaching. Of course, the teachers do not find any difficulty in their working life as they work among the children, but after the retirement from their job, the women teachers have to face many problems such as difficulty to spend leisure time, (which was spent earlier among children in their schools), reduction in income due to retirement, etc. Hence, the present study shows the socio-economic, psychological and Health conditions of the retired women teachers by making a case study of Gulbarga city.

Gulbarga City: An Overview

Gulbarga is 613 km north of Bangalore is the district headquarters of Gulbarga. Gulbarga is a Divisional Head Quarters for the five Districts viz., Bidar, Bellary, Koppal, Raichur, and Gulbarga. It is a Major District and Vth big City of Karnataka and the City is major trade centre and Administrative centre. Gulbarga University is the main education centre for the Hyderabad-Karnataka region and is located in Gulbarga city. There are about 65 primary schools and upper primary schools are in the city and approximately 700 teachers are working in these schools, of which about 392 were women teachers. The collected data revealed that about 211 women teachers served in these schools are retired and spending their life in Gulbarga city. As the present study attempted to study the retired women teachers, of these retired women teachers, 124 retired women teachers are selected for the present study.

Objectives of the Study

The present study was made to consider the following aims and objectives:

- To know about the socio-economic life of the retired women teachers;
- To find the health problems of the women teachers;
- To know about the psychological conditions of the retired women teachers;
- To know about the responsibilities of the retired women teachers in their families.
- To assess the satisfaction of the retired women teachers in the life and their job.

Methodology of the Study

The present study is conducted by a questionnaire survey. That is the researcher prepared the questionnaire, by considering different aspects of the retired women teachers. The questionnaire is designed by including different types of questions such as dichotomous, multiple choice and descriptive questions. In addition, the researcher conducted personal observation with the selected retired women teachers.

Scope and Limitations of the Study

As already stated the study covered about 124 retired women teachers. It is noted that the study excluded the retired teachers from High Schools, Pre-University Colleges, Degree Colleges and University. The retired women teachers covered under the study were served and retired from the Government, Government Aided and Private Schools in Gulbarga city and the respondents are settled in Gulbarga city after their retirement.

Analysis of the Data

The present study covers the socio-economic, psychological and health aspects of the retired women teachers. The collected data is analyzed as under:

Age-wise distribution of the Respondents

The age of the retired women teachers covered under the study, determines their health conditions and their position in their families. It is noted that the Government fixed the age of retirement to 58 years. Hence, the age of the retired women teachers covered under the study are presented in the following Table:

Table 1
Age-wise Distribution of the Respondents:

<i>Age Groups</i>	<i>Number of Respondents</i>	<i>Percentage</i>
From 59 Years to 65 Years	52	41.94
From 66 Years to 75 Years	41	33.06
From 76 Years to 85 Years	22	17.74
From 86 Years to 100 Years	09	7.26
Above 100 Years	—	—
Total	124	100

Marital Status of the Respondents

As the present study deals with the retired women teachers, there is need to know, whether the respondents are living as married, widow, divorcee or single, to know about the family life after their retirement. The following table presented the marital status of the respondents:

Table 2
Marital Status of the Respondents:

<i>Particulars</i>	<i>Number of Respondents</i>	<i>Percentage</i>
Unmarried (Single)	–	–
Married living with spouse	73	58.87
Widows	49	39.52
Divorcees	02	1.61
Total	124	100

Whether Living Family Members

It is noted that after retirement, many of the women teachers are living with their family members such as Sons, Daughters, Grandsons, etc. A few of the retired women teachers are also living alone, as their sons and daughters are working outside their native places.

Table 3
Whether Living with Family Members

<i>Particulars</i>	<i>Number of Respondents</i>	<i>Percentage</i>
Living with Younger Family Members	102	82.26
Living Alone	22	17.74
Total	124	100

Care and Respect in the Family

It was asked to the respondents, whether they are getting adequate care and respected by the family members such as brothers, sisters, husband, sons, daughters, daughter-in-laws, grand children, etc. Further, the level of the care and respect is also ascertained by mentioning extent of care and respect in their family. The responses of the retired women teachers are presented in the following Table:

Table 4
Care and Respect in the Family

<i>Level of Care and Respect in the Family</i>	<i>Number of Respondents</i>	<i>Percentage</i>
High	23	18.55
Greater	38	30.65
Satisfactory	19	15.32
Not-Satisfactory	44	35.48
Total	124	100

Difference of Opinion with the Younger Family Members

It was asked to the respondents whether there have any kinds of differences of opinions of the retired women teachers with the younger family members such as with sons, daughters, daughter-in-laws, etc. It is needed to know about the differences of ideas of the retired women teachers with the younger generation. The following table disclosed the responses of the retired women teachers covered under the study:

Table 5
Differences of Opinion with the Younger Family Members

<i>Particulars</i>	<i>Number of Respondents</i>	<i>Percentage</i>
Regular	31	25.00
Occasional	48	38.71
Never	45	36.29
Total	124	100

Family Problems and Concerns

It was asked to the respondents, what are problems, which made them worry about their solution. They include the daughters' marriage, son/daughter's employment, children education, increase in loans, Health Problems, etc. The responses of the respondents are presented as under:

Table 6
Family Problems and Concerns

<i>Kinds of Family Problems/Worries</i>	<i>Number of Respondents</i>	<i>Percentage</i>
Increase in Loans	04	3.23
Daughters' Marriage	14	11.29
Children's Employment	12	9.68
Health Problems	72	58.06
Any Others	08	6.45
None	14	11.29
Total	124	100

Health Problems of the Retired Women Teachers

It is noted that most of the retired women teachers covered under the study, are suffering from different kinds of problems. Of which, major problems are cardiovascular problems, Diabetes, Asthma, Ophthalmologic Problems, Psychiatric Problems, Dental Problems, Cancer etc. The collected data revealed that a few of the respondents covered under the study, are suffering from more than one health ailment. The collected data presented in the following Table:

Mental Depression and Feeling of Insecurity

It was asked to the respondents that whether they are feeling unsecured and depressed. The different studies related to the elders, revealed that due to different problems such as ill health, ill treatment from the family members, more responsibilities and

Table 7
Health Problems of the Retired Women Teachers

<i>Health Problems</i>	<i>Number of Respondents</i>	<i>Percentage</i>
Cardio-Vascular Problems	17	13.71
Diabetes	31	25.00
Asthma	11	8.87
Ophthalmologic Problems	14	11.29
Cancer	07	5.65
Psychiatric Problems	24	19.35
Dental Problems	29	23.39
Others	14	11.29
None	52	41.94
Total	124	100

lack of adequate income and economic power, the elderly people suffer from depression and feeling of insecurity. The responses of the respondents covered under the study are presented as under:

Table 8
Whether Mentally Depressed and Feeling Unsecured

<i>Particulars</i>	<i>Number of Respondents</i>	<i>Percentage</i>
Yes	57	45.97
No	67	54.03
Total	124	100

Summaries of Findings

- Of the total 124 (100%) retired women teachers covered under the study, about 41.94% are of age range of 59 years to 65 years, followed by 33.06% are of age range of 66 to 75 years, about 17.74% of the respondents are between 76 years to 85 years and the remaining 7.26% of the respondents are between age range of 86 years to 100 years. It is worth to note that none of the respondents are of age above 100 years.
- Regarding marital status of the respondents, 58.87% are married and living with their husbands, about 39.52% are widows and the remaining only 1.61% are divorcees.
- It is worth to emphasize that about 17.74% of the respondents are living alone and the remaining 82.26% of the respondents are living with the younger family members.
- Care and respect is the most essential aspect, which every elder expect from the younger in the family. Of the respondents, covered under the study, about 18.55% of the respondents stated that they get high respect and care in their families, followed by 30.65% of the respondents expressed that they get a greater care and respect, about 15.32% of the retired women teachers responded that the respect

and care they get in their families is satisfactory and the remaining 35.48% of the women teachers stated that they are not getting satisfactory care and respect in their families.

- It is worth to emphasize that there are regular difference of opinion between the 25.00% of the respondents with their younger; about 38.71% stated there are occasional differences of opinion with their younger and the remaining 36.29% of the respondents stated that they have no differences of opinion with their younger relatives.
- Of the concerns, worries and family problems of the retired women teachers covered under the study, Health problems constitute the biggest problems as responded by 58.06% respondents, followed by about 11.29% of the respondents stated that daughters' marriage is a major worry, about 9.68% of the respondents stated that children's employment is a major concern of worry, another 6.45% of the respondents have different kinds of problems and about 3.23% of the respondents worries because of the increase in their loans. It is worth to emphasize that only 11.29% of the respondents have stated that they none of such problems.
- As stated above, majority of the retired women teachers are concerned about the health problems. It was asked to the respondents, to explain their specific health problems. Specifically, of the retired women teachers are suffering from Cardio-Vascular diseases (13.71%), Diabetes (25.00%), Asthma (8.87%), Ophthalmologic Problems (11.29%), Cancer (5.65%), Psychiatric Problems (19.35%), Dental Problems (23.39%) and Other diseases (11.29%) and it is also noted that 41.94% of the retired women teachers covered under the study are healthy and not suffering from any kind of health problems.
- Mental Depression, Feeling of insecurity or feeling of loneliness is a common in the old age. For this purpose, it was asked to the retired women teachers that whether they are suffering from such kind of feelings. About 45.97% of the respondents feel that they feel insecure, depressed and lonely and the remaining 54.03% of the respondents do not have such kind of feelings.

Conclusion

Care and respect is very much needed for the elders in the family, as the elders are experienced and provide valuable guidance to the younger in their life. Elders, if educated they are proved to be experts in deciding and solving every kind of problems that every person faces in their family and society. Hence, there is need to care and respect the elders. It is noted that there are less number of studies undertaken to study the retired employees, especially the retired women employees, to look into the social, economical, psychological and health problems. For this purpose, the present study was made.

The study revealed that a few retired women teachers are living alone. Majority of the retired women teachers covered under the study are not getting satisfactory

care and respect from younger family members in their families. There are also differences of opinion between younger family members with the respondents. Health Problems constitute the major problem or worry of the retired women teachers covered under the study. The study in detail shown the different health problems faced by these respondents. It is noted that nearly half of the retired women teachers are feeling from mental depression, feeling of insecurity and loneliness. Hence, there is need to empower the retired women teachers, by guidance and counseling, so that they can spend their remaining life without any kind of psychological fears and mental tensions. It is also worth to note that none of the respondents have any considerable economic problems, as stated by the respondents.

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