

PRODUCTIVE AGEING

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Abstract

*This theoretical paper discusses the forms of productive activities for those elderly people who care to contribute well to society and who want to maintain a good quality of life & good health. Retirement comes to all who work in govt. organization & private ltd. co. Retirement age varies from one organization to another. In India retirement age is (60 +). Retirement is a point where a person stops employment completely. A person may semi-retire where work hours are reduced. The productive ageing study is the only large scale survey study to date designed specifically to assess the **interact** of older adults involvement is multiple forms of productive activities and **to ascertain** their desires to engage more heavily in these activities with demographic change, an increasing proportion of older workers are excluding their working lives. Changes occurring in older workers are affecting and their workplaces affect their productivity and health. Incentives to continue working depends on health condition; Insurance; Retirement benefits workers compensation, federal insurance programmes, dependants and personal consideration.*

Keywords: Retirement, Productive forms, Health.

Introduction

Active participation of older person in society and development is based on providing older persons with the opportunity to continue contributory to society. The contributions of older persons reach beyond their economic activities and extend into their roles in families and in their community often these contribution cannot be readily measured in economic terms: Love for family members; Productive substance work; House hold maintenance & voluntary activities in their community. Participation in social, economic, cultural, sporting, recreational & voluntary activities also contributes to the growth and maintenance of the personal well being of older persons and the population at large. Integration and participation of older persons in development for self and society is to ensure that older people can age with dignity and security and that they may continue to participate fully in their societies as citizens with full rights. Older persons should be afforded the possibility to become actively engaged in the development process and in society so that their skills, experiences, wisdom & knowledge can be put to use for the benefits of all the impact of population ageing on the socio-economic development of society engenders the need for continuing integration and empowerment of older persons, including the removal of

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barriers and obstacles which serve to exclude or discriminate against them.

Forms of Activities

1. Work Experience

An important part of maintaining the active participation of older persons in society and development is through their continued involvement in the paid labour force (working for salary). Ideally, older persons should be able to continue with income generating work for as long as they want and for as long as they are able to do so productively. To achieve this objectives there is a need to promote a more favourable attitude among employers regarding the productive capacity of older workers, as well as a greater awareness, including-self-awareness of the benefits of maintaining an ageing work-force. The ageing of the population is a phenomenon experienced across the world, as a growing proportion of the global population routinely lives into old age. This phenomenon is creating a range of challenges to economic and social structures, raising concerns relating to how such a large proportion of older people can be supported by a shrinking working population. Agencies such as the (W.H.O) and (U.N.) are increasingly focusing on how to keep ageing populations active, healthy and involved. This approach is in line with new conceptual approaches to ageing which reframe the ageing experience to forms on active and continued involvement in society.

2. Volunteer Services

One important example of how older people remain active and involved is through volunteering. There is considerable variation in the international literature relating to how volunteering is defined, with most studies referring to volunteering as an organized

activity under taken willingly through an organization or group, most volunteer activities are undertaken informally and is more spontaneous, those helping activities are often desirable as civic engagement. Theoretical approaches to ageing propose that there are substantial psycho-social benefits to be gained from volunteer activities in later life. These benefits are reflected in the broad range of imperial studies exploring the relationship between volunteering and positive health outcomes as people age.

Conclusion

The social connectedness associated with volunteering and work employment leads to a number of health benefits, and a large body of evidence consistently demonstrates that elders who volunteer & work (reemployed paid workers) have better health than non workers.

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