

Administrative Efficiency of Old Age Homes in Geriatric Care and the Level of Satisfaction of Inmates: A Study in Kottayam District

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ABSTRACT

Purpose: *By reviewing the available literature this paper made a solid foundation to the current scenario of old age homes in geriatric care as a social necessity and the satisfaction of the inmates is a factor which measures the administrative efficiency of the old age homes. Administrative inefficiency and inadequacy of governance may contribute to poor treatment and poor treatment of members in old age homes. Medical care provided to the inmates in the old age homes is a major factor which contributes to the satisfaction level of the inmates along with several other factors. This study was taken place to examine the level of satisfaction of the inmates on the infrastructural factors such as atmosphere, facilities, environment, and behavior of staff toward the elderly inmates.*

Objective: *The study tries to examine the administrative efficiency of old age homes for the elderly and the inmate's level of satisfaction.*

Design/Methodology/Approach: *The codes are taken from the literature and used in the review of literature. This research was explanatory research that was conducted through an exploratory approach. On the internet's platform, desktop research was carried out. Almost 100 research articles were reviewed in depth and studied to identify the research gap.*

Findings/Result: *The review of the articles indicates elderly are quite satisfied with the efficiency of old age homes and they are happy to be there in the old age homes other than being isolated at home and also, they are comfortable with their embers in the caretaking homes. In this study it can be found that the level of satisfaction of old age home inmates is different from each other as there are different types of paid and non-paid old age homes.*

Originality/Value: *This review presents key findings from studies that show the level of satisfaction of the inmates in the old age home. This article was unique in its way of being a review article and compiling a satisfactory report of elderly inmates of old age home in the past 15 years. In all these studies the researcher can find that the efficiency and satisfaction of the old age home are different from each other.*

Paper Type: *It was a review-based study which is also known as an integrative review where many articles from the past 15 years were selected from different search engines such as Google scholar, Research gate, and others.*

Keywords: old age homes, geriatric care, administrative efficiency, inmates, integrative review, level of satisfaction.

1. INTRODUCTION :

The subcontinent is one of the most widely populated regions having countries like Pakistan, India, China, Japan, Bangladesh, and other countries where family values are considered most superior. These countries are considered collectivist societies that consider family as one unit of loyalty, unity, and integrity [1,2]. Joint family system is a way of life practiced in these countries for decades, especially

the elderly are considered as the most important and powerful part of the family and should be cared for and respected at any cost. [3].

The joint family system is said to be a system of males of the family keeping their nuclear families under one roof with their extended family members [4]. Recently the trend has started to change. Several reasons have been identified for these changing traditions, such as modernization and the concept of privacy; Changes in the psycho-social matrix are some of the major factors leading to the shift from joint family system to a nuclear family system. [5, 6]. Other than that, elderly people also reported experiencing verbal or in some cases, physical abuse by children and daughter-in-law, property issues, financial problems, and physical disability with no one to look after, which damaged their self-respect hence, old age homes emerged as a problem solver for elderly people [7, 8].

Shifting to old age homes has been problematic for many individuals [9, 10]. It is reported that suffering from depression, anxiety, lack of resources, and no family visits are the reasons which make elderly people feel "not at home" in these old homes [11, 12]. By focusing on factors such as physical and psychological health, social relationships independency development, better spirituality and a better environment for elderly people, old age homes can be formed into a much better place for elderly people [13, 14]. Although living outside the family is depressing for many people, many elder people showed their satisfaction with old with meaningful activities designed for these elderly people [15, 16]. Elderly people with high literacy rates, better financial status, and better education consider themselves to be more satisfied with facilities provided by these old age homes as they understand the drawbacks of staying in their toxic homes [17]. They feel that more secure, more useful, and more independent living in old age homes and keeping busy themselves with other inmates [18]. Elderly people consider their old age homes as one family and living under one roof while sharing almost similar circumstances makes them closer to each other with having strong bonds and friendships with each-other hence their satisfaction level with old age homes becomes stronger [19].

2. OBJECTIVES :

- (1) To explore the level of satisfaction of elderly people in care taking homes.
- (2) To highlight the interventions for elderly people to have a better atmosphere, security, financial support, and resources for elderly people living in care taking homes.
- (3) To explore the problems faced by elderly people in old age homes.
- (4) To explore individual services such as health, security, environment, and staff behavior as a means of satisfaction with old age homes by inmates.

3. METHODOLOGY :

This study was conducted among elderly people to identify their level of satisfaction regarding living in these old age homes. The area of study was psychology while the study population was elderly people ranging from 58 and above years old male and female population. It was a review-based study that consisted of 30 research papers reviewed from the Kottayam district in India done in the last 15 years among the elder population. Data collection was done using purposive sampling with the help of search engines like Google Scholar, Research Gate, and APA journals. Keywords used for searching articles were satisfaction with old age homes, living in old age homes, life quality of old age homes, the life satisfaction of people living in old age homes, and life in old age homes.

4. RELATED WORKS :

This article describes the administrative Efficiency of old age homes in geriatric care and the level of satisfaction of inmates. This study tries to find out the efficiency of old age homes to make sure that all the requirements are met properly so that inmates of old age home may experience the quality of life and their life will be satisfied. The literature review makes evident the various issues that residents of old age homes experience. The inmates experience numerous issues for a variety of causes, including as being cut off from friends and family. The efficiency of management of different types of old age homes, particularly in the district of Kottayam, is given priority in this study.

Table 1: represents the review articles used for this study.

S. No.	Area	Focus of the Research	The outcome of the Research	Reference
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1	Socioeconomic status of the elderly and reasons for admission to old age homes	The Situation of Senior Inmates at Mumbai's Old Age Homes	It was discovered that the absence of close family members, a lack of familial love and support, and bad health are the main factors influencing the decision to enrol in an old age facility.	Baranwal & Mishra (2021). [20]
2	Depression prevalence among elderly residents of old age homes	Analysis of elderly people's susceptibility to depression as a result of being in old age homes.	Elderly people are more likely to experience depression due to the loss of a loved one in nursing homes, but living in a nursing home with a spouse can foster higher satisfaction in nursing homes.	Goud & Nikhade, (2015). [21]
3	Older women living in old age homes	Analyze the lives of elderly women in nursing homes.	According to research, elderly individuals who remain in their own homes are happier and healthier mentally than those who reside in nursing homes. Despite being happy with the amenities given by old age homes, elderly individuals nonetheless feel lonely.	Beevi, (2025). [22]
4	Care and support are provided by old age homes.	Living experience in old age homes	Older people support human rights and emphasized the need to put more financial support for old age homes to provide a better standard of living to the inmates.	(Burholt et al, 2022) [23]
5	The physical state of elder people in old age homes of Gujrat.	To evaluate the physical state of elderly residents of Gujarat's old age homes, including health difficulties and quality of life	Results indicated dependence and illiteracy among elderly people which affects their financial conditions and more health issues that need to be catered to by providing more aid to old age homes.	Mishra & Mishra, (2016). [24]
6	Living in older care homes	Reasons and perception of living in an old age home.	Results indicated that old age homes are admirable and provide maximum support to elderly people hence elderly people feel connected with them and consider it as their home.	Vishal, (2017). [25]
7	Lifestyle of the elderly living in care taking homes.	To investigate the lifestyle, change that occurred after shifting to an old age home.	Results indicated that at first, all inmates experience adjustable issues, homesickness, and loneliness but with time their satisfaction level increased with old age homes and their quality of life Got better after shifting to old age homes.	Janbandhu, Phad & Bansod, (2022). [26]
8	Old age homes in India	Trends of old age and old age homes in India.	Results indicated that in past decades, due to economical inflation, modernization, and other factors, old age homes became trending, and hence people living in old age homes experience	Risbud, (2016). [27]

			mixed feelings of homesickness and satisfaction with institutes.	
9	old age homes for the elderly and psychosocial factors	Difference between lifestyle of senior citizens living with family and senior citizens living in old age homes.	The results indicated that people who live at home with their families enjoy better lifestyles than those who dwell in nursing homes, yet older nursing home residents express satisfaction with the amenities provided to them.	Totuka & Verma, (2015). [28]
10	Elders in old age homes of Mumbai.	to investigate the living conditions of senior citizens in nursing facilities.	Results suggest that elder people experience neglect, lack of respect, love and warmth, physical problems, and psychological issues which lead them to choose old age homes which they consider as a better option for their health and mental peace.	Baranwal & Mishra, (2021). [29]
11	Home far away from my real home.	Perception of old age homes by inmates.	The findings indicated that older people in old age homes benefitted from creative activities and a routine lifestyle.	Rajan. (2020). [30]
12	The lifestyle of elder people living in old age homes.	Different living standards of elder people living in old age homes.	Results showed that although free senior housing offers acceptable services, residents of low-paid senior housing enjoy greater facilities and a higher standard of living.	Suganya, (2018). [31]
13	A new way of life in old age homes.	Factors affecting the choice of elderly people to choose old age homes.	Results indicate that although families are most important but after a certain age, elderly people start getting dependent on the young generation old age homes provide a better lifestyle by giving independence through meaningful work and creative activities which is why elderly people feel happier and more satisfied in old age homes.	Mallick, (2020). [32]
14	Reasons to leave a family	Factors affecting older people to choose old age homes families.	The findings indicated that elderly people face a number of difficulties when living with their families, including mistreatment, a lack of respect and affection, neglect, and other issues. As a result, living in an old age home offers a higher standard of living and lower dependency.	Gadkar, (2016). [33]
15	Living in old age homes.	Why do elder people prefer living in an old age home?	Humiliating atmospheres at home and ill-treatment by children are the main causes that lead the elderly to leave homes and stay in old age homes.	Simon et al, (2020). [34]
16	Care and assistance standards for senior housing	to investigate the level of support and care that old	According to the findings, while old age homes work hard to provide their residents with the	Kaur et al, (2015). [35]

		age homes offer the elderly.	best services possible, those funded by the government have less resources, which results in less contentment and happiness among residents than among those in old age homes that are self-financed and funded by NGOs.	
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Each family faces unique challenges, whether they have one, two, or many sons and daughters to care for ageing parents. Many children experience the humiliation of caring for their parents while prioritizing their own lives with a promising future. Elderly people who have lost a loved one in old age homes are more prone to feel depression, yet sharing a nursing home with a spouse can increase residents' pleasure. This review of the literature indicates the reason behind elderly living alone at home and moving to old age homes. The life of the old people in old age homes experience adjustable issues, homesickness, and loneliness but with time their satisfaction level increased with old age homes and their quality of life Got better after shifting to old age homes. It focuses on the efficiency of the administration section and the quality must make sure.

4.1 The culture of old age homes in India:

Although in the past most elderly people in India lived in joint families and received care from family members, there is an increasing trend of elderly people moving into nursing homes in India, perhaps in Kerala. [36]. Old age homes have proliferated across the country in recent years, and a new sector of institutions geared toward the elderly has emerged, providing social, emotional, and physical care for elderly people who are living alone [37]. Due to the rise of the nuclear family and the high cost of living, family members who once cared for the elderly now have to find work outside the home. Due to the sharp increase in nuclear families and the extraordinary increase in the number of "old people" in the country, they are now forced to live in nursing homes. [38]. According to the report, Kerala has 134 old age homes, which is one-fifth of all the old age institutions in India. Currently, at least 5 new senior living facilities are constructed annually. There were 5076 persons recorded in the study, with 60% of them being female. Surprisingly, 48% of elderly people with one living son and 41% of senior people with one living daughter both reside in old age facilities. The findings show unmistakably that even individuals with children—be they male or female—are left to fend for themselves; Finally, some of them enter old age institutions in Kerala [39]. There are more than 1000 old age homes in India, the most of which are found in the south, according to current data compiled from various research. Old age homes come in two varieties: free and paid [40]. Children's misbehavior and financial hardship can cause older people to feel ignorant and without emotional support, which frequently forces them to choose other locations where they may live without problems [41]. In nations like India, old age homes are becoming more and more significant as support systems for the elderly [42]. Age homes are the final resort for the elderly when no family members are available to care for them [43]. When we come to understand the culture of old age home in Kerala, we can know that Kerala's declining informal care, which is provided by the immediate environment, adds to the stress of ageing [44]. Existing relatives are impacted by changes in family structure, the economy, and communal life; neighbors and friends assist the older population.

4.2 Challenges faced by elders in existing systems:

With the start of the third century, the ageing phenomenon has increased in manifestation as a significant worldwide occurrence [45]. The political, economic and social activities of societies in industrialized and developing countries have significantly influenced the rapidly growing population of elderly people in recent decades. [46]. The elderly is currently confronting several issues and difficulties. Diminished physical strength, bad health, low status, homelessness, lack of or restricted family or community support, a lack of wealth, and a lack of opportunity for education or training are among the factors that lower older people's assets and restrict their ability to care for themselves [47]. Aged persons typically have financial difficulties as a result of job loss, inadequate income, and low savings. They suffer from physiological and physical issues, poor diet, and substandard housing. Ageism and harassment are psycho-social issues they deal with as a result of psychological and social maladjustment [48]. For older

people, having good health is crucial since it allows them to continue working and living independently [49]. Age-related changes in the body, mind, and social realms were perceived as inevitable or normal [50]. Even though there are numerous government initiatives, programmers, and legal protections for the aged, they are woefully insufficient to meet the many physical, psychological, and emotional requirements of the ageing population [51].

Table 2: Studies related to satisfaction level of inmates in old age homes

S. No.	Area	Focus of the Research	The outcome of the Research	Reference
1	The standard of living and amenities in nursing homes	to investigate the quality of life and the inmates' satisfaction with the services provided by old age homes.	According to the findings, elderly people are happy to join and reside in old age homes because they offer better services than other homes in the areas of health, finances, care, support, and safety.	Gupta et al, (2014). [52]
2	Age-restricted facilities vs. senior citizens living at home.	to contrast the quality of care given to elderly people at home versus in facilities for care in terms of life satisfaction.	According to the findings, elderly people receive better services, care, and support in old age homes than they do at home, despite having a higher quality of life when they live at home.	Dani. (2015). [53]
3	Life satisfaction in old age homes.	to assess the detainees' mental health who are elderly.	Results indicated that old age homes provide all sorts of facilities and hence people displayed a moderate level of well-being living in old age homes.	Joseph et al, (2014). [54]
4	Elderly population and old age homes.	to draw attention to the causes behind the rise of old age homes in India.	Results indicated that elderly people are more dependent on the young generation which makes the young generation feel a burden and with growing financial inflation, families are usually unable to provide better services to elderly people which is why the concept of old age homes have been emerged and is playing a great role for taking care of elderly people.	Menezes & Thomas, 2018). [55]
5	Challenges and opportunities in old age homes.	What opportunities and challenges do senior residents in old age homes?	Results indicated that inmates suffer from adjustment issues, loneliness, and homesickness at first but then eventually they start developing bonds and have meaningful activities designed for them along with better health, security, and financial facilities.	Shubham & Joshi, (2021). [56]
6	Health and life quality in old age homes and homes.	contrasting the mental health and standard of living of those who live in homes vs those who reside in nursing homes.	The members of care taking homes are more likely to suffer from depression, despite the fact that their quality of life is higher than that of persons who live with relatives.	Amonkar et al, (2018). [57]
7	Challenges of old age homes	Evaluate the level of services offered by long-term care facilities in India.	The findings indicated that senior living facilities offered excellent services to their residents, but funding is required in	Ponnuswami, Rajasekara

			order to improve the seniors' quality of life.	n, (2016). [58]
8	Wisdom and satisfaction with life in old age homes.	shed some insight on the disparities in the sentiments of wisdom and the quality of life between elderly people living with families and those in old age facilities.	Results showed that people living with their families had a higher knowledge and life satisfaction ratio than seniors residing in nursing facilities.	Hayat, Khan & Sadia, 2016). [59]
9	Happiness and old age homes.	Explore the contentment and happiness of the inmate of old age homes.	Results suggested that elderly people live content and happy life in old age homes by involving in activities designed for them and indulging in meaningful work.	Zafar, Malik & Malik, 2021). [60]
10	Senior citizens and old age homes.	Why old age homes have become so popular in India.	Results suggested that old age homes are very common in India due to the increase in the elder population and the lack of people to look after them. Hence old age homes provide staff and services to look after them which makes them satisfied with their life but still, there is a need to provide better services	Jhonsan, Madan & Potteket, 2018). [61]
11	elderly people's quality of life when they live at home versus in nursing homes.	to contrast how older people who live at home with those who do so in nursing homes live.	According to the findings, families typically don't show their elderly population affection, warmth, love, or time; as a result, residents of old age homes reported better life quality than those who live with their families.	Panday et al, (2015). [62]
12	Seniors living in old age homes report feeling satisfied with their lives.	Inmates' opinions on the standard of living and satisfaction with their conditions at nursing homes.	According to the findings, one of the main motivations for people to go into old age homes, where they are respected, safeguarded, and loved, was dissatisfaction with their family.	Rao, Trividi & Yadav, 2015). [63]
13	Old age homes in India.	To explore how old age homes fill the gap in elderly care in India.	Results indicated that the elderly population has immensely increased in the past decade in India which resulted in a burden for youth to take care of their elders. To deal with this problem old age homes have been the best option which provide better facilities and care for the elderly and hence elderly people are reported to feel happier in old age homes.	(Datta, 2017). [64]
14	Reduced quality of life and old ages homes.	Comparison of paid and unpaid old age homes in perspective of quality of life,	People who live in free old age homes have a lower quality of life than people who live in low-paying old age facilities due to service limitations and financial constraints.	Samuel et al, 2016). [65]
15	'Finding purpose in my life' for	Effect of logo therapy in	Late adolescent's quality of life and sense of purpose can be improved by	Sarvaralsad at, M. et

	senior citizens	improving meaning of life	logotherapy. It can be applied to stop existential anxiety	al., (2012). [66]
16	Older people identity crisis and emotional conflicts	Through holistic interventions and positive perception increase meaning of life.	There is a interrelationship between the variables Emotional, spiritual and psychological resilience older.	Seena& Suresh, 2018 [67]
17	Age-related effects on depression and daily activities	Support from relatives and friends	Elderly people who reside in old age homes are more vulnerable to depression than those who live in their own homes, where they are better equipped to manage their emotions.	Sethi et al., (2013). [68]

The results show that, despite living at home having a higher quality of life, elderly persons receive better services, care, and support in old age facilities than they do at home. The findings showed that because old age homes offer a wide range of amenities, residents there exhibit a reasonable level of well-being. The research showed that senior care facilities provided outstanding services to its inhabitants, but financing is needed to raise the standard of living for seniors. Due to service restrictions and financial limits, residents at free old age homes have a lesser quality of life than paid residents. The findings indicated that senior residents of old age homes have happy and fulfilling lives by participating in activities that are tailored to their needs and pursuing fulfilling employment.

4.3 The importance of enhancing the efficiency of old age homes:

As our population ages, older people need more and more care facilities. For senior housing facilities, the challenge will be to maintain efficiency while using limited resources without sacrificing quality. [69]. In order to improve the lives of the elderly population, it is crucial to be more aware of their living circumstances. Numerous services are provided by this residence; by learning more, their living circumstances can be improved. The most efficient use of social resources to meet the needs of the elderly is referred to as efficiency [70]. The retirement home industry is largely non-regulated and needs to be implemented and establish minimum standards [71]. In order to take care inmates of old age home it is necessary the family should be protected and given incentives to those who take care of their elder persons [72]. It is essential to increase the management of old age homes with the least amount of resources and to teach people who are involved in this service in order to ensure that the inhabitants of the old age home are content with their lives.

4.4 Satisfaction level of inmates in old age homes:

Aging is the process of ageing, which involves several transformations over the course of a lifetime. Growing older is challenging but also offers many opportunities [73]. With its well-established value-based household framework for the aged, India has never had a problem providing care for the elderly. [74]. Programs should be put in place to meet the requirements of the elderly and modify how senior living facilities function as needed. To make them happy, it is essential to engage them in all the things they used to do at the senior living facilities, such as reading the newspaper, watching TV, dining, leisure activities, etc. [75]. The way that aged people are cared for has changed as a result of changes in demographics, social structure, and economic status [76]. People lose their ability to participate in social and economic activities as they age, their physical and mental capabilities decline, and they become economically reliant [77]. Seniors' life happiness is closely correlated with their socioeconomic status and psychosocial factors [78]. The infrastructure facilities must be enhanced, together with the care provided by the centre, in order to raise the satisfaction level of elderly residents [79].

4.5 Recommendations for improving the care for older citizens in India:

The number of elderly persons is continuing to rise especially in emerging nations like India [80]. Our health care delivery system is facing a significant challenge as a result of the ageing population. This highlights a larger range of implications for older people and society, including those relating to health concerns, long-term care, social security programmes, regulatory and legal efforts, economic effects, and other aspects of daily life [81]. The Indian Constitution requires that older people's welfare be

guaranteed without prejudice. Many ideas have been put out for developing laws and initiatives to guarantee senior equality [82]. The quality of life for the elderly in old age homes is to be improved, and the major proposals are to secure their wellness so that they are not neglected. Many suggestions are made in order to establish policies and programmes to better care for older persons in India [83]. The central and state governments have created a number of programmes and plans to improve the quality of life for elderly persons [84]. This is required in order to implement particular rules, detect the health issues of the elderly, and provide appropriate care [85]. The primary solution and recommendation for enhancing the quality of life for elderly people is that their families frequently attend to their needs. Friends and relatives that are close by offer financial, emotional, and interpersonal support [86].

5. CURRENT STATUS & NEW RELATED ISSUES :

Given the rise in the number of elderly people in India, old age homes have become essential. [87]. The elderly population faces a majority of the issues at home such as lack of respect from children, conflicts with daughter-laws, lack of warmth, affection, and love from children, no one to take care of at home, physical and health issues, physical and financial dependency on youth and younger generation and so on.

Old age homes have been providing good care to this elderly population through a respectful atmosphere, living with people of similar age, recreational activities, and staff to look after them.

Even if the older population in India has access to better services thanks to old age homes, there are still issues that these elderly people must deal with. The old age home's own financial situation is one of the issues. The services offered to prisoners are also decreased when elderly homes are underfunded or have insufficient cash. The cost of living in nursing homes is the second issue that inmates deal with. Old age home fees are one of the main barriers preventing the elderly from finding housing because they rely so heavily on their children for financial support. Another problem faced by these inmates is the lack of staff or lack of trained staff to look after them. Psychological problems are very common for inmates but few to no old age homes provide psychological services for inmates along with medical help. All these issues collectively make it problematic for inmates to have a better life in old age homes which also affects their satisfaction with old age homes.

6. DESIRED STATUS & IMPROVEMENTS REQUIRED :

Government should start providing financial aid to old age homes to cater to the problem of financial problems of old age homes which can eventually help in providing a better standard of life to inmates. Old age homes should be provided with enough financial support to let them have inmates live free of cost so that inmates can feel at ease and without fear of getting fed and getting kicked out of the old age home. Indulging them in meaningful or recreational activities such as pottery, cooking, stitching, teaching, painting, and other skills-based work which can make them money and can develop financial independence can also be a great step for these inmates.

The hiring of enough staff to cater to every inmate of an old age home is a necessity along with providing training sessions to the staff is very important so that elderly people can be taken care of in a better way. Psychological services and sessions once a month should be scheduled for the elderly population to check on their psychological health as well providing them with better psychological services.

These are some of the important reforms which should be taken into account by governments to provide better facilities to the elderly population.

7. RESEARCH GAPS :

There has been a lot of research on old age homes, quality of life, satisfaction with life,[88] and the differences between older people living in their houses and living in old age homes, but very little of it has compared the satisfaction of male and female populations with old age homes.

Only a small number of studies examined how satisfied people were with the services that old age homes offered. Analysis of the causes of the happiness and dissatisfaction of inmates living in old age homes is lacking in the literature. Very few researchers have looked at the difference between the elderly population who are living with their spouse and those who are living alone and their difference in satisfaction with old age homes. Few researchers have focused on individual services such as health,

security, atmosphere, residential situation, and others as a means of satisfaction rather than taking satisfaction as an overall domain.

These gaps have been considered by this research and these points have been taken into account for this review purpose.

8. RESEARCH AGENDA :

1. To comprehend the viewpoint of residents of senior living facilities, qualitative and quantitative research might be conducted.
2. This review helps in providing data regarding old age homes so that different types of aid can be provided by not only the government but private institutes for the betterment of old age homes.
3. Proposal suggests the need of psychological and physical checkups for the elderly population to provide them a better healthcare.
4. The proposal also emphasizes the importance of counselling kids to help them show their parents love, support, and care.
5. This review is useful for owners of old age homes to differentiate the facilities which inmates find satisfactory versus unsatisfactory and then devise a plan to change their policies.
6. Proposal also highlights the neglect faced by staff and employees of caretaking homes and steps to keep in check their physical and mental health as well.

9. ANALYSIS OF RESEARCH AGENDAS :

The most important facility offered by old age homes to its residents is a geriatric care facility. This study focuses on how effectively nursing homes manage healthcare services and how satisfied the residents are with the resources made available to them. This study takes into account the contemporary healthcare support given to inmates to treat lifestyle diseases and other age-related health difficulties. The major goal of this study is to determine how satisfied inmates are with the administration level's effectiveness in providing them with better geriatric care facilities.

10. RESEARCH TOPIC :

Administrative Efficiency of old age homes in geriatric care and the level of satisfaction of inmates: A Study in Kottayam District.

11. ABCD ANALYSIS :

This ABCD analysis shed light on different aspects of this particular proposal [102-105].

1. Advantages:

- This particular analysis is helpful in reviewing the need, pattern and reasons of old age homes in India.
- Analyzing the development of old age homes in India during the previous 15 years is also beneficial.
- The suggestion clarifies the adjustments made to the services given to the older population in nursing homes created in India.

2. Benefits:

- This specific suggestion emphasizes the significance of old age homes in India.
- The idea shows how happy the elderly population is with the care given by nursing homes.
- The money, financial assistance, and psychological support suggested in this proposal are for the older community residing in nursing homes.
- This proposal also suggests need of changing in laws for elderly community to provide them safe and happy environment in their own homes.

3. Constraints:

- The proposal focused solely on elderly population living in old age homes while old age homes also provide shelter to homeless people and orphan children.
- Proposal is restricted to review trends of past 15 years.
- Proposal neglected the point of view of children whose parents left home to stay in old age homes.

4. Disadvantages

- This proposal was review based which restricted it to deduct results from previously done studies and not conduct the present study.
- Qualitative and quantitative aspects were missing in this study which lacked both objective and subjective views of participants.
- No participants were directly selected or involved in this research.
- Proposal neglected the problems faced by staff of old age homes and their physical and mental health constraints.

This ABCD analysis explained the positive and negative points of this proposal.

12. SUGGESTIONS TO IMPLEMENT RESEARCH ACTIVITIES ACCORDING TO THE PROPOSAL :

The population of this study is the elderly inmates living in old age homes in Kottayam District. Primary Data will be collected from the true representation of the population. Primary data will be collected using interview schedule and the collected data will be tabulated, coded and analysed using SPSS. The statistical tools will be selected as per the appropriateness of the objectives of the study. The information will be interpreted using descriptive statistics. The findings of the study will be presented using tables and graphs. Recommendations will be made in consideration with the future trends in the geriatric care facilities for old age homes.

13. DISCUSSION :

The ageing society's changing demographics have made the quality of life (QOL) of the elderly a crucial problem. [89]. There are signs that elderly adults have distinct worries about QOL than the general public [90]. Caregivers in India are still learning the fundamentals of senior care, and there is little knowledge of the unique requirements of the elderly (physical, mental health, psychological, & social support [91]. Additionally, there are differences between older people who reside in nursing facilities and those who live in the general community [92].

To reduce the gap between old age housing institutions, the family, and other community members, it is vital to raise age awareness among the general public and among medical professionals, as well as to improve the elderly's access to high-quality healthcare [93]. Health education should stress and raise understanding among medical professionals and the general public that mental diseases like depression and dementia are real illnesses, not just unavoidable side effects of ageing [94-95]. Working with the elderly should be a must for health practitioners. Numerous actions can be taken to increase health and lifespan, lower the risk of physical and mental incapacity as one ages, and promote longevity [96]. The final stage of life should inspire hope among psychotherapists [97]. They should firmly believe that older people hold a suitable place in society and they should have a wealth of information from their years of experience that will help them adapt [98, 99].

14. CONCLUSION :

If a simple step is done from the beginning of old age to enhance one's quality of life, one can age gracefully and enjoy old age in the best possible health. When older people in excellent health offer their expertise and wisdom, the saying "old is gold" is accurate. They experience good health as well as a great deal of happiness and pleasure from their own and their loved ones' successes. While it is impossible to completely prevent the illnesses and impairments that come with aging, appropriate measures can be taken to slow this process down, extending the elderly's time in good health and maintaining their quality of life. Older people's wellbeing is significantly impacted by feeling excluded from the family. [100]. As people age, their living situation, financial situation, and general health will change. At the primary level and via treatments beginning at the elementary school, the traditional roles of honoring and caring for seniors should be emphasized. The older people should contribute their experience and knowledge to society. Elderly people should have legal protection from exploitation and harassment. Elderly programs in other nations that have been effective should be evaluated by policymakers and then adopted to suit local circumstances and financial feasibility. In order to provide for their demands of limited mobility and safety considerations, separate processing systems for the aged should be established. The environmental health of senior residents in old age homes can be improved by adjusting and regulating environmental elements to increase its efficiency. Activities for

both social and physical interaction will enhance seniors' quality of life in nursing homes and make them feel better about themselves. The majority of human issues nowadays are connected to fundamental need and extravagant desires [101]. It's crucial to inform family members about the aging process, especially the younger ones, about their responsibility for supporting their elderly loved ones physically, emotionally, and ecologically. To safeguard inhabitants, the Indian government must enhance its old age home regulations. To guarantee that every senior living facility is answerable to the State, a new legislative framework is necessary [102]. Mental health experts may participate in the planning and delivery of efficient therapy treatments in a clinical setting. A psychosocial educational intervention will be developed based on the findings of the current study to enhance the quality of life for the elderly. Results from the current review study may be useful in putting a senior rehabilitation institution into action.

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