Exploring Socio-Cultural Perspectives and Experiences of Elderly: A Case Study of Baghban Old Home, Rawalpindi

Abstract[1]

Modernization has transformed Pakistani culture into a new age, with a series of shifts in society and the family system that have generated imbalances in family ties. People are becoming more and more interested in achievement, forgetting the traditions and values of their traditional societies. This research reflects on how Pakistani culture has evolved concerning the socio-cultural patterns and experiences of the elderly as part of the Pakistani population. To carry out this research, the researcher has used an ethnographic approach, selecting Baghban Old Age Home, Rawalpindi. Purposive sampling technique was used based on the availability of the respondents. In- depth interviews were conducted to extract a variety of ideas and beliefs regarding the issues of the elderly. From the interviews, it was concluded that the rate of adopting modernization trends towards change in family structure has been adopted by Pakistani society. The living of the elderly with a family that does not care about them is difficult, although people living in the old home have been there for a variety of reasons. Some people were not comfortable with the idea of residing in an old home, since some people lived there for a while and some people were there permanently because that was the only place they had to live.
Keywords: Elderly, Old Age Home, Modernization, Nuclear Family

INTRODUCTION

Human life consists of numerous experiences out of which the perceptions related to growing age are significant. These changes are perceived differently across different cultures. Treatment towards old age people varies in different situations as well as across cultures. In some cultures, sending the elderly to old homes is not favored under any circumstances. In Pakistan, many people have not yet embraced the idea of an old home. There are still very few people in Pakistan who send their elders to old age homes, but many still do not neglect their elders (May, 2012). On the other hand, perceptions related to old homes in the United States are different. When an older person hits the age of 60, he is taken to the old age home where all his needs are met and the society accepts the phenomenon of old homes (Nkosi & Ncama, 2012). This study aims to explore the socio-cultural factors due to which the old people leave Research Assistant, Department of Anthropology, Quaid-e-Azam University, Islamabad

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their households and take shelter in an old home. The current study has been carried out at Baghban Old Age Home, Rawalpindi and the experiences of residents residing in this old home have been explored in detail. Pakistan, as a developing country is facing many challenges, among them; the process of a demographic transition is of great concern. The main concern is the ratio of the elderly to the overall population, which is increasing day by day. Due to this the idea of old homes was taken up in Pakistani culture. Earlier, people used to have a lot of respect for their elders, and old homes were not accepted, but it is now becoming an acceptable phenomenon in Pakistani culture. The modernization phase in Pakistani society led people to perceive the idea of old homes and send their elders there. This is also evident by the fact that in 2006, there were only three old age homes in Karachi but in 2018 the official number has gone up to 8 old homes. People hold firm to the belief that 'abandoning' an elder is contradictory to social and religious values in Pakistan, and there is no arguing that there are advantages to living with the elderly in a constantly shifting society and its priorities (Qidwai et al., 2020).

Contrary to this, the rural society of America such as found in colonial times families cared for their loved ones at home till death took them. In the latter half of the 1800's because of an increasingly urban society, many urban families were often unable to care for loved ones due to a lack of space or because all family members including children were employed (Decker, 1999). The acceptance of old homes varies in other countries where health and social care for the elderly is an important part of welfare policies. They accept the presence of old homes in their states and people feel good to admit their elders to old homes for the purpose of good care which they cannot provide them. Although the acceptance of old homes was a common phenomenon in the United States, some families do not abandon their loved ones by placing them in a home.

Most societies are going through the modernization phase which brings a lot of changes in the structure of various societies. Modernization is an encompassing mechanism of major social transition that once set in motion, appears to transcend all aspects of society, from economic development to social life, in a self-reinforcing process. Pakistan has undergone a major shift in the structure of Pakistani culture, in the form of social transition, family transition, and transition of socio-cultural patterns (Qidwai et al., 2018). Modernization has affected Pakistani culture in such a way that the aged are faced with demanding attitudes from society since changes in the family system have influenced many factors of elderly life like the exponential development of industrialization and urbanization, the rationalization of social life and the emergence of a rational perspective in all walks of life. Modernization results in the change of family climate which ultimately influences the life and health of the elderly. Elderly people still need the right atmosphere and tend to have a quiet life. The history of each family however is distinct, making the connection of the elderly to their family members different. If their family does not treat them well, the elderly experience loneliness in their own home.

People consider their elders as a burden on them and do not want bear their responsibility. The financial condition and often an individual's family do not encourage him to carry the responsibility of the elderly. There are benefits and drawbacks to the environment of every family making the members of the family anxious or depressed. When a person is living in a

healthy and supportive environment, he feels comfortable. His devo, tion to his family grows stronger. His loyalty to his family is secure, but he is not happy when anyone places him in a hostile environment that is away from their own family and this has a profound impact on the life of an individual. When individuals position the elderly in a positive or negative home setting, their behavior varies depending on the environment. Such environmental concerns, which mostly impact their mental state, significantly affect their wellbeing. The problem with Pakistan's family system, which has been modified, was switching to a nuclear family structure, which has left many of their elders isolated. People are going from rural areas to urban areas, and their parents do not want to leave their ancestors' places, because they feel a deep connection to their mother's places (Kitsuse & Spector, 1973). People abandon their parents in rural areas to go on to urban life, and when their parents leave their hometown to come with them, they have little time to devote to their parents so that they can take their parents to nursing homes.

Elderly people need social and mental support to be secure and satisfaction is perceived to be an essential feature of the consistency of service. When older people live in a society, they are part of that society. They still choose to live together not only with each other but they want people never to leave them alone. They want their family, their siblings, their spouse, and others not to abandon them in this last part of their lives (Mills, 2010). Some elders cannot leave the house because of their disabilities, and their own family leaves them behind. Some people feel sad when they go out as they have no friends and family members in the outside world. Friends are called emotional assets and are considered a significant source of support because they offer emotional support through an exchange of advice. Elderly people are hesitant to reveal mistreatment because there is no proper way to express it. They are powerless in this respect since there is no other cause of dependency. Older people do not have a stable means of survival and aid and are mostly counting the days of their lives. This may further lead to geriatric depression and anxiety, which may impact the quality of older people's lives. According to Yasir (2012), this crucial problem requires the attention of people living in society and the government to improve the quality of life of the elderly. Cowgills and Holmes' theory of "Ageing Modernization Theory' is applicable to this study. Modernization is the growth process of every nation or state and according to them the status of the elderly is seriously influenced by a rise in the modern phase (Rhoads Ellen, 2008). The primary assumption of this hypothesis is to establish the causes that put the old or aged people at risk. These considerations include the advancement of new technology, education, and urbanization. On the other hand, the production of new technology involves socio-economic dimensions that are characterized as an economic activity influenced by social processes. In general, it analyzes how communities are progressing or reforming because of their local or regional economy or the global economy, and urbanization refers to the rising number of people living in urban areas. These factors impact the role and ways in which the elderly have access to social status, and factors that influence the growing pace of modernization, which increasingly affects the status of the elderly.

The key purpose of this research is to examine socio-cultural forces that cause elderly people to live in old homes and the services that old homes have for them. This study examines that society has embraced modernization that has led to a lack of traditions and a lack of ties with

its elders to live in old homes. Fast-moving nations have selected the best ways to make metropolitan environments more urban, so they have embraced a nuclear family system; to sustain their country's growth process at an accelerated pace.

Significance of the Study
Like other cultures, Pakistani culture has modified much of its systems. One of the essential structures was the shift in the structure of the family. The transformation of Pakistani culture has set great challenges for the elderly and with the rise in the proportion of the elderly, the problems have been rising. The present study would help to explain the views of common people living in Pakistani society, in particular the attitude of the elderly towards modernization and the phenomenon of sending the elderly to old homes. It would also be very important to consider the behavioral shifts of people towards the elderly in contemporary culture. It will represent the views of the elderly and help to understand the causes behind these patterns that are becoming part of Pakistani culture. This study will also address the challenges that elderly people face when living with relatives and improving the dynamics of their families. This research seeks to explain certain family problems in the life of the elderly and will try to explain the perspective of the elderly when living in an aged home and the services given to the elderly by the homes.

RESEARCH METHODOLOGY

This section comprises methods used during this research to encompass all salient details and hold the locale and sample of the research. This research aims to explore the factors that led the elderly to live in old homes and examine the experiences of the elderly regarding the facilities in Baghban Old Age Home. In this research, an ethnographic method was used since qualitative research's power revolves around the capacity to provide intricate textual descriptions and explanations of how people experience or examine the respective research issue (Streefkerk, 2019). It helps to fulfill the requirement of accurate information. The techniques used in this research were; participant observation and in-depth interviews. Participant observation is the process that enables the researcher to learn about the activities of the people that are part of any ethnographic research in the natural setting through participating and observing those activities. According to Boyce, an in-depth interview is the technique used by researchers to gain information for a holistic approach to the condition or problem researched. (Boyce & Ma, 2006). A purposive sampling technique was used in this research.

The researcher's main purpose is to explore the views of participants regarding their experiences and facilities in Baghban old home. It helps in understanding different behaviors and activities along with the culture in which they were performed. The very first step while doing ethnographic research is the process of rapport building. The researcher has to build a strong trust of the participants by participating in different activities that they believe in so strongly. Participant observation is a major tool in ethnographic research. In-depth interviews help to obtain detailed and accurate information, and enables the researcher to gain knowledge from the participants. This technique was chosen as it is the most accurate method to understand people's perspectives and meanings towards the social trends of shifting elderly

in old homes and exploring the experiences of the elderly in old homes. Also, the interviews that were taken were unstructured and contained the questions that did not exist in the interview guide so that participants trust the researcher and easily share their experiences etc.

The researcher had made an informed consent in which the researcher introduced herself and told the participants about her research and the purpose of conducting it. The researcher conducted the interviews in Urdu but was not allowed to record the interviews. Each interview was taken in sixty to ninety minutes. After all the data was found, the researcher sorted it out and made themes out of it. The analysis of this study is a thematic analysis as it contains all the themes. The researcher closely examines the data to identify all common ideas, topics, and themes that help analyze the data. Pseudonyms were used while analyzing data as per the confidentiality of the participants. Along with this technique, secondary sources were also used, including articles, books, blog writings, journals, and editorials.

Population, Sampling Techniques, and Sample

To collect reliable information/data for this research, women and men respondents were selected from Baghban Old Home. Out of 17, the researcher selected a total of 16 respondents, which allowed the researcher to gain accurate information, perception, and meaning. The respondents' size was selected as 16 because there was a total of 17 residents who were living in Baghban nursing home but only 16 were able to participate with the researcher.

A purposive sampling technique was used, whereby the researcher selects the necessary candidates for their studies (Etikan, Musa, & Alkassim, 2016).

Sample Profile

Gender	Male	14
	Female	2
Age	46-54	4
	55-64	6
	65-74	2
	75-84	4
	85-94	1
	Married Single Widowed	12
Marital Status	Divorced	2
		1
		2

Area Profile

The first old age home in Pakistan was established in 1975 named "Afiat" in Lahore. Later, five more Old Age Homes were found in the districts of Multan, Rawalpindi, Narowal, Sahiwal, and Toba Tak Singh. These homes provide quality services, including shelter, food, health care, and recreational facilities to old and infirm persons of the society. All such

Institutions can accommodate a total of 300 senior and infirm persons (50 residents per institution) at a time. Baghban Old Age Home is one of them, which is located in Rawalpindi and was established in the year 2010. This old home consists of a two-floor building. The whole building is in the service of older people. The upper floor contains three rooms, in which two used for staff purposes and one for the residents, which hold three beds and one bathroom. On the other hand, the ground floor contains four bedrooms. One of them is used for the staff while the other was for Baghban Old Home residents.
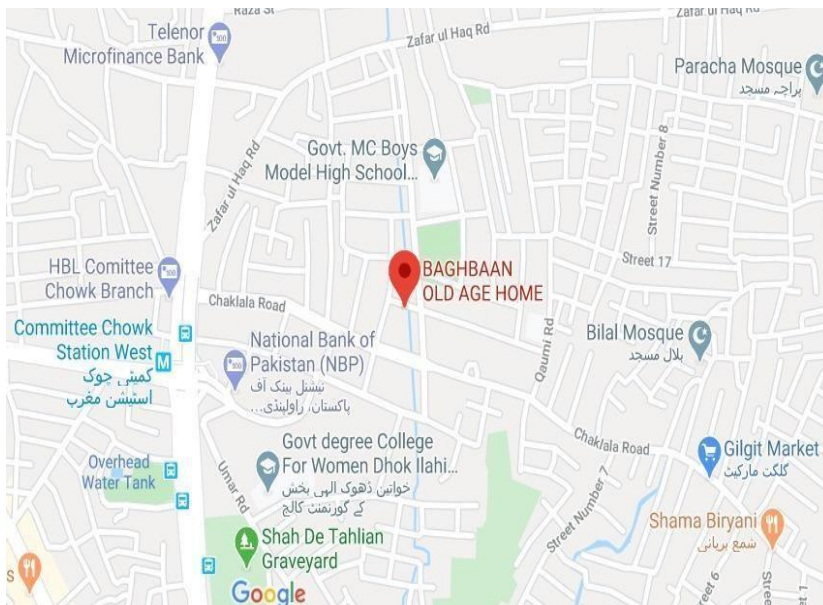

Figure 1
Geographical Location of Baghban Old Age Home

Admission Procedure

Admission procedure includes:
- The family of senior citizens forwards a simple application to the In-charge of the nursing home carrying a solid reason for admission in 'Baghban Old Age Home.'
- The aging persons belong to a family who doesn't want to leave their homes, or their children don't want to stay with them due to some rift.
- At the time of admission, the individuals are medically examined to record his/ her physical health.

Eligibility Criteria

The eligibility criteria for admission was as follows:
- Senior citizens (both male and female) who are above 60 years of age are eligible for admission

- These individuals should be in good health and should not contain any severe or contagious disease. Too sick, insane, and disabled, infirm people, are not admitted.
- Priority is given to incredibly vulnerable individuals who are incredibly weak and do not have any family or children or have no means of income.

RESULTS & DISCUSSIONS

This section explores all the key findings of this study. The researcher found that people often come and go in old homes, and the children leave them there. But the reason to come to Old Age Home was the transformation of Pakistani society into modern society. That transformation was analyzed in the structure of family due to which many factors that play a role in decision making, such as poverty were influenced by such transformation. The effect of transformation was directly attached to many factors of elderly life: they could not make decisions, could not gain respect either from their own family, or were subject to abuse. It has been analyzed that elderly life is problematic: every person wants to change his lifestyle. They feel their elders are a burden on them. Due to such changes in Pakistan's society, the elderly were facing many difficulties in living with their own families. People just admit their elders in the old home as they do not have time for their elders. While on the other hand, elders need the attention of their family towards them. Male and female elders have to face difficulties. When they reached old age, they were dependent on their children because most of them were single parents to their children. They do not have their partner to take good care of their husband or wife and when their children leave them, they face financial crises that force them to stay at the children's home.

Migration of Families from Rural to Urban
Migration is a universal phenomenon that led people to move from rural areas to urban areas, and from developing countries to developed countries, from one city to another. They move to societies with better-off economic conditions to enhance their economic and social needs and to improve their lifestyle (Imran et al, 2013). Insufficient, inappropriate educational, health, recreational facilities, poor infrastructure, and limited economic opportunities in rural areas led people to move from rural to urban life. With increasing migration from rural to urban areas, multi-dimensional problems such as overpopulation, family structure, family environments, family behaviors, and family relationships are changing.

With half of the world's population now living in cities, the process of urbanization is driving human civilization and has been the key driver of prosperity in the past centuries, although, many new migrants living in the city find that their aspirations take years or even decades to materialize and get a better life. Worldwide, as in Pakistan, new rural-to-urban migrants often live in squalid transient settlements with limited opportunities and poor living conditions. They chose such chances to overcome worse poverty and lack of opportunity as they were facing a tough life (Khan et al., 2016). Cities offer potentially higher incomes and better lifestyles to the people that live in rural areas due to which they had to move towards city life and adopt that lifestyle fully.

Migration from rural areas resulted in the growth of more nuclear families in towns and cities. This affected the care of the elderly. Industrialization, urbanization, and exposure to western lifestyles bring changes in values and lifestyles (Kordia & Meena, 2013). Higher costs of bringing up and educating children and pressures for the gratification of their desires affect the share of income for parents' care. 88 year old Mr.Akram said;

”میرے گاؤں میں میرے اپنے گھر تھے. میں وہاں اپنے گھر والوں کے ساتھ رہتا تھا. لیکن میرے بچوں کی شادیاں ہونے کے بعد وہ لوگ وہاں سے ہجرت کر کے پنڈی آ گئے. جب وہ ہجرت کر کے گئے تو میں ان کے ساتھ نہیں تھا۔ کچھ سال بعد میرے گھر اس حالت میں نہیں رہے کے میں ان میں رہ سکتا اور میرے پاس کوئی اور جگہ بھی نہ تھی رہنے کو تو میں اپنے بیٹوں کے پاس آ گیا۔ میرے دونوں بیٹوں نے مجھے اپنے ساتھ نہ رکھا۔ ان کے خیال میں ان کی اپنی ایک فیملی تھی اور مہنگائی اتنی زیادہ تھی کے وہ میرا خیال نہیں رکھ سکتے تھے۔ پھر میں اپنی سالی کے پاس چال گیا جس نے مجھے یہاں چھوڑ دیا۔“

"I have my house in my hometown. I lived there with my family. But after marriage, my children migrate towards Rawalpindi. When they migrated, I was not with them. After some years, my house was not in good condition to live in. I had no other place to live, and I came here to my sons. Both of them refused to take me with them. They said; they had a family, and expenses were too much that they did not care for me. Then I lived with my sister-in-law, who brought me here."

The sub-theme "Migration of Families from Rural to Urban" explores that migration happens because people move to cities searching for better opportunities and then stay there. They leave their family and the elderly behind there in rural areas but some of the elderly do not want to leave their motherland at any cost, which lets their family go to the rural areas and move towards cities.

Change in Family Structure

Family is equally important in later life as during childhood. Family is an important support group that creates joy and a sense of belongingness through shared time and an expression of love and affection, especially during old age. Families play a substantial role in the support and care of their elderly, and this central role in taking care of the elderly contributes to their mental and physical health. The family also assists, such as financial support or help throughout their life. The quality of family relationships is established in the early years like marriage and parenthood and carried over later years (Moral-Fernández et al., 2018). The traditional family leads the full form of strength, belongingness, and share responsibilities between different family members. The family has a vital role in all phases of life.

However, in the contemporary society of Pakistan, the trend has changed and old homes were considered a better place for the elderly to live in. The social, economic, and technological changes transformed values and traditions; and replaced those values with new ones; all such social, economic, or technological changes affect the care-giving of the elderly in a family. Although most families tend to look after their elderly in their own homes, some reasons such as lack of adequate supporting systems and resources for home care, as well as increasing care needs of the elderly, have made the families confront troubles taking care of their elderly parents at home. Therefore, families send the elderly to nursing homes for their excellent care.

The elderly need a family environment to live in after they spend their life serving their families. They need every family member's attention towards them, but the modern world is transforming so fast that no one needs a joint family system. Everyone needs a small family and little responsibility towards the whole family because no one in contemporary society needs a huge family to burden all of them. People forget the love and respect for elders and other family members. They get so busy that they do not want any interference from the elderly in their lives. Pakistan is one of the countries that are culturally rich and where people still follow their norms, values, and belief systems. Some people do not want their parents to live in a nursing home for a single day, but they do not have options not to do so. People need good care of their parents and the best for their parents. Although they want the elderly to live with them, the nature of their jobs does not allow them to take good care of them. As 79 years old Asghar stated that;

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”میرے پاس اس کے علاوہ کوئی اور جگہ نہیں تھی جہاں میں رہ سکتا۔ میرے بیٹے کے ساتھ میرا کوئی مسئلہ نہیں تھا۔ لیکن میرے ایکسیڈنٹ کے بعد سے مجھے چوبیس گھنٹے کی دیکھ بھال کی ضرورت تھی اور میرے بیٹے کو اپنی نوکری پر بھی جانا ہوتا تھا اس لیے اچھی دیکھ بھال کے لیے اور اچھا وقت گزارنے کے لئے میں یہاں آگیا کیونکہ میرے گھر پر میری دیکھ بھال کرنے والا اور کوئی نہیں تھا۔“

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"I do not have any other option than that of this old age home. The problem is not that my son could not want me to live with him, but after my truck accident, I need 24 hours care, and my son has to run for his job. That is why I am here for good care and for spending time with others. I do not have any other person in my family who took care of me."

Socialization of Elderly in Baghban Old Home
Historically, Pakistani society is a joint family system. The older person of the family was the one who earns for his family and is the only head of the family. He/she performs jobs to run his/her family. The elderly were considered an inspiration for the whole family and guided his family properly. With the transformation in family structure, the trend changed and life became so stressful that no one can take care of the older person of his family (Kaluthantiri,

2014). The elderly always expect that the family should look after them in their old age. But now families have left their elders alone and moved on. With the establishment of old homes, many people just put off the burden of their elders quickly. They send the elderly to old homes to spend a life which will not be that stressful. Family structures have changed, automatically taking away children from older people. The concept of individualism was so easily adaptive to every society that no one wants to live in the same family as a joint family. The theoretical perspective of this study elaborates that people prefer individualism in this fast-moving world. No one wants to take the burden of the whole family on his shoulders. Everyone moves on from rural to urban areas for the betterment of their life. No one was now dependent on others to fulfill their needs. Every person moved towards a better lifestyle, which was different from the lifestyle of their parents. These circumstances made the elderly feel alone, whether living with their family or with someone else. People have a better choice to send the elderly towards the old home. They make their elders realize that old houses are the best place to live. As 68 years old Younas said;

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”میر ابھائی مجھے کھانا نہیں دیتا تھا اینڈ ہمیشہ مجھ سے لڑتا رہتا تھا پھر مجھے اس ادارے کے بارے میں پتا چلا اور میں یہاں آگیا کیونکہ یہ جگہ میرے لیے بالکل ویسی تھی جدھر میں زندگی گزار سکتا تھا. یہاں مجھے ہر چیز مل جاتی ہے اور اب تو میرے بہت سے دوست بھی بن گے ہیں۔“

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"My brother does not give me food to eat and always fights with me then I came to know about this old home and I moved on there because this place is perfect for me to live. I had all things available here and now I had friends here."

Many families left their elderly because they do not want to take responsibility for them. But some elders came here by choice because they feel more and more alone in their childhood house. When families do not give them much time and facilities, the elderly decide to live and spend time with their peers. This is how they could feel better and spend their life between people who at least sit and talk to them.

Social Activities

There were no social activities in the old home. The elderly perform activities like watching television, listening to the radio, and reading newspapers. Not all of them were interested in doing such activities. But the fact is that the old home did not arrange any type of physical games or even non-physical games. The researcher found that the elderly living in the old house were mostly those fighting with disorders, and some were only limited to their beds. This is one of the reasons that the old home did not arrange any games there. As Akram said;

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”جب مجھے ہندوستان سے یہاں لایا گیا تھا میں نے اس وقت کے بعد سے کھیلنا چھوڑ دیا تھا. وہ وقت اور یہ وقت مجھے کوئی بھی کھیل پسند نہیں رہا۔“

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"When I was brought here from India, I left playing games. From
that time till now, I do not like any game."

Other than that, the elderly were free to perform religious activities. Arrangements were made for the elderly to conduct religious services. But they were not forced to perform religious activities. The one who wants to accomplish is free in their choices. Not only that, but the old home also celebrates special days like Shab-e-Barat, Eid Milad-un-Nabi, Ramzan events like Seher and Iftar, Eid-ul-Fitr, and Eid-ul-Adha. The family celebrated these special days. They were provided with sweets, fruits, and they all got together for dua. As Hussain said;

"ہم یہاں پر سب طرح کے اسلامی دن مناتے ہیں۔ ہم سب نیچے کے کمرے میں جمع ہو جاتے ہیں
اور پھر اللہ سے اپنے لیے توبہ کرتے ہیں کے وہ ہمیں معاف کر دے۔"

"We celebrate special religious days over here, we all get together
in the basement room, and pray to Allah Almighty for forgiving all of
us."

Not only this, the elderly are provided with new clothes on Eid and all necessities which they require. Donations of money, blankets, clothes, sweets, and shoes were received from the Pakistani community and abroad, but this old home is also based on funds, and the owner runs this old home by getting funds from different groups and individuals.

CONCLUSION

The result of this study demonstrates that the life of the elderly is not as easy as it could have been. In Pakistani society, the era of modernization is such an adoptive idea that no one can run out of this phase. Every single person wants a better opportunity and a better lifestyle to live a healthy life. The findings of this study result that Pakistani society is just moving with the wind of modernization. That means they shift their society from joint to nuclear family structures. It has been explored in the study that the residents of Baghban's old age home have sad and harsh family backgrounds. Most of them were living in the old house because life had no other choices for them. They were left there by their own families and therefore lived here with a heavy heart with the hot and cold memories of their past life, reflecting their presence in different ways. The present study explores the experiences of the elderly regarding the facilities and the services that are a part of elderly life while living in the old home. Another factor that has been explored was that the caregivers take personal care of the patients and are involved in decision-making relating to caring services, which include: taking care of incontinence, bathing, and transferring from bed to a seat for the elderly in their care. Family and relatives of the residents are the critical support for older people. Unfortunately, not all the elderly were visited by their family and friends. Residents with limited disabilities are assisted with primary physical care, but not all are happy. Most of the study responses indicated that residents had a positive perception of the staff positively in terms of care and support received from caregivers concerning the activities of daily living. It has been explored that those (elderly) who are still actively taking part in light tasks like

making their beds, ironing their dresses, and sometimes washing them and cleaning their lockers. All such things made them active and made them busy in their present life to forget the life mishaps that happened to them in their old age.

Limitations of the Study

The limitations of this study could be linked to the number of participants involved in research work. It includes the respondents, their health conditions, the staff supervisor, approval of taking photographs, and recordings. The very first limitation was interacting with the elderly residing in Baghban's old home. Their staff supervisor does not allow them to tell me about their past. Some respondents are even ready to share their life history with the researcher. Still, the staff supervisor does not allow it and comes again and again to the rooms where the researcher and the respondents were sitting. The supervisor's behavior does not make a good and comfortable environment for both the researcher and the respondent. But later on, with the daily visit and interaction between the researcher and respondents, they started interacting in a better way. The second limitation was the period and approval of recording interviews and taking photographs. The head of Baghban Old Age Home was good but did not allow the researcher to record the interviews and take pictures of the respondents. The researcher has to write all the information and observations during the interview, which is a difficult task as they start getting irritated if the question is repeated. The third and last limitation of this study was the behavior of the respondents who were mentally ill. A few of them had psychological issues, which are reflected in their conversation with the researcher. One of them has strong superstitious beliefs due to which the respondent distracted him and the researcher during the interview.

Implications of the Study

The findings of the present study from the analysis respond to the study's research questions and help achieve its goals, which are to identify the socio-economic trends and experiences of the elderly in a nursing home. These findings have several significant implications for the students who need to know the current scenario of old houses and how they provide services to the elderly, and also the experiences of elderly residing in the nursing home. An essential thing in this study is that it is limited in scope to Pakistani society, since there have not been many anthropological research studies for students who wanted to know the ground realities of elderly life and the increased ratio of nursing homes in Pakistan, where the elderly had a significant role in every family structure. This study is an in-depth analysis of the research conducted in Baghban Old Age Home, which will help research students to understand the changes in Pakistani society regarding the elderly people in a family.

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