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To explore type of houses occupied by elderly with their families

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Abstract

Maximum number of male (86.00%) and female (84.00%) owned their houses while 10.00 per cent of male and 12.00 per cent of female were living in rented houses and 4.00 per cent of male and female respondents each reported that they lived in leased houses. Most of the male (36%) and female (32%) were located away from the park, temple, and school, while good percent i.e., 36.00 were living near the temple. The length of occupancy of the present house was categorized into three groups & in which maximum number of male (42.00%) and female (46.00%) respondent's belonged to the category of less than 10 and more 20 years respectively. A sample of fifty male and female elderly population each aged 60 years and above residing in Dharwad city were selected. Thus, 100 households were visited to select the total sample of 100 respondents, to observe and to collect the data on type of housing, location of house, housing tenure, types of room and facilities, flooring used, storage details in the living room, bedroom, kitchen and bathroom. Self structured questionnaire was administered for the collection of data. Although many elderly population both male and female have expressed many problems related to the house and to their bedrooms their comfortable living. However these are solved by providing additional facilities which are suitable for old age for comfortable living.

Keywords: Housing tenure, flooring quality, wall finishes, length of occupancy, types of rooms

Introduction

Most dwellings are not "Senior-friendly" or barrier-free, and that those dwellings are often designed without considering even the basic requirements of elderly residents, resulting in their exclusion from everyday life. Most accidents occur in the home, but good building design can help to achieve a much safer place and heal their living environment. The location of a house, construction methods, materials, finishes, appliances and maintenance all influence home safety. Incremental improvements to occupant health and safety can be achieved at every stage of the building design and construction process. The exchange between indoor and outdoor air profoundly affects contaminant levels in a dwelling. The concentration of pollutants depends upon rates of production and removal, the source, and their dilution by ventilation. Healthy indoor environment with adequate fresh air ventilation were also proposed as a way to manage mite sensitive asthma.

Taking into account the increased longevity of human life, it is certain that the home environment issue will affect the elderly people more and its implications are nationwide. A home may generally be divided into a number discrete areas which include bedroom, kitchen, living room, bathroom and others. Each area has special functioning work task, and it is thus, necessary to design functional areas which do not impede the profile of an ageing user. Most of us regard homes as a safe place, but accidents often occur in and around the home. The houses need to be designed to promote familiarity and orientation with the environment. An ergonomic approach and gerontechnology would improve the relationship between the ageing issues and the home environment. Planning an effective supportive environment requires consideration of several architectural elements and living areas. Safety and usability must be considered in planning an effective support environment. All floors should minimize environmental hazards such as slippery surfaces, changes of levels, and broken tiles. Flooring should be composed of non slip surfaces, and should be level, with no protruding seams, cracks or joints. Area rugs should be eliminated to prevent accidents caused by slipping. Windows should be easy to operate depicted in plate 1. The sill should be 30 – 36 inches from the floor so the window can be pushed or pulled open and closed comfortably. Light weight draperies attached with rings that slide along a rod, or roll-up window shades with long cords,

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are an appropriate selection for older adults. Wall plugs and telephone plugs should be at 18 inches off the floor, thereby limiting the need to bend over to reach the outlets (Valins, 1988).

Objective

1. To study housing background of selected retired people.
2. Availability of different units of houses & interior features of the houses.

Research Methodology

A sample of fifty male and female elderly population each aged 60 years and above residing in Dharwad city were selected. Thus, 100 households were visited to select the total sample of 100 respondents, to observe and to collect the data on type of housing, location of house, housing tenure, types of room and facilities, types of flooring, storage details in the living room, bedroom, kitchen and bathroom. Self structured questionnaire was administered for the collection of data.

Research findings and discussions

The results of the present study as well as relevant discussions have been presented under following sub heads.

Housing background of the elderly people Availability of different units with interior features in the house

Table 1 indicates the housing background of the respondents. This includes type of housing, housing tenure, location of house and length of occupancy in the present house. Eighty eight per cent of male respondents and 82.00 per cent of female respondents lived in independent houses and this was followed by 4.00 per cent of them lived in apartments, twin houses and upstairs house. Twelve per cent of female lived in twin houses and remaining respondents lived in apartment (4.00%) and upstairs' house (2.00%).

Maximum number of male (86.00%) and female (84.00%) owned their houses while 10.00 per cent of male and 12.00 per cent of female were living in rented houses and 4.00 per cent of male and female respondents each reported that they lived in leased houses.

Thirty six per cent houses of male respondents and female (32.00%) were not located away from the park, temple, school and market while 26.00 per cent of male retired people and 36.00 per cent of their counterpart were living near the park. Location of house of 24.00 per cent, 10.00 per cent and 4.00 per cent of men respondents was near the temple, school and market respectively. When compared to female who lived near the school (12.00%) and near market (8.00%).

Table 1: Housing Background of the selected retired people of Dharwad N=100

Particulars	Respondents		Total percentage
	Male (n=50)	Female (n=50)	
Type of Housing			
Independent	44 (88.00)	41 (82.00)	85
Apartment / Flat	02 (04.00)	02 (04.00)	04
Twin house	02 (04.00)	06 (12.00)	08
Upstairs	02 (04.00)	01 (02.00)	03
Housing Tenure			
Owned – self /children/spouse/ relatives	43 (86.00)	42 (84.00)	85
Rented	05 (10.00)	06 (12.00)	11
Leased	02 (04.00)	02 (04.00)	04
Location of House			
Near the Park	13 (26.00)	06 (12.00)	19
Near the temple	12 (24.00)	18 (36.00)	30
Near the School	05 (10.00)	06 (12.00)	11
Near the Market	02 (04.00)	04 (08.00)	06
Away from places mention above	18 (36.00)	16 (32.00)	34
Length of Occupancy of the House			
< 10 years	21 (42.00)	17 (34.00)	38
10 – 20 years	20 (40.00)	10 (20.00)	30
> 20 years	09 (18.00)	23 (46.00)	32

Note: Figures in the parentheses indicate percentage.

The length of occupancy of the present house was categorized into three groups and in which maximum number of male (42.00%) and female (46.00%) respondents belonged to the category of less than 10 and more than 20 years respectively. Remaining percentage viz., 40.00 and 18.00 per cent of men belonged to the category of 10-20 years of duration and 34.00 per cent and 20.00 per cent of elderly women lived in their houses below 10 and between 10-20 years respectively.

Table 2 and 3 indicate the availability of separate or multipurpose rooms such as verandah, separate living, dining, bed room and kitchen, living cum dining and other interior features.

Verandah

Out of total sample of 100 selected respondents house, 73.00 per cent of houses had verandah and it was found to be big

(>82.03 sq. ft. size) for 32.00 per cent and medium size (38.52 to 82.03 sq. ft. size) for 30.00 per cent of the respondents. The mean size of verandah was found to be 60.28 sq. ft.

With regard to the type of flooring (table-3) in verandah, higher percentage (32.87%) had ceramic tiles followed by redoxide (24.65%) and cement flooring (21.91%). Since flooring was of ceramic tile and redoxide, quality was of slippery to a greater extent (79.45%).

With regard to the wall finishes in this room, higher percentage (34.24%) used distemper followed by oil paint (28.76%) and in storage provision, higher percentage (70.00%) had built in open shelves and cupboards and movable shelves were present in few houses. Thus only 73 per cent of the population had verandah. Out of 73 sample only 60 per cent of them had different storage units.

Living room

Majority (82.00%) of the houses of elderly had separate living room and living cum dining was reported by few (18.00%). As per 41.00 per cent of the respondents separate living room, was found to be big in size i.e. 174.66 sq. ft. the remaining 50.00 per cent of them had medium (23.00%) and small (18.00%) i.e. 100-174.66 sq. ft. and less than 100.27 sq. ft. size in living room. However, 137.47 sq. ft. was the mean size of the living room & living cum dining room was 131.28 sq. ft.

The types of flooring (table 3) in this room of house was ceramic tiles for a higher percentage (56.00%) followed by marble (14.00%) and cement flooring and mosaic (07.00% each) and it was slippery for 67.00 per cent the respondents.

With regard to the wall finishes applied to the walls of living room it was found to be distemper (70.00%) followed by oil paint (14.00%) and in storage provision higher percentage (38.29%) had movable display unit followed by built in shelve (34.04%) and cupboards (27.65%) in the living room. Very few houses (06.00%) did not had any storage units in their living room.

Dining room

Out of total sample of 100 households, 46.00 per cent of houses had separate dining room and it was found to be big (>94.15 sq. ft.) for 40.00 per cent and medium (31.82 to 94.15 sq. ft.) size for only 06.00 per cent of the respondents. The mean size of respondent's dining room was recorded as 62.99 sq. ft.

Bed room

Cent per cent of the houses of elderly had single bedroom and two and three bedrooms were reported by 70.00 and 29.00 per cent respectively. As per 60.00 per cent of the respondents their single bedroom was found to be big in size i.e. more than 140.44 sq. ft. while 31.00 per cent reported medium (74.144.77 sq.ft.) and small size (less than 74.67 sq. ft.)

Good percentage of the selected houses of senior citizens had two bedrooms (70.00%). However these two bedrooms were of medium (36.00% and 69.15-133 sq. ft.) and big (33.00% more than 133.40. Very few houses (29.00%) had 3 bedroom facility and it was big in size i.e. more than 144.17 sq. ft.

The mean size of single bedroom was 107.56 sq. ft. and addition second room was 101.28 sq. ft. and 3rd one was 121.16 sq. ft.

Flooring of the bedrooms was ceramic tile (61.00%) in most of the houses and these were slippery according to 68.00 per cent of the respondents. Wall of these bedrooms was painted with distemper (56.00%) and oil paint (24.00%).

Regarding storage facility in the bedrooms of the selected respondents, built in cupboards and wardrobe was present in 37.00 and 33.00 per cent of the bedrooms respectively and remaining 19.00 and 11.00 per cent had movable storage shelf and built in open shelves respectively.

Kitchen

Majority (89.00%) of the houses of elderly had separate kitchen and 11.00 per cent kitchen cum dining. As per 34.00 per cent of the respondents separate kitchen was found to be big in size i.e. more than 148.47 sq. ft. the remaining 50.00 per cent of them had medium (32.00%) and small (23.00%) size kitchen. However kitchen cum dining of 11.00 percent respondents was found to more than 136.30 sq. ft. and it was big and it was less in size when compared to independent kitchen size.

With regard of the type of flooring (table 3) in this room, higher percentage (57.00%) had ceramic tiles followed by redoxide (12.00%) and kaddappa stone (08.00%) flooring of kitchen was slippery according to 73.00 per cent of the users.

Distemper was used to paint the kitchen wall of 59.00 per cent of the houses. However, oil paint also was used in 23.00 of the kitchens. Storage provision was made with the higher facility of built in open shelves (46.00%), wood and metal movable shelves (30.00%) and built in cupboards (24.00%).

Separate store room

Out of total sample of 100 houses, 51.00 per cent of houses had separate store room and it was found to be big for 27.00 per cent (>54.73sq. ft. size) and medium size for 23.00 per cent of the respondent (17.36-54.73 sq. ft. size).

Pooja room

Out of total sample of 100 selected respondent's house, only 38.00 per cent of houses had pooja room facility and it was found to be big for 27.00 per cent (>50.04 sq. ft. size) and medium size for 11.00 per cent of the respondents (32.27 to 50.04 sq. ft. size).

Table 2: Availability of different units in the houses of selected respondents N=100

Types of rooms and Facilities	Frequency and percentage	Room sizes in sq. ft.	Percentage	Mean (Sq. ft.)	SD
Verandah	73	< 38.52 (small)	11.00	60.28	51.18
		38.52 – 82.03 (medium)	30.00		
		> 82.03 (big)	32.00		
Separate living Room	82	< 100.27 (small)	18.00	137.47	87.52
		100.27 – 174.66 (medium)	23.00		
		> 174.66 (big)	41.00		
Living cum Dining Room	18	< 94.90 (small)	-	131.28	85.58
		94.90 – 167.65 (medium)	01.00		
		> 167.65 (big)	17.00		
Separate dining Room	46	< 31.82 (small)	-	62.99	73.34
		31.82 – 94.15 (medium)	06.00		
		> 94.15 (big)	40.00		
First bed Room	100	< 74.67 (small)	09.00	107.56	77.37
		74.67 – 140.44 (medium)	31.00		
		> 140.44 (big)	60.00		
Second bed Room	70	< 69.15 (small)	01.00	101.28	75.58
		69.15 – 133.40 (medium)	36.00		
		> 133.40 (big)	33.00		

Third bed Room	29	< 92.54 (small)	-	121.16	67.34
		92.54– 144.77 (medium)	-		
		> 144.77 (big)	29.00		
Separate Kitchen	89	< 88.97 (small)	23.00	118.72	70.00
		88.97 – 148.47 (medium)	32.00		
		> 148.47 (big)	34.00		
Kitchen cum Dining Room	11	< 71.69 (small)	-	104.00	76.01
		71.69– 136.30 (medium)	-		
		> 136.30 (big)	11.00		
Separate Store Room	51	< 17.36 (small)	01.00	36.05	43.96
		17.36 – 54.73 (medium)	23.00		
		> 54.73 (big)	27.00		
Pooja Room	38	< 32.27 (small)	-	41.16	20.91
		32.27 – 50.04 (medium)	11.00		
		> 50.04 (big)	27.00		
Study and Guest Room	31	< 40.50 (small)	-	60.58	47.23
		40.50 – 80.65 (medium)	06.00		
		> 80.65 (big)	25.00		
Bathroom	100	< 50.13 (small)	42.00	61.16	25.94
		50.13 – 72.18 (medium)	28.00		
		> 72.18 (big)	30.00		
Water closet	100	< 36.98 (small)	02.00	50.67	32.19
		36.98 – 64.35 (medium)	23.00		
		> 64.35 (big)	75.00		

Note: Indicate multiple answers
Since total sample is 100 frequency is treated as percentage.

Table 3: Interior features of different units in selected households of elderly N=100

Interiors of the house	Units in the house					Mean percentage of flooring material used
	Verandah	Separate and multi-purpose living room	Bedroom	Kitchen	Bathroom and water closet	
Flooring materials						
Ceramic Tiles	24 (32.87)	56.00	61.00	57.00	51.00	249 (54.19)
Marble	04 (5.47)	14.00	08.00	06.00	10.00	42 (09.94)
Granite	02 (2.73)	-	-	04.00	03.00	09 (03.38)
Cement Flooring	16 (21.91)	07.00	06.00	06.00	06.00	41 (12.37)
Redoxide	18 (24.65)	10.00	10.00	12.00	14.00	64 (15.37)
Mosaic	06 (08.21)	07.00	07.00	07.00	06.00	33 (07.03)
Kaddappa Stone	03 (04.10)	06.00	08.00	08.00	10.00	35 (07.89)
Total	73	100	100	100	100	
Flooring quality						
Slippery	58 (79.45)	67.00	68.00	73.00	71.00	294 (81.94)
Non-slippery	15 (20.54)	33.00	32.00	27.00	29.00	179 (22.29)
Total	73	100	100	100	100	
Wall finishes						
Distemper	25 (34.24)	70.00	56.00	59.00	53.00	263 (57.72)
Oil paint	21 (28.76)	14.00	24.00	23.00	20.00	102 (22.59)
Plastic Paint (washable)	09 (12.32)	06.00	09.00	08.00	07.00	39 (08.74)
Wood Cladding Finish	-	01.00	02.00	-	-	03 (01.66)
White Wash	18 (24.65)	09.00	09.00	10.00	20.00	66 (16.75)
Total	73	100	100	100	100	
Storage units						
Built in Wardrobe	-	-	33.00	-	-	33 (33.00)
Built in Open Shelves	42 (70.00)	32 (34.04)	11.00	46.00	18 (22.78)	149 (44.80)
Built in Cupboards	10 (16.66)	26 (27.65)	37.00	24.00	41 (51.90)	138 (35.93)
Additional Shelves (movable wood/metal)	08 (13.33)	36 (38.29)	19.00	30.00	20 (25.32)	113 (28.78)
Total	60	94	100	100	79	
Percentage	60.00	94.00	100.00	100.00	79.00	

Note: Indicate multiple answers
Figures in the parentheses indicate percentage.

Study and guest room

Thirty one per cent of houses had study and guest room in their houses and it was found to be big for 25.00 per cent with the size of >80.65 sq. ft. and for 06.00 per cent it was medium (40.5 to 80.65 sq. ft. size).

Bathroom and water closet

All the houses i.e. 100 per cent had bathroom and water closet. Bathroom was found to be big for 30.00 per cent (>72.18 sq.ft. size) and medium for 28.00 % of the respondents with size of 50.13 to 72.18 sq. ft.

With regard to the type of flooring (table 3) in these rooms higher percentage (51.00%) had ceramic tiles followed by redoxide (14.00%) and marble and kaddappa stone (10.00%) each.

The size of the water closet was recording as more than 64.35 sq. ft. which was consider as big for 75.00 per cent of the sample households. About 23.00 per cent of the houses had medium size water closet (36.98 to 64.35 sq. ft.).

With regard to the wall finishes distemper (53.00%), oil paint and white wash (20.00%) were found to be common, and built in cupboards (51.90%) followed by movable wood and metal were (25.32%) in the bathroom for storage purpose. Nearly less than 25 percent did not had storage facility.

Since majority of the houses had ceramic tile flooring it was found be slippery according to 71.00 per cent of the respondents.

Conclusion

The housing background of the respondents includes type of housing, housing tenure, location of house and length of occupancy and availability of different units with interior features in the present house. Maximum number of male and female respondents lived in independent houses and this was followed by apartments, twin houses and upstairs house. Majority of male (94.00%) & (88.00%) of female respondents lived in ground floor in their separate bedroom. Higher percentage of selected respondents in both the gender (62.00% male & 72.00% female) did not had attached bathroom facility in their bedroom. However, those who had the facility were found to be Indian style water closet to a greater number.

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