

## **Leisure Work of the Ageing Populations: A Study of Nagpur City**

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*The present study is based on the primary data obtained from the aged in Nagpur city. With the nuclear family system coming into vogue the leisure time of the aged in Nagpur city has virtually assumed some new dimensions, creating more of outdoor leisure works than the indoor ones, for the aged for their engagement. The paper focuses on outdoor as well as some of the continued indoor leisure works of the elderly with systematic reckoning of the leisure benefits derived by them, their family and society as well.*

*[Key words: engagement theory; disengagement theory; indoor leisure work; outdoor leisure work; wirangula]*

‘Leisure’ and ‘work’ have wide range of meanings and implications in the contemporary world. Ideally speaking, leisure means that part of the whole time never spent for earning money. Sociologists look at leisure not as a means to an end but an end in itself. They distinguish leisure from the performance of the more discernible and formal duties of the paid jobs (Lundberg et al. 1934). Leisure for some means free time, left over after the day’s work, and is being used by the man to take up a variety of activities as a matter of his subjective choice and interest. It is thus defined in terms of freedom of choice by arguing that it does not imply whole of non-work, but only those activities which are self-determined, not as a matter of obligation (Roberts 1978). This means that people pursue leisure when they feel to choose what to do themselves.

Some sociologists view that leisure has a positive value in terms of making certain contributions to the individual, his family and society as a whole. As exemplified in the study of Hunter (1961: 16) the leisure work may include such things as “household duties, rest, relaxation, social contact, family life, voluntary work, sport and hobbies and an opportunity for man’s mind and mood and whole being to move in a different world from the world of work and production”. In the above sense leisure means that time which is required for man’s existence (Brightbill 1963). The choice of using leisure time is with the individual in leisure. Although leisure implies that hours of time during which a man does not engage himself in any remunerative work, he certainly does some works for his personal pleasure and satisfaction in life without succumbing to any pressure, either from any other man, family or society as a whole. Thus

what a man expects from his leisure he may not get from his work and vice versa (Aron 1962).

### Studies on leisure work

Most of the studies conducted on the subjective meanings of leisure work among various cross sections of the society and social class groups show almost identical results. Studies report findings which show that various age, sex, and social classes have leisure work producing similar values (Havighurst 1957). For some, leisure works have mainly been pursued based on certain satisfactions or motives for encouraging such works. Linking with one's satisfaction leisure work is taken up just for pleasure, for change from formal work, for establishing contact with friends, for experiencing new things, for passing time, and for being creative (Havighurst 1961). Leisure work is also pursued as an aid to help people to know their role in society, to fulfill the societal or collective goals and to keep society together (Gross 1961). This implies that leisure having accomplished the personal needs of the people also addresses the societal needs and problems. Studies conducted on leisure works in India, report findings which reveal active involvement of both pre and post-retired male and female ageing populations in various activities, ranging from solitary family based activities to social, religious, cultural and community activities (Chadha et al.1991; Van Willigen and Chadha 1990; Chadha and Nath 1995). One striking feature of the findings of these studies is that they show almost similar results of leisure works as reported from the developed countries. This is indicative of the fact that ageing is not only a global scenario; it also evolves a common perspective of looking at the elderly and addressing their problems world over.

### Theory of leisure work in ageing

Ageing vis-à-vis leisure is enmeshed in the paradoxes of engagement and disengagement theories in the science of gerontology. There are two groups of the proponents; one group supporting the engagement theory and other the disengagement theory. The engagement theory explains ageing by inclination of the aged toward work as they advance in age. The proponents of this theory see engagement as successful ageing. But the supporters of disengagement theory contradict the engagement theory, and on the contrary stress on the disengagement theory by arguing that the aged disengage from the demands of the society for successful ageing. The critics, however, do not agree with disengagement theory on the ground that it may not be universal or inevitable for all types and groups of the aged and all places in the world. They point out researches which disprove universality or inevitability of disengagement (Atchley 1971a). In a study on the determinants of attitudes to retirement among the aged of seventy to seventy five years old, the findings contradict the disengagement theory. The findings rather show that happiness with retirement is solely dependent upon the experience of the present situation in the private sphere (Lehr and Dreher 1969). Many researches done on group consciousness among the aging report findings disagree with the idea that elderly indisputably disengage. Contrary to the belief of the disengagement theorists, the researches explore that the ageing people become more conscious of belonging to a particular group getting more engaged after retirement (Rose 1965). It is found that high morale is associated with engagement rather than disengagement, despite variations in age, sex, income, health, or race status of the aged (Lipman and Smith 1968). Some studies affirm a positive correlation between continuation of activity and satisfaction of the elderly, and suggest that activity cannot decline among the elderly without loss of morale (Maddox 1965).

Several studies have rejected universality of disengagement while seeking to find out its applicability in some particular groups. In a study

conducted on the life styles and free time activities among the retired teachers and industrial workers, it was found that the teachers engage more in the work than the industrial workers (Havighurst and DeVries 1969). Disengagement is seen not as an inevitable process but as a variable, and therefore, it is suggested that some studies need to be conducted on the elderly people in different circumstances so as to know who among them disengage and who do not (Hochschild 1975). Stressing on disengagement as a variable, G.L. Maddox (1968) proposed to measure the factors which seem to be responsible for its variation in the ageing population. Some researchers, however, did not completely reject or disagree with disengagement among the aged. They found disengagement as a matter of physical or social stress among the aged. Thus they concluded that it is the physical and social stress, but not the age, which generate a feeling for disengagement (Tallmer and Kutner 1969). It is also true that the physical and social stress increase with age. Loneliness in widowhood and poor health may also account for disengagement among the aged.

Like engagement and disengagement theories, the activity theory of leisure work in ageing also assumes enormous significance in the studies of gerontology. The activity theory suggests that the aged for successful adjustment in retirement must find out an alternate work to satisfy their personal needs (Atchley 1976). But unlike disengagement theory, the activity theory assumes that a successful and gratifying ageing is subject to the integration of the elderly in society along with their unfinished contribution and ever usefulness to it (Rhee 1974). The theory of leisure work in ageing, be it engagement theory, disengagement theory or activity theory, it all works out depending on the variations in circumstances, work opportunities, the physical and social conditions and the work motivations of the elderly in society.

### **Scenario of ageing**

Ageing is a natural phenomenon and hence ubiquitous. No country in the world is an exception to ageing process. However, the nature, magnitude and manifestation of the problem of ageing population are not the same everywhere (Atal 2001). One thing common about different countries is the factor causing the growth in the rise of their ageing populations. The rise in the size of the ageing populations in many countries is particularly due to the decline both in mortality and fertility rates of their population. These factors have not only contributed to the increase in the proportion of the ageing populations but have made ageing occur after the age of 85 or more in many countries like USA (Longino 1988). The demographers express a serious concern over the present trend of increase in ageing populations in the global scenario. They perceive that the current rate of growth in the ageing populations around the world has reached such an alarming proportion that it might pose a serious threat to the mankind unless proper attention is drawn to manage it effectively.

### **Ageing in Nagpur City**

Nagpur is one of the leading cities of India having acquired a distinct place in large scale industrial manufacturing, trade and commercial activities, business and service sectors, and entertainment industry, followed by a tremendous growth in amusement parks, health clubs, laughter clubs, sports and yoga centers. The city offers its vast population wider scope for engagement in diverse occupational fields. Over the years the city has experienced a rapid increase in the magnitude of the aged due to the gradual fall in the child birth and growth in the life-span of the individuals on account of better medical aid,

accessibility to life-saving medicine, better standard of living, health awareness, improved sanitation and the facilities for relaxation. Besides these factors, the phenomenon of rural urban migration of the prospective labor force has also substantially contributed to the increase in the ageing population of the city (Swain 1998).

### **Methodology**

The paper is based both on the primary data obtained from the retired elderly of Nagpur city and the secondary information made available from Nagpur divisional office of the Senior Citizens' Organization, the monthly magazine "Manohari Manoyuva", the News Bulletin published by "FESCOM" and the "AISCCON" News. The study was conducted only among those aged who retired from their respective jobs and got registered into the association of the senior citizens of Nagpur city, West branch. The West branch of senior citizens' association of Nagpur city was deliberately chosen as the researcher had close acquaintances with its office bearers, who assisted him in having access to their office records and contacting the respondents for interview as well. Thus a sample of 100 retired aged, 50 each from the category of male and female, was drawn randomly from a universe of 1000 retired population registered in West branch of senior citizens' association of Nagpur city.

The age of 60 was considered for a person as being aged as this has been the age limit accepted by the Government of India for the purpose of his/her retirement from the formal job. Consequently, all the persons attaining the age of 60 were considered as elderly in the present study. The list of the retired persons along with their addresses was available with the office of the organization of senior citizens of the West branch of Nagpur city. Personal interview was adopted as method of data collection presuming the fact that it would ensure more fruitful reply as the aged can chat and pass their solitary time with the researcher during the course of interview. The researcher also observed the day-to-day involvement of the aged in various activities in order to confirm the interview data obtained on their leisure works. The study involved a descriptive and analytic method to examine various leisure time activities of the retired elderly. The objective of the study thus was to focus sharply on knowing the details about the indoor and outdoor leisure works of the retired persons with systematic reckoning of the leisure benefits derived by them, their family as well as the society. As per the statistics available with the Nagpur divisional office of the senior citizens, there are 85 senior citizens' organizations solely constituted by the elderly women to address their unique problems. These organizations need to be intensively studied by the researchers in future.

### **Findings of the Study**

The findings of the study reported the age and marital status of the aged, the type of the residence they live in and their job status besides reporting in details the type of leisure work, indoor and outdoor, they engaged in. Data in table 1 show that the age of the respondents varied from 60 to 80. The maximum number of the respondents (34.0 per cent) was found in the category

of younger elderly, that is, in the age-group of 60-65, followed by the respondents in the age-groups of 66-70 (30.0 per cent), 71-75 (22.0 per cent) and 76-80 (14.0 per cent). The general trend of the ageing population in the context of the present study is that their number decreases with increasing age. However, the study refutes the past notion that the aged do not survive beyond the age of 60. One striking aspect observed in the study was that the elderly women outnumbered their male counterparts in the higher age-group of 71-80.

There were 92.0 per cent married respondents found in the study among whom marital status in case of 63 per cent respondents (68.0 per cent male, 58.0 per cent female) was still in existence. The widows and widowers figured 36.0 per cent and 22.0 per cent correspondingly with their respective categories in the sample (see table 2). Living in the joint family among the respondents was reduced by 55.0 per cent (64.0 per cent in case of male, 60.0 per cent in case of female). In considerably larger number of total cases (46.0 per cent), i.e. in cases of 52.0 per cent of male and 50.0 per cent of female, it was found that the children were not living with the aged couple. In 9.0 per cent of total cases, the aged couples (12.0 per cent male, 10.0 per cent female) were even living in the absence of either of the spouse, due to death or divorce (see table 3). The data in table 4 reveal that the aged who formed the part of the present study included all retired, school teachers (19.0 per cent), University and college teachers (17.0 per cent), doctors (7.0 per cent), engineers (10.0 per cent), administrators (20.0 per cent) and clericals (27.0 per cent).

The aged of both sexes repeatedly pursued numerous indoor and outdoor leisure works. All the leisure works had well defined purpose which the aged wanted to fulfill toward their own self, family, community and society with deep sense of dedication and commitment. Despite their physical deficiency particularly in advanced ages after 70, their commitment toward leisure pursuits was not deterred. Each one of them pursued multiple numbers of indoor and outdoor leisure works depending on his or her physical ability, interest, and need to keep himself or herself engaged, physically fit and mobile. The leisure works taken up by the aged had been influenced by different sets of attitudes and ideological commitments as well. Data in table 5 show the involvement of the aged in various leisure works pursued by them during the conduct of the present study.

### **Leisure work and personal concern of the aged**

Most of the leisure works of the aged had been pursued to address their personal concerns such as to keep them physically fit and mobile, intellectually engaged, mentally active and contented. Among many indoor leisure works pursued out of the personal interest, reading books, magazines and news papers were found to be the most common, and time passing leisure works engaged in by 100.0 per cent elderly of both sexes. The elderly read books mostly on religion, spiritualism, philosophy and yoga in order to have a deeper and broader understanding into such areas of life. Listening to music (male 72.0 per cent, female 34.0 per cent) and television watching (male 28.0 per cent, female

24.0 per cent) equally attracted the elderly of both sexes. Music and television viewing, the aged said, gave them lot of pleasure and solace in life. However, the elderly males dominated their female counterparts in these two areas of indoor leisure work. The lesser involvement of the aged women in the leisure work of entertainment was attributed to their commitment to the traditional family roles and sustenance of its values. This implied that the elderly women preferred to be involved more in family sustaining activities like engaging in child rearing and socializing activities than in self-entertaining leisure pursuits like television watching and listening to music. They also performed puja and worshiped God out of personal interest to keep well with ageing and have mental peace. The women were more involved in puja and worshiping God (44.0 per cent) than the men (20.0 per cent). The elderly celebrated their birth days, enjoyed food and also played cards and carom in each others' company, as a part of their indoor leisure work out of personal interest. These leisure works were desired to bring to the elderly what they themselves termed as 'Wirangula', means 'engagement with entertainment', while reducing their loneliness and isolation. Despite its functional significance, celebration of birth days attracted lesser participation of the aged women (16.0 per cent) compared to the men (28.0 per cent). No aged women but only men (28.0 per cent) were found engaged in playing cards and carom. The aged women refrained themselves from playing cards and carom as they felt it more important to focus their attention more on spiritual and religious realms.

Besides the indoor leisure works, the elderly also engaged themselves in a cluster of outdoor leisure works to keep them physically fit, busy, active, mobile and amused. The outdoor leisure works included gardening, walking, yoga and laughing, which attracted the larger number of the aged of both sexes (male 72.0 per cent, female 66.0 per cent). Physical fitness, strength of mind and self-confidence of the aged have gained momentum over the last few years due to these outdoor leisure works. As a part of their regular physical fitness activity, the aged joined the laughter clubs operating in the city to get engaged in light exercises and merrymaking. Some outdoor leisure works such as library visit (male 30.0 per cent, female 28.0 per cent), traveling to the places of religious and historical importance (male 36.0 per cent, female 22.0 per cent) and visiting friends (male 60.0 per cent, female 44.0 per cent) had been taken up by the aged out of their personal interest and need to gain knowledge and information around the world, to see the places of religious and historical importance, and to talk to and share thoughts with the friends, respectively. These outdoor leisure works also equally fulfilled the needs of keeping the aged busy, active and mobile.

#### **Family and leisure work**

Most of the leisure works engaged in by the aged were found to be linked with the traditional family roles and hence carried out for the contributions they made toward the maintenance of family system. The leisure works of the aged which belonged to the domain of the family roles included

rearing the new born grandchildren and keeping watch on them (only female 40.0 per cent), teaching the grandchildren and helping them in their school home work (male 32.0 per cent, female 34.0 per cent), assisting daughters-in-law (only female 40 per cent), helping wives (52.0 per cent), taking grandchildren to family doctor (male 28.0 per cent, female 36.0 per cent), taking grandchildren to amusement park (male 32.0 per cent, female 38.0 per cent), accompanying the grandchildren to their school and back home (male 24.0 per cent, female 20.0 per cent), buying vegetables and medicines (male 46.0 per cent, female 24.0 per cent) and carrying the power/telephone/water bills to pay in the bill collection centre (male 80.0 per cent, female 36.0 per cent). When the first four of all the leisure works were pursued by the aged as indoor works the latter ones were taken up by them as their outdoor activities.

Of all indoor leisure works, the works related to rearing of small new born grandchildren such as applying oil to their body, massaging their body with oil and turmeric, giving them toilet training, making them bathe, dress, eat food and sleep, keeping watch on them and assisting the daughters-in-law in household chores viz., cooking, serving food, preparing snacks for school going children and arranging the household articles, were pursued exclusively by the elderly women since these works had been defined within the domain of women's traditional roles in the family. The elderly males' help extended to wives in domestic work was seen mostly in single/isolated families in which the aged couple stayed together, away from their married sons, who stayed outside the city and abroad. In certain cases wherever possible, they too shared with their wives the work of teaching the grandchildren and helping them in their school home work. The outdoor leisure works connected with the family roles of the aged such as taking grand children to the family doctor, accompanying them to their school and back home, taking them to the amusement park, buying vegetables/medicine from market and carrying the power/telephone/water bills of family to pay in the bill collection centre, although had been jointly shared by the elderly of both gender, the aged males were mostly seen to pursue the works of buying vegetables/medicines and carrying the power/telephone/water bills of family to pay in the bill collection centre.

Both indoor and outdoor leisure works connected with the family role of the aged living with their married sons, had been taken up by them with a positive attitude to help the younger generations, particularly the working couple - the sons and daughters-in-law. The younger working couple also expected the elderly to engage in various household activities and take care of the children as they remained away from home due to the income generating activities outside. The elderly accepted these works as a matter of their commitment to the family values. Whereas the aged living in the joint families felt that they immensely contributed to the unity and integration of the family through their participation in such leisure works, the aged of the single families regretted for their inability to do so.

**Community and leisure work**

Most of the outdoor leisure works had been taken up by the aged in the context of the community and public life. The participation of the aged in various outdoor leisure works connected with the enrichment of community and public life had been commendable compared to their involvement in traditional indoor and outdoor leisure works. The indoor and outdoor leisure works of the aged particularly associated with the traditional family roles such as nurturing and rearing of children, helping them in school home work, taking them to family doctor and amusement park, accompanying them to school and back home, and assisting the daughters-in-law in numerous household activities, had substantially reduced with the breakdown of the traditional joint family system. As a result the aged had been increasingly engaged more in non-traditional and non-family or community oriented outdoor leisure works with an objective to resolve their problems of isolation, loneliness and physical immobility as well as to serve their community and society at large.

Many outdoor leisure works pursued for the community had been influenced by broad and inclusive attitude and ideological commitments of the aged to the values of social work, philanthropic concerns and social service. One of the most remarkable outdoor works pursued by the aged had been to create political awareness among the people of their community for good governance and to vote for the dedicated and honest candidates (male 80.0 per cent, female 62.0 per cent). The elderly put pressure on the Government for making provision of reservation of seats for the senior citizens in the house of the state assembly as well as the parliament of the country (male 60.0 per cent, female 56.0 per cent). The objective behind a demand for such provision was to reach the issues and problems of the aged to the Government through their direct representatives in the floor of the assembly house and parliament. The aged showed much concern for recurrent power-cut, inadequate water supply, safe drinking water, interrupted street light and maintenance of the community roads. They repeatedly approached the civic authority of the city for uninterrupted power and water supply, safe drinking water, street light and maintenance of the community roads (male 58.0 per cent, female 54.0 per cent).

The elderly also showed a great deal of interest toward preserving the environment of their community by planting and watering trees in the community roads, temple premises and in the places left for public utilities (male 56.0 per cent, female 50 per cent). With the declaration of 2010-11, as the year of environmental conservation by the Federation of Senior Citizens' Organization of Maharashtra (FESCOM), the elderly enrolled in the senior citizens' organization of Nagpur division, West branch, showed their concern and enthusiasm to participate in the drive for environmental conservation throughout the year. As per the news bulletin of FESCOM (2010), the school children of the city and the grand children of the senior citizens were to be encouraged by none other than the elderly for participation in the drive for environmental conservation which included mass tree plantation, minimal use

of water and electricity, motivating people against the use of plastic bags and throwing them in the community roads. The elderly also raised the issue of hike in pension and railway travel concession for the poor aged (male 50.0 per cent, female 46.0 per cent). The documentary evidence showed the senior citizens' organization placing its demand before the Union Ministry of Railways and writing letter to its Minister requesting her to provide 50 per cent railway travel concession to the male elderly (60+), already availed by the women. The evidence also showed the organization demanding emergency tickets of all classes, an accompanying person without being required to book ticket for himself/herself, a special compartment like the one for the disabled and handicapped persons, and separate queue for all tickets required by the elderly (Manohari Manoyuva 2010).

Through the organization of the senior citizens, the elderly arranged lectures by the reputed doctors on various diseases and health awareness for the benefit of the people of their community. They also organized various health check-up camps for themselves as well as for the community members particularly on diseases concerning eye disorders, heart ailments and diabetes (male 46.0 per cent, female 42.0 per cent). The organization of the senior citizens was seen to enter into an agreement with the city hospitals for providing treatment to the aged, especially the poor aged with a discount of 50 per cent of the total cost incurred on their treatment. Those aged who carried a letter of recommendation from the senior citizen's organization only availed the facility of discount on their treatment in a hospital signing the agreement for giving discount to the aged. The elderly were engaged in the services of the temples of their community (male 40.0 per cent, female 58.0 per cent). They were found to sweep the floor of the temple, make arrangement for morning and evening puja/worship, distribute the Prasad, organize the congregation for spiritual discourses and maintain the overall cleanliness of the temple premises. The aged also counseled the people of their community for social work (male 38.0 per cent, female 16.0 per cent) and educated the slum children by giving visit to the slum locality in the outskirts of the city (male 40.0 per cent, female 24.0 per cent).

### **Conclusion**

The ageing population - the retired aged men and women - studied in the specific context of the present paper, were found dedicatedly engaged in a wide range of indoor and outdoor leisure works having socio-cultural acceptability and significance, invariably their age, class and gender status. They disproved the prevalent hypothesis that the retired after long years of consistent service disengage from work and need to rest. They rather felt that the leisure work compensated for what they failed to achieve during their working life and brought some meaningful changes in their life.

Indoor leisure works made the aged contented on the ground that they were able to maintain their physical and mental health as well as to contribute to the family solidarity and sustenance. Indoor leisure works were found to be the

need of the hour for successful ageing as well as healthy family atmosphere. But the breakdown of the traditional joint family system in India had led to the decline of most of these leisure time activities and proliferation of some new leisure works outside the domain of family life, in the form of outdoor leisure activities. Thus compared to the engagement in indoor leisure works, the aged were engaged more in the outdoor leisure works and seen feeling more happy and contented in such leisure works.

The outdoor leisure works of the aged emerged more gratifying than the indoor leisure works, both at the individual and societal levels. Through the outdoor leisure works they experienced successful ageing and made meaningful contribution to the overall development and welfare of their community and its members. In particular, when at the individual level the outdoor leisure works offered the aged greater opportunity for physical mobility, establishing contacts, widening social network, regaining the lost importance, reducing loneliness and isolation, at the societal level these leisure works offered them a chance to realize their wisdom, experience and creativity for the socio-cultural and environmental development. Successful ageing or ageing well in modern society, characterized by increasing stresses, depended on a positive social attitude and a strong will of the aged to engage in creative leisure work.

The participation of the elderly particularly in the outdoor leisure works involving their personal interest as well as attitude to and ideology of public or community service was commendable. It may be said that leisure has played very significant role in enhancing the quality of life of the elderly as well as contributing toward social solidarity.

Table 1  
Age-group of the respondents (Frequency in percentage)

Age-Group	Male N = 50	Female N = 50	Total N = 100
60-65	36.0	32.0	34.0
66-70	32.0	28.0	30.0
71-75	20.0	24.0	22.0
76-80	12.0	16.0	14.0
Total	100.0	100.0	100.0

Table 2  
Marital status of the respondents (Frequency in percentage)

Marital status	Male N = 50	Female N = 50	Total N = 100
Married	68.0	58.0	63.0
Unmarried	10.0	6.0	8.0
Widow	-	36.0	18.0
Widower	22.0	-	11.0
Total	100.0	100.0	100.0

Table 3  
Residence of the respondents (Frequency in percentage)

Residence	Male N = 50	Female N = 50	Total N = 100
Joint	36.0	40.0	45.0
Single (with spouse)	52.0	50.0	46.0
Single (without spouse)	12.0	10.0	9.0
Total	100.0	100.0	100.0

Table 4  
Job status of the respondents on retirement (Frequency in percentage)

Job status	Male N = 50	Female N = 50	Total N = 100
School teacher	20.0	30.0	19.0
University/college teacher	14.0	20.0	17.0
Doctor	10.0	6.0	7.0
Engineer	24.0	-	10.0
Government Officer/Administrator	32.0	44.0	20.0
Total	100.0	100.0	100.0

Table 5  
Gender-wise leisure works of the retired aged (Frequency in percentage)

Indoor works	Male	Female
Reading books/magazines/news papers	100.0	100.0
Rearing new born grandchildren/keeping watch on them	-	40.0
Teaching grandchildren/helping them in their school home work	32.0	34.0
Assisting daughters-in-law in household chores	-	40.0
Helping wives	52.0	-
Performing Puja/Worshipping God	20.0	44.0
Celebrating birth days	28.0	16.0
Listening to music	72.0	34.0
Watching TV	28.0	24.0
Playing cards and carom	28.0	-
Outdoor works		
Visiting Library	30.0	28.0
Taking grandchildren to family doctor	28.0	36.0
Taking grandchildren to amusement park	32.0	38.0
Accompanying grandchildren to school and back home	24.0	20.0

Buying vegetables/medicines	46.0	24.0
Attending to ailing members of the community in the hospital, giving them regular visit and keeping watch on their progress	34.0	26.0
Preserving environment by planting and watering trees in the community roads and temple premises	56.0	50.0
Arranging eye/heart/diabetes check up camps	46.0	42.0
Approaching the civic authority for uninterrupted power and water supply, safe drinking water, street light and maintenance of the community roads	58.0	54.0
Counseling for community work	38.0	16.0
Temple service	40.0	58.0
Raising the issue of hike in pension and the travel concession for the poor aged	50.0	46.0
Asking for reservation of seats for the elderly in state assembly and parliament of the country	60.0	56.0
Creating political awareness for good governance by voting for dedicated and honest candidates	80.0	62.0
Fitness activity(gardening, walking, yoga, membership in laughter club)	72.0	66.0
Traveling	36.0	22.0
Visiting friends	60.0	44.0
Carrying power/telephone/ water bills to pay in the bill collection centre	80.0	36.0
Educating slum children	40.0	24.0

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