

# Old Age and Its Challenges: A Socio-Economic Analysis

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**Abstract:** *Old age is a delicate phase that requires care and attention. Keeping individuals happy during this stage is a major challenge today. Social, emotional, financial, and health-related problems have made life difficult for the elderly. Due to modernization, urbanization, and industrialization, attitudes towards senior citizens have changed. As a result, younger generations are becoming indifferent to them. Physical and mental weakness in old age increases due to a lack of family support. Their struggles grow as they receive less assistance from their family members. The elderly feel neglected because of reduced respect and differences in values between generations. The role of senior citizens in families and society has been overlooked. Inadequate social integration has led to their isolation. Younger generations are often too focused on their own nuclear families, leaving elderly individuals feeling lonely and emotionally distressed. A healthy body, nutritious food, good mental health, a positive environment, and a balanced approach to both modern and traditional values are essential for a fulfilling old age. To ensure better preparation for old age, a healthy lifestyle must be developed. Addressing their issues and ensuring their well-being requires collective efforts from social organizations, professionals, healthcare experts, psychologists, and economists*

**Keywords:.** Modernisation, Urbanisation, Neglect, Isolation