

ENGAGEMENT IN DAILY ACTIVITIES AMONG SENIOR CITIZENS: A COMPREHENSIVE STUDY OF PARTICIPATION RATES AND TIME SPENT PER ACTIVITY

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ABSTRACT

This study explores the daily activity patterns of senior citizens aged 60 years and above, focusing on both rural and urban settings, using data from the Time Use Survey Report, 2019 by the Ministry of Statistics and Programme Implementation (MoSPI) of India. The research aims to analyze the percentage of elderly individuals participating in various daily activities and the average time spent on these activities, with a particular emphasis on identifying gender disparities. The activities examined include employment, domestic services, caregiving, social engagement, cultural and leisure activities, and self-care.

Using descriptive and comparative analysis, the study reveals significant differences in participation rates and time allocation across rural and urban settings, as well as between male and female senior citizens of India. The findings indicate that while men are more engaged in employment-related activities, women are predominantly involved in unpaid domestic work and caregiving. Social and cultural participation remains high among both genders, but with varying levels of time commitment. The study concludes that addressing these disparities through targeted interventions and supportive policies is essential to enhancing the overall well-being and quality of life of the elderly population. This research contributes valuable insights for policymakers and social service providers, highlighting the need for gender-sensitive and location-specific strategies to support active and fulfilling lives for senior citizens.

Keywords: Daily Activities, Senior Citizens, Participation Rates, Time Spent Per Activity

1 INTRODUCTION

This is especially important because with the ageing of the populations all over the world, senior citizens' quality of life is a concern and their level of activity and engagement needs to be known. This research aims at describing the way in which elderly persons in both rural and urban areas spend their time on various activities with emphasis on the time spent on the activities. Therefore, this study seeks to identify patterns in the proportion of elderly people engaged in different daily tasks and the mean time that they spend on such tasks with the view of identifying policies and programs that would benefit this group of people.

Another important aspect of this work is the analysis of the differences in activities' participation between genders among the elderly. Dependency ratios for older people indicate the burden of care the elderly men and women have to endure in terms of employment, unpaid domestic work, caregiving, and social participation. Thus, the differences are to be discussed to define the peculiarities of each gender and the problems they face in the course of their work, so that the further interventions could be developed taking into account these aspects. Knowledge of the time use patterns of elderly men and women can be useful for policy makers in analyzing the social and economic determinants that define the lives of the elderly.

This study is based on the understanding that has emerged in gerontology about the role of activity engagement for the physical and mental wellbeing of older persons. Engagement in meaningful occupations has been identified to boost self-esteem, reduce vulnerability to disability and boost life satisfaction. However, environmental constraints, long-term diseases, and gender roles are the main factors that can limit the engagement of senior citizens in such useful activities. This study also aims at comparing the effects of the rural and urban environments on the daily activities of the elderly with the aim of providing a holistic view of the factors that influence their activity engagement.

In conclusion, this research will add to the body of knowledge to enhance the well-being of senior citizens through enhancing a direct understanding of their day to day activities and their challenges. The implications of the study will be useful to policy makers, social services and community planners who are in the process of developing environments that encourage the elderly to lead active, healthy and socially fulfilling lives.

2 REVIEW OF LITERATURE

As for gerontology, it is significant to comprehend the activity participation of the seniors in various activities of their day to day lives in order to enhance the quality of their lives. Since the population of the world is growing older, the necessity to conduct extensive research on the daily activity and engagement of the elderly is growing as well. This paper will try to establish the level of participation, frequency and duration of the elderly in different activities with the view of providing recommendations to policymakers on how to assist this growing group.

Prior studies have also established the importance of meaningful engagement in daily activities for the wellbeing of elderly people. Engagement in social cultural and leisure activities has been associated with better self-management of chronic illnesses and better coping with disability (Meek et al. , 2018). These activities not only serve as mental and physical activity but also help the elderly to have a feeling of belonging and the ability to have a purpose in life which are some of the most important factors that keep the elderly happy as they age. Nevertheless, certain conditions such as limited opportunities, lack of motivation and the environment may reduce the ability of seniors to perform these beneficial activities (Báez et al. , 2019; Herzog et al. , 2002).

Among the key issues highlighted in the latest research, there is the problem of communities being either 'aging-friendly' or not. Geriatric patients find themselves in setting that fail to help them participate in activities that they enjoy or that can meet their social needs (Báez et al. , 2019). This is made worse by the fact that many people suffer from long term diseases like cancer and diabetes which greatly reduce their ability to engage in social interactions and other activities (Meek et al. , 2018). To overcome these challenges, there is need to adopt an integrated model that takes into account the physical infrastructure and health needs of the seniors.

In the study by Gama et al. (2000), the aim of the study was to determine the relationship between individual ADL and self rated health among elderly persons. The method of data collection included survey of a sample of older adults, evaluation of their capacity to perform particular ADLs and comparison of these capacities with the respondents' perceived health status. The results showed a correlation between the capacity to perform ADLs on own and improved perceived health status, which means that the older adults' self-assessed health is strongly connected with the preservation of their functional autonomy. According to the findings of the study, any intervention that sought to maintain or improve the individuals' ability to perform ADLs could improve the health perception of elderly people.

Shimada et al. (2016) analyzed the effect of cognitive frailty on instrumental activities of daily living in older people. The purpose of the study was to establish the impact of the cognitive impairment interacting with physical disability on the elderly's functional capacity. The researchers used cross sectional study design in the assessment of the participants and grouped them according to cognitive and physical function, then compared their performance in activities of daily living. According to the research studies done, cognitive frailty affected the daily functioning of the patients more than physical frailty. The conclusion stressed the early identification of the frailty and the use of both pharmacological and non-pharmacological approaches aimed at managing both the cognitive and physical domains to help maintain the frail older adults' ability to perform daily tasks.

Tomioka, Kurumatani, and Hosoi (2016) were interested on social participation and instrumental activities of daily living (IADLs) among older adults living in the community. It was also the intention of the study to find out if social engagement can in fact impact on the performance of IADLs that are critical for independent living. In the current study, the researchers adopted quantitative research and obtained data on social participation and IADLs from a sample of elderly people. The study revealed that, increased social participation was associated with improved IADLs, hence, social activity is shown to have a buffering effect on functional disability. This study also revealed that there is potential for increasing the level of social interaction as one the ways of enhancing the autonomy of older persons.

Herero and Extremera (2010) have also looked at how activities in the daily life cycle moderate the link between personality variables and subjective well-being of the elderly. The goal of the study was to investigate the psychological processes that explain the relationship between

personality characteristics and subjective well-being with an emphasis on daily behavior. The researchers applied mediational analysis to the data gathered from a sample of older adults whom the researchers assessed for personality traits, activities, and subjective well-being. The findings suggested that daily activities partially accounted for the associations between some of the traits, namely extraversion and conscientiousness, and SWB. The study found that encouraging older people to be more active in their day to day activities could improve their quality of life especially if they have specific personality characteristics.

Tomioka, Kurumatani, and Hosoi took their prior study a step further in 2017 to investigate moderating effects of age and gender on the relationship between social participation and IADLs. The purpose was to determine how these demographic variables affect the association between social activity and functional status. It was prospective cross sectional study that stratified data of elderly people residing in the community and differences according to age and gender were explored. According to the study, social participation had a positive impact on the IADLs of the participants though the intensity differed with age and gender with the elderly female participants being the most benefited. The result of the study showed that it is vital to have age and gender specific interventions to enhance the effects of social participation on functional status.

Sarkisian et al. (2005) examined expectations for aging and physical activity in older people. The purpose of the study was to examine the role of the beliefs that older adults have regarding ageing, on their physical activity levels, which is very important for their health and ability to live an independent life. The researchers used a cross-sectional survey, in which they evaluated participants' expectations for aging and their physical activity. The study results showed that increased positive expectations for aging were linked with higher levels of physical activity which pointed to the fact that modification of expectations about aging could be a useful approach to encourage physical activity among the elderly. Based on the findings of the study, it was recommended that efforts should be made to change the perception of the society towards aged persons with the aim of getting them to engage in more activities.

The systematic review and meta-analysis conducted by Roberts et al. (2017) aimed at comparing impact of different types of physical activity on ADLs of the older population. Specifically, the study aimed at reviewing literature on the effect of different types of physical activities on the senior's capacity to perform ADLs on their own. The studies included in the analysis were identified through a detailed search of the literature, and the data were analysed statistically. All the categories of PA were seen to have a positive impact on the performance of ADLs with resistance training and aerobic activities being the most effective. The study found out that encouraging a mixture of exercises is crucial in the functional capability of the elderly.

Pfeffer et al. , (1982) work was to assess the functional activities in the elderly living in community. This was the rationale for creating an assessment instrument that would accurately measure the elderly's capacity in completing ADLs and IADLs. The researchers followed standard procedure in the development of the items, the pilot testing and validation studies. The conclusions

made led to the development of a functional activities questionnaire which is now standard in geriatric assessments. It was found in the study that the assessment of functional capacity is therefore important in determining the need and the interventional strategies for the elderly population.

McNeilly and Burke (2001) followed the theme of gambling as a social pastime of the elderly people. The purpose of the research was to establish the part played by gambling in the social integration of seniors and the resultant quality of life. Employing both qualitative and quantitative research, the authors gathered data from a group of older people who gambled. The results indicated that for most of the elderly patients, gambling was a way through which they could interact with other people and be entertained hence was beneficial to their social lives. However, the study also pointed out that there are some negative effects of gambling that are associated with the activity especially to those who are vulnerable. In the same study, it was found that senior citizens can benefit from gambling by increasing social interaction, but there is the need to put in place measures that will help to mitigate the effects of the vices.

Ehn et al. (2018) carried out a cross-sectional qualitative study to investigate the older persons' experience of using activity monitors to encourage physical activity in their daily lives. The research was focused on identifying the effects these devices have on the elderly users' daily schedules and physical activity. The research method applied by the researchers involved interviews and thematic analysis to obtain information from the participants. It was concluded that although activity monitors were well accepted and promoted physical activity among the participants, there were issues concerning technology and engaging users for an extended period. The study therefore established that though activity monitors can be useful in encouraging physical activity among seniors, the devices should be designed and developed in a way that meets the needs of older people if they are to be used effectively.

This research aims at filling these gaps by presenting a comprehensive data on the participation rates and time spent by seniors on different daily activities. Therefore, this research seeks to fill this gap by exploring the differences in the level of activity engagement between the rural and urban elderly and the gender-specific barriers to activity engagement in order to provide interventions that might be useful in designing interventions that are relevant to the elderly. Finally, it is expected that the findings of this study will further help in improving the quality of life of the elderly people and enable them to lead a happy and healthy life in their golden years.

3 OBJECTIVE OF THE STUDY

- I To analyze the engagement levels of senior citizens in various daily activities across rural and urban settings.
- II To examine the disparities in activity participation between elderly men and women, particularly in the areas of employment, unpaid domestic work, caregiving, and social engagement, in order to identify the unique challenges faced by each gender.

4 RESEARCH METHODOLOGY

This study utilizes secondary data from the Time Use Survey Report, 2019, published by the Ministry of Statistics and Programme Implementation (MoSPI) Govt. of India, specifically drawing from Statements 9 and 10 of the report. The research aims to analyze the engagement levels of senior citizens aged 60 years and above in various daily activities across rural, urban, and combined settings, with a focus on understanding both participation rates and time allocation across different activities. Additionally, the study examines gender disparities in these activities.

4.1 Data Source

The data for this study was sourced from the Time Use Survey Report, 2019, conducted by MoSPI. This report provides comprehensive data on the time spent by individuals on various activities, including a breakdown by gender, age group, and geographical location (rural and urban). Statements 9 and 10 of the report specifically focus on the percentage of persons aged 60 years and above participating in different activities and the average time spent per day on these activities.

4.2 Study Population

The study population (based upon the data of Time Use Survey Report, 2019) consists of senior citizens aged 60 years and above from all the states of India, segmented into rural, urban, and combined rural-urban groups. The data covers both male and female participants, providing a gender-specific analysis of activity engagement.

4.3 Activity Categorization

Activities were categorized based on the classifications provided in the Time Use Survey Report. The key categories included: Employment and related activities, Production of goods for own final use, Unpaid domestic services for household members, Unpaid caregiving services for household members, Unpaid volunteer, trainee, and other unpaid work, Learning, Socializing and communication, community participation, and religious practice, Culture, leisure, mass-media, and sports practices Self-care and maintenance For each category, data were extracted on the percentage of elderly participants involved and the average time spent per day.

This methodology provides a systematic approach to analyzing the engagement levels of senior citizens in daily activities, leveraging robust secondary data from the Time Use Survey Report, 2019. The findings are expected to offer valuable insights for policymakers and social service providers aiming to improve the quality of life for the elderly population by addressing participation gaps and promoting more inclusive and supportive environments.

5 RESULTS

5.1 Percentage of persons 60 years and above & Average time spent in a day (Rural)

Table-1 Percentage of persons 60 years and above & Average time spent in a day (Rural)

Description of the activity	Rural					
	Percentage of persons 60 years and above			Average time (in minutes) spent in a day per participants of 60 years and above		
	Rural Male (%)	Rural Female (%)	Rural Person (%)	Rural Male (min)	Rural Female (min)	Rural Person (min)
Employment and related activities	46.8	16	31.9	377	298	358
Production of goods for own final use	27.7	26.1	26.9	220	135	180
Unpaid domestic services for household members	35.6	79.1	56.7	115	247	176
Unpaid care giving services for household members	10.7	17.1	13.8	80	119	107
Unpaid volunteer, trainee and other unpaid work	3	1.9	2.5	99	102	100
Learning	0.5	0.3	0.4	13	10	11
Socializing and communication, community participation and religious practice	97.1	96.1	96.6	205	195	200
Culture, leisure, mass-media and sports practices	85.1	81.1	83.1	190	192	191
Self-care and maintenance	100	100	100	789	795	792

The table provides a detailed breakdown of the daily activities and the time spent by senior citizens aged 60 years and above in rural areas, segmented by gender (male and female) and presented both in terms of the percentage of participation and the average time (in minutes) spent per day on each activity. The activities are categorized into various domains, reflecting the diverse roles and responsibilities of elderly individuals in rural settings.

Employment and Related Activities

The employment and related activities of rural males and females are highlighted below and a major gap is evident. Approximately 46.8% of male in the rural areas are in employment while only 16% of the female in the rural areas are in employment. This gap shows that there is a cultural barrier on gender roles especially in the rural setting where the male is more engaged in income generating activities. The time spent on employment related activities also depicts this scenario more so the average time rural males spend on such activities is 377 minutes per day while that of

females is 298 minutes per day. Overall, 31. Employment activity is practiced by 9% of the rural seniors who spend about 358 minutes each day on it.

Production of Goods for Own Final Use

Another area that shows gender difference is production of goods for individual consumption like farming or handicrafts. Approximately 27. seven percent of rural males and 26% of rural females have access to electricity. Thus, 1% of rural females are engaged in these activities and in this case male is slightly higher than female. The average time spent is also quite different with the male participants spending 220 minutes and the female participants spending 135 minutes per day. This is in line with the fact that elderly males are still involved in physically demanding activities while females may just spend a lot of time doing less time-intensive activities. Overall, 26. These activities are being participated by 9% of the rural senior through an average of 180 minutes daily.

Unpaid Domestic Services for Household Members

A striking contrast is observed in unpaid domestic services, where 79.1% of rural females participate, compared to only 35.6% of rural males. This reflects the traditional expectation that women are primarily responsible for domestic chores. The time spent on these activities further emphasizes this gender disparity, with females dedicating 247 minutes per day, while males spend only 115 minutes. On average, 56.7% of the rural elderly population engages in unpaid domestic services, with an overall average time of 176 minutes per day.

Unpaid Caregiving Services for Household Members

Unpaid caregiving is another area where gender roles are evident, though the gap is less pronounced. Approximately 17.1% of rural females and 10.7% of rural males provide caregiving services, with females again taking on a more significant share of this responsibility. The average time spent on caregiving is 119 minutes for females and 80 minutes for males. Overall, 13.8% of the rural elderly population participates in caregiving, spending an average of 107 minutes per day.

Unpaid Volunteer, Trainee, and Other Unpaid Work

Participation in unpaid volunteer work or other forms of unpaid labor is relatively low among the rural elderly population. Only 3% of rural males and 1.9% of rural females are involved in such activities, spending an average of 99 and 102 minutes per day, respectively. The overall participation rate is 2.5%, with an average time commitment of 100 minutes daily.

Learning

Engagement in learning activities is minimal among the rural elderly, with only 0.5% of males and 0.3% of females participating. The average time spent on learning is also low, at 13 minutes for males and 10 minutes for females. This reflects the limited opportunities or motivation for formal learning among the elderly in rural areas. Overall, 0.4% of the rural elderly population engages in learning, with an average of 11 minutes spent daily.

Socializing, Communication, Community Participation, and Religious Practice

Religious and social activities are important parts of rural elderly's lives, 97 percent of the participants. 1 percent of the males and 96 percent of the females had been tested for the HIV virus. 1% of females participating. The time that has been spent on these activities is almost equal with males spending 205 minutes while females spending 195 minutes per day. This high level of participation clearly points to the fact that elderly individuals in the society are very much involved with the community as well as religious activities. Overall, 96. Such activities are performed by 6% of the elderly from the rural area and they spend approximately 200 minutes per day.

Culture, Leisure, Mass-Media, and Sports Practices

Cultural and leisure activities are also common accounting for 85 percent of the cases. One percent of the rural male and 81 percent of the rural female population falls in this category. 1 % of Rural females participating. Time spent on these activities is more or less the same for both male and female, males 190 minutes and females 192 minutes per day. These activities are very important to the elderly because they offer them entertainment and help them relax. Overall, 83. Now only one percent of the rural elderly participates in cultural and leisure activities they spend on average 191 minutes per day.

Self-Care and Maintenance

All the rural elderly persons irrespective of their sex and gender irrespective of their gender participated in self-care and maintenance which includes bathing, feeding and resting. It is also significant time that is spend on self-care males 789 min/day and females 795min/day. This goes to show that these activities are integral in the lives of the elderly in as much as their health is concerned. The average time spent on self-care is 792 minutes per day in aggregate.

The table shows the various types of activities that the rural senior citizens undertake, the overall participation rate and the time spent on the activities and how these are affected by gender. While on the other hand employment and production activities are dominated by male, the female on the other hand undertake domestic and care giving activities. However, socializing, cultural activities and self-care are similar across the genders proving the importance of these activities in the lives of rural seniors. This paper therefore stresses that gender sensitive approach should be taken in addressing the needs of elderly persons in rural areas.

Figure-1 Percentage of Person 60 Years and Above (Rural)

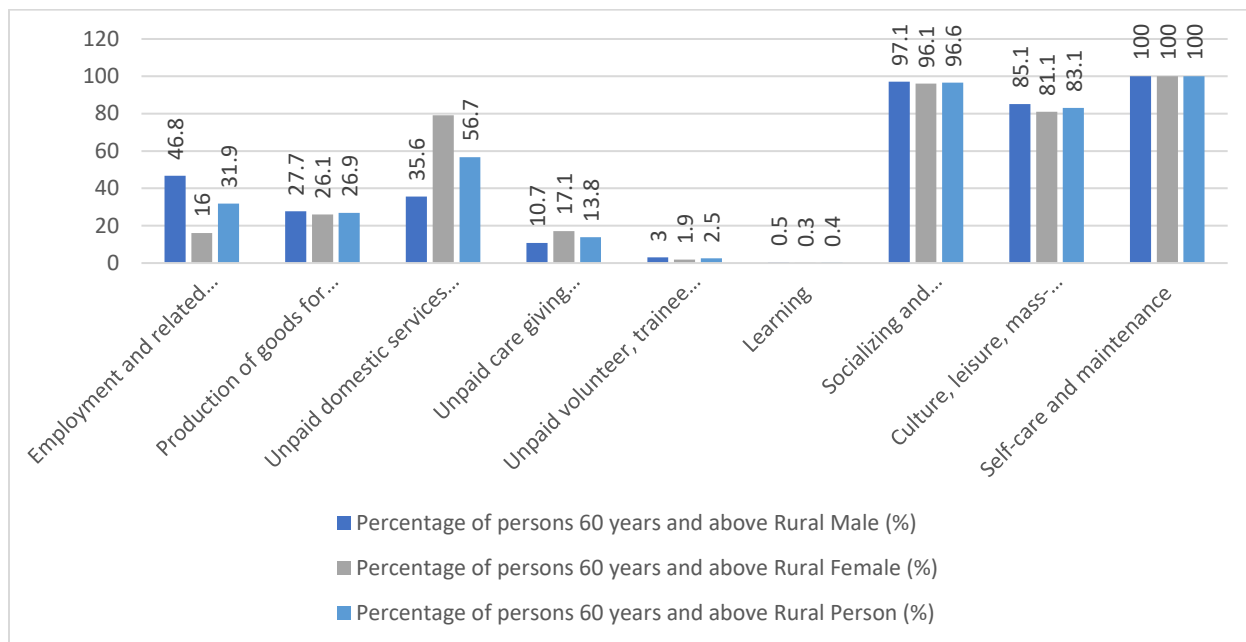
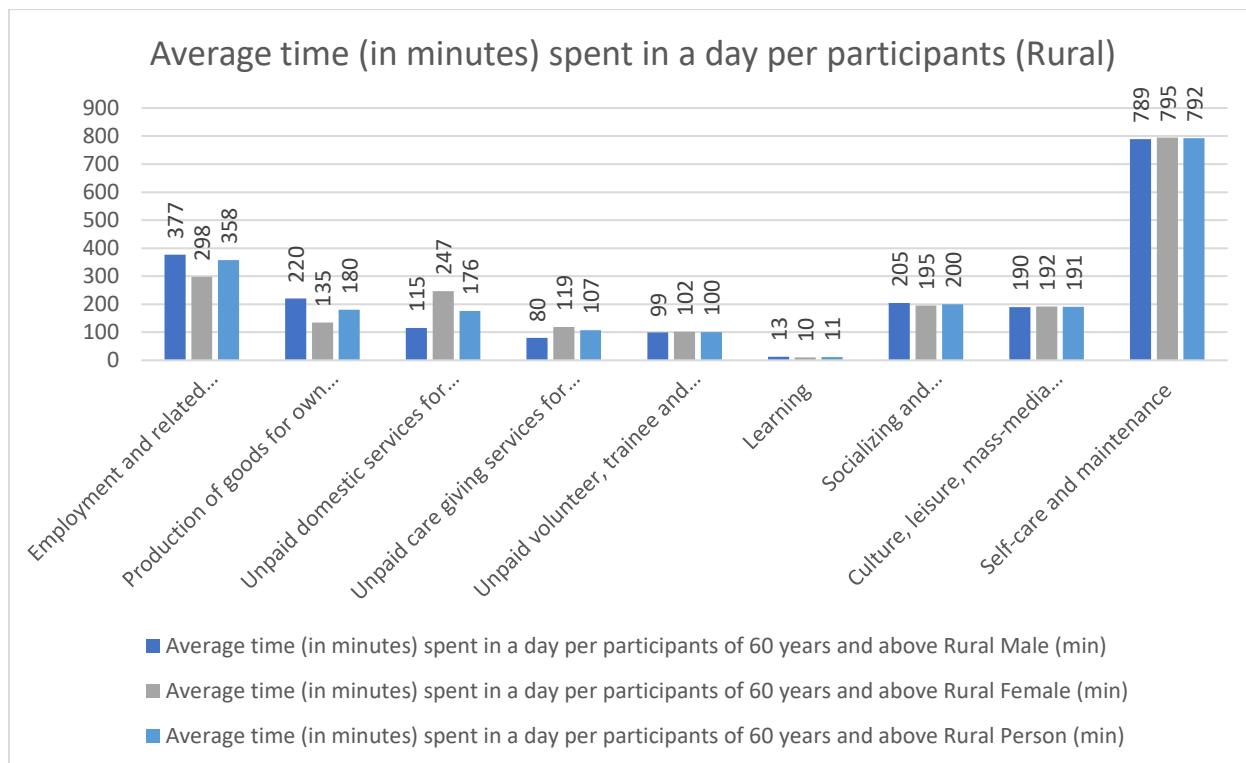


Figure-2 Average Time (in minutes) Spent in a Day Per Participants (Rural)



5.2 Percentage of persons 60 years and above & Average time spent in a day (Urban)

Table-2 Percentage of persons 60 years and above & Average time spent in a day (Urban)

Description of the activity	Urban					
	Percentage of persons 60 years and above			Average time (in minutes) spent in a day per participants of 60 years and above		
	Urban Male (%)	Urban Female (%)	Urban Person (%)	Urban Male (min)	Urban Female (min)	Urban Person (min)
Employment and related activities	35.5	8.7	22.3	459	328	434
Production of goods for own final use	6.1	8.5	7.3	130	72	102
Unpaid domestic services for household members	32.6	76.6	54.3	105	238	198
Unpaid care giving services for household members	12.1	17.2	14.6	91	117	106
Unpaid volunteer, trainee and other unpaid work	3.7	2.3	3	130	116	124
Learning	0.9	0.5	0.7	86	132	102
Socializing and communication, community participation and religious practice	95.9	96.4	96.1	196	186	191
Culture, leisure, mass-media and sports practices	95	93.7	94.3	258	235	247
Self-care and maintenance	100	100	100	786	800	793

The table provides a comprehensive overview of the daily activities of senior citizens aged 60 years and above in urban areas, focusing on both the percentage of participation in various activities and the average time spent on these activities per day. The data is segmented by gender (male and female), offering insights into the differences in activity engagement between urban males and females.

Employment and Related Activities

In urban areas, a noticeable gender disparity exists in the participation of senior citizens in employment-related activities. Approximately 35.5% of urban males are engaged in employment, compared to only 8.7% of urban females. This significant difference highlights the traditional gender roles that persist even in urban settings, where men are more likely to continue working beyond the age of 60. The average time spent on employment is also markedly different, with urban males dedicating 459 minutes per day to employment-related activities, while urban females spend 328 minutes. Overall, 22.3% of the urban elderly population participates in employment,

with an average time commitment of 434 minutes daily, indicating that those who do work tend to do so for extended periods.

Production of Goods for Own Final Use

Participation in the production of goods for personal use, such as crafts or small-scale home production, is relatively low among the urban elderly. Only 6.1% of urban males and 8.5% of urban females engage in these activities, suggesting that such activities are less common in urban areas compared to rural settings. The time spent on these activities is also limited, with males spending an average of 130 minutes and females 72 minutes per day. On average, 7.3% of the urban elderly population participates in the production of goods for personal use, spending about 102 minutes daily.

Unpaid Domestic Services for Household Members

A stark contrast is observed in unpaid domestic services, where 76.6% of urban females participate, compared to only 32.6% of urban males. This difference reflects the continued expectation that women are primarily responsible for household chores, even in their senior years. Urban females spend an average of 238 minutes per day on domestic tasks, while males spend only 105 minutes. On average, 54.3% of the urban elderly population engages in unpaid domestic services, dedicating 198 minutes daily to these activities.

Unpaid Caregiving Services for Household Members

In unpaid caregiving services, 17.2% of urban females participate, compared to 12.1% of urban males. Although the gender difference is less pronounced than in domestic services, it still highlights that caregiving responsibilities are more commonly undertaken by women. The time spent on caregiving is 117 minutes for females and 91 minutes for males, indicating a substantial time commitment for those involved. Overall, 14.6% of the urban elderly population participates in caregiving, with an average time commitment of 106 minutes daily.

Unpaid Volunteer, Trainee, and Other Unpaid Work

Participation in unpaid volunteer work or other unpaid activities is relatively low among the urban elderly. About 3.7% of urban males and 2.3% of urban females engage in such activities, with males spending an average of 130 minutes and females 116 minutes per day. This suggests that while fewer people are involved in volunteer work, those who are tend to dedicate a significant amount of time to it. Overall, 3% of the urban elderly population participates in unpaid volunteer work, spending an average of 124 minutes daily.

Learning

Engagement in learning activities is minimal among the urban elderly, with 0.9% of males and 0.5% of females participating. Interestingly, females who do participate spend more time on learning activities (132 minutes per day) compared to males (86 minutes per day). This could

suggest that while fewer females engage in learning, those who do are more committed. On average, 0.7% of the urban elderly population participates in learning, with an average time commitment of 102 minutes daily.

Socializing, Communication, Community Participation, and Religious Practice

Social and religious activities are popular among the elderly population within urban areas as revealed by the study as 95 good and very good. 9% of males, and 96.4% of females participating. The time spent in these activities is almost equal, where male child spends 196 minutes and female child spends 186 minute per day. Thus, there is a high level of participation in social and religious activities among the elderly and these are vital activities in the societies. On average, 96. It's revealed that 1 percent of the elderly in the urban areas participates in these activities and spends 191 minutes daily on them.

Culture, Leisure, Mass-Media, and Sports Practices

The current social and recreation activities are also popular among the elderly in the urban areas with 95% of the male and 93%. 7% of females participating. It is noteworthy that man and woman nowadays spend big amount of time on these activities: 258 minutes per day for man, 235 for woman. This means that the cultural and leisure activities are an important aspect of the lives of the elderly in urban setting, as they offer leisure and entertainment. On average, 94. Self-educational activities are also an important component of the daily schedule of the urban elderly; 3% of the total elderly population engages in these activities for 247 minutes per day.

Self-Care and Maintenance

Bathing and dressing, feeding themselves and sleeping, is a common activity among the urban elderly, with all the male and female subjects' participation. It is noteworthy that self-care is time-consuming, 786 minutes per day for males, and 800 minutes per day for females. This goes a long way in supporting the fact that these activities are crucial to the life of the elderly. The study reveals that on average the urban elderly spend about 793 minutes on self-care and maintenance.

The table also shows the nature of the different activities that seniors in urban areas undertake, their gender disparities in their participation and time spent on them. Employment and domestic activities are distinctly gendered whereas socialising, cultural activities and self-care are activities that can be seen in both genders. The analysis of the data also highlights the need to account for gendered division of labor with regard to elderly care needs and their access to resources in urban contexts. Further, the vast amount of time spent on cultural and leisure activities imply that such activities are important to the daily lives of seniors living in urban settings as they socially engage seniors and offer entertainment.

Figure-3 Percentage of Person 60 Years and Above (Urban)

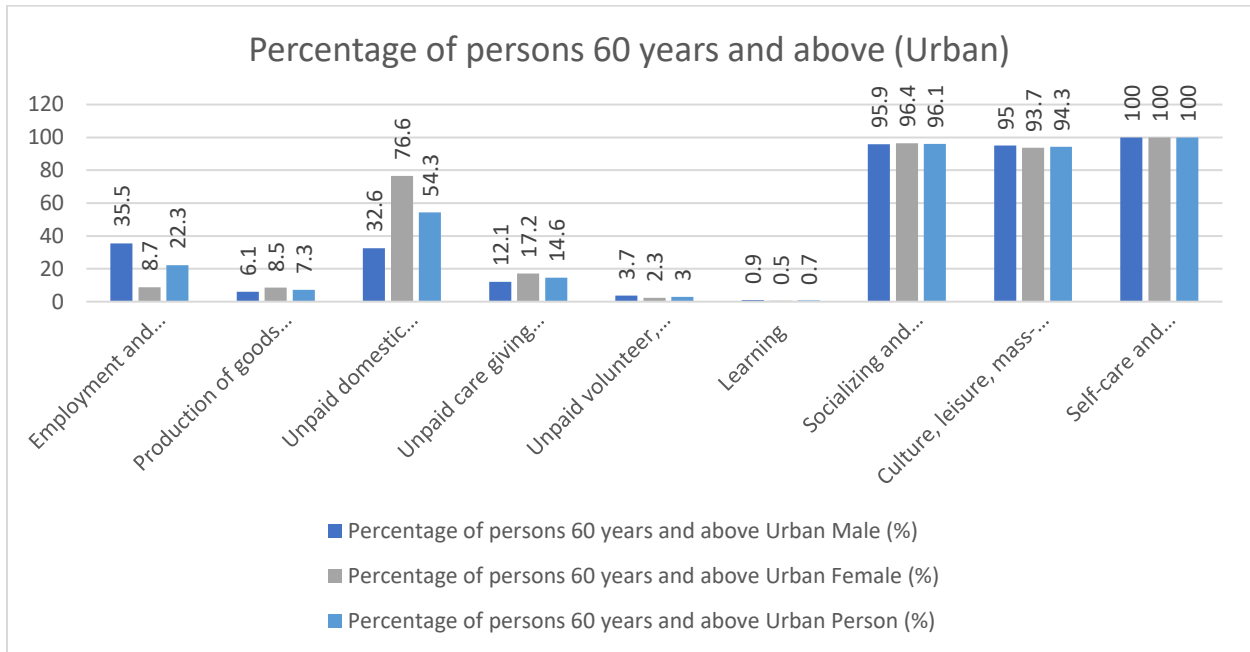
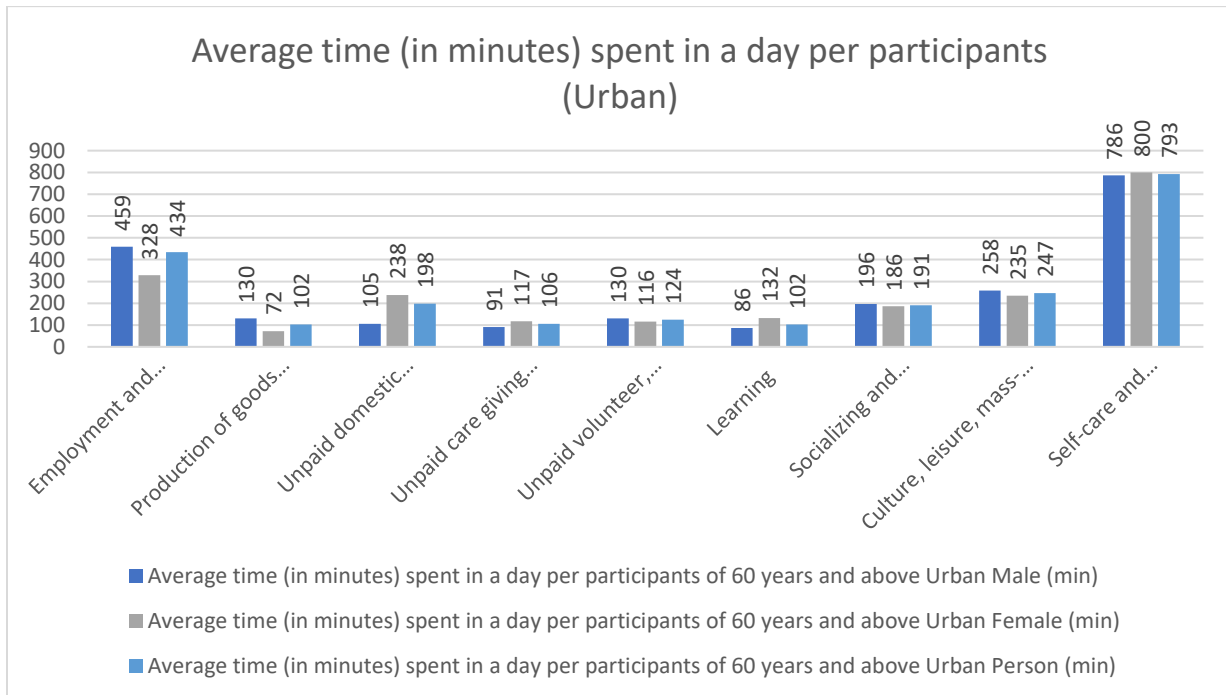


Figure-4 Average Time (in minutes) Spent in a Day Per Participants



5.3 Percentage of persons 60 years and above & Average time spent in a day (Rural + Urban)

Table-3 Percentage of persons 60 years and above & Average time spent in a day (Rural + Urban)

Description of the activity	Rural + Urban					
	Percentage of persons 60 years and above			Average time (in minutes) spent in a day per participants of 60 years and above		
	Rural + Urban Male (%)	Rural + Urban Female (%)	Rural + Urban Person (%)	Rural + Urban Male (min)	Rural + Urban Female (min)	Rural + Urban Person (min)
Employment and related activities	43.5	13.8	29	397	304	375
Production of goods for own final use	21.4	20.8	20.8	213	127	172
Unpaid domestic services for household members	34.7	78.3	56	122	245	202
Unpaid care giving services for household members	11.1	17.1	14.2	90	118	107
Unpaid volunteer, trainee and other unpaid work	3.2	2	2.6	106	108	107
Learning	0.6	0.3	0.4	19	12	16
Socializing and communication, community participation and religious practice	96.7	96.2	96.5	202	192	197
Culture, leisure, mass-media and sports practices	88	84.9	86.5	211	207	209
Self-care and maintenance	100	100	100	788	797	792

The provided data presents a comprehensive analysis of the daily activities of senior citizens aged 60 years and above across both rural and urban areas, combining the two settings to give a holistic view. The data is segmented by gender (male and female) and details both the percentage of individuals participating in various activities and the average time (in minutes) spent per day on each activity. The combined rural and urban statistics offer valuable insights into the roles, responsibilities, and lifestyle patterns of elderly individuals across different environments.

Employment and Related Activities

Employment-related activities show a notable difference in participation between genders, with 43.5% of males and 13.8% of females engaged in such activities. This reflects a continued gender

disparity in the workforce, where men are more likely to remain employed even in their senior years, while women may retire earlier or never have been part of the formal workforce. The average time spent on employment activities is significant, with males dedicating 397 minutes per day, compared to 304 minutes for females. Overall, 29% of the elderly population participates in employment, with an average daily commitment of 375 minutes, indicating that those who are employed remain highly engaged in their work.

Production of Goods for Own Final Use

Participation in the production of goods for personal use, such as farming or handicrafts, is relatively balanced between genders, with 21.4% of males and 20.8% of females engaging in these activities. This suggests that both men and women in this age group contribute to self-sustaining activities, albeit with differing levels of intensity. Males spend an average of 213 minutes per day on these activities, while females spend 127 minutes. On average, 20.8% of the elderly population engages in the production of goods for personal use, with a daily time commitment of 172 minutes.

Unpaid Domestic Services for Household Members

A significant gender disparity is evident in unpaid domestic services, with 78.3% of females participating compared to 34.7% of males. This difference underscores the traditional gender roles where women are primarily responsible for household chores, even in their later years. The time spent on these activities further highlights this disparity, with females dedicating 245 minutes per day, while males spend only 122 minutes. On average, 56% of the elderly population is involved in unpaid domestic services, with an overall time commitment of 202 minutes per day.

Unpaid Caregiving Services for Household Members

Unpaid caregiving services also show a gender difference, with 17.1% of females and 11.1% of males participating. While the gap is less pronounced than in domestic services, it still reflects a higher burden on women for caregiving responsibilities. The time spent on caregiving is 118 minutes per day for females and 90 minutes for males, indicating that those who provide care dedicate a substantial portion of their day to these activities. On average, 14.2% of the elderly population participates in caregiving, with a daily time commitment of 107 minutes.

Unpaid Volunteer, Trainee, and Other Unpaid Work

Participation in unpaid volunteer work or other unpaid activities is relatively low among the elderly, with 3.2% of males and 2% of females involved. The time spent on these activities is relatively balanced, with males dedicating 106 minutes per day and females 108 minutes. This suggests that while fewer elderly individuals engage in volunteer work, those who do are fairly committed. On average, 2.6% of the elderly population participates in unpaid volunteer work, with a daily time commitment of 107 minutes.

Learning

Engagement in learning activities is minimal among the elderly, with only 0.6% of males and 0.3% of females participating. The average time spent on learning is low, with males dedicating 19 minutes per day and females 12 minutes. This indicates limited opportunities or interest in formal learning among the elderly population. On average, 0.4% of the elderly population participates in learning activities, with a daily time commitment of 16 minutes.

Socializing, Communication, Community Participation, and Religious Practice

The elderly are very active in the social and religious activities with 96 % of the population being involved in such activities. 7% of males and 96 percent of females have access to internet at home. 2% of females participating. The time taken for these activities is a bit higher for male participants, 202 minutes per day while for the female participants it is 192 minutes per day. This high level of participation explain the significance of religious activities as well as religious affiliations in the lives of elderly people. On average, 96. These activities involve 5% of the elderly people spending 197 minutes per day on the activities.

Culture, Leisure, Mass-Media, and Sports Practices

Cultural and leisure activities are recognized and are in practice within the elderly population most of the males 88% and most of the females 84%. 9% of females participating. The time spent to these activities is considerable with males spending 211 minutes per day and females spending 207 minutes in the same day. This implies that cultural and leisure activities are very essential in the lives of the elderly since they engage them and relax them as well. On average, 86. These activities involve 5% of elderly who spend 209 minutes per day in these activities.

Self-Care and Maintenance

Basic self-care/maintenance which entails activities such as washing, feeding and sleeping is the most prevalent activity of daily living among the elderly with both sexes having a 100% involvement. The time spent on self-care is quite an amount, for males it reaches 788 minutes a day, for females – 797 minutes. This is in concordance with the nature of these activities in the provision of care to the elderly individuals' health needs. Self care and maintenance is one of the most time consuming activities by the elderly with an average of 792 minutes per day.

The analysis of both rural and urban seniors provide a comprehensive picture of the lives of older adults revealing gender gaps in both attendance rates and temporal distribution of activities. Paid work, househelp, and Elder care, there are gender disparities, whereas socializing, culture, and grooming, have no disparities. Such findings thus imply the need to factor gendered roles when designing interventions that may be useful to the elderly. Also, the dramatic time spent on cultural and leisure activities points to the importance of these activities as to the quality of life and health of seniors.

Figure-5 Percentage of Persons 60 Years and Above (Rural+Urban)

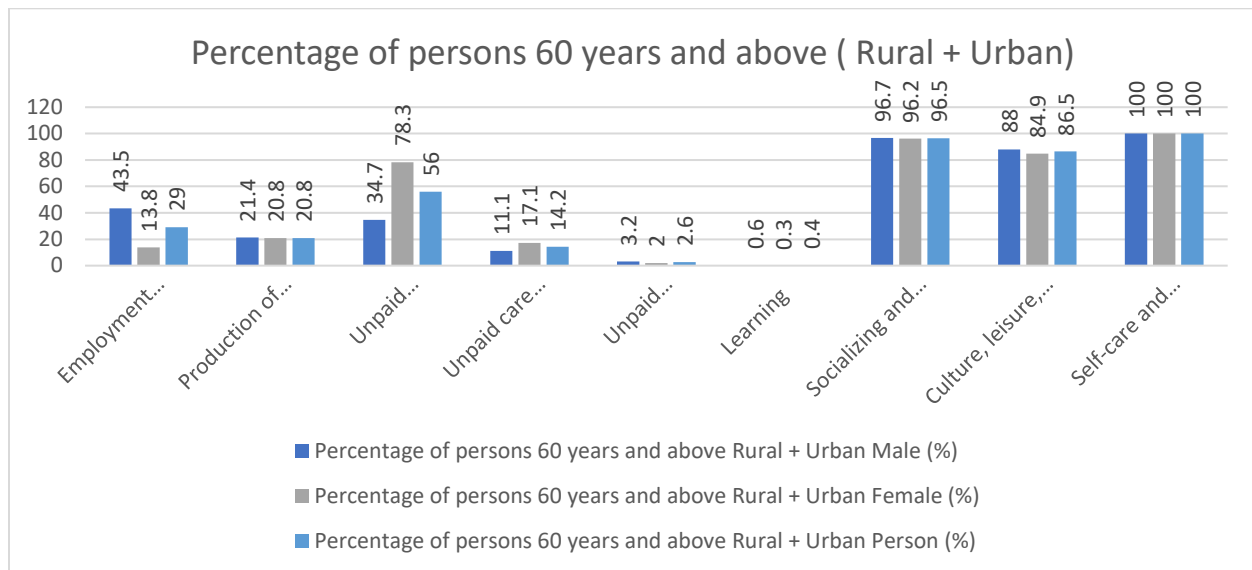
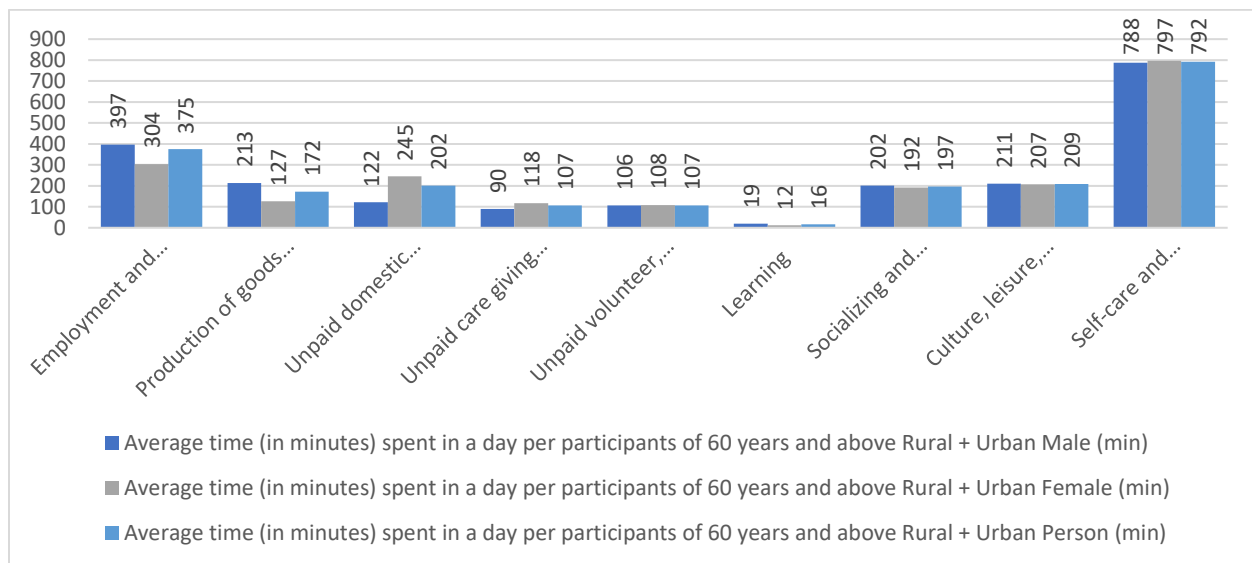


Figure-6 Average Time (in minutes) Spent in a Day Per Participants (Rural+Urban)



6 DISCUSSION & CONCLUSION

The evaluation of the daily activities of seniors for the rural, urban, and both the settings brings out the general understanding of the type of engagement and time use profile of the persons aged 60 years and above. The data also shows that female participation is considerably lower than male and that both boys and girls spend significantly more time on various activities than girls do, which indicates that gender stereotypes still remain an important factor in people's lives in later years.

As for the employment and related activities, employment separation is clearly defined while men are still actively engaging in the workforce at a much higher rate than women especially in the rural areas where the rate was even higher. This trend is somewhat reflected even in the production of goods for personal use where once again men are depicted as spending more time in the process. Nonetheless, the gap is smallest in unpaid domestic services and care giving where women remain solely responsible and spend much more time than the male counterparts in carrying out these duties. It therefore clearly brings out how society has placed a burden on women to be caregivers and managers of homes which even to their old age requires a lot of time and energy.

However, some activities are nearly equal in the proportion of females and males and across home and child care setting. Every activity such as socializing, community participation, religious practices, cultural or leisure activity are nearly always participated by both men and women because these activities are vital for social interaction, spiritual and mental well being of the elderly. Larger percentages of participation and time dedicated to self-care and maintenance reiterate the importance of personal health and well-being that is vital for all seniors without distinction to gender or geographical region.

Therefore, it can be concluded that the data gives detailed insights into the senior citizens' daily lives, and the similarities and differences between them. These gender differences, including employment, domestic work and care giving show that traditional roles still affect the lives of elderly persons. On the other hand, one can note that a large part of the population engages in social, cultural, and care-related activities, so these components are important for the elderly to maintain their health, to have an opportunity to spend time in leisure and to take care of themselves. To meet the needs of this population, these trends must be understood with regard to both similarities and differences between male and female rural and urban elderly.

7 STUDY IMPLICATION

The results obtained in the framework of this study clearly indicate the importance of the comprehensive approach to elderly people, with the emphasis placed on gender differences that define the life conditions of men and women of the upper age groups. Discrimination in the labour market, housework, and care show the need to intervene with service provisions for elderly women who are involved in unpaid domestic work and care giving while at the same time the elderly men, especially in rural areas, should be provided with opportunities for social interactions since they are more likely to be employed than their counterparts in the urban areas. Governments should therefore focus on efforts to create social and cultural activities that will encourage community participation, religious activities and leisure activities since these are crucial in the fight against loneliness among the elderly. Further, the fact that self-care and maintenance tasks are performed by older people irrespective of the country they reside in underlines the need to have health care services that are easily accessible especially in rural settings to enable elderly persons to have easy access to health services in order to remain healthy and independent. This means that by providing an opportunity for continued employment as well as offering flexible working options, part-time

employment and micro-financing, the elderly are able to feel that they are still needed in the society and continue to be productive, thus being useful members of the society. Additionally, the twenty-four participants who indicated an interest in lifelong learning point to the need for programs that would foster learning and would also have a positive impact on the elderly's cognitive ability as well as their social lives. Therefore, policy formulation and implementation require a multi-faceted and gender sensitive approach that focuses on health, social participation, and education to enable senior citizens live productive, well engaged and healthy lives in rural and urban areas.

8 FUTURE SCOPE OF THE STUDY

The following is the future scope of this study is as follows: Longitudinal studies would enable covariate aging trends over a given period, and comparative analysis would explain how culture and economy affect senior citizens' activities. Conducting a study on technology, mental health and gender- targeted interventions may provide a view of improving the quality of life of older people. Further, research could focus on how socio-economic status, intergenerational relations and cultural differences across the world impacts ageing. Last but not least, evaluating the effectiveness of the measures introduced to enhance the situations of seniors could potentially modify and enhance the strategies of the care and support of the elderly.

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