



An Assessment of Functional Disability, Loneliness, and Depression Among the Elderly in Delhi, India

Abhishek Kumar Singh, Anuradha Banerjee
Centre for the Study of Regional Development (CSRD),
Jawaharlal Nehru University (JNU),
New Delhi, India

Abstract

Ageing is a global phenomenon impacting the elderly's physical, mental, and social well-being. By 2050, the global elderly population is expected to reach 2.1 billion, with Asia being the largest. Social and regional disparities, such as urbanization and nuclear families, exacerbate issues like isolation, loneliness, and mental health problems among the elderly, especially in urban areas like Delhi. This study aims to analyse the prevalence of functional disabilities, loneliness, and depression among the elderly. To achieve these goals primary data will be collected from elderly individuals in Delhi, and standardized tools will be utilized to measure the key variables. Functional disability will be assessed through Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL) analysis, loneliness will be measured using the UCLA Loneliness Scale, and depression will be evaluated with the Geriatric Depression Scale (GDS). Quantitative analysis will be performed using logistic regression and descriptive statistics. This study will offer valuable insights into the specific needs of elderly residents in Delhi, with the potential to influence public health strategies, social support systems, and urban planning initiatives to improve the quality of life for the elderly in India.

Keywords: Ageing population, Functional disability, Loneliness, Depression, Elderly Health, Delhi

Biography

Abhishek Kumar Singh is a research Scholar at the Centre for the Study of Regional Development (CSRD), School of Social Sciences, Jawaharlal Nehru University, New Delhi. specializing in Urban Geography, Demography, Aging Population, Elderly Health, and Remote Sensing & ArcGIS.

Presenting author details

Full name: Abhishek Kumar Singh

Contact number: 9793114876

Twitter account:

Linked In account: www.linkedin.com/in/abhishek-kumar-singh-567052260

Session name/ number: [Population Aging](#)

Category: (Oral presentation(✓)/ Poster presentation)

Mode of presentation: In-Person