

Dissertation at

**SILVER GENIE Pvt. Ltd**



**“Promoting Social Cohesion and Community Involvement Among  
Senior Citizens: A literature review”**

by

**VAIBHAV**

PG/22/136

Under the guidance of

**Prof. Rupsa Banerjee**

PGDM (Hospital and Health Management)2022-24



**International Institute of Health Management  
Research New Delhi**

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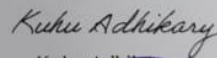
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He comes across as a committed, sincere & diligent person who has a strong drive & zeal for  
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We wish him all the best for future endeavors.



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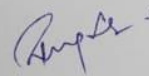


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The Candidate has successfully carried out the study designated to him during dissertation and his approach to the study has been sincere, scientific and analytical. The dissertation is in fulfillment of the course requirements. I wish him all success in all his future endeavors.

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Associate Dean, Academic and Student Affairs  
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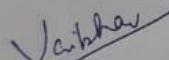
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CERTIFICATE BY SCHOLAR


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Name of the Student: Vaibhav

Name of the Organisation in Which Dissertation Has Been Completed: SilverGenie Pvt. Ltd.

Area of Dissertation: Operations

Attendance: 3 months - 100% attendance.

Objectives achieved: Thorough research and understanding of elder care

Deliverables: Customer service excellence

Strengths: Strong data handling capability

Suggestions for Improvement: Take more initiative

Suggestions for Institute (course curriculum, industry interaction, placement, alumni): —

*Rashmi*

Signature of the Officer-in-Charge/ Organisation Mentor (Dissertation)

Date: 05<sup>th</sup> July 2024

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CERTIFICATE ON PLAGIARISM CHECK

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Similar contents acceptable (%)	Up to 15 Percent as per policy		
Total words and % of similar contents identified	<u>7%.</u>		
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## Acknowledgement

It is an esteemed pleasure to present this research project by thanking each one who helped me in this task. I would like to express my sincere gratitude towards my guide, **Dr. Rupsa Banerjee**, Associate Professor, IIHMR Delhi, who helped me immensely throughout the tenure of my dissertation. She inspired me greatly to work in this project with her valuable guidance, support, interest, encouragement, involvement and advice.

I would like to thank **Dr. Sumesh Kumar**, Associate Dean, Academic and Student Affairs, IIHMR Delhi for allowing me to experience such great opportunities and for providing information for my learning.

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## Abstract

**Introduction:** It is becoming more widely acknowledged that one of the most important ways to improve the well-being and quality of life of senior adults is to encourage social cohesiveness and community involvement. The purpose of this scoping review is to investigate the many aspects and effects of community involvement and social cohesiveness on older persons. The review's methodical analysis of the body of research papers and literature aims to pinpoint the critical characteristics that affect seniors' social integration and community involvement as well as how these aspects affect their general well-being and sense of identity. The results of this assessment will meet the growing demand for focused social and community-based activities by offering insightful information about interventions and policies that can support the aging population and create a welcoming and inclusive environment.

**Methodology:** A review of literature was conducted, encompassing research from 1990 to 2024. Data bases included, PubMed, NCBI, Consensus, Google scholar etc. All the articles underwent Title screening, Abstract screening and Full text screening. Data extraction included participants characteristics, study characteristics, intervention types, and outcome measures and a Prisma flowchart is being made based on screened out articles.

**Results:** Of the 616 articles that were thoroughly evaluated, 14 meet the requirements for inclusion in our qualitative analysis. • Approximately eight, or 57%, of the 14 papers were observational studies, with the remaining articles being interventional research. The bulk of the chosen papers (57%) were observational studies, which watch and document behavior without changing the study setting. Four research, or 28% of the total, discuss how social cohesion affects people's well-being. Two research, or 14% of the total, discuss the relationship between social isolation and mental health outcomes. Two studies, or 14% of the total, discuss how social exclusion might lead to depression. In the remaining of the studies 44% of the studies social cohesion and loneliness are being discussed as a whole part. Most of the articles that were examined have a significant p-value of less than 0.05

**Conclusion:** The important significance that social cohesiveness and community involvement play in enhancing senior adults' well-being is highlighted by this scoping review. Research indicates that older persons who are involved in the community and have strong social networks are more likely to have better mental and physical health, higher levels of life satisfaction, and a stronger sense of belonging. To optimize the advantages of these interventions, however, obstacles including social isolation, limited access to community resources, and difficulties with computer literacy must be addressed. In order to close the gaps in social involvement, future research and policy initiatives should concentrate on creating inclusive community programming and utilizing technology. Prioritizing community service and social participation will help us build a welcoming environment that improves elderly persons' quality of life and encourages healthy.

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NAME OF THE ORGANIZATION- Silver Genie

OFFICIAL NAME – Silver Genie Pvt. Ltd.

**SILVER GENIE** is a Delhi NCR based technological start-up which is providing a unique solution to manage the wellness needs of the elderly.

Silver Genie Private Limited is a Private incorporated on 21 July 2020. It is classified as non-govt company and is registered at Registrar of Companies, Delhi. Its authorized share capital is Rs. 1,000,000 and its paid-up capital is Rs. 217,400. It is involved in Human health activities.

Directors of Silver genie Private Limited are Poulomi Bhattacharya and Siddhartha Bhattacharya.

Silver Genie Private Limited's Corporate Identification Number is (CIN) U85110DL2020PTC366567 and its registration number is 366567. Its Email address is bhattacharyas@aim.com and its registered address is F-1167 G/F C.R Park, New Delhi Delhi South Delhi DL 110019 IN

Silver Genie strive to improve health and provide care for customers to make their everyday life more comfortable and care-free everyday life.

They are there to bridge the gap between the healthcare needs of our elders and render service to empower independent life for them. They aim to be an end-to-end healthcare concierge and management partner. With their support, both the elders who live by themselves, and their loved ones who are away, can live with a peace of mind. They promise

a Silver Genie experience that's driven by compassion to improve the well-being of our

elders, competence in technology to bring convenience in what they do, continuity of a reliable physical presence, and consistency in times of need. From attending to medical emergencies to maintaining medical records, and procuring medicines to scheduling periodic health check-ups, their mission is to build a solid healthcare support system for every senior citizen.

They are building a comprehensive solution that aims to promote an empowered lifestyle for seniors, through a trusted and reliable healthcare management ecosystem.

Combining the latest in technology, best of resources, their rich network of clinical experts, and our unwavering work ethics, they have come up with a unique healthcare management product. Their solution focuses to be a one-stop destination for wellness of seniors.

From doctor's appointments, buying medicines, booking lab tests, to being a part of a vast community of similar-minded individuals, we strive to improve your health outcome

through our product. At the core of our product is a dedicated concierge, Genie, who will be your conduit of care and wellness.

#### **MISSION**

We want to empower the elderly to live a well-managed and independent life, especially if they live by themselves. Our aim is to help them navigate the healthcare system with ease. We will bridge the gap between you and your loved ones, by ensuring we support you.

We are your trusted healthcare concierge, at every step in your healthcare journey.





## VISION

Our vision is to enable the elderly to manage their healthcare needs and empower them to live better. Combining technology, clinical expertise, human attention and compassion, all on one platform, we'll make it easier for them to stay healthy. We are committed to delivering exceptional healthcare management support to the senior citizens of our country.

**VALUES** – They work on these three pillars






## Service offerings –

They provide multiple services to their customers that are primarily older citizens but along with that there are other health verticals that the company has to offer which includes –

- Dedicated Concierge

- Digital health Records
- Access to General Physician
- Customized care packages for elderly and NCD enrolled customers
- Resources and education
- Subscription plan

 <h3>Dedicated Concierge</h3> <p>Nothing can replace human presence and support. We will deploy a compassionate, qualified, and proactive professional as your personal concierge. Professional concierge, just a call away to solve any challenges you face during the SilverGenie experience.</p>	 <h3>Digital Health Records</h3> <p>We will maintain electronic Personal Healthcare Record, with the highest standards of data safety, and perform continuous monitoring and clinical analysis to improve health outcomes by extracting necessary intelligence from the record.</p>	 <h3>General Physician Access</h3> <p>You will have unencumbered access to a General Physician (GP) who can keep a track of your health. Based on your medical history and Personal Health Record, the GP can help you meet your healthcare goals with ease and support.</p>
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 <h3>Resources &amp; Education</h3> <p>We believe support system plays an unquestionable role in the wellness of seniors. We have a SilverGenie community and advisory in place, so you can have a healthy social life and keep yourself updated with what's best for you.</p>	 <h3>Subscription Plans</h3> <p>We understand that wellness needs can differ from person to person. To make the wellness journey of seniors convenient for them and their loved ones, we have membership plans in place. These plans ensure we are cognizant of your needs at all times.</p>	 <h3>Customized Care Packages</h3> <p>From emergency support, vaccination drives, to counselling and other wellness support services, we will take care of you holistically. As a SilverGenie member, you can avail these packages beyond what we are already offering, as and when required.</p>
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## INTRODUCTION

The number of older adults who experience social isolation and loneliness has increased dramatically as the world's population ages. Due to the fact that a significant portion of the elderly population is impacted by this phenomenon, it is of great public health concern. While loneliness is the experience of feeling alone, social isolation is the absence of social ties. Serious health issues like depression, anxiety, and cognitive decline can result from either. According to research, seniors who are socially isolated are more likely to die than those who are well-connected. Senior social isolation and loneliness are caused by a number of factors. Older adults may be unable to participate in social activities because of limited mobility brought on by illnesses or disabilities. A weakened social network may result from the aging of friends and family members. Retirement may also mean fewer opportunities for regular social interactions than there were while working. These difficulties have a negative effect on older adults' physical and mental health in addition to making them lonely. Seniors who live alone are more likely to experience physical health problems like heart disease, high blood pressure, and compromised immune systems. They are more vulnerable mentally to mental illnesses like dementia, anxiety, and depression.

Research has indicated that programs that foster community involvement and social cohesion can greatly enhance the quality of life for senior citizens. A community's ability to form strong bonds and feel united is referred to as social cohesion. Programs that motivate seniors to volunteer, take part in group activities, and get involved in the community can aid in the reconstruction of social networks and lessen feelings of loneliness. Seniors who participate in these programs experience social interaction as well as a sense of purpose and belonging, both of which are critical for mental health. Improved social cohesion can result in lower medical expenses for treating isolation-related health problems as well as better health outcomes and higher life satisfaction.

The tie that binds a community's members together is called social cohesion. It has to do with how many and what kind of social ties people have, as well as how they feel about themselves and their community. A robust social network, engaged community involvement, and a network of supportive relationships are indicators of strong social cohesion. Community programs, social clubs, and other initiatives that promote interaction and mutual support can be effective in fostering social cohesion among seniors. Seniors are more likely to have better overall health and quality of life when they feel included and respected in their communities.

The strength and caliber of ties, social networks, and the sense of unity among community members are all considered indicators of social cohesion. It includes the ties that bind individuals to one another and encourage cooperation and mutual support within a community. Social inclusion, social capital, community involvement, trust, and shared values are just a few of the important aspects that make up the complex concept of social cohesion. The quality and strength of ties as well as the sense of oneness among community members are referred to as social cohesiveness. It entails mutual respect, cooperation, and a feeling of community among people, all of which support a society's stability and well-being. Since social cohesiveness creates an atmosphere where people are more inclined to support one another and cooperate to achieve common objectives, it is frequently considered as a critical component of community health and functioning. This idea is essential for encouraging harmonious cohabitation and lowering societal conflicts.

The influence of social cohesion on public health is one of its main advantages. Studies have indicated that societies with strong social cohesion typically have better health outcomes because people are more likely to practice healthy habits and have access to support systems when they need them. Social cohesion, for example, can promote active lives, lessen the incidence of mental health problems, and



lower stress levels. Strong social links can also increase a community's overall resilience to health emergencies and the efficacy of public health programs.

Social cohesiveness and economic development are intimately related. Cohesive communities frequently exhibit higher levels of economic cooperation as well as a dynamic exchange of ideas and resources. In addition to encouraging innovation and helping small enterprises, this atmosphere may result in more equal economic growth. Furthermore, since businesses and investors often prefer stable, cooperative communities with low levels of conflict and high levels of trust, social cohesion can draw in investment.

In the context of aging populations, social cohesion becomes even more critical. Older adults who are part of cohesive communities are less likely to experience social isolation and loneliness, which are significant risk factors for poor health outcomes. Community engagement and social support networks can greatly enhance the quality of life for senior citizens, providing them with a sense of purpose and belonging. Initiatives aimed at strengthening social cohesion, such as community centers, intergenerational programs, and volunteer opportunities, are essential in addressing the challenges posed by demographic shifts and ensuring the well-being of older adults.

## **Rationale**

### **1). Demographic shift :**

Rising life expectancy and falling birth rates are two major demographic trends that many nations are currently experiencing. An aging population results from these changes, as the share of elderly people in society rises relative to younger age groups.

Important Elements Affecting Shifts in Demographics:

#### **Extended Life Expectancy :**

People have been living longer thanks to developments in medical technology, better living conditions, better diet, and healthcare. Due to longer life expectancies, a greater proportion of the population is senior citizens.

#### **Reduced Birth Rates:**

Birth rates have been falling in many industrialized and some emerging nations as a result of a number of factors, including improved access to family planning, shifting societal norms around family size, and economic concerns. Less young people are being born as a result of the drop in birth rates, which is meant to offset the growing number of older adults.

### **2). Health and well being :**

Negative Effects of Social Isolation and Loneliness: Studies repeatedly demonstrate the harmful effects that social isolation and loneliness, especially in older persons, can have on mental and physical health. Among the principal detrimental effects are:

#### **Physical Health Concerns:**

Elevated Mortality chance: Research has connected social isolation to an increased chance of dying young from all causes. This risk may be similar to that of smoking, being overweight, and not exercising.

Chronic Illnesses: Heart disease, hypertension, diabetes, and other chronic health issues are more common in older persons who experience social isolation. These illnesses have the potential to worsen preexisting medical disorders and impair general health.

#### **Mental Health Concerns:**

despair and Anxiety: Feelings of despair and anxiety can be attributed to social isolation and loneliness. These mental health problems can make people feel even more alone, which feeds a vicious cycle of deteriorating mental health.

Cognitive Decline: Seniors who are socially isolated are more likely to get dementia and cognitive decline. Cognitive capabilities can be preserved by participating in social activities and keeping robust social networks.

### **3). Policy implications :**

Acknowledging the demands: Aging populations' demands are becoming more and more important to governments and legislators. This acknowledgment is motivated by multiple essential elements:

**Demographic Shifts:** A number of nations are going through major demographic shifts, which are typified by lower birth rates and longer life expectancies. Because of this change, the population now has a larger percentage of older persons, which calls for specific policies to promote their wellbeing.

**Economic Impact:** An aging population has significant economic ramifications. The increased healthcare and social support needs of older persons might put a pressure on public resources. Good policies can ease the pressure on healthcare systems and encourage healthy aging, which can help alleviate these expenditures.

**Social and Health Equity:** It is important to guarantee older folks' access to essential services and assistance. Age-neutral policies that cater to the special requirements of the elderly contribute to the development of a more inclusive society.

## Objectives

**Primary Objective:** To assess the impact of social cohesion and community engagement on the wellbeing of the older adults.

The main goal is to comprehend how older adults' physical and mental health is impacted by their sense of community and their active engagement in it. A community's ability to form strong bonds and feel united is referred to as social cohesiveness. By offering emotional support, lowering feelings of loneliness, and improving general mental health, being a part of a supportive group can greatly improve older individuals' quality of life. According to studies, seniors who participate in community activities typically have higher levels of physical activity, lower levels of depression, and greater cognitive function—all of which enhance overall wellness.

**Secondary Objective:** To recommend actions for bridging gaps in community engagement among older adults.

The secondary objective aims to identify strategies to enhance community engagement for older adults. This involves pinpointing barriers that prevent seniors from participating in community activities and proposing solutions to overcome these obstacles. Recommendations might include developing accessible community centers, organizing inclusive events, and creating volunteer opportunities tailored to the interests and abilities of older adults. Additionally, leveraging technology to connect seniors with community resources and ensuring that information about available activities is widely disseminated can help bridge gaps in engagement. By implementing these actions, communities can foster a more inclusive environment that supports the active involvement of senior citizens, thereby improving their social integration and overall quality of life.

## METHODOLOGY

**Method:-** Prisma framework

**Study design:** Secondary research study to review existing data on social isolation, community resources, and service gaps to cater the gaps and challenges faced by older adults.

**Study population:** 60+ population

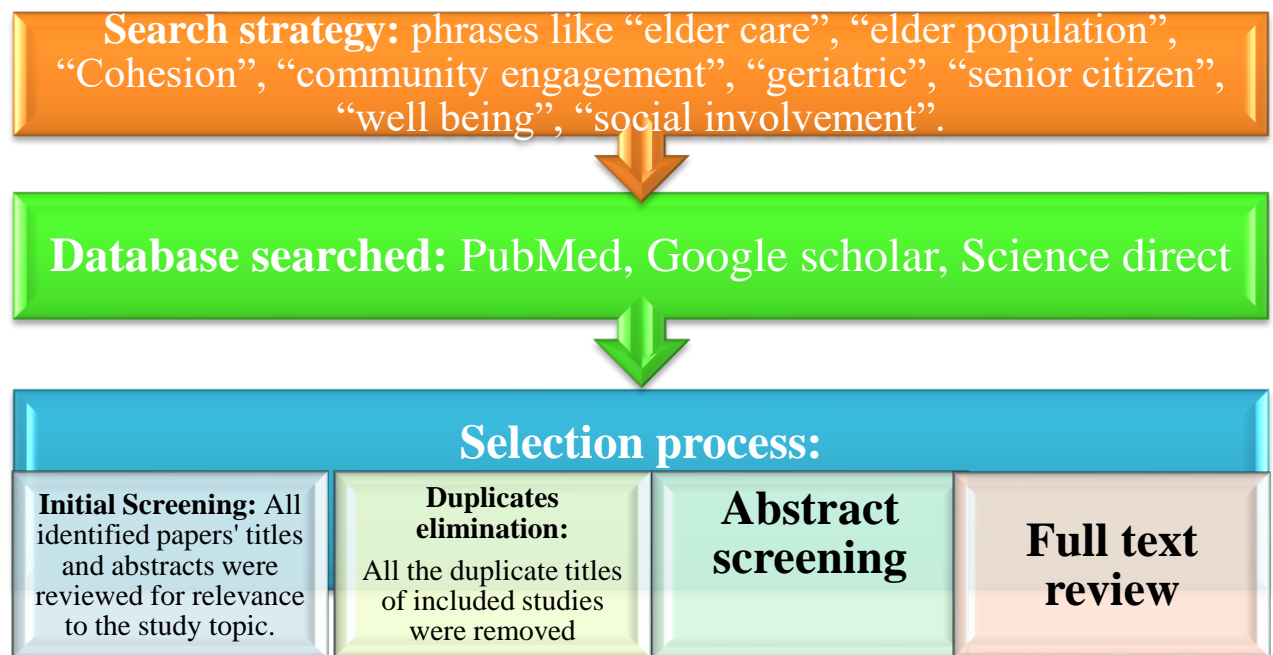
**Search databases:** Pubmed, NCBI, Consensus, Google scholar etc.

**Key search items:** Seniors, elders, eldercare, inclusiveness, cohesion, community engagement etc. search terms will be used in varying combinations.

**Inclusion criteria:** Older adults aged 60 years or older, studies conducted in India.

**Exclusion criteria:** Severe disability (immobile)

**Timeline :-** 3 months



## PRISMA

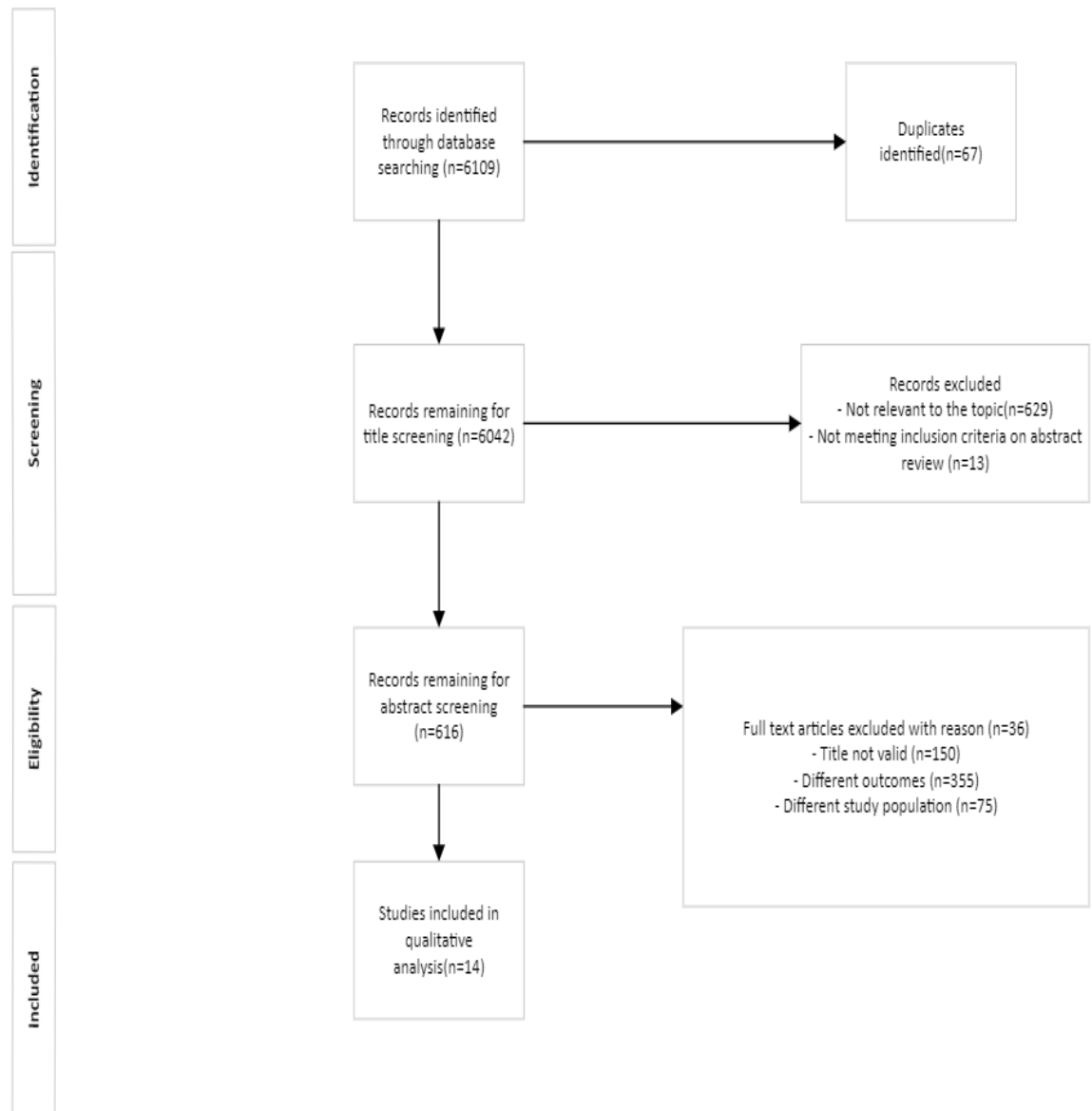
### **KEYWORDS**

Seniors, elders, eldercare, inclusiveness, cohesion, community engagement etc. search terms will be used in varying combinations

### **LITERATURE REVIEW**

#### PRISMA DIAGRAM :

Total of 6109 articles were returned from PubMed database, articles left after removal of duplicates (67) ie.6042 articles. Out of these 6042 articles records which are excluded includes those articles which are not relevant to the study ie 629 and not meeting the inclusion criteria on abstract review ie 13. Records left after abstract screening ie 616 out of which full text articles are excluded ie 36,title not valid ie 150, articles having different outcomes ie 355 and different study population ie 75. Eventually, 14 articles are reviewed in this study which comes in our inclusion criteria .



Hossain B, investigated that Social exclusion has far-reaching consequences that extend beyond regular activities and access to resources and knowledge; social exclusion is a major social determinant of health. However, there is a lack of evidence on social exclusion and health outcomes among India's older adults. Thus, the current study investigates the association of social exclusion with depressive symptoms among Indian older adults and found that The results of this study provide insight into the connection between elder Indians' depression symptoms and social marginalization. The scope of elder health care services should be increased while addressing social exclusion in order to significantly improve the mental health of older people.

Sujiv V, conducted a cross-sectional study from central India examined psychological distress, social support, and social isolation among the elderly during the COVID-19 pandemic and found that Among the elderly during the pandemic, psychological distress was significantly predicted by social isolation and a lack of social support.

MDS conducted a study The SWADES (Social Well-being and Determinants of Health Study) was founded in response to the demand for more sophisticated and longitudinal data regarding behavioral risk factors, social support networks, and chronic diseases in India.

Participants: In-home interviews were conducted with 997 adults in the semi-urban area who were 30 years of age or older at baseline.

Results thus far: Self-reports of demographic information, health, mood, morbid conditions, and healthcare use were among the data gathered. Other information included risk factors (behavioral, physical, and social) for chronic diseases, common mental disorders, out-of-pocket expenses, social support systems, social cohesiveness, disability, education, and wealth. Additionally, objective data on diabetes, hypertension, and cognitive function were gathered.

Sharma Aj found that By integrating quantitative and qualitative techniques, we investigated the relationship between a number of socioeconomic variables and the mental health of middle-aged and older homosexual men in India, drawing on concepts from the field of public health. In order to determine the relationships between age-related stressors (ageism and fear of aging), psychological wellbeing (loneliness, depressive symptoms, and sexual compulsivity), and minority stressors (internalized homophobia and degree of closetedness), a cross-sectional survey guided by Meyer's Minority Stress Model was conducted among 207 Indian men (40 years and above) who identified as non-heterosexuals. Simple and multivariable linear regression model results indicated that, even after controlling for sociodemographic variables and stress-relieving factors, ageism, internalized homophobia, and dread of aging were significantly positively correlated with loneliness. There was no discernible link between ageism and depressed symptoms.

Joag K , Robust experimental evaluations have been conducted on a number of community-based intervention models for mental health and wellbeing; however few instances exist of these evidence-based therapies being put into practice. To recognize and comprehend the difficulties in implementing a community-led intervention, Atmiyata piloted its implementation. The pilot study aims to pinpoint critical elements for district-wide, larger-scale deployment in India. The findings of a feasibility and acceptability study of the Atmiyata intervention, which was tested in the Indian state of Maharashtra's Nashik area between 2013 and 2015, are presented in this report.



## Results

- Of the 616 articles that were thoroughly evaluated, 14 meet the requirements for inclusion in our qualitative analysis. Just 14 of the 616 articles in the original pool that were reviewed satisfied the precise requirements needed for the qualitative analysis. This suggests a thorough selection procedure that made sure only the best and most pertinent studies were included. The significance of the results, methodological excellence, and relevance to senior social cohesiveness were probably among the criteria.
- Approximately eight, or 57%, of the 14 papers were observational studies, with the remaining articles being interventional research. The bulk of the chosen papers (57%) were observational studies, which watch and document behaviour without changing the study setting. These investigations offer insightful information about related phenomena and the spontaneous occurrences of social cohesion. The remaining research comprised interventions or actions of some kind to evaluate their effects on social cohesion and associated outcomes.
- Four research, or 28% of the total, discuss how social cohesion affects people's well-being. Two research, or 14% of the total, discuss the relationship between social isolation and mental health outcomes. Two studies, or 14% of the total, discuss how social exclusion might lead to depression. In the remaining of the studies 44% of the studies social cohesion and the loneliness are being discussed as a whole part. The social exposure type and its results were used to categorize the studies: Social cohesiveness and Well-Being (28%): Four studies examined the beneficial effects of social cohesiveness on the overall health of seniors. Social Isolation & Mental Health (14%). Two research looked at how social isolation affected mental health and found that it had negative consequences. Depression & Social Exclusion (14%): Two research looked at the relationship between depression in older individuals and social Loneliness & Social Isolation (44%): The six remaining research examined the prevalent difficulties of social isolation and loneliness among the elderly and their effects on different facets of health and well-being.
- Many of the articles that were examined have a significant p-value of less than 0.05. The likelihood that an observed difference may have happened by chance alone is gauged by the p-value. Anything is statistically significant if the p-value is less than 0.05. This indicates that there is extremely little possibility that the results are the result of random chance and that the conclusions of nearly all of the publications in the review are statistically credible.

Author name and Year	Title	Study design	Exposure and Outcome	Significance
Hossain B , 2022	Social exclusion and mental health among older adults: cross-sectional evidence from a population-based survey in India	Observational	Exposure= Social exclusion  Outcome= Depression	Significant
Sujiv A , 2022	Social isolation, social support, and psychological distress among the elderly during the COVID-19 pandemic: A cross-sectional study from central India	Observational	Exposure= Social isolation  Outcome= Mental health	Significant

Author name and Year	Title	Study design	Exposure and Outcome	Results
M D S, 2020	Cohort profile: social well-being and determinants of health study (SWADES), Kerala, India	Observational	E=Social cohesion O=Disability	Significant
Sharma AJ, 2020	Psychological wellbeing of middle-aged and older queer men in India: A mixed-methods approach	Observational	E= Homophobia O= Lonliness	Significant
Sujiv A, 2022	Social isolation, social support, and psychological distress among the elderly during the COVID-19 pandemic: A cross-sectional study from central India	Observational	E=Social isolation O= Mental health	Significant
Humble S, 2023	Associations between neighbourhood social cohesion and subjective well-being in two different informal settlement types in Delhi, India: a quantitative cross-sectional study	Observational	E=Social cohesion O= Well being	Significant
Saha S, 2024	Social relationships and subjective wellbeing of the older adults in India: the moderating role of gender	Observational	E= Social relationship O= Well being	Significant

Mishra B, 2023	Identifying the impact of social isolation and loneliness on psychological well-being among the elderly in old-age homes of India: the mediating role of gender, marital status, and education	Observational	E=Social isolation  O=Loneliness	Significant
Joag K, 2020	Feasibility and acceptability of a novel community-based mental health intervention delivered by community volunteers in Maharashtra, India: the Atmiyata programme	Intervention	E= Mental health intervention  O= Depression	Significant

## DISCUSSION

1). The link between social isolation and poor health outcomes, like anxiety and depression, implies that tackling loneliness ought to be a top priority for public health. Studies have demonstrated a robust association between social distancing and a heightened vulnerability to mental health conditions such as anxiety and depression. Chronic stress, which is a result of loneliness, can exacerbate health issues by having a detrimental effect on the immune and cardiovascular systems of the body. Thus, it is imperative that public health policies incorporate strategies to counteract loneliness, like expanding community spaces and senior support groups. These programs can offer the essential social support that is required to preserve mental health and general wellbeing.

2). Seniors' emotional and physical health have been shown to significantly benefit from community participation activities. Seniors who actively participate in community activities tend to have better mental and physical health. Participating in social, recreational, and volunteer activities lowers the risk of dementia, enhances physical health, and preserves cognitive function. Seniors' quality of life can be greatly enhanced by initiatives like volunteer organizations, recreational clubs, and senior centers that encourage them to get involved in their communities. A sense of purpose and belonging, which are essential for mental health, are also given by these interventions.

3). Technology has become a potent instrument for improving senior social cohesion. Programs for digital literacy and online communities have opened up new channels for support and social connection. Seniors' health and wellbeing have also been greatly enhanced by telehealth programs. As a result of the development of technology, seniors now have more options to remain involved and connected. Seniors who participate in digital literacy programs learn how to utilize computers, cellphones, and tablets to engage in online social networks and community groups. These websites give elderly citizens a place to connect, exchange stories, and offer support to one another. Additionally, telehealth services have grown to be extremely helpful, enabling seniors to receive medical treatment from the convenience of their homes, which minimizes the need for frequent visits to healthcare facilities.

4). To optimize these treatments' advantages, technological obstacles including lack of access and digital literacy must be overcome. Future initiatives ought to concentrate on closing the digital gap and making sure elders are able to use technology to stay in touch. Although technology has many potential advantages, many seniors still encounter major obstacles when attempting to access and use it. These include the exorbitant price of gadgets and internet services, in addition to a deficiency of knowledge and self-assurance when utilizing digital tools. Future initiatives should focus on lowering costs and increasing accessibility of technology to address these problems. This can be accomplished by offering low-cost gadgets, subsidized internet access, and thorough training in digital literacy catered to the need of senior citizens.

The review brought to light the substantial burden of social isolation that older Indians bear. The frequency of loneliness and its detrimental consequences on one's health highlight the urgent need for the following focused interventions:



#### 1). Social Activities :

Encouraging social interactions among seniors can greatly reduce their feelings of loneliness. Opportunities for engagement and contact can be found in community centers, senior citizen groups, and frequent social events. In addition to fostering connections, these activities keep senior citizens engaged both physically and cognitively. Group workouts, cultural events, hobby classes, and volunteer work are examples of social activities that can help people feel a part of the society and like they belong.

#### 2). Creating Inclusive Communities:

In order to guarantee that senior citizens feel appreciated and accepted into society, it is imperative to provide an inclusive communal setting. This can be accomplished by creating senior-friendly public spaces, providing intergenerational programs that foster communication between the younger and older generations, and raising public awareness of the difficulties that older people confront. Communities that are inclusive help the elderly keep their independence while giving them access to the essential support systems.

### 3). Services for Telehealth :

In order to provide older patients with healthcare, telehealth services have become increasingly important, particularly in rural or underdeveloped areas. With the use of these services, seniors can get mental health support, health monitoring, and medical consultations all from the comfort of their own homes. Reducing the frequency of hospital visits, controlling chronic illnesses, and guaranteeing prompt medical action are all made possible by telehealth. By offering virtual counseling and therapy sessions, it also plays a crucial role in meeting the mental health requirements of the elderly.

### 4). Online Community Organizations :

Elderly people can engage in conversations, exchange experiences, and connect with peers through virtual community groups. These online communities can be centered around a range of hobbies, including recreational pursuits, book clubs, discussion boards, and support groups for particular medical conditions. Through virtual community organizations, seniors can be socially active even if they have mobility challenges or live far away from their peers, which helps to lessen their feeling of isolation.

### 5). Programs for Digital Literacy :

Programs for digital literacy are necessary to guarantee that older people can utilize technology to stay in touch and access services. Seniors can learn how to use computers, smartphones, and the internet with these programs. Seniors who receive training in social media, video calling apps, online shopping, and digital banking can become more self-reliant and engaged in society. Programs for digital literacy should be simple to comprehend and offer continuing assistance to help older adults with any technological difficulties they may encounter.

## CONCLUSION

**The Significance of Social Cohesion and Community Involvement in Improving Senior Citizens well-Being:** Senior people wellbeing is largely dependent on social cohesiveness and community involvement. These components aid in establishing a nurturing atmosphere that promotes elders' physical and emotional well-being. Robust social networks and active community involvement mitigate the common emotions of loneliness and isolation experienced by the elderly, which have a substantial impact on their general well-being and standard of living. Seniors' well-being can be improved by communities through encouraging a sense of engagement and belonging.

**Development and Continued Work:** Even though elderly citizens' social engagement and community involvement have advanced significantly, obstacles and problems still need to be solved. These include problems with limited mobility, a dearth of social locations that are accessible, and insufficient support networks. To ensure that all seniors have the chance to fully connect with their communities, ongoing efforts are required to remove these obstacles. Making social inclusion a priority entails developing laws and initiatives that are especially designed to meet the special requirements of the elderly.

**Using Technology to Advance Social Inclusion:** When it comes to improving social cohesiveness among the elderly, technology is essential. Mobility problems and physical distance can create a chasm that can be filled in part by digital platforms and solutions. Social networking, telemedicine services, and virtual community organizations are a few instances of how technology may help seniors stay connected and supported. However, overcoming technological obstacles like lack of access and digital literacy is crucial to maximizing these advantages. Programs aimed at helping seniors become more proficient with technology can greatly increase their capacity to remain involved and connected.

**Social Isolation and Symptoms of Depression:** Seniors who experience social isolation are more likely to experience depressed symptoms, especially if they don't vote, live alone, or experience abuse when they try to get services. This emphasizes the necessity of focused interventions to help seniors who are at risk and make sure they participate in social and community activities. Reducing social exclusion can help older people feel less depressed and have better mental health.

**Subjective well-being (SWB) and neighborhood cohesion in New Delhi :** Studies reveal a favorable relationship between neighborhood cohesiveness and subjective well-being (SWB) across different New Delhi informal settlements. Communities can greatly benefit from interventions that support people's freedom of choice, personal satisfaction, and sense of belonging. A supportive community atmosphere and closer relationships between neighbors can enhance everyone's quality of life, even senior citizens.

**As a Moderator of Functional Ability, Social Cohesion :** Seniors functional capacity is also significantly impacted by social cohesion. Seniors can sustain their independence and functioning capacities for longer when they have strong social ties and a feeling of community. Future studies should expand and assess interventions aimed at strengthening relationships between neighbors and fostering a sense of community in order to determine their long-term effects on the wellbeing of seniors.



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