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**Original article:
A study of socio-psychological aspects of health of elderly in the village naagkalan, threawal block of district amritsar**

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**Abstract:
Background and objectives**: Ageing in human refers to multidimensional process of physical, psychological and social change. Besides physical morbidities and disabilities, two other important components, psychological and social aspects of health are completely ignored. So this study was undertaken to explore these factors and family support among elderly.

**Materials and Methods**: In this cross-sectional study, 300 subjects aged 60years and above were studied over a period from 1st January 2014 to 31st August 2014. They were interviewed with the help of pretested and pre-structured questionnaire regarding their satisfaction towards life and other factors. The data collected was statistically analysed using Epi info.7

**Observation and Results:** Out of the total subjects, maximum were in the age group of 60-6 years. Majority of the respondents were satisfied regarding fulfilling their duties of raising their children. 76.33% felt that family will be the source of help in crisis situation and 22.33% said that none or only god is going to help them and this was found to be statistically significant with their education status. In case of 63.33% of subjects, decision makers were others in the family. Majority had friend circle and only 4% were members of any social group. It was observed that those who had friend circle were not in need of any association with social group/organization

**Conclusion:** In the present study, majority of the respondents were satisfied in life regarding fulfillment of duties towards their children and family support was still the major support system especially in literates. In 63.33% decision makers were others in the family. Although majority of respondents had social contact with their neighbourers and friends, but very few (only 4%) of them were members of any social group/organization.

**Keywords:** elderly, socio-psychological problems, health