



**Addis Ababa University**

**School of Social Work**

**Exploring the Challenges of Older People in Nekemte**

**By: Kassahun Ayele**

**May, 2017**

# **Exploring the Challenges of Older People in Nekemte**

**By: Kassahun Ayele**

**A Thesis Submitted to the Social Work School at Addis Ababa University in Partial  
Fulfillment of the Requirements for the Degree of Master of Social Work  
(MSW)**

**Advisor: Messay Gebremariam (PhD)**

**Addis Ababa University**

**Addis Ababa**

**May, 2017**

**Declaration**

I, the undersigned, declare that this Master's thesis is my original work and all the sources or materials used have been duly acknowledged.

Name Kassahun Ayele

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Advisor's Approval**

This Master's thesis has been submitted for examination with my approval as a university advisor.

Name Messay Gebremariam, PhD

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Addis Ababa University**

**School of Graduate Studies Program**

This is to certify that the thesis presented by Kassahun Ayele entitled: Exploring The Challenges of Older People in Nekemte and submitted in partial fulfillment of the requirements for the degree of Masters of Social Work compiles with the regulation of the University and meets the accepted standards with respects to originality and quality.

**Signed by Examining Committee**

Examiner(Internal).....Signature.....Date.....

Examiner(External).....Signature.....Date.....

Advisor.....Signature.....Date.....

---

**Chair of Department or Graduate Program Coordinator**

## **Acknowledgment**

First and foremost, I would like to thank my God for being with me in these all challenging years and then I would like to express weighty gratitude and special thanks to my research advisor Dr. Messay Gebremariam whose tireless assistant, precious and constructive comments, professional guidance made this paper to be accomplished, and I would like to acknowledge my examiner of this research proposal Dr. Yaniya Said for her constructive comments beside to my advisor.

Next, I would like to thank the instructors of School of Social Work for spending their precious time in helping me, and I would like to acknowledge Mr.Jira Jabesa (PhD candidate in Addis Ababa University from English department) for his assistance in grammatical edition.

Finally, I would like to say thank to all the study participants of Nekemte older people who helped me by generating the important information, and all who provided their contribution for this study as peer debriefing.

### ***Abstract***

*The challenges of older people are any acts which affect physical, emotional, economical, social, health well being, political and other related aspects of them adversely. The gaps identified by the researcher to fulfill in this study are that most of the studies undertaken so far employed quantitative and mixed study approach. In addition, the issue needs ongoing investigation since it is still critical. Further, although the issue needs appropriate investigation and relevant urgent response, there is no any research on the issue of older people in study area. The researcher employed qualitative methods of research as well as descriptive types of phenomenology as a framework in the entire study. The study was cross-sectional since the given time is short and its cost effectiveness. Through purposive and snowball sampling, the researcher met participants of the study. Observation and in-depth interview were employed as the tools of data collection. Thematic data analysis was employed as the method of data analysis in the study process. The result of this study indicated the prevalence of serious financial, political, social, psychological, health well-being and gender based challenges of older people. In addition, the way older people viewed the term “challenge of older people” and various coping mechanisms of older people are identified. Further, the lack of government and non-government response for this critical issue is identified. Generally, the result of the obtained data indicated the prevalence of serious challenges of older people in Nekemte. Thus, the issue needs urgent and further investigation, recommendation as well as any one response.*

***Key Words:*** *older people, challenges/mistreatment/abuse, coping mechanisms*

## Table of Contents

<b>Content</b>	<b>Page</b>
Acknowledgment.....	5
Abstract .....	6
Table Contents.....	7
List of Abbreviations and Acronyms .....	12
List of Table.....	13
<b>Chapter One: Introduction.....</b>	<b>14</b>
Statement of the Problem.....	16
Research Questions.....	22
Objectives of the Study.....	22
General Objective.....	22
Specific Objectives.....	23
Rationale of the Study.....	23
Scope of the Study.....	24
Organization of the Study.....	25

	8
Significance of the Study.....	25
<b>Chapter Two: Literature Review.....</b>	<b>27</b>
Introduction.....	27
Overview of the Challenges of Older People.....	27
Definition of Older people Abuse.....	28
Older People in Different Setting.....	29
Types of Older People Mistreatment.....	30
Dimensions of Ageing.....	31
Coping Mechanisms of Older People .....	32
Older People National Action Plan Draft in Ethiopia.....	34
Summary of the Literature.....	35
<b>Chapter Three: Method.....</b>	<b>36</b>
Introduction.....	36
Researcher’s Philosophical Stance.....	36
Research Design.....	37
Research Participants.....	40
Description of Study Area.....	40
Selection of Participants.....	41

	9
Sample Size.....	43
Method of Data Collection.....	44
Primary data sources.....	44
Observation.....	44
In-depth interview.....	45
Secondary Sources.....	46
Method of Data Analysis.....	46
Quality Assurance.....	49
Ethical Consideration.....	50
Limitation of the Study.....	51
The Challenges of the Study.....	52
<b>Chapter Four: Data Presentation.....</b>	<b>53</b>
Introduction.....	53
Socio-Demographic information of study participants.....	53
Psycho-social challenges of older people.....	56
Political and economical challenges of older people.....	60
Health related challenges of older people.....	67

	10
The views of the term “challenges of older people” .....	68
Gender based difference of challenges of older people.....	69
Coping mechanisms of older people.....	71
The response of government or non-government organizations on the challenges of older People.....	72
<b>Chapter Five: Discussion of the Study</b> .....	<b>74</b>
Introduction.....	74
<b>Chapter Six: Conclusion and Recommendations of the Study</b> .....	<b>79</b>
Conclusion.....	79
Recommendations.....	81
Resources.....	82
Strengths.....	82
Possible Solutions.....	83
<b>Chapter Seven: Implication of the Study</b> .....	<b>85</b>
Introduction.....	85
Implication for Research.....	85
Implication for Social Work.....	86

	11
Implication for Addis Ababa University or Wollega University.....	86
Implication for Government.....	87
Implication for Nekemte Referral Hospital.....	87
Implication for the Population under Study.....	87
Reference.....	88
Appendixes.....	96
Appendix-I Consent form from participants.....	96
Appendix-II Personal Information of informants.....	97
Appendix-III Guiding Questions for Informants.....	99
Translated Afan Oromo Data collection Methods.....	100

### **List of Abbreviations and Acronyms**

<b>BA</b>	Bachelor of Art
<b>ETB</b>	Ethiopian Birr
<b>KM</b>	Kilo Meter
<b>MM</b>	Millimeter
<b>MSW</b>	Masters of Social Work
<b>NGO</b>	None Governmental Organization
<b>P</b>	Page
<b>S.NO.</b>	Serial Number
<b>UN</b>	United Nations
<b>WHO</b>	World Health Organization

### **List of Tables**

Table one.....In-depth interview information of Participants of older people

## Chapter One: Introduction

The age boundary of older people varies across nations. The UN (2013) definition of older people is an individual who is 60 and above years old; however, this definition is not applicable in all countries, for instance, in Afghanistan many people become old before 60 years due to lack of nutrition, health situation and early marriage (Food Security and Agriculture Cluster Afghanistan, 2013). On the other hand, in developed countries the benchmark for old age is 65 and above (Yasamy, Harper & Saxena, 2013). The researcher employed the United Nation definition of old age and Ethiopian National Social Protection Policy (2015) that is 60 and above.

The number of older people are highly increasing in our planet that one in five people is counted as ageing in developed and industrial countries, thus Japan might take the highest number of older people from the world following by Europe (Centers for Disease Control & Prevention, 2013). World Economic Forum (2012) reported how the issue of older people is critical and holds the attention of government and non-government organizations to enhance the well being of this segment of the community globally, particularly in developed countries.

In Africa, around 47 million people aged 60 and above, and represent the fastest-growing population group on the continent (Abdi, 2012). Since the number of the population of developing countries are increasing rapidly and the extent of poverty also increasing in parallel, the issue of older people is the one which needs a great attention and positive response.

Ethiopia is one of the countries which counted a larger number of populations in Africa. Since the number of population is increasing from time to time, the number of older people is also increasing in parallel. Statistical evidence indicated that 3.6 million are older people (60 and

above) out of 73,918,505 million total population of Ethiopia (Housing & Population census, 2007).

Old age is one of the stages of ages that human beings are experiencing. The stage is obviously the time of declining in several dimensions, and looking for others` support. The question is that do older people treated in an appropriate way? Do their challenges addressed? The major responsible body for older people in Ethiopia is family (Abdi 2012). Older peoples` challenges are the continuous existence of poverty, HIV/AIDS and the change of work place endangered this situation by making little chance for family to live together (Erb, 2011).

Why the researcher is motivated to conduct research on challenges of older people is that due to the absence of any study conducted on the issue of this segment of community in Nekemte. This is explicitly implying the missed and marginalized social segment. Thus, the researcher is interested in fulfilling the identified gap by employing only qualitative research approach.

Thus, the researcher wants to investigate and find relevant information about the older people overall challenges, because the starting point for addressing one issue is that understanding about it. In addition to this, the study wants to know response and contribution of both government and non-government organizations at the study area to the challenges of older people. Therefore, the purpose of this study is to explore the challenges of older people from the population under study and looking forward the possible solutions.

The data was obtained by using two primary data collection methods. These are in-depth interview and observation. The finding of this study indicated that the overall challenges of older people at study area.

Generally, the generated data which is the base for the finding of this study is discussed by relating it with the previous literatures that the researcher employed in review- literature. Based up on this, the possible solutions and the implication of the study are forwarded at the end.

### **Statement of the Problem**

Various studies have been conducted on the challenges that threaten older people in different countries (Dayton & Zimmer, 2003; MetLife Mature Market Institute, 2011; Wcfrld Economic Forum, 2012 and Ginn, Ribe &Tiker, 2013). A multiple existing literatures emphasized that older people's abuse is an investigated social problems particularly in developed countries. Even if this problem is studied, the challenge is not solved as much as studied. When we see the problem in Ethiopia, there are conducted researches; however, the problem is a critical issue till now which requires effective response from government and non-government organizations as well as anyone who motivated to involve in addressing challenges of older people.

The research was conducted and various reports came from different institutions in United States of America, several problems rising in different times. MetLife Mature Market Institute (2011) reported the economic deficiency of older people in America. Wcfrld Economic Forum (2012) reported that even if huge amount of the budget of the country is allocated to the purpose of addressing the issue of older people in United States of America,

various problems and challenges were not solved as it is needed. We can understand from this point of views that the issue needs ongoing investigation and critical intervention.

Another report also by Congressional Budget Office (2013) emphasized about the challenges of many older people incapable to control their physical balance and to manage their life due to the serious health situation comes from ageing. This is obviously showing us the misery and serious suffering of older people as well as how it needs urgent response.

Many researches realized that family is relevant and more appropriate institution in service delivery for older people; however, in current situation, due to industrialization and epidemic diseases such as HIV/ AIDS, the structure (extended to nuclear family) and function of this institution for older people falls in serious risk and confusion (Dayton & Zimmer, 2003). On the other hand, other research finding indicated that the most people's mistreatment is practiced by the family (Tomita, 2000). This point of view explicitly indicated that the importance of the role of councilors to the family in providing awareness how they treat older people (their parents) in appropriate and way.

The study conducted by Ginn, Ribe and Tiker (2013) indicated that the challenges of older people in Netherland who live in institutional older people's care due to the rising institutional cost even if their budget is covered by government body. The research conducted by Murakawa and Yasumura (2012) attempted to identify the rapid increment of the number of ageing population living in alone and living with dementia in Japan. The authors clearly described the physical, social and psychological misery and challenges of this population.

Mathews, Pourghasem and Hughes (2009) identified the challenges of older people in Australia due to different reasons. Those are the lack of attention and the exclusion from

community mainstream that resulted in feeling of isolation, and the sense of isolation pushes some of them to commit suicide. The research conducted on the issue of older people in Hong Kong identified the incapability of many older people (two of third) to pay for health care (Liu & Wong, 1997). The authors also stated that since they have no sufficient or no monthly income, their overall budget is covered by young individuals, and this is made a great burden on this segment of community to carryout older people care appropriately.

In addition to this, in different area, due to the barrier of culture, older people are threatened in various troubles. Grekaa and Korbin (2004) identified about the Amish older people rare opportunity to visit health care center during health problems due to the norm of their society.

African older people are challenged by many problems particularly following the Western colonization and exploitation. Sykes (2007) identified that poverty; various health problems and lack of personal resources are the challenges of older people of Africa who inhabited in different countries of the continent (Kenya, Ghana, Nigeria and Darfur of South Sudan).In addition, the author described that the negative impact of migration on older people who live in rural area of Kenya on their survival. Furthermore, the author elaborated the psychological problems of older people as a result of degradation rose from the community, and the lack of policy that incorporate older people issue in Africa.

HelpAge International (2008) identified the serious challenges of older people in Africa. Those are chronic poverty, neglecting to get opportunity of health care, the burden which comes from the responsibility of grandparent for orphan children by their own insufficient income (pension).The research conducted by Chikoko and Nabalamba (2011) on African older people

indicated that the existence of the challenges of socio-economic, poverty, epidemic diseases, the lack of policy to concern on the issue of older people even if the age need the assistances of others. Another research conducted by Lumun (2013) on African older people indicated that the prevalence of African older people abuse in many dimensions. The author further elaborated the loss of older people their acceptance within the society, the deficiency in their basic need and the way of their care as a result of modernization.

The study conducted by Aboderin and Ogwumike (2005) on Western countries of Africa (Nigeria and Ghana) identified poverty is the serious challenges of older people. The researchers further emphasize older people are more vulnerable in poverty than other categories of the community. The study conducted by Kimuna (1999) on the living arrangement of older people of Zimbabwe identified how the possession of resources determines the independence of older people. In other words, the older people who lack resources are in serious challenge within their family and community. They have no acceptance and right to decide on their issue since they depend on others.

The study conducted by Aboderin (2007) on older people who inhabited in Sub-Saharan Africa identified many challenges of older people. Those are poverty, HIV/AIDS, other serious health situations and the burden of caring for young people. The researcher also identified the deficiency of resources, the lack of interest to work on older people issue by government and non-government organization in Sub-Saharan Africa as major challenges of older people.

Mariko (2013) in his research finding in South Western of Ethiopia identified the challenges of older people in their basic needs and facility of health care services in Ethiopia,

and elaborated the declining of cultural and traditional way of service delivery for older people in developing countries as a result of many dynamics.

In many organizations' report, older people are vulnerable in many dimensions. For instance, HealpAge International (2002) identified the situation of older people who are practicing poverty and disadvantaged in various opportunities. Specifically, in Ethiopia, the issue of older people missed government attention, that is short of budget allocation and other related efforts through which the issue is addressed.

The research conducted on the wellbeing of older people who live in Addis Ababa identified food insecurity is the main challenges of older people, and more than half of older people have no appropriate service (Wubshet, Minewuyelet & Hanna, 2010). Thus, the authors tried to recommend the possible solutions that organizing older people in micro and small scale enterprises, designing programs which need for older people to self-employment from which they generate income, free fee health services and so forth, but the issue is critical and do have proper response neither by government nor by any NGO till now.

The study conducted by Erb (2011) identified poverty, food insecurity, limited access for social and health services, limited opportunity to diversification and security, lack of access to social and health services, lack of care and protection, and risk of responsibility to grandfather/mother due to HIV/AIDS are serious problems of older people in Ethiopia. He also attempted to recommend crucial points which need for possible solution; however, the problem is seen unsolvable till now. Similarly, the research conducted by Abdi (2012) in Ethiopia, the lack of access to food, the lack of shelter; lack of education, health problems; loneliness and depression as the major challenges of older people.

In Ethiopia there is not enough institutional older people care. Only three older people care institutions are available throughout the country (Alemnesh & Adamek, 2014). The authors identified not only about its number, but also identified the serious challenges stick with this population such as the lack of facilities in delivering service for older people who live in Bet Selihome institutional older people care.

Getinet (2015) in his research finding identified the serious problems of older people of Ethiopia who are retired. He stated that the basic reason for their challenge is the lack of adjustment of preretirement resulted in serious confusion on psychological, social, economical and health wellbeing of older people during their postretirement. The author attempted to recommend the possible remedy in his research; however, the problem exist and chronic till now and should need ongoing investigation and solution.

Generally, the challenge of older people is one of the critical issues which need effective and urgent response on our world. It is a great challenge for developed countries even if many studies are conducted and much assistance is afforded. When we come to developing countries in general and Ethiopia in particular, there are conducted researches on the issue; however, the challenge is seen unsolvable, and need ongoing investigation and appropriate response. Most studies on older people issue in Ethiopia are conducted at southern, Eastern and center of the country.

However, there is no conducted research on the issue of older people in Nekemte even if various challenges and serious troubles are persisting in their life course and the issue is critical. In other words, no one motivated to investigate the issue of older people in Nekemte. This is

explicitly implied the missed and marginalized social segment. Also, the authors discussed above are employed quantitative and mixed research methods in the studies conducted.

Therefore, the researcher in this research is motivated to conduct research on the challenges of older people in Nekemte to fill the gap identified that is missed and marginalized segment of community by employing only qualitative research approach. Finally, since the issue needs ongoing investigation, the researcher is interested in conducting the current research on the challenges of older people at the study area.

### **Research Questions**

1. What are the psycho-social challenges of older people?
2. What are the political and economical challenges of older people?
3. What are the challenges of health situation of older people?
4. How older people understand and view the term challenges of older people?
5. What is gender based difference of challenges of older people?
6. How do older people cope up with the challenge?
7. What types of measures are taken to address the challenges of older people?

### **Objectives of the Study**

#### **General Objective**

The overall objective of this study is to explore the challenges of older people in Nekemte which is located at the Western part of the country.

### **Specific Objectives**

1. To explore the psycho-social challenges of older people
2. To identify the political and economical challenges of older people
3. To investigate challenges of health situation of older people
4. To understand the view about “challenges of older people” from the participants of the study
5. To identify gender based difference of challenges of older people
6. To describe coping mechanisms
7. To understand and describe existing response of government or non-government

### **Rationale of the Study**

The researcher has a number of reasons to deal with the issue at hand. Firstly, the issue of older people is an area in which research is not conducted by the academic community in Nekemte. In other words, it is the social issue which missed attention and has not been addressed in prior researches at the study area. More importantly, the researcher’s observation and exposure may lead to understand the issue to what extent the challenge of older people is critical and attract the attention of scholars to further investigation as well as the concerned government and non-government organizations in involving in addressing the issue. Therefore, the challenges of older people are certainly to be studied as one of the issues of the community at the study area.

Secondly, the issue of older people is a global and national concern. It is a global experience because a significant number of older people are in various challenges which still need further investigation and possible solution. The researcher was certain that the research questions are

used to answer the problem that affects a substantial portion of population who are older people. Hence, conducting research on this issue helps to create awareness among any one to involve in addressing the challenges of older people at the study area.

Thirdly, the researcher was paying attention in studying the challenges of older people because it is one of the issues of the community in which social work professionals have a key role. An engagement of the professional social workers in the process of service deliver for older people may assist vulnerable older people in various positive responses.

### **Scope of the Study**

Scope of the study is one of the crucial points in a given study because it is difficult to any researcher to assess many areas and every issue in one time under one study. If a given study lacks scope both in place and issue, it becomes unmanageable for its result. In addition, it brings inconsistency and limitation in time and budget.

Thus, taking in consideration all the above crucial points, the researcher delimited the study in three main areas in which the study become suitable and manageable. The first delimitation of this study is in terms of place that it is conducted in which is only Nekemte town

The second delimitation of the study is in terms of the population by which only older people who are vulnerable to various challenges. Finally, the study delimited in terms of the issue that is the study focused only on the challenges of older people.

### **Organization of the Study**

This paper has been organized into seven chapters. The first chapter includes introduction of the study which attempted to introduce the issue of the study, statement of the problem, research questions, objective of the study, significance of the study, the study coverage and definitions of the terms.

The second chapter contains literature reviews that are related with the study objective. The third chapter comprised the methods utilized in the study and the limitations and challenges which faced the researcher in the study process. The fourth chapter includes the presentation of data which is obtained from the population under study (older people in Nekemte) through in-depth interview and observation.

The fifth chapter includes the discussion of the study in which the finding of the study discussed in relation to the literature knowledge. The sixth chapter comprises the conclusion and recommendations of the study. Finally, the implication of the study includes under chapter seven.

### **Significance of the Study**

The issue of older people is not studied in Nekemte. Thus, this research is intended to make a contribution towards filling this gap. First, the findings of this study would have a tremendous significance in identifying the challenges of the population under study, and responses of the government or non-government organizations in addressing the challenges of older people in study area. Second, it creates awareness to the government, NGOS, and anyone who is interested to solve the challenges of older people, and also shows to social work how much unaddressed community issues which is looking for possible solution of social worker.

Third, this research would create insight for further research to be investigated on the study area for further solution. Fifth, the study is crucial in making positive impact on policy and development. In other words, since the government accommodate older people's economic participation (increase their participation), the economic development of the country grows in parallel. In addition, since older people have cumulated knowledge that is crucial in maintaining peace and security such as conflict resolution, the way of coping up with different challenges and strengthening their political participation affect the development of the country positively. Further, this research finding is one of an input to policy makers in understanding where policy gap is and brings adjustment to accommodate such unaccommodating issues to social policy.

Sixth, it creates insight for the responsible government bodies of Nekemte town particularly who are employed in social protection bureau to evaluate and correct how their duty addressed challenges of community as well as initiated to narrow such gaps among the community.

## **Chapter Two: Literature Review**

### **Introduction**

This chapter reviews the literature of challenges of older people including overview of the challenges of older People, definition of older people abuse, older people in different setting/context, older people national action plan of Ethiopia. In addition, the types of older people mistreatment are reviewed. Finally, coping mechanisms of older people is highlighted.

### **Overview of the Challenges of Older People**

As the empirical evidence, particularly in 21<sup>th</sup> century, in our planet seen an increment number of older people age category in general and developed countries in particular; however, the way of their treatment is explicitly observed as persisted with various deficiency. According to several reports and research findings, we can see older people challenges in to two major areas. Those are natural and manmade challenges.

According to Molton and Terrill (2014); Pilgrim, Robinson, Sayer and Roberts (2015) inevitability of decline of appetite and other health related challenges come as a result of age matter (biological factors). On the other hand, there are many human borne problems that threaten older people. WHO (1999, p.5) emphasized on the various man made older people challenges which rose from myths and which does not represent this segment of population such as “No longer contribute to society, mental and physical deterioration is inevitable, you cannot teach an old dog new tricks, older people are all the same, provision for older people are a burden on productive society” and so forth.

As Abdi (2012) stated Ethiopia has the second largest number of population in Africa with 85 million people. However, in terms of income, it is one of the countries which earn the lowest income from the world. Consequently, poverty is a serious challenge for the population. He also identified the increment of life expectancy at birth that indicates us the numbers of older people become more and more. However, the overall lives of many older people are growing parallel in exercising destitute life situations out of expectation.

### **Definition of Older people Abuse**

Finding precise and objective concept of older people is difficult. In other words, it conceptualizes subjectively across organizations and nations. Although UN (2013) defines older people as an individual who is 60 and above years old, it is not applicable in all countries. For instance, in Afghanistan many people become old before 60 years due to lack of nutrition, health situation and early marriage (Food Security and Agriculture Cluster Afghanistan, 2013). On the other hand, in developed countries, the benchmark for old age is 65 and above (Yasamy, Harper & Saxena, 2013). In consistence to UN, Ethiopian National Social Protection Policy (2015) also defines older age as age 60 and above.

In similar to definition of older people age boundary, finding precise and objective definition of older people abuse and neglect is difficult. It conceptualized in different ways across nations. Therefore, the definition of older people mistreatment is conceptualized subjectively. Consequently, the researcher in the study take in account the definition that, ‘any violation which is practiced on older people physically, sexually, financially and emotionally’ (Peri, Fanslow, Hand & Parsons, 2008).

Similarly, other researchers in their study are utilized the Save Project, Lewisham Social Services definition as follows:

Abuse is the physical, psychological or financial mistreatment of an older person by an individual, who has a relationship with them. The abuse is a violation of a person's human and civil rights causing distress. The violation can manifest itself once or repeatedly (Duggan & Loughlin, 1998, p.6).

### **Older People in Different Setting**

Different countries and regions understand older people in different angles. Some countries consider older people as a precious, valuable and more importantly as sources of knowledge. On the other hand, others consider them as a problem, outdated and so forth. This made older people exclude from participating in mainstream of the community and demoralized them to contribute their cumulated knowledge and experience for economic, social and political development. Getinet (2015) in his study by reviewing different literatures discussed these two major categories of views on older people who inhabited in Western culture and older people who live in most of Asian and African culture.

Getinet further elaborates the challenge full and irrelevant assumption by youths about older people in Western culture that is youths considered older people as unproductive, useless, outdated and dependent on other segment (productive social category) of the community from what the literatures he is reviewed. As discussed earlier, such types of assumptions and myths affected older people both psychologically and socially. Moreover, it demoralizes and decreases their confidence to contribute anything in what the capacity they have.

In the contrary to Western developed countries' culture, older people in most Asian and African culture are considered as a precious and valuable assets of the community. In addition to this, they have respect and position in a given society. Furthermore, the community assumes them as the basis of knowledge, wisdom as well as the cumulated cultural inheritance (Getinet, 2015). He also explicitly stated that Ethiopia is one of African countries who believe in valuable asset of older people even if several challenges are entangled and seen remain unsolvable with this segment of population.

### **Types of Older People Mistreatment**

As several studies and report indicate, there are various types of mistreatments in which older people are suffered across various nations. Those are physical abuse, sexual abuse, emotional or psychological abuse, neglect and acts of omission, financial abuse and so forth.

Physical abuse comprise all harmful acts practicing on older people such as using physical force that causes bodily injury, pain, or impairment and the acts of assault, battery, and inappropriate use of restraints (Tomita, 2000). Sexual abuse is unwillingness sexual relationship by using physical force, and causes psychological and physical harm over the victims (MetLife Mature Market Institute, 2013).

Emotional or psychological abuse is the types of abuse which is threatening the attitude of older people and leads them in depression, isolation, shame or other unwanted verbal or nonverbal conduct (Duggan &Loughlin, 1998). Neglect and acts of omission is absence of attention for older people to provide necessary needs that is crucial in any life of human being (Lafferty, Treacy, Fealy, Drennan& Lyons, 2012).

Financial abuse includes any acts to use older people's assets without their willingness, and attempt to cheat and confuse older people's identities such as bank account, social security card, credit card, driver's license, and bank account numbers, for the purpose of unhealthy financial gain (Peri, Fanslow, Hand & Parsons, 2008).

### **Dimensions of Ageing**

As different studies are conducted and reported, several dimensions of older people are identified. Those are poverty and material deprivation, health and wellbeing, exclusion, gender, conflict and crisis, and food and nutrition and so forth.

Poverty and material deprivation is inability to meet basic needs which are crucial in human life as a survival and also the disadvantageous in meeting it appropriately among the older people (HelpAge International, 2002). As Yasamy, Harper and Saxena (2013, p.4) health well being is a critical challenges of older people that rises from various factors "Factors such as poverty, social isolation, loss of independence, loneliness and losses of different kinds, can affect mental health and general health".

There are several factors which cause exclusion. The lack of financial capacity is one of the factors which impose older people faraway from mainstream of the society. Consequently, they are lost the opportunity to participate in social life, decision making about them and participating in politics of their own community (Gorman & Heslop, 2002). The researchers further elaborated how financial capacity is determined the position of older people in a given community, thus, the shorthand of older people affect their dignity and acceptance within the society adversely.

Ageing is the process in which the two sexes experience and face the challenge rising from it as a common. However, there are some variations in a case of gender issue due to some cultural

background. While women have long age than men, disadvantaged to share their husband properties after their husbands passed away as a result of culture (patriarchal inheritance law) in which women affected adversely (United Nations, 2002).

As study is indicated, older people possess the precious and valuable knowledge that gained through their life courses. Indeed, the knowledge for conflict resolution and the capacity for coping mechanism are more significant in older people than young and others. However, they are rejected as invaluable tools and denied to contribute their responsibility within their community most of the time (HelpAge International, 2002).

As it is known and discussed earlier, food is one of the parts of basic needs and determinant in the health life of any living thing. However, due to the lack of support or provision, it is a serious problem for older people in different countries. The study has been conducted on Afghanistan is realized about the issue of food security that is one of the big challenges for older people in Afghanistan (Food Security & Agriculture cluster Afghanistan, 2013).

### **Coping Mechanisms of Older People**

Although older people challenged from various deficit they have several means in which cope up with. A researcher defined the term coping as follow:

Coping is defined as progressive change in cognitive and behavioral ability to control certain external or internal needs considered to have exceeded the resources of the person in question. Coping is also seen to be related to human personality trait and a time changing process in accordance with the situation we found ourselves in (Kuria, 2012, p.18)

As Kuria (2012) identification, the coping styles of older people are categorized into problem focused, emotion focused, active, adaptive, avoidant, problem solving, corrective or preventive. The researcher further classified all these categories into two main areas. First, adaptive coping in which acceptance, hope, change in perception, re-definition of self, avoidance, dropping responsibilities, prayer, less fear for life & death are included. Second, active coping in which exercise, education, social interaction, getting busy, rest when needed, therapy, medications, and good living are included.

In other words, active coping is the effort of older people directing their challenge to change the situation as much as possible. On the other hand, adaptive coping is the mental or psychological adjustment of older people to approach their challenge since the challenge is seen unchangeably. Almost in a similar way, Zaidi stated that strengthening resilience capacity as coping mechanisms (Zaidi, 2014).

Mustakallio (2015, p. 29) discussed coping at home categorized into two areas. Those are coping with daily life and coping with ageing. The researcher further elaborated each as “coping with daily life are time, routine life, feelings and economy”. Attitudes and changes were categorized to coping with ageing”. He emphasizes routine life as follows:

Routine life involves everyday doings and assistance. Everyday doings for older people are composed of personal hygiene, dressing, taking medication, gardening, learning things, reminiscing and rest. Reading, listening, writing, watching and household chores such as cooking, doing dishes, cleaning and doing laundry, baking and craftwork constitute their activities (Mustakallio, 2015 p.31).

Adjusting the way of sustaining economy is one way of coping mechanism for older people. Thus, Pension is a crucial thing in a case of economic in which older people meet current need and save for future. Regarding to coping with ageing, the attitude of optimistic and pessimistic older people in their life is identified Mustakallio (2015)

### **Older People National Action Plan Draft in Ethiopia**

This plan is formulated in 2016 for the purpose of addressing the issue of older people of Ethiopia. The plan attempted to assess the current number of older people as well as projected the future number will be reached. Accordingly, in 2022 the number of older people may reach to 5, 325,652 from 3,568,810 in 1998 report. What we understand here is that the number of older population is on the way of increasing, and need successful plan for proper response (MoLSA, 2016).

The other crucial point what is seen in the plan is that the focus area of the plan and the structure how the issue of all older people who live in different regions of Ethiopia will be addressed. Thus, the plan is focused on the issue that older people and development (increasing their participation and contribution in development, improved health and security in which the health wellbeing and security of older people are realized, and facilitating different service delivery in which older people of Ethiopia are treated in good manner (MoLSA, 2016).

In addition, it explained about the structure that how the plan includes all the regions that the regions should apply the plan as their capacity of their budget and in consideration of their cultural context. So, the ministry at federal level follows up the application of the plan at the lower area through monitoring and evaluating (MoLSA, 2016)

Even if several studies are conducted and various recommendations are forwarded in Ethiopia, the challenge is seen obviously since limited formal care for older people, poverty and HIV/ADS are alarming. So, it needs the ongoing investigation, recommendation, intervention as well as a great attention of every one for positive solutions.

### **Summary of the Literature**

As can be understood in aforementioned chapter, the challenges of older people are divided into two main areas. These include: biological and man-borne phenomena. The concept of older people mistreatment is any violation which is practiced on older people physically, sexually, financially and emotionally. The understanding and attitude toward older people is different across wide nations. The physical abuse, emotional abuse and financial abuse are the common known types of older people abuse. As studies conducted and several reports show that poverty and material deprivation, health and wellbeing, exclusion, gender, conflict and crisis, nutrition and so forth are identified. The crucial point that is how older people cope up with various challenges is discussed. The National Action plan draft of Ethiopia (2016) which is planned for the purpose of addressing the issue of older people in current situation and future issue is highlighted.

The reviewed literature helps the researcher to have an insight of what kinds of research methods utilize in the subsequent chapter. It can be deduced that the issue of older people is understood and interpreted in various ways and dimensions across the world. This gives a clue for the researcher to use qualitative research method in order to capture this fluid reality and subjectivity of the issue under study.

## **Chapter Three: Research Method**

### **Introduction**

Method is one of critical areas in a given study that determines the quality of any research. Once the method is distorted, it is impossible to observe and measure the study is whether empirical or not. In order to escape from such confusion, the researcher in the study employed relevant and scientifically recognized study techniques of data collection and analysis. Thus, this chapter deals with the methods and techniques the researcher used in the study process. Accordingly, it comprises researcher's philosophical stance, research design, study population and study area, sample techniques, methods of data collection, data analysis, quality assurance, ethical consideration, limitation and challenges of the study.

### **Researcher's Philosophical stance**

The researcher is relied on the constructivist approach because of the subjective understanding of the phenomena from the population under study as they understand and perceive it in their setting as “proponents of constructivism –interpretive emphasize the goal of understanding the ‘lived experiences’ (Erlebnis) from the point of view of those who live it day to day” (Ponterotto, 2005, p.130). The researcher believes that reality should be conceptualized in its context. Every individual, group and community has its own meaning for their situation. They can understand and theorize things in their own context that why and how things are occurring. A researcher discussed the relevance of obtaining the meaning of phenomenon from the population under study as follow:

In the entire qualitative research process, the researcher keeps a focus on learning the meaning that the participants hold about the problem or issue, not the meaning that the researchers bring to the research or writers express in the literature (Creswell, 2009, P. 175).

Qualitative method is relevant in its validation, obtaining subjective reality from primary sources, generating theories/hypothesis during data collection, and enables to gather much and in-depth information about the issue (Bekele & Jacob, 2006).

In addition, a researcher emphasizes the significance of qualitative research in a sense of constructive knowledge as follows:

Qualitative approach is one in which the inquirer often makes knowledge claims based primarily on constructivist perspectives (i.e., the multiple meanings of individual experiences, meanings socially and historically constructed. with an intent of developing a theory or pattern) or advocacy/participatory perspectives (i.e., political, issue-oriented, collaborative. or change oriented) or both (Creswell, 2007, p.18).

Similarly, participants of this research will view the issue under discussion in various ways and they may perceive the challenges of older people differently.

### **Research Design**

This study is designed as exploratory and phenomenological approach in its overall process. The study employed exploratory type of research since the feature of the study is an exploratory in which existed situations or phenomena are investigated. Exploratory research is

type of study in which the researcher explores new social phenomena initially and helps as first round for further investigation (Bekele & Jacob, 2006).

Similarly, Dey (1993, p. 36) emphasizes the effectiveness of exploratory type of research in understanding various opinions from participants “As such the research design appropriate for such studies must be flexible enough to provide opportunity for considering different aspects of a problem under study”. Therefore, the researcher employed exploratory type of research in this study to explore the challenges of older people since the purpose of the research is exploring the challenges of this segment of the community.

Various approaches such as ground theory, case study, phenomenology, ethnography and narrative research are used as a framework in qualitative research approach (Creswell, 2007). Thus, the researcher employed phenomenological theory (phenomenology) as a framework and guideline in all process of the study. The rationale of the researcher why he is interested in phenomenological theory is that it’s essentiality in exploring the lived experience and existed phenomena of the population under study as they understand (Creswell, 2003). In the same way, a researcher emphasizes as follows:

Schutz’s theory emphasizes the spatial and temporal aspects of experience and social relationships. Social phenomenology takes the view that people living in the world of daily life are able to ascribe meaning to a situation and then make judgments. It is the subjective meaning of experience that was the topic for interpretation in this study (Fereday, 2006, P.81)

Also, phenomenological study is crucial in understanding the perspective and the experience of the population under study about their issue (how they perceive, test and define their situation) (Aspers, 2009).

From the types of phenomenology, the researcher employed only descriptive phenomenological approach as a framework in the study process in which lived experiences of the population under study was explored. Penner (2008, p.95) elaborated the relevance of descriptive phenomenology in understanding the lived phenomena from the population under study as “the researcher assumes a readiness to listen to the descriptions of the lived experiences as described by the participants”.

In the same way, other study indicated the effectiveness of descriptive phenomenology in exploratory research in understanding the phenomena in its context (Swanson & Wojnar, 2007). Finally, through descriptive phenomenological approach, the researcher explored overall challenges of older people as the responds of the population under study about their challenges.

The study explored and saw phenomena as cross-sectional. The researcher did not take in to account about the social change because of its difficultness to observe changes in this short period of time. In addition, why the researcher is interested in cross-sectional research design is due to its cost effectiveness. Furthermore, cross sectional research is relevant in finding experience of a phenomenon, situation, problem, attitude or issue by taking a cross- section of the population which is useful in obtaining an overall picture as it stands at the time of the study on a cross-section of a population at one point in time (Cherry, 2016). Thus, since the topic of the research is exploring the challenges of older people in Nekemte, and study within short period of time, the researcher obtained the relevant data through a given time.

## **Research Participants**

The study is concerned only with one segment of the community. As a result, the participants of the study are older people of age 60 and above.

## **Description of Study Area**

This study was conducted in Nekemte Town. As the evidence obtained from Nekemte Town Administration Municipality Office in 2017 indicated, Nekemte is one of the zonal towns, serves as East Wollega Zonal Administration town, which is located at the Western part of Ethiopia. The town is 328km far from Addis Ababa, the capital of Ethiopia. The town founded by Bakare Godana the king of Ika Nekemte in 1831. Nekemte town is large town with two districts (district one and district two) and seven kebeles (Cheleleki, Burka Jato, Darge, Bake Jama, Kasso and Bakanisa Kase).

In addition, the weather condition of Nekemte is temperate or *weina daga*, with yearly average temperature of 26 degree centigrade and 14 degree centigrade, and high annual rainfall of 2,200mm and low rainfall 1500mm for six months continuously (Daniel, 2001).

Further, the town is center for business and different productions and where Wollega University, Nekemte Referral Hospital, Kumsa Moroda Palace, Wollega Museum, recreational area of Sorga, Wollega Stadium, Nekemte Cinema Hall and other governmental and non-governmental institutions are located. Afan Oromo is the most widely spoken and official language of the town and Amharic, Tigrenya, Guragenya are occasionally spoken (Daniel, 2001).

## **Selection Participants**

Non-probability sampling particularly purposive and snowball sampling were employed to meet participants of the study due to the fact that qualitative research tends to use non probability or non-random samples (Hancock, Ockleford & Windridge, 2009). Purposive sampling is one of an appropriate selection of participants in qualitative research approach in which the researcher meet the study participants (Etikan, Musa & Alkassim, 2016).

Snowball sampling is the other sampling techniques in qualitative research approach through which the researcher able to meet the informants of a given study. Researchers briefly emphasized about snowball sampling technique in non-probability sampling as follows:

The term 'snowball sampling' has been applied to two types of procedures related to network sampling. In one type ..., a few identified members of a rare population are asked to identify other members of the population, those so identified are asked to identify others, and so, for the purpose of obtaining a non-probability sample or for constructing a frame from which to sample. In the other type, individuals in the sample are asked to identify other individuals, for a fixed number of stages, for the purpose of estimating the number of 'mutual relationships' or 'social circles' in the population." Other definitions of "snowball sampling" are consistent with this duality in usage (Handcock & Gile, 2011, P.3)

In purposive sampling technique, the researcher met three older people in the study area. Older people whom the researcher met are purposely known by the researcher before the study started. The first individual the researcher met is Bansa, who is in serious challenge in different

health problems (diabetes, pressure and others), financial deficit that comes from little diploma pension that is insufficient for him and his family subsistence and other problems.

The Second informant the researcher met purposively is Gamtesa, who is in serious health challenges (broken leg, pressure, drying stomach and others), financial deficit that comes from little diploma pension that is insufficient for him and his family subsistence and other problems similar to Bonsa and other problems. The third informant the researcher met purposively is Gizeshe, who lives around street in plastic constructed residence. She is in serious challenges such as lack of house, anyone who care for her, health problem, money for her substance and other problems.

Snowball selection of participant is the other technique in which the researcher used to meet informants (Handcock & Gile, 2011). Thus, the researcher employed snowball sampling technique to meet participants of the study through the older people the researcher met at beginning in purposive sampling. In other words, researcher initially met an older people and these older people linked the researcher to other participants who had interest and willingness to participate in study process.

Why the researcher is interested to use both purposive and snowball sampling techniques together in the study is that the researcher know some vulnerable older people in study area and contacted them purposely. The purpose of meeting the older people is that they are vulnerable to one or more of the challenges (physical, emotional, social, political, economical and health well being) had identified by the researcher. In addition, the researcher met other vulnerable older

people through snowball sampling technique using those older people who had been already purposively contacted by the researcher.

### **Sample Size**

There are various arguments in determining sample size in phenomenological study design. For instance, Groenewald (2004) recommended that ten individuals are relevant as participants under a given study. On the other hand, Mason (2010), by taking different scholars' ideas in to account, agreed on the point that five to twenty five individuals are important as participants in a given study. Thus, the researcher employed ten individuals as participants. In addition, the issue of gender had serious attention; in other words, the number of the study participants utilized in the study was equal for both sexes.

Ways of selecting participants utilized its own criteria in this study design as the researcher developed. The first criterion is depending on the age matter. Those participants of the study were from age 60 and above who were vulnerable (identified from their physical traits, lifestyle, response and so forth) to different challenges. Therefore, all participants the researcher employed were from older people suffering seriously by one or more of the challenges identified. The second criterion is selecting participants in terms of residence.

Participants should be from older people who live in Nekemte. In other words, the study did not include any older people who came out of Nekemte for different purposes. Accordingly, the researcher utilized the participants of this study only from permanent residents of the town. Finally, willingness and motivation of participants were another criterion. The researcher employed individuals who were volunteer and motivated to participate in the study.

Consequently, all the informants of the study participated in this study by their full consent and agreement.

### **Method of Data Collection**

Several methods of data collection are available in qualitative research. However, the researcher utilized primary and secondary data sources in the study process to accomplish the study in appropriate manner.

#### **Primary data sources**

Primary data sources are sources which have direct relationship with the events. Concordia University (2010, p.1) emphasized as “A primary source is a document created at the time of your research subject, about your research subject”. Accordingly, the researcher employed observation, and in-depth interview to explore the existed challenges of older people.

#### **Observation**

Observation is one of the qualitative data collection methods in which the researcher understands the population under study by observing their life situation. In addition, observation can be defined as field work description of activities, behaviors, actions, conversations, interpersonal interactions, organizational or community process of any other aspect observable human experiences (Patton, 2001). It is one of an appropriate ways of data collection in qualitative research in which data can gather by watching behavior, events, note down physical characters in its context (Department of Health & Human Services, 2008). In the same way, a researcher elaborated the significance of observation as follows:

This means that ‘observation’ is more than just recording of data from the environment. When we observe, we are active, not passive collectors of data like a tape recorder or video camera. Our brains are engaged as well as our eyes and ears, organizing data so we can make sense of them. *Perception* is thus part of all human observation (Fox, 1998, p.2)

An observation could be the best way to see things that are not explained in the interview. Thus, the researcher explored challenges of older people who live in Nekemte by observing their life particularly their physical, health situation, feeling and life style.

The researcher employed the observation check lists in exploring the situation of the population under study as follows:

1. Observing physical traits
2. Observing the feeling of informants
3. Observing the health situation of informants
4. As much as possible observing the life style of informants within their residence

### **In-depth Interview**

An in-depth interview is one of the important tools of data collection in qualitative research. The in-depth interview is interactive in nature; the material is generated the interaction between the interviewer and the interviewee (Dey, 1993). Accordingly, the researcher employed in- depth interview since it is the most widely used technique to know deeply the feeling of informants that are difficult to express through discussion. So, the researcher explored and

obtained the necessary data about the challenges of older people by interviewing the population under study.

### **Secondary Sources**

Secondary sources are sources which discuss about a given event as secondary evidence or without existing at the event area. Secondary data is information already obtained by researches that need as an initial and evidence for the new conduct research (Boeije & Hox, 2005). In the same way, Acaps Better Assessments Better Aid (2012, p.3) elaborates secondary data as “ Secondary data can comprise published research, internet materials, media reports, and data which has been cleaned, analyzed and collected for a purpose other than the needs assessment, such as academic research or an agency or sector specific monitoring reports”. Accordingly, the researcher utilized all materials such as journal articles, different organizations’ reports, books, published and unpublished materials which are important in accomplishing the study of the challenges of older people in proper manner.

### **Method of Data Analysis**

Data analysis is one of the critical points in any scientific study. Different data analysis approaches are available in qualitative research. Thematic data analysis is one of the methods in which data analysis through the process of coding and encoding. Thus, data analysis which involves dividing data into small piece, at the same time thumping the small piece together, and also preparing and organizing the data for analysis, reducing the data into themes through a process of coding and condensing the codes, and finally representing the data in figures, tables, or a discussion (Dey, 1993).

In addition, Fereday (2006) elaborated the possibility and relevance of thematic data analysis in phenomenological study approach by coding and encoding all the data obtain from participants through different data collection methods. Furthermore, Braun and Clarke (2006) briefly discussed the relevance and effectiveness of thematic method in data analyzing, and identified the six stages/steps of data analysis. Those are familiarizing oneself with once data, generating initial code, searching for themes, reviewing themes, defining and naming themes, and producing the report.

Therefore, the researcher adopted thematic data analysis method, which was developed by Braun and Clark (2006), in which the data obtained through observation and in-depth interview are analyzed. The researcher applied the six prominent stages of thematic data analysis in exploring the challenges of older people. In the first stage (familiarizing yourself with your data) researcher write, read and immerse data obtained from informants repeatedly in order to understand, give meaning, and give pattern that make data to code out suitably. Hence, the researcher applied this stage of data analysis into the study conducted.

In the second stage (generating initial code) in which researchers generate coding for the obtained data. Accordingly, the researcher employed English alphabet letter code to the collected data that represent the nine initial themes. Those are social challenges of older people, economical, political, psychological, the concepts of the term challenge, coping mechanisms, gender based variation, health well-being and the response of government or non-government organization for the challenges. Thus, capital English alphabet letter from “A to I” were employed as code to these nine initial themes respectively.

In the third stage (searching for themes) researcher collect coded data under the main themes. Accordingly, the researcher collected the nine themes coded by different English alphabet letter to seven themes through the process of thumping the related themes under the main themes as the objective of the study. The main themes of this study are psycho-social challenges, political and economical challenges, health situation, gender based variation of challenges, coping mechanisms, the response of government or non-government body toward this issue and the definition of the term challenges of older people by the participants of the study.

Thus, the researcher re-coded the main themes by employing color code in order to identify the main themes of the study. These colors which the researcher employed to code the main themes are red, blue, purple, yellow, orange, green and dark red. The red color represented as psycho-social challenges, blue color represented as the political and economical challenges and purple color represented as challenges of health situation. Moreover, the researcher utilized yellow color represented as gender based variation of challenges, orange color represented as coping mechanisms, green color represented as the response of government or non-government body toward this issue and dark red color represented as the understand of the term challenges of older people by the population under study.

In the fourth stage (reviewing themes) researcher modify data under themes which are diverse from other data and unable to support by sufficient evidence comes from data. In the same way, the researcher modified the data collected under main themes by triangulating with each other as it comes from different informants and observation.

In the fifth stage (defining and naming themes) researcher further modify and define the themes in order to clarify the essence of each theme. Hence, the researcher further modified the core concept of each theme to the reason of clarification.

Finally, in the producing the report, researcher write the presentation of the data that need for publication and as an asset of scholars or anyone who want to utilize it for different purposes. So, the researcher wrote the presentation of the obtained and passed through serious stages of thematic data analysis as an asset of anyone who wants to utilize for different purposes.

Generally, the data obtained from the participants of the study themed into the main focus areas or the research objectives of the study those are psycho-social challenges and economical and political challenges. Moreover, it themed into the variation of the challenge among gender, how they understand the issue, the way of cope up with challenges and the government outstands toward the challenges.

### **Quality Assurance**

The quality of research is crucial point in any study because once the research is published, it becomes the common property of any one. Benjumea (2015) elaborated that how giving attention to the quality is determining the value of a given study. Accordingly, the researcher gave serious attention to the point that refrain from value judgment and distorting the data obtained from informants.

Data triangulation in qualitative research approach is one of an appropriate means in the process of assuring the validation of a given study (Morales, 2006).Therefore, the data obtained

from informants of the study triangulated with the collected data from different individuals. In addition, the data collected through in-depth interview triangulated with the data obtained through observation.

Anney (2014) elaborated that peer debriefing is cross- checking of a given study by peers who are professionals or hold knowledge about the study, and applying this system in a given study is considered as validation of the study. A researcher described the essentiality of peers debriefing in quality of a given research as follows:

Peer debriefing involves securing feedback from another researcher to compare conclusions; peers may address questions of bias, errors of fact, competing interpretations, convergence between data and phenomena, and the emergence of themes, all of which comprise a lengthy but important process for reinforcing credibility ( Billups, 2014, p.2).

Furthermore, the researcher employed peer debriefing as quality assurance in the study process as identified by different scholars, and in which the relevance and validity of a given study is realized.

### **Ethical Consideration**

It is one parts of research in which the researcher conducts research with honest, commitment and responsible manner for the research itself and the population under study (Payne & Payne, 2004). In order to do so, the researcher followed the ethics of research. Accordingly, the researcher purified all his activities in the study process from any attempting of cheating. Any written materials that the researcher utilized are only from legally recognized sources.

Simple attachment of any document such as Wikipedia in the research process is impossible. The researcher took care to avoid plagiarism and research fraud. Any individual who participated in the study was treated as she or he is. In other words, discrimination and bias between participants regarding to education, religion, ethnicity, gender, physical sanitation and so forth were given serious attention.

Exploiting informants in the name of research was seriously forbidden. A brief pre-interview introduction held to introduce the purpose, benefits, and risks of the study; the confidentiality of the participants and their general rights. Then the participants asked their willingness to participate in the study. Those who were willing to participate in the study gave their verbal consents, and those who did not have interest to participate in the study were excluded. In addition to these, the researcher adjusted incentives and relevant place for participants. Further, all the names that represented the participants of the study were pseudonyms.

### **Limitation of the Study**

The study was entangled with limitations. First, the study was not incorporated to see changes in different times as longitudinally since the given time for study is short, and the study is designed as cross-sectional. Second, it is the non-generalizability of the study results to large populations in the study area because of the nature of the qualitative research approach. Third, the study is qualitative research with exploratory nature which systematically focused on exploring the challenges of older people by focusing on limited number of participants without statistical representation. Finally, the study lacks researcher's interpretation about the collected

data, and simply described the data as the informants discussed since the method of the study is descriptive phenomenology.

### **Challenges of the Study**

There are various challenges through which the researcher passed in the process of this study. First, there were no any written documents and literatures about the issue at the study area which the researcher may utilize as input.

Second, some of the participants of the study were not as much as confidential even they were not volunteer to participate in study and the researcher attempted to bring them to confidentiality. In other word, they assume the study was for political purpose as the study is conducted for the first time. Third, the participants of the study were not volunteer to take their photo, sound recorder and other similar things in which a given investigation is validated.

Finally, some families particularly educated did not want their parents to participate in study even though the parents were motivated. Surprisingly, an individual, who came from Addis Ababa to visit his mother, told me his plan to study Social Work next year at Addis Ababa University, but he refused his mother to participate in this study though she was interested.

## Chapter Four: Data Presentation

### Introduction

This chapter comprises the presentation of overall challenges of older people in Nekemte as it is investigated. All the participants of the study are vulnerable in different dimensions. Some of them are those who live in a serious challenge and involved in begging to survive since they have no other means of living. Others are those who are in a serious health challenge such as body paralyzed and seek to beg around street since they have no other options, though they did not start till now. Still others are those who attempt to resist the challenges through raring cattle; little pension, involving in different activities as daily labor and so forth means of income generation even if the situation is difficult rather than begging on the street.

**Table One: Socio-Demographic Information of Participants of the Study**

Pseudonym	Sex	Age	Ethnicity	Marital Status	Religion	Education	Insurance	Date of Interview	Place of Interview
Bonsa	Male	67	Oromoo	Married	Protestant	Educator (Diploma)	Formal Insurance (retired)	Friday 3, February 2017	In his house
Tsiyon	Fem	87	Amahara	Widow	Protestant	Uneducate	Non-	Saturday	In her house

	ale					d	formal Insurance	4, February 2017	
Gamtesa	Male	75	Oromoo	Married	Waaqeffa nna	Educator (BA)	Formal Insurance (retired)	Tuesday 7, February 2017	In his house
Mekonen	Male	69	Amhara	Married	Ortodox	Uneducate d	Non- Insurance	Sunday 12, February 2017	In Jittu Hotel
Gizeshe	Fem ale	80	Amhara	Widow	Ortodox	Uneducate d	Non-l Insurance	Tuesday 14, February 2017	Around street near to Orthodox Church
Gadise	Fem ale	80	Oromoo	widow	Protestant	Uneducate d	Non- Insurance	Friday 17, February 2017	In her house
Itenesh	Fem	65	Oromo	Married	Protestant	Uneducate	Non-l	Sunday	At grinding mile

	ale					d	Insurance	19, February 2017	
Madakise	Fem ale	63	Oromoo	Married	Waaqeffa nna	d	Non- Insurance	Tuesday 21, February 2017	At grinding mile
Mebiratu	Male	66	Gurage	Married	Protestant	Educator (BA)	Formal- Insurance	Monday 27, February 2017	Wugagen Hotel
Chashisa	Male	68	Oromoo	Divorce d	Protestant	Educator (BA)	Non- Formal Insurance	Wednesda y 29, February 2017	Wugagen Hotel

**Source: Researcher filed the Participants of the Study, From February 3 to 29, 2017**

In addition, some of these informants are educated whereas some of them are uneducated in their educational backgrounds. In a case of insurance, the informants of this study are from formal retirement, informal- insurance such as family and non-insurance. Gender issue is one of the areas where the researcher gave a serious attention in the study. Thus, the informants of the

study are both male and female older people. In addition, the researcher gave attention to the number of informants in a case of gender that is the number of informants of the study is equal from both sexes. The rationale of utilizing equal number of both sexes is that to see the variation of the challenges the two sexes' experience.

Depending on the various methods used to collect information, findings of this study are organized in different themes which mainly include the psycho-social challenges of older people, political and economical challenges of older people, health related challenges of older people, how older people conceptualize the term "challenges of older people", gender based difference of challenges of older people, the coping mechanisms of older people, and the responses of government or non-governmental organizations on the challenges of older people.

### **Psycho-social challenges of older people**

The informants of this research stated that psycho-social challenges they are in have affected adversely their life. The social related challenges these informants encounter influence their psychological well-being. In other words, the social challenges such as lack of acceptance, respecting and so forth they exercise individually in the society affect their psychological well-being at the same time.

The data obtained from the population under study indicated that the previous positive attitude towards older people by youths is on the way of disappearing. In earlier times, older people were treated with respect, dignity and they had a good status. Currently, it seems theoretically the earlier time treatments remain unchangeable. However, when it comes to reality, the existing situation shows that these things are gradually on the way of disappearing in

which older people are suffering a lot. Various derogatory words such as 'sheba' or in English language may be equivalent in meaning "aged or traditional" are heard from generation particularly from youths.

The challenge of losing interest to share older people's cumulated knowledge among youths is identified. Bonsa explains about the missing attention to older people as:

Before some years ago, the culture of the community towards older people in sharing their wisdom was positive. The older people were considered as a source of knowledge, and the youths respected to share older people's cumulated knowledge for their own life. In addition, the youths gain the wisdom of older people to implement in their responsibility in the community. But, currently there is no such sharing experience or there is no motivation to listen and gain knowledge from older people among youths. It is surprising that individuals in different positions of government offices give no attention to the wisdom of older people. In general, youths and authorized officials have no motive to listen, ask and share the cumulated wisdom of older people. Finally, he said that ignoring older people's value and cumulative knowledge created generation gap.

Similarly, Gamtesa discussed about existence of negative attitude towards older people among youths as:

When older people forwarded various advices, the youths reject their opinion and consider older people as traditional and backward. In addition, the informant said that the youth blame that older people enjoyed whatever they want without any restriction when they were youngsters but they want to put barrier on the chance and freedom of youths.

In the same way, Mebiratu stated about the less position and marginalizing of older people within the community as well as within their own family as follows:

There are various challenges that older people are facing within the community as well as within their own family. The youths including who hold different positions within the community (officials) do not have positive attitude and consideration for older people. By relating to the age matter (ageing), the youths consider older people as unknowledgeable and weak. Since the new generation is able to operate with computer, internet and so forth, they consider themselves as they hold better knowledge than their parents (older people). As a result, they have no any motive to gain any wisdom from older people. This situation is on the way of making generation gap between older people and youths. Consequently, the absence or lack of acceptance, helping each other, respecting, and so forth challenges are seen. Youths degraded any older people even they undermined their own parents.

The known and precious values of the community which has been practiced for long period of time such as showing respect for older people in different community meeting, leaving seat during transportation in the vehicles when there is shortage of seat and other community ceremony almost all become on the way of forgetting the practice. Tsion stated as:

As the culture of the community, older people have a great respect within their community during community meeting, different community ceremonies and transportation. In other words, the youths leave seat for older people without any imposition of anyone by their own will if there is no enough seat for all and respect them

in other related duties. However, currently things are almost all on the way of endangering. Moreover, in the religious meeting in which the respect and dignity of older people are seriously sanctioned and claimed in religious books, the older people are not recognized. These situations made older people to feel shame within their community in front of the youths.

The social challenges of older people are multifaceted as described by different participants of the study. Mekonen stressed the social challenges of older people as:

The issue of social challenges of older people is a critical area in which older people are suffered a lot, and as much as possible it needs urgent solution. The respect and acceptance of older people which existed within the community in the previous are quite different from current social situation and already on the way of disappearing. In the past, youths were afraid of the older people in what is sanctioned and ashamed by the community. When they are walking on the street, the youngsters do not give way for older people in which older people abused.

Psychological/emotional challenge is the other areas that got a serious attention by the researcher. The obtained data from the participants of the study indicated that the prevalence of serious psychological challenge among older people. All points discussed above under the social challenges made older people vulnerable to various psychological problems. It made older people emotionally disturbed seriously and sense of confusion in their overall life. They are feeling a sense of undermining, unknowledgeable, and ashamed in front of the current youths

even among their children though they have accumulated much knowledge that are crucial for development.

Similarly, the data obtained through observation about the feeling of the population under study identified the dissatisfaction of older people in their life. Moreover, the researcher realized the feeling of the population under study entangled with hopelessness, confusion, and serious emotional disturbance.

Generally, the psycho-social challenge of older people is a serious issue for all the concerned bodies. The challenge is heartbreak and a great burden on older people as it is discussed by different informants. It needs urgent and appropriate response from any one.

### **Political and economical challenges of older people**

The data obtained from different participants of the study indicated that the presence of the serious financial and political challenges of older people. Consequently, older people are on the way of living with challenge full life situation.

The financial challenge is a critical issue on the life situation of older people. Lack of meeting basic needs (shelter, food and clothing), paying for medical purpose, and school fee for their children are identified. In addition, the informant stated that lack of money affected the social life of older people within the community. In other words, lack of money excludes older people from participating in the social life neither ceremonies nor risks.

In addition, older people are in a serious financial challenging that resulted in lack of meeting basic need and lack of getting balance diet which is significant in health well-being of

any individual. In addition to this, the lack of visiting health center and the lack of affording once own family is the other areas of the challenge. Further, unable to participate in social life such as *Iddir* which is the types of social institutions for the purpose of helping each other, wedding, new child born, birth day, funeral ceremony and so forth are obviously seen in our life.

Gamtesa described about his financial challenge as:

The money I am getting from my retirement is only 800 Ethiopian birr (around 36 Dollars) that is difficult to cover my subsistence such as paying for medical purpose, paying for the consumption of my family, to involve in social life (wedding, funeral, different risk occurrence, birth day, when new child born, graduation, sickness) and so forth. The losses of these all participations added together push me and my family to separate from the social life of the community. My tension is “beyond for living, but on the way of serious worry for the funeral ceremony of mine and my family” because the culture of the community expects you to participate in funeral ceremony and you or your family should participate on others’ situations (happiness and risks) through financial contribution. To participate in social life enough money is mandatory. So, the financial shortage is a great challenge for me. Tomorrow there is marriage ceremony for my friend and I already invited, but I do not participate in the ceremony as a result of lack of money.

The data obtained from informants of study still indicated that the financial shortage made older people dependent on others’ shoulder even if it causes emotional vulnerability. In addition, financial challenge affected older people’s health well-being either directly or

indirectly. Directly, it is constraint for older people to visit health center. Indirectly, the lack of money resulted in lack of feeding balanced diet which is crucial in good health of any individual. One of the informants of the study claimed that “at this time balanced diet for older people is must, but we do not get even unbalanced diet appropriately”.

Mekonen replied regarding to financial challenge he faces as follows:

I was a carpenter, but currently due to the influence of ageing I already stopped this work. Consequently, I do not have any income which is needed for my survival so that I am in a serious risk and in great tension. I cannot find job for me through which I get income. Thus, I and my family are in serious challenge to meet our basic needs, to visit health center and participating in social life such as *Iddir*. After some years ago (after I stopped my work as a result of ageing), I have no sufficient sleeping as a result of a serious tension how I preserve and manage my family.

In the same way, Gizeshe described the challenge arisen from financial deficiency: ideally, there is free medical service for poor individuals, but practically it is quite different from what is recommended as a principle on paper. This informant stated as:

Once up on time, I was become in serious sick. Then I went to officials to take letter that enabled to get free health treatment from hospital. The official gave me a letter which displayed that I am incapable of paying money for medical treatment. When I arrived at hospital, the hospital sent me to buy medicine from private pharmacy simply by asking me the symptoms of my sickness. But since I had no money, it was impossible for me to

buy that medicine prescribed by the hospital. Then I left suffering with serious health problem and went back home.

The above respondent's explanation implied that how the officials and the concerned people are working for simulation due to the lack of money. It is easy to assume that the extents of the challenges of older people are facing worse and how it needs urgent solution.

The other areas of challenge which arisen from the lack of financial deficiency are that the older people lack to pay for house rent and lack of access to house. Some older people live in rented house. Since they have no enough income, it is difficult to pay for house rent. Madakise stressed as:

I get income as daily labor and sometimes I get only five Ethiopian birr per day that is difficult to cover at least meal for my family rather than paying for house rent.

Consequently, I and my family are on the way of practicing darkness life style.

Similarly, Gadise stressed the challenge related to financial deficiency she faced with her family as:

I am 80 years old and I have no any resources except this old tilted house which I am using it only for dwelling in. Since I was paralyzed as a result of pressure, my granddaughter dropped out her education from 9<sup>th</sup> grade before ten years ago and started involving in daily labor for our survival. Currently, she is on the way of attempting to sell boiled coffee and tea in plastic constructed house around street, but the challenge here is that the government officials of the town rejected since she has no legal license. She is on the way of application to get license, but the officials did not approach in easy way and

we are in serious suffering. Totally, we are in serious sorrow and tension about our present and future life.

The attempt and duty of violation on older people's property is identified as the other areas of challenge of older people. Chashisa discussed the violation practiced on him informants as follows:

I have a property which is owned by bank due to the debt I had from bank and unable to pay back to the bank. The bank adjusted and announced to sell my property to competitive buyers. When my son heard this thing, he sent me enough amount of money from abroad (USA) in order to buy my property. Since I have no sons or daughters here, I asked one individual from my neighbor and he says ok to compete and buy the house by his name for me and then change to my name after the process will be finished. The person has knowledge of the legal procedure of the process. He received the amount of money I should have to pay for the house by deceiving me since I couldn't follow all the procedure due to my sickness and age. He did not stop only by taking much amount of money, but he rejected to change the property which was bought by his name from the bank to the name of mine. When I accused him before court, he knows how he defends himself and made fear arousal by the coverage of the knowledge of law on the witness who are on our agreement before the property is bought. So, I am in serious tension about my property. This violation is practiced on me due to the age matter.

In the same way, the data comes from observation realized the pervasiveness of financial challenges of older people on their physical traits. These are related to their wearing style, their

physical body, their residence style and so forth. Many older people are living and sleeping around street where no any house for them. Generally, the data comes from observation realized the challenge full and destitute life situation of older people. So, the financial challenges of older people are multifaceted and need urgent response.

The lack of political participation as a citizen is one of the areas in which older people are facing challenge. The data obtained through in-depth interview from older people indicated that the serious challenge comes from political issue for older people. There are few opportunities which are concerned on men older people to political participation. The government invites some older people when political disturbance are occurring, but they do not apply what the ideas and advice forwarded by older people from their cumulated experience and knowledge. There is no opportunity for discussing and deciding on the issue of older people with older people.

Mebiratu, one of the informants of the study stated as that:

There is no room for older people to discuss on the issue of the country with other people. In addition, there is no consideration to discuss on the issue of older people. Further, the officials of the area are on a sense of ignoring older people and even they do not greet older people when they meet in different areas. Also, there is no satisfactory attempt to address the issue of older people. These all above wrong duties made older people to develop a negative attitude toward official and implied that how older people are ignored and assumed as invaluable thing before officials. Consequently, the communication between older people and officials is becoming weak and weak.

Similarly, Bonsa, other informant discussed the political challenges of older people as:

The opportunity of participating in politics of the country is rare or almost all unavailable to older people. In a rare case particularly during political upheaval, they invite older people for discussion, but a great heartbreak challenge here is that the government does not apply the advice and idea older people forward as solutions. This situation obliged older people to assume the attitude of government toward them as negative (they assume older people as puppet since no any attempt is done to put into practice the idea forwarded by older people)

In the same way, Mekonen describes the political challenges of older people:

In rare case, the government calls us for some political issue discussion, but the officials use the meeting as if they are discussing and doing things with older people that are they do this only for psychological makeup. They ask older people to raise constructive ideas which are crucial in development and take the forwarded ideas, but they do not put in practice. Such imposing situation alienated older people from the politics of the country even if they have the motive to involve in it. The government officials consider older people as politically illiterate individuals. They want to hear older people for the sake of talking and to know what older people have in mind, but no any attempt is made to put into practice what has been suggested by older people.

All of the informants of this study described that no any invitation for political participation as well as no attractive environment that motivate older people to involve in politics of the country among government.

Generally, the response of informants of this study revealed that the older people have serious financial and political challenges in their life.

### **Health related challenges of older people**

The issue of health well-being is one of the challenges which threaten the older people. The data obtained from the participants of the study indicated that the commonness of various health challenges persisted with older people. Those are eye ache, hearing problem, pressure, diabetes, the problem of joint flexibility and moving. In addition, suffering from broken leg bone, drying of stomach and declining in physical force which is crucial to control oneself physically are identified.

There are also other health problems in which older people are suffering a lot. These are the problem of kidney, sleeplessness which arisen from the tension to current and future survival, declining in mental thinking (forgetting ideas), sight challenges (darkness) which resulted in difficulty to read any written materials, other internal problems, *kurtumat* which is causing serious pain around bones and joints, *Bird Beshita* which is caused by the influence of cold and so forth.

Similarly, Gizeshe, one of the informants of the study stated about the challenges of health well-being as:

Before ten years ago, I was not such vulnerable for various challenges of health well-being, but currently I am suffering from different health challenges such as pressure, body paralyzed which caused from pressure, lack of hearing, lack of sight, difficulty of standing and sitting properly, lack of moving and declining in appetite.

The data that comes from observation also realized the commonness of challenges of health well-being of older people by identifying their physical body traits. In addition, the feeling of tired and a sense of sickness are observed among older people.

Generally, the finding of this study indicated that critical challenges of health well-being of older people. Older people are living with various health problems. All above discussed challenges of health well-being of older people arisen from both biological trait (ageing) and other deficiencies.

### **The Views of Participants the term “challenges of older people”**

There are various views of challenge of older people. Understanding how the population under study viewed about a given issue is one of crucial points in qualitative research approach. Thus, the researcher obtained the data that is indicated how older people conceptualize and view the term “challenges of older people”.

All the participants of the study agreed on the view that the term challenges of older people as the absence or lack of materials for their subsistence, the lack of controlling and managing older people physically as a result of biological trait (ageing) and ignorance to engage in what are important to human beings. Tsion, one of the informants of the study viewed the challenges of older people in terms of “lack of income, health wellbeing, mistreatment and ignorance of the contribution of older people within a given community”. In the same way, Chashisa, the participant of the study views the challenge of older people as the misery practicing on older people by the youths including officials in which “this generation (youths) will be collected what they practiced on older people (the fruit of their action from the next

generation either in similar way or in more worse way.)” He also strengthens his view by forwarding an oral tradition as follows:

One older person was living with his son as a result of ageing. The son threw away his father to the deep hole because of feeling boredom to give service to his father. On the other time, this person also became old and started to live under the service of his son. And the grandson of the first old man told his father to go to the hole where he threw away his grandfather. The father asked his son for what reason he called him. The son replied to his father that he would do on his father as his father did on his grandfather.

Generally, the concept of the term challenge of older people is viewed by the concerned body. More or less the term composed of the concept that the misery and pain of older people as a result of biological trait, man borne and other deficiencies.

### **Gender based differences of challenges of older people**

The data obtained through in-depth interview from the participants of the study particularly all females of older people described the pervasiveness of challenges of older people in a case of gender. In general the variation and discrimination between sexes particularly regarding to equal owner and share of property are almost all on the way of overcoming. Indeed, in current situation, when divorce occurs within family, the right of sharing resources equally is realized.

What the challenge in a case of gender as the data obtained from almost all of the informants of the study is that the challenge which arisen from misunderstanding of officials about older people among sexes. Although inviting men older people for discussion during

different risks as rare, women older people have no such opportunities. In other word, the government bodies of the town call for discussion only men older people. Even, the term the government use to announce to the meeting is only represent men older people such as *Jarsolin biiyya* (which mean that elders of the country) and *Abbootii Amanttii* (which mean the father of faith) the term are Afan Oromo language that represent only men older people and not include women older people.

This implied that biased and unbroken negative attitude toward women older people. In the same way, Even Male person, Mebiratu, one of the study participants and the member of organized group organized by government stated a sense of gender biased among government as:

There is a sense of gender biased towards the older people in the government offices. The officials have less respect to women older people than men older people relatively. There is only one organized group of retired older people included very few members who are organized by government. However, the group is not proportionally represented from gender wise. In other words, retired older women are rarely represented in the group.

In addition to this, the extent of burden which is facing older people is quite different among sexes. The older women are suffering from being engaged in various daily labors such as working in other family home as cooking meal, washing clothes and so forth than men older people as survival. Beside all these activities, older women hold the responsibility of domestic work for their family since the culture assigns domestic work for women.

Farther, there is heartbreak challenge in which women older people are suffering a lot. Some husbands are entangled with bad behavior such as addiction of smoking and alcohol in

which they spend their money so that they usually disturb the family life. These older men don't contribute financial and other responsibilities within the family since they are addicted. Generally, the data obtained from gender based challenges of women older people indicated that there is the prevalence of gender based challenges.

### **Coping mechanisms of older people**

The data obtained from each informant of the study indicated that the prevalence of various ways of coping mechanism among Nekemte older people. Some of the mechanisms are different from individual to individual. Some older people cope up with the challenges by support of family and others. Others engage in guardianship and rearing cattle such as goat, sheep and hen. Still others are coping up with the challenge through their wives daily labor such as baking *injera*, working for others, cooking, caring for children and so forth.

Other older people cope up with the challenge by winnowing grains at grinding miles in little payment. There is the response of Madakise, one of the participants of the study and who is getting income through winnowing grains at grinding miles as:

Before five years ago I was collecting firewood and sell as survival for the family, but due to ageing, I shifted my work to winnowing grains at grinding mile with little payment. Besides, sometimes some generous individuals who are living nearby to my residence temporarily assist me in some things.

Others are engaged in begging as income generation as a means of survival. Regarding the psycho-social challenges, as much as effective coping mechanisms are identified. But, religion or praying and meeting together with peer as discussion are identified as psycho-social

coping mechanism of older people. In a case of health problem, older people are utilizing Medical Anthropology (Non-western medical system/ cultural medicine) particularly religion. The traditional health care services providers (unprofessional) are other means of health care services. Itenesh, one of the participants of the study stressed as “I am utilizing traditional health care services that are currently provided in our residence since I have no money for accessing modern medical treatment in the health care centers and hospitals which is deteriorating the health well-being of mine”. The rest are living with various health challenges by adapting and approaching them with different disease even if the situation is difficult.

### **The response of government or non-governmental organizations on the challenges of older People**

The data obtained from the population under study to understand the response of government and non-government organization in addressing the challenges of older people.

The participants of the study described the absence of any assistance for older people both from the government and non-government organizations. Only two protestant church preachers who have their own ministry are on the way of providing services for very few older people as institutional care (they adjust shelter, food, cloth and other need by their own budget at their own churches). However, regarding the government, there is no attempt to solve the challenges of older people except the government organized around 50 older people in group who are formally retired. The main purpose of this grouping is to address the challenges of older people within the group.

On the other hand, Bansa, one of the members of this group and served as committee in previous criticized the action and practice of the committee of the group as:

The committee collects money from any volunteers for the purpose of celebrating the holiday of older people. In addition, the collected money is for the purpose of assisting the most vulnerable older people relatively. However, the committee is biased and gives the money for once relatives rather than for the most vulnerable individuals.

Consequently, the function of the group is ineffective and becomes on the way of disappearing. Thus, it is possible to say the group organized by government is only for simulation since things are going on the way of unwanted and heartbreak situation.

In addition, the data obtained from all the population under study indicated the lack of health insurances for older people. Indeed, there is free fee medical treatment for poorer individuals ideally, but what is in practical is that the medical professions are not interested in such free payment service and recommend to private pharmacy where getting free services are impossible. No public transportation assistance is available for older people. There is the response of Gadise, one of the informants of the study here regarding to the responsibility of government toward older people as:

I have a comment on the theory and practice of government that always claims government response as primary for poor and older people, but what is on the ground is in contrary of this theory. No any health insurance and other related needs are available. No one know older people whether they are citizen or not.

## Chapter Five: Discussion of the Study

### Introduction

Discussion is one of the appropriate points in a given empirical study. Through discussion, the researcher indicates in which points the new finding becomes similar to the previous finding in literatures. In addition, it enables the researcher to indicate the different results of the new study finding from the previous finding of the studies conducted by scholars and reviewed under literature review of the study. Further, it enables the researcher to identify which points contrast each other. Thus, the presentations of this study are discussed relating to the previous findings' similarities, differences and contradictions.

Peri, Fanslow, Hand and Parsons (2008) viewed the term “challenges of older people” as any violation which is practiced on older people physically, sexually, financially and emotionally. Similarly, Duggan and Loughlin (1998) identified the concept of the term “challenges of older people” in terms of the physical, psychological or financial mistreatment of an older person by an individual. On the same way, the findings of the study identified the view of the term “challenges of older people” as the misery that older people are facing in overall their life as various deficits.

In different way, the term challenges of older people is defined as the pain practiced on older people by youths in which this generation will collect from next generation in the same way or in worse.

Getinet (2015) in his research identified unchanged positive attitude of generation towards older people in Ethiopia. In contrary to this finding, the finding indicated that the

previous positive attitude towards older people by youths is all most all on the way of disappearing as a result of modernization and globalization.

Tomita (2000); and MetLife Mature Market Institute (2013); and other scholars identified the physical abuse, sexual abuse, emotional or psychological abuse and financial abuse as types of older people`s mistreatment/ challenge. Similarly, the findings of this study identified Physical abuse, emotional or psychological abuse and financial abuse as types of older people`s mistreatment. Although former finding identified sexual abuse as one of the types of older people mistreatment the later finding did not identified sexual abuse as the challenges of older people at the study area.

HelpAge International (2002); Yasamy, Harper and Saxena (2013); Gorman and Heslop (2002); United Nations (2002) and other scholars and institutions identified poverty and material deprivation, gender, political participation, basic need particularly food as the dimension of challenges of older people in their studies. In the same way, the finding of this study identified poverty and material deprivation, gender, political participation, basic need particularly food as dimensions of challenges of older people. In contrary to United Nations (2002) that identified women disadvantaged to share their husband properties, the new study finding indicated that the absence of challenges regarding to property sharing. In other word, the gender biased sharing of property is not raised as a challenge in this study

In different way, the finding indicated the pervasiveness of gender biased in case of political and economical participations by government. Although inviting men older people for discussion during different risks as rare, women older people have no such opportunities. The government as much as not concerned on older women including in organized group as economical purpose.

In addition to this, the new finding indicated the prevalence of women older people suffering from various daily labors than men older people. Still, women older people are suffering from domestic work since the culture assigns domestic work for women. Further, women older people are in suffering as a result of their husband attached to different addictions.

Kuria (2012) in his study identified the two main areas of coping mechanisms in which older people cope up with challenges. Those are active coping mechanism in which older people directing their challenge to change the situation as much as possible, and adaptive coping mechanism that the mental or psychological adjustment of older people to approach their challenge since the challenge is seen unchangeably. Similarly, the finding of this study indicated that the application of adaptive and active coping mechanisms in their life even the ways of practices differs in some points. The finding of this study identified religion (praying) as means of coping mechanism in the same way of the previous.

Daily life and coping with ageing are also the two areas by which older people cope up with challenges (Mustakallio, 2015). Similarly, the finding also indicated that the prevalence of these two identified ways of coping up with challenges. Since some older people particularly women attached with various activities as a survival, they have no time to be confused and felt loneliness. On the other hand, some older people particularly who have no as much as attached to various activities and who cannot move from place to place use watching television, listening radio. In addition to this, they use meeting with their peer and discuss something with each other as coping mechanism.

Inconsistent with the previous finding, the finding of this study indicated that pension is not used as both for current subsistence and future saving since the amount is very few. Also,

many older people have no formal insurance. In different way of former finding, the later is identified working for others as a daily labor such as cooking, caring for children, winnowing grains at grinding mill and so forth are identified as coping mechanisms.

Although religion utilized only as psychological coping mechanism in former finding, it utilizes both as psychological and medical purpose of coping mechanisms in latter finding. Inconsistent with the previous findings, begging is identified as coping mechanism in new finding.

In different to the former findings, Medical Anthropology (Non-Western medicine or medical systems practice in a culture of a given society) is identified as coping mechanism in case of medical purpose in latter finding.

In contrary to the previous finding that is removing family responsibility particularly in developed countries during old age is one of means of coping mechanisms; the new finding identified taking responsibility for others particularly once family has its own current and future life survivals.

MoLSA (2016) Older People National Action Plan Draft in Ethiopia stated that the plan is focused on the issue that older people and development (increasing their participation and contribution in development, improved health and security in which the health wellbeing and security of older people are realized, and facilitating different service delivery in which older people of Ethiopia are treated in good manner.

In addition, it explained about the structure that how the plan includes all the regions that the regions should apply the plan as their capacity of their budget and in consideration of their cultural context. So, the ministry at federal level follows up the application of the plan at the

lower area through monitoring and evaluating. However, the finding of this study identified the absence of any attempt and follow up from MoLSA or any government body to the issue of older people

## **Chapter Six: Conclusion and Recommendations**

### **Conclusion**

The challenges of older people are multifaceted across nations (Fiedler, 2007). Although older people have significant role in the development in Africa their life persisted with various challenges (HelpAge International, 2005). The study conducted on the challenges of older people as other studies identified several challenges in which older people are threatened.

The study indicated the incidence of social challenge among older people. The previous positive attitude toward older people by new generation is on the way of disappearing. The lack of interest to gain older people cumulated knowledge among youths including officials is identified.

Psychological/emotional challenge is the other areas which got serious attention in this study. The in-depth interviews of the study pointed out the occurrence of serious psychological challenge among older people. Similarly, the observation of the study realized the psychological challenges among older people.

The financial challenge is a critical issue on the life situation of older people. The lacks of meeting basic needs (shelter, food and clothing), lack of paying for medical purpose, lack of paying for educational purpose for family, lack of participating in social life and other related challenges are identified as financial challenges of older people. In addition to this, the attempt of practicing property violation on older people by others as a result of ageing is identified.

There are few opportunities given for men older people to take part in political participation. In addition, the government did not apply the ideas forwarded by older people and advice from their cumulated experience and knowledge. There is no opportunity to discuss and decide on the issue of older people with older people.

This conducted study indicated that the prevalence of various health challenges persisted with older people. Eye ache, hearing problem, pressure, Diabetes, the problem of joint flexibility and moving, suffering in broken leg bone, drying of stomach, declining in physical force which is crucial to control oneself physically and so forth are identified as health well-being challenges.

This study incorporated how the population under study conceptualize and define the term “challenges of older people” More or less the term hold the definition that the misery and pain of older people as a result of biological trait and man borne problems.

The in-depth interview from the participants of the study described the commonness of challenges of older people in a case of gender. The government calls for discussion only men older people. The older women are suffering by from various daily labors as survival such as working in other family home, and from the bad behavior of their husbands.

Older people in Nekemte used various ways of coping mechanism to cope up with the challenges they are facing. They involved in guardianship, rearing cattle, depending on assistance of family and other relates, daily labor and beginning as income generation as a means of survival.

In a case of health problem, older people are utilizing Medical Anthropology particularly religion. The residence traditional health care services providers are other means of health care

services. The rest are living with various health challenges by adapting and approaching them with different disease even if the situation is difficult.

The absence of any assistance for older people neither from the government nor non-government organization is identified. Only two protestant church preachers who have their own ministry are on the way of providing services for very few. The absence of any budget allocated neither from federal government nor regional state to address the issue of this segment of community realized. There are no health and other related insurances for older people.

Generally, what is understood from the study as general is that various challenges are persisted with older people. No significant attempt is made neither from government nor NGOs in which challenges of older people are addressed. So, the issue of older people is multifaceted and need urgent and furthers investigation, recommendation as well as any one response.

### **Recommendations**

The recommendation forwarded in the chapter comes from both the researcher and the ideas which are forwarded by the participants of the study. As the strength based perspective, investigating the ideas and the resources the concerned body possesses are the best solution for a given challenge. Benard (2006) briefly stated that the relevance of strength based solution in social work practice rather than simply doing on the deficiencies existed. He farther elaborated that strength based solution is working with the population under study as partner by identifying the resource and strength they have as initial input to solve their problems.

Strength-based practice is an appropriate way to address the challenges of supported individuals in what he/she has as an asset (pattoni, 2012).

Similarly, Hammond (2010) and Machado (1979) stated that the significance of strength – based practice in addressing the challenges of any given community as well as individual. Thus, the researcher attempted to describe the resources, strengths and possible recommendations which are crucial in addressing the issue of older people.

### **Resources**

As it is discussed earlier in chapter four, the extent of vulnerability of older people is not similar. Some older people have no resources as well as caregivers that is needed for their survival, and simply involved in begging activity for their survival. Other older people have small square of land which is needed for small house (services) construction in their own compound. Still, others possesses small house (services) which are needed for rebuilding besides to their own house. The rest have only own house which is needed to reform or re-build.

### **Strengths**

There are various strengths of older people that are identified in the study conducted. The ability of surviving in the difficult situation by attempting different coping mechanisms such as: rearing cattle, involving in simple daily labor, involving in guardianship, collecting fire wood and selling, the habit and motivation to involve in what the available activities without any ashamed are identified as strengths.

In addition, the mental deliberation of older people such as thinking, responding, planning and so forth which are needed for the development of a given community except few individuals who seriously damaged their ability and capacity as a result of serious health problems are identified. Further, the ethics and quality of older people that is guiding them as

law of the country, in other word, they are not involved in any crime to generate income for their survival directly or indirectly even if their challenge is critical.

### **Possible Solutions**

As the data obtained from the participants of the study and the new recommendations added by the researcher, the following recommendations are forwarded to address the challenges of older people in Nekemte.

First, the government should adjust health insurance, free payment public transportation, access for shelter for older people who have no shelter, the way of constructing the house with extra small house from which income will be generated for those who have square of land, Social-welfare should be delivered to this vulnerable segment of the community.

Second, the government should assist them by providing grain for older people who have no financial capacity to purchase items in competitive market, and increasing the amount of payment for retired individuals particularly for those who retired before the promotion of salary for all workers as a country.

Third, the government should adjust institutional care for those who have no any supporter and in a serious health challenges, should afford Wheelchair and like materials for older people who are unable to move. Fourth, the social protection of the country should be on the ground (in practical) rather than on paper and should have budget, and the government should adjust jobs which are balanced with their own age and health situation such as fostering trees, selling water on water bono (pumps) since such types of activities are available.

Fifth, the government should create family micro-enterprise which is suitable to organize and work together as family level. Sixth, the government should be creating awareness for any individuals and charity NGOs about this issue in order to motivate them to participate in this activity to bring effective solution and community should contribute money and other materials for this segment of society in order to overcome this challenge.

Seventh, the government should give attention and have vision in which the current and future older people challenges are addressed, and the government had better create awareness for new generation on how they respect older people and how they gain valuable life experiences which are crucial in their life and in what the responsibility they hold as well as to sustain the culture of the community.

Eighth, psychological treatment is one of the important point in which the older people are encouraged, thus, as much as possible government assign counselors for this purpose, and MoLSA should work and share experience for the government responsible body of Nekemte, the officials should follow-up older people situation as a citizen and rehabilitate them in what the challenge they facing, the government should facilitate the way of older people participate in politics of the community as a citizen and involve in deciding on their own issue by considering gender equality.

Finally, the government should apply or bring in practice what the knowledge forwarded by older people and encourage by rewarding both individuals and organizations who contribute for this segment of community.

## **Chapter Seven: Implication of the Study**

### **Introduction**

The presentation of a given study has its own implication for different bodies as the type and concern of the conducted study topic. The finding of this study which is conducted on the issue of older people has crucial implications for various concerned bodies. Thus, it has a crucial implication for further research, School of Social Work, Addis Ababa and Wollega Universities, the concerned government body and implication for the population under study.

### **Implication for Research**

The research will give a highlight about the challenges of older people in Nekemte and can be a starting point for future researchers who are interested to further investigate the matter by looking at the challenges which affect the well-being of older people in different dimensions adversely. Therefore, this research indicates potential thematic areas for future research. This may help to increase understanding of the challenges of older people in comprehensive and in-depth way.

There appeared to be absence of research that assesses the challenges of older people. For this reason less is known about the challenge of older people. Thus, this research indicates there is a need to conduct more research to understand the issue of older people who are inhabited.

Generally, considering that there is no study conducted on issue of older people in Nekemte, the research findings offer valuable contributions to enhance our understanding about

challenges of older people their setting. Since the study is exploratory in its nature, at least, it makes a contribution towards indicating the existed gap.

### **Implication for Social Work**

This study has focused on challenges of older people. It has depicted that the well-being of older people face a number of challenges. Basically, there exist challenges that originate from government and new generation (youths). Therefore, this research gives some clue or indication that such challenges and gaps in well-being of older people urge intervention and advocacy to the concerned body from School of Social Work.

Since the School of Social Work is responsible for vulnerable social segment in conducting rigorous investigation and advocacy, this research gives insight to School of Social Work. In other word, it indicates how many unaddressed community issues are available in study area and help to initiate scholars of the school to further study. The finding of the research indicates that to bring change, commitment is required in addressing the issue of older people and for promoting their well-being.

### **Implication for Addis Ababa University or Wollega University**

The finding of the study has a crucial implication for Addis Ababa University or Wollega University. As it is known University is the place where a number of knowledge offer for individuals in which various community problems are solved. Thus, what the implication for Addis Ababa University or Wollega University here is that by taking the identified problems and forwarded solutions, the university adjust and provide training for the population under study,

government body of the area, the new generation (youths) and other community besides of the research publication and preserve as an asset.

### **Implication for Government**

The study finding also has its own significant implication for the government. The study indicated that the extent of existed challenges of older people which needed urgent response of government. In addition, the study forwarded the possible means of addressing this critical issue. Thus, the identified gaps and the forwarded recommendations are valuable input for government to address this critical issue of older people

### **Implication for Nekemte Referral Hospital**

This study has implication for Nekemte Referral Hospital that the hospital should consider the older people who are incapable of paying for medical purpose in services providing in its yearly plan of services, how it handles these people in the services and how all people are served as she/he is. In addition, it is crucial in correcting the area where service delivery is wrong and missed.

### **Implication for the Population under Study**

As it is discussed earlier, the issue of older people in Nekemte is uninvestigated before this research, and this segment of community is marginalized. Thus, the study to some extent decreases a sense of alienation among older people. In addition, it might be realized from their hopelessness life situation since they got an opportunity to share and reflect their ideas.

## References

- Abdi, A. (2012). Who Takes Care of the Elderly in Ethiopia When Reciprocal Relationships Break down?
- Aboderin, I. and Ogwumike, O. F. (2005). Exploring the Links between Old Age and Poverty in Anglophone West Africa: Evidence from Nigeria and Ghana, *Vol. 15, No. 2, 7–15*
- Aboderin, I. (Ed.). (2007). Development and Ageing Policy in Sub-Saharan Africa: Approaches for Research and Advocacy, Global Ageing Issues and Actions. *Journal of the International Federation on Ageing (IFA), Vol. 4, No.3.*
- Acaps Better Assessments Better Aid (2012). Qualitative and Quantitative Research Techniques for Humanitarian Needs Assessment.
- Alemnesh, T. and. Adamek, E.M. (2014). “We Prefer Greeting Rather Than Eating:”Life in an Elder Care Center in Ethiopia, New York
- Anney, N. V. (2014). Ensuring the Quality of the Findings of Qualitative Research: Looking at Trustworthiness Criteria, *Journal of Emerging Trends in Educational Research and Policy Studies*, pp. 272-281, ISSN: 2141-6990
- Aspers, P. (2009).Empirical Phenomenology: A Qualitative Research Approach, *Indo-Pacific Journal of Phenomenology, Volume 9, Edition 2*
- Bekele, M. and Jacob, S. (2006). Social Research Method I
- Benard, B.(2004). Using Strengths-Based Practice to Tap the Resilience of Families<sup>1</sup>, WestEd.
- Benjumea, C. Le.De.C. (2015).The quality of Qualitative Research: From Evaluation to Attainment

- Billups, F. (2014). *The Quest for Rigor in Qualitative Studies: Strategies for Institutional Researchers*, Johnson & Wales University
- Boeije, R. H. and Hox, J. J. (2005). *Data collection, Primary VS. Secondary, Encyclopedia of Social measurement, vol.1*
- Braun, V. and Clarke, V. (2006). Using Thematic Analysis in Psychology. *Qualitative Research in Psychology*, 3 (2). pp. 77-101. ISSN1478-0887 Available from: <http://eprints.uwe.ac.uk/11735>
- Centers for Disease Control and Prevention (2013). *The State of Aging and Health in America* Atlanta
- Center for Technology and Aging (2014). *The New Era of Connected Aging: A Framework for Understanding Technologies that Support Older Adults in aging in Place*
- Cherry, K. (2016). *Research Method in Developmental Psychology: What is A Cross-Sectional Study? The Advantages and Challenges of Cross-Sectional Studies*
- Chikoko, M. and Nabalamba, A. (2011). *Aging Population Challenges in Africa: Chief Economist Complex, Vol. 1, Issue 1*
- Congress of the United States Congressional Budget Office (2013). *Rising Demand for Long Term service and Supports for Elderly People*
- Concordia University (2010). *Primary and Secondary Sources: Texas Library*, [www.concordia.edu/library](http://www.concordia.edu/library)
- Creswell, W. J. (2003). *Research Design Qualitative, Quantitative.and Mixed Methods Approaches: (2nd Ed.)*. Sage. Thousand Oaks London New Delhi

- Creswell, J. (2007). *Qualitative inquiry & research design: Choosing among five approaches* (2nd Ed.). Sage. Thousand Oaks, CA.
- Creswell, W. J. (2009). *Research Design Qualitative, Quantitative and Mixed Methods Approaches*: (3rd Ed.). Sage. Thousand Oaks London New Delhi
- Daniel. B. (2001). The Study Conducted on Name and Foundation of Nekemte: Office of Culture and Tourism of Nekemte Administration.
- Dayton, J. and Zimmer, Z. (2003). The Living Arrangements of Older Adults in Sub-Saharan Africa in a Time of HIV/AIDS
- Department of Health & Human Services (2008). Data Collection Methods for Program Evaluation: Observation, <http://www.cdc.gov/healthyyouth/evaluation/index.htm>.
- Dey, I. (1993). *Qualitative Data Analysis User-friendly Guide for Social Scientists*. Rutledge: London
- Duggan, J. and Loughlin, O. A. (1998). *Abuse, Neglect and Mistreatment of Older People: An Exploratory Study*, ISBN 1 900378 10 8
- Erb, S (2011). A study of older people's livelihoods in Ethiopia: Help Age International and Cordiad
- Etikan. I, Musa, S. A. and Alkassim, S. R. (2016). Comparison of Convenience Sampling and Purposive Sampling. *American Journal of Theoretical and Applied Statistics*. Vol. 5, No. 1, 2016, pp. 1-4. doi: 10.11648/j.ajtas.20160501.11
- Fereday, J. (2006). *Demonstrating Rigor Using Thematic Analysis: A Hybrid Approach of Inductive and Deductive Coding and Theme Development*

- Fiedler, M. (2007). Challenges and Chances of an Aging Society: Older People and Public Transportation
- Food Security and Agriculture cluster Afghanistan (2013). Food security among crisis affected older people in Afghanistan
- Fox, N. (1998). Trent Focus for Research and Development in Primary Health Care: How to Use Observations in a Research Project
- Getinet, A. (2015). Aging and Retirement among Ethiopian Elderly: Adjustment, Challenges and Policy Implications
- Ginn, J., Ribe, E. and Tinker, A. (2013). Assisted Living platform-The long Term Revolution: A Study of Innovatory Models to Support Older People with Disabilities in the Netherlands
- Grekaa, L.p. and Korbin, J.E. (2004). *Encyclopedia of Medical Anthropology, vol.2*, New York pp.557-564
- Groenewald, T. (2004). A Phenomenological Research Design Illustrated
- Gorman, M. &Heslop, A. (2002). Chronic Poverty and Older People in the Developing World: *ISBN Number: 1-904049-09-5*
- Hammond, W. (2010). Principles of Strength-Based Practice: Resiliency Initiatives, [www.resiliencyinitiatives.ca](http://www.resiliencyinitiatives.ca)
- Hancock, B., Ockleford, E. and Windridge, K. (2009). An Introduction to Qualitative Research: The NIHR research design Service for the East Midlands
- Handcock, S.M. and Gile, J.K., (2011). On the Concept of Snowball Sampling University of California, Los Angeles, and University of Massachusetts, Amherst
- HealAge International (2002). State of the World's Older People 2002

HelpAge International (2005).Older People in Africa: a forgotten Generation

HelpAge International (2008).Older People in Africa: A Forgotten Generation. Retrieve from <http://www.helpage.org>

Jamie L. and Penner, L.J. (2008).Using Phenomenology to Examine the Experiences of Family Caregivers of Patients with Advanced Head and Neck Cancer: Reflections of a Novice Researcher, University of Manitoba, Canada

Kimuna, R.S.(1999).Living Arrangements and Conditions of Older People in Zimbabwe, *Vol.20* No.2, *East Carolina University, USA*

Kuria, W. (2012). Coping with age related changes in the elderly

Lafferty, A., Treacy, M.P., Fealy, G., Drennan, J.and Lyons, I. (2012). Older People's Experiences of Mistreatment and Abuse, *Dublin*.

Liu, M. E. and Wong, M. E. (1997).Health Care for Elderly People: Research and Library Services Division Provisional Legislative Council Secretariat, *Hong Kong*

Lumun, N. A. (2013).The Changing Privileges And Challenges Of Older People In Contemporary African Society, *Global Journal of Art, Humanities and Social Sciences Vol.1, No.4, pp.34-43, University of Mkar, Nigeria*

Machado, A. (1979). what are Strengths based Practices all about? Charles Sturt University, Australia

Mariko, N. (2013). Aging among the Aari in Rural Southwestern Ethiopia: Livelihood and Daily Interactions of the “*Galta*”

Mason, M.(2010).Sample Size and Saturation in PhD Studies Using Qualitative Interviews,*Vol 11, No 3, <http://www.qualitative-research.net/>*

- Mathews, R.M., Pourghasem, M. and Hughes, L. (2009). Rapid Communication: Internet Use as a Predictor of Sense of Community in Older People, *Volume 12, Number 2*,
- MetLife Mature Market Institute (2011). The MetLife Study of Elder Financial Abuse
- MetLife Mature Market Institute (2013). The Essentials: Preventing Elder Abuse
- MoLSA (2016). Older People National Action Plan Draft
- Molton, R.I. and Terrill, L. A. (2014). Overview of Persistent Pain in Older Adults, *Vol. 69, No. 2, 197–207 DOI*
- Morales, A. (2006), Language brokering in Mexican Immigrant Families Living in the Midwest: A Multiple Case Study
- Murakawa, H. and Yasumura, K. (2012). Reforms of Elderly Long-Term Care Insurance System in Germany and Japan
- Mustakallio, S. (2015). The Experience of Elderly People to Cope With their Lives at Home: A Literature Review, Lapland University of Applied Sciences
- The National Social Protection Policy (2015). Ministry of Gender, Labour and Social Development, ISBN: 978-9970-507-10-8
- Patton, M.Q. (2001). *Qualitative research and evaluation methods*, (3<sup>rd</sup>ed.). Sage. Thousand Oaks: Delhi,
- Pattoni, L. (2012). Strengths-based approaches for working with Individuals: Evidence summaries to support social services in Scotland, [www.iriss.org.uk](http://www.iriss.org.uk)
- Payne, G. and Payne, J.(2004). Key Concepts in Social Research, SAGE Publications Ltd 55 City Road

- Peri, K., Fanslow, J., Hand, J. and Parsons, J. (2008). Elder abuse and Neglect: Exploitation of Risk and Protective Factors
- Pilgrim AL, Robinson SM, Sayer, A.A. and Robert, C.H. (2015). An overview of appetite decline in older people, *Vol. 27 No. 5*
- Ponterotto, G.J. (2005). Qualitative Research in Counseling Psychology: A Primar on Research Paradigms and Philosophy of Science, *Journal of Counseling Psychology 2005, Vol.52, No. 2, 126-136, Fordham University*
- Population and Housing Census (2007).Population size by age and sex
- Solomon, D. (2009). Exploring *iddir* Toward Developing a Contextual Theology of Ethiopia, Radboud University of Nijmegen, he Netherlands .dejene@nim.ru.nl
- Swanson, M. K.and Wojnar, M. D. (2007). Phenomenology: An Exploration, *Journal of Holistic Nursing Vol.25 No. 3, 172-180,http://jhn.sagepub.com*
- Sykes, J. (Ed.). (2007). Persistent Realities. Global Ageing Issues and Actions. *Journal of the International Federation on Ageing (IFA),Vol. 4, No.3.*
- Tomita, S. (2000). Mistreated and Neglected Elders
- United Nations (2002).Gender Dimensions of Ageing: United Nations Division for the Advancement of Women
- United Nations, Department of Economic and Social Affairs, Population Division (2013), *World Population Ageing 2013. ST/ESA/SER.A/348.*
- WCfRLD Economic Forum (2012), Global Population Ageing: Peril or Promise? Committed To Improving the State of the World Agenda Council Aging Society
- WHO (1999).The .New. Old Age Challenging the Myths of Aging: Regional Office for Europe

Wubshet, E., Minewuyelet, A. and Hanna, A. (2010). The Living Condition and Vulnerability of

Poor Urban Older People in Addis Ababa: *Help Age International-Ethiopia*

Yasamy, T.M., Harper, M.Dua.T. and *Saxena, S. (2013).*Mental Health of Older Adults,

Addressing a Growing Concern: *World Health Organization, Department of Mental Health and Substance Abuse*

Zaidi, A (2014). Life Cycle Transitions and Vulnerabilities in Old Age: A Review, UNDP

Human Development Report Office

## **Appendixes**

### **Appendix- I**

#### **Consent form for Participants of the Study**

##### **Introduction**

Dear participant!

Good morning/ afternoon, my name is Kassahun. I am master's student in Addis Ababa university school of social work. The purpose of this study is to gather information on older people challenges and conduct research that fulfill graduate requirement as a program.

##### **Confidentiality and Consent**

Any information you may give will not be disclosed without your consent or permission, any information that I gather in this study will be kept confidential and do not attach to anyone. You have the right to ask for clarification for any confusion and you can skip questions that you do not want to answer. Finally, dear participant I appreciate your cooperation and willingness in the name of Addis Ababa University, School of Social Work

Thanks for your participation!

## Appendix-II

### Personal Information of Informants

1. Sex-----

2. Age-----

3. Background

A. Insurance related background -----

- From formal retirement
- Non-formal retirement
- Non-insurance

B. Educational Background

- Educator
- Uneducated

C. Religion-Back Ground

- Christian (Ortodox and Protestant)
- Muslim
- Waqeffanna
- Others

D. Ethnicity-Back Ground

- Oromo
- Amhara

- Gurage
- Tigray
- Others

#### E. Marital Status

- Married
- Widow
- Divorced

### **Appendix. III**

#### **Guiding Questions for Informants**

1. Tell me your challenges regarding to financial in your subsistence?
2. What are your social challenges in your community?
3. What are your health challenges?
4. What are the challenges you facing in terms of politics?
5. What are your challenges in case of gender issue?
6. How do you define older people challenges?
7. How do you cope up with the challenge you have?
8. Is there any assistance from any organization for you?
9. What do you think the possible solutions for your challenges?
10. Do you tell me about strengths and resources you have?

## **Translated Afaan Oromo Data collection Methods**

Since the native language of the society is not English language and the official language of Nekemte is Afaan Oromo, interview guideline translation is must from English language to Afaan Oromoo. Accordingly, the researcher is translated all interview guidelines to Afaan Oromo language as follows:

### **Fuul-duuba- I**

#### **GucaWaligalteeHirmaattotaQorannooKanaafQophaa'e**

Of-Beeksisuu

KabajjamoHirmaatoniqua'annokaanaa!

Attambultan/oltan,maqaankooKasahunjedhama.AnibarataadigriilammaffaaYunivarsiitii.FinfinneeManaBarumsaaSoshalWorkiiti.Kaayyoonqu'annookanaadanqaawwanjaarsoliimudachajiruilaalchiseeodeeffannoofunaannachuudhanqorannookanaxumuradigriikofiwantanarraegamuakkasagantichatiguutuudhafi.

#### **WaliigalteefiIccittiEeguu**

Odeeffannoon nahiruuf jirtan kamiyyuu eyyamakessaniin duuba eenyuufuu hinqoodamu, akkasumas odeeffannoon ani sinirraa fudhadhu hundumtisaa abalurratiin fudhe hinjedhamu. Kanaafuuiccitiinisaaegamaadha.Gaaffiileefasiniifhintaanegaaffachuufikanneenhinbarbaadnemo obiradarbufimirgaguutuuqabdu.Walumagalatti,kabajamoonhirmmatotaqu'annookanaakantatanieyyamamuufihirmaannakeessanifmaqaaYunivarsiitiiFinfinneeManaBarumsaaSoshalWorkiitiingu ddiseensinjajadha!

Hirmaannaa keessaniif GuddaaGalatoomaa!

## Fuul-duuba-II

### OdeeffannooEenyummaaHirmaattotaa

1. Saala-----
2. Umurii-----
3. RagaaleeBu'uuraa

#### A. HaalaSooramaa-----

- SooramaIdilee
- Soorama Al-idilee
- Al-Soorama

#### B. SadarkaaBarumsaa

- Kanbarate
- Kanhinbaratne

#### C. Amantta

- Christana
- Isilama
- Waqeffanna
- Kan-Biroos

#### D. Qommo

- Oromo
- Amara
- Tigre
- Kan-biroos

### E. Haallaa Ga'ila

- Kan fudhe/ Kan herumte
- Galamota
- Kan walhikee

### **Fuul-duuba. III**

#### **GaaffileeHirmaattotaaf Qophaa'an**

1. Rakkooleen gama qarshiitin simudumaalfadha ?
2. Rakkoolee gamajireenya hawaasummaa keessatti simudatu maalfadha?
3. Rakkooleen gamafayyaakeen simudatu maalfadha?
4. Rakkooleen gamahaala siyaaasaan simudatu maalfadha?
5. Rakkooleen gamahaala kornia wajin walqabate simudatu maalfadha?
6. Dhaabbilee addaaddaarraa deeggarsisifgodhamaajiraa? (Ibsa: mootummaayookiinmit-mootummaa)
7. Danqaawwan simudatan kana akkamitti dandammachaa jirta?
8. Rakkoolee kanaafiakkafurmaatata'ajetteekanyaaddumaalfadha?
9. Ciminaafi qabeenyawwan qabdu mee naf tarreessi nattihiimi?