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Topic of Research: Problems and Coping Mechanisms of Elderly: A Study of Particularly Vulnerable Tribal Groups (PVTGS) in Kerala

Finding

The ageing of the population is a demographic reality that cannot be avoided because of advances in healthcare and public health, which have an impact on their socioeconomic and health status. According to the 2011 Indian census, the country's tribal population is 1045.46 lakh, accounting for 8.6 percent of the overall population, and Kerala's Scheduled Tribe population is 4,842,842 people. It accounts for 1.45 percent of the state's total population. The study was mainly focused on the elderly of two Particularly Vulnerable Tribal Groups (PVTGs) in Kerala, Koraga and Kattunayakkan. **Objective of the study:** To study the problems and coping mechanisms of the elderly among the Particularly Vulnerable Tribal Groups (PVTGs) in Kerala. **Methods and materials:** A mixed-methods approach is being used in this study to provide both qualitative and quantitative inputs. The researcher adopted multistage sampling along with purposive sampling techniques for the selection of 200 sample units and 15 case studies. **Result and conclusion:** The study found that the Koraga and Kattunayakkan tribal elderly face many problems, including socioeconomic, familial, psychological, and health problems, and their coping mechanisms also have some differences. The findings of the study indicate that the physical environment (resources and habitat), sociocultural environment (inter and intra-sociocultural practices), and spiritual environment (beliefs and rituals) for the elderly among the Koraga tribes are unsupportive and prepare them for a difficult life. For the Kattunayakan tribal elderly, the physical environment (resources and habitat), sociocultural environment (inter and intra-sociocultural practices), and spiritual environment (beliefs and rituals) were challenging but supportive. The study recommended micro, mezzo, and macro-level interventions for the wellbeing of the elderly among PVTGs.