

Impact of Livelihood Activities on the Wellbeing of Elderly
(A case study in Matara District)

W.V.W.G. Waniganeththi
2008/MDS/059

Masters in Development Studies

Faculty of Graduate Studies
University of Colombo
2010

Abstract

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Population ageing is emerging as the most important demographic phenomenon in Sri Lanka with far reaching socio-economic implications. The social security network for elderly in Sri Lanka is not **Sufficient** to enhance wellbeing of elders. The livelihood of elders usually determined their socio economic wellbeing. The main objectives of this study were to identify the impact of livelihood activities on the wellbeing of elderly who engaged in livelihood activities. Specific objectives of the study examine what are the livelihood and why elderly people engage in livelihood in their old age, investigate how the elderly people solve their socio – economic problems by engaging different livelihood activities, what are the problems of elderly livelihood and institutional interventions in order to solve problems of their livelihood, examine the way of livelihood encourage elderly people to planned their future aged life.

Methodologies of this study were both survey and case study approach. The survey respondents of this study are elders aged 60 to 74 who were engaged in livelihood activity (economic activity) at present. A purposive sample of 60 (30 each from urban and rural area) elders were selected for the questionnaire survey while 10 case studies were derived from in-depth discussions. Two Gramaniladari Divisions were selected within the Matara District each from Matara (urban) and Weligama (rural) Divisional Secretariat Divisions to compare the urban- rural difference.

The study findings revealed that livelihood engagement of elderly who are between ages 60 to 74 has positively contribute to enhance their socio economic wellbeing. It demonstrated that increase income level of elders and moreover elders can manage their daily expenditure by avoiding uncertainties of their life. At the same time it helps to increase their nutrition level and as a result they can spend a healthy life at their old age. Livelihood helps to plan later part of old age and savings of elderly.