Life's Later Chapters: Understanding the Realities of Elderly Challenges in Pakistan

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Abstract

This study investigates the major problems of the elderly population in District Swat, Pakistan, as they require specific policy interventions. A mixed-method research approach is utilized to reveal the multi-dimensional issues affecting the elderly such as economic hardships which lead to financial insecurity, health problems, social isolation, psychological distress, and limited participation in decision making. Moreover, there is malnutrition, no recreational activities, difficulty in transportation, status in society and no dedicated old age centers. In order to solve these problems, different interventions are proposed including economic support programs, better access to healthcare, mental health services, better transportation and old age centers. These efforts are necessarily interdisciplinary, based on ongoing research, education, and resource allocation, and require ongoing monitoring and evaluation to adjust to changing needs.

Keywords**:** Elderly Person, Economic Challenges, Health Issues, Psychological Problems, Social Status Issues

Introduction

Every society needs elderly people because their lifetime knowledge makes them valuable guardians of traditional culture and cultural heritage preserving knowledge bearers. As they distill their accrued lifetime experiences into wisdom the elderly help young people understand essential life teachings. Family intergenerational connections benefit from elderly who serve as both caregivers and mentors (Adashevich, 2020). The elderly population faces neglect and numerous problems worldwide which erodes their earned respect. While recognition of elderly individuals is necessary we must also address their vulnerability to multiple problems. South Asia represents one of the hardest locations for elderly individuals to thrive and Pakistan stands as an example of these challenges. While some view this approach as respectful treatment

towards the elderly we must recognize it as essential care to maintain their life quality in response to their distinctive aging difficulties (Animasahun and Chapman, 2017).

The senior demographic of District Swat in Pakistan faces multiple extreme challenges which significantly affect their lifestyle. The population suffers from economic difficulties together with health conditions and malnutrition and experiences psychological stress which leads to neglect and little decision making power along with diminished social standing due to inadequate facilities tailored to meet their requirements (Mégret, 2011). Senior people from Swat face challenges in working for their survival while their income relies on their family members. This interdependence becomes problematic for family budgeting whenever financial fluctuations affect the entire family as shown by Biyela (2019). The joint family system together with Islamic principles about elder respect provides valuable support against demographic challenges as younger generations move to live separately. The regional facilities currently do not offer senior citizens adequate healthcare services because of their need for prolonged treatment together with their chronic disease conditions. Since the region lacks specialized medical centers and doctors who focus on elderly care the elderly population receives inadequate health services (Biyela, 2019).

Many senior residents of Swat face malnutrition since they cannot obtain balanced diets. A lack of nutritional essentials occurs because of financial difficulties paired with the joint family system which then leads to physical and mental deterioration (Lábadi et al., 2022). The elderly population in Swat experiences growing psychological problems especially anxiety and depression. Younger family members create isolation and maltreatment problems while elderly individuals lose their social respect (Alam, Ibrar, and Khan, 2016). Cultural constraints frequently stop these individuals from expressing their issues leading to additional mental health problems. The elderly struggle both because their decision-making influence decreases and their family status continues to diminish. The control dynamics between generations have shifted from historical periods into today which frequently results in older members being excluded from key family decision-making processes. Specialized old age centers for seniors exist nowhere in District Swat which means that the elderly prefer family living despite facing various problems. The absence of specialized centers reveals service and support deficits for elderly residents (Muhammad et al., 2009).

The old age populations in Swat Pakistan need customized attention because their problems demand specialized solutions to help support elder individuals effectively. Elderly individuals will find their lives more comfortable while discovering support from their surrounding community.

Aims of the Study

The elderly population of District Swat, Pakistan, are economically deprived, have limited access to health care, suffer of malnutrition, psychological stress, neglect and reduced social status. It looks into the effect of traditional family structures, Islamic teachings and modern family trends on well being. Also, the research indicates that there is a need for a certain number of specially designed support systems to improve the quality of the elderly's life in the region (in the form of specialized old age centers).

Justification of the Study

As a special region, Swat district of Pakistan preserves its unique societal forms and cultural characteristics. In this context, it is important to understand elderly challenges because it assesses cultural as well as ecological and social factors that influence their well being. This study is needed by researchers to learn more about unique challenges that exist in this region which may not match those found elsewhere around the world. The information provided by this research is of critical importance to overcome a major deficiency of the existing studies.

Although Pakistan has conducted several studies of elderly populations, nearly none have focused on District Swat in considering their full range of challenges. This research fills the lacuna by analyzing specific problems of elderly population of District Swat such as economic problem, health problem, malnutrition, psychological problems and neglect (Alam et al., 2013). Comprehension of the elderly is important because they constitute one of the most defenseless populations, and therefore effective policy design is dependent on their comprehension. The research is based on the mixed method design principles to capture the quantitative information and to capture the qualitative insights at the same time, creating the comprehensive detailed depiction. Quantitative information allows us to measure problem scale and qualitative data uncovers lived experiences and emotional responses of an elderly population and their support networks. The research strategy provides a complete insight into hitherto existing difficulties and feasible remedies.

The findings of this research can serve as the basis for the development of policies and interventions for the elderly in District Swat which were unique to them. Given the knowledge of the specific challenges, policymakers can design subprograms and support systems necessary to improve well being of the elderly population in general. In order to formulate effective interventions, cultural constraints and traditions of District Swat must be recognized. Knowing how cultural factors create challenges for the elderly can be very important in developing culturally sensitive support systems that will be relevant. The problems of the elderly are not only policy or research problems, but a humanitarian imperative. Elderly population has spent their life doing good for society and has a right to spend their later years with dignity and respect. This research falls within this duty.

Also, the study of problems and challenges of elderly people in District Swat, Pakistan is important for its context relevance, filling the gap in the existing literature, policy implications, and use of mixed method approach, and contribution to a humanitarian duty. It is a major step towards improving the quality of life of elderly population of District Swat and in general can be a model to address elderly problems in similar regions with different cultural context.

Literature Review

The geriatric issues in District Swat in Pakistan are similar as those of the whole world. The expanding aging population in multiple countries around the world face the same problems. Researchers and professionals have to derive claims from the literature review that is based on reliable empirical research and the findings of past studies.

It is well known in academic studies that senior citizens face financial difficulties. Research by Krajnakova and Vojtovic (2017) shows that elderly people are usually living on insufficient income sources and they are dependent on their family members. While seniors rely economically, this is a major problem especially in low income countries such as Pakistan (Panarello and Tassinari 2023). Dias et al. 2022 state that moving away from traditional joint family structures makes economic problems worse.

Elderly individuals in Pakistan face healthcare challenges which match trends seen throughout the world. Aging patients typically need long-term medical care while coping with persistent diseases (Reynolds 3rd et al. 2022). Similar to Pakistan research shows that many developing nations face both inadequate healthcare services and insufficient specialized facilities for older adults (Ghenţa et al. 2022). The elderly population faces widespread malnutrition alongside global challenges to obtain balanced nutritional intake. Traditional family systems combined with economic limitations in Pakistan create obstacles according to Blazer's 2020 research.

Research shows that psychological problems among Pakistani elderly people line up with findings from multiple regions across the world. Elderly people frequently endure isolation alongside abuse from their younger kin because depression and anxiety remain widespread

(Blazer 2020). Research shows that these problems occur across countries with both developed and developing economies.

Throughout different regions worldwide the marginalization of elderly people in public decision-making happens just like in Swat Pakistan. Multiple societies exhibit similar patterns according to research by Whitlatch and Diller 2022. Elderly populations from all over the world experience difficulties because traditional family roles have changed and older people's input in decision-making processes has decreased (Cicerale, Blanzieri, and Sacco 2022).

The erosion of social status along with respect toward the elderly continues to create problems across international borders. The modernization process and media developments have changed societal views about older adults (Zhang, Zhao, and Bian 2022). Societal transitions across different cultures create additional difficulties for elderly people according to Richards, Maharani and Präg (2023).

Swat shares the widespread problem of insufficient specialized facilities for elderly care with many other regions. The availability of dedicated elderly care facilities remains low across many developing nations which results in restricted service options for older citizens (Adamek et al. 2022). Regions missing dedicated elderly support systems report this issue as a widespread problem.

Elderly residents of District Swat face challenges which represent universal problems experienced by older populations globally. The elderly population in this specific region faces challenges which exist widely throughout the world. There needs to be development of full-scale policies together with support systems to meet elderly people's distinctive needs and protect their well-being during their advanced years.

Materials and Methods

Research Design

The researchers collected quantitative data initially before moving on to gather qualitative data using a sequential explanatory approach. The study used research protocols established by Creswell and Clark (2017) to conduct detailed examinations of obstacles faced by older District Swat residents. The study by Shorten and Smith 2017 shows that this method creates dependable detailed results through successful application.

Quantitative Phase

Universe, population and target population: The universe, District Swat, Pakistan, serves as the broader geographical context for this study. The study population consists of District Swat residents aged 65 and above. The target age range for this population derives from the World Health Organization's definition of elderly people. This research identifies elderly people aged 65 and older as its focus because it supports comprehensive analysis of age-related issues which remains relevant and effective for this region's specific requirements.

Sampling and Sample Size: District Swat researchers maintain population representation by using stratified random sampling through the seven tehsils and address regional variations. Research studies validate this methodology as an effective way to produce representative samples throughout large and varied populations Umar and Wachiko (2021) state. This sampling method distributes distinct sample sizes throughout each tehsil proportionate to population size thereby enhancing estimation precision. The study maintains high statistical power by distributing its large 700-participant sample evenly across districts which ensures dependable findings about District Swat's elderly residents (Chuan and Penyelidikan 2006).

Tools of Data Collection: The research team chose structured interview schedules to collect comparable elder-related data because this method ensures methodological strength in District Swat data collection. Research data becomes more consistent through structured interviews because they produce standardized answers from all subjects (Dillman, Smyth, and Christian 2014). Social science research depends on traditional methods to perform quantitative data collection for multiple population groups through survey research (Babbie 2020). The study secures enhanced credibility when researcher access samples at the Population Study Center in District Swat because they apply best-practice guidelines which emphasize collaboration with local organizations for data collection (Babbie and Edgerton 2023). Researchers obtain efficient access to older community members thanks to this partnership.

Reliability and Validity of the Tool: The research utilized Cronbach's alpha to determine the survey's internal consistency which showed strong reliability at levels $\geq$ 0.70 following empirical research findings (Bonett and Wright 2015). The study achieved content validity through expert assessment which matched established best practice guidelines from Haynes, Richard and Kubany 1995. Our team confirmed construct validity for the survey by conducting a comparison with validated scales following the guidelines set out by Bonett and Wright (2015).

Data Analysis: Statistical analysis of quantitative data was performed with chi-square tests and regression analysis and correlation assessment through the SPSS software platform. Empirical research widely uses these methods to investigate relationships and associations which result in solid statistical outcomes (DeCoster and Claypool 2004).

Limitations and its Overcoming: The study faces limitations through selection bias from stratified sampling processes combined with restricted applicability outside District Swat and dependence on data from self-reports. The study can reduce bias through random selection processes inside each tehsil. Study generalizability will get better when researchers conduct larger multi-site investigations. Data accuracy enhancement requires simultaneous self-report methods together with objective measurement approaches. These steps will enhance both internal and external study validity which leads to more complete research outcomes.

Qualitative Phase
Universe, Population and Target Population: The qualitative study extends the quantitative research focus to examine elderly people aged 65 years and older who reside in District Swat Pakistan while ensuring the study meets its research goals and spatial requirements.
Sampling and Sample Size: For qualitative research appropriate methods include purposive and convenient sampling techniques which allow investigators to obtain diverse perspectives from their predetermined target group. According to the saturation principle by Guest, Namey and Chen (2020), researchers should use no less than 30 samples to achieve adequate data coverage for both detailed examination and robust thematic research consistent with findings from Braun and Clarke's 2012 qualitative research study.

Tools of Data Collection: Semi-structured interview guides for individual interviews combined with focus group discussion protocols follow traditional approaches used for qualitative research inquiry. Using purposive and convenient sampling strategy allows researchers to access diverse opinions from the elderly study population with these tools. Babbie (2020) demonstrates that focus group discussions match qualitative research requirements by creating detailed multiple viewpoints.

Reliability and Validity of the Tool: A complete approach was implemented to strengthen both the reliability and validity of the research tools. The researchers conducted pilot testing alongside inter-coder reliability assessments to maintain consistent data collection and analysis. A panel of experts and local specialists conducted reviews which confirmed the tool's content validity. The research methods applied here follow standard qualitative research techniques which prioritize tool precision alongside trustworthiness (Golafshani 2003).

Data Analysis: The research team analyzed qualitative data using the thematic analysis technique based on the structured framework Braun and Clark developed in 2012. The systematic procedures of this approach for theme discovery and interpretation sustain its role as a standard qualitative research practice because they comply with rigorous analytical standards (Braun and Clarke 2012; Bryman 2016).

Limitations and its Overcoming: The research encounters limitations through investigator bias potential and limited applicability to District Swat as well as challenges in representing diverse elderly participant perspectives. When researchers work together they reduce researcher bias. Research findings achieve greater generalizability when they derive from multi-site study sizes. Diverse participant input creates answers to the issue of generating viewpoint diversity.

Ethical Considerations for Both: In our study practice we secured ethical standards through participant informed consent which safeguarded participant confidentiality while respecting cultural beliefs and practices. Participants gained study requirement knowledge through informed consent before they chose to take part. The researchers protected informant data by securing both response information and identifying details. Research community trust-building efforts emerged from researchers who adapted their methods to match local customs and ethical standards.

Integration and Synthesis: The study becomes more reliable and comprehensive through researchers' ability to merge quantitative data with qualitative information. The findings from both research stages together reveal a full perspective of elderly challenges in District Swat which conforms to established research practices from Tashakkori and Creswell 2007. According to existing research by Creswell and Clark 2017 qualitative information enhances quantitative results by delivering detailed explanations.

Results

Table-1: Cross Tabulation of Challenges and Elderly Population

Indicators/Themes	Agree	Disagree	Total	χ^2	p-value
Economic challenges	699	01	700	72.33	.000
Health challenges	699	01	700	77.43	.000
Malnutrition	698	02	700	79.23	.000
Psychological problems	697	03	700	74.73	.000
Neglect and isolation	698	02	700	79.58	.000
Recreational challenges	696	04	700	81.39	.000
Transport challenges	697	03	700	74.49	.000
Limited role in decision making	699	01	700	75.69	.000
Low status	698	02	700	78.98	.000
Lack of old age centers	699	01	700	76.98	.000

Table-1 data shows that 699 respondents affirmed economic difficulties exist among the elderly population of District Swat. A solitary respondent opposed the view which highlights economic

challenges are common across this population. The association shows strength based on the high χ^2 value of 72.33 and minimal p-value of .000. The research findings show widespread economic challenges among elderly people in District Swat which matches previous studies (Cherchye, De Rock, and Vermeulen 2012). A single elderly participant provided qualitative support which confirmed the previous findings.

> *"After retirement, people have limited income streams and increasing costs making basic life essentials difficult to come by." The retirement puts financial pressure on people to depend on their family for support. "I am miserable because my family does not meet my needs.""*

The data showed that 699 respondents supported the fact that older people in District Swat face major health challenges. The single respondent who disagreed nonetheless pointed out how critical these health challenges are. The significant association stands confirmed by the high χ^2 value of 77.43 and a p-value that reaches (000). Research shows substantial health challenges experienced by the elderly require healthcare support systems according to previous studies including Cassum (2014). A participant during qualitative data analysis stated that the information should be expanded with more qualitative data.

> *"I have my age and the health problems and life challenges that come with it that few people understand. I am lonely because those around me do not see the special problems that longevity brings."*

According to responses from 698 participants in the tabe-1 explicate study malnutrition remains a widespread problem among District Swat's elderly population which matches findings from earlier research conducted by Pešić in 2007. Two survey participants believed that some elderly individuals did not experience the issue. Quantitative analysis demonstrates a powerful association with a chi-square value of 79.23 which is statistically significant at $p < .001$. District Swat faces widespread malnutrition among its older population which necessitates nutritional intervention. One participant interpreted the quantitative findings using qualitative reasoning to explain his position.

> *"In my elder years I faced the hidden battle against malnutrition that affects seniors. The decline of appetite causes serious health risks which creates sadness because society frequently ignores this problem."*

A majority of 697 survey participants recognized psychological issues as common among the elderly based on scientific evidence (Yasamy et al., 2013) but three respondents expressed contrary opinions indicating possible exceptions. There exists a substantial association according to a χ^2 value of 74.73 and a negligible p-value of (.000). Mental health services need reinforcement because this area shows high rates of psychological problems among older adults. A participant presented evidence which supported the qualitative findings.

> *"Growing older has led to significant psychological troubles in the aging man. People usually fail to detect the anxiety as well as depressive episodes that occur alongside tension. The mental health struggles that seniors face require compassion because understanding and support create tremendous improvements."*

From the quantitative analysis results we see that 698 respondents supported the finding which shows neglect and isolation as major issues for elderly people living in District Swat District Swat and these results confirm earlier studies by Dildar and Saeed (2012). The survey received two dissenting views which proposed that exceptions to this trend might exist. The statistical analysis shows a strong association because of both a high χ^2 score of 79.58 and a p-value of .000. The elderly struggle with neglect and isolation because they need stronger connection to communal support networks. The respondent demonstrates,

> *"Elderly people experience deep loneliness through their neglect and isolation during advanced age. People who ignore how deeply solitude affects your emotions create an impossible gap to overcome."*

The study found that 696 participants confirmed limitations in elderly recreational activities which matches previous research findings (Muhammad et al. 2009) as only four participants disagreed. The statistical results ($\chi^2 = 81.39$, $p < .001$) show that residents over sixty-five in District Swat experience recreational limitations which underlines the need for increased leisure activity involvement. A respondent viewed,

> *"My recreational interests receive little attention from others because people overlook me because I am old. Nonexistent mutual hobbies create isolation which results in unenthusiastic leisure times."*

The results from Table-1 show that 697 respondents concurred transport difficulties affect older adults as documented in Salahuddin and Jalbani (2006), while three respondents remained dissenting which represents few exceptions. A considerable association exists according to statistical analysis with χ^2 value of 74.49 and p-value of .000. Mobility difficulties for seniors exist alongside widespread transport problems. An elder man opined,

> *"Every day I face transport problems caused by my advanced years. Seniors who depend on others for moving around experience frustration which results in unwanted feelings of dependency."*

The examination of responses showed that 699 participants identified limited decision-making involvement for elderly people as common practice which matches findings from empirical studies (Ali and Kiani 2003) but only one participant differed in their view which suggests widespread agreement. Research demonstrates a significant pattern through high χ^2 value (75.69) and minimal p-value (.000) which shows elder individuals remain excluded from decision-making activities in both domestic settings and public domains. An elderly person became aware of this truth.

> *"And I am ignored at family discussions and broader societal decision making despite my age. My age makes the diminishing value of my life lessons, which leads to my exclusion and neglect."*

Research findings from Salahuddin and Jalbani 2006 were supported by Table-1 which showed that among 698 respondents who agreed elderly individuals generally hold lower societal status only two disagreed but the majority concurred. Analysis demonstrates a strong relationship exists between variables as identified by a chi-square value of 78.98 with $p < .001$ significance. Research suggests that elderly people face diminished societal status so social inclusion and recognition should become significant societal priorities. An older individual became aware of the condition.

> *"When I age, my reduced social position interacts negatively with how I judge myself. The experience of being marginalized emerges from others' dismissal of the valuable knowledge which typically accumulates with aging."*

A total of 699 respondents supported the finding that the lack of old age centers represents a major challenge which matches evidence from empirical studies (Sabzwari and Azhar 2011) while only one person opposed this view which strengthens the predominant belief. A meaningful association exists because the χ^2 value reached 76.98 while the p-value dropped to .000. Old age centers deserve urgent development because their absence establishes an essential need for elderly care services. The quantitative outcomes received support through evaluation by the respondents who participated.

"We elderly people in Swat and throughout Pakistan face significant difficulties because dedicated old age centers do not exist. Without access to essential support and services we face increased difficulties as we age."

Regression Table-2 Problems and Challenges to Elderly Population

Variable	Coefficient	Standard Error	P-Value
Intercept (Elderly Population)	-1.178	0.220	0.000
Problems and Challenges	0.959	0.131	0.000

The regression analysis of elderly problems and challenges across district Swat Pakistan appears in Table-2. According to this study the 0.959 coefficient shows how for each unit rise in 'Problems and Challenges' the elderly population of District Swat increases by that same number. This research shows strong statistical significance through its low p-value (0.000) which supports this observed relationship. The precision level of the coefficient estimate can be understood through the standard error measurement of 0.131.

Table-3: Correlation

IV (Problems and Challenges) and DV (Elderly Persons)		Problems and Challenges	Elderly Persons
Problems and Challenges	Pearson Correlation	1	0.959**
	Sig. (2-tailed)		.000
	N	700	700
Elderly Persons	Pearson Correlation	.959**	1
	Sig. (2-tailed)	.000	
Total	**N**	**700**	**700**

($**$Correlation is highly significant at the 0.05 level (2-tailed), r (700) =0.895$**$; p<.05. r^2=0.92 (Since 92% of the variance is shared, the association is obviously a strong one)

Table-3 displays the correlation between "Problems and Challenges" as independent factors and the "Elderly Persons" population as dependent factors throughout District Swat, Pakistan. The statistical data shows elderly persons in District Swat face challenges which display a strong positive association (r = 0.959) and significant results (p = 0.000) indicating an important connection between these challenges and their population size. When elderly face more problems the number of elderly people rises correspondingly. "Problems and Challenges" accounts for 92% of the variance observed in the "Elderly Persons" population which confirms strong predictive power between these two variables. The association demonstrates its power while indicating that elderly population dynamics in the district depend critically on handling these identified challenges.

Discussions

According to quantitative research most respondents confirmed that elderly people face economic difficulties. Financial difficulties faced by retired individuals to purchase essential goods provide qualitative support through the personal accounts of senior citizens. The statistical results show a strong association through their high chi-square value alongside their low p-value. The results match previous work by Cherchye, De Rock and Vermeulen (2012) that identifies economic hardships for aging populations because of restricted income and rising costs in this region.

The dataset reveals significant health burdens in older populations which are confirmed through a high χ^2 value alongside a low p-value. The qualitative argument supports this finding by

outlining the isolation elderly individuals experience together with their insufficient understanding of personal health issues. The results support earlier research by Cassum (2014) which called for the development of healthcare resources to assist older adults.

Quantitative findings demonstrate widespread malnutrition among elderly populations which finds support through qualitative evidence from an elderly individual who faced the quiet battle against malnutrition. The statistical evidence demonstrates that nutritional needs remain a crucial concern for elderly populations because of both strong associations and low p-value measurements. The results match findings reported by Pešić in 2007.

Statistical evidence reveals extensive psychological problems in elderly populations through high χ^2 values with corresponding low p-values. The qualitative argument points to the silent psychological conflict which older people face. Earlier studies show that mental health services are essential for elderly populations according to Yasamy and colleagues (2013).

Quantitative analysis shows neglect and isolation stand out as big problems due to their high χ^2 and low p-values. The qualitative research shows how similar effects of solitude during old age become an emotional burden to the affected individuals. The results of this analysis match earlier research from Dildar and Saeed (2012) which highlights how social support along with community involvement remains essential.

The research shows elderly people experience recreational limitations which exhibit strong statistical connections. According to the qualitative argument these limitations create a sense of isolation among individuals. Empirical evidence provided by Muhammad et al. (2009) confirms these results by showing how essential leisure and social participation promotion needs to be.

The quantitative research results demonstrate that the elderly experience significant transport problems. Daily transportation needs force people with limited mobility to depend on others according to qualitative evidence. Salahuddin and Jalbani's 2006 research confirms the mobility challenges elderly people face.

Research data shows that older adults participate minimally in family and societal decision-making processes. Being ignored when making decisions stands out as a powerful disheartening occurrence according to qualitative analysis. The discovery matches earlier research findings by Ali and Kiani 2003 which demonstrate that elderly people must participate in decision-making processes.

Research findings from quantitative analysis demonstrate that elderly people face diminished societal status which a qualitative exploration of self-esteem effects supports. Multiple previous studies demonstrate how elderly people face devaluation as well as social marginalization (Salahuddin and Jalbani 2006).

Statistical findings reveal a major concern in community infrastructure because old age centers remain nonexistent as indicated by a high χ^2 value. The qualitative research points out that essential support services remain inaccessible for this population. According to prior empirical evidence (Sabzwari and Azhar 2011), researchers recommend creating specialized facilities and services to serve the elderly population.

Table-2 regression analysis shows valuable findings about how elderly problems in District Swat Pakistan relate to estimated population growth. Each unit increase in "Problems and Challenges" experienced by the elderly population in District Swat predicts an increase of 0.959 units in that population according to the regression analysis findings. The analysis demonstrates that elderly population size grows alongside the problems they encounter. The population of elderly people increases as their challenges numbers rise. The statistical relationship between "Problems and Challenges" and the elderly population growth achieves extreme significance because of the zero p-value recorded. Researchers can be very certain that the observed relationship exists beyond random chance. The results demonstrate their strong reliability through these findings. The coefficient estimate demonstrates 0.131 precision with this standard error value. When standard error values decrease the reliability of coefficient estimates increases as they show less random

variation impact. The low standard error confirms the coefficient's reliability which validates the relationship. The regression analysis confirms prior research by Melchiorre et al. (2013) which shows that older adults encounter numerous problems that span economic conditions along with health complications and social and psychological difficulties.

Table-3 shows the correlation matrix between "Problems and Challenges" as the independent variable and "Elderly Persons" as the dependent variable in District Swat, Pakistan to measure their quantitative relationship. Statistical analysis demonstrates an r-value of 0.959 between "Problems and Challenges" and "Elderly Persons" which shows population size rises together with elder challenges. The elderly population grows alongside an increase in challenges since their relationship demonstrates mutual progression. The correlation achieves high statistical significance because of its extremely low p-value which stands at 0.000. The analysis demonstrates that the observed link between elderly population levels and their problems and challenges stands as significant evidence which cannot be explained through random chance. The variables "Problems and Challenges" explain 92% of the variation present in "Elderly Persons" data since r^2 equals 0.92. A significant part of the elderly population differences in District Swat exists because these elderly persons encounter numerous challenges (Punia et al. 2007). The data demonstrates the powerful connection between problems faced by older adults and their district population numbers.

Conclusion

Detailed research findings bring to light the serious difficulties that older adults face in District Swat Pakistan. The combined quantitative and qualitative data analysis demonstrates how these difficulties represent serious problems. Aging individuals encounter multiple challenges including financial struggles together with their health problems and social isolation and their exclusion from important life choices. Financial instability results from economic problems while health problems decrease people's overall health conditions. Social withdrawal leads to greater depression and loneliness and eliminates decision making chances which creates feelings of personal powerlessness. Residents in their golden years from District Swat Pakistan require better living conditions which hinges on resolving their multiple challenges.

Integration and Synthesis

Through both quantitative and qualitative data analysis researchers achieved full perspective about the elderly population difficulties in District Swat of Pakistan. Here's the integration and synthesis of these results:

Most survey respondents agreed with the quantitative data that displays pervasive economic challenges affecting the population. An older adult explained their financial constraints against escalating costs during qualitative evaluations before researchers matched these findings with quantitative data. Hard evidence from numerical data demonstrates significant health challenges while elderly personal experiences validate these findings through accounts of their social separation and neglected medical demands. Healthcare resource requirements for the elderly appear crucial according to both information sources. The quantitative results show widespread malnutrition which is explained by qualitative stories which reveal malnutrition's hidden battle. Analysis from two different data sources shows that nutritional care for older adults needs to become a healthcare priority. The quantitative research reveals psychological problems prevalence which qualitative descriptions about invisible psychological battles confirm. Research from both quantitative evidence and qualitative stories shows that neglect and isolation remain major problems for older adults. The quantitative findings match up with qualitative expressions of the emotional consequences brought about by neglect and isolation. Quantitative studies show restrictions in recreational activities and qualitative responses highlight how participants experience discouragement when recreational programs fail to draw attention. The quantitative

findings together with qualitative insights both demonstrate the vital need for increased leisure opportunities and social participation. Research data demonstrates transport difficulties among elderly people which qualitative narratives confirm through stories of daily mobility restrictions. Their health depends directly on enhanced transportation possibilities. The available quantitative along with qualitative research shows that older adults face restricted opportunities to participate in decision-making within their family units as well as in broader social contexts. Many people face difficulty because they cannot participate or express their views. Quantitative and qualitative data research shows elderly people face lower social standing which damages their self-esteem. These problems of devaluation and marginalization remain important concerns. Two types of research data show how the lack of old age centers presents a significant challenge. A high χ^2 value demonstrates these findings quantitatively but further research shows how elderly people lack essential support and services on a qualitative basis.

Quantitative and qualitative research integration reveals a complete and logical depiction of elderly people's challenges in District Swat, Pakistan. The challenges experienced by elderly populations function as interrelated systems which collectively affect multiple dimensions of their well-being. The quantitative results show how widespread and important these challenges are but the qualitative insights add personal stories which help explain and support the numerical information. The broad understanding of these complex issues demands immediate implementation of specific interventions alongside social support systems and healthcare resources and policy changes to improve elderly life quality in District Swat.

Policy Implications
The investigation of senior citizen difficulties in Pakistan's District Swat requires policymakers to create diverse intervention tactics and policy responses to address these challenges. Data in both numerical and descriptive forms reveal urgent requirements for action to address the economic, health-related, social, and psychological problems faced by the elderly. Here are some policy implications:

Economic Support Programs: Develop economic support programs and begin their operation for senior citizens residing in District Swat. Social safety nets combined with support programs need to operate together with pensions to relieve economic difficulties.
Healthcare Access: Healthcare access improvements need new medical services which ensure older adults obtain effective medical care they require. For medical access to be enhanced healthcare systems must expand geriatric clinics routines examinations and secure facility access.
Nutritional Assistance: The elderly population needs special nutritional support programs which address malnutrition problems. The new programs will distribute nutritional advice and provide both home-delivered meals and dietary supplements.
Mental Health Services: The elderly need more robust mental health care services. Implement mental health awareness programs since they need to combat stigma while providing easy mental healthcare counsel.
Community Engagement: Organized community events must concentrate on creating increased social interaction possibilities for senior citizens. Local organizations should host events together with programs that work to lessen social isolation and loneliness among community members.
Transportation Accessibility: Develop improved transportation options for seniors to solve existing transportation problems. Senior transportation enhancements require subsidies for public transit combined with senior-specific transportation options and the creation of local transportation programs.
Empowerment Initiatives: Senior empowerment programs should actively involve older individuals in choices that families make and decisions that communities make. Leadership

training becomes accessible to individuals who work as advisors while they engage in local community initiatives.

Respect and Recognition: The community requires educational programs which emphasize respect and understanding toward its senior members. Building connections between youth and older generations demonstrates how we learn from aging.

Old Age Centers: Elderly citizens in District Swat will receive essential support services from dedicated old age centers throughout the region. Elderly members will benefit from community centers that deliver recreation alongside healthcare and social program services.

Interdisciplinary Approach: Both government organizations together with non-governmental organizations need to team up with medical personnel and social workers as well as local leaders to deal with elderly citizens' challenges.

Research and Data Collection: Elderly challenges monitoring requires uninterrupted research work which should run in parallel with data collection to assess policy operation outcomes.

Legal Protection: Elders require legal protection therefore leadership bodies must create safety measures for social and financial protection. Legal protocols must exist to address neglect and basic financial exploitation together with elder abuse.

Education and Awareness: Educational initiatives and family awareness programs require development to support aging adults together with their family members. When educational programs target seniors and their families through awareness campaigns both groups learn valuable information about aging obstacles and support services.

Resource Allocation: Generate sufficient resources to maintain these efforts' continuous operation. Stakeholder involvement with governments and community organizations together creates a sufficient financial model to support these policies.

Monitoring and Evaluation: Develop an operational system which tracks both intervention performance and outcomes while observing policy execution through the entire implementation period. Organizations use systematic evaluations to both identify modification needs and demonstrate improvements in policy performance.

Gap for the Future Researchers

The many identified limitations of the research dictate the interpretation of the research results. However, random sampling stratified brings sampling bias and gives a representative sample. However, results of this research study do not adequately represent some elderly demographic groups. Other regions have different demographic and cultural properties, so results are only for District Swat in Pakistan. Study participants are prone to answer in a way that shows socially desirable behavior and understating of own sensitive experiences due to social desirability bias. Self-reported information is compromised data reliability as it is often reliant on retrieval processes that attract recall bias. However, the research focuses only on elderly problems and does not contain research about their resilience and coping mechanisms, leading to a narrow view. However, as this research blends quantitative and qualitative datasets, the combination is far from complete and further work is required until an overarching synthesis of these disparate data types is realized.

Researchers need to design future studies to fill multiple existing knowledge gaps in this field. Comparative research between Pakistan's different regions and other foreign locations helps disclose divergence in elder adult challenges as well as treatment success globally. The research community needs longitudinal studies to monitor how elderly challenges evolve with time. Through research on elderly coping methods and resilience techniques scholars can achieve comprehensive knowledge about their behavioral approaches. The examination of technological solutions and innovative approaches to elderly challenges forms a developing research area.

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