



Study on Utility of Mobile Phones by Senior Citizens (>60yrs)- A Hospital Based Study

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Introduction

Now days the use of mobile phone among people is on rise day by day. Even the use of mobile phones among the senior citizens is also on the rise. There are many types of mobile phones used by different people. The commonly used phones are smart phone and classic phone. In addition, there are many uses of mobile phone in related to health sector and patient care.

The senior citizens (>60yrs) constitute 9% of total population in India. Use of mobile phone has more advantages for senior citizens. Many senior citizens lack knowledge to use phone as it has been in use in recent years.

This study is used to know how many senior citizens are using phone and how best they are making use of it. This study helps the policy makers to know the limitations of use of mobile phones by senior citizens.

Materials and Methods

100 senior citizens are randomly selected who are either admitted in our hospital and the seniors who happen to be caregivers of adult patients are included in the study. Senior citizens who are not willing to participate in the study are excluded.

The study was done using a questionnaire, which consisted different set of questions for senior citizens using phone and not using phone.

Results

Out of 100 senior citizens surveyed majority of them were males 70% and 30% were females. Among 100 senior citizens, 89% of them were using mobile phones. Out of the 89% of study population 68% of them were using classic phone or basic model phone. In addition, 32% of them were using smart phone. Only 11% of them were not using any kind of phone.

Majority of the senior citizens only for calls purpose used the mobile phone. In addition, 48%

of them can read and send SMS. 17% of them were using smart phone. These 17% of them are using internet and using other applications on phone like WhatsApp, Facebook.

Gender	Smart Phone	Classic Phone	Not using phone
Male	12	41	7
Female	5	21	4

Another interesting factor revealed was 76% of the senior citizens using phone remembered their own mobile number.

Discussion

This study gives us an idea of why senior citizens are using mobile phones. It also reveals for what purpose are they using. Out of the study group majority are using [phone and majority of them were using classic or basic model phone. We can also understand that many of them were using it for calls purpose only. This study helps us to analyse wether mobile phones can be used for any health related purposes among senior citizens depending on the type of phone they are using and for what purpose are they using.

As an initiative of WHO there are trails being done in some places for senior citizens who are using mobile phones by giving them health related information and reminding them time to time for the medicines to be taken by them. As this is a good initiative of WHO there are many other uses of mobile phones for senior citizens.

Conclusion

This study tells us that the number of senior citizens using mobile phones is high. Majority of senior citizens though are using mobile phone it is restricted to classic models and not smart phones.

It is also noted that phone is used mainly to talk than SMS use. This conveys that health related communications for senior citizens using mobile phone has limitations as on now.

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