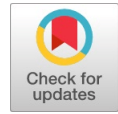# Usage of Technology in Promoting Well-being of Senior Citizens

Radhika Kapur

Abstract: In the present existence, with advancements taking place and with the advent of modernization, the utilization of technologies have acquired prominence. The internet is regarded as one of the eminent factors that is utilized in augmenting information in terms of all subjects and concepts. Furthermore, individuals are able to obtain answers to all types of questions that are overwhelming to them. The senior citizens make use of technologies and internet for number of purposes. In addition, they are required to obtain help from others as well in putting into operation different tasks and activities in a well-ordered manner. In cases of visual impairments and other types of health problems and illnesses, the senior citizens are unable to carry out job duties on their own, hence, they are required to obtain help from others. The senior citizens are not only incurring the feeling of satisfaction, but they are able to contribute efficiently in leading to up-gradation of overall standards of living, when they are making use of different types of technologies and internet. The senior citizens in some cases are overwhelmed by feelings by apprehensiveness and vulnerability. But understanding the concepts and getting engaged in regular practice will be facilitating in honing technical skills. Therefore, the role of technology is considered important in promoting well-being of senior citizens. The main concepts that are taken into account in this research paper are, understanding the meaning and significance of technologies, factors highlighting usage of technology in promoting well-being of senior citizens and measures to be implemented in augmenting technical skills by senior citizens.

Keywords: Communities, Competencies, Job Duties, Knowledge, Promoting, Senior Citizens, Technology, Well-being

I. INTRODUCTION

The individuals, belonging to all communities, categories and socio-economic backgrounds are paying attention towards promoting well-being and goodwill of themselves, family and community members. The utilization of technologies has acquired prominence in the present existence. The individuals, belonging to all occupations and fields are paying attention towards honing technical skills. These are the skills that are facilitating in making use of various types of technologies, i.e. computers, lap-tops, I pads, scanners, printers, photo-copiers, audio-visual aids and so forth (Adler, & Mehta, 2014, [1][8][9]).

Furthermore, internet is regarded as one of the prominent sources that is utilized on a comprehensive basis. It is making provision of information in terms of all types of subjects and concepts. Furthermore, individuals are able to obtain answers to all types of questions and clarify their doubts. As a consequence, they are able to augment their knowledge and understanding in terms of all types of subjects and concepts. Therefore, it is understood on a comprehensive basis that honing technical skills will be facilitating to the individuals, belonging to all occupations and fields. The technologies are utilized in promoting well-being and goodwill of not only senior citizens, but also other individuals, belonging to other age groups and occupations. The individuals are required to augment their knowledge and understanding in terms of various types of subjects and concepts. Hence, the internet is utilized on a comprehensive basis in this case. The functioning of the households is regarded as one of the major tasks of individuals. They are required to put emphasis on payment of various bills, i.e. electricity, water, gas, house tax, phone recharge, television, and insurance. The individuals are making use of technologies to pay all types of bills, hence, they need to be well-versed in terms of technical skills. The individuals need to ensure, they acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice (Faulder, 2011, [4]). This will be facilitating in leading to up-gradation of different types of skills and abilities. The individuals need to ensure, they are not overwhelmed by any dilemmas and challenging situations. In other words, they need to clarify all their doubts. Therefore, honing technical skills will be facilitating in managing all types of household responsibilities.

II. UNDERSTANDING THE MEANING AND SIGNIFICANCE OF TECHNOLOGIES

The individuals are required to put into practice communication processes within and outside the homes. The communication processes takes place in a verbal and written form through utilization of technologies. The verbal communication takes place over the phone or through video-calling, whereas, written communication takes place through exchanging messages and emails. One needs to be well-versed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information and maintaining eye contact, when communicating face to face. Through honing communication skills and interactive abilities, individuals will contribute efficiently in leading to up-gradation of their living conditions (Duhaney, 2000, [3][10]).

The main reason being, they will contribute efficiently in putting into practice various types of job duties and functions, which would lead to progression. Therefore, one is able to acquire an efficient understanding of the meaning and significance of technologies, when these are facilitating in honing communication skills.

The senior citizens and individuals, belonging to all communities, categories and socio-economic backgrounds take pleasure in getting engaged in leisure and recreation activities. The technologies and internet are utilized on a comprehensive basis in getting engaged in leisure and recreation activities. The individuals take pleasure in watching television programs, movies, listening to music, playing games and so forth. They exchange videos and audios with family members and friends, so they are able to contribute efficiently in bringing about improvements in their overall quality of lives. The senior citizens in some cases are overwhelmed by the feelings of apprehensiveness and vulnerability. But acquiring an adequate understanding of the concepts and getting engaged in regular practice will be facilitating to the individuals in overcoming setbacks. The individuals normally do not develop concern in possessing a television, the main reason being, they are making use of different types of technologies for leisure and recreation purposes. Therefore, individuals acquire an understanding of the meaning and significance of technologies, when these are utilized for getting engaged in leisure and recreation purposes. The individuals, belonging to all communities and socio-economic backgrounds have recognized the meaning and significance of education. They are getting enrolled in educational institutions of all levels to acquire education. Within the course of pursuance of educational programs, the individuals are required to make use of technologies on a comprehensive basis. The various types of educational apps are, Byjus, Khan Academy, Un-academy and apps related to science subjects. These are utilized on a comprehensive basis in order to augment their knowledge and understanding in terms of different types of subjects and concepts. Furthermore, individuals will contribute efficiently in obtaining answers to all types of questions and clarifying their doubts. Furthermore, technologies are utilized in preparing assignments, spreadsheets and reports. In addition, these are useful in working on different types of projects and so forth. Hence, it is well-understood, these are facilitating in achievement of educational goals. The major benefit is, students, belonging to all grade levels are able to put into practice their tasks and activities in a well-ordered and satisfactory manner. Therefore, an understanding of the meaning and significance of technologies is acquired, when these are facilitating in achieving educational goals.

III. FACTORS HIGHLIGHTING USAGE OF TECHNOLOGY IN PROMOTING WELL-BEING OF SENIOR CITIZENS

The utilization of technologies has been favorable to the senior citizens in bringing about improvements in their overall standards of living. The senior citizens are overwhelmed with number of health problems and illnesses.

Some of these are pain in the joints, high blood pressure, low blood pressure, kidney disorders, visual impairments, hearing impairments and so forth. These have unfavorable effects on the physical as well as psychological health conditions of the individuals (Technological Innovations for Health, 2016, [5]). But when senior citizens are making use of various types of technologies and internet, they are able to render an important contribution in bringing about improvements in their overall quality of lives. The research studies have indicated that smartphones are the devices that are being utilized by senior citizens on a comprehensive basis. Furthermore, they not only feel relaxed, but are able to contribute efficiently in augmenting the feelings of pleasure and contentment. It is necessary to be well-versed in terms of the factors highlighting usage of technology in promoting well-being of senior citizens. These are stated as follows:

A. Augmenting Knowledge and Competencies

The individuals, belonging to all communities, categories and socio-economic backgrounds are focused on augmenting knowledge and competencies. In the personal as well as in professional lives of the individuals, these are facilitating in putting into operation all tasks and activities in a well-ordered and regimented manner. The internet is regarded as one of the prominent sources that is utilized on a comprehensive basis. It is making provision of information in terms of all types of subjects and concepts. Furthermore, individuals are able to obtain answers to all types of questions and clarify their doubts in terms of different types of subjects and concepts. As a consequence, they are able to augment their knowledge and understanding in terms of all types of factors as well, which will be facilitating in the achievement of all types of goals and objectives. Hence, it is understood on a comprehensive basis that honing technical skills will be facilitating to the individuals, belonging to all occupations and fields. Therefore, augmenting knowledge and competencies is regarded as one of the indispensable factors highlighting usage of technology in promoting well-being of senior citizens.

B. Implementing Effective Communication Processes

The individuals are required to put into practice communication processes within and outside the homes. These are regarded as an integral part of the personal and professional lives of the individuals, belonging to all age groups. The communication processes takes place in a verbal and written form through utilization of technologies. The verbal communication takes place over the phone or through video-calling, whereas, written communication takes place through exchanging messages and emails. One needs to be well-versed in terms of communication ethics, i.e. making use of polite language and decent words; treating each other with respect and courtesy; making provision of factual information and maintaining eye contact, when communicating face to face. Through honing communication skills and interactive abilities, individuals will contribute efficiently in leading to up-gradation of their living conditions. The main reason being, they will contribute efficiently in putting into practice various types of job duties and functions, which would lead to progression.

Therefore, implementing effective communication processes is one of the significant factors highlighting usage of technology in promoting well-being of senior citizens.

C. Implementing Households Responsibilities

The functioning of the households is regarded as one of the major tasks of individuals, belonging to all communities. They are required to put emphasis on payment of various bills, i.e. electricity, water, gas, house tax, phone recharge, television, and insurance. Some of the bills are paid on monthly basis, some half yearly, quarterly or annually. The individuals are making use of technologies to pay all types of bills, hence, they need to be well-versed in terms of technical skills. The individuals need to ensure, they acquire an efficient understanding of the concepts. Furthermore, they are required to get engaged in regular practice. This will be facilitating in leading to up-gradation of different types of skills and abilities. The individuals need to ensure, they are not overwhelmed by any dilemmas and challenging situations. In other words, they need to clarify all their doubts. Hence, honing technical skills will be facilitating in managing all types of household responsibilities in a well-ordered and disciplined manner. The up-gradation of knowledge and skills will be facilitating to the individuals to a major extent. Therefore, implementing household responsibilities is a productive factor highlighting usage of technology in promoting well-being of senior citizens.

D. Leisure and Recreation Purposes

The senior citizens and individuals, belonging to all other age groups as well take pleasure in getting engaged in leisure and recreation activities. The technologies and internet are utilized on a comprehensive basis in getting engaged in leisure and recreation activities. The individuals take pleasure in watching television programs, movies, listening to music, playing games and so forth. They exchange videos and audios with family members and friends, so they are able to contribute efficiently in bringing about improvements in their overall quality of lives. The senior citizens in some cases are overwhelmed by the feelings of apprehensiveness and vulnerability. But acquiring an adequate understanding of the concepts and getting engaged in regular practice will be facilitating to the individuals in overcoming different types of setbacks. As a consequence, they will lead to up-gradation of motivation levels. The individuals normally do not develop concern in possessing a television, the main reason being, they are making use of different types of technologies for leisure and recreation purposes. Therefore, leisure and recreation purposes are a renowned factor highlighting usage of technology in promoting well-being of senior citizens.

E. Pursuance of Educational Goals

The senior citizens are getting enrolled in educational institutions of all levels to acquire education, especially when they have not acquired the opportunities to acquire education in their youth. Within the course of pursuance of educational programs, the individuals are required to make use of technologies on a comprehensive basis. The various types of educational apps are, Byjus, Khan Academy, Un-academy and apps related to science subjects. These are utilized on a comprehensive basis in order to augment their knowledge and understanding in terms of different types of subjects and concepts. Furthermore, individuals will contribute efficiently in obtaining answers to all types of questions and clarifying their doubts. Furthermore, technologies are utilized in preparing assignments, spreadsheets and reports. In addition, these are useful in working on different types of projects and so forth. Hence, it is well-understood, these are facilitating in achievement of educational goals. The major benefit is, students, belonging to all grade levels are able to put into practice their tasks and activities in a well-ordered and satisfactory manner. Therefore, pursuance of educational goals is an essential factor highlighting usage of technology in promoting well-being of senior citizens.

IV. IMPLEMENTATION OF JOB DUTIES WITHIN EMPLOYMENT SETTINGS

The senior citizens are engaged in various types of employment settings on the basis of their educational qualifications, competencies and abilities. They make selection of fields in accordance to their competencies, abilities and aptitude. Within all types of employment settings, the individuals are putting into operation job duties, through utilization of technologies. The technologies are utilized in putting into operation effective communication processes in a verbal and written form; augmenting knowledge and understanding in terms of various factors; preparing assignments, spreadsheets and reports; working on different types of projects and so forth. Within various types of organizations, i.e. production, manufacturing, services, financial institutions, educational institutions and so forth, the individuals, belonging to all positions in the hierarchy are making use of various types of technologies in doing well in their job duties. Furthermore, they will contribute efficiently in achievement of desired goals and meeting the expectations of others. Hence, it is well-understood, technologies are proving to be useful to the individuals, belonging to all fields. Therefore, implementation of job duties within employment settings is a vital factor highlighting usage of technology in promoting well-being of senior citizens.

A. Implementing Tasks of Research and Writing

The tasks of research and writing are considered important. The individuals, belonging to all occupations and fields in some cases develop interest in the tasks of research and writing. They write books, articles, reports, projects, poetries and so forth. The individuals are required to augment their knowledge and understanding in terms of different types of subjects and concepts. The internet is utilized on a comprehensive basis in order to carry out tasks and activities in a well-ordered and regimented manner. The individuals are not only making use of computers and lap-tops to carry out all types of tasks and activities in a satisfactory manner. Furthermore, in order to carry out different types of job duties and responsibilities in a successful manner, related to research and writing, individuals are making use of scanners, printers, photo-copiers and so forth.

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The researchers and writers, belonging to all fields and professions have reinforced this viewpoint on a comprehensive basis that honing technical skills will be facilitating to them in augmenting their information regarding all subjects. Hence, individuals, belonging to all professions and fields will be successful in implementing job duties of research and writing. Therefore, implementing tasks of research and writing is a crucial factor highlighting usage of technology in promoting well-being of senior citizens.

B.   Carrying out Marketing Functions

The individuals, belonging to all communities are well-aware of the factor that buying and selling are important marketing functions. The utilization of technologies has proved to be favorable and efficacious in carrying out marketing functions in a satisfactory manner. The individuals, belonging to all types of socio-economic backgrounds have one of the major goals of sustaining their living conditions. The individuals usually find difficult to get engaged in various types of employment opportunities. When they find this task difficult, they initiate their own businesses of various types of products and services. The products are, artworks, handicrafts, jewelry, garments, pottery making, silk weaving, candle making, basket making, food items and forth. On the other hand, services are, travel and tourism, insurance and so forth. The individuals are honing technical skills in order to lead to an increase in productivity and profitability. The technologies are utilized to contact the supplies, distributors and customers and to augment information regarding various factors. Furthermore, individuals are able to augment knowledge, competencies and abilities. Therefore, carrying out marketing functions is a notable factor highlighting usage of technology in promoting well-being of senior citizens.

V. DEVELOPING SKILLS AND ABILITIES

The senior citizens are experienced, but they need to be well-versed in terms of the factor that they are required to develop skills and abilities. These are utilized by senior citizens within personal and professional lives. The different types of skills that need to be honed are, communication skills, time-management skills, analytical skills, critical-thinking skills, problem-solving skills, technical skills, creative skills, public-speaking skills, personal skills, professional skills, leadership skills, intellectual skills, negotiation skills, and artistic skills. On the other hand, abilities, which are required to be honed are, convincing, persuasion, management, administration, controlling, organizing, emotional intelligence, systems thinking, possessing the abilities to work under stress, putting in efforts to one's best abilities, coping with various types of problems in a well-ordered manner and carrying out all tasks and activities in a disciplined manner. Through making use of technologies and internet, the individuals are able to put into operation various tasks and activities satisfactorily. Furthermore, they will render an important contribution in leading to up-gradation of different types of skills and abilities. Therefore, developing skills and abilities is a favorable factor highlighting usage of technology in promoting well-being of senior citizens.

A.   Implementing Tasks in an Efficient and Less Time-Consuming Manner

The individuals, belonging to all occupations are making use of various types of technologies with the main objective of carrying out all tasks and activities in an efficient and less time-consuming manner. The utilization of technologies has acquired prominence in the present existence. The individuals, belonging to all occupations and fields are paying attention towards honing technical skills. These are the skills that are facilitating in making use of various types of technologies. One of the important aspects that needs to be taken into account is, all types of tasks and activities are required to be put into operation in a satisfactory manner. When individuals are wholeheartedly committed towards achievement of desired goals and objectives within personal and professional lives, they need to put in their wholehearted determination towards honing technical skills. The communication processes, implementation of projects, reports, assignments, spreadsheets and other tasks and activities are required to be put into practice in a less time-consuming and efficient manner, through leading to up-gradation of technical skills. Therefore, implementing tasks in an efficient and less time-consuming manner is a useful factor highlighting usage of technology in promoting well-being of senior citizens.

B.   Measures to be Implemented in Augmenting Technical Skills by Senior Citizens

The senior citizens, belonging to both urban and rural communities are acknowledging the meaning and significance of technologies. They have reinforced the viewpoint that augmenting technical skills will be facilitating to the individuals in putting into practice tasks and activities in an efficient manner. As a consequence, they will contribute satisfactorily in bringing about improvements in their overall quality of lives (Bardhan, Bandyopadhyay, & Mandal, n.d., [2][6][7]). Hence, throughout their lives, individuals need to be well-versed in terms of measures to be implemented in augmenting technical skills. The measures are required to be put into practice in a well-ordered and satisfactory manner. One of the important aspects that needs to be taken into account is, positivity needs to be reinforced in the implementation of all types of measures. These are, acquiring an understanding of the concepts; getting engaged in regular practice; obtaining answers to all types of questions; overcoming the feelings of apprehensiveness and vulnerability; honing confidence levels and putting in efforts to one's best abilities. These are stated as follows:

VI. ACQUIRING AN UNDERSTANDING OF THE CONCEPTS

The senior citizens are in some cases doubtful in terms of utilization of technologies. Hence, they are required to understand the concepts in a satisfactory manner. The family and community members are the individuals, who are imparting information in terms of technical concepts.

The senior citizens need to ensure, they listen and understand these in an adequate manner. Furthermore, they need to obtain answers to all types of questions and clarify all their doubts. The senior citizens in some cases are forgetful. In other words, they tend to forget the information that they have acquired, hence, they need to take down notes. Taking notes will be facilitating to the senior citizens in carrying out all tasks and activities in a well-ordered and satisfactory manner. Therefore, acquiring an understanding of the concepts is regarded as one of the indispensable measures to be implemented in augmenting technical skills by senior citizens.

A. Getting engaged in Regular Practice

The senior citizens are required to get engaged in regular practice in order to acquire an efficient understanding of the concepts. In some cases, they get enrolled in training centres as well in order to hone their technical skills. After understanding the concepts, it is of utmost significance to the individuals to get engaged in regular practice. This will be advantageous to a major extent. Taking notes will be facilitating to the senior citizens in carrying out all tasks and activities in a well-ordered and satisfactory manner. This will be encouraging to the senior citizens in overcoming all types of setbacks. Furthermore, they will be able to obtain answers to all their questions and clarify doubts. The senior citizens may devote more than four hours a day towards learning the concepts. Therefore, getting engaged in regular practice is one of the significant measures to be implemented in augmenting technical skills by senior citizens.

B. Obtaining Answers to all Types of Questions

The senior citizens have different types of questions in terms of which they need to obtain accurate answers. After understanding the concepts, it is of utmost significance to the individuals to get engaged in regular practice. This will be advantageous to a major extent. Regular practice will be facilitating to the individuals in obtaining answers to all types of questions. This will be encouraging to the senior citizens in overcoming all types of setbacks. Furthermore, they will be able to lead to up-gradation of motivation and concentration levels towards putting into operation their tasks and activities. The internet is an eminent source that is useful to the individuals in obtaining answers to all types of questions. There are number of articles, which are making provision of information in terms of all subjects and concepts. Hence, the senior citizens feel satisfied and are able to carry out their tasks and functions in a well-ordered manner. Therefore, obtaining answers to all types of questions is an expedient measure to be implemented in augmenting technical skills by senior citizens.

C. Overcoming the Feelings of Apprehensiveness and Vulnerability

The senior citizens normally are overwhelmed by the feelings of apprehensiveness and vulnerability, when they are making use of various types of technologies. They need to overcome these feelings, when they are wholeheartedly committed towards honing technical skills. After understanding the concepts, it is of utmost significance for the individuals to get engaged in regular practice. This will be advantageous on a comprehensive basis. Taking notes will be facilitating to the senior citizens in carrying out all tasks and

activities in a well-organized and satisfactory manner. This will be encouraging to the senior citizens in overcoming all types of setbacks. Furthermore, they will be able to obtain answers to all their questions and clarify doubts. In this manner, senior citizens will render an important contribution in overcoming the feelings of apprehensiveness and vulnerability. Therefore, overcoming the feelings of apprehensiveness and vulnerability is an eminent measure to be implemented in augmenting technical skills by senior citizens.

D. Honing Confidence Levels

The senior citizens are required to put emphasis on honing confidence levels. This is facilitating to these individuals on a comprehensive basis. As a consequence, they will lead to up-gradation of motivation levels; put in efforts to their best abilities; overcome the feelings of apprehensiveness and vulnerability; obtain answers to all types of questions; clarify their doubts and will contribute efficiently in leading to up-gradation of technical skills. After understanding the concepts, it is of utmost significance for the individuals to get engaged in regular practice. This will be advantageous on a comprehensive basis. Hence, augmenting confidence levels will not only enable the senior citizens to enhance their learning, but they will incur the feelings of pleasure and contentment. One of the major benefits is editing is facilitated, when making use of different types of technologies in carrying out various types of tasks and activities. Therefore, honing confidence levels is a meaningful measure to be implemented in augmenting technical skills by senior citizens.

E. Putting in Efforts to One's Best Abilities

Making use of different types of technologies is not a manageable task. In other words, there are occurrence of various types of dilemmas and challenging situations in carrying out different types of job duties related to utilization of technologies. When senior citizens are wholeheartedly committed towards putting into practice all tasks and activities in a well-ordered and satisfactory manner, they need to put in efforts to one's best abilities. As a consequence, they will lead to up-gradation of motivation and concentration levels; possess the abilities to work under stress; overcome the feelings of apprehensiveness and vulnerability; obtain answers to all types of questions that are overwhelming; clarify their doubts and will contribute efficiently in leading to up-gradation of technical skills. After understanding the concepts, it is of utmost significance for the individuals to put in efforts to one's best abilities in order to achieve desired goals. Therefore, putting in efforts to one's best abilities is a worthwhile measure to be implemented in augmenting technical skills by senior citizens.

VII. CONCLUSION

The utilization of technologies has acquired prominence in all fields and professions. Factors highlighting usage of technology in promoting well-being of senior citizens are, augmenting knowledge and competencies,

Implementing effective communication processes, implementing households responsibilities, leisure and recreation purposes, pursuance of educational goals, implementation of job duties within employment settings, implementing tasks of research and writing, carrying out marketing functions, developing skills and abilities and implementing tasks in an efficient and less time-consuming manner. Measures to be implemented in augmenting technical skills by senior citizens are, acquiring an understanding of the concepts; getting engaged in regular practice; obtaining answers to all types of questions; overcoming the feelings of apprehensiveness and vulnerability; honing confidence levels and putting in efforts to one's best abilities. Finally, it can be stated, utilizing technologies are facilitating in leading to progression of senior citizens.

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