

Engagement in Daily Activities Among Senior Citizens: A Comprehensive Study of Participation Rates and Time Spent Per Activity

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Abstract: This study explores the daily activity patterns of senior citizens aged 60 years and above, focusing on both rural and urban settings, using data from the Time Use Survey Report, 2019 by the Ministry of Statistics and Programme Implementation (MoSPI). The research aims to analyze the percentage of elderly individuals participating in various daily activities and the average time spent on these activities, with a particular emphasis on identifying gender disparities. The activities examined include employment, domestic services, caregiving, social engagement, cultural and leisure activities, and self-care.

Using descriptive and comparative analysis, the study reveals significant differences in participation rates and time allocation across rural and urban settings, as well as between male and female senior citizens. The findings indicate that while men are more engaged in employment-related activities, women are predominantly involved in unpaid domestic work and caregiving. Social and cultural participation remains high among both genders, but with varying levels of time commitment. The study concludes that addressing these disparities through targeted interventions and supportive policies is essential to enhancing the overall well-being and quality of life of the elderly population. This research contributes valuable insights for policymakers and social service providers, highlighting the need for gender-sensitive and location-specific strategies to support active and fulfilling lives for senior citizens.

Keywords: Daily Activities, Senior Citizens, Participation Rates, Time Spent Per Activity

1 Introduction

As populations around the world continue to age, understanding the daily activities and engagement levels of senior citizens has become increasingly important for promoting their well-being and ensuring they lead fulfilling lives. This study seeks to provide a detailed analysis of how elderly individuals in both rural and urban settings spend their time, focusing specifically on the types of activities they engage in and the duration of their participation. By examining the percentage of older adults involved in various daily activities and the average time they spend on these tasks, this research aims to uncover patterns that can inform the development of policies and programs tailored to the needs of this demographic.

One of the key aspects of this study is the exploration of gender disparities in activity participation among senior citizens. Elderly men and women often face different challenges and responsibilities as they age, particularly in areas such as employment, unpaid domestic work, caregiving, and social engagement. By analyzing these differences, the study aims to identify the unique challenges faced by each gender, which can help in designing targeted interventions that address these specific needs. Understanding how elderly men and women allocate their time differently can provide valuable insights into the social and economic factors that influence their daily lives.

This research is grounded in the broader context of gerontology, where there is a growing recognition of the importance of activity engagement for the physical and mental health of older adults. Participation in meaningful activities has been shown to improve self-efficacy, enhance resilience to disability, and contribute to overall life satisfaction. However, barriers such as environmental limitations, chronic health conditions, and traditional gender roles can hinder the ability of senior citizens to fully engage in these beneficial activities. By examining both rural and urban settings, this study also seeks to highlight how different environments impact the daily routines of the elderly, offering a comprehensive view of the factors that shape their engagement in various activities.

Ultimately, the insights gained from this study will contribute to the ongoing efforts to improve the quality of life for senior citizens by providing a clearer understanding of their daily activity patterns and the challenges they face. The findings will be valuable for policymakers, social services, and community planners who are working to create supportive environments that promote active, healthy, and socially connected lives for the elderly.

2 Review of Literature

In the field of gerontology, understanding the engagement of senior citizens in daily activities is crucial for promoting their overall well-being and quality of life. As the global population ages, the need for comprehensive research on the daily routines and participation levels of older adults becomes increasingly important. This study aims to investigate the participation rates and time spent on various activities by senior citizens, offering insights that can guide the development of targeted interventions and inform policy decisions to support this growing demographic.

Existing research underscores the significant benefits of meaningful engagement in daily activities for the physical and mental health of older adults. Participation in social, cultural, and leisure activities has been linked to enhanced self-efficacy in managing chronic diseases and greater resilience in the face of disability (Meek et al., 2018). These activities not only provide mental stimulation and physical exercise but also foster a sense of belonging and purpose, which are essential for maintaining a high quality of life in later years. However, various factors, including limited opportunities, lack of motivation, and environmental barriers, can hinder the ability of senior citizens to engage in these beneficial activities (Báez et al., 2019; Herzog et al., 2002).

One of the critical challenges identified in recent studies is the "aging-friendly" nature of communities, or the lack thereof. Older adults often live in environments that do not adequately support their engagement in activities that align with their interests or fulfill their social needs (Báez et al., 2019). This issue is compounded by the prevalence of chronic conditions, such as cancer and diabetes, which can severely limit an individual's capacity to participate in social interactions and other daily activities (Meek et al., 2018). Addressing these challenges requires a holistic approach that considers both the physical environment and the health status of senior citizens.

In the study by Gama et al. (2000), the objective was to investigate the association between individual activities of daily living (ADLs) and self-rated health among older people. The methodology involved analyzing data from a representative sample of older adults, assessing their ability to perform various ADLs and correlating these abilities with their self-rated health status. The findings revealed a significant relationship between the ability to perform ADLs independently and better self-rated health, suggesting that maintaining functional independence is crucial for the perceived well-being of older adults. The study concluded that interventions aimed at preserving or enhancing ADLs could have a positive impact on the overall health perception among the elderly.

Shimada et al. (2016) examined the impact of cognitive frailty on daily activities in older persons. The study's objective was to explore how cognitive decline, when combined with physical frailty, affects the ability of older adults to engage in daily activities. The researchers employed a cross-sectional study design, utilizing cognitive and physical assessments to categorize participants and then measuring their performance in daily activities. The research findings indicated that cognitive frailty significantly impairs daily functioning, more so than physical frailty alone. The conclusion emphasized the need for early detection and combined intervention strategies to address both cognitive and physical aspects of frailty to maintain independence in daily activities.

Tomioka, Kurumatani, and Hosoi (2016) focused on the association between social participation and instrumental activities of daily living (IADLs) among community-dwelling older adults. The study aimed to determine whether social engagement could influence the ability to perform IADLs, which are essential for independent living. Using a quantitative approach, the researchers collected data on social participation and IADLs from a large sample of elderly individuals. The findings showed a positive correlation between higher levels of social participation and better performance in IADLs, suggesting that social involvement plays a protective role in maintaining functional independence. The study concluded that encouraging social participation could be a key strategy in promoting the autonomy of older adults.

Herero and Extremera (2010) explored how daily life activities mediate the relationship between personality variables and subjective well-being among older adults. The study's objective was to understand the psychological mechanisms that link personality traits with well-being, with a particular focus on the role of daily activities. The researchers used a mediational analysis framework, collecting data on personality traits, daily activities, and subjective well-being from a sample of older adults. The results demonstrated that daily activities partially mediated the relationship between certain personality traits, such as extraversion and conscientiousness, and subjective well-being. The study concluded that promoting active engagement in daily life could enhance the well-being of older adults, particularly those with certain personality profiles.

In their 2017 study, Tomioka, Kurumatani, and Hosoi expanded their earlier research to examine age and gender differences in the association between social participation and IADLs. The objective was to identify how these demographic factors influence the relationship between social engagement and functional independence. The methodology involved a stratified analysis of data from a large cohort of community-dwelling elderly individuals, with specific attention to age and gender variations. The findings revealed that while social participation positively influenced IADLs across all groups, the strength of this association varied by age and gender, with older women benefiting the most. The study concluded that tailored interventions considering age and gender differences are necessary to maximize the benefits of social participation on functional independence.

Sarkisian et al. (2005) investigated the relationship between expectations for aging and physical activity among older adults. The study aimed to understand how older adults' beliefs about aging influence their engagement in physical activity, which is crucial for maintaining health and independence. The researchers conducted a survey-based study, assessing participants' expectations for aging and their self-reported physical activity levels. The findings indicated that more positive expectations for aging were associated with higher levels of physical activity, suggesting that altering perceptions about aging could be an

effective strategy to promote physical activity among older adults. The study concluded that public health initiatives should focus on changing societal narratives around aging to encourage more active lifestyles among the elderly.

In the paper by Faraz et al. (2022), the focus was on monitoring and analyzing the daily routines of senior citizens in old-age homes using IoT (Internet of Things) technology. The study aimed to explore how IoT can be utilized to enhance the care and monitoring of elderly individuals in institutional settings. The researchers implemented an IoT-based system to track and analyze the daily activities of residents, providing real-time data to caregivers. The findings showed that IoT technology could significantly improve the monitoring of residents' activities, leading to more personalized and timely care. The study concluded that integrating IoT into elderly care facilities has the potential to enhance the quality of care and improve the well-being of senior citizens.

Roberts et al. (2017) conducted a systematic review and meta-analysis to evaluate the effect of different types of physical activity on activities of daily living (ADLs) in older adults. The study's objective was to synthesize existing research on how various physical activities impact the ability of seniors to perform ADLs independently. The methodology involved a comprehensive literature search and statistical analysis of data from multiple studies. The findings indicated that all forms of physical activity positively influenced ADL performance, with resistance training and aerobic exercises showing the most significant benefits. The study concluded that promoting a diverse range of physical activities is essential for maintaining functional independence in older adults.

Pfeffer et al. (1982) focused on measuring functional activities in older adults within the community. The objective was to develop a reliable assessment tool to evaluate the ability of elderly individuals to perform ADLs and IADLs. The researchers employed a rigorous methodological approach, including item development, pilot testing, and validation studies. The findings resulted in the creation of a widely used functional activities questionnaire, which has since become a standard tool in geriatric assessments. The study concluded that accurate measurement of functional abilities is critical for identifying needs and planning appropriate interventions for older adults.

McNeilly and Burke (2001) explored gambling as a social activity among older adults. The study aimed to understand the role of gambling in the social lives of seniors and its impact on their well-being. Using a mixed-methods approach, the researchers collected both quantitative and qualitative data from a sample of older adults who engaged in gambling. The findings revealed that for many seniors, gambling served as a form of social interaction and entertainment, contributing positively to their social lives. However, the study also highlighted the potential risks associated with gambling, particularly for vulnerable individuals. The study concluded that while gambling can enhance social engagement for some seniors, there is a need for safeguards to prevent negative outcomes.

Ehn et al. (2018) conducted a qualitative study to explore the experiences of older persons using activity monitors to support physical activity in daily life. The study aimed to understand how these devices influence the daily routines and activity levels of elderly users. The researchers used in-depth interviews and thematic analysis to gather insights from participants. The findings indicated that while activity monitors were generally well-received and motivated users to be more active, there were challenges related to technology usability and maintaining long-term engagement. The study concluded that while activity monitors can be a valuable tool for promoting physical activity among seniors, their design and functionality must be tailored to the specific needs of older adults to ensure sustained use and effectiveness.

This study seeks to fill the gaps in existing research by providing a detailed analysis of the participation rates and time allocation across a wide range of daily activities among senior citizens. By examining the differences in activity engagement between rural and urban populations, as well as the gender-specific challenges faced by older adults, this research aims to offer actionable insights that can be used to design interventions tailored to the unique needs of the elderly. Ultimately, the findings of this study will contribute to the ongoing efforts to enhance the well-being and quality of life for senior citizens, ensuring that they can lead active, fulfilling lives in their later years.

3 Objective of the Study

- I To analyze the engagement levels of senior citizens in various daily activities across rural and urban settings.
- II To examine the disparities in activity participation between elderly men and women, particularly in the areas of employment, unpaid domestic work, caregiving, and social engagement, in order to identify the unique challenges faced by each gender.

4 Review of Literature

This study utilizes secondary data from the Time Use Survey Report, 2019, published by the Ministry of Statistics and Programme Implementation (MoSPI), specifically drawing from Statements 9 and 10 of the report. The research aims to analyze the engagement levels of senior citizens aged 60 years and above in various daily activities across rural, urban, and combined settings, with a focus on understanding both participation rates and time allocation across different activities. Additionally, the study examines gender disparities in these activities.

4.1 Data Source

The primary data for this study was sourced from the Time Use Survey Report, 2019, conducted by MoSPI. This report provides comprehensive data on the time spent by individuals on various activities, including a breakdown by gender, age group, and geographical location (rural and urban). Statements 9 and 10 of the report specifically focus on the percentage of persons aged 60 years and above participating in different activities and the average time spent per day on these activities.

4.2 Study Population

The study population consists of senior citizens aged 60 years and above, segmented into rural, urban, and combined rural-urban groups. The data covers both male and female participants, providing a gender-specific analysis of activity engagement.

4.3 Activity Categorization

Activities were categorized based on the classifications provided in the Time Use Survey Report. The key categories included: Employment and related activities, Production of goods for own final use, Unpaid domestic services for household members, Unpaid caregiving services for household members, Unpaid volunteer, trainee, and other unpaid work, Learning, Socializing and communication, community participation, and religious practice, Culture, leisure, mass-media, and sports practices Self-care and maintenance For each category, data were extracted on the percentage of elderly participants involved and the average time spent per day.

This methodology provides a systematic approach to analyzing the engagement levels of senior citizens in daily activities, leveraging robust secondary data from the Time Use Survey Report, 2019. The findings are expected to offer valuable insights for policymakers and social service providers aiming to improve the quality of life for the elderly population by addressing participation gaps and promoting more inclusive and supportive environments.

5 Result

Table-1 Percentage of persons 60 years and above & Average time spent in a day (Rural)

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Description of the activity	Rural Male (%)	Rural Female (%)	Rural Person (%)	Rural Male (min)	Rural Female (min)	Rural Person (min)
Employment and related activities	46.8	16	31.9	377	298	358
Production of goods for own final use	27.7	26.1	26.9	220	135	180
Unpaid domestic services for household members	35.6	79.1	56.7	115	247	176
Unpaid care giving services for household members	10.7	17.1	13.8	80	119	107
Unpaid volunteer, trainee and other unpaid work	3	1.9	2.5	99	102	100
Learning	0.5	0.3	0.4	13	10	11
Socializing and communication, community participation and religious practice	97.1	96.1	96.6	205	195	200
Culture, leisure, mass-media and sports practices	85.1	81.1	83.1	190	192	191
Self-care and maintenance	100	100	100	789	795	792

The table provides a detailed breakdown of the daily activities and the time spent by senior citizens aged 60 years and above in rural areas, segmented by gender (male and female) and presented both in terms of the percentage of participation and the average time (in minutes) spent per day on each activity. The activities are categorized into various domains, reflecting the diverse roles and responsibilities of elderly individuals in rural settings.

Employment and Related Activities

A significant disparity exists in the participation of rural males and females in employment and related activities. Approximately 46.8% of rural males are engaged in employment, compared to only 16% of rural females. This gap underscores the traditional gender roles prevalent in rural areas, where men are more likely to be involved in income-generating activities. The average time spent on employment-related activities further highlights this divide, with rural males spending 377 minutes per day on such tasks, whereas rural females spend only 298 minutes. Overall, 31.9% of the rural senior population participates in employment, dedicating an average of 358 minutes daily.

Production of Goods for Own Final Use

The production of goods for personal use, such as farming or handicrafts, is another area where gender differences are noticeable. Approximately 27.7% of rural males and 26.1% of rural females participate in these activities, with a slight predominance of males. The average time spent is also notably different, with males spending 220 minutes and females 135 minutes per day. This reflects the continued involvement of elderly males in physically demanding activities, while females may engage in less time-intensive tasks. Overall, 26.9% of the rural senior population is involved in these activities, spending an average of 180 minutes daily.

Unpaid Domestic Services for Household Members

A striking contrast is observed in unpaid domestic services, where 79.1% of rural females participate, compared to only 35.6% of rural males. This reflects the traditional expectation that women are primarily responsible for domestic chores. The time spent on these activities further emphasizes this gender disparity, with females dedicating 247 minutes per day, while males spend only 115 minutes. On average, 56.7% of the rural elderly population engages in unpaid domestic services, with an overall average time of 176 minutes per day.

Unpaid Caregiving Services for Household Members

Unpaid caregiving is another area where gender roles are evident, though the gap is less pronounced. Approximately 17.1% of rural females and 10.7% of rural males provide caregiving services, with females again taking on a more significant share of this responsibility. The average time spent on caregiving is 119 minutes for females and 80 minutes for males. Overall, 13.8% of the rural elderly population participates in caregiving, spending an average of 107 minutes per day.

Unpaid Volunteer, Trainee, and Other Unpaid Work

Participation in unpaid volunteer work or other forms of unpaid labor is relatively low among the rural elderly population. Only 3% of rural males and 1.9% of rural females are involved in such activities, spending an average of 99 and 102 minutes per day, respectively. The overall participation rate is 2.5%, with an average time commitment of 100 minutes daily.

Learning

Engagement in learning activities is minimal among the rural elderly, with only 0.5% of males and 0.3% of females participating. The average time spent on learning is also low, at 13 minutes for males and 10 minutes for females. This reflects the limited opportunities or motivation for formal learning among the elderly in rural areas. Overall, 0.4% of the rural elderly population engages in learning, with an average of 11 minutes spent daily.

Socializing, Communication, Community Participation, and Religious Practice

Social and religious activities are integral to the lives of rural seniors, with 97.1% of males and 96.1% of females participating. The time spent on these activities is relatively balanced, with males spending 205 minutes and females 195 minutes per day. This high level of participation underscores the importance of community and religious practices in the daily lives of the elderly. Overall, 96.6% of the rural elderly population engages in these activities, spending an average of 200 minutes daily.

Culture, Leisure, Mass-Media, and Sports Practices

Cultural and leisure activities are also highly prevalent, with 85.1% of rural males and 81.1% of rural females participating. The average time spent on these activities is similar for both genders, with males spending 190 minutes and females 192 minutes daily. These activities provide a significant source of entertainment and relaxation for the elderly. Overall, 83.1% of the rural elderly population is involved in cultural and leisure activities, spending an average of 191 minutes daily.

Self-Care and Maintenance

Self-care and maintenance, encompassing activities related to personal hygiene, eating, and resting, are universal among the rural elderly population, with 100% participation from both males and females. The time dedicated to self-care is also substantial, with males spending 789 minutes and females 795 minutes per day. This reflects the essential nature of these activities in maintaining the well-being of the elderly. The overall average time spent on self-care is 792 minutes per day.

The table highlights the diverse range of activities that rural senior citizens engage in and the significant gender disparities in participation rates and time allocation. While employment and production activities are more prevalent among males, females predominantly engage in domestic and caregiving tasks. Despite these differences, socializing, cultural activities, and self-care remain common across genders, reflecting their fundamental role in the daily lives of rural seniors. This analysis underscores the need to consider gender-specific roles and responsibilities when addressing the needs and well-being of the elderly in rural areas.

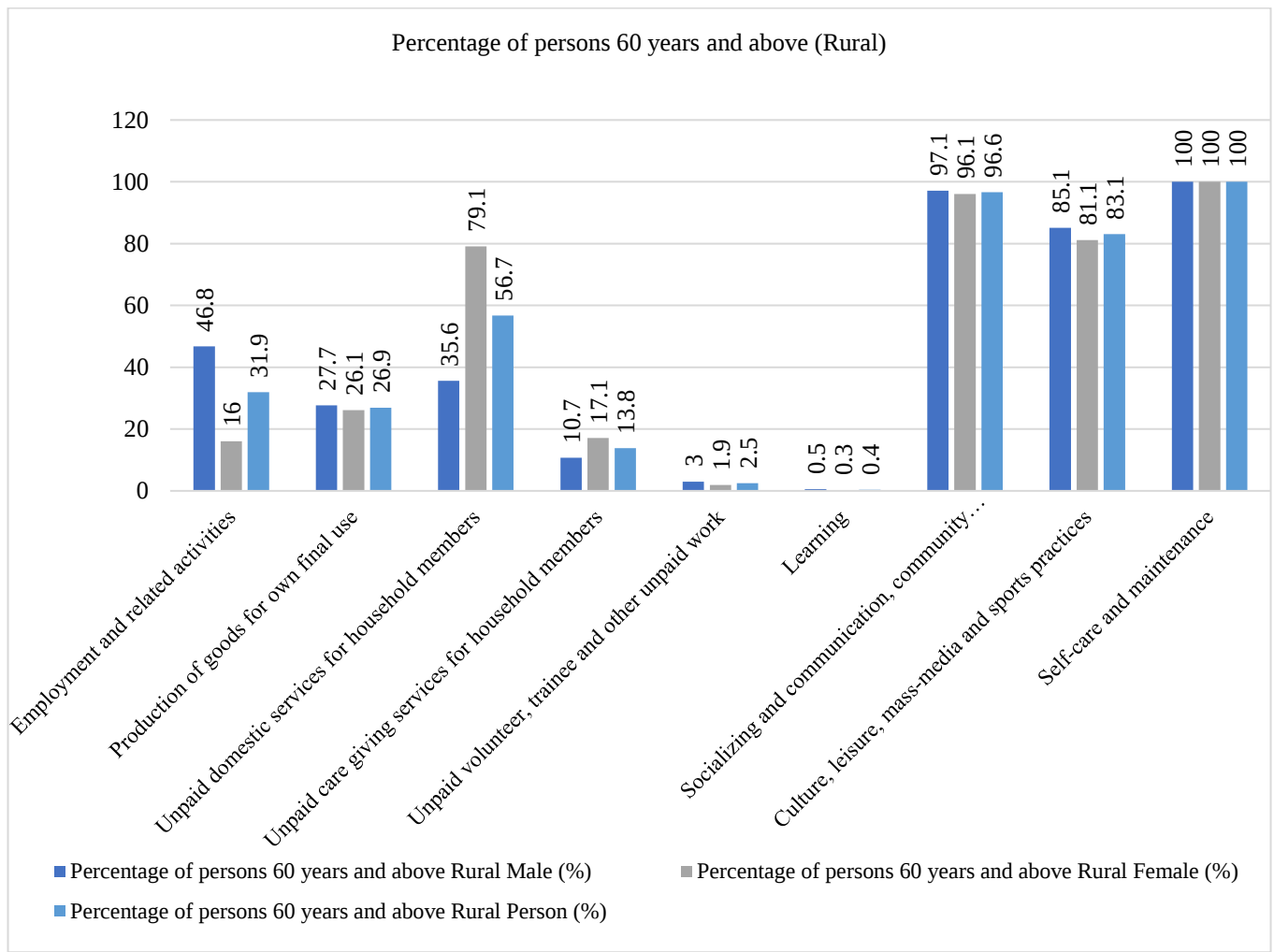


Figure-1 Percentage of persons 60 years and above (Rural)

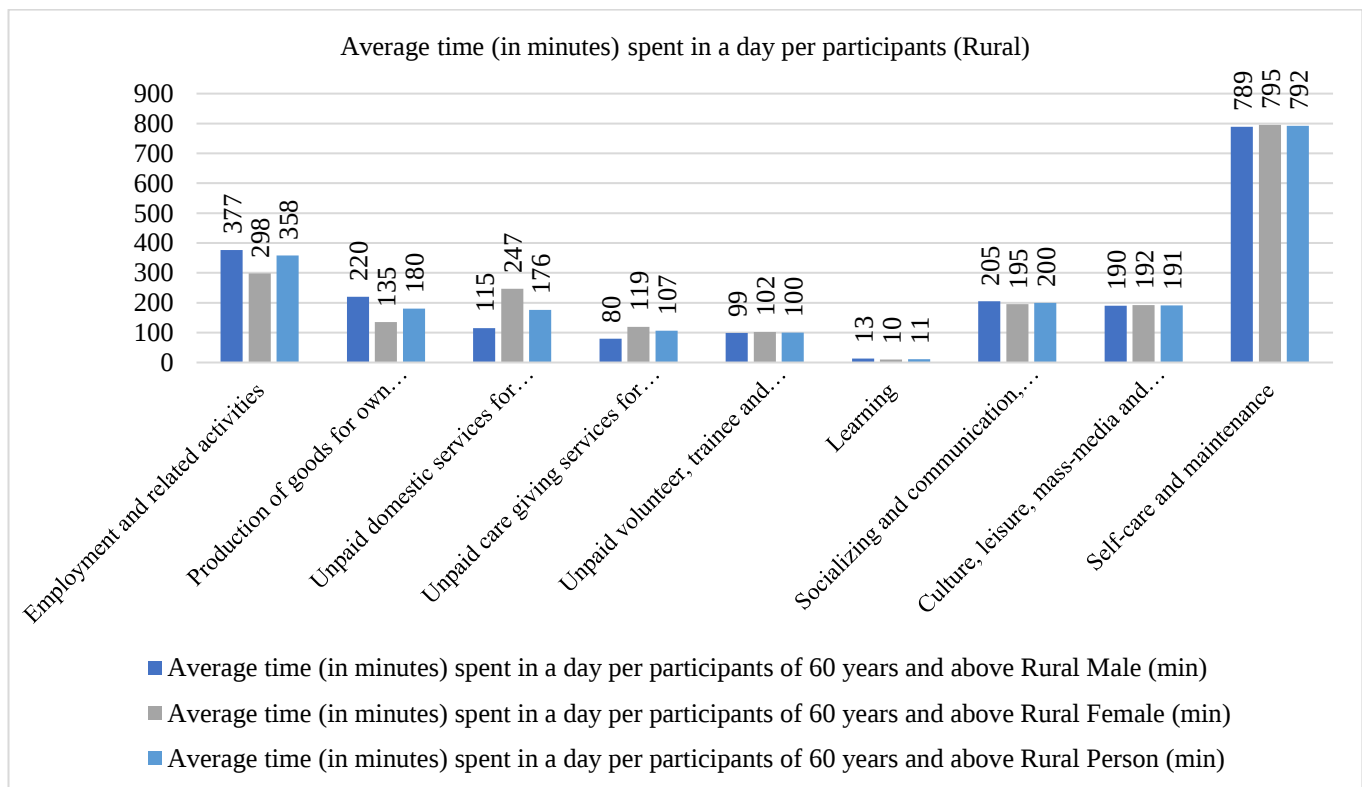


Figure-2 Average time (in minutes) spent in a day per participants (Rural)

Table-2 Percentage of persons 60 years and above & Average time spent in a day (Urban)

	Urban					
	Percentage of persons 60 years and above			Average time (in minutes) spent in a day per participants of 60 years and above		
Description of the activity	Urban Male (%)	Urban Female (%)	Urban Person (%)	Urban Male (min)	Urban Female (min)	Urban Person (min)
Employment and related activities	35.5	8.7	22.3	459	328	434
Production of goods for own final use	6.1	8.5	7.3	130	72	102
Unpaid domestic services for household members	32.6	76.6	54.3	105	238	198
Unpaid care giving services for household members	12.1	17.2	14.6	91	117	106
Unpaid volunteer, trainee and other unpaid work	3.7	2.3	3	130	116	124
Learning	0.9	0.5	0.7	86	132	102
Socializing and communication, community participation and religious practice	95.9	96.4	96.1	196	186	191
Culture, leisure, mass-media and sports practices	95	93.7	94.3	258	235	247
Self-care and maintenance	100	100	100	786	800	793

The table provides a comprehensive overview of the daily activities of senior citizens aged 60 years and above in urban areas, focusing on both the percentage of participation in various activities and the average time spent on these activities per day. The data is segmented by gender (male and female), offering insights into the differences in activity engagement between urban males and females.

Employment and Related Activities

In urban areas, a noticeable gender disparity exists in the participation of senior citizens in employment-related activities. Approximately 35.5% of urban males are engaged in employment, compared to only 8.7% of urban females. This significant difference highlights the traditional gender roles that persist even in urban settings, where men are more likely to continue working beyond the age of 60. The average time spent on employment is also markedly different, with urban males dedicating 459 minutes per day to employment-related activities, while urban females spend 328 minutes. Overall, 22.3% of the urban elderly population participates in employment, with an average time commitment of 434 minutes daily, indicating that those who do work tend to do so for extended periods.

Production of Goods for Own Final Use

Participation in the production of goods for personal use, such as crafts or small-scale home production, is relatively low among the urban elderly. Only 6.1% of urban males and 8.5% of urban females engage in these activities, suggesting that such activities are less common in urban areas compared to rural settings. The time spent on these activities is also limited, with males spending an average of 130 minutes and females 72 minutes per day. On average, 7.3% of the urban elderly population participates in the production of goods for personal use, spending about 102 minutes daily.

Unpaid Domestic Services for Household Members

A stark contrast is observed in unpaid domestic services, where 76.6% of urban females participate, compared to only 32.6% of urban males. This difference reflects the continued expectation that women are primarily responsible for household chores, even in their senior years. Urban females spend an average of 238 minutes per day on domestic tasks, while males spend only 105 minutes. On average, 54.3% of the urban elderly population engages in unpaid domestic services, dedicating 198 minutes daily to these activities.

Unpaid Caregiving Services for Household Members

In unpaid caregiving services, 17.2% of urban females participate, compared to 12.1% of urban males. Although the gender difference is less pronounced than in domestic services, it still highlights that caregiving responsibilities are more commonly undertaken by women. The time spent on caregiving is 117 minutes for females and 91 minutes for males, indicating a substantial time commitment for those involved. Overall, 14.6% of the urban elderly population participates in caregiving, with an average time commitment of 106 minutes daily.

Unpaid Volunteer, Trainee, and Other Unpaid Work

Participation in unpaid volunteer work or other unpaid activities is relatively low among the urban elderly. About 3.7% of urban males and 2.3% of urban females engage in such activities, with males spending an average of 130 minutes and females 116 minutes per day. This suggests that while fewer people are involved in volunteer work, those who are tend to dedicate a

significant amount of time to it. Overall, 3% of the urban elderly population participates in unpaid volunteer work, spending an average of 124 minutes daily.

Learning

Engagement in learning activities is minimal among the urban elderly, with 0.9% of males and 0.5% of females participating. Interestingly, females who do participate spend more time on learning activities (132 minutes per day) compared to males (86 minutes per day). This could suggest that while fewer females engage in learning, those who do are more committed. On average, 0.7% of the urban elderly population participates in learning, with an average time commitment of 102 minutes daily.

Socializing, Communication, Community Participation, and Religious Practice

Social and religious activities are highly prevalent among the urban elderly, with 95.9% of males and 96.4% of females participating. The time spent on these activities is fairly balanced, with males spending 196 minutes and females 186 minutes per day. This high level of participation underscores the importance of social and religious practices in the daily lives of the elderly. On average, 96.1% of the urban elderly population engages in these activities, dedicating 191 minutes daily to them.

Culture, Leisure, Mass-Media, and Sports Practices

Cultural and leisure activities are also widespread among the urban elderly, with 95% of males and 93.7% of females participating. The time spent on these activities is substantial, with males spending an average of 258 minutes and females 235 minutes per day. This indicates that cultural and leisure activities are a significant part of daily life for the urban elderly, providing entertainment and relaxation. On average, 94.3% of the urban elderly population participates in these activities, with an average time commitment of 247 minutes daily.

Self-Care and Maintenance

Self-care and maintenance, which includes activities related to personal hygiene, eating, and resting, is universal among the urban elderly, with 100% participation from both males and females. The time spent on self-care is substantial, with males spending 786 minutes and females 800 minutes per day. This reflects the essential nature of these activities in maintaining the health and well-being of the elderly. On average, the urban elderly population spends 793 minutes daily on self-care and maintenance.

The table highlights the diverse range of activities that urban senior citizens engage in, as well as the significant gender differences in participation rates and time allocation. While employment and domestic activities show marked gender disparities, socializing, cultural activities, and self-care are common across both genders. The data underscores the importance of considering gender-specific roles and responsibilities when addressing the needs and well-being of the elderly in urban areas. Additionally, the substantial time spent on cultural and leisure activities suggests that these activities play a crucial role in the lives of urban seniors, providing both entertainment and a sense of community.

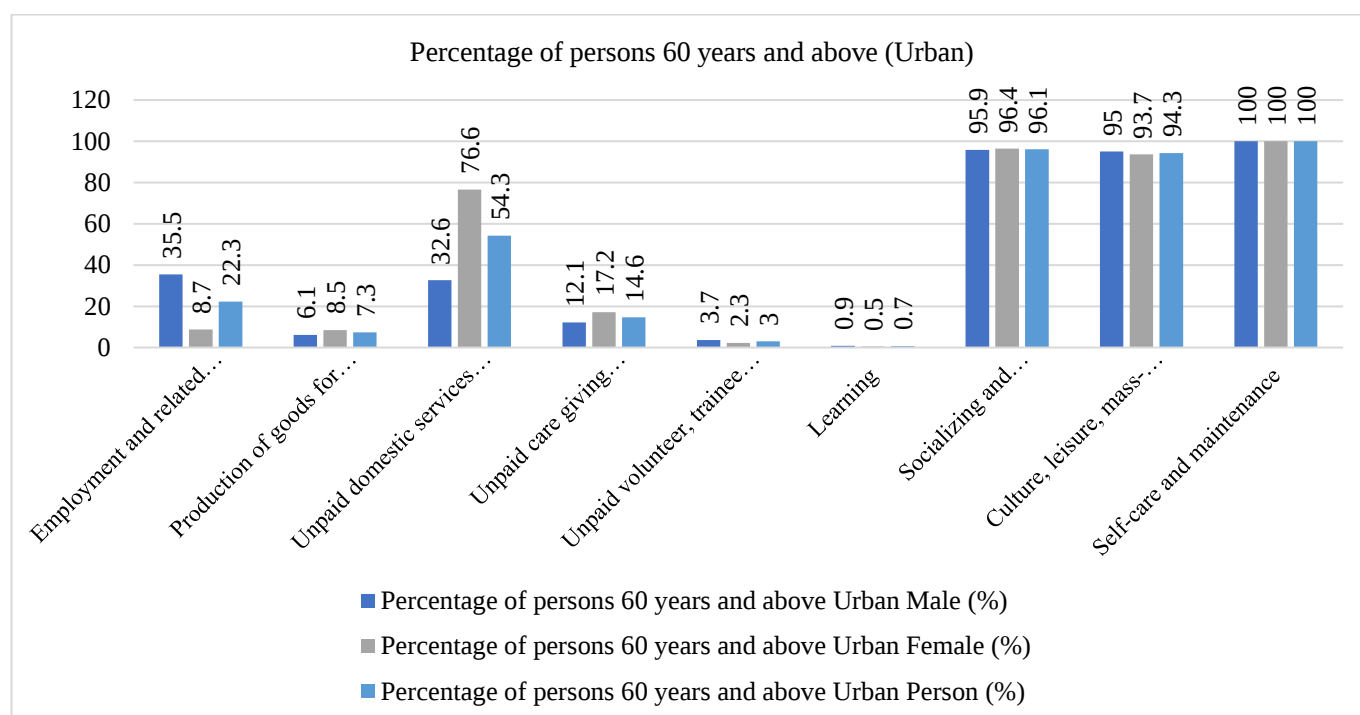


Figure-3 Percentage of persons 60 years and above (Urban)

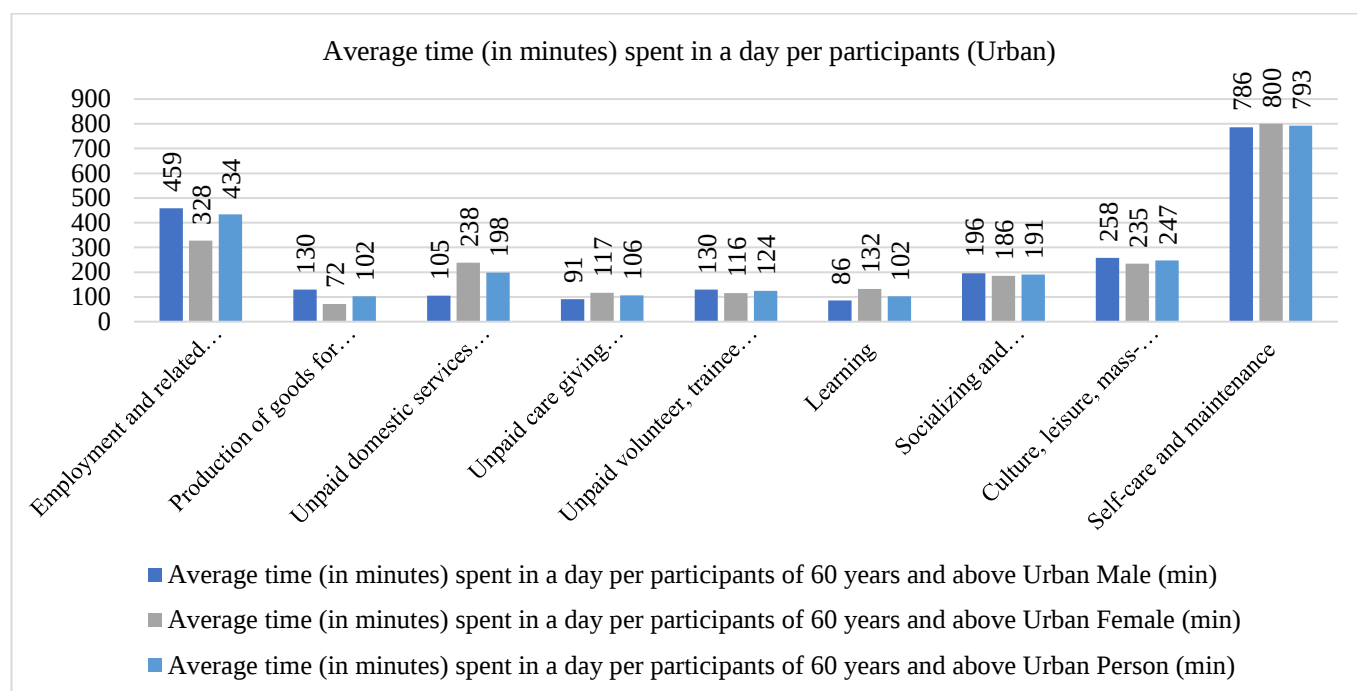


Figure-4 Average time (in minutes) spent in a day per participants (Urban)

Table-3 Percentage of persons 60 years and above & Average time spent in a day (Rural + Urban)

Description of the activity	Rural + Urban					
	Percentage of persons 60 years and above			Average time (in minutes) spent in a day per participants of 60 years and above		
	Rural + Urban Male (%)	Rural + Urban Female (%)	Rural + Urban Person (%)	Rural + Urban Male (min)	Rural + Urban Female (min)	Rural + Urban Person (min)
Employment and related activities	43.5	13.8	29	397	304	375
Production of goods for own final use	21.4	20.8	20.8	213	127	172
Unpaid domestic services for household members	34.7	78.3	56	122	245	202
Unpaid care giving services for household members	11.1	17.1	14.2	90	118	107
Unpaid volunteer, trainee and other unpaid work	3.2	2	2.6	106	108	107
Learning	0.6	0.3	0.4	19	12	16
Socializing and communication, community participation and religious practice	96.7	96.2	96.5	202	192	197
Culture, leisure, mass-media and sports practices	88	84.9	86.5	211	207	209
Self-care and maintenance	100	100	100	788	797	792

The provided data presents a comprehensive analysis of the daily activities of senior citizens aged 60 years and above across both rural and urban areas, combining the two settings to give a holistic view. The data is segmented by gender (male and female) and details both the percentage of individuals participating in various activities and the average time (in minutes) spent per day on each activity. The combined rural and urban statistics offer valuable insights into the roles, responsibilities, and lifestyle patterns of elderly individuals across different environments.

Employment and Related Activities

Employment-related activities show a notable difference in participation between genders, with 43.5% of males and 13.8% of females engaged in such activities. This reflects a continued gender disparity in the workforce, where men are more likely to remain employed even in their senior years, while women may retire earlier or never have been part of the formal workforce. The average time spent on employment activities is significant, with males dedicating 397 minutes per day, compared to 304

minutes for females. Overall, 29% of the elderly population participates in employment, with an average daily commitment of 375 minutes, indicating that those who are employed remain highly engaged in their work.

Production of Goods for Own Final Use

Participation in the production of goods for personal use, such as farming or handicrafts, is relatively balanced between genders, with 21.4% of males and 20.8% of females engaging in these activities. This suggests that both men and women in this age group contribute to self-sustaining activities, albeit with differing levels of intensity. Males spend an average of 213 minutes per day on these activities, while females spend 127 minutes. On average, 20.8% of the elderly population engages in the production of goods for personal use, with a daily time commitment of 172 minutes.

Unpaid Domestic Services for Household Members

A significant gender disparity is evident in unpaid domestic services, with 78.3% of females participating compared to 34.7% of males. This difference underscores the traditional gender roles where women are primarily responsible for household chores, even in their later years. The time spent on these activities further highlights this disparity, with females dedicating 245 minutes per day, while males spend only 122 minutes. On average, 56% of the elderly population is involved in unpaid domestic services, with an overall time commitment of 202 minutes per day.

Unpaid Caregiving Services for Household Members

Unpaid caregiving services also show a gender difference, with 17.1% of females and 11.1% of males participating. While the gap is less pronounced than in domestic services, it still reflects a higher burden on women for caregiving responsibilities. The time spent on caregiving is 118 minutes per day for females and 90 minutes for males, indicating that those who provide care dedicate a substantial portion of their day to these activities. On average, 14.2% of the elderly population participates in caregiving, with a daily time commitment of 107 minutes.

Unpaid Volunteer, Trainee, and Other Unpaid Work

Participation in unpaid volunteer work or other unpaid activities is relatively low among the elderly, with 3.2% of males and 2% of females involved. The time spent on these activities is relatively balanced, with males dedicating 106 minutes per day and females 108 minutes. This suggests that while fewer elderly individuals engage in volunteer work, those who do are fairly committed. On average, 2.6% of the elderly population participates in unpaid volunteer work, with a daily time commitment of 107 minutes.

Learning

Engagement in learning activities is minimal among the elderly, with only 0.6% of males and 0.3% of females participating. The average time spent on learning is low, with males dedicating 19 minutes per day and females 12 minutes. This indicates limited opportunities or interest in formal learning among the elderly population. On average, 0.4% of the elderly population participates in learning activities, with a daily time commitment of 16 minutes.

Socializing, Communication, Community Participation, and Religious Practice

Social and religious activities are highly prevalent among the elderly, with 96.7% of males and 96.2% of females participating. The time spent on these activities is slightly higher for males (202 minutes per day) compared to females (192 minutes per day). This high level of participation underscores the importance of community engagement and religious practices in the lives of senior citizens. On average, 96.5% of the elderly population engages in these activities, dedicating 197 minutes daily.

Culture, Leisure, Mass-Media, and Sports Practices

Cultural and leisure activities are widely practiced among the elderly, with 88% of males and 84.9% of females participating. The time spent on these activities is substantial, with males dedicating 211 minutes per day and females 207 minutes. This suggests that cultural and leisure activities play a crucial role in the daily lives of the elderly, providing both entertainment and relaxation. On average, 86.5% of the elderly population participates in these activities, with a daily time commitment of 209 minutes.

Self-Care and Maintenance

Self-care and maintenance, which includes activities related to personal hygiene, eating, and resting, is universal among the elderly, with 100% participation from both males and females. The time spent on self-care is significant, with males spending 788 minutes per day and females 797 minutes. This reflects the essential nature of these activities in maintaining the health and well-being of the elderly. On average, the elderly population spends 792 minutes daily on self-care and maintenance.

The combined rural and urban data offers a detailed insight into the daily lives of senior citizens, highlighting significant gender disparities in participation rates and time allocation across various activities. Employment, domestic services, and caregiving show notable gender differences, while activities such as socializing, cultural practices, and self-care are universally practiced. These findings underscore the importance of considering gender-specific roles and responsibilities when addressing the needs of the elderly population. Additionally, the significant time spent on cultural and leisure activities suggests that these activities are vital for the well-being and quality of life of senior citizens.

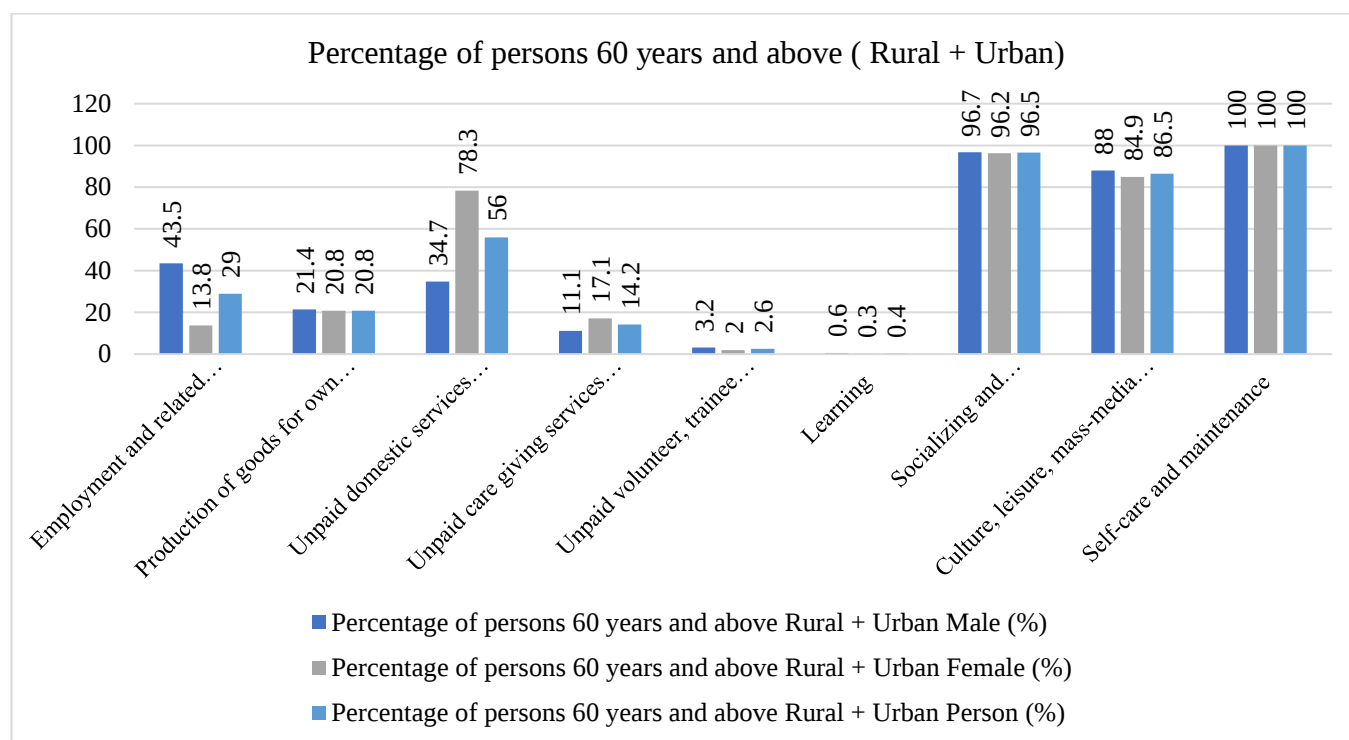


Figure-5 Percentage of persons 60 years and above (Rural + Urban)

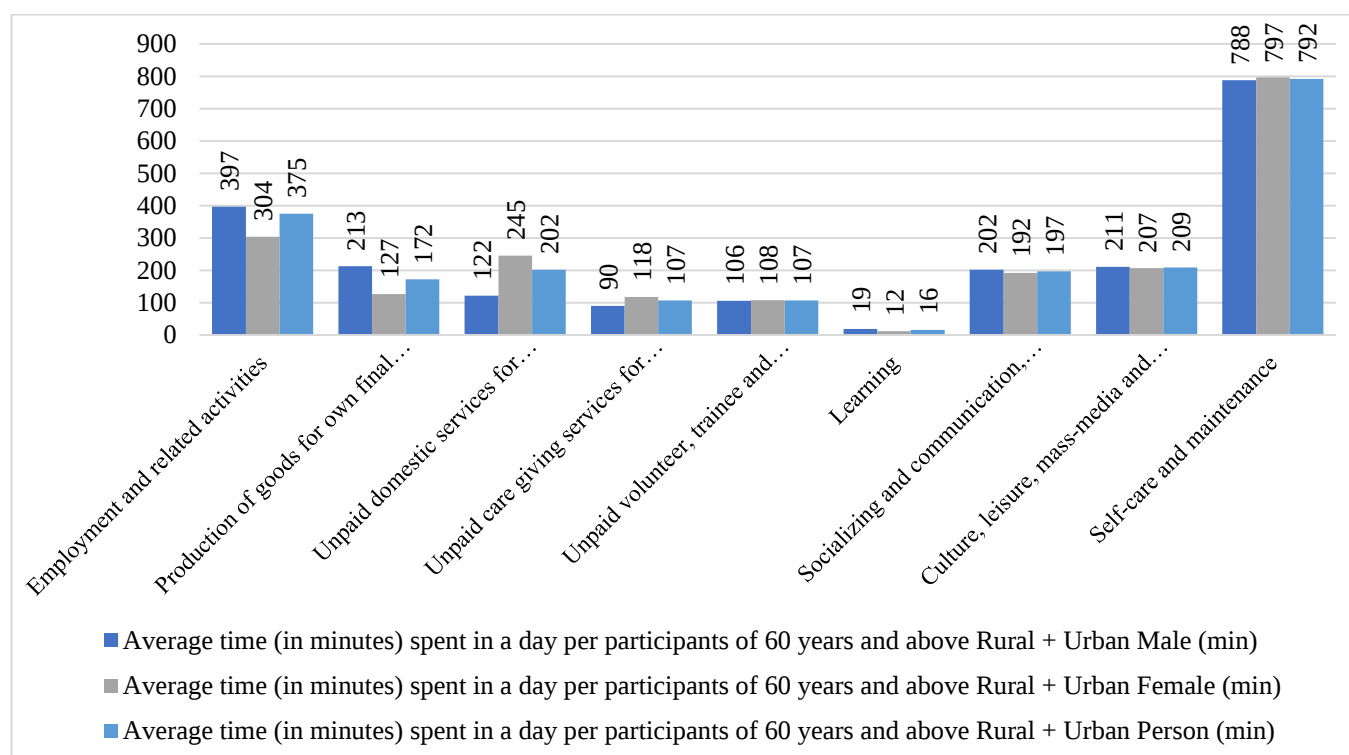


Figure-5 Title of this Figure

6 Discussion and Conclusion

The comprehensive analysis of daily activities among senior citizens across rural, urban, and combined settings reveals critical insights into the patterns of engagement and time allocation among individuals aged 60 years and above. The data consistently highlights significant gender disparities in participation rates and the amount of time devoted to various activities, underscoring the persistent influence of traditional gender roles even in later life.

In the realm of employment and related activities, there is a clear division, with men continuing to participate in the workforce at much higher rates than women, particularly in rural areas where the disparity is most pronounced. This trend is somewhat mirrored in the production of goods for personal use, where men also tend to spend more time engaged in such activities. However, the gap narrows in unpaid domestic services and caregiving, where women overwhelmingly shoulder the burden, spending significantly more time on these tasks than men. This stark contrast underscores the deep-rooted societal expectations

that position women as primary caregivers and household managers, a role that continues to demand substantial time and effort even into their senior years.

Despite these differences, certain activities show more balance across genders and settings. Socializing, community participation, religious practices, and cultural or leisure activities are almost universally participated in by both men and women, reflecting the importance of these activities in maintaining social connections, spiritual fulfillment, and mental well-being among the elderly. The high participation rates and considerable time spent on self-care and maintenance further emphasize the universal need for personal health and well-being, which occupies a significant portion of daily life for all seniors, regardless of gender or location.

In conclusion, the data paints a detailed picture of the lives of senior citizens, revealing both the commonalities and disparities in their daily routines. The gender disparities, particularly in employment, domestic work, and caregiving, highlight the ongoing impact of traditional roles on the lives of elderly individuals. Meanwhile, the widespread engagement in social, cultural, and self-care activities suggests that these elements are crucial for the overall well-being of seniors, providing necessary avenues for connection, relaxation, and personal care. Addressing the needs of this demographic requires a nuanced understanding of these patterns, recognizing both the shared and gender-specific aspects of aging in rural and urban settings.

7 Study Implication

The study's findings underscore the critical need for a multifaceted approach to supporting senior citizens, with a focus on addressing the distinct challenges faced by elderly men and women. Gender disparities in employment, domestic work, and caregiving highlight the necessity of targeted interventions that provide support services for elderly women engaged in unpaid domestic tasks and caregiving, while also creating opportunities for social engagement and support for elderly men, particularly in rural areas where employment rates are higher. Policymakers must prioritize the development of inclusive social and cultural programs that foster community participation, religious practices, and leisure activities, as these are vital for enhancing social connections and reducing loneliness among seniors. Additionally, the universal importance of self-care and maintenance activities points to the need for accessible healthcare services, particularly in rural areas, to ensure that senior citizens maintain their health and independence. Supporting continued employment and productive activities through flexible work arrangements, part-time opportunities, and micro-financing can contribute to the sense of purpose and self-worth among the elderly, while also promoting societal inclusivity. Furthermore, the small but significant interest in lifelong learning among the elderly suggests a need for tailored educational programs that enhance cognitive function and promote social interaction. Overall, a holistic policy approach that integrates gender sensitivity, health, social engagement, and educational opportunities is essential to ensure that senior citizens lead fulfilling, active, and healthy lives across both rural and urban settings.

8 Future Scope of The Study

The future scope of this study includes several key areas for further research. Longitudinal studies could track aging trends over time, while comparative analysis across regions could reveal how cultural and economic factors influence senior citizens' activities. Research into the impact of technology, mental health, and gender-specific interventions could offer insights into enhancing the well-being of the elderly. Additionally, studies could explore the influence of socio-economic status, intergenerational dynamics, and global cultural differences on aging. Finally, assessing the impact of policies aimed at supporting seniors could help refine and improve strategies for their care and support.

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