

PalArch's Journal of Archaeology
of Egypt / Egyptology

**DETERMINANTS OF SOCIAL EXCLUSION AMONG OLD WOMEN: A
CASE STUDY OF GUJRAT, PAKISTAN**

**Mehwish Mobeen¹, Dr. Muhammad Shabbir², Dr. Sadaf Mahmood³, Tariq Mehmood
Bhuttah⁴**

¹M.Phil. Scholar, Department of Sociology GC University, Faisalabad.

^{2,3}Assistant professor, Department of Sociology GC University Faisalabad.

**⁴Assistant professor (Education) Department of Humanities and Social Sciences, Khawja
Fareed University of Engineering and Information Technology, Rahim Yar Khan.**

**Mehwish Mobeen , Dr. Muhammad Shabbir , Dr. Sadaf Mahmood , Tariq
Mehmood Bhuttah , Determinants Of Social Exclusion Among Old Women: A Case
Study Of Gujrat, Pakistan , Palarch's Journal Of Archaeology Of Egypt/Egyptology
18(7). ISSN 1567-214x.**

**Keywords: Social Exclusion, Old Women, Social Set up, low Education and poor
health.**

Abstract:

The purpose of research is to analyze the causes of social exclusion among old women in District Gujrat, Punjab, Pakistan. Different factors like social setup, low education and poor health cause of older women exclusion. Quantitative research approach was used to complete this research and the researcher constructed the interview schedule for data collection. Respondent in this research was the old women having the age above 45 years and purposive sampling technique was used to draw a sample size from the target population. The sample size was 300 old women having age 45 years and above. The researcher used the Pearson correlation and regression analysis to analyze the relationship between these variables. The results of the correlation and regression analysis indicated a positive and significant association between independent variables (social setup, low education and poor health) and dependent variables (old women exclusion). The study concluded that family social setups, lower level of education and poor health conditions are caused of old women exclusion because in patriarchal societies women

have very limited resources for survive in a society that the reason women are excluded by every field of life. So, Women should be treated as equals to men and these factors should be eliminated, which requires a lot of effort from every member of society.

Introduction:

In recent decades, remarkable progress has been made in the position of old women. They become more independent. They are working on jobs that were previously restricted to men. They earn high salaries and ensure higher positions in the organizations. However, the cultural roots of gender disparity are still strong in Pakistan. After more than sixty years of translating the concept of equality into the Pakistani constitution: the social exclusion of old women remains an essential concern of the country (Ranjah et al., 2014). The Constitution requires policy makers to address common causes of social exclusion by stating that “the state does not discrimination of any citizen because of their religion, race, class, gender and also because of birth place”. National policy principles also urge the state to “reduce inequality in income, accommodations and opportunities not only between individuals but also between the publics. Regardless of such acts and instructions, Pakistani society has maintained a custom that the woman place is at home”.

Jacob (1999) and Moore (1995) stated that most old women still believe that their duties are limited only to family chores. Although, the power to make a house decision is still on the man. Pakistani old women not brave enough to stand in society and she has been seeking support. Expect that now with the introduction and advancement of education and the changing thought patterns of the younger generation, society has been forced to change and think differently. Women’s now try to participate at external levels develop into leadership positions. But society does not welcome women with a red carpet has to overcome many obstacles in order to advance the career path.

Exclusion is denying control of natural resources; denying access to health maintains, education and shelters and the rights to participate in social, economic, political and cultural lives and also denial of basic human rights and self-respect. According to Sen (2000), social exclusion is considered to cover a wide variety of social and economic issues. Social exclusion as an expression was first developed by Lenoir (1979), complementary to the context of discrimination in the labor market. Social exclusion and discrimination are at the central of the discourse in Pakistan today. This refers to the process and result of keeping social groups away from power centers and resources. It is the inability of our society to sustain all groups and individuals as a whole beyond their full potential. Economic ability, gender, age, caste and religion are the main variables that specify the exclusion of social and economic opportunities. One way to examine social exclusion is to identify groups that are known to be socially excluded based on specific characteristics. By examining the exclusion mechanisms, possible routes for integration into development can be suggested. Gender discrimination and exclusion is the most communal phenomenon worldwide.

According to the Social Exclusion Unit, London (2001), states that “Social exclusion was happened to everyone. However, few peoples are at greater risk from others. The main risk factors are: lower level of income, family’s conflicts, care, school problems, psychological effects, minority groups, living in more disadvantaged area, problems of mental health and their age. Social exclusion is associated with the disaffection people of a society and It’s usually related to an individual's social class, their status of education and living standards and in what

way these factors influence their chances of gaining opportunities. The Social Exclusion requires society to be responsible for ensuring equal opportunities for all.

Sociological Understanding of Social Exclusion of Old Women:

The factors that act as an obstacle to old women's growth and stop them from being given equal opportunities variety from the period's old traditions, political aspects and unemployment etc. Kelly and Paula (2013) stated that social set up, gender stereotyping, family/work conflict, psychological effects, public behavior, health, education and life status, these factors that make-up the hypothetical Social Exclusion that old women face when trying to reach the highest positions in their careers. Many researches entrenched the assumption of Social Exclusion and illustrate that old woman experienced numerical barriers at some stage of their career path (Phillips & Imhoff, 1997).

Northouse (2010) pointed out that the barriers to leadership are a universal phenomenon where women are compared to men excessively focusing on lower levels and lower authoritarian leadership positions. When old women's acts as a director and provide guidance to groups then thoughts that she is acting out of the norms of a society (Burton & Parker, 2010). Publics are not accustomed to old women with substantial powers of decision-making in many organizational settings (Eagly, 2005). According to Burn Paula and Mccarthy Kelly (2013) point out the numbers of reasons why people think that old women faced Social Exclusion when they seek marketing.

Statement of Problem:

The present study titled "Causes of social exclusion among old women: A case study of Gujrat District". Pakistan's society is no different from any other regional-men obsessed country, where the patriarchal system allows the other half of the population to embellishment and stand defend their own ends. Therefore, this trend has led to the actual depreciation of old women in society, and Pakistan is a typical example. Although equality exist is some fields of life but they also faced social exclusion because of poor health problems, educational problems and also from family social setup. Even those women that belong to well-educated families they also faced exclusion. So, the progress of Pakistan is directly linked with the progress of women because they are 51% of total's population, but they totally depend on their families so if they can equally participate in economic development then our development ratio increases day by day that can reduce the women exclusion in societies. That study is crucial to conduct to expose those problems that cause old women exclusion. So, it's very important to conduct this study because women are the basic unit of society and every society is cannot work without participation of women.

Objectives of the study:

- To investigate the effect of social setup on old women which cause the exclusion.
- To find out the health status of old women which cause the exclusion.
- To evaluate the educational status of old women which cause the exclusion.
- To suggest suitable measures to overcome the issues.

Literature review:

According to the Rohi (2018) stated that exclusion of women is a worldwide problem and they are biased by gender. Women faced exclusion in all spheres of like including, civil, political, economic, educational and social institutions. Educating the women is essentially means educating a generation, but still they are not educated. Since, the women status has changed a lot, but still they faced exclusion in getting education. Therefore, the purpose of this research is to resolve the factors of lower education of women and the effects of illiteracy. This study emphasis on the census form of the primary source as well as the secondary source articles, journals, etc.

According to Barnes et al. (2006) argued that this research presents the results of an innovative study of social exclusion in the elderly. The study of exclusion among the elderly is relatively new. In the past, mostly researches focused on the exclusion of working-age or families with children. The research was conducted by Alan Walker, a professor at the National Center for Social Research at the University of Sheffield. It uses data from 2002-3 from the English Longitudinal Study of Aging (ELSA), a large-scale study of people aged 50 and over living in England. The main goal of the study is to gain insights into social exclusion from a relatively new data source, which will strengthen existing knowledge about the specific exclusion experience of the elderly. The aim of this research was to analyze different patterns of social exclusion in the elderly and to explore the major risk factors or indicators of social exclusion in the elderly. The main report presents the results of this analysis and some interpretations.

Hameed et al. (2019) stated that Social exclusion have different features. The Social Exclusion means that individuals are disadvantages of their rights to participate in the process of social progress like health, education, living standards, social and political activities. These processes are defined in a large number of international literatures, but few detailed empirical analyses are available in rural areas of Pakistan. The present research represents a contextual analysis of social exclusion in Pakistan rural areas, by using the Pakistan Rural and Household Joint Panel Survey Dataset (Round 2) as a flexible multi-dimensional index for social exclusion. 'Sum-core' sample technique was used to evaluate the deepness of social exclusion at the household level. The indicators of social exclusion are compiled to investigate the exclusion at the ethnic, local, and provincial levels. The finding of the research describes that 52 per cent of rural Pakistani households have lost prosperity, revenue, agricultural resources, health, education, socially participation, politically participation and economic hardship. There are few families in rural Sindh that are disadvantaged than there are in rural area of Punjab and Khyber Pakhtunkhwa. Ethnic groups like Punjabis, Baloch, Pakhtuns, Sindhis and Saraikis are all miserable in their provinces. Though, the houses in Saraiki more deprived far behind the houses in Punjabi in rural areas of Punjab and the houses in Sindhi in rural Sindh areas. The results of this research were used to develop policies to help mar-genialized communities at regional and local levels.

Walsh et al. (2016) stated that the social exclusion evolved conceptually, in light of the older adult population, it also started to be investigated. Research investigating older adult social exclusion has shown that social exclusion can occur at different level, including macro forces and micro circumstances. A recent and influential concept of social exclusion for older adults has emerged that captures the attributes listed above. It is derived from Levitas et al. (2007) and refined by Walsh et al. (2016) after their comprehensive scoping analysis: Old age exclusion is a multidimensional, dynamic concept that differs in shape and degree over the course of older adult life that influencing the older people's well-being and equity and cohesion of ageing

citizens. It includes the exchange of multilevel processes and results leading to reduced access to events, resources and relationships, and the rights and options available to most people in the interconnected realms of neighborhood and community, facilities, services and mobility, material and financial resources, social relationships, cultural aspects and political involvement.

Lindsey (2016) stated that health research has traditionally been dominated by male viewpoints on numerous topics and then extended to entire populations. The finding of this misguided technique, despite current efforts to correct this problem, women have been left behind in terms of a full understanding of their unique and specific health and related risk and health elevation factors. A detailed systematic review identified, among others, age and gender as individual determinants of social exclusion in old age, such as household structure, marital status and education (Van Regenmortel et al., 2016) but few studies have chosen to isolate older women in order to understand their particular social exclusion experiences.

Keefe et al. (2006) said that in the literature, social exclusion has been described as a determinant of health for older adults and as a challenge of social justice that needs global attention. Ageing reflects a variety of life changes that can influence one's own personal resources and social isolation, such as the loss of spouses or friends, the transition to retirement, the acquisition of disability or disease, the expanded use of health care resources, or the loss of transportation. Macro-level forces such as policy and social systems also have an effect on older adults' social isolation (WHO, 2010). Results of comparing social exclusion across multiple countries showed that those countries with good social security have lower rates of social exclusion (Ogg, 2005). The elderly are among those vulnerable to poverty, ill health and social exclusion (WHO, 2010).

Research Methodology:

The present research was conducted in Gujrat District and quantitative research approach was used to complete this research. For collecting quantitative data, the researcher constructed the interview schedule for collection of information. A purposive sampling technique was used to draw a sample from the target population and the target population was old women age above 45. The sample size was 300 old women. For analysis of the data the researcher was adopt Bivariate and Univariate analysis techniques through SPSS. Research researcher used the Pearson correlation and regression analysis to analyze the relationship between the variables.

Results:

Table 1: Correlation between social setup and old women exclusion (n= 300)

Variables	Social setup	Exclusion among old women
Social setup	1	.430**
Exclusion among old women		1

**p< .01

Table 1 shows correlation statistical test of social setup and old women exclusion. The result shows that there is a significant positive relation between social setup and old women exclusion with correlation coefficient r=.430.

Table 2: Correlation between poor health and old women exclusion (n= 300)

Variables	Poor health	Exclusion among old women
-----------	-------------	---------------------------

Poor health	1	.531**
Exclusion among old women		1

**p < .01

Table 2 shows correlation statistical test of poor health and old women exclusion. The result shows that there is a significant positive relation between poor health and old women exclusion with correlation coefficient $r=.531$.

Table 3: Correlation between poor health and old women exclusion (n= 300)

Variables	Low education	Exclusion among old women
Low education	1	.578**
Exclusion among old women		1

**p < .01

Table 3 depict correlation results of low education and old women exclusion. The result shows that there is a significant positive relation between low education and old women exclusion with correlation coefficient $r=.531$.

Table 4: Regression analysis of social setup as independent variable and old women exclusion as dependent variable

Variable	Coefficient of Unstandardized		Coefficient of Standardized
	B	Std. Error	Beta
Constant	.710	.061	
Social setup	.026	.003	.430

Adjusted $R^2 = .182$, $F=67.721$, $P= .000$

Table 4 shows the simple linear regression analysis of social setup and old women exclusion. The purpose of application of regression analysis was to see if the social setup had any effect on old women exclusion integrity. The value of regression coefficient is .430 which shows that one unit change in social setup will .578 positively change in old women exclusion.

Table 5: Regression analysis of social setup as independent variable and old women exclusion as dependent variable

Variable	Coefficient of Unstandardized		Coefficient of Standardized
	B	Std. Error	Beta
Constant	.690	.051	
Poor health	.039	.004	.531

Adjusted $R^2 = .263$, $F=106.337$, $P= .000$

Table 5 illustrates the simple linear regression analysis of poor health and old women. The purpose of application of regression analysis was to see if the poor health had any effect on old

women exclusion integrity. The value of regression coefficient is .531 which shows that one unit change in poor health will .531 positively change in old women exclusion.

Table 6: Regression analysis of social setup as independent variable and old women exclusion as dependent variable

Variable	Coefficient of Unstandardized		Coefficient of Standardized
	B	Std. Error	Beta
Constant	.673	.045	
Low education	.048	.004	.578

Adjusted R² = .334, F=149.270, P= .000

Table 6 represents the simple linear regression analysis of low education and old women exclusion. The purpose of application of regression analysis was to see if the low education had any effect on old women exclusion integrity. The value of regression coefficient is .578 which shows that one unit change in low education will .578 positively change in old women exclusion.

Discussions:

The present study examined the causes of social exclusion among old women: a case study of District Gujrat. Pakistan is a society in which men are in leading position and women are in lower position. Due to that old woman's face exploitation in every field of life because of their poor health, low education, negative public behavior, psychological effects and family social setup. There are different features of Social exclusion. The Social Exclusion means that individuals or groups are deprived of their rights to participate in the process of social progress like health, education, living standards, social and political activities (Hameed et, al. 2019).

The results summarized that the 38.0% respondent were belong to 45-49 years age group, 20.7% were belong to 50-54 years age group, 23.3 % were have 55-59 years age group and only 18% respondent were belonging to 60 and above age distribution. 38.7% respondents are married, 24.0% were unmarried, 20.7% were divorced and only 16.7% respondents are widow, their distribution according to their family size was up to 10 and above and data depict that 38.0% had family size of 7 and above, 34.7% were 5-6, 19.3% were 3-4 and only 8.0% had a family size of 1-2. They were living in joint nuclear and extended families type in which 20.7% lived in nuclear families, 48.7% lived in joint families and only 30.7% were lived in extended family's type. Respondent level of education was upto matric in which 26.7% were illiterate, 24.7% had primary education, 17.3% had middle education and 31.3% had matric level of education. Respondent family monthly income up to 40001 and above in which 30.0% had a family monthly income of 20001 to 30000, 23.3% had 30001 to 40000 monthly income, 23.3% had 40001 and above and only 23.3 % had family monthly income of less than 20000. Their source of income govt. servant, private servant, farmer, abroad, doctor, businessman and many others in which 23.3% belong to Govt. servant, 22.7% were belong to private servant, 16.7% were belong to farmer, 6.7% were belong to doctor, 6.0% were belong to businessman, 10.0% belong to abroad and 14.7% were from other source of income. The socio- economic characteristics also effects on the old women exclusions because those women that have lower level of education are more excluded in old ages.

The major finding of the present research is following that majority of the respondent think that they feel family members are respect for each other and also loyal to each other but also, they face exclusion because in Pakistan males are dominant and feel are subordinate due to that they have less involvement in their family matters that cause of conflicts and broken family issue that can effects on their lives also their children's lives. The result of the present study showed a positive and significant correlation between family social setup and old women exclusion. The P value of Pearson correlation (.000) which is less than alpha (.005) showed significant relationship between both variables. The regression analysis also proved a significant relationship between family social setup and old women exclusion. The beta (β) .430 value showed positive direction between both variables.

Poor health condition also causes of old women exclusion. The research finding present that those old women have poor health condition are faced more exclusion because due to poor health family's members neglect them and cannot support properly that effects on their life's and also their children lives. The result of the present study showed a positive and significant correlation between poor health and old women exclusion. The P value of Pearson correlation (.000) which is less than alpha (.005) showed significant relationship between both variables. The regression analysis also proved a significant relationship between poor health and old women exclusion. The beta (β) .513 value showed positive direction between both variables. Results of this study is supported by Social exclusion also affected by mental health problems due to limited financial assets, lower level of self-esteem, because of hospitalization they loss their social contact, also the influence of illness on socialization and the stigma that many people experience due to illness of mental (Pemberton et al., 2013).

Majority of the respondents argue that due to lower level of education they faced more exclusion because lower level of education effects on their life's they cannot survive in a society even they cannot talk with any one in public places with confidents and some time in public places peoples ignored them because of her low level of education. The result of the present study showed a positive and significant correlation between family low education level and old women exclusion. The P value of Pearson correlation (.000) which is less than alpha (.005) showed significant relationship between both variables. The regression analysis also proved a significant relationship between family social setup and old women exclusion. The beta (β) .573 value showed positive direction between both variables. Results supported that Women faced exclusion in all spheres of like including, civil, political, economic, educational and social institutions. Educating the women is essentially means educating a generation, but still they are not educated. Since, the women status has changed a lot, but still they faced exclusion in getting education (Rohi, 2018).

Majority of the respondents were response in yes that they think old women face social, psychological, cultural and economic issues due to their oldness, while only few respondents were response in no that means old women did not face social, psychological, cultural and economic issues due to their oldness. The results finding indicate that significant association between social setup, psychological effect, poor health, low education, public behavior and life status and women exclusion.

Conclusions:

The study results provide strong evidence for the exclusion of old women. There is not a single factor that explains the root cause of exclusion of older women. In the absence of vital protective factors, multiple risk factors may be combined to more accurately detect interference in the lives

of older women. Furthermore, the causes of exclusion differ from one country to another also in the Western world; The causes of exclusion directly relate to their surrounding atmosphere. In contrast, the reasons for excluding older women in Pakistan are very dissimilar from those in the Western world. In Pakistan, old women face social exclusion and discrimination not only now but also in the past. This is further attributed to the patriarchal nature of the family, where old women are given the role of caretakers and earners by men. The causes of old women exclusion are driven by factors such as family social setup, poor health and lower level of education. The research finding elaborates that due to family conflict and broken family issue old women faced more exclusion because family conflict may increase the risk of committing suicide, have negative impact on attachment style and also may influence the success of future achievements and also due to families issues family faced anxiety, depression, loneliness and also faced negative public behavior. Education is also an other major factor of old women exclusion because a family progress totally depend on female if an educated old women then they can survive in a society easily and even educate their children but in Pakistan illiteracy rate is very high because they cannot focus on women's education just because of the son preferences and due to that in Pakistan the 51% of the population was women due to that dependency rate increase that causes many problems that's the reason in old ages women's faced more exclusion because they cannot support by anyone. Poor health condition also causes of old women exclusion because access to health care has become more of an issue for a large segment of the population. So, Women should be treated as equals to men and these factors should be eliminated, which requires a lot of effort from every member of society.

Recommendations:

- Government should focus on educating the next generation due to that we can control women exclusion.
- Government and international development agencies should be collaborate for old women development
- Government should spread awareness about the basic rights of old women itself and also aware others community members about the rights of old women.
- Government should take action against unpaid labor work of old women.
- Government and community stakeholders should spend investment in old women business ideas both emotionally and financially.
- Government should provide extra jobs opportunities for old women.

References:

- Barnes, M., Blom, A. G., Cox, K., Lessof, C., & Walker, A. (2006). The social exclusion of older people: Evidence from the first wave of the English Longitudinal Study of Ageing (ELSA), Final report
- Burton, L., & Parker, H. (2010). Gender typing in management: Evaluation of managerial subroles for sport. *Advancing Women in Leadership Journal*, 30.
- Eagly, A. H. (2005). Achieving relational authenticity in leadership: Does gender matter? *The leadership quarterly*, 16(3), 459-474.
- Hameed, A., & Qaiser, Z. (2019). Estimating Social Exclusion in Rural Pakistan: A Contribution to Social Development Policies. *Business & Economic Review*, 11(1), 103-122.

- Hameed, A., & Dahar, M. A. (2017). Micro-Supply Capacity Assessment and Quality of Education for the Public Sector Schools in Punjab (Pakistan). Paper has been presented at the 2nd International Conference on Research and Practices in Education, 24-25. Islamabad: Allama Iqbal Open University
- Kazmi, S. W., & Quran, H. (2005). Role of education in globalization: A case for Pakistan. *SAARC journal of human resource development*, 1(1), 90-107.
- Keefe, J., Andrew, M., Fancey, P., & Hall, M. (2006). Final report: A profile of social isolation in Canada. *Journal of Aging and Health*, 2, 374-397.
- Kelly, M., & Paula, B. (2013, december). The Double Glass Ceiling: An In-Depth Investigation and Analysis Into The Challenges Faced by Women When Seeking Promotion To The Boardroom and Beyond To The Executive Suite. A BPP Business School Working Papers, 1-29.
- Levitas, R., Pantazis, C., Fahmy, E., Gordon, D., Lloyd-Reichling, E., & Patsios, D. (2007). The multi-dimensional analysis of social exclusion.
- Lindsey, L. L. (2015). *Gender roles: A sociological perspective*. Routledge.
- Moore, G. G., McCormick, F. B., Chatteraj, M., Cross, E. M., Liu, J. J., Roberts, R. R., & Schulz, J. F. (1999). U.S. Patent No. 6,005,137. Washington, DC: U.S. Patent and Trademark Office.
- Northouse, P. G. (2012). *Leadership: Theory and Practice*. World Economic Forum (2012), The Global Gender Gap Report 2012,
- Ogg, J. (2005). Social exclusion and insecurity among older Europeans: the influence of welfare regimes. *Ageing & Society*, 25(1), 69-90.
- Pemberton, S., Sutton, E., & Fahmy, E. (2013). A review of the qualitative evidence relating to the experience of poverty and exclusion. *Poverty and Social Exclusion in the UK Working Paper, Methods Series*, 22.
- Phillips, S. D., & Imhoff, A. R. (1997). Women and career development: A decade of research. *Annual review of psychology*, 48(1), 31-59.
- Ranjah, Z., & Cheema, S. A. (2014). Protection of legal status of women in Pakistan: An analysis of the role of Supreme Court. *International Journal of Physical and Social Sciences*, 4(4).
- Rohi, N (2018). *Social Exclusion of women in Educational Sector: Causes and Consequences*.
- Sen, A. (2000). *Social Exclusion: Concept, application and scrutiny*.
- UN (2011). *Forgotten Dowry: A socially endorsed form of violence in Pakistan*, Accessed on 16 March. 2020, https://www.academia.edu/9835338/Status_of_Women_in_Pakistan
- UNDP (2013), *Human Development Report 2013*, Accessed on 17 March. 2020, URL: <http://http://hdrstats.undp.org/images/explanations/pak.pdf>.
- Unit, S. E., & Britain, G. (2001). *Preventing social exclusion*. London: Cabinet Office.

- United Nations. (2001) Poverty and the International covenant on economic, social and cultural rights. UN Committee on Economic, Social and Cultural Rights, E/C.12/2001/10, New York: United Nations.
- Van Regenmortel, S., De Donder, L., Dury, S., Smetcoren, A., De Witte, N., Verte, D. (2016). Social exclusion in later life: A systematic review of the literature. *Journal of Population Ageing*. 9:4 pp.315-344. DOI: 10.1007/s12062-016- 9145-3
- Walsh, K. & Ward, P. (2013). Social exclusion and ageing in rural areas: Patterns and implications. *Rural Ageing Observatory working paper 3*.
- Walsh, K., Scharf, T., Keating, N. (2016). Social exclusion of older persons: A scoping review and conceptual framework. Unpublished manuscript, Irish Centre for Social Gerontology. WP-01-2016-ICSG.
- World Health Organization (2015). *World report on ageing and health*. Switzerland: WHO Press.