



DIGITAL USE IN DOMESTIC LIFE OF ELDERLY: A SOCIOLOGICAL ANALYSIS

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RESEARCH ARTICLE



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Abstract

The present study tries to focus on the domestication of older adults by the digital use. It explores the integration of digital life in the mundane activities of the older adults. By using purposive sampling and participant observation of 15 respondents of older adults highlights the strategies of co-creation, support from the family members and the training of digitalization to increase the inclusion among them, reduce the social isolation and finally minimize the gap of digital divide. The findings from this paper entails that the digital integration among the older adults is not the only a technical process but it also a process of socio-cultural environment that helps them in navigating the motivation, negotiation and lastly the identity formation. Moreover the study extends the theory of domestication by Silverstone and it makes a mark to signify that it not only a process of adaptive formation of modernity but at the same time it entails that participating in the digital framework among the older adults facilitate a form of empowerment.

Keywords: Domestication, Older adults, Digitalization, Loneliness

Introduction

Domestication theory in the field of social sciences started since the 1990s, when the media scholars like Roger, Silverstone and his colleagues tries to explain the shift of the newly communication technologies to pertaining in to the domain of home from the place of market. Through the analysis of domestication from the four (4) model's perspective – Appropriation, Objectification, Incorporation and Conversion – they tried to give us the brief description about the evolution of domestication from the purchase of a commodity to the Physical arrangement and the mundane activities to the display of identity and competence. Silverstone, Hirsch and Morley (1992) tries to demonstrate the role of ICT in an integrated space of home. With the perspective like appropriation which entails the entrance of ICT into the space like “home”, objectification ensures the placement of symbolic and physical aspect with in the domain of home. Then comes the incorporation which refers to the routinize act bounded with the structure of time and lastly, the notion of conversion which helps to understand the representation of technology by conveying messages to others about oneself. Following the theory of domestication, the concept has started its roots since 1980s, that one can find in the writings of Hobson (1980) and Bausinger (1984) who traces the role of television in the mundane activities of housewives life style which itself signify as a process of consumption of media towards an integrated process of household. As Silverstone argues that the process of domestication of technology helps to understand the technological revolutions and most importantly the digital divide. Domestication with the rise of technology especially the ICT, mobile phones and the proliferation of internet among the older adults helps to expand the interactions with the plethora of social networks outside the home environment. It not only help the masses to get connected with the world but also at the same time from the older adults' perspective it helps them to get rid from the social isolation and enable them to participate in the process of digitalization. In this regard, the concept of domestication had integrated with the framework of ICT, particularly the mobile phone which help the individual to expand the social interactions with the wider social networks outside the periphery of home (Haddon, 2003).

This paper tries to highlight the domestication of ICT in the profane activities of older adults. While talking about the older adults and the domestic sphere of ICT, which is often refer to as the process of digitalization due to its reaching abilities from door to door. One concept which raises an issue among the social scientists is the “digital divide”. At the time of its inception, we often refer the concept of digital divide as the gap of accessibilities of internet between the older adults and the remaining two other cohorts – the younger and the adult generation, this gap is determined as the first – level – digital divide. As the time progresses and the advancement in the fields of Information and Communication Technology we, enter into the Second – level – digital divide, which refers to as the disparity among the older cohorts and the other two cohorts in terms of ability to use the internet effectively and efficiently. Due to the prevalence of digital divide, older adults are most of them are digitally excluded

which may often stigmatize to the social exclusion. Due to this digitally excluded older adults were having a hard time in terms of accessing the important and relevant resources like health, banking, and educational facilities that we observed during the Covid-19 times (Clare, 2021; Golden et al; 2023). US and UK has raised concern about the fact of digital divide as a process of digital exclusion and often lead to the Social Exclusion (Van Deursen and Van Dijk, 2019). Interestingly, many studies revealed that the participation of older adults in the process of digitalization is necessary for getting rid from the acute diseases like social isolation and loneliness's and also lead to increase the support system that may come from the family and peers that help the level of life satisfaction (Stockwell et al; 2021, Heo et al; 2015, Lifshitz et al; 2018 and Mariano et al; 2021). It has also been found that the older adults were reluctant for doing the Activities Of Daily Livings (ADLs) through the platform of digitalization because for the incapability to use the technology rather than attitudinal factors (Knowles and Hanson, 2018). The older adults believed that the communication which takes place in the domain of social media platform is very much superficial in nature (Hope et al, 2014; Jung et al; 2017). In this study the researchers wants to explore that how older adults does tries to negotiate their daily lives in the process of digitalization. In doing so, the present study classified the respondents into 3 different groups – Young Older Adults (60 – 69 years of age), Middle Older Adults (70 – 79 years of age) and Oldest Older Adults (80 years and above). The research paper do have its objectives, which are as follows:

- To understand the motivations of older adults towards the process of digitalization in their daily activities, i.e., from the purchase to the practice.
- To identify the integration of digitalization into the everyday routine of older adults.
- To explore the role of digitalization in terms of the social display among the older adults.

Appropriation and Necessary Initial Motivation towards ICT among the Older Adults

Meeting needs in the pursuits of daily activities has become a necessary and mandatory condition for the existence of all ages around the world. As, we all know that the digital divide gap among the older adults cohorts and the rest of the two cohorts is so big, that still we not reached the hundred percent digital literacy rates. We often observe that the older adults faced lots of difficulties in maintaining the Activities of Daily Livings (ADLs) through online. In order to mitigate this problem, the technological adaptation among the older adults need to implement at the various levels – Government and Private. Yuan Lu et al; (2017) suggested that there is a need of co-creation. That is what involving various people who will share their common goals but not having the identical level of skills and knowledge – work together in an integrated manner. The entire process is called co – creation. The fundamental aim of co – creation is to synchronize the expectations with having focus on insights from the user perspective by creating the common values. From the older adults perspective the technological adaptation need to start from the user awareness of technology and should end from how the user embrace the technology by making full use of it. The process of accepting the technology will itself be an attitude mark for technology (Renaud and Van Bil Jon, 2008). According to Roger (2020), the process of adaptation involves five stages – the phase of knowledge, persuasion phase, the phase of decision, the implementation phase and finally the confirmation phase. As the paper focuses on domestication of digital frame, the domestication adaptation according to Silverstone and Haddon (1996) involves the process of objectification which produces the values for technological meanings to the users. The process of incorporation involves the level of interaction, the process of appropriation involves the motivation of purchase and the acquisition of information from the older adults' perspective. And lastly, the process of conversion includes the way of using technology in the mundane pursuits.

As the research paper focusses on the domestication approach towards the process of digitalization by the older adults – prime focus oriented towards the process of adaptation of digital technology. With the proliferation of internet along with smart mobile phones it has become easy for the older adults to increase the motivation of digital engagement. It actually helps the elderly people to meet their daily activities by only having the facilities of internet in mobiles and the capability to access and making decision of it. Although the scenario is not as easy as we talk about it - various hindrances are prevalent that made impossible for the older adults to wave with the digital technology, ranging from financial constraints to physical barriers. On the other hand it has been found in the writings of Wang, Samani and Ahmed (2025) that in china older people gets motivation from the younger relatives, peer influence and family influence to get participated in the process of digitalization. This process of motivation is what Silverstone and Haddon calls it as the appropriation. Smart phones in the form of ICT act as the primary medium through which the digital world are easily integrated in the profane activity of an individual. New pattern of maintaining social relationships through virtual interaction taking the healthy tips for the betterment of life and the various modes of seeking leisure through digital platforms among the older adults can be categorize as the process of objectification in which the integration of digital life into the daily routines takes place. The elderly people faced challenges in dealing with the integration of digital life in routine activity, apart from having the financial constraints to physical hindrances is the cluttered interfaces, regular application updates and the unwanted contents that appears on the screen of the mobile. Now this problem can be solved by the guidance and the assistance from the younger relatives and by the peers. Various research has shown us that the anxiety faced by the older adults associated with the digital media can be solved by the accumulation of experiences and the activities of group training (Dasgupta et al; 2024). Digital platforms also helps the older adults to create their own identity – watching short videos on social media impact the elderly people user's social identity. This formation create a feeling which is often describe as a "sense of accomplishment", i.e. help them in mastering the modern technology. The videos which were created or shared itself symbolizes as an expression of self and most importantly helps to know the cultural standards of the older adults. Through the platform of digital media, older adults are able to keep updated in their mundane lives as similar to the younger members of the family. And most importantly, the older adults also able to share their pictures, videos to the friends with whom they meet occasionally

(Gibson et al; 2021). According to Zhou and Gui (2017), the guidance from the younger family member is valuable in the entire process of digital adaptation in their everyday life.

While talking about the digital inclusion of older adults, it's essential to understand the difference between the "digital natives" and "digital immigrants". The former refers to those who born after 1980s and the latter refer to those who born before 1980s. The older adults are often categorically fall into the "digital immigrants" criteria. This distinction elucidate the friction of inter generations which leads to create anxiety and frustration among the older adults. In the contemporary society, were we witness that many older adults live independently that creates a problem like social isolation and loneliness. In this circumstances the digital engagement of inclusion act as a medicine not only to get rid of the problem like social isolation and loneliness but also at the same time creates and form a social relationships through social media. Even it has been found in Australia that the older adults prefer to live independently in their respective homes (Matsumoto et al; 2016) and with the covid-19 this rate has been exacerbated – now they are shifting towards the old age homes in order to get institutional care (Brydon, et al; 2022). To incorporate with the digital platform in meeting the digital needs – older adults need to learn the process of handling the digitalization (Aleti, Figueiredo, Martin and Reid, 2023). This learning process is what we call it as the socialization. In the parlance of digital society, the process of socialization takes place through different stages which are both important in nature. Being first the reciprocal socialization which involves the learning coming from the close relationships – offspring, grandchildren and peers. And last is the self-socialization, where the older adults voluntarily learn itself through online agents like Google, YouTube and also through educational programmes. In recent times, the need for socialization for the older adults regarding the digital inclusion increased. And to treat the process of socialization as a reciprocal one, whereby the learners itself recognize as a co-socialization agent of it but not as a passive recipient (Moschis, 2019, 2021).

Incorporating the daily routines with digital engagement

Integrating the older adults with the digital framework in their daily routine is relatively a recent one. Due to the outbreak of Covid – 19, large number of older adults those who are capable of using ICT in their personal and professional sphere forces them to carry out their mundane activities through online, ranging from ordering or purchasing a product to registering any medical apps. This helps the older adults not only to increase the interest with digital technologies but also at the same time gets familiar of it (Anderson and Perrin, 2017). The most important and acute thing that the older adults need is the application of medical technology which can be accessible with in the mobile smart phones that is beneficial for them in numerous ways – be it monitoring the health status, or in maintaining the independence and autonomy of them (Dewsberry and Ballard, 2012). According to Garcia Reyes and Reiache (2022), this home based technological devices provides the accurate information of health status and also the perceived needs for adaptation among the older adults. With the penetration of digital technology wave to the home of every individual – older adults are not able to escape from such wave. The minimal knowledge to run the technology is needed in order to integrate the routine act of older adults with such framework. As Richard and Shea (2011) argues that the digitalization among the older adults helps to monitor their self-care by managing their diets, health conditions, banking facilities etc. for to do this in an ease – adjustment, collaboration with the family members, community members and peers are essential for not an older adult be a part of digitalization but their pursuit mundane activities can be a part of it and then only can represent an unified entity. Holgado, Holgado, Gonzalez and Espuela in their study on "Digitalization of Activities of Daily Living and its influence on Social Participation for Community – Dwelling Older Adults: A Scoping review (2024)" found that there has been tremendous growth of digitalization of society, but the participation of older adults towards digital networks in the form of meeting the activities of daily needs is not up to the mark. According to them, everyday technology can assure the personal autonomy to the older adults but the prevalent hindrances produce acute problem to them. One of the acute problem faced by the older adults while incorporating the digital technology towards their daily lives are the visual and hearing impairments (Eck and Wrislele, 2011). The need for older adults to involve in the digital participation remains the essential and necessary agenda for every country. Special intervention should be given to those older adults who are in actual sense experiencing the challenges while using the technology. Participation of older adults toward the digital technology can also support the occupational engagement, increase the societal participation and will decrease the social isolation and loneliness that they were faced because of their age. Similar in this context, Mann et al; 2005 argued that "Intervention and Support across older adults (who experience Challenges in Using technology or not) can support occupational engagement and increased participation in society". For the older adults to incorporate in digital technology should be in a continuous process so that they can update or retain and to make the effective use of technology in their mundane life (Hedman et al; 2016).

Technology is not limited with in the sphere of banking or purchasing or even making friends in social media for considering the older adults in mind, it (technology) do plays a crucial role in the domain of health services. In western society, increasing health care needs for the older adults with the integration of digital solution lead to prioritize the "ageing –in-place" condition. By the term "Aging-in-place" we mean that the ability of elderly people to live in home with maintaining the comfort, independent and the level of respect. The process of technology can be viewed as benefitting the elderly people in terms of the economy and society at large. But the impact of accessing that are based on the effective and efficiency maximum times overlook the level of complexities that are associated with the technology. In such circumstances the need for the knowledge for those who are expertise on it especially in the realms of health and caring services among and for the older adults will increase the favor and scope for technologization (Bavngaard et al; 2024). The acceptance of older adults towards technology represents the pre-requisite condition for the integration. Similarly, partial acceptance by the older adults towards technology represents that the user like older adults neither accept nor reject the existence of technology in their daily lives. With the dis-satisfaction towards

technology by the older adults led to outright rejection and they are actively in a mood for refusing it. This are the various path through which the integration between the technology and the technology takes place. Interestingly, not to mention the role of peers, informal care givers and the younger family members are being the instrumental support toward such theme (Integration between the technology and the older adults). After integrating the older adults with technology – learning new skills have become mandatory for them to meeting up their daily needs and also help them to re-organize their non – virtual spaces through virtual realms. Studies of Bavngaard et al; (2024) found that adopting technology led to various changes in the life style of the older adults – making or fitting the appropriate time and place for the video conferencing which indicates the transformation into a technology domain. This entire process can be called as the “role fit” where the standardized norms and the cultural expectations of familial and societal relationships are influenced by the integration of technology. The discourse on the “Integration of technology within the older adults ADLs” lead to increase the social connectedness with the relatives and peers from the distant places. It also experience the increase feelings towards feeling of safety and security – where the perceived services from the relatives can be seen as present. In addition to it, also allows the older adults the independence and autonomy. Similarly, the health care provision are replaced by the virtual modes of communication which enable them the remote accessibility. Integration of technology with the older adult activities of daily livings is not without criticisms – (a) older adults experience worries about the situation when the technology is malfunctioning. (b) The technology that insert into the provision of health and care services can lessen the human contact in the nearby future. And (c) The deteriorating physical exercise of the older adults can decrease their intent toward technology. One of the easiest way of integrating the older adults with the technology is the introduction of smart phones in their daily life styles. Demier et al; (2025) argues that apart of increasing the usage of smart phones among the older adults towards the integration of technology, it has also led them the addiction of it which causes them severe negative impacts ranging from causing dis comfort due to hampering the sleeping time to certain behavioral changes which affects their physical health. As similar to Tian H and Wang Y (2023) observed in their studies of severe smart phones addiction has a severe effect on older adults sleeping quality time. On the other hand mobile base technology effected the physical and mental wellbeing of the individual and their use led to facilitate the cognitive and visual needs of the older adults in their daily needs (Sen K, Prybutok G, Prybutok V, 2022). The technology that helps the older adults’ wellbeing and also ensure the independence and autonomy is basically called as welfare technology. So, the integration of wide variety of digital technology upon the life styles of older adults can provide the various conveniences that helps them to monitor the daily health status and updates, helps them to go for logistic convenience. Making sure to form the embedded communication that is one of the important uniqueness of digital technology. Besides, there the convenience of safety, comforting and activation also plays a crucial role (Frennert et al; 2024).

Digital Expression and Adaptability

Due to the rapid advancement of digital technology and its range reaches in the domain of daily routines of individual’s life, older adults are not exception behind this proliferation. From the perspective of art, this new modes of media, i.e., digital media encompasses the art in the form of virtual aspect, interactional engagement and most importantly the digital art which makes such media as a unique one and also helps it to gain popularity. This popularity will give the user a stage for self-expression. In sociology, we are quite aware of Goffman’s “Presentation of Self in Everyday Life” – how individual go through the process of presenting the self in their everyday activities – by carrying out with the help of 2 stages – front stage and back stage (Goffman; 1956). Digital media in the form of facebook, whatsapp helps the individual to create the self of anonymity based on their own choices. Older adults who are digitally active as a user of social media are also involved in this process. By adopting the new forms of digital technology and creating their own virtual self, it not only help to embedded the maintenance of distant relationships but also helps them to get digitally engaged with it by getting rid of social isolation and loneliness. In this context just to clarify that social isolation from the older adult perspective is an objective entity, while the loneliness refers to as the feeling of subjectivity. Now with this new creativity of older adults led to stimulate the imagination, improve the adaptation rates for social environment and also boost their own self-identity among the co – users of social media. Chen and Gao (2024) argued that in China the older adults do have a higher social media efficacy which is very much associated with the higher social esteem, usage of information and reduce the loneliness for the benefit of maintaining the wellness of mental health and increase the social adaptability.

Social adaptability among the older adults through digital technology helps them to learn new things, skills, knowledge which were beneficial to survive in the fast growing modern worlds. Deriving from Darwin’s “Survival of the Fittest (1869)” which includes the family relationships, self-care adaptation are the pre-requisite conditions. Similarly, in the informational – digital age, participation in online activities in the form of maintaining relationships, engagement activities like entertainment, older adult education etc. plays an important role to boost self-esteem, enjoy the happiness and also to encourage the community cohesion or togetherness. Another important aspect of digital media which is beneficial for the older adult regarding the retrieval of information by accessing the art, science and cultural activities which allows them to enrich their cultural exchange and interpersonal communication of what Bourdieu call it as the cultural capital and social capital.

In the parlance of digital society, it is important for an individual to go through the continuous process of adaptation of new digital devices and applications, which is known as the process of media appropriation. This process of media appropriation takes place through two different steps – initiation and subsequent step of learning the application which actually benefits the older adults for the promotion of digital inclusion. As it has been indicated from the previous research which highlights the role of younger family member plays a crucial role for the adaptation of older adults towards the digitalization. However the older

adult's interest such as general curiosity in dealing with ICT also plays much even more important role. In this context Hanniem et al; (2020) argues that there are three different stages of technology specifically made for the older adults – Active and Independent use, Co-Use and finally the Proxy use. Similarly scholars like Gallistl et al; (2021) argues that the non – use of technology by the older adults is there personal choice but not lack of action. On the other hand Quan – Haase et al; (2016) argues that the elderly people need to evaluate the role of technology according to their choice, preferences, accessibility and affordability. The process of integration with the digital platform by the older adults in their daily lives followed through objectification, incorporation and conversion – all are the pillars of domestication theory. The concept or the notion of domestication helps the individual to make distinction between the public and private sphere. But with the social context comes into play. Then the social context is itself been shaped by the media usage and that is socially constructed with created its meanings.

Methodology, Findings and Analysis

An Intensive review of literature was done before the research work. The study is based on sampling, especially purposive sampling was used for the research. The total number of respondents was 15 and it has been classified into 3 old age groups – young older adults (60- 69 years), Middle older adults (70 – 79 years) and oldest older adults (80 years and above). To collect the data, the researcher also used the participant observation while doing the research work.

Table 1: Use of modern gadgets like mobile phones, laptops etc.

Old Age Group	Yes	No
60 – 69 years	5 (33.33%)	0 (0%)
70 – 79 years	2 (13.33%)	3 (20%)
80 years and above	4 (26.66%)	1 (6.66%)

Table 1 represents the usage of modern gadgets by the older adults in their daily life. This table shows that 73.33% of the older adults are using modern gadgets in their daily life activities.

Table 2: Reason and benefits for using digital technology

Old Age Group	Purpose of communication with friends, relatives	To seek information	Encouraged from peers	Entertainment purpose	All the above	I don't use yet
60 – 69 years	1 (6.66%)	1 (6.66%)	0 (0%)	0 (0%)	3 (20%)	0 (0%)
70 – 79 years	0 (0%)	1 (6.66%)	0 (0%)	0 (0%)	2 (13.33%)	2 (13.33%)
80 years and above	1 (6.66%)	0 (0%)	0 (0%)	1 (6.66%)	2 (13.33%)	1 (6.66%)

The striking feature of this table that 46.66% of the older adults in all old age group believed that the reason for using digital technology are the purpose of communication, to seek information, encouraged from peers, entertainment etc. that's why they select all the above category and only 20% of the older adults have not used any digital technology.

Table 3: Acceptance of learning the digital skills

Old Age Group	Very easy	Somewhat easy	difficult	Very difficult	I have never tried
60 – 69 years	2 (13.33%)	1 (6.66%)	2 (13.33%)	0 (0%)	0 (0%)
70 – 79 years	0 (0%)	1 (6.66%)	2 (13.33%)	0 (0%)	2 (13.33%)
80 years and above	1 (6.66%)	2 (13.33%)	0 (0%)	1 (6.66%)	1 (6.66%)

From the above table, it shows that 46.66% of the older adults in different age group found that the digital technology acceptance them is “easy and somewhat easy” while 33.33% of the respondents feel it “difficult and very difficult” and only 20% have never tried it.

Table 4: Using of digital devices in daily lives

Old Age Group	Yes, regularly	Sometimes	Rarely	Never
60 – 69 years	5 (33.33%)	0 (0%)	0 (0%)	0 (0%)
70 – 79 years	2 (13.33%)	0 (0%)	1 (6.66%)	2 (13.33%)
80 years and above	4 (26.66%)	0 (0%)	0 (0%)	1 (6.66%)

In their daily lives 11 out of 15 respondents of older adults from different age groups believed that they use it in their daily lives “very regularly” which represents 73.33%.

Table 5: Helping the older adults related to the problems of handling the digital technology

Old Age Group	Family members	Peers	Myself	I don't seek help
60 – 69 years	4 (26.66%)	0 (0%)	1 (6.66%)	0 (0%)
70 – 79 years	3 (20%)	0 (0%)	0 (0%)	2 (13.33%)
80 years and above	4 (26.66%)	0 (0%)	0 (0%)	1 (6.66%)

In case of problem arise associated with handling the digital technology, the older adults from the different age group of 73.33% seek help from the family members.

Table 6: Sharing photos, videos, messages via digital technology

Old Age Group	Yes	Sometimes	Rarely	Never
60 – 69 years	3 (20%)	0 (0%)	0 (0%)	2 (13.33%)
70 – 79 years	2 (13.33%)	0 (0%)	1 (6.66%)	2 (13.33%)
80 years and above	2 (13.33%)	1 (6.66%)	0 (0%)	2 (13.33%)

The striking feature of table is that 46.66% share photos, videos and messages via digital technology, 6.66% sometimes and rarely share photos or messages. While 40% of the older adults never shared any pics, videos or messages via digital technology.

Table 7: Obstacles faced while using the digital technology

Old Age Group	Level of Complexities	Anxiety	No interest	Cost of Devices
60 – 69 years	1 (6.66%)	1 (6.66%)	3 (20%)	0 (0%)
70 – 79 years	1 (6.66%)	1 (6.66%)	3 (20%)	0 (0%)
80 years and above	1 (6.66%)	2 (13.33%)	2 (13.33%)	0 (0%)

26.66% of the older adults in different age groups argued that the anxiety is the main obstacle for using digital technology. While 20% argued that the level of complexities is the main obstacles.

Table 8: Want to learn the digital skills in near future

Old Age Group	Yes	No	Never
60 – 69 years	1 (6.66%)	3 (20%)	1 (6.66%)
70 – 79 years	4 (26.66%)	0 (0%)	2 (13.33%)
80 years and above	2 (13.33%)	1 (6.66%)	2 (13.33%)

From the above table shows that 46.66% of the older adults argued that they want to learn the digital skills in near future, while rest of the older adults they doesn't want to learn it.

Concluding Remarks

In our study, one can find the correlation and differentiation with the Silverstone's theory of domestication. From the Correlation aspect both the study emphasizes the role of technology in the mundane affairs (Appropriation, Incorporation, Objectification and Conversion). This paper actually mirrors with the domestication theory of Silverstone in terms of accessing the older adult's ability to learn, purchase and integrate the role of ICT in their mundane pursuits. Moreover one may find the similarities with this theory in presenting the self and identity with the help of technology. While the differentiation lies on that the Silverstone theory focusses on household media of ICT like TV on the other hand our study, we focusses on the digital media with the plethora of older adults digital inclusion by extending its domain on social isolation, digital adaptation and co-creation. Silverstone in his theory always gives attention to the cultural and moral economy, where as our research paper gives attention to the dimension of health and psychology for encouraging autonomy, reducing loneliness and most importantly enhancing the well-being amongst elderly people. In the present study, researchers makes a point that the digital technology in a deeper sense it reflects the socio-cultural context, agency at individual level and the mediation of family and peers. The data reveals 73.33% of the older adults from the different age groups are digital users but certain limitations are also present. It tries to indicate that the proliferation of digitalization among the older adults not only tries to enhance their wellbeing, integrated into the contemporary zone and most importantly reduce the social isolation but also in deeper thought what I realize from this study is that by integrating the process of digitalization among the older adults led to dependent upon technology in a minimal way and also in near future this habit of dependency among them will increase day by day.

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