

threshold of the seventh decade, generally considered the transition period to the 'very old-age'. And it is known not less than seventy per cent (70%) that of people reaching age 60 years have one from of medical challenges or other (UN Global Ageing Report, 2013).

Understanding the psycho-social context of wellbeing and its overlapping relationship of the social support variables; activities of daily living and as such clarification of this relationship is important because the elderly are at highest risk for almost all of experiencing psycho-social impairments, social isolation, morbidity and mobility events (Seeman, Kaplan, Knudsen, Cohen, & Guralnik, 1987). Moreover, more studies have been carried out to contributed alternative information of the relation between social support system, Psychological and social wellbeing of the elderly. Against this background, the study examined the effect of social support on the psychosocial well-being of the elderly in Ibadan.

2. Literature Review

This section is devoted to reviewing existing literature on four major forms of supports for the elderly: information access support; financial support; emotional support; and, companionship support.

2.1 Information access support

Importance of information access support for the elderly has been well documented in the literature. Okoye (2013) observes that information access for the elderly tends to provide avenues for them to be engaged, connected, and active, take notice, keep learning and give their own voice to the development of the country. Adeniyi (2014) affirms that information access can foster improved social interaction, encourage engaging older people in their communities and promote high quality face-to-face contact especially in advice given. That information access has a close link with social interaction of the elderly, especially in the African in the diaspora has been emphasized by Aboderin (2006), stressing that the scope of information contributed, the level of participation and engagement are essential ingredients of improving elderly people's psycho social well-being.

Aboderin (2006) explains that information on the internet and digital technologies, accessed

through relevant supported services, can indeed enhance every aspect of life for elderly people, so long as technology is seen as the means to end, not the end in itself. Sarh, (2013) identified providing appropriate access to information service that reflects elderly people's interests and responds to their needs; providing appropriate advice and sustained elder's social engagement, and community-based training as being invaluable in the management of chronic diseases and illness in elderly persons. Egunyomi, (2012) observes that, access and usage of information by older people has potential social benefits such as reduction of isolation and increased social participation and interaction – until now. She emphasizes that information is not merely an end in itself, but can be means to enable older people to renew and develop social contacts and engage actively in their communities. Oyinlola and Folaranmi (2016) observe that focusing on elderly's group forum, community meetings as well as digital participation for addressing isolation among elderly groups improves their emotional well-being.

2.2 Emotional support

Akpan (2011) observed that elderly people generally do have poor emotional support from family members, government agencies and NGOs, and that they are very much vulnerable to being inflicted with mental pain, anguish, or distress through verbal acts or non-verbal acts. Sijuwade's (2008) study in Lagos, Nigeria, confirms that the elderly provided with emotional support had enhanced spiritual well-being. The study affirmed that most of the dependants are more concerned about providing medical support than emotional support. Oyinlola and Folaranmi, (2016) attribute major depression being felt by some elderly to poor emotional support from their children or other family members. Their study further explained interlink between emotional supports towards improving the spiritual well-being of the elderly. The study revealed that, there are some of the elderly who may explain the reluctance of some adult children who want to seek competent medical help rather than considering spiritual care.

Oluwadare (2016) concluded that, especially in developing nations, emotional support provided for the elderly has a very strong effect in improving mood, even as effective as antidepressants. Cohen

and Koeing (2003) identified depression as one of the mental health problems can be handled through spiritual or religious approach to improve happiness of the elderly. Volkert (2013) emphasized that involvement in societal and community activities have therapeutic effects for the elderly. Nadia, (2013) concluded by observing that social welfare is not merely money; happiness is deciding what is felt from the heart. Emotional support for the elderly has tendency of improving their spiritual well-being.

2.3 Companionship support

Okunola, (2002) identifies retirement from work as serving as eternal holiday which could cut an elderly person out of the known social status and isolate him from old workmates. The position could be compounded by loss of spouse, which commonly happens in the seventh and eighth decades of life. That could mark the beginning of solitude and grief and the onset of depression, the intensity of which in some cultures is tempered by substitute spouse. Krause (2005) distinguishes between 'companionship support', defined as the amount of tangible help provided by social network or ties, and 'perceived support', which is the subjective evaluation of the received help. He identifies perceived companionship support as being a crucial resource when stress is experienced and for individuals with limitations in daily living activities (i.e. everyday routine activities generally involving functional mobility and personal care, including eating, bathing, dressing, toileting, walking and control of continence).

Friendships from members of the extended family, old and new acquaintances are often welcomed lubricants to the oil of old age. Okoye (2013) praises friendship and self-belonging to high-heavens in their ability to improve well-being of an elderly who is suffering from depression, hypertension and isolation. He emphasizes that an elderly person could relate with both new and old friends of the same age and not necessarily the same social status, as a result they could mix with friends and share ideas, solve their own problem within themselves. Traditionally, Africans' traditional extended family system provided a haven for the elderly to enjoy unlimited companionship. This practice has now been adversely affected by proliferation of nucleated

family system and urbanization where the hustle and bustle of urban life make the elderly more vulnerable to loneliness and abandonment (Ajomale, 2012), compelling adult children to move their parents to older peoples' homes for proper care and support from care professionals (Egunyomi, 2012).

Diverse advantages of companionship support have been identified in the literature. Aboderin's (2006) studies revealed that higher levels of interpersonal trust also appear to be positively correlated with good self-assessed physical health and mental well-being. The evidence suggests that companionship support from social environment is significant to the emotional well-being of the elderly. Adebusoye & Olowokere, (2015) observed that companionship support from the social network addresses the isolation which thus appears to be a risk factor for all forms of elder abuse. There is also a consistency correlation between different companionship support and emotional well-being of the elderly (Isabella, 2013). Emotional support has also been identified as the driver of improved companionship support in older person which is associated with increased emotional and psychosocial well-being and negatively linked with the risk of mistreatment (Oguniyi & Adebusoye, 2014).

2.4 Economic Support

Importance of economic support for the elderly have been emphasized in the literature. Idleness, a state of having nothing to do, has been identified as a major challenge of the elderly (Togonu-Bickersteth, 2014). These elderly, in the opinion of Okoye (2013), have plenty time on their hands which they could not productively fill. He observed that elderly women generally fare better than men in finding something to do as they are mostly engaged in helping their daughters and sons look after the grandchildren. Still on results of idleness, Aboderin & Isabella, (2006) observed that elderly persons in low income countries seem to die gradually of avoidable ailments as a result of idleness. Oyinlola & Folaranmi, (2016) revealed that, if the financial status of the elderly is improved it would enhance their emotional, information, economic/financial and companionship will have a resulting effect on the overall wellness of the elderly and as a result there would enhance life expectancy.

Studies on the economic/financial challenges of the elderly by Togonu-Bickersteth (2014), concluded that, as a retiree, unless the elderly has some investments, proceeds from which he/she could supplement his/her pension, his/her earning will be inadequate to meet his/her basic needs and that means poverty which could generate frustration and depression unless he/she is fortunate to have the financial wherewithal to bear by himself these aspects of the loads of living. Her study corroborated earlier studies by Ajomale (2012), Evbuoma (2012) and Okoye (2013) which identified involving the elderly in home-based vocational activities as a main strategy to gainfully fight 'idleness' and boost their financial sustainability.

3. Methodology

The study focuses on the determinants of psychosocial wellbeing of the elderly in Ibadan metropolis and to determine the highest impact of social support system. Descriptive survey research design and Ex-post facto research design were adopted for the study. The targeted age group comprises people aged at least 60 years and are members of Nigeria Union of Pensioners (NUP), Agodi Unit Branch, Ibadan or residing in Old Peoples' Homes in Ibadan. The study focuses on four areas of social support the elderly use because of their being frail: information access; financial support; companionship; and emotional support. Purposive sampling technique was used to select a total of four hundred and ninety elderly people, comprising 463 (70%) of 662 members of NUP, Agodi Branch and 27 (100%) of those residing in Old Peoples' Homes in Ibadan Metropolis. A set of pre-tested questionnaire was used to collect data from respondents. The questionnaire was made up of closed and open ended questions in order to give respondents choice and freedom in stating their opinion about the determinants of psychosocial wellbeing of the elderly in Ibadan metropolis. Data collected from the field were properly and carefully checked, grouped and coded to aid the analysis. The data was analysed using both descriptive and inferential statistics (Multiple regression analysis) at $p \leq 0.05$.

4. Results and Discussion of Findings

This study examined the determinants of psychosocial well-being of the elderly in Ibadan metropolis, Oyo State. The respondents for the

study consist of Four Hundred and ninety (490) elderly from the Nigerian Union of Pensioners and Old people's home in Ibadan. Results of investigations in this study are presented under two main headings: "respondents' socio-economic characteristics" and "Psychosocial wellbeing".

4.1 Socio-economic Characteristics of Respondents

Results of investigations on respondents' socio-economic characteristics are presented in Table 1.

Table 1: Socio-economic Characteristics of Respondents

Socio-economic characteristics	Frequency	Percentage
Sex		
Male	176	35.9
Female	314	64.1
Total	490	100.0
Age		
60-65years	23	4.7
66-70years	87	17.8
71-75years	192	39.2
76-84years	105	21.4
85years and above	83	16.9
Total	490	100.0
Religion		
Christianity	315	64.3
Islamic	175	35.7
Total	490	100.0
Family background		
Family type		
Polygamous	280	57.1
Monogamous	210	42.9
Total	490	100.0
Marital status		
Never married	55	11.2
Married	318	64.9
Separated	61	12.4
Divorced	56	11.4
Total	490	100.0
Place of origin / ethnicity		
Southwestern Nigeria (Yoruba)	347	70.8
Southeastern Nigeria (Igbo)	89	18.2
Northern Nigeria (Hausa)	54	11
Total	206	100.0
Highest level of education		
No formal education	40	8.2
Primary school	279	56.9
Secondary school certificate	56	11.4
Post-secondary education	115	23.5
Total	490	100.0
Sources of income		
Family members	148	30.2
Pension	248	50.6
Investment/insurance	94	19.2
Total	490	100.0

Source: Field Survey (2017)

Investigations on socio-economic characteristics of the sampled elderly in the city of Ibadan revealed that more than three-fifths (64.1%) of them were

females and the rest (35.9%) were males (Table 1). Observed high proportion of females among the sampled elderly might owe much to the general higher life expectancy of females than males in Nigeria (NPC, 2006). Distribution of respondents by age revealed that 22.5% of them were aged between 60 and 70 years, close to two-fifths (39.2%) were aged between 71 and 75 years; 21.4% were aged between 76 and 84 years; and 16.9% were aged at least 85 years. It can thus be conveniently inferred that the study had adequate representation various age-grades of the elderly in the study area. (Table 1). More than three-fifths (64.3%) of the sampled elderly persons were Christians and the rest (35.7%) Muslims. Close to three-fifths (57.1%) of the respondents have monogamous family, with the rest (42.9%) being from polygamous homes. Investigations on marital status of respondents revealed that as high as 64.9% of them were married; 12.4% were separated; 11.4% were divorced; and only 11.2% were never married. That more than three-fifths of the respondents were married might owe much to social status attached to being married among the Yorubas that constitute majority of the respondents. Practice of polygyny that is readily accepted among the Yorubas could also be significant. More than seven-tenths (70.8%) of the respondents were from Southwestern Nigeria, and were classified as 'Yorubas', 18.2% were from Southeastern Nigeria, classified as 'Ibos', and 11% were from Northern Nigeria and were classified 'Hausas'. Observed high presence of Yorubas among the respondents might not be unconnected with the fact that the study was carried out in the city of Ibadan, a prominent Yoruba city. Investigations on highest education attained by respondents revealed that 8.2% had no formal education, 56.9% had primary education, 11.4% had secondary education while close to one quarter (23.5%) had tertiary education. Observed high literacy level among the respondents might not be unconnected with Free Primary Education Programme introduced in 1955 in Southwestern Nigeria, and education being tuition-free in public primary and secondary schools in Oyo State since 1979. Investigations on respondents' sources of income revealed that more than a half (50.6%) relied on pension, 30.2% relied on family members, while 19.2% relied on investments/insurance dividends (Table 1).

Results of investigations on relationships between socio-economic characteristics of respondents and type of support enjoyed are presented in Table 2. The table reveals variations in socio-economic characteristics and distribution of proportion of the sampled elderly that enjoyed various types of support. For instance, higher proportion of female elderly persons enjoyed every type of support than their male counterparts (87.6%: 58.0% for Access to information; 97.5%: 86.4% for financial support; 90.4%: 65.9% for companionship support; and, 80.9%: 70.5% for emotional support). Distribution of beneficiaries on the basis of age revealed that higher proportion of the elderly aged not more than 75 years benefitted more than those aged more than 75 years in terms of all types of support investigated in the study. Higher proportion of Christian elderly benefitted in terms of financial support and emotional than their Muslim counterparts who have better ratings in benefits in terms of access to information and companionship.

Higher proportion of elderly of polygamous family background enjoyed support in terms of access to information and financial support than their counterparts of monogamist background who fared better than their polygamist counterparts in enjoying supports in terms of companionship and emotional support. Higher proportion of married elderly people enjoyed support in terms of access to information, finance, and emotional support than elderly persons that were divorced/separated or never married. Elderly people that were never married fared worst among the three categories in terms of all types of support for the elderly covered in this study.

Not much variations were observed in the proportion of elderly that enjoyed various types of support for the elderly in the three tribal groups covered by the study. Higher proportion of elderly people educated up to the tertiary level enjoyed every form of support covered in the study than elderly people with less formal education. In the case of sources of income of the sampled elderly, higher proportion of those receiving pension benefits enjoyed support in terms of access to information and finance than others, while higher proportion of elderly depending on the family for income enjoyed support in terms of companionship and emotional support.

Table 2: Socio-Economic Characteristics and Type of Support Enjoyed

Socio-economic characteristics		Type of support enjoyed			
		Access to information*	Financial*	Companionship*	Emotional*
Sex	Male (n=176)	102 (58.0%)	152 (86.4%)	116 (65.9%)	124 (70.5%)
	Female (n=314)	275 (87.6%)	306 (97.5%)	284 (90.4%)	254 (80.9%)
Age (in years)	< 76 (n=302)	233 (77.2%)	289 (95.7%)	276 (91.4%)	260 (86.1%)
	> 75 (n=186)	144 (77.4%)	169 (90.9%)	124 (66.7%)	118 (63.4%)
Religion	Christ (n=315)	242 (76.8%)	310 (98.4%)	246 (78.1%)	250 (79.4%)
	Islam (n=175)	135 (77.1%)	148 (84.6%)	154 (88.0%)	128 (73.1%)
Family background	Monog (n=210)	160 (76.2%)	180 (85.7%)	182 (86.7%)	164 (78.1%)
	Polyg. (n=280)	217 (77.5%)	270 (96.4%)	218 (77.9%)	214 (76.4%)
Marital status	Married (n=318)	275 (86.5%)	306 (96.2%)	264 (83.0%)	270 (84.9%)
	Divorced/separated (n= 117)	86 (73.5%)	110 (94.0%)	98 (83.8%)	79 (67.5%)
	Never Married (n=55)	16 (29.1%)	42 (76.4%)	36 (65.5%)	29 (52.7%)
Tribe	Yoruba (n=347)	269 (77.5%)	341 (98.3%)	294 (84.7%)	276 (79.5%)
	Igbo (n = 89)	70 (78.7%)	72 (80.9%)	64 (71.9%)	62 (69.7%)
	Hausa (n=54)	38 (70.4%)	45 (83.3%)	42 (77.8%)	40 (74.1%)
Highest formal education	None (40)	14 (35.0%)	28 (70.0%)	26 (65.0%)	22 (55.0%)
	Primary (n=279)	218 (78.1%)	268 (96.1%)	222 (79.6%)	219 (78.5%)
	Secondary(n=56)	46 (82.1%)	50 (89.3%)	45 (80.4%)	39 (69.4%)
Source of income	Tertiary (n=115)	109 (94.8%)	112 (97.4%)	107 (93.0%)	98 (85.2%)
	Family (n=178)	128 (71.9%)	142 (79.8%)	160 (89.9%)	157 (88.2%)
	Pension (n=248)	184 (74.2%)	244 (98.4%)	178 (71.8%)	163 (65.7%)
	Insurance/investment (n = 94)	64 (68.1%)	72 (76.6%)	62 (66.0%)	58 (61.7%)

Key: *More than one type of support sought.

Source: Field Survey (2017)

Distributions of the respondents as presented in Table 2 revealed variations in the distribution of the respondents based on their socio-economic characteristics and enjoying various supports for the elderly does not have easily generalizable pattern. We need to investigate further into the types of support which respondents rated as being 'satisfied' with. Results of the investigations are presented in Table 3.

Since a major goal of the study is to establish possible associations between socio-economic characteristics of the elderly and the type of support they enjoyed, sampled elderly were requested to identify the type of support they enjoyed and to rate their level of satisfaction on a four-point Likert Scale, ranging from 'Not Satisfactory' (1), 'Indifferent' (2) 'Satisfactory' (3), and 'Very Satisfactory' (4). Total number of respondents that rated each type of support either 'Satisfactory' or 'Very Satisfactory' were added together and used in the computations presented in Table 3. Results of the investigations provided a clearer picture than what we obtained from Table 2. For instance, it is revealed that higher proportion of female elderly were 'at least satisfied' with all the four types of support for the elderly covered in the study than their male counterparts (76.6%: 23.4% for access to information; 69.1%: 30.9% for financial support; 65.1%: 34.9% for companionship; and 66.3%:

33.7% for emotional support). Higher proportion of elderly aged not more than 75 years were 'at least satisfied' with the support they enjoyed in terms of the four types of support covered in the study than elderly aged more than 75 years (69.4% : 30.6% for access to information; 68.9% : 31.1% for financial assistance; 66.8% : 33.2% for companionship; and 57.6% : 42.3% for emotional support). Higher proportion of elderly people that were Christians were 'at least satisfied' with all the four types of support covered in this study than their Muslim counterparts. Higher proportion of sampled elderly people with polygamous family background were 'at least satisfied' with all forms of support provided than their counterparts with monogamous family background (61.6%: 38.4% for access to information; 56.9%: 43.1% for financial support; 55.7%: 44.3% for companionship; and 61.2%: 38.8% for emotional support).

Distribution of respondents on the bases of their socio-economic characteristics and the proportion that was satisfied with the various types of support covered in this study revealed that elderly people that were married recorded higher proportion of them being 'at least satisfied' with the various types of support that their counterparts that were either 'never married' or 'divorced / separated'. Grouping respondents on the bases of their tribe revealed that Yorubas recorded highest proportion of respondents

being 'at least satisfied' with all the types of support they enjoyed. Grouping by level of formal education attained where respondents revealed that respondents with primary education had higher proportion of respondents that were 'at least

satisfied' with the four types of support enjoyed; while respondents with pension as their source of income had the highest proportion of respondents that were 'at least satisfied' with the four types of support enjoyed by the elderly in the study area.

Table 3: Socio-economic Characteristics and Proportion of Respondents 'Satisfied' with Type of Support Enjoyed

Socio-economic characteristics		Type of support enjoyed			
		Access to information (n = 333)	Financial (n = 392)	Companionship (n = 289)	Emotional (n = 255)
Sex	Male	78 (23.4%)	121 (30.9%)	101 (34.9%)	86 (33.7%)
	Female	255 (76.6%)	271 (69.1%)	188 (65.1%)	169 (66.3%)
Age (in years)	< 76	231 (69.4%)	270 (68.9%)	193 (66.8%)	147 (57.6%)
	> 75	102 (30.6%)	122 (31.1%)	96 (33.2%)	108 (42.3%)
Religion	Christianity	235 (70.6%)	286 (73.0%)	201 (69.5%)	145 (56.9%)
	Islam	98 (29.4%)	106 (27.0%)	88 (30.5%)	110 (43.1%)
Family backgrd	Monogamy	128 (38.4%)	169 (43.1%)	128 (44.3%)	99 (38.8%)
	Polygamy	205 (61.6%)	223 (56.9%)	161 (55.7%)	156 (61.2%)
Marital status	Married	245 (73.6%)	279 (71.2%)	199 (68.9%)	179 (70.2%)
	Divorced/ separated	78 (23.4%)	88 (22.4%)	59 (20.4%)	58 (22.7%)
	Never married	10 (3.0%)	25 (6.4%)	31 (10.7%)	18 (7.1%)
Tribe	Yoruba	261 (73.4%)	309 (78.8%)	231 (80.0%)	198 (77.6%)
	Igbo	54 (16.2%)	56 (14.3%)	38 (13.1%)	41 (16.1%)
	Hausa	18 (5.4%)	27 (6.9%)	20 (6.0%)	16 (6.3%)
Highest formal education	None	8 (2.4%)	20 (5.1%)	18 (6.2%)	14 (5.5%)
	Primary	195 (58.6%)	235 (60.0%)	159 (55.0%)	157 (61.6%)
	Secondary	38 (11.4%)	39 (9.9%)	26 (9.0%)	22 (8.6%)
	Tertiary	92 (27.6%)	98 (25.0%)	86 (29.8%)	62 (24.3%)
Source of income	Family	109 (32.7%)	112 (28.6%)	109 (37.7%)	101 (36.9%)
	Pension (n=248)	173 (52.0%)	226 (57.7%)	132 (45.7%)	112 (43.9%)
	Insurance/ investment	51 (15.3%)	54 (13.7%)	48 (16.6%)	42 (16.4%)

Source: Field Survey (2017)

Cursory observation of results presented in Table 3 revealed that socio-economic group with the highest population always ended up being the group that recorded highest proportion of respondents that were 'at least satisfied' with all type of support provided for the elderly in the study area. The fear that the results might have been unduly influenced by the large population of respondents in these particular socio-economic groups, to the detriment of others, encouraged us to try to guide against possible influence of uneven population by identifying the number of respondents in each socio-economic group that enjoyed particular support and finding the proportion of this that were 'at least satisfied' with that support they enjoyed. Results of these investigations are presented in Table 4.

Results of the investigations revealed more glaring socio-economic-based variations in the type of support in which respondents were 'at least satisfied'. For instance, higher proportion of females were 'at least satisfied' with their level of support in only two types of support, which are:

access to information (92.7%: 76.5%) and financial support (88.6%: 79.6%), while higher proportion of male respondents were 'at least satisfied' with their level of support in two types of support: companionship (87.1%: 66.2%) and emotional support (69.3%:66.5%). In the case of grouping respondents by age, higher proportion of respondents aged not more than 75 years were 'at least satisfied' with their level of support in two types of support: access to information (99.1% : 70.8%) and financial support (93.4% : 72.2%). Higher proportion of respondents aged more than 75 years were 'at least satisfied' with their level of support in two types of support: companionship (77.4%: 69.9%) and emotional support (91.5%: 56.5%).

On the basis of religion affiliation of respondents, higher proportion of Christians were 'at least satisfied' with their level of support in three types of support: access to information (97.1%: 72.6%). Financial support (92.3%: 71.6%) and companionship support (81.7%:57.1). Higher proportion of Muslims were 'at least satisfied' with

the level of emotional support they enjoyed (85.9%: 58.0%). Type of family background of respondents revealed that higher proportion of respondents from polygamous family background were 'at least satisfied' with level of support they enjoyed in three types of support: access to information (94.5%: 80.0%), companionship (73.9%: 70.3), and emotional support (72.9%: 60.4%). Results of investigations on marital status and level of satisfaction revealed that higher proportion of married respondents were 'at least satisfied' in financial support (91.2% : 80.0% -

separated/divorced : 59.5% - never married); divorced / separated respondents recorded higher proportion of respondents that were 'at least satisfied' with their level of access to information (90.7% : 89.1% - married; 62.5% - never married); and, higher proportion of respondents that were never married were 'at least satisfied' with the level of companionship support they enjoyed (86.1% : 75.4% - married; 60.2% - divorced / separated). Higher proportion of Yoruba respondents were 'at least satisfied' with their level of support in all the four types of support covered by the study

Table 4: Socio-Economic Characteristics and Population 'Satisfied' with Type of Support They Enjoyed

Socio-economic characteristics		Type of support enjoyed			
		Access to information	Financial	Companionship	Emotional
Sex	Male	78 (76.5%)	121 (79.6%)	101 (87.1%)	86 (69.3%)
	Female	255 (92.7%)	271 (88.6%)	188 (66.2%)	169 (66.5%)
Age (in years)	< 76	231 (99.1%)	270 (93.4%)	193 (69.9%)	147 (56.5%)
	> 75	102 (70.8%)	122 (72.2%)	96 (77.4%)	108 (91.5%)
Religion	Christianity	235 (97.1%)	286 (92.3%)	201 (81.7%)	145 (58.0%)
	Islam	98 (72.6%)	106 (71.6%)	88 (57.1%)	110 (85.9%)
Family backgrd	Monogamy	128 (80.0%)	169 (93.9%)	128 (70.3)	99 (60.4%)
	Polygamy	205 (94.5%)	223 (82.6%)	161 (73.9%)	156 (72.9%)
Marital status	Married	245 (89.1%)	279 (91.2%)	199 (75.4%)	179 (66.3%)
	Divorced/separated	78 (90.7%)	88 (80.0%)	59 (60.2%)	58 (73.4%)
	Never married	10 (62.5%)	25 (59.5%)	31 (86.1%)	18 (62.1%)
Tribe	Yoruba	261 (97.0%)	309 (90.6%)	231 (78.6%)	198 (71.7%)
	Igbo	54 (77.1%)	56 (77.8%)	38 (59.4%)	41 (66.1%)
	Hausa	18 (47.4%)	27 (60.0%)	20 (47.6%)	16 (40.0%)
Highest formal education	None	8 (57.1%)	20 (71.4%)	18 (64.3%)	14 (63.4%)
	Primary	195 (89.5%)	235 (87.7%)	159 (71.6%)	157 (71.7%)
	Secondary	38 (82.6%)	39 (78.0%)	26 (57.8%)	22 (56.4%)
	Tertiary	92 (84.4%)	98 (87.5%)	86 (80.4%)	62 (63.3%)
Source of income	Family	109 (85.2%)	112 (78.9%)	109 (68.1%)	101 (64.3%)
	Pension (n=248)	173 (94.0%)	226 (92.6%)	132 (74.2%)	112 (68.7%)
	Insurance/ investment	51 (79.7%)	54 (75.0%)	48 (77.4%)	42 (72.4%)

Source: Field Survey (2017)

Results of investigations on highest formal education attained and level of satisfaction revealed that higher proportion of respondents with primary education were 'at least satisfied' with their level of support in three of the four types of support covered by the study: access to information (89.5%: 84.4% - tertiary education: 82.6% - secondary education: 57.1% - no formal education), financial support (87.7%: 87.5% - tertiary education: 78.0% - secondary education: 71.4% - no formal education) and emotional support (71.7%: 63.3% - no formal education: 63.3% - tertiary education: 56.4% - secondary education). Results on sources of income and level of satisfaction revealed that higher proportion of respondents on pension were 'at least satisfied' with their level of support in terms of

access to information (94.0%: 85.2% - family support: 79.7% - investment/ insurance) and financial support (92.6%: 78.9% - family: 75.0% - investment/ insurance) while higher proportion of respondents sourcing their income from investments / insurance were 'at least satisfied' with their level of emotional support (72.4%: 68.7% - pension: 64.3% - family).

Further investigations were conducted to check whether the observed differences in the association between respondents' socio-economic characteristics and their perceived level of satisfaction with the support they enjoyed was statistically significant. Chi-square tests were conducted on the data on 'socio-economic characteristics and population 'satisfied' with type

of support they enjoyed' contained in Table 4. The Chi-square value of 0.00 obtained at $p \leq 0.05$ (df = 9) indicated that the observed differences in the ratings of the social factors were statistically significant. It can thus be inferred from the study that socio-economic characteristics of elderly people in the study area are associated with their perceived level of satisfaction with the support they enjoyed.

In-depth interviews with a cross-section of the elderly in the study are held shed some lights on the observed variations in their perceived satisfaction with the support enjoyed by them. For instance, observed higher proportion of elderly females being satisfied than their male counterparts in terms of access to information and financial was attributed to the fact that mothers are often closer to their children, especially in their old age when they enjoy their children confidence than the fathers. The practice of men being the provider for the family, even after retirement, and the practice of children always giving their mothers 'secret money' for personal use could be responsible for their having higher proportion (than men's) being satisfied with their level of financial support.

General consensus among the sampled elderly people attributed higher proportion of elderly male being satisfied than women in terms of companionship and emotional support to general tendency of children to always ensure that their fathers are shielded from issues that could give them emotional disturbances. Observed higher proportion of elderly persons not older than 75 years to be more satisfied with support in terms of access to information than older elderly people was generally attributed to their being more mobile and being more inquisitive about their children, relatives and being more conscious of their environment. Their having higher proportion being satisfied with their level of financial assistance was attributed to their being more mentally alert to recognise currency denominations than their older counterparts. Higher proportion of elderly people older than 75 years' being satisfied with their level of companionship was generally attributed to their being less mobile and being more restricted to homes where they appreciate companionship of younger relations. Their being more satisfied with emotional support than their younger counterparts

was attributed to their being shielded from negative information from their relatives and associates.

Observed higher proportion of elderly with polygamous family background being satisfied with the level of access to information, companionship and emotional support was attributed to their general tendency to have very large family with many wives and children ensuring they have no dull moment. Higher proportion of elderly persons with monogamous family background being satisfied with the level of financial support they enjoy was generally attributed to the readiness of children to support their father if their mother was the only wife than where other women will enjoy the money given to their polygamous fathers. Observed higher proportion of respondents with primary education to be satisfied with access to information was generally attributed to their being more involved in listening to radio programs than their more educated counterparts. Their having higher proportion of them being satisfied with financial support the enjoy was attributed to their general low taste for flashy things like cars, jewelleries, etc. that their more educated counterparts are wont to crave for. Their general conceited nature was attributed to higher proportion of them being satisfied with the emotional support they enjoy. General tendency to be financially independent and their access to modern communication channel like the internet and ability to video-chat were all identified as reasons why higher proportion of the elderly that had tertiary education were satisfied with the level of companionship they enjoyed.

5. Conclusions and Recommendations

Financial support was found to be the most prominent form of support enjoyed by majority of the respondents and companionship, especially, of biological children, was the least prominent form of support enjoyed by the elderly in the study area. Higher proportion of females were found to enjoy access to information and financial support while higher proportion of males enjoyed companionship and emotional support. Higher proportion of polygamists were found to enjoy access to information, companionship and emotional supports while higher proportion of monogamists enjoyed financial support. The study identified the fact that the traditional importance of family in providing support is perceived to be fast dwindling

due to changes in cultural practices in the city. Major implications of the study's findings is the need to evolve strategies to strengthen accessibility of the elderly to adequate support that will enhance their spiritual well-being, as the cultural support system is fast crumbling in the city.

References

- Abdulraheem, I. S (2005). An Opinion Survey of caregivers concerning caring for the elderly in Ilorin Metropolis, Nigeria. *Public Health*, 119: 1138-1144.
- Aboderin, (2006). Decline in material family support for older people in urban Ghana, Africa; Understanding processes and causes of change. *Journal of Gerontology: Psychological Science, Social Science*, 59: 128-137.
- Abraham, H.O. (2007). *Beyond Three Score and Ten. Age Concern*, Mitcham
- Adebusoye, L.A and Olowokere, O.O (2015). Perceived Social Support for old adult Patient at Geriatric Centre, Nigeria. 4th Hospital Ground Round, University College Hospital, Ibadan. *Unpublished Thesis*
- Adeniyi, A.A (2014). Social support and quality of life prostate cancer patients after radiotherapy treatment. *European Journal of Cancer Care*, 19: 251-259.
- Ajomale, O. (2007). *Country report: Ageing in Nigeria—Current state, social and economic implication. African Gerontological Society*. Retrieved from http://rcllsociology-of-ageing.org/system/files/Nigeria%202007_0.pdf on 26 June, 2018
- Akpan Imaobong D and. Umobong Mfonobong E (2013). An Assessment of the Prevalence of Elder Abuse and Neglect in Akwa Ibom State, Nigeria The International Institute for Science, Technology and Education (IISTE). *Developing Country Studies* 3(5) ISSN 2224-607X (Paper) ISSN 2225-0565 (Online) Vol.3, No.5,
- Akpan, I.O 2011 Elderly Family Care Situation: Daily Activity, Housing and Physical Wellbeing in Nigeria International Union for the Scientific Study of Population XXV, International Population Conference. Tours, France.
- Atchley, R. and Barusch, A. (2004). *Social Forces and Aging: An Introduction to Social gerontology* (10th ed.). United States: Thomson – Wadsworth
- Bowling, A and Dieppe, P (2005). What is successful ageing and who should define it? *The British Medical Journal*, 331(7531):1548-1551
- Bowling, A and Stafford, M (2007). How do objective and subjective assessments of neighbourhood influence social and physical functioning in older age? Findings from a British survey of ageing. *Social Science and Medicine*, 64: 2533-2549
- Clemens T. R. (2012). Active Ageing and Quality of life in Old Age; United Nations Economic Commission for Europe. *German Centre of Gerontology*, ECE/WG.1/16
- Cohen, M and Koeing, J (2003). Belief in a just word, well-being, and coping with an unjust fate. In L. Montada and M.J Lerner (Eds), *Responses to victimizations and belief in a just World (87-105)*. New York: Premium Press.
- Coulson, I. (2000). Introduction: Technological challenges for gerontologists in the 21st century. *Educational Gerontology*, 26(4):307-315.
- Evbuoma, I.K. (2012). Remediating the Old People's Home Prototype by Elderly Daycare facility: A Concept in Elderly Care Initiative for Adoption in the Nigeria Context. In: Helen O, Moronkola O.A. and Egunyomi D.A (Eds) *The Adults and Aged in Nigeria*: 30-40
- Gureje O., Kola L., Afolabi E., & Oladapo Olley B. (2008). Determinants of quality of life of elderly Nigerians: results from the Ibadan Study of Ageing.
- Holt-Lunstad, J, Smith, T B and Layton, J B (2010). Social Relationships and Mortality Risk: A Meta-analytic Review. *PLoS Med*, 7(7):
- Hsu, H. (2012). Trajectories and covariates of life satisfaction among older adults in Taiwan. *Archives of Gerontology and Geriatrics*, 55: 210-216.
- Hughes, T and Ganguli, M (2009). Modifiable Midlife Risk Factors for Late-Life Cognitive Impairment and Dementia. *Current Psychiatry Reviews*, 5(2): 73-92
- Kaufman, A. V., Kosberg, J. I., Leeper, J. D., and Tang, M. (2010). Social support, caregiver burden, and life satisfaction in a sample of rural African American and White caregivers of older persons with dementia. *Journal of Gerontological Social Work*, 53: 251-269.
- Krause (2005). Widowhood, Sex, Labour Force Participation, and the Use of Physician Services by Elderly Adult, *Journal of Aging and Health*, 10: 504-531.
- Li L Liang J, Toler A and Gu S (2005). Widowhood and depressive symptoms among older Chinese: Do gender and source of support make a difference? *Social science medicine* 60:637–647. [PubMed]
- Naumann, D. (2006). *Gesellschaftliche Integration und Mitwirkung im Kontext des hohen Alters*. Heidelberg, Fakultät für Verhaltens- und Empirische Kulturwissenschaften der Ruprechts-Karls-Universität Heidelberg
- Okoye, U.O (2013). Community-Based Care for Home Bound Elderly Persons in Nigeria; A Policy Option. *International Journal of Innovative Research and Science, Engineering and Technology* 2(2): 7086-7089
- Okunola, M.I. (2002). *Old Age Care. A Handbook for Nigeria Social Workers*, Daybis Ltd., Ibadan, Nigeria.
- Oluwadare, C.T (2016). The demography of Health Dimension of the Elderly in Ado-Ekiti, in Olaogun J.A and Adesina, A.A (Eds) *Readings in Social Gerontology*, Department of Sociology, University of Ado Ekiti State.12-25
- Oyinlola, O. and Folaranmi, O.O (2016). Assessment of the Effect of Information Access on Emotional Well-being of the Elderly in Ibadan. *Journal of Gerontology Geriatric Research* 5: 294. Doi: 10.4172/2167-7182.1000297
- Richard, L, Gauvin, L, Gosselin, C and Laforest, S (2009). Staying connected: neighbourhood correlates of social participation among older adults living in an urban environment in Montreal, Quebec. *Health Promotion International*, 24, 1, 46-57
- Rubio, E, Lazaro, A and Sanchez-Sanchez, A (2009). Social participation and independence in activities of daily living: a cross sectional study. *BMC Geriatrics*, 9: 26
- Sarh, (2013). Culture and social support: Who seeks it and why?" *Journal of Personality and Social Psychology* 87: 354-62
- Sarvimaki A., and Stenbock-Hult B. (2000). Quality of life in old age described as a sense of well-being, meaning and value. *Journal of Advance Nursing* 32:1025–33.
- Shaefer, R. (2005). *Sociology* (9th ed.). Boston: McGraw Hill

- Shaw, B., & Janevic, M. (2004). Associations between anticipated support, physical functioning, and education level among a nationally representative sample of older adults. *Journal of Aging and Health* 16(4): 539-561
- Sijuwade, P. O. (2008). Elderly Care by Family Members: Abandonment, Abuse and Neglect. *The Social Sciences*, 3(8), 542-547.
- Smith, A. (2014). Older Adults and Technology Use: Adoption is increasing, but many seniors remain isolated from digital life. Retrieved from <http://www.pewinternet.org/2014/04/03/older-adults-and-technology-use/>
- Steur N., & Marks, N. (2004). Local wellbeing; can we measure it? Page 1-25.
- Togonu-Bickerset, F. (2014). Ageing is not an Emergency: Preparing for the New Realities of Ageing in Nigeria. *Inaugural Lecture* Delivered at Obafemi Awolowo University, Ile-Ife, Osun State.
- Umberson Debra, Crosnoe Robert, Reczek Corinne (2010). Social relationships and health behavior across the life course. *Annual Review of Sociology* 36:139–157. [PMC free article] [PubMed]
- Umberson Debra, Pudrovska T., Reczek C. (2010). Parenthood, childlessness, and well-being: A life course perspective. *Journal of Marriage Family* 72(3):612–629. [PubMed]
- United Nations. (2011). *World population prospects: The 2010 revision*. New York: Department of Economic and Social Affairs, Population Division.
- Volkert, V.A (2013). *Population Ageing in Sub-Saharan Africa: Demographic Dimension 2006, International Population Reports*. U.S Government Printing Office, Washington D.C.
- Waite Linda J., Gallagher M. Doubleday; New York (2000). The case for marriage: Why married people are happier, healthier, and better off financially
- Walker, A. (2002). The Care of the Elderly People on Industrial Society: A Conflict between the Family and the State. In P. Krishnan & K. Mahadera (Eds.), *The Elderly Population in Developing World: Policies, Problem and Perspectives* (pp3-28). Delhi: B. R. Publishing
- WHO, World Health Organization (2002). *Active ageing: a policy framework*. Geneva, WHO
- Wilcox S., Evenson K.R., Aragaki A., Wassertheil-Smoller S., Mouton C.P., Loevinger B.L. (2003). The effects of widowhood on physical and mental health, health behaviors, and health outcomes: The Women's Health Initiative. *Health Psychol.* 22:513–522. [PubMed]
- Williams K., Umberson D (2004). Marital status, marital transitions, and health: A gendered life course perspective. *Journal of Health and Social Behavior* 45:81–98. [PubMed]
- World Health Organisation (WHO) (2010). Older People – a New Power for Development. 1st October International Day of Older Person. Retrieved from http://www.who.int/aging/projects/elder_abuse/en/index.html

Perceived Potentials of Rail Mass Transit in Ibadan

O. J. Omirin¹

Abstract

As a strategy to address persistent intra-city transportation challenges in Ibadan metropolis, especially in the face of rapid population increase and urban sprawl, the study explored residents' perceived potentials of introducing intra-city mass rail transport system in the metropolis. Both primary and secondary data were sourced and used for the study. Discontinued skeletal intra-city rail system that was introduced in the metropolis, together with existing major traffic corridors was used in selecting five traffic corridors from which systematic random sampling technique was used in selecting 582 residential buildings from 67,540 residential buildings found within 100 metre cordon created on both sides of these corridors. A set of questionnaire was used in obtaining relevant information, especially on socio-economic characteristics and travel behaviour, from household heads selected at the rate of one per selected building. In-depth interviews were conducted with a cross-section of major stakeholders in the metropolis on their perceived potentials and challenges of mass intra-city rail system. Secondary data were obtained from both published and unpublished sources. Descriptive statistics was used in analyzing quantitative data obtained, while qualitative data were content analysed. The study revealed that intra-city rail mass transit system is perceived to have very high potentials in the metropolis in terms of traffic congestion reduction, reduction in per-capita crash rate, increased modal choice for the residents, enhanced consumer savings, and employment creation. Major challenges envisaged for the mass transit system include, change in transport culture and orientation and huge infrastructure outlay among others. Strategies were proposed to address the identified challenges.

Keywords

Mobility crisis, traffic corridors, mass transit, perceived potentials

Article History

Received 16 June 2018

Accepted 6 July 2019

Published online February 15, 2020

Contact

O. J. Omirin
omirinjoe@gmail.com

Declaration of Conflicting Interests

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

1. Introduction

Owen (1987) once suggested that if the global transport system does grind to a halt, it will be in the cities. Ironically, cities account for only 0.5 percent of world's land area in spatial terms while more than 50 per cent of the world's population already reside in cities by 2010 and about 56 per cent by 2030 (UNPD, 2015). In the last two decades however, many Nigerian towns and cities have doubled their spatial sizes and population (NPC 2007). Incidentally there has been a diffusion of urban centres over the years in several parts of Nigeria, while the rate of urbanization and the rate of urban growth have also been persistently high. Average Annual growth rate in urban areas is about 4.7% as against the national growth rate of 2.8% (World

Bank 2006). Various population projections for the major urban centres in the country tend to suggest that there is not going to be an abatement in the rapidity of their growth soon.

Several reasons have been put forward for the unprecedented urbanization process (Egunjobi, 1997; Agbola, 2005). The most disturbing aspect of this rapid population growth and accelerating urbanization lies in the lack of requisite city economy to produce the public and private resources necessary for transport and city development at the scales required. The rapid urbanization trend means that more people will be making more trips in urban areas. More importantly, the movement access to education,

¹Department of Urban and Regional Planning, University of Ibadan, Ibadan
© Ibadan Planning Journal Vol. 7, No 2, November 2018, 63-73

work places, recreational, business and other land-uses is paramount to the continued existence of the city (World Bank 2006) Indeed, several studies have been carried out by notable scholars in the area of urban public transportation systems in developing countries like Nigeria (Agunloye and Oduwaye, 2011). These studies have propounded innovative and dynamic strategies towards combating the multifarious urban mobility challenges and have also clearly shown the close relationship between the city structure, density and land-use with transportation, the type that makes the transport demand and travel intensity to increase with the size of a city. With increasing economic, political and social activities especially in the developing countries, an efficient urban transport system and comprehensive mass transportation system becomes a necessity. Such a system would move people and freight in large numbers within a given network within a relatively short time.

The railway transport which developed during the steam and locomotive era to automation stage has significant characteristics of having the capacity for bulk movement of goods over long distances more cheaply than any other form of land transport. Itemizing the role of rail transport in cities, Adesanya, (2002) noted the contribution of rail transport to the creation of employment opportunities, promotion of trade and commerce, distribution of freight, movement of passengers as well as facilitation of urban development.

Until now, public transportation in Nigerian urban centres have largely been dominated by para-transit and intermediate modes in the absence of formal public transport technologies such as light rail transit, trams, underground metros, elevated rail transit, sub-urban rail among others as obtained in advanced cities of the world. Adeniji (2000) noted that the absence of a well-organized transportation system in Nigerian cities does incalculable damage to the cities' economy. He itemized three major damages that emanate from the inadequacy of existing transport infrastructural facilities in our cities which favours the road transport sub-sector and invariably a car-oriented urban transport landscape. Firstly, there is a restriction on the mobility of vast majority of urban dwellers who do not have access to or own a car. Secondly, there is an inordinate energy consumption and unmitigated environmental pollution which could be abated

when people move in groups rather than individually in cars. Thirdly, the unavailability of adequate space within the core areas of large cities to accommodate all travels by car at an acceptable cost to the general public. Meanwhile, the problems induced by the proliferation of cars and mini-buses as the sole means of public transportation become worse by the day as over-crowding mounts in the cities. The various transport infrastructure and furniture become over-stretched and buckle under intense pressure as more people are thus rendered immobile.

Against the background of urban mobility crisis, emerging facts have shown that city functions and activities are spatially dispersed. Accordingly, city governments have built additional roads but these roads, rather than reducing traffic bottlenecks, have worsened them. Governments have also purchased more fleet of buses and cars for city transport, yet, all these have clogged the city roads, generating more demand for parking facilities. From the foregoing, this study sets out to examine the potentials of intra-urban rail transport development for Ibadan metropolis and recommend such as a viable and befitting mass transit option for such other cities in Nigeria.

2. Theoretical/Conceptual Framework and Literature Review

2.1 Theoretical and Conceptual Framework

Every particular type of land use involves the generation and attraction of an array of movements. These movements are either obligatory or voluntary (Rodrigue, 2008). Consequently, this study is anchored on the Spatial Interaction Theory and the Mass Transit Concept. The adaptation of the Spatial Interaction Theory to transportation studies by Vaughan (1987), states that "the amount of traffic between two zones is proportional to the product of the population or attraction of the zones multiplied by the deterrence factor for travel between the zones". This deterrence factor is based on the travel time, cost or distance between the zones.

In essence, what the spatial interaction model means is that the percentage of trips produced by zone *i* allocated to destination zone *j* is dependent upon both the attractiveness of and travel time to that zone, relative to the features of all other attracting zones (Dickey, 1975; Ayeni 1979; Oyesiku 2003). This tends to account for the factors