

# **Impact of Livelihood Activities on the Wellbeing of Elderly People in Matara District**

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Population ageing is emerging as the most important demographic phenomenon in Sri Lanka with far reaching socio-economic implications. The social security networks for elderly in Sri Lanka are not capable to overcome the socio economic wellbeing of very elderly. The objectives of this study were to identify the impact of livelihood activities on the wellbeing of elderly who engaged in livelihood activities, identify the elderly livelihood activities and the reasons for engaging in livelihood in their old age.

Methodologies of this study were both survey and case study methods. The main respondents of this study were elders, aged 60 to 74, who were engaged in livelihood activity (economic activity) at present. A purposive sample of 60 (30 each from urban and rural area) elders were selected for the questionnaire survey while 10 case studies (5 each) were derived for in-depth discussions. Two Gramaniladari Divisions were selected within the Matara District each from Matara (urban) and Weligama (rural) Divisional Secretariat Divisions to compare the urban- rural sector difference.

The findings of this study emphasized that livelihoods engagement of elderly who are between ages 60 to 74 has positively contributed to enhance their socio economic wellbeing. Further, the study highlights that an increase in their level of income has helped them to manage daily expenses by avoiding uncertainties of their life. Also, it helps to increase their nutrition level and as a result they can spend a healthy life in their old age.

***Key words:*** *Elderly, Wellbeing, Livelihood*