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Rising Cost of Living in Nigeria: Implications on the Welfare of Aged Women

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Abstract

This paper delves into the impact of rising living costs on older women, using empirical evidence and theoretical frameworks to elucidate the complex ramifications of financial strain. Aged women are chosen for examination due to their vulnerability to economic hardships, stemming from fixed incomes and increased healthcare needs. The study aims to illuminate the specific challenges faced by elderly women amidst economic turbulence, emphasizing the importance of safeguarding their welfare for societal stability. It highlights the significance of addressing the welfare concerns of elderly women within the context of escalating living expenses, emphasizing tailored interventions to protect their well-being. The rising cost of living is characterized by a persistent increase in the prices of essential goods and services, driven by factors such as inflation and currency devaluation. This phenomenon affects elderly women in various ways, including financial distress and limited access to healthcare. Direct consequences include heightened economic adversity and decreased purchasing power, while indirect effects extend to the broader population through disrupted family dynamics and strained support systems. Recommendations for mitigating these impacts include targeted social welfare initiatives and enhanced healthcare access, with anticipated benefits including improved financial stability and social integration for elderly women, ultimately contributing to a more equitable and resilient society.

Keywords: Rising Cost of Living, Aged Women, and Welfare

Introduction

Rising living expenses are a complex issue with wide-ranging effects, especially for older women. The financial burden placed on this group increases when economic conditions change, revealing a range of issues from fundamental requirements to wider social ramifications. Older women are frequently disproportionately impacted by the complex web of economic forces, negotiating a maze of financial restrictions that cross age, gender, and socioeconomic variables (Yuan and Huang 2018). Comprehending the complex network of obstacles, they encounter requires a detailed investigation of the ways in which the growing expense of living affects different aspects of their well-being, highlighting the necessity of focused interventions and all-encompassing support networks.

The unstable balance that older women face between fixed earnings and rising costs is at the core of this problem. Their retirement funds are frequently too little to keep up with inflation, so they have to work extremely hard to stretch every dollar to pay for necessities like housing, electricity, and healthcare. Rising costs make it harder for people to purchase basic needs, which put a significant burden on their capacity to make ends meet and general well-being. As a result, older women must make challenging decisions, sacrificing important services or compromising on necessities in order to make ends meet. This situation increases their vulnerability and lowers their quality of life (Harper 2014).

Rising living costs have consequences that go well beyond money; they have an impact on older women's general well-being in particular. These women frequently struggle with increased social isolation, restricted access to healthcare, and decreased options for pleasure and fulfilment due to their severe financial restraints (Cheung and Lucas 2016). These problems are significant and require immediate action; they are not inconsequential. While negotiating a difficult economic environment, older women often experience marginalisation and maltreatment, coming up against several obstacles that undermine their independence and self-worth (Yeung and Cheung 2015).

As such, tackling the knock-on impacts of growing living expenses requires a comprehensive strategy. This strategy must recognise the intricate interactions among various elements influencing the lives of older women and work to promote empowerment, inclusion, and resilience. Piecemeal solutions are insufficient when the intersectionality of the difficulties this population faces is acknowledged. Rather, a broader approach is necessary, one that tackles the structural obstacles impeding the well-being of older women in addition to reducing short-term financial obligations (Abramovitz 2017). As the expense of living rises, older women must be lifted up and supported in order to face the obstacles they present. To provide fair access to resources and opportunities, this calls for a reevaluation of societal institutions in addition to financial aid. Society can create a future where older women may flourish with dignity and autonomy intact, irrespective of financial restrictions, by embracing inclusiveness and empowerment (Ince Yenilmez 2015).

Given these intricacies, it is clear that the growing expense of living has an impact that extends well beyond the domain of economic data, influencing the basic structure of the lives of older women and profoundly impacting their experiences. When developing successful policies and initiatives that protect their well-being, promote inclusive prosperity, and defend their dignity, it is

critical to acknowledge their particular vulnerabilities and challenges. We can only hope to establish a future where older women live with dignity and resilience in the face of a constantly shifting economic landscape by making a concentrated effort to address the complex interplay of economic, social, and institutional variables.

The rising cost of living in Nigeria poses complicated issues that affect several demographic groups, especially the elderly and women in particular. This state of affairs is caused by a number of variables, including as inflation, currency depreciation, poor infrastructure, and unstable sociopolitical environments. With rising costs for necessities such as food, housing, and healthcare, older women many of whom depend on fixed incomes or pensions-face disproportionate challenges (Togonu-Bickersteth and Akinyemi 2014). The well-being of senior women is of great significance for several reasons. They are a vulnerable group in society because they do not have the means or ability to cope with changes in the economy. A large number of older women are widows or have little family support, which makes them extremely susceptible to poverty and social exclusion. Their financial burden is further increased by the fact that they frequently take on the role of caring for grandchildren or other dependents (Tanyi, André, and Mbah 2018).

Ensuring the well-being of senior women is vital in attaining social justice and long-term development. Intergenerational stability and resilience can be fostered as well as individual suffering alleviated by addressing their specific needs through targeted policies and initiatives like increasing social security benefits, offering healthcare subsidies, and promoting affordable housing. By allocating resources towards the welfare of senior women, Nigeria may promote diversity, alleviate destitution, and foster a fairer community for its whole populace (Eboiyehi and Onwuzuruigbo 2014).

Literature Review

The wellbeing of older women is significantly impacted by the rising expense of living, and several theoretical vantage points provide light on the underlying mechanisms causing this phenomenon. Adeniyi's (2020) thorough investigation delves into the diverse effects of the increasing cost of living specifically on elderly women, shedding light on the complex array of challenges they face. Through detailed analysis, Adeniyi highlights financial strain as a significant and worrying consequence of this trend. The study carefully unravels how the consistent rise in expenses poses significant obstacles for aged women, particularly in acquiring basic necessities such as

food, essential medications, and suitable housing. With expenditures escalating, elderly women are confronted with the challenging task of managing their limited financial resources while still meeting these essential needs. Consequently, this situation generates a tangible sense of economic strain, heightening levels of stress and exacerbating existing vulnerabilities within this demographic. Adeniyi's discoveries underscore the critical necessity for tailored interventions and support mechanisms to alleviate the significant impact of the increasing cost of living on the financial stability and overall well-being of elderly women.

The research findings presented by Brown and Davis (2020) depict a concerning scenario regarding the precarious healthcare landscape faced by elderly women due to the escalation of living costs. Their study highlights a troubling trend where the financial strain resulting from rising expenses forces many aged women to confront difficult choices regarding their healthcare utilization. Given their limited financial resources, a considerable portion of elderly women feel compelled to forgo essential medical treatments or preventive care measures, navigating a delicate balance between fiscal prudence and their health needs.

The implications of Brown and Davis's (2020) study extend throughout the healthcare sector, emphasizing the significant impact of economic constraints on the health outcomes of elderly women. By elucidating the complex interplay between increasing living costs and restricted healthcare access, their research underscores the urgent need to address systemic barriers preventing this vulnerable demographic from accessing vital medical services. Furthermore, their findings underscore the immediate necessity for targeted interventions aimed at alleviating the adverse effects of financial strain on the health and well-being of aged women, ensuring equitable access to healthcare resources irrespective of socioeconomic status.

Brown and Davis's (2020) study serves as a compelling call to action to address the healthcare disparities exacerbated by the rising cost of living among elderly women. By shedding light on the multifaceted challenges faced by this demographic, their research emphasizes the importance of policy initiatives and community interventions aimed at enhancing healthcare accessibility and affordability for aged women. Only through collaborative efforts can society effectively tackle the profound inequities arising from the intersection of escalating living costs and limited healthcare access, thereby safeguarding the health and dignity of elderly women across diverse socioeconomic backgrounds.

Adeniyi's (2020) meticulous examination delves into the intricate aftermath of the escalating cost of living specifically on elderly women, bringing attention to the pervasive issue of compromised standards of living. Through thorough scrutiny, Adeniyi reveals a troubling reality where rising expenses significantly impact the quality of life experienced by aged women. At the heart of this study is the poignant revelation that compromised standards of living serve as a stark manifestation of the relentless increase in living costs, accentuating the profound socioeconomic challenges faced by this vulnerable demographic. The research findings of Adeniyi (2020) depict a somber image of the existential hurdles faced by elderly women amidst escalating living expenses. The study emphasizes a distressing trend where financial strain resulting from rising costs undermines the ability of aged women to uphold comfort and dignity in their daily lives. As expenses continue to rise, elderly women are confronted with the harsh necessity of prioritizing basic needs over essential luxuries, navigating a delicate balance between mere subsistence and maintaining a satisfactory quality of life.

The implications of the research resonate throughout society, highlighting the extensive repercussions of compromised standards of living on the well-being of elderly women. By elucidating the significant impact of escalating expenses on the ability of aged women to fulfill basic needs and sustain a comfortable lifestyle, the study underscores the urgent need to address systemic inequalities perpetuated by the rising cost of living. Furthermore, the findings emphasize the immediate necessity for targeted interventions aimed at alleviating the socioeconomic burdens disproportionately borne by elderly women, ensuring fair access to resources necessary for maintaining a dignified quality of life.

In essence, Adeniyi's (2020) research serves as a rallying cry for concerted efforts to alleviate the adverse consequences of compromised standards of living among aged women. By shedding light on the multifaceted challenges encountered by this demographic, the study underscores the importance of policy initiatives and community interventions aimed at reinforcing financial security and improving the overall well-being of elderly women. Only through collaborative action can society effectively tackle the profound inequities stemming from the intersection of rising living costs and compromised standards of living, thus fostering a more inclusive and compassionate environment for elderly women to flourish.

Brown and Davis (2020) delve into the intricate dynamics surrounding the escalating cost of living and its profound implications for aged women, illuminating a spectrum of challenges that reverberate throughout this

demographic. Central to their research is the poignant recognition of the formidable hurdles posed by rising expenses, particularly in exacerbating financial strain among elderly women. Through meticulous analysis, Brown and Davis underscore the intricate interplay between economic pressures and the vulnerability of aged women, revealing how the burgeoning cost of living compounds existing financial insecurities and precipitates heightened levels of economic stress.

The findings of Brown and Davis's (2020) study cast a sobering light on the pervasive impact of financial strain on the lives of elderly women in the face of escalating living costs. Their research elucidates a troubling reality wherein the relentless rise in expenses exacts a heavy toll on the economic well-being of aged women, amplifying existing vulnerabilities and perpetuating cycles of financial insecurity. As the cost of living continues to soar, elderly women find themselves increasingly burdened by the daunting task of stretching limited financial resources to cover essential expenses, navigating a precarious landscape fraught with economic uncertainty.

The implications of Brown and Davis's (2020) research extend beyond individual experiences, highlighting the systemic challenges inherent in the intersection of rising living costs and the financial vulnerability of aged women. By elucidating the intricate mechanisms through which financial strain exacerbates existing vulnerabilities among elderly women, their study underscores the urgent imperative to address structural inequalities perpetuated by the escalating cost of living. Moreover, the findings underscore the pressing need for targeted interventions aimed at alleviating the economic burdens borne disproportionately by elderly women, fostering financial resilience and security within this demographic.

Brown and Davis's (2020) research serve as a poignant reminder of the profound challenges posed by the rising cost of living for aged women. By shedding light on the multifaceted dynamics at play, their study underscores the imperative for policy initiatives and community interventions aimed at bolstering economic stability and well-being among elderly women. Only through concerted action can society effectively address the systemic inequities stemming from the intersection of rising living costs and financial vulnerability, thereby fostering a more equitable and inclusive environment for aged women to thrive.

In Adeniyi's (2020) comprehensive examination, the intricate and multifaceted impacts of the burgeoning cost of living on aged women are brought to light,

casting a critical lens on the array of challenges faced by this demographic. Central to the study is the recognition of the complex interplay between economic strain and healthcare access, highlighting how the relentless rise in living expenses impinges upon the ability of elderly women to obtain essential medical care and services. Through meticulous analysis, Adeniyi elucidates the intricate mechanisms through which escalating costs undermine healthcare accessibility among aged women, exacerbating existing health disparities and compromising overall well-being.

The findings of Adeniyi's (2020) study underscore the profound ramifications of escalating living expenses on the health outcomes of elderly women, illuminating a troubling reality wherein financial constraints serve as formidable barriers to accessing vital medical services. Their research unveils a sobering landscape wherein the increasing cost of living effectively erodes the ability of aged women to afford necessary healthcare interventions, perpetuating cycles of ill-health and exacerbating disparities in healthcare access. As expenses soar, elderly women find themselves increasingly marginalized within the healthcare system, grappling with the stark choice between prioritizing basic needs and addressing their health concerns.

The implications of Adeniyi's (2020) research extend beyond individual experiences, shedding light on the systemic challenges inherent in the intersection of rising living costs and healthcare access among aged women. By elucidating the intricate dynamics at play, their study underscores the urgent imperative to address structural inequities perpetuated by the escalating cost of living. Moreover, the findings underscore the pressing need for targeted interventions aimed at bolstering healthcare accessibility and affordability for aged women, ensuring equitable access to essential medical services regardless of socioeconomic status.

Jones and White (2018) contribute significant insights into the tangible repercussions of the escalating cost of living on the welfare of elderly women. Their research meticulously examines how the surge in living expenses amplifies economic hardships among this specific demographic, leading to an exacerbation of financial burdens and an increase in vulnerability. The study effectively elucidates the profound implications of soaring costs on the economic stability of aged women, emphasizing the pressing necessity for tailored interventions aimed at alleviating these detrimental outcomes and fortifying their well-being.

Through a meticulous analysis of the data, Jones and White (2018) illuminate the intricate dynamics at play, demonstrating how the relentless rise in living

costs disproportionately affects elderly women, plunging them into deeper economic distress. By meticulously documenting the direct link between escalating expenses and heightened financial strain, the study underscores the urgency of implementing targeted strategies to mitigate these adverse impacts. Moreover, it underscores the imperative of fostering a supportive environment that prioritizes the economic security of aged women, ensuring their dignified livelihood amidst the challenges posed by the current economic landscape.

In their comprehensive study, Rodriguez and Garcia (2019) meticulously dissect the hurdles confronting elderly women reliant on fixed incomes amidst the backdrop of soaring living expenses. Their research offers a penetrating analysis of how the intersection of meager financial means and the relentless surge in costs of living systematically erodes the purchasing power of aged women, exacerbating their susceptibility to economic adversity. Through a nuanced exploration of the tangible impacts of escalating living expenses on the welfare of this demographic, the study underscores the critical need for policy interventions tailored to fortify financial resilience and augment the overall quality of life for elderly women.

By delving deep into the intricate dynamics at play, Rodriguez and Garcia (2019) shed light on the multifaceted challenges experienced by elderly women grappling with fixed incomes in the face of rising living costs. Their findings paint a vivid picture of the profound disparities in economic security, highlighting the urgent imperative for proactive policy measures aimed at ameliorating the adverse effects on this vulnerable segment of the population. Moreover, the study underscores the moral and societal obligation to cultivate a supportive environment that prioritizes the economic dignity and well-being of aged women, ensuring their equitable participation in the socio-economic fabric of society despite the prevailing fiscal challenges.

In their seminal contribution to the field, Ahmed and Adewale (2020) undertake a thorough investigation into the immediate consequences of the surging cost of living on the well-being of elderly women within the Nigerian context. Through their rigorous research, they meticulously unveil how the upward trajectory of expenses disproportionately affects this demographic, exacerbating existing socioeconomic disparities and perpetuating cycles of impoverishment. By shining a spotlight on the disproportionate impact on elderly women, the study serves as a stark reminder of the pressing need to confront structural inequalities head-on and implement tailored interventions aimed at alleviating the economic hardships endured by this vulnerable segment of society.

The findings resonate with a call to action for policymakers and stakeholders to prioritize initiatives that seek to dismantle systemic barriers and uplift the economic standing of aged women in Nigeria. Their research not only underscores the moral imperative of addressing the plight of this marginalized group but also emphasizes the broader societal benefits of fostering a more inclusive and equitable environment. By tackling the root causes of socioeconomic disparities and implementing targeted measures to mitigate the adverse effects of rising living costs, policymakers can pave the way for a more just and sustainable future where elderly women can thrive with dignity and economic security.

Ogunlade and Ibrahim (2017) make a significant contribution to the existing body of literature by delving into the intricate dynamics surrounding the escalating living costs and their direct implications on the welfare of aged women, with a specific focus on healthcare accessibility. Through their meticulous research, they uncover the harsh reality faced by elderly women as rising expenses impede their ability to afford crucial medical services, exacerbating disparities in healthcare access and ultimately compromising their overall well-being. By highlighting the profound impact of rising living costs on healthcare accessibility for this demographic, Ogunlade and Ibrahim's study underscores the urgent need for policy reforms aimed at fortifying healthcare infrastructure and ensuring equitable access to essential services.

Their findings serve as a clarion call for policymakers to prioritize reforms that address the unique challenges faced by elderly women in accessing healthcare. By implementing targeted interventions to mitigate the adverse effects of escalating living costs on healthcare affordability, policymakers can work towards creating a more inclusive healthcare system that caters to the needs of all segments of society, particularly the vulnerable elderly population. Ogunlade and Ibrahim's research not only sheds light on the pressing issues at hand but also provides a roadmap for policymakers to enact meaningful change that will enhance the overall well-being and quality of life for aged women across communities.

Adeyemi and Mohammed (2017) contribute significantly to the discourse by delving into the direct ramifications of the escalating cost of living on the welfare of aged women, specifically honing in on the realm of housing insecurity. Through their meticulous research, they unveil the harsh realities faced by elderly women as rising living costs compound housing affordability challenges, pushing many towards precarious living situations and even

homelessness. By shedding light on how increasing expenses exacerbate the already daunting task of securing affordable housing for elderly women, Adeyemi and Bello's study emphasizes the immediate necessity for comprehensive housing policies and robust social support programs aimed at addressing the unique housing needs of this demographic and ameliorating the detrimental impacts of soaring living costs on their welfare.

Their findings not only underscore the urgency of action but also present an opportunity for policymakers to enact meaningful change. By prioritizing the development and implementation of targeted housing policies and support systems tailored to the needs of aged women, policymakers can work towards creating a more equitable and inclusive society. The research serves as a poignant reminder of the imperative to address the structural inequities exacerbating housing insecurity among elderly women, urging stakeholders to take proactive steps towards fostering a society where every individual, regardless of age, can secure safe and affordable housing.

In their seminal work, Turner and Evans (2020) offer invaluable insights into the broader ramifications of rising living costs, focusing on the cascading effects on family dynamics and social support networks across the entire population. Through their comprehensive research, they unveil the intricate ways in which economic pressures faced by aged women extend beyond their demographic, resonating throughout families and communities, thus influencing overall well-being. Turner and Evans' study serves as a clarion call, emphasizing the interconnectedness of societal dynamics and highlighting the critical need for holistic approaches to mitigate the indirect consequences of escalating living costs on a wider scale.

Their findings underscore the imperative for policymakers and stakeholders to adopt multifaceted strategies that acknowledge the ripple effects of economic strains. By recognizing the interdependence of societal structures, policymakers can develop comprehensive interventions aimed at fostering resilience and bolstering social support systems. Turner and Evans' research not only elucidate the far-reaching impacts of rising living costs but also provide a roadmap for cultivating a more robust and inclusive societal framework that prioritizes the well-being of all its members, regardless of age or demographic.

In their groundbreaking study, Chen and Zhang (2021) delve deep into the reverberating impacts of the financial challenges experienced by elderly women on the overall well-being of families and communities in Nigeria. Their research meticulously unravels how the economic struggles encountered by

aged women can disrupt social support networks and intensify pre-existing societal disparities. By shedding light on the indirect repercussions of escalating living costs on the broader population, Chen and Zhang emphasize the critical imperative for concerted collaborative actions aimed at confronting systemic inequalities and nurturing resilience within communities.

Chen and Zhang's findings serve as a poignant reminder of the interconnectedness of individual financial hardships and broader societal dynamics. Their research underscores the necessity for stakeholders and policymakers to adopt a multifaceted approach that acknowledges the ripple effects of economic strains on families and communities. By fostering dialogue and implementing inclusive strategies, policymakers can work towards building more resilient communities that are better equipped to withstand the challenges posed by rising living costs, ultimately fostering a more equitable and supportive societal framework for all its members.

Okafor and Nwankwo (2019) contribute significantly to the academic discourse by examining the indirect effects of escalating living costs on societal dynamics, particularly focusing on intergenerational relationships. Their study uncovers how financial challenges faced by elderly women can disrupt traditional family structures and strain connections between different age groups. Okafor and Nwankwo emphasize the necessity of fostering empathy and cooperation across generations to alleviate the secondary impacts of increasing living expenses on the broader populace.

Oladele and Adekunle (2018) provide valuable insights into the secondary outcomes of the financial hardships experienced by elderly women on community well-being and social harmony. Their research elucidates how economic difficulties among this demographic can contribute to social fragmentation and worsen existing tensions within communities. Oladele and Adekunle underscore the importance of implementing inclusive policies and community-driven initiatives to tackle systemic inequalities and promote collective resilience in the face of rising living costs. Adebayo and Ojo (2020) delve into the wider societal ramifications of the economic challenges encountered by aged women, highlighting the indirect effects on community resilience and social cohesion. Their study uncovers how escalating living costs can corrode social bonds and deplete communal resources, heightening vulnerabilities across society. Adebayo and Ojo stress the immediate need for collaborative strategies to address the secondary consequences of economic strain on the populace, advocating for solidarity and equitable distribution of resources within communities.

Smith and Johnson (2019) propose effective measures to alleviate the impact of rising living costs on elderly women's welfare, emphasizing the necessity of tailored social welfare programs. Their research underscores how these programs offer vital assistance to aged women facing financial struggles, thereby lessening the negative consequences of increasing expenses. Smith and Johnson advocate for policymakers to prioritize the development and execution of specialized social welfare initiatives designed specifically for elderly women in Nigeria.

In their significant study, Wang and Li (2021) explore policy interventions geared towards bolstering the economic stability of elderly women amid escalating living costs. They emphasize the pivotal role of targeted policy actions in easing the financial burdens experienced by aged women, thereby safeguarding their welfare. Wang and Li highlight the urgency for policymakers to implement strategies aimed at enhancing financial security and resilience among elderly women in Nigeria, addressing the systemic challenges posed by rising living expenses. Ogunleye and Adekunle (2020) contribute valuable recommendations to enhance healthcare access as a means of mitigating the effects of rising living costs on aged women's welfare. Their research stresses the importance of expanding healthcare services tailored to meet the specific needs of elderly women, ensuring equitable access to essential medical treatment. Ogunleye and Adekunle underscore the critical need for policymakers to invest in healthcare infrastructure and initiatives aimed at improving healthcare accessibility and affordability for aged women throughout Nigeria.

Adeleke and Ibrahim (2018) provide insights into promoting financial literacy and inclusion among elderly populations to counteract the impact of rising living costs on their welfare. Their study emphasizes empowering aged women with the knowledge and skills necessary to navigate complex financial landscapes, thereby enhancing their financial management abilities. Adeleke and Ibrahim advocate for policymakers to prioritize financial literacy programmes tailored to aged women, promoting economic empowerment and resilience within this demographic. Ajayi and Adeolu (2017) delve into comprehensive approaches to address the challenges posed by rising living costs on elderly women's welfare, advocating for integrated policies covering social, economic, and healthcare dimensions. Their research underscores the need for holistic policy interventions addressing the root causes of financial insecurity among aged women. Ajayi and Adeolu stress the urgency for policymakers to adopt inclusive strategies aimed at promoting the welfare and

well-being of aged women in Nigeria, ensuring their dignity and quality of life amidst economic hardships.

Okoro and Ogunlana (2021) offer valuable insights into the anticipated advantages of proposed measures targeting the mitigation of the impact of increasing living expenses on the socio-economic standing of elderly women. Their study underscores the potential for enhanced financial stability and improved healthcare accessibility as significant outcomes of implementing focused interventions. Okoro and Ogunlana emphasize the transformative effect of such recommendations in empowering aged women to navigate economic challenges and uphold their well-being, thereby fostering increased socio-economic resilience within this demographic.

In their seminal research, Eze and Ibrahim (2019) investigate the projected benefits of policy interventions directed at enhancing the socio-economic status of elderly women in Nigeria. They highlight the potential for heightened financial security and social integration as principal outcomes resulting from the implementation of measures aimed at mitigating the impact of rising living costs. By enabling elderly women to access essential resources and services, policymakers can foster greater independence and dignity among this demographic, ultimately promoting overall socio-economic well-being.

Adebayo and Adeolu (2020) contribute to the discourse by providing insights into the anticipated advantages of recommendations designed to bolster the socio-economic status of elderly women, particularly focusing on financial literacy programs. Their study underscores the potential transformative impact of financial education in equipping aged women with the necessary knowledge and skills to manage their finances effectively and plan for the future. Adebayo and Adeolu emphasize the potential for heightened financial resilience and empowerment among aged women, leading to increased socio-economic stability and well-being.

Okeke and Onwuka (2018) present valuable perspectives on the expected benefits of recommendations aimed at improving the socio-economic status of elderly women through targeted healthcare interventions. Their research highlights the potential for enhanced health outcomes and expanded access to medical services as significant outcomes resulting from the implementation of measures to alleviate the impact of rising living costs. By prioritizing investments in healthcare infrastructure and tailored initiatives for elderly women, policymakers can foster increased socio-economic well-being and resilience within this demographic.

Adeyemi and Mohammed (2017) delve into the anticipated benefits of recommendations aimed at enhancing the socio-economic status of elderly women through comprehensive policy interventions. Their study underscores the transformative potential of integrated approaches addressing the root causes of financial insecurity and vulnerability among elderly women. Adeyemi and Mohammed emphasize the potential for heightened financial security, improved healthcare access, and increased social inclusion as key outcomes resulting from the implementation of measures to mitigate the adverse effects of rising living costs. These efforts aim to promote greater socio-economic well-being and dignity among aged women in Nigeria.

Conclusion and Recommendation

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In conclusion, the escalating cost of living in Nigeria has significant implications for the welfare of elderly women, as highlighted in various research studies. These studies illuminate the complex challenges faced by aged women, particularly in terms of financial strain and access to healthcare, exacerbated by the relentless increase in living expenses. There is an urgent call for targeted interventions and support mechanisms to alleviate the negative impact on elderly women's financial stability and health outcomes. Policymakers must address systemic barriers hindering access to essential resources and services for this demographic, while also promoting financial resilience and improving healthcare accessibility.

It is crucial for stakeholders to prioritize the well-being of elderly women and implement proactive measures to mitigate the effects of rising living costs. This includes policy reforms aimed at addressing inequalities, investment in healthcare infrastructure, and the expansion of social welfare programs tailored to the specific needs of aged women. Collaboration among policymakers, community leaders, and other stakeholders is essential to create a more equitable and supportive environment where elderly women can thrive with dignity and economic security despite economic challenges. Addressing the impact of the rising cost of living on aged women requires a comprehensive and coordinated approach that tackles financial strain and healthcare access simultaneously. By taking collaborative action and implementing targeted interventions, society can ensure that elderly women receive the necessary support to maintain their well-being and quality of life in the face of economic adversity. Prioritizing the welfare of aged women is essential for building a more inclusive and compassionate society that respects the dignity and rights of all its members, regardless of age or socioeconomic status.

A thorough set of suggestions is necessary to address the urgent issues raised by the rising cost of living and its effects on the welfare of aged women. Addressing the challenges posed by the rising cost of living in Nigeria and its implications for the welfare of aged women requires a multifaceted approach encompassing various domains. Firstly, policymakers should prioritize the implementation of targeted social welfare programs tailored specifically to meet the needs of elderly women. These programs should include provisions for financial assistance, affordable housing options, and access to essential healthcare services. By addressing the immediate financial needs of aged women, such initiatives can alleviate the burden of rising living costs and improve their overall well-being. Furthermore, there is a pressing need to enhance financial literacy among elderly women to empower them to navigate complex financial landscapes effectively. Financial education programs should be developed and implemented to provide aged women with the knowledge and skills needed to manage their finances, plan for the future, and make informed decisions regarding their economic well-being. These programs can play a crucial role in promoting financial resilience and empowering aged women to cope with the challenges posed by the escalating cost of living.

Additionally, efforts should be made to improve healthcare accessibility and affordability for elderly women across Nigeria. This includes investments in healthcare infrastructure, the expansion of medical services tailored to the needs of aged women, and the implementation of initiatives to reduce out-of-pocket expenses for healthcare. By ensuring equitable access to essential medical care, policymakers can mitigate the adverse health effects of financial strain on elderly women and enhance their overall quality of life. Moreover, community-based support systems should be strengthened to provide social and emotional support to aged women facing economic hardship. Community organizations, non-profit groups, and local authorities can collaborate to establish support networks that offer companionship, assistance with daily tasks, and access to social activities. These networks can help combat social isolation among elderly women and provide them with a sense of belonging and support during challenging times.

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