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*Artículos Científicos*

**Diagnóstico de sostenimiento económico de adultos  
mayores en Zacatecas, México, como derecho humano  
fundamental**

*Diagnosis of economic support for older adults in Zacatecas, Mexico, such  
as Fundamental Human Right*

*Diagnóstico de apoio econômico de idosos em Zacatecas, México, como um  
direito humano fundamental*

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## Resumen

Las personas adultas mayores actualmente en México representan 12.3 % del total de la población. La tendencia de crecimiento en este grupo poblacional —según el Instituto Nacional de Estadística, Geografía e Informática— indica que para el año 2050 el país tendrá entre 25 % y 29 % de adultos mayores, los cuales representarán alrededor de 33 millones de mexicanos. En este contexto, la presente investigación tiene como objetivo central conocer la situación económica actual de los adultos mayores en Zacatecas en comparación con el promedio nacional, para lo cual se ha tomado como base el nivel socioeconómico que establece la Asociación Mexicana de Agencias de Inteligencia de Mercado y Opinión. De esta manera, se podrán también conocer los programas públicos que se encargan de atender a las personas adultas mayores. El enfoque de esta indagación es de carácter cuantitativo y de tipo investigativo explicativo a través de un contexto observacional y prospectivo, de manera transversal. En total, participaron 2566 adultos mayores de 65 años de edad residentes en diferentes municipios del estado de Zacatecas.

Dentro de los principales hallazgos, se determinó que en el año 2018 36.7 % de las personas adultas mayores gozaban de una pensión o jubilación; el resto dependía de su propio trabajo o de algún soporte familiar y/o gubernamental. Asimismo, la mayor cantidad de apoyos que solicitan a instancias gubernamentales tienen que ver con el aspecto económico (1408 personas del total encuestado). Además, la mayoría (95.4 %) se ubica dentro de los indicadores E, D y D+ del nivel socioeconómico establecido por la Asociación Mexicana de Agencias de Inteligencia de Mercado y Opinión. Los sectores agrícola y comercial son las áreas de trabajo en donde mayormente se desempeñan las personas adultas mayores en Zacatecas. Igualmente, 1215 encuestados afirmaron que requerían apoyo emocional y se encontró que más de dos terceras partes de las personas adultas mayores no cuentan con ingresos por pensión y/o jubilación, situación que los obliga a depender de la ayuda que familiares y/o estancias gubernamentales les proporcionan. A pesar de su edad, han tenido que desarrollar trabajos pesados en algunos casos. Es necesario, por tanto, mirar hacia el futuro y diseñar políticas públicas para que este grupo social, que se encuentra en crecimiento, pueda tener una estabilidad económica, física y emocional de acuerdo con las condiciones propias de su edad.



**Palabras clave:** autosostenimiento económico, derechos humanos, personas adultas mayores, políticas públicas.

## Abstract

Older adults currently in Mexico represent 12.3% of the total population. The growth trend in this population group according to the National Institute of Statistics, Geography and Informatics, indicates that by 2050, the country will have between 25 and 29% of older adults, which will represent around 33 million Mexicans. The main objective of this research is to know the economic situation of older adults in Zacatecas, compared to the national average based on the Socioeconomic Level established by the Mexican Association of Market Intelligence and Opinion Agencies. In this way, it will also be possible to know the public programs that are available for the benefit of older adults and the origin of their economic income. This research was carried out through a quantitative approach, of an explanatory investigative type through an observational and prospective context, in a cross-sectional way, having been measured on a single occasion during November and December 2018 to 2,566 adults over 65 years of age, residents in different municipalities of the state of Zacatecas.

Among the main findings, it was determined that, in 2018, 36.7% of older adults enjoyed a pension or retirement, the rest depended on their own work, or on family and / or government support. The greatest amount of support requested from government agencies refers to the economic aspect, being in this case 1408 of the total surveyed. The great part is located within the indicators E, D and D + of the socioeconomic level established by the Mexican Association of Intelligence and Market Intelligence Agencies (95.4%). The agricultural and commercial sectors are the work areas where older adults mostly work in Zacatecas. One thousand two hundred and fifteen respondents stated that they require emotional support and it was found that more than two-thirds of the elderly do not have income from pension and / or retirement, a situation that forces them to depend on the help that relatives and / or government stays provide them. Despite their age, they have been forced to perform heavy work in some cases. It is necessary to look to the future and design public policies that allow this growing social group to allow economic, physical and emotional stability according to the conditions of their age.



**Keywords:** Economic self-sustainability, Human Rights, Elderly People, Public Policies.

## Resumo

Os idosos atualmente no México representam 12,3% da população total. A tendência de crescimento desse grupo populacional - segundo o Instituto Nacional de Estatística, Geografia e Informática - indica que até 2050 o país terá entre 25% e 29% de idosos, o que representará cerca de 33 milhões de mexicanos. Neste contexto, o objetivo principal desta pesquisa é conhecer a situação econômica atual dos idosos de Zacatecas em comparação com a média nacional, para a qual se baseou o nível socioeconômico estabelecido pela Associação Mexicana de Agências de Inteligência. Mercado e opinião. Dessa forma, também será possível conhecer os programas públicos responsáveis pelo atendimento ao idoso. O enfoque desta investigação é quantitativo e de natureza investigativa explicativa através de um contexto observacional e prospectivo, de forma transversal. No total, participaram 2.566 adultos com mais de 65 anos, residentes em diferentes municípios do estado de Zacatecas.

Dentre os principais achados, constatou-se que em 2018 36,7% dos idosos usufruíam de pensão ou aposentadoria; o restante dependia do próprio trabalho ou de algum apoio familiar e / ou governamental. Da mesma forma, o maior apoio que solicitam aos órgãos governamentais tem a ver com o aspecto econômico (1.408 pessoas do total pesquisado). Além disso, a maioria (95,4%) se enquadra nos indicadores E, D e D + de nível socioeconômico estabelecidos pela Associação Mexicana de Inteligência de Mercado e Agências de Opinião. Os setores agrícola e comercial são as áreas de trabalho onde os idosos trabalham principalmente em Zacatecas. Da mesma forma, 1.215 entrevistados afirmaram necessitar de apoio emocional e verificou-se que mais de dois terços dos idosos não possuem renda de pensão e / ou aposentadoria, situação que os obriga a depender da ajuda de familiares e / ou governo fornecê-los. Apesar da idade, eles tiveram que realizar trabalhos pesados em alguns casos. Portanto, é necessário olhar para o futuro e desenhar políticas públicas para que esse crescente grupo social tenha estabilidade econômica, física e emocional de acordo com as condições de sua idade.

**Palavras-chave:** autossustento econômico, direitos humanos, idosos, políticas públicas.

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## Introduction

Globalization and economic development have generated social structural changes in the main economies of the world. People increasingly seek to have more professional, academic and economic development, which has caused that in certain societies there are fewer children and young people, so it is likely that economic and social development will be affected in the coming years. This is the trend, for example, in some nations of Europe, Asia and North America, where the costs for the maintenance and support of the elderly population have increased.

At present, according to the 2018 National Survey of Demographic Dynamics of the National Institute of Statistics and Geography (Inegi), in Mexico there are 15.4 million people aged 60 years or more (older adults, hereinafter PAM), of the of which 1.7 million live alone. In fact, four out of every ten people aged 60 or over who live alone (41.4%) are economically active, and seven out of ten (69.4%) who live alone have some type of disability or limitation (Inegi, 2019 p. 1 ).

This social group represents 12.3% of the total population in Mexico, and it is envisioned that by the year 2050 the country will have between 25% and 29% of older adults, which will be around 33 million Mexicans. The needs of this social group increase as they demand more medical care and drugs, as well as social assistance, which raises the budgets that governments at the three levels (federal, state and municipal) must consider for the maintenance of health and health. general well-being.

Now, considering that the life expectancy of the average Mexican (currently 74 years) and that the resources for retirement or pension in Mexico are insufficient to cover the needs of that age group, the country's older adults should seek support in other economic sources (family or government, mainly) to guarantee their support.

For this reason, the central objective of this research was to determine the economic situation of the elderly in Zacatecas, for which a comparison with the national average has been established based on the socioeconomic level (SES) established by the Mexican Association of Market Intelligence and Opinion Agencies (AMAI). In this way it is also expected to know:



- Public programs that are available for the benefit of the elderly and;
- The origin of your economic income.

In this regard, it is considered that the search for alternatives from a vision of the future to the problem of the increase in the population of more than 60 years will help to propose alternatives to solve the economic burden, both individual and public spending of the government of Mexico.

According to the National Human Rights Commission (CNDH), human rights are “inherent to all human beings, without any distinction of nationality, place of residence, sex, national or ethnic origin, color, religion, language, or whatever other condition ”(CNDH, 2018, para. 2). These principles, therefore, apply to anyone in the world, regardless of age.

In the international context, the care and attention of the elderly starts as a premise of the United Nations (UN), through resolution 46/91, where the following is established:

- **Independence:** Access to water, food, decent housing, employment, educational activities, among others.
- **Participation:** In organizations and associations that promote the general well-being of PAMs.
- **Self-realization:** To have opportunities for economic, educational, artistic and cultural development.
- **Dignity:** Free from violence, exploitation and physical abuse (ONU, 2000).

On this topic, Isolina Davove (2016) considers that the rights of the elderly can be interpreted and applied following the evaluative criterion of the principle of beneficence (benefit or at least not harm), that of autonomy (respect for the decisions of the elderly subject) and the principle of justice (which requires equal treatment of equals, but unequal treatment of unequals).

The human rights of the PAMs are protected by the aforementioned bodies, and are also embodied in the Political Constitution of the United Mexican States (CPEUM), as well as in various international treaties to which Mexico is a party. In fact, the Law on the Rights of Older Adults defines them in article 3 as "those who are sixty years of age or over and are domiciled or in transit in the national territory." The prospective analysis of the 60-year-old population - henceforth published by the then Ministry of Social Development (Sedesol, now the Ministry of Welfare) - in 2017 indicated that in the group of women aged 60 years and

over it represented 9.6% in 2015, being 10.9% for men of that age. Likewise, the population projection for 2030 indicates that this age group will represent 13.7% in women and 15.6% in men (Ministry of Social Development (Sedesol), 2017).

For its part, the National Population Council (Conapo), in a study published in 2018, projects that the total PAM in Mexico for the next few decades will increase, as shown in table 1:

**Tabla 1.** Estimado de población total vs. población de PAM

<b>Año</b>	<b>Población total</b>	<b>PAM total</b>	<b>% PAM México</b>
<b>2030</b>	138 070 271	20 499 938	14.84
<b>2040</b>	144 940 511	27 074 324	18.67
<b>2040</b>	148 209 594	33 362 705	22.51

Fuente: Elaboración propia con información de Conapo (2019a; 2019b)

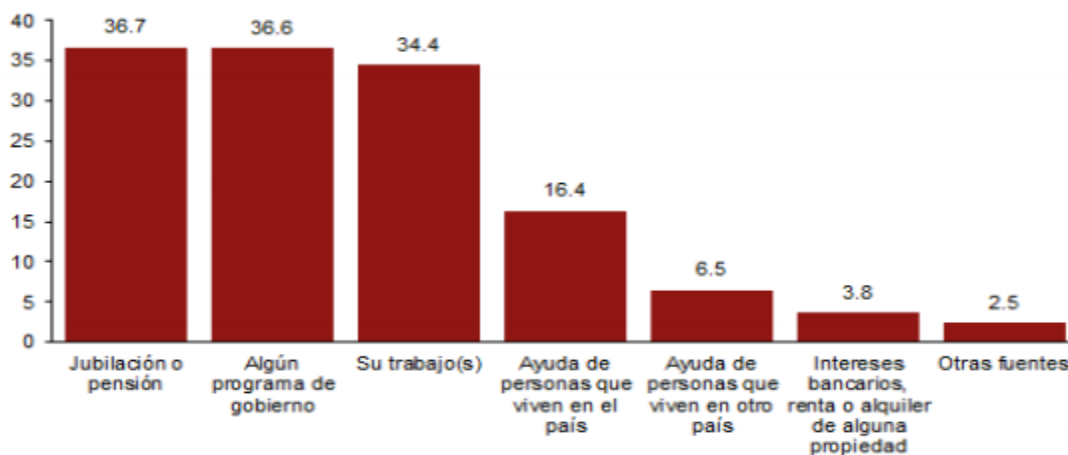
According to the Global Age Watch 2015 index from HelpAge International, in that year the world's PAMs were 901 million, representing 12.3%. However, the outlook for 2030 indicates that there will be 1402 million within the age group, and by 2050 it will be 2092 million, which will constitute almost a quarter of the world's population. In America, countries such as Brazil, Uruguay, Colombia, the United States and Mexico will have between 25% and 29% of their inhabitants in these conditions according to the forecast, while Canada, Chile, China and several European countries will have more than 30% ( HelpAge International, 2015).

In Mexico, the pension system is regulated by the Social Security Law (LIMSS), which considers the contributions of workers, employers and the federal government in the individual accounts that are owned by them. In this way, each account will accumulate throughout the productive life of the worker the economic resources that they will have to obtain when they retire. According to the International Federation of Pension Fund Administrators (FIAP) (2018), “for a typical worker of the AFORE Generation, with a salary of \$ 8,000 per month, the daily contribution that his individual account receives is \$ 27.7, of which, \$ 3.2 is provided by him, \$ 14.4 by his employer and \$ 10.1 by the Federal Government, including the social fee ”(para. 3). It is important to mention that this system came into force in 1997 for those who contribute to the Mexican Institute of Social Security (IMSS), and in 2007 for public employees who contribute to the Institute of Social Security and Services for State Workers (ISSSTE).

According to the National Survey of Household Income and Expenditure (ENIGH) of Inegi (2016), of people with at least 65 years of age, only 2.9 million (31%) had income from pension and / or retirement, including to the main national security institutes (IMSS, ISSSTE, Petróleos Mexicanos, etc.). In this sense, ENIGH 2016 also indicated that the average monthly contributory pension amounts to \$ 5128 for women and \$ 6602 for men, which represents for a third of this age group their only source of income.

Dabove (2016), from an economic perspective, considers that multigenerational aging unfolds simultaneously as a process of progressive dependency. The economic security of PAMs can be defined according to Madrigal (2010) as “the ability to independently dispose and use a certain amount of regular economic resources and in sufficient amounts to ensure a good quality of life” (p. 119 ). The way in which PAMs generate income for their economic support is varied and depends on the activities they carried out in their productive years, such as the case of pensions or retirements shown in figure 1:

**Figura 1.** Distribución porcentual de la población de 60 años o más que vive sola según fuente de ingresos 2018



Fuente: Inegi (2019, p. 4)

Social assistance programs aim to reduce poverty, marginalization and vulnerability of people (Gedomex, 2020). It can then be considered that the social assistance programs for PAM are those that can generate alternative governmental solutions to this age group from different perspectives: economic, medical and / or social. In Mexico there are institutions with programs and services to address the problem of PAM, as is the case of the National



Institute for Older Adults (Inapam), which is in charge of solving various problems through programs such as the following:

- ***Pension for the elderly.*** Bimonthly financial support of \$ 1160 to those who do not receive retirement and / or pension income.
- ***Inapam card.*** It helps to obtain discounts and preferences in food, legal advice and services, education, recreation, culture and sports, health, transportation, clothing and home.
- ***Productive linkage program for PAM.*** Seeks job reintegration according to the capacities of the PAM.
- ***Training for work and occupation of free time.*** It promotes learning and development in the production of articles for self-consumption or small-scale production. The areas are painting, engraving, jewelry, sculpture, embroidery and computation (Inapam, 2020).

The Institute for Security and Services for State Workers (ISSSTE) has the Day Homes program for the Elderly, in order to provide specialized services in psychology, social work, nursing, as well as recreational and cultural activities. On the other hand, the National System for Integral Development for the Family (DIF), in their respective budgets and framework of action at the three levels of government, offer support to PAMs (e.g., home care, home health care , pantries and gerontological centers).

At the international level, success stories are identified that promote the personal and economic development of PAMs that could well be adapted to the national context, among these the following stand out:

- ***Grundvig project.*** In the beginning, it was intended that this sector consider entrepreneurship as an alternative to get money into the European Union.
- ***Female Project.*** It focuses on older women by offering them education and training to undertake with the support of the European Union.
- ***Biiugi Project.*** It uses new technologies by offering web support so that elderly entrepreneurs can have direct access to entrepreneurs who can guide them.
- ***Prime Project.*** Developed in Great Britain, it offers financial aid for projects for adults over 50 who are in poverty or unemployed, as well as providing them with education.

- **Tiow Project.** Driven in Canada, it offers services to improve the entrepreneurial skills of older adults.
- **Neis Project.** Present in Australia since 2006, it helps PAM start up by providing a mentor. In that country, there is the civil association Creativity Australia, which encourages the participation of more than 3,000 adults over 55 years of age in musical choirs to raise corporate funds (Padilla, López, Aguilar, Lozano y Morales, 2017).

The Mexican Association of Market Intelligence and Opinion Agencies (AMAI) developed the index of socioeconomic levels (NSE) as a rule based on a statistical model that classifies Mexican households according to the ability to satisfy the needs of those who inhabit them. through six large "dimensions": human capital, practical infrastructure, connectivity and entertainment, health infrastructure, basic infrastructure and space, which define the level of quality of life in these homes.

The 2018 NSE rule, on which this research is based, considers six main characteristics within households: level of education of the head of the household, number of bedrooms, number of complete bathrooms, number of employed persons of equal or greater to 14 years, available cars, and Internet possession (Mexican Association of Intelligence and Opinion Agencies (Amai), 2018). In this way, the categories according to the 2018 AMAI survey were defined as summarized in table 2:

**Tabla 2.** Categorías índice AMAI

<b>Indicador</b>	<b>A/B</b>	<b>C+</b>	<b>C</b>	<b>C-</b>	<b>D+</b>	<b>D-</b>	<b>E</b>
Cuentan con al menos un vehículo para su transporte	100 %	87 %	---	---	---	---	---
Estudios de grado y posgrado	82 %	---	---	---	---	---	---
Niveles superiores a primaria	---	---	83 %	74 %	---	---	---
Niveles educativos hasta	---	---	---	---	62 %	56 %	95 %
Internet fijo en vivienda	98 %	93 %	77 %	52 %	22 %	4 %	0.2 %
Inversión de sus ingresos en educación	10 %	---	7 %	---	7 %	---	---
Total de gastos vs. ingresos en alimentación	28 %	32 %	35 %	38 %	42 %	46 %	52 %
Gasto total de comunicaciones y transportes	---	28 %	---	24 %	---	16 %	11 %

Fuente: Elaboración propia con información de AMAI (2018)

It is important to mention that for this research, the comparisons carried out regrouped the categories of the AMAI index into two large categories:

1. A/B, C, C+ y;
2. D+, D-, E.

## Materials and methods

This research was carried out through a quantitative approach, of an explanatory research type through an observational and prospective context, since the data was collected based on a survey (primary data). It is transversal because it was measured on a single occasion between the months of November and December of the year 2018.

The sample was obtained in different municipalities in the state of Zacatecas and was applied to 2,566 PAMs over 65 years of age, who were previously selected in face-to-face interviews according to the research file described in Table 3:

**Tabla 3.** Muestra de investigación

Características	Aspectos de las encuestas
Universo	Personas mayores de 65 años en el estado de Zacatecas (México)
Ámbito de estudio	Regiones consideradas por la CEDHEZ
Unidad de análisis	Personas mayores de 65 años
Método de recolección de información	Encuestas personales
Muestreo	Entrevista cara a cara a las PAM seleccionadas
Tamaño de la muestra	2566 personas
Margen de error de la muestra	5 % a nivel global con una confianza de 95 % $p = q = 0.5$
Fecha de aplicación	Noviembre y diciembre de 2018

Fuente: Elaboración propia

The instrument applied consisted of 77 questions. Among these, information was requested on the municipality, locality, gender, marital status, with whom he lives, economic dependents, among others. In addition, five questions focused on migration history, nine on socioeconomic status, ten on occupation and income, one on medical services, four on social assistance, two on disability, two on caring for the elderly. Likewise, five on hygiene, as well as on the fear and mood of the interviewee. The rest of the questions (25) were applied on a Likert scale (family support, mistreatment, abuse, dependence and feeding, through the options 1 = never, 2 = almost never, 3 = almost always and 4 = always).

This work was carried out using a Pearson chi (chi) square analysis to find out if there was a statistically significant relationship between the study variables, where 171 crossovers of variables were obtained. For each pair of them, the hypotheses shown below were raised:

$H_0$  = There is no relationship between the level of the AMAI index and living in a rural population.

$H_1$  = The level of the AMAI index is related to living in a rural population.

In 34 crossings of variables there is no statistically significant evidence, the rest (137) - out of a total of 171 - relate the variables rural, urban, age of the interviewees, gender, marital status, whether they emigrated at some point in their life, If you still have financial dependents, work, if you were fearful when answering, appearance and AMAI index. For this reason, the context is considered to be highly related, as well as the Pearson chi-square test, as shown in Table 4:

**Tabla 4.** Tabla de prueba de Ji o chi cuadrado de Pearson

	Rural	Urbano	Edad (en años)	Sexo	Estado Civil	Tiene dependientes	¿Alguna vez emigró	¿Tiene pensión del	¿Actualmente está	¿Trabajó en la semana	¿Cuenta con pensión o	¿Cuenta con apoyo	¿Alguien cuida de usted	¿Temeroso al contestar?	¿El espacio se ve	¿El AM se observa	¿Estado de ánimo del	Índice AMAI
Rural	1																	
Urbano	.0 00	1																
Edad (en años cumplidos)	.3 47	.3 47	1															
Sexo	.0 00	.0 00	.00 5	1														
Estado civil	.0 04	.0 04	.00 0	.0 0	1													
Tiene dependientes económicos	.1 82	.1 82	.00 1	.0 0	.0 0	1												
¿Alguna vez emigró fuera de Zacatecas?	.0 00	.0 00	.44 9	.0 0	.0 0	.0 0	1											
¿Tiene pensión del extranjero?	.0 00	.0 00	.16 1	.0 0	.0 3	.0 8	.0 1	1										
¿Actualmente está trabajando?	.0 00	.0 00	.00 0	.0 0	.0 0	.0 0	.0 0	.0 4	1									
¿Trabajó en la semana anterior a esta encuesta?	.0 11	.0 11	.00 0	.0 0	.0 0	.0 0	.0 2	.0 7	.0 0	1								
¿Cuenta con pensión o jubilación?	.0 35	.0 35	.54 5	.0 0	.0 8	.0 0	.0 0	.0 0	.0 3	.0 9	1							
¿Cuenta con apoyo familiar?	.2 65	.2 65	.00 0	.0 0	.0 0	.0 0	.0 0	.0 0	.0 0	.0 0	.0 0	1						



E, D and D + indicators, a situation that shows the conditions of low income and economic dependence:

**Tabla 5.** Categoría del índice AMAI

		Frecuencia	Porcentaje	Porcentaje válido	Porcentaje acumulado
Válido	E, D, D+	2448	95.4	95.4	95.4
	A/B, C, C+	118	4.6	4.6	100.0
	<b>Total</b>	<b>2566</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

Fuente: Elaboración propia

At the national level, according to the 2018 study by the NSE in Mexican households, levels E, D and D + totaled 52% in the general population. In this sense, and based on the same study, Zacatecas ranked 17th at the national level, where these three categories represented 53%, which is consistent with the field study carried out.

Regarding the most requested supports, the 70 y Más Program (pensions for the elderly) is the most used by the age group, which benefits 1,222 older adults, followed by the federal Sedesol assistance program (354 PAM) in 2018. The Inapam supports 72 PAMs located at level E, D, D + (88.9%), contracting with 9 located at C, C +. It is observed that the DIF and state Sedesol are the institutions with the least participation in collaboration options for the age group. It is notable that the beneficiaries of the program, in general, are a significant majority within the E, D, D + parameters of the NSE as shown in table 6:

**Tabla 6.** Tabla cruzada de asistencia social \* índice AMAI

<b>Programa</b>		<b>E, D, D+</b>	<b>C, C+</b>	<b>TOTAL</b>		
¿Cuenta con asistencia social? <sup>a</sup>	INAPAM	Recuento	72	9	<b>81</b>	
		% dentro de \$AsistSocial	88.9 %	11.1 %		
	DIF	Recuento	57	0	<b>57</b>	
		% dentro de \$AsistSocial	100 %	0.0 %		
	Prospera	Recuento	153	1	<b>154</b>	
		% dentro de \$AsistSocial	99.4 %	0.6 %		
	Sedesol federal	Recuento	354	1	<b>355</b>	
		% dentro de \$AsistSocial	99.7 %	0.3 %		
	Sedesol estatal	Recuento	51	1	<b>52</b>	
		% dentro de \$AsistSocial	98.1%	1.9%		
	70 y más	Recuento	1211	11	<b>1222</b>	
		% dentro de \$AsistSocial	99.1%	0.9%		
	<b>Total</b>		<b>Recuento</b>	<b>1445</b>	<b>21</b>	<b>1466</b>

Fuente: Elaboración propia

\* Los porcentajes y los totales se basan en los encuestados.

Regarding the type of support that the PAMs request according to the instance, Table 7 indicates that 1408 out of 1457 who responded positively to the interview requested financial support, of which 1390 (99.7%) were located in categories E, D, D+. The difference with other types of support is notable, since in the case of the food type, only 73 required assistance in this section. Construction material and "other types of support" added 15 people assisted, with a large majority in the sectors E, D, D+.



**Tabla 7.** Tabla cruzada de apoyo \* índice AMAI

Categoría índice AMAI				E, D, D+	C, C+	Total
¿Recibe apoyo por ser adulto mayor? <sup>a</sup>	Económico	Recuento		1390	181	<b>1408</b>
		% dentro de \$Apoyo		99.7 %	1.3 %	
	Alimentario	Recuento		72	1	<b>73</b>
		% dentro de \$Apoyo		98.6 %	1.4 %	
	Material de construcción	Recuento		8	0	<b>8</b>
		% dentro de \$Apoyo		100 %	0.0 %	
	Otro tipo de apoyo	Recuento		6	1	<b>7</b>
		% dentro de \$Apoyo		85.8 %	14.3 %	
<b>Total</b>		<b>Recuento</b>		<b>1,437</b>	<b>20</b>	<b>1457</b>

Fuente: Elaboración propia

**Tabla 8.** Tabla cruzada de trabajo \* índice AMAI

				Total		
				E, D, D+	C, C+, A/B	Total
¿Tipo de trabajo realizado? <sup>a</sup>	Tipo de trabajo realizado: Comercial	Recuento		205	12	<b>217</b>
		% dentro de \$Trabajo		94.5 %	5.5 %	
	Tipo de trabajo realizado: Agrícola	Recuento		266	5	<b>271</b>
		% dentro de \$Trabajo		98.1 %	1.9 %	
	Tipo de trabajo realizado: Artesanal	Recuento		22	0	<b>22</b>
		% dentro de \$Trabajo		100 %	0.0 %	
	Tipo de trabajo realizado: Obrero	Recuento		64	4	<b>68</b>
		% dentro de \$Trabajo		94.1 %	5.9 %	
	Tipo de trabajo realizado: Comercio ambulante	Recuento		71	2	<b>73</b>
		% dentro de \$Trabajo		97.2 %	2.8 %	
	Tipo de trabajo realizado: Servicio doméstico	Recuento		47	0	<b>47</b>
		% dentro de \$Trabajo		100.0 %	0.0 %	
	Tipo de trabajo realizado: Vigilancia	Recuento		25	0	<b>25</b>
		% dentro de \$Trabajo		100.0 %	0.0 %	

	Tipo de trabajo realizado: Otra	Recuento	62	20	<b>82</b>
		% dentro de \$Trabajo	75.6 %	24.4 %	
<b>Total</b>		<b>Recuento</b>	<b>739</b>	<b>41</b>	<b>780</b>

Fuente: Elaboración propia

\*Los porcentajes y los totales se basan en los encuestados.

Regarding their employment situation, Table 8 indicates that 780 interviewees indicated that they still carry out some type of work for their financial support. The agricultural sector is the one with the highest participation with 271 people, of which 266 (98.1%) were located at levels E, D, D + of the NSE. Commerce (formal) is the second with the most participation, where 217 PAMs carry out activities to generate their personal income, and 205 (94.5%) belong to levels E, D, D +. With less participation, there are other tasks, such as itinerant commerce (73 PAM), laborers (68), domestic work (47), other unspecified activities (82) and artisans 22, which together represent 40% of the PAM that They go out to work despite their age (317 in total). Coincidentally, as can be shown in table 8, in all these sectors each economic activity places those who work as a majority within levels E, D, D + of the NSE. This shows that the work they still do and the financial support received are insufficient to get out of the precarious situation in which they find themselves.

**Tabla 9.** Tabla cruzada de tipo apoyo \* índice AMAI

		<b>Total</b>			
		<b>E, D, D+</b>	<b>C, C+, A/B</b>	<b>TOTAL</b>	
¿Tipo de apoyo recibido? <sup>a</sup>	¿De qué tipo? Material	Recuento	341	15	<b>356</b>
		% dentro de \$TipoApoyo	95.8 %	4.2 %	
	¿De qué tipo? Económico	Recuento	1471	31	<b>1502</b>
		% dentro de \$TipoApoyo	97.9 %	2.1 %	
	¿De qué tipo? Emocional	Recuento	1165	50	<b>1215</b>
		% dentro de \$TipoApoyo	95.9 %	4.1 %	
	¿De qué tipo? Asistencial	Recuento	581	31	<b>612</b>
		% dentro de \$TipoApoyo	94.9 %	5.1 %	
<b>Total</b>		<b>Recuento</b>	<b>1823</b>	<b>66</b>	<b>1889</b>

Fuente: Elaboración propia

\*Los porcentajes y los totales se basan en los encuestados.

When asking about financial, material and social support, 1,889 of those surveyed affirmed that they received at least one of those mentioned. Coincidentally with Table 9, the economic support stands out, as it was received by 1502 PAM. Within their context, emotional support is important for their conditions, as they 1215 possess some type of these. Due to their physical limitations, almost a third (612 MAP) require some kind of help to carry out their basic activities. Finally, and in accordance with table 8, material support turns out to be the least requested (356 interviewees). In all sectors, it is observed that more than 94% in each item are located within levels E, D, D + of the NSE.

## Discussion

The present study starts from the need to know the economic situation of the PAM as one of the fundamental human rights of individuals. The general economic situation of the country, as well as the low levels of education, salaries and retirement schemes have an impact on the economic future of people, who find themselves in the need to resort to work alternatives or family or external supports that allow them to solve their needs basic.

Likewise, and as reported by Inegi (2019), less than 37% of PAMs receive a pension, which is insufficient to meet their needs. The rest cope with their requirements with some type of family and / or government support.

The public policies of the federal government, followed by the states and municipalities, should be directed to the design of strategies that allow solving the problems of this age group. For this, the population increase of the sector and the scarcity of income generated by the natural decrease of the economically active population must be considered.

Finally, it should be noted that this study considered only the state of Zacatecas, for which the municipalities or regions with the highest population density were taken as a priority. In this sense, a relationship was found between the general trends reported by AMAI's NSE 2018 for the specific case of PAMs, so this research constitutes a basis for proposing the development of proposals in the design of appropriate public policies to address the economic situation of this age group.



## Conclusions

Of the 2,566 PAMs interviewed, 780 (30.39%) were working until the time the surveys were conducted in Zacatecas, which coincides with the results of the Inegi National Occupation and Employment Survey 2018, an institution that reported that 34.4% on that date of the PAMs lived off their work. Likewise, it is worth noting that a little more than a third live on their retirement or pension, a situation that indicates that the rest of the elderly depend directly on their work or on the help of third parties, mainly family members or various government support.

In summary, it can be affirmed that the public policy implemented in Mexico, as well as the low educational levels of the population, lead to limited compliance with the economic self-support of the PAM as a fundamental human right in daily life. Therefore, work should be done on the search for public policies that improve these conditions from the perspective of the three levels of government. That is, a general well-being must be ensured that guarantees a calm, safe, stable and dignified life for those who are part of that age group.

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