

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

As a natural phenomenon of human life cycle, people enter to an old age. While entering to this age, the socio-economic status as well as other characteristics changes are occurred and various supports are required. Old age is an inevitable part of human life and at this stage; one has to live being dependent on family, relatives and neighbours. Old age with the human being is itself an introductory.

“Life is becoming less like a short sprint and more like a marathon”.

This is the statement by Secretary General United Nations, Kofi Annan, that he made at the function of declaring the UN International year of older persons (INOP), 1999 on 1st Oct. 1999. The statement indicates that life expectancy of human being has increased unlike the past. The analysis of human civilization shows that such an increment in life expectancy is found concentrated especially over the last 200 yrs. Besides, the last half of the 20th century has also brought a new trend in demography and that is population ageing. Now, the tempo of ageing is really fast and widespread. Its consequences do not appear lesser fearful to several other global hazards such a proliferation of nuclear, biological and chemical weapons; world wars and regional wars based on ethnic rivalry, high-tech. Terrorism, AIDS and other fatal diseases, extreme climate change and economic and financial after shocks etc. So, envisaging the urgent need to study ageing issues this study is an attempt on the theme.

Physical condition, thinking, stress bearing capacity, confidences upon independence are slowly degraded by falling to an old age. This is the time

when people remain. In need of much medical care, living in less tensioned, support in the day to day life and well backed up.

A large number of older populations are found having both economically and socially productive roles in all countries. Basically in developing countries the old age in most cases is the best productive period. As the people during their younger age, pass their life only gaining sources that is required for their daily necessities, old age is to have the result of those hard workings. Moreover, old aged people are only the means to transform cultural and spiritual values of society. Younger generation of the society can be benefited a lot with the exchange of experiences, learning, knowledge etc which the old people have learnt during their whole life.

Demographic challenges of family care of the elderly is a two sided coin. On one side, are the new demands created by an older and more heterogeneous population of elders. On the other side is the changed capacity of the family to give care. Its lower capacity stems in part from its smaller size (related to both to lower birth rate and changed living arrangements) and in part from the attractions of paid jobs outside homes (UNFPA, 1982).

Growing challenges of elderly population have introduced various programs and policies at the governmental and non-governmental policies have been set more or less common set of issues in meeting the needs of the old aged people. Most programs can be grouped under are of the four major headings: economic matters such as employment, retirement and income maintenance, health issues concerning nutrition and medical care; housing and living arrangements; and personal social so that helps the person to choose his or her own cause. This list includes various types of education and guidance such as legal advice, counseling and referred or help with recreational and social activities.

However, the elderly issues are overlooked even to date. Overall improvement in mortality and progressive decline in fertility has further reinforced to increase the old population in Nepal. Thus this issue is emerging as an eminent problem rather than it has been realized. No in-depth studies have been carried out in regards to this issue. Moreover, there is an absolute dearth of research dealing with specific feelings of older people and their support system. Thus, this study has been carried out to fulfill this gap as well as to accomplish the academic requirements.

Numbers of old aged homes are running throughout the kingdom from governmental and non-governmental sources. Among all, the Pashupati Briddhashram situated in Devpattan of Kathmandu district, is the biggest and largest old aged home of Nepal. It was established in B.S., 1927 during the ruling period of late King Surendra Bir Bikram Shah Dev. At that time it was called Pancha Dewal. As a holy place of Hind pilgrimage, Pashupatinath is accessible for the people from different parts of the country. Thus the study of this old aged home may reveal the socio-economic status of the old people.

A matter for cogitation is that the ageing is spread not only in the developed region of the world but also in the underdeveloped region. Even in third world country like Nepal where 42% of the total population is below the line of poverty (National Planning Commission Ninth Plan, His Majesty's Government of Nepal, Kathmandu, 1995) is facing very fast tempo of agein.

Falling birth rates preceded by falling death rate is the technical causes to intensity the global ageing trend. Consequence of this trend is that birth of new babies is very few and gradually decreasing but the remaining large number of population is ageing faster. Therefore, the demographic situation in the years to come is very critical. Beginning of this problem has already been seen in Japan, as she is know as the country of elderly people for last few years.

Particularly, the working age group of population will decline sharply because there are lesser babies being born to be added in the group of young age population. Therefore, the world will certainly undergo the sufferings of sharply, declining working age group of population and on the other hand steadily accumulating elderly population because the expectancy of life of the people is increasing all over the world.

A simple and effective example of the problem, which we are going to face in near future because of ageing, can be given even from a changing structure of a family. Such as, up to the present time there is one generation of elder population in a family i.e. grand father, grand mother (60 years or over) and more generations of younger population, i.e. son (35 yrs) and grand son (15 yrs). However, the same family in future to come will have more generations of elderly population because of the growing expectancy of life. For e.g. the same family will have grand grand father and mother (85yrs), grand father and mother (60yrs) and one generation of young age population i.e. son (30yrs). In this way, unlike the previous time one generation of young age population will have to support two or more generations of elderly population. Therefore, major portion of the family income will have to spend in the nourishment of the elderly family member. If not, a large mass of elderly population will have experience the betterness of social and familiar negligence.

Taking care of elderly is very much different from taking care of children. Taking care of a child means an investment far future because s/he grows and have potential far paying back to the family. The care of elderly is otherwise; it is almost like paying back.

Because of the reducing number of youths and increasing number of elderly population, many problems covering several aspects of human society are being manifested. One of the most striking and initial effects of ageing and decreased birth rates is that industrial as well as agricultural labour shortage. Other major pressure of global ageing problem will be exerted on fiscal and

economic sectors. Thus, the problem of ageing is a major concern all over the world in the present geo-demographic scenario.

In a country like Nepal whose economic growth has been awfully discouraging (Banskota, 1992), even a small increase in the size of elderly brings an added hardship to the already troubled economy of the country. Ageing is an emerging issue and that the tempo is expected to be unexpectedly fast as the mortality continues to decline and life expectancy continues to increase (Subedi, 1996).

Because of the decreasing death rate and increasing life expectancy. Most of the villages have already experienced a large mass of elderly population. On the other hand, economic, social, educational opportunities are limited. So, the youths from most villages have been migrating from rural to urban areas and even emigrating to other countries in search of better opportunities. Therefore agricultural labour shortage is being felt in the villages.

This raises the questions whether the third world countries like Nepal can afford nutrition, medicine, health-care facilities and several other old age securities system for which a major portion of national budget is to be allocated. For e.g. number of pension holders plus elderly allowance will go on increasing. There are no health service centers for elderly population. So, there will be increasing need of geriatricians and geriatric hospitals. In addition, there will be increasing need of elderly homes. As a result, government will have to spare a lot of money for mitigating the problems that will be aggravating because of the hygienic disorders, economic weakness, social/familial negligence and mental tension of the elderly population.

Another growing problem of elderly population in context of Nepal is that people are detaching themselves from the traditional joint and extended family system because of their educational and occupational obligations.

Therefore, elderly population is increasingly towards the lack of helping hands (caregivers). Furthermore, if 42% of the total population is below the line of poverty how is the condition of elderly population who are living with the vicious cycle of poverty? Therefore, on the one hand, health of elderly population who are below that line of poverty have a greater probability of undergoing a fragile health status.

Since the people living in urban areas are extremely busy and shows growing preference towards nuclear family, it is important to note that elderly population from the so-called rich families of the urban areas are too in need of care and attention of the family member. Earlier studies also have cited this. For e.g. Subedi in his article quoting from a respondent of Kathmandu writes, "... though we live in same house, I have not seen my son many days ... At my son's house, I am nothing. His pet dog is cared far better than me." This is the expression of neglected by the family and resulting psychological tension among elderly in the city. It is an example of how ageing people have been isolated in their own family.

The demographic change, which has been coupled with large social change, has signaled the population researchers an urgency to find solution for the problems associated with population ageing and increasing expectancy of the life. Although ageing and increasing life expectancy are phenomena to welcome, they do not inevitably mean the improvement of the health status and quality of the life of elderly. For these all reasons population ageing is justified that it is an emerging problem for Nepal. All these suggest that study of ageing population is imperative.

Ageing is a universal phenomenon yet a single definition of old cannot be found. It varies across and within culture as well as across time and space. In the context of modern nation-state, the term "Old aged" normally refers to the section of population aged 60 yrs and above. To many people, ageing means chronological process of growing physically older. However, there is

also a social dimension in which chronology is less important than the meanings attached to the process. The personal experience of ageing has socially structured variations (Jary and Jary 1995). Different cultural values and social expectations apply according to Jgender and age group. Similarly, condition of aged people depends on their physical health, employment and socio-economic situations, family care and national politics. Ageing issue, therefore, is concerned not only with state of the old aged people but also the social context, which produces such condition.

In Nepal, estimates have shown significant increase in life expectancy between 12950s and 1990s. Male life expectancy at birth has increased from 27.1 in the mid 1950s to 55 yrs in the early 1990s and far female has been increased from 28.5 to 53.5 yrs (Subedi, 1996). And, it is estimated far 1996 is 57 years far male and 56 yrs far female. Life expectancy is expected to reach 62 and 62.5 yrs far male and female respectively in 2011 (CBS, 2001).

The growing proportion of older people in the population, and the spread of early retirement has led to age being perceived as a social problem. Older people are subjected to negative stereotyping and diminished social status (Jary and Jary, 1995). Social attitude on ageing issue is sometimes found totally negative and they are taken as the burden for the family and society. Older people are often excluded from access to services and support by forgetting their contribution made to run the family and build society.

Systematic study from the various disciplines such as- sociology, anthropology, economic, health, social policy analysis etc with social science perspective is still in great need. However, ageing issue is emerging in Nepal. Discussions and interactions are increasing both in formal and informal gatherings.

With this background, this research was undertaken to study the existing condition of the older people in urban Nepal. Broadly, this study explores how

old aged people fall into a deprivation trap and in which ways the traditional society provides care to the elderly.

1.2 Statement of the Problem

“Ago Tapnu Mudhako, Kura Sunna Budhako” (Use a log for fire listen elderly for knowledge)

Ketailai Chalai Gali Painchha, Budhalai Chalai Budhhi Painchha” (If you tease the youth, you will get scold, if you are with elderly you will get wisdom).

Above are commonly used proverbs in Nepalese society, which show the important role of the elderly. In line with the spirit of proverbs, the elders in the household still are the decision makers in some families. People give preference to the elderly people or at least seek their advice while selecting the representatives in local authorities.

No living being is immune to old age. We shall be the victims of old age one day. No body seek an alternative to old age. So everybody must accept this reality. People have less ability to work and earn the income decreases, as they became older. In Nepal, at present time also older people have full right and control over their patriarchal properties. But most of that type of properties is unproductive. So they can't fulfill their demands for economic activities. They have no extra income resources. Those older people who were retired from HMG offices as well as older people above 75 years and widow over 60 yrs get a nominal pension facilities from government but it is seen that they are unable to fulfill their minimum demands. In compare to males older, the status of female older is found worse. Because in our society females do not have access to control over their families fixed properties. So they are compelled to depend on others.

However, the practices that treat elders with respect⁴ is rapidly changing. Intervention of new technology, new ideas and new practices has changed a lot on the life style of the people at the present world. Indigenous ideas and practices have been replaced by the modern practices and new ways of thinking. New socialization process replaced the previous proverbs as well as well as the way of living of the elderly has considerably altered. Contradiction between elderly people's expectations and new generations' attitude towards old age issues are emerging everyday. For e.g. elderly people are viewed as burden by the younger generation as the older persons as not able to earn, income and remain dependent on their families for survival. Further, younger generation feel that elderly people are not ready to abandon their outdated fashions and styles neither are they ready to understand and embrace way of thinking and living required for today's world. There seems to be a gap between the elderly people and the new generations.

It is natural for a person to come to age after birth, passing through various stages of life: childhood, teenage and adulthood; no man can remain young for ever. It is the fate of human beings to come to age. Changes that took place in Nepalese social life have extended the requirement of elderly support. Breaking down of Joint family, rural urban migrations mostly among the population of higher education, industrialization etc have further generated the requirement of elderly support with the modernization, responsibility of providing economic security for dependent aged tends to be shifted from family to the state.

Following public responsibilities towards elders some old age homes are operated in different parts of the kingdom, but in a very small numbers. Though no *briddhashram* established in different parts of the country reveals a gloomy picture. On the other hand, they are mostly under resources and offer poor residential services. Therefore elders hate to live in *briddhashram*. Although *briddhashram* may fulfill survival needs of elderly. They cannot fulfill their

spiritual religious and emotional needs that the family, neighbourhood and kinship networks provide (Subedi, 1999).

Elderly population is not a homogeneous group. It should be further distinguished based on age, sex, economy, cast, marital status and other criteria such as living with or without families. More age based distinction that government has attempted to do is not enough. And it is not easier too to rule by the general policies and strategies. The support system facilitated by elderly homes has to be considered from this prospect. As a world wide phenomenon, the elderly issue is having a greater concern even in our context. Thus the study is concentrated in identifying answers of the following research questions.

-) Why the elders are in elderly homes?
-) What is the position of elders in elderly home?
-) What is the requirement of elderly support and what do they prefer on?
-) Who are responsible for addressing the elderly issue?
-) What is the attitude of the old people towards their own family?
-) What are the real problems of old age?
-) What steps should be taken after identifying their problems?

1.3 Objectives of the Study

This is the study of elderly home located in Devpattan, Pashupati Nath and the study is focused on the socio-economic situation of the elderly people living in the study area. It is intended to gather overall ideas about various aspects of elderly people. It is also expected that this study would facilitate the policy makers to formulating policies and strategies in favour of elders. The following are specific objectives of this research.

1. To identify socio-economic profile of elderly population living within the elderly home.

2. To study the supports received by the elderly people from the elderly home.
3. To identify viable and sustainable means of elderly support as received by them from different sources.

The view of the above mentioned objectives, the present study states about the existing conditions of old people, as well as their relationship with their families.

1.4 Rationale of the Study

Elderly support is a pertinent social issue for the people from different disciplines of society. Various concerns have been raised and different efforts are carried out in regards to the elderly support. Some activities are also carried out in Nepal by non familial actors. Elderly homes run by governmental and non-governmental organizations announced some subsidies in transportation fare, medical treatment etc. by some private organization and the elderly allowance at extreme old age or for the helpless widows above 65 years are some examples of elderly support in Nepal.

No extensive studies are carried out in order to identify the sufficiency of existing supports. Even the supports facilitated in whatever extent are not verified whether these are an effective means or not. Due to rapid increase of ageing population, it's an urgent need to identify the appropriate means of elderly support. Moreover this is the appropriate time taking some preventive actions before to let the challenge of elderly issues to be a problem.

Thus, this study was intended to identify the actual position of elders and to find out their feelings towards elderly issues. As the Pashupati Briddhashram of Kathmandu is serving to numbers of elders from different locations of the country, it may be representative one. Thus the location was selected purposively. Socio-economic profile of elders and their feelings in regards to elderly issues can have good reference in addressing to these issues.

CHAPTER TWO

LITERATURE REVIEW

Literature review is most important in each research. The main objective of literature review is to gain familiarity with the subject matter. The others objectives of review of related literature are:

-) To gain a background knowledge of the research topic
-) To identify the concepts relating to in potential relationship between them and to formulate research questionnaires.
-) To identify appropriate methodology, research design. methods of measuring concepts and techniques of analysis.
-) To learn how others structured the reports.

Keeping these in mind available literature have been reviewed for the above mentioned purpose in this study also. The detail about the reviewed literature is stated below:

The aging of population is now a worldwide phenomenon. In various countries of the world, people are gradually taking interest in and commenting on the problems faced by the old people. The UN declaration of the year I 999 as “International Year of Old Persons”, helps extra support to thinking about old population and some articles are emerging on papers. In case of Nepal, books and writings having depth analysis of the social and economic condition of old people are very rare. Not only national hut, foreign sociologist and anthropologist are not found to be interested in this issue. Even population scientists have done no remarkable study as such except mentioning the demographic state of the old people in Nepal. I however, an attempt was made to review a few literatures in T.U. Central Library, Central Department of Population Studies and Population Education Unit, Faculty of Education. Some wave sites are also searched to find the literature directly or indirectly related to the present study. All the related review are briefly mentioned below.

A survey conducted by Kathmandu Metropolitan City in 1997 shows that 11.6% and 5.6% elderly females and males respectively stayed alone in Kathmandu. Similarly a survey conducted by population department of T.U. reveals a sorry state of elderly health in Nepal. It unveils that 57.4% of the female and 52% of male elderly population of Kathmandu valley are seriously ill. (Gautam, 2000)

In most parts of the world, as also in Nepal, the number and proportion of persons surviving into the advanced stages of life has increased so much in the present century that there is no parallel to it in the previous centuries. Globally speaking, since 1950, the proportion of the world's population of over 60 years of age has changed from one in 13 to one in 10 as of now, by the mid 21st century it will be one in 5 and the mid 22nd century, it will be one in 3 persons. (Rai, 1999)

In actual numerical terms, by the year 2000 AD, there will be iii the world more than 590 million persons of 60yrs and over in Nepal, by that time there will be 1.3 million older Nepalese (of these 50% will be males). By the year 2025 AD the world population of the older persons will be 1100 million, that is, an increase of 86.4% over that of 2000 AD. In Nepal by that time there will be 3.1 million older persons, given the growth rate of Nepalese population at 2%. This means, in Nepal within the next twenty five years, the population of Nepalese of over 60yrs will increase by 138.4% and nearly 2% of the world older persons will be found in Nepal. It is also estimated that by 2025 AD, 72% of older persons of the world will be found in developing countries. (Rai, 1999)

Demographic change implies creation of new needs and problems. Increase of the aged people in the population structure of the world will demand more geriatricians, more schools for the aged and creation of employment opportunities for the old and so on. These demands may vary to some extent according to the nature of the demographic change, no drastic change is expected in the underdeveloped countries like Nepal. For, the demographic

structure of these countries in the coming years may not be so very different. The survival rate of the young as well as that of the old in the rural population of these countries is not expected today because of poverty and slow rate of development. But some symptoms of the global demographic scenario are expected in the urban areas of these countries too. The urban and the educated men and women of these countries are pursuing more and more western style of life and are found to survive longer because of their health consciousness and control of the age-related disease. The young boys and girls of these countries, however, are getting more susceptible to drug disease and delinquencies and as a result, some of the problem of the 20th century, such as, the problem of drug abuses, sex diseases and crimes are, likely to continue during the 21st century. In addition, new challenges and problems are more likely to creep up. One of these challenges of the 21st century will no doubt be that of the growing size of population of the aged. As more and more aged persons will be surviving, employment and utilization of the old in the mainstream of the (economic life of the country) will be one of the most difficult problems of the 21st century. (Shrestha, 1999)

In 1990, the UN General Assembly designated 1 October as the “International day of older persons”. In 1991, the assembly adopted the “United Nations Principles for older persons”, encouraging governments to incorporate them into national programs whenever possible. The principles call for action in many areas, among them:

Independence:- Older persons should have access to food, water, shelter, clothing, health care work and other income generating opportunities, education, training and a life in safe environments.

Participation:- Older persons should remain integrated into community life and participate actively in the formulation of policies affecting their well being.

Care:- Older persons should have access to social and legal services and to health care so that they can maintain an optimum level of physical, mental and emotional well-being. This should include full respect of dignity, beliefs, needs and privacy.

Self-fulfillment: - Older persons should have access to educational, cultural, spiritual and recreational resources and be able to develop their full potential.

Dignity:- Older person should be able to live with dignity and security is free of exploitation and physical or mental abuse and be treated fairly regardless of age, gender and racial or ethnic background. (UN. I 996)

A talk program was organized by “Welfare Society for Old People” on “Social Security of Old People and their Rights for Integrated Life” on Ashwin 3, 2049 B.S. in Kathmandu. Some of the experts presented suggestions in the talk program. Mr. Youbraj Sahgraula presented the reality of old people living a miserable life as revealed by the field study of Panchdeval, Pachih Bhairab, Shyambhu and Buddha areas. He insisted on the need of raising awareness in people about the social security and right of an integrated life for old people. While highlighting on the importance of changing the very fabric of our society and not neglecting the old people of the society, he appealed the participants to identify the problems faced by the old people and to bring out appropriate solutions, in the report, discussing on some of the legal provisions, he stated, “the unscientific and impractical provision made in the Civil Code specially in the Article related to Partition Deeds and Dealings has delimited the social security and right for an integrated life for the old people. The Law has guaranteed the rights of the sons of force their parents to part with their properties without incorporating in it the duty of the sons to take care and provide for their parents.” Similarly Tulsi Bhattarai insisted on the need paying proper attention to the problems faced by the old people, and of changing the laws that force parents to part with their properties in their life time. The perverse practice to seize the property of the parents and to dislodge them from

the homes is quite rampant in our society. To reduce such problems, provision of the moral education should be made from the primary level and the family environment should by make respectful for the old people. Likewise Badri Dahal, an agricultural expert, stressed on the importance of immediately creating an environment to give the old people a respected position in society. There should be a legal provision for children not only to inherit parents' properties, but it should also prescribe their duty to look after and provide for them. In the talk program, lie suggested to establish a welfare fund for the old people. Similarly Shanta Thapahia observing the current legal provision of only sons inheriting the property of the parents, insisted on the need of both sons and daughters equally inheriting the property. Laws also should give both sons and daughters the responsibility to look after their parents. As the old people arc not in the condition of suing in the courts For their rights, authority should be delegated to Chief District Officers to take immediate actions in case if their properties are forcibly seized. (Uprety 1998: 9-10)

Some students have prepared dissertation papers on old people. Mr. Tika Bhattarai, in his dissertation paper prepared iii 2041, has analyzed the condition of old people living in Panch Dewal in Pashupati. He concludes "while analyzing the social aspect of the people living in shelters for old, it is found that most of these old people came in this shelter due to dislodged by families, physically weak, isolation and suffering. Few old people were living near Pashupati and Bagmati riverbank, with religious purpose. While analyzing the economic aspect of these old people, mostly who haven't any jobs, inconie resources became dependent in die shelter and those who have very small amount of income but cannot meet their minimum basic requirements to survive became dependent in the shelter. There is no any kind of provision of income generating work for these old people."

Similarly Mina Devi Uprety (1998) in her paper "The Old Women of Sita Paila VDC" has made an in-depth analysis of social, economic health, religious and psychological aspects of old women. She concludes, "Women

have to face more problems in society than males. The condition of women in our society is very pathetic, as they have to live from birth to death under male domination. Due to social restriction and male suppression, women are devoid of decisive roles to play in the family. It has greatest impact in the lives of the old women. Therefore, it is the need of the hour to give them equal rights and educational opportunities and help them participate in every program so as to make them the real beneficiaries (p. 46)". She has thus recommended, "Every family has to pay proper attention to their old parents and grand parents whereas for the poor and helpless, effective welfare related programs should be brought through governmental and non-governmental level establishing a Fund for the old people so as to direct their lives towards happiness'.

Likewise Ramraj Gautam (2000) has presented paper on "Social Gerontology: A Case Study of Old Aged People Living in Devahat Tanahit District", he noted that "The capacity of the older individual to cope with disabilities common to older persons depends upon his educational level, lifelong styles of behavior, and the supportive level of his present environment. Further he concluded with a fact that aging is jointly a psychological, biological and social problem. The position of the aged is thus dependent on a very complex combination of factors. One or another factor may be dominant in a given situation, but all of them have to be considered. It is the need of the time to make a legal provision that not only gives right to sons to inherit their parents property but prescribes their duty to look after and provide help for their parents with proper respect and love". (p. 84) He has recommended "The young generation should be taught to respect the elder as time will lead them to be old. At that stage they will again need help from younger generation. It is a chain and an inevitable process. The best solution would be to create familial support mechanism for elders." (p. 86)

Gorkhapatra (Poush 27, 2054) published an article, "China a country of old people", about the aging population in china. It reads, "the high population growth rate before two decades and 'one child policy' enforced in the recent

years is turning China into a 'country of old people' in near future The population of people above 60 ears will reach 23.8% by 2030 AD. By 2050 AD, the total population of people of above 60 years will be 4000 millions and one out of two workers will be a pension retired person. Some WHO experts even state the fact tat one son or daughter will have to look after at least 4/5 old people in China. It is a great challenge for the limited number of young people who were born after the implementation of 'one child' policy in 1980s to look after large population of' old and pension retired people born under the 'many child' policy of Mao Tzsezung era of 1951s ... The concepts of two children for one was quite rare before 1990 and during that time, very few were aware about the oncoming burden of old population on the youth. The old people of China basically want to live in the support of their families because of the ineffective system of social security, and this tendency is even greater in rural areas.

Likewise, Damidekar (I 996) in his book, "The Elderly in India has described the problems and existing situation of old aged people. India and Nepal share common traditional values and similar socio-economic perspective. The book is thus useful. It can be concluded. "All the elderly who arc weak suffer. But, comparatively, aging brings more miseries to women than men. Poor health, economic dependence, and inability to work lead to a loss of self-esteem. The elderly loose everything including friends, spouses, jobs, status, power influence, income and health, non of which can be replaced. Thus, they tend to become short-tempered, rigid in their attitudes, selfish, and suspicious. Adjustment in the family of society becomes painful. This happens particularly when they come into conflict with the young, who are exposed to an urban lifestyles and it leads to isolation. The most affected are the aged widows and widowers."

Among the Nepali scholars, Dr. Subedi seems to be much interested in gerontology. He too participated and presented a paper at "Regional Conference on Ageing", held in Tokyo, Japan (July 6-9, 1999). To his credit

are the articles in various volumes of the “Nepal Population Journal”. In an article, “Getting Younger or Facing the Problem of Elderly: the Population Ageing in Nepal”, lie emphasized on the elderly in the Nepalese context providing demographic trend to support he writing. In his conclusion he writes, “The population ageing in Nepal is a genuine problem and its magnitude can only expand in the years to come. The problem of elderly has to he interpreted and analyzed in the context of socio-economic changes taking place in the country. The fact that our proportion of elderly population is lower compared with most developed countries only camouflages the extent amid context of growing elderly in Nepal. The increase is only one dimension. More important is the adverse economic amid social change in which the elderly will find themselves”.

A workshop on Health amid Productive Ageing was held on November 12-13, 1998 organized under the joint auspices of United Nation Populations Fund (UNFPA), International Planned Parenthood Federations (IPPF), Japanese Organization for International Co-operative in Family Planning (JOICFP) and Family Planning Association of Nepal (FPAN). 63 persons representing diverse stakeholders attended the workshop. In the opening remarks, chief guest Honourable Minister For Health Mr. KB. Gurung said “care and respect for the aged are age-old cultural values and a tradition of Nepalese Society. We need not imitate the western model of retirement homes for the aged amid elderly. Two clear trends are emerging for the aged: there trends related to urban and rural living conditions. In rural areas of Nepal, three ms still a strong tradition for children to care for, with affection and love, their elderly parents and grandparents. in towns and cities, a disintegration is apparently causing hardship for aged people.” Further Minister added. “old-age homes should not be promoted as the solution for the care of the elderly. We can revive and strengthen old family values amid customs under which people willingly hooked after their aged relatives, in view of changing social needs particularly in towns and cities, we also have to look for ways to better

organize homes for the elderly run by religious and community organizations. Rural poverty is a major problem causing poor health of most people, making the life of the elderly even more difficult. We must prepare viable plans for the health, shelter and general well-being of the senior citizens.”

Speaking at the opening session. Mr. D.B. Lama, representative as UNFPA stated “senior citizens are a valuable resources of our society and we should do everything possible to promoted their self-respect and self-reliance by making full use of their experience, knowledge and ability. The 1991 census reported (hat Nepal has already a ratio of 5.8 percent of senior citizens in its population. This number will continue to increase in future because of the irreversible nature of our population structure. Therefore, the workshop theme is highly relevant to discuss amid identify plans and programmes for adequate protection of the elderly men and women of our society.”

Mr. Ram Narayan Shrestha, chairman of Bishranti Mandir (Home for the Elderly) in Bhakuta, eastern Nepal, said that respects, honour and loving care for the aged is tradition in Nepal. But due to modernization and urbanization, family bonds are becoming weaker and at times disintegration. Now, as the number of’ aged in the population is increasing. Family structure and social values are also rapidly changing mi ways that are not supportive o the need and expectation of the senior citizens. Further lie added “we need different approaches to sage guard the health and well being of the senior citizens mi rural and urban areas instead of making “Homes for the Aged”. We should try as much as possible to encourage the senior citizens to live with their immediate family members and local community. Taking helpless/needly elderly persons to homes for the aged should be the last resort in our social planning”.

JOICEP representative Ms. Sumie Ishii said “the elderly population is rapidly expanding in development countries. Both the proportion of senior citizens and their absolute number will grow rapidly every year in developing

countries. Already Asia accounts for more than one half of the elderly population of the world". She recalled that the ICPD held in Cairo in 1994 called upon all UN members to prepare programmes of action for the elderly population in order to create social support systems to promote their quality of life on a sustainable basis. She also stated the JOICFP has been working with IJNFPA in conducting programmes on ageing issues in China and elsewhere in Asia.

The care of the elderly has always been the primary responsibility to the family through the developing world. However, following the impact of the accelerated pace of industrialization, urbanization, modernization and technological change, the responsibility of family in this regard tends to change. The availability of caregivers in the family has fallen because families have fewer children. Moreover, due to longer life expectancy, the period for which care of the elderly is required has increased, with consequent increase in demands for care giving time and expenses. Physical support is required when an elderly person is sick or weak. The spouse and or any member of the family at home may provide such services with or without external support. (UNFPA, 2001)

In the global context, Asia is the region where special attention needs to be focused on population ageing. Because, the number of elderly people will be 426 million in 2000 and 828 million in 2025, which will be 6.8 and 9.7 percent respectively of the world's population. The majority of elderly people in the world will be living in developing regions, particularly in Asia, in 2000, 86 percent of the elderly population in the developing world will be in Asia. (Asian Population Studies Series No. 124, August 1992, UN. ESCAP)

To reduce the problem of senior citizens and provide them social security the 9th plan has formulated two objectives. Amongst other programmes, policy and implementation strategy has prepared to fulfill these objectives which are

- a. Senior citizens are assets of the nation because they carry social values,

tradition and culture. The state will properly honour and protect senior citizens, helpless widow and disable citizens together with mainstreaming their capacity, experience, knowledge amid peculiarities in national development.

b. The experience of elder will be capitalized for the sake of nation development. Elderly homes will be established in all five-development regions. All Senior citizen, helpness widows amid disabled citizen will be ensured with social and economic security and their rights will be guaranteed and preserved.

The elderly have a number of needs that are particular to their own circumstances and which increase over time. This is because their ability to work and earn an income decrease as they become older, their physical and sometimes intellectual abilities may decline and they may become increasingly vulnerable. However they are not a homogenous group. First, there are sexual differences. Women tend to live longer than men and they often have lifetime working patterns that result in lower pension entitlements than those of men. Secondly, there is the difference between the “young” elderly and the “older” elderly. The young elderly can supplement their retirement pension by income from work, where as the older retiree cannot. Thirdly, although costs tends to increase as one becomes older the level of pension usually remains the same. Fourthly, the demand for health care increase with age, as does the demand for social support services. (Pauline Barrett)

The countries of the EU are ageing rapidly. At present (1997) there are 48 million people aged 65 amid over on the EU, 20 million of them are 75 or over. By the year 2000 they will represent more than one fifth of the population and by 2020 they will comprise more than one quarter. All EU countries face similar demographic patterns; lower fertility rates coupled with higher life expectancy. The facts of this demographic revolution are well known and need not be laboured, but the challenges facing European Societies are not simply to do with numbers, there are profound changes taking place in family structures and responsibilities and in relation between the generations, such as emerging

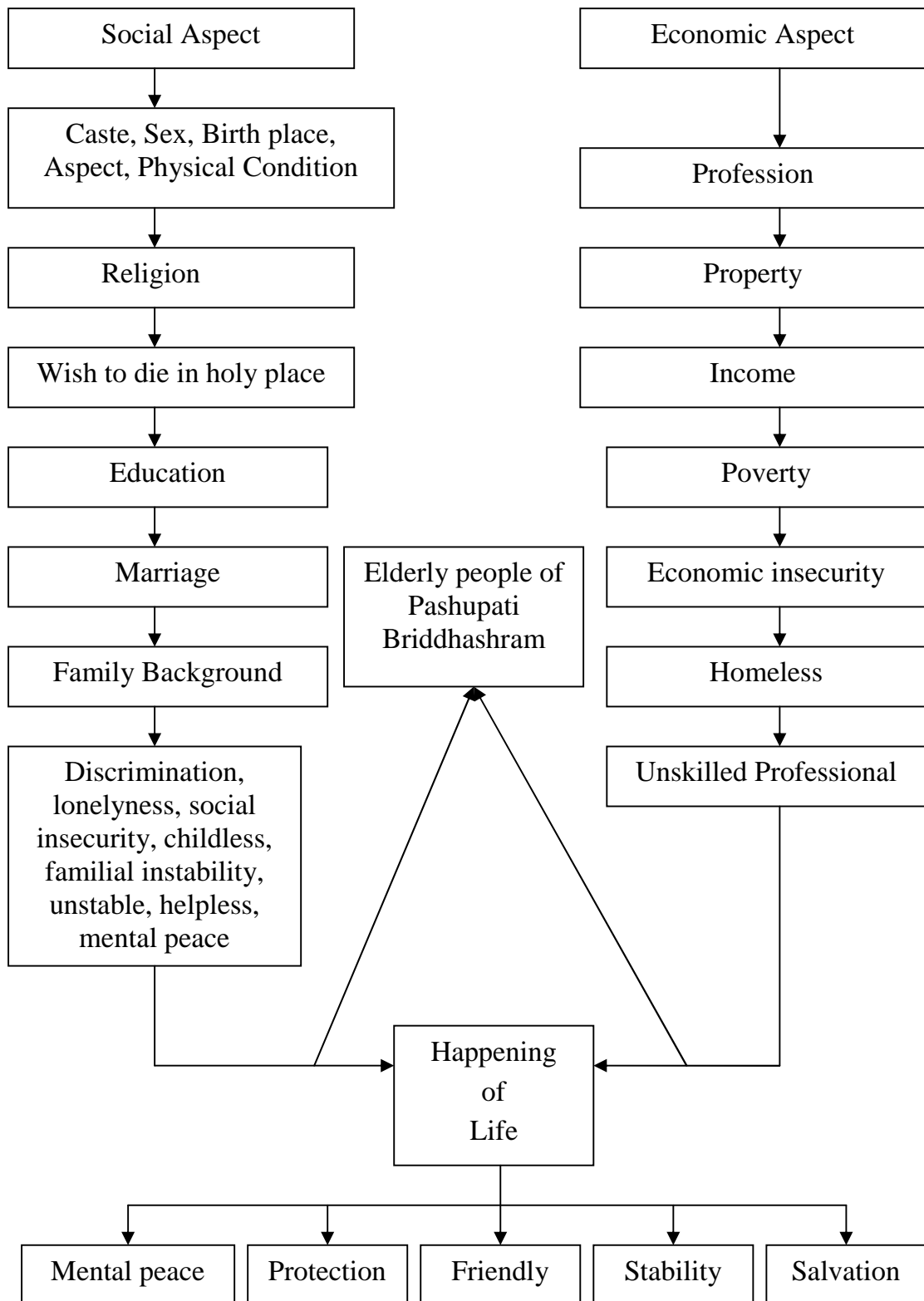
of new extended caring relationships, and there are changes too in the political mood of pensioners amid, in particular, the extent to which they are willing to go on being treated as passive “clients” or “patients”. (Alan Walker)

From above literature review, we can conclude that the increasing number of aged people is a typical sequence of changes in which a population shifts from high to low level of fertility and mortality. According to 1991 census in Nepal 5.8 percent population are 60 years and above. On one side, providing social and economic security, services and facilities and protecting and preserving rights of these aged people is great challenges in front of us and on another side due to modernization, urbanization, technological changes tends to breakdown joint family system which directly effects the livelihood of aged people. UN declaration 1999 as a International Years of Older People was very' excellent steps towards recognized of old people which helps people to emerge awareness towards old people. In Nepal different talk programme and workshop was launched and emerged some NGOs, work for old people. HMG/N also attention about senior citizens. So there is clearly define objectives, policies amid implementation strategies and programmes in 9th plan. But programmes implementation for providing service and facilities and protecting and preserving rights to senior citizens seem poor so the senior citizens are not able to get benefits. Recently RNAC offer 50% discount iii domestic and Indian flights for age of 65 years and above as honoured as senior citizens which is one of the best steps taken by RNAC. (Kantipur, 10 Falgun, 2057)

2.1 Conceptual Framework

When the sociology of ageing or social gerontology began to develop as a substantive area in sociology around the 1950s, there was a dearth of theory specifically addressing ageing issues. Social Gerontology is currently in a transitional phase. Many aspects of ageing can be analyzed and explained by other disciplines, but the growing reservoir of data and theory. On old age

encourages social research into such specific issues as the politics of ageing. Ageing and the law and the existential problem connected with old. Much research is also directed to age persons as a social problem and the object of public social concern.



CHAPTER THREE

RESEARCH METHODOLOGY

Ageing issue is coming up very lately in our context. No extensive researches are carried out in this particular area. Even the governmental efforts have been raised to a great extent since the observation of “International Years of Older People, 1999”. Extensive research works are a must in this emerging social issue. Thus this study has basically intended to focus on the socio-economic background and the support system of elderly population living with the elderly home. In this respect, the study would be exploratory and descriptive in nature.

3.1 Research Design

Both the descriptive and exploratory methods of research are employed in this research design. Various research techniques were used to collect the primary and secondary data. In order to achieve the research objectives. All the available data were produced in simpler descriptive and explorative statistical presentation. Response of the respondent was then interpreted on the percentage basis. The qualitative data are also placed in appropriate places.

3.2 Nature and Source of Data

Both the qualitative and quantitative data were derived by employing the primary as well as secondary sources.

Primary data were collected by field survey, observation and personal case study. The research personally conducted the field survey in reference to the scheduled semi structure interview.

Secondary data have been derived from various published and unpublished material i.e., reports, articles, previous dissertation etc. A close contact was made with the scholars, working professionals and teachers.

3.3 Data Collection Methods

Within the data of this research, the secondary data were obtained in reference of various published and unpublished materials, whereas the primary data were collected by using following methods.

3.3.1 Interview Schedule

Mostly the structured and some where unstructured questionnaire were prepared to obtain various information and socio-economic profile of elder. Their supporting generations and existing situation of elders in elderly home. Attitude of elders towards elderly issue were also received through the interview.

3.3.2 Observation

In many Geographical research direct observation will have been applied to get the relevant information for the study which minimized the possibility of fallacy and inaccuracy information collection. Researcher observed daily life of elders and their habits, interpersonal relationship, the operational arrangement of elderly home and various problems they are sustaining with.

3.4 Data Processing

After collection of primary as well as secondary and qualitative as well as quantitative data were tabulated manually first then it will be put in computer. Then these data were proceeded and analyzed by using computer programmes like Excel. Different tables, diagrams were analyzed using computer software programmes so that analysis becomes accurate and more effective.

3.5 Methods of Analysis

Both qualitative and quantitative techniques were used to analyze collected data.

-) Quantitative data which were collected from the study area were transferred, proceed and tabulated in to Excel to analyze various aspects of this study.
-) Qualitative data, which were collected using different techniques such as Observation, interviews were analyzed logically and systematically are required sections.

3.6 Limitations of the Study

This particular study is of old-age people living with elderly home. As stated earlier the socio-economic aspects of elders and their situation were proposed to study. It was not possible to cover all aspects of elderly support. Considering the situation, some limitation of the study was identified is an advance.

-) This is a study of only are elderly home. Thus the findings may not be generalized for all elderly home lying throughout the kingdom.
-) As the study concentrate only in one elderly hone, no comparison is made with other.
-) Due to time and resources constrains no in-depth study is made an intergenerational aspects of elderly support.

CHAPTER FOUR

POPULATION AND STUDY AREA

Among all, the Pashupati Bridhasharam situated in Devpattan of Kathmandu district, is the biggest and largest elderly home of Nepal. It was established in B.S. 1927 during the ruling period of late king Surendra Bir Bikramn Shah Dev. At that time it was called Pancha Dewal

The main objective for the establishment of this institution was to provide the habitation, food and other necessary things to the retired personal of Royal place who do not bear any thing except their idle. At that time it was not related to uncooked food (Sidha) was provided to them. The advent of the administration policy also brought advance in this institution. After all it was under the head officer (in Nepali it was called Bada Hakim). Slowly and rapidly it was shifted under the chief zone officer and then to district officer. To make it as an autonomous body some tangible assets (guthi) were kept for the sustainability of such institution. As the need of the situation it was shifted and taken under the home ministry. To make the institution more accessible to the concerned people it was named as “Samaj Kalyan Kendra Bridhashram”.

Before BS 2038 all the people who were restless, helpless, disabled or orphans were kept as if they were adult. After the establishment of labor and social welfare ministry it was included under the ministry. After BS 2038 some policy was to be made to run such kind of institution by which a law was made that the people who are above 60 years, helpless, childless, property-less, no one to look after them, were adopted by this institution. From 2049 B.S. it was again shifted to education culture and social welfare ministry. With changing political situation of the country in 1990 and all the other ministries felt the importance of this institution.

In 2052 B. S. again it was shifted under the ministry of woman children and social welfare ministry. To make the daily life easy of the 180 old people

living in a pathetic situation and to fulfill their basic requirement, the ministry is providing some financial fund to the institution according to the law and policy of the government of Nepal.

Besides foods the institution provides 2 soaps (bathing and washing) in a month, 2 sets of dresses - 2 cotton saris and 2 chaubandi cholo for female and 2 sets of kamej-swurwal/labeda-surwal, one Nepali topi and one underwear for male in a year in Chaitra Dashin and 1 Shwal for both in Bada Dashain and one patuka for female in 2 years.

50 Beds are separated for those old people WHO are unable to look after themselves. "The missionaries of charity" the trust of Mother Teresa has provided time nursing service to look after such disabled old people.

Nepal medical college of Jorpati has also provided the health facilities to dine old people of Pashupati old home from 2057-3-5. It carries the 15 old people in the hospital in a week and keeps them for seven days and examines them and keeps the record of their health. If their health record shows that they are suffering from any disease it treats them free of cost.

Teaching hospital of Maharajgunj has organized the doctors association. This Organization has provided the health facilities for those old people who are within 50 beds. It examines them once in a week and provides medicine free of cost. Due to the location of the Bridhashram near the famous temple of Pashupati of Nepal many rich pilgrims are offering some lodging, fooding, medication and entertainment to these old people.

From this fiscal year (2057/58) the ministry is separating 36 lakhs and forty thousand rupees for the expenditure of 180 senior citizens and to provide salary for the 24 personnel of the Pashupati Bridhashram office. It is fully affiliated to the government.

CHAPTER FIVE

SOCIO-ECONOMIC CONDITION OF THE OLD-AGED PEOPLE

Decline in morality and fertility coupled with increased longevity has caused a steady increase in the elderly population. Since the unprecedented increase in number of elderly population, the issues of elderly care have arisen as a demographic challenge in Nepal. (Subedi, 1999)

Though being an emerging new challenge, elderly issues remained neglected even to date. Moreover, it remained a challenge for the new society because of the interrelated issues. Some of the issues have been addressed but the actual position and backgrounds of the elderly population living in elderly homes are yet to be identified. Moreover, the studies conducted in other old aged homes and other areas of the country cannot be generalized to apply in the case of all elderly homes. Socio-economic background of the elderly plays a pivotal role in regards to elderly care. Thus the socio-economic aspects identified from the study and data collected during the research are analyzed in this chapter so as to meet the research objectives.

5.1 Social Profile of Elders

Social factors having a very much concern with elderly situation and their care were analyzed as a major part of this study. In this reference, different variables i.e. caste/ethnicity, sex, place of origin, age group, marital status, familial aspects, educational position were studied. The same is analyzed in this sub-chapter.

5.1.1 Distribution of Population on the Basis of Caste/Ethnicity

This elderly home serves to elders from different caste. They don't have any caste difference in regards to the elderly care and services. Thus an analysis is made in reference to their caste of origin.

Table No. 5.1: Caste/Ethnicitywise Distribution of Population

S.N.	Caste/Ethnicity	Numbers	Percentage
1.	Brahmin	7	23.3
2.	Chhetry	4	13.3
3.	Newar	9	30.0
4.	Gurung	1	3.3
5.	Tamang	1	3.3
6.	Lama	1	3.3
7.	Sherpa	1	3.3
8.	Sanyasi/Jogi	1	3.3
9.	Jaisi	2	3.3
10.	Rai	2	6.6
11.	Bhujel	1	3.3
	Total	30	100

Source: Field Survey, 2005.

Study has revealed that majority of people, living in this old-aged home, are newras 30% which is followed by Brahmins 23.3%, Chhetry 13.3%, Jaisi and Rao 6.6% and Gurung, Tamang, Lama, Sherpa, Sanyasi/Jogi and Bhujel 3.3%

People depends on this old-aged home are from Newar community 30% number of females are greater. This is because in their culture marriage held very lately. Sometimes they did not get appropriate/suitable man, so tht marriage delayed. Because of this they remains unmarried. At old age they

have no one who should take care of them. And they are compelled to come at old aged hames.

23.3% Brahmin old people complains about their sons and daughters. They came here due to discriminating behaviour of their relatives, loneliness, etc. Some widow. This situation is also send in the population of Chhetry. They share 13.3% of the population.

Similarly, reason behind population of other communities were social disparity, loneliness, (widow/widower) husband/wife dead, property looted by others, economic disability, physical, disability, properties finished due to natural disasters etc.

5.1.2 Sex-wise Distribution of the Population

This elderly home has arranged far the residence of all. Thus both of the sex male and female populations are residing there. They have separate arrangements far the living of male and female elders.

Table No. 5.2: Sex-wise Distribution of Population

S.N.	Caste/Ethnicity	Numbers	Percentage
1.	Female	18	60.00
2.	Male	12	40.00
	Total	30	100

Source: Field Survey, 2005.

The table shows that female population is significantly higher than the male. Out of the total respondents, 60% is of the female. In this reference it is identified that the female elders are remained in need of more elderly care than the male. Furthermore, our social structure of heading the family by male also generates the situation. Usually male domination in heading the family does exist in our society, which compels the family to care him even at the latter part of life. Moreover, the families normally cannot ignore the male elders as they

are economically active and their involvement guides the family. Whereas female elders are easily ignored by the family members, mostly by in-laws.

The case study of Purna Kala Maharjan has also revealed the fact. Purna Kala, during the study of her case, remembered that the family relation slowly changed since the entrance of her daughter-in-law. She responded to Purna Kala very negatively. The son also supported his wife. She didn't receive any sympathy from her son even at her bitter response. "Rather he changed himself with the span of time". Now, she was not able to sustain all of those exclusions. Thus she decided to leave the home and stay in Pashupati Briddhashram.

It is further proved from the situation of other elders, as the male elders are coming either lacking of a person to take care or because they remained life long unmarried where as the women mostly after being widow are coming in spite of the existence of their supporting generation. In most cases it happened because they did not get to positive response from their predecessors.

5.1.3 Population Distribution on Basis of Their Place of Origin

Table No. 5.3: Population Distribution on Basis of Their Place of Origin

S.N.	Place of Origin	Total	Percentage
1.	Kathmandu	7	23.3
2.	Bhaktapur	5	16.6
3.	Patan	1	3.3
4.	Bhojpur	1	3.3
5.	Solukhumbu	2	6.6
6.	Sindhupalchowk	2	6.6
7.	Humla	1	3.3
8.	Kavrepalanchowk	1	3.3
9.	Khaireni	1	3.3
10.	Nuwakot	1	3.3
11.	Baglung	1	3.3

12.	Rukum	1	3.3
13.	Dhading	1	3.3
14.	Pokhara	1	3.3
15.	Janakpur	1	3.3
16.	Okhaldhunga	1	3.3
17	Dolakha	1	3.3
18.	Illam	1	3.3
	Total	30	100

Source: Field Survey, 2005.

As a holy place for all Hindu Pilgrimage, Pashupatinath remind the place of attraction for all Hindus. Existence of various temples and important religious places and the influence of Bagmati river as compared with Ganga river have further attracted the elders from different places of the country.

The study has revealed that in this old-aged home majorities of population were from Kathmandu 23.3%, which is followed by population from Bhaktapur 16.6% occupying second place. Third place was occupied by Solukhumbu and Sindhupalchowk 6.6%. Likewise population from Humla, Kavrepalanchowk, Khaireni, Nuwakot, Baglung, Rukum, Dhading, Pokhara, Patan, Bhojpur, Illam, Janakpur, Okhaldhung, Dolakha were 3.3% i.e. only 1.1 old people from these places.

This old aged home is situated near the Pashupatinath of Kathmandu district and since Kathmandu is a capital city, many people came here, for the search of work. Majority of population were from Kathmandu and Bhaktapur because of easy access and familiarity with the place. During the study the respondents have also said that they came either due to the religious place, accessible place from their hometown or in reference to the information received from neighbours and others. However, one thing is evident from this study that the population from ethnic community in majority are not coming to this old age home. It may also have happened because of the cultural factor.

5.1.4 Age-Wise Distribution of the Population

Population living with the old age home are only old people having sixty years and above. However, the age distribution of the population was studied so as to identify the situation of elders of different age.

Table No. 5.4: Age-Wise Distribution of the Population

S.N.	Age-Distribution	Number	Percentage
1.	60-65	5	16.6
2.	65-70	8	26.6
3.	70-75	8	26.6
4.	75-80	3	10
5.	80-85	4	13.3
6.	85 and above	2	6.6
	Total	30	100

Source: Field Survey, 2005.

As the table shows that elder population from 65-70 and 70-75 years age group are in highest numbers. They share 26.6% of the distribution. Similarly, elders of 60-65 and 80-85 years age group covers 16.6% and 13.3% of the population respectively. Whereas, age group of 75-80 years comprises 10% of the population. This distribution pattern of the population shows that the numbers of elder population at their old-age (65-75) is a large number. Whereas the population of extreme old age (85 and above years) is in less number. This data simply reveals that the issues of elderly care are more concerned with the elders of old age rather than of extreme old age.

The case studies have also revealed that the people entering to an old age lack of the capacity to do works and remain in health problem. Then they need some support. Once they are unable to get it, they choose other alternatives. During the case study of Mr. Kanchan Giri, residence of Dolakha, 80 responding about his coming to the elderly home says, “With the entering to

an old age I was slowly suffered with Asthama (Dum) and Coughing. The working speed and capacity also decreased. Considering the situation, the villagers proposed me to go to the nearby temple and stay with serving there. But I was no more interested to stay with the nearby temple rather I thought come here. Thus I came here. Thus I came here and living since 2059 B.S.

5.1.5 Population Distribution According to the Marital Status

Marital status has an important affect in longevity. Thus, this is also one of the important variable causing elders to come to the elderly home. Thus the marital status of elders was also studied during this research.

Table No. 5.5: Population According to the Marital Status

S.N.	Marital Status	Numbers	Percentage
1.	Married	7	23.3
2.	Unmarried	9	30.0
3.	Widow	12	40.0
4.	Widower	2	6.6
	Total	30	100

Source: Field Survey, 2005.

The table shows that majority of the population are widow widower 40% and 6.6% respectively. Out of the total population of widow/widower about 40% remained in this situation since 12 years and above. In reference to this study it was identified that the position of widow/widower caused them to leave their home feeling alone. From the study it was found that the child marriage and unequal marriage were the main leason to happen this situation. At most of the female elders have got married during their marriage were 18 years and above.

This unequal situation of married male and female, resulted to get older the male when their spouse is young. As the male population grew older, they die earlier to their counterpart. After marriage at their childhood mostly the

female used to live to their own parent's home till they are able to do works. Thus, they remained unable to share their affections with the spouse. It caused them to be neglected by their husbands and in numbers of cases not to have any child because of not having a smooth relation of husband and wife.

The case study of Purna Kala Gaire, 65, has further supported this conclusion. As the case study presents that the parents arranged her marriage at the age of 9 years. After marriage she remained in her parent's home for about 4 years. At that time a terrible incident occurred on her, which caused her to burn all of the toes of both feet. After getting recovered from the tragedy, she went to her husband's home at the age of 13 years. She said that he didn't like her. In spite of all dislike she remained in her husband's house. Considering it as a result of fate. But she was unable to have any child. Thus her husband and parents-in-law proposed to her husband to get another marriage.

In this way the child marriage and equal marriage are found very bad traditional practices prevalent to the then society, which has affected since a long time, generating these types of social challenges.

5.1.6 Familial Aspect of Elders Living with Elderly Home

Population aging has important implications of changes in the family and household. Unlike western countries, majority of old-age people in Nepal share their residence with their children and relatives. However, the Nepalese social trend exhibits that this joint family system has been declining gradually. The latest census data shows that the average household size has decreased from 5.8% in 1981 to 5.6% in 1991. Whereas the preliminary result of population census 2001 has revealed that it decreased up to 5.4%. The trend of family nucleation has a greater impact on the loneliness of elders. In this reference, the familial aspects of elders were also studied during this study.

Table No. 5.6: Familial Aspect of Elders Living with Elderly Home

S.N.	Particular	No. of Population	Percentage
1.	Population having children	13	43.5
2.	Population not having children	5	16.6
3.	Unmarried	9	30.0
4.	Husband Wife together	2	6.6
5.	Population having no one	1	3.3
	Total	30	100

Source: Field Survey, 2005.

The table shows that the highest percentages of elders living in Pashupati Briddhashram have children. Percentage of Population living in this old aged home is 43.5%. During the study the respondents even having the children have responded that they came to this old aged home as they lacked their care from the family members. Most of them (25%) came to the old aged home because of the misunderstanding with their family. Though among them the 80% have denied this truth and accepted that they had a good relation with the children. But some misunderstanding generated with in-laws and even with the children at the latte days caused them to leave the house.

Second place is occupied by the unmarried elderly population as 30%. These unmarried people at the later part of their have no one (i.e. no children) to look after them and therefore they have only one option i.e. to take shelter at old aged homes. Population having no children occupied, 16.6%, third place in the above table. This study has revealed that most of the people who have not any child require the support far their survival. However, they prefer to remain with then family if the arrangement was there and they have supported that the people living with old age home hate to live there because of the rigorous life.

The study has further revealed that most of the population (78.57%) are coming from the nuclear family. It has revealed that the nuclear familial situation results to generate the loneliness and to leave the house.

5.1.7 Educational Aspect of Elders

Education plays an important role in all social matters. Thus it has also a significant role in regards to the elderly issues. Considering this significance, the educational aspects of elders was also studied. The literacy rate of existing Nepalese society as per the census data of 1991 is only 39.6%. In reference to this data we can infer a very nominal status of literacy level of elders. However, some sort of homely arrangement to conduct the educations and other facilities were also in practice to acquire the knowledge at that time.

Table No. 5.7: Educational Status of Elders

S.N.	Educational Level	Female		Male	
		Number	%	Number	%
1.	Educated (More than Schooling Level)	0	0.00	0	0.00
2.	Literate	0	0.00	2	6.6
3.	Illiterate	18	60.00	10	33.4
	Total	18	60.00	12	40

Source: Field Survey, 2005.

From this study it is identified that most of the elder (60%). The data shows that very significant numbers of population from male elders are literate. Whereas most of the female elders are illiterate. However, no any elders are educated. Basically very little access of the educational opportunity and higher cost required for the study this situation. Furthermore, most of the populations are from agricultural background. And due to the requirement of agricultural work force and their economic condition may have resulted to cause this situation.

5.2 Economic Profile of Elders

Economical aspects are the major factors affecting to the elderly situation and their care. Among the economic aspects, the occupational

background and economic condition of the family are a most. Thus an attempt is made to make the study on these.

5.2.1 Occupation of Elders

Nepal since a long remains agricultural country. Thus the occupation of all its residents are also affected with this context. Furthermore the majority of illiterate population and other geographical structure of the country has also resulted a larger number of population dependent on the agriculture. In this context, the study of occupational situation of the elders has revealed the situation as follows:

Table No. 5.8: Occupational Profile of Elders

S.N.	Occupation	No. of Elders	Percentage
1.	Farming (Agriculture)	19	63.5
2.	Business	2	6.6
3.	Service (Job)	5	16.6
4.	Others	4	13.3
	Total	30	100

Source: Field Survey, 2005.

The table above shows that most of the elders are from agricultural background. Most of them have responded that they were responsible for childcare and other household works. Thus they have responded that elders can accomplish these types of work if assigned. Therefore the percentage of population of elders who were engaged in farming is 63.5% occupied first position.

The elders having the job as their occupation are, 16.6%, in second position. However, the occupation they have mentioned is mostly private jobs. Then after the elders seems engaged with other works. It included that the household works in others home and the occasional daily wages works for others.

Due to the involvement of most of the population in agriculture, families required an active population in managing or supporting for the daily necessities. Since the elders were remained unable to do those jobs, they were in position to identify other means of survival.

5.2.2 Economic Condition and Its Status

Economic condition plays an important role towards the issues of elders. Elderly support is also the need generated due to the economic condition of elders. In this reference the economic conditions of elders and of their family members was studied.

Table No. 5.9: Economic Background of Elders

S.N.	Economic Condition	Population	Percentage
1.	Good	16	53.3
2.	Fairly Good	8	26.6
3.	Poor	6	20.0
	Total	30	100

Source: Field Survey, 2005.

The table shows that no population is there having higher economic status but still they survive by their self-earnings. The population having a good and fairly good condition are 53.3% and 26.6% far each respectively. Similarly, 20% of the population is from poor economic condition.

The data exhibits that the elders from lower economic condition are coming to reside in the elderly home. Moreover, the 21.4% population who had a good economic position came to the elderly home since their position was degraded during their tenure. From the study it is revealed that the elders coming to the elderly home are either the population having poor economic background or whose family do not have the good economic condition. From the case study of Ganga Devi Bista and of Ranchan Giri, it is identified that the

economic condition which was degraded due to various reasons caused them to leave their house.

In this way the analysis has revealed that coming up of elders to elderly home is mostly a compulsion of their socio-economic background. Loneliness and isolation were identified as major factors causing the elders to come to live with elderly home. Various social factors are to cause this situation. Child marriage of female as a significant age gap between the female and male, which was rampant in traditional Nepalese societies, were found major reasons amongst them. Similarly, absence of supporting generation and poor economic conditions have also caused to leave a large number of population to leave their place of birth. In addition to this, changes that took place on family size from extended to nuclear one also caused to live the elders alone. Moreover, the population who lost their family support due to misunderstanding with children and in most cases with in laws have also got the elderly home fulfilling their survival needs. In this way, it is found that the elderly homes are fulfilling the survival needs to isolated and lonely people of the society.

Elders with poor economic condition, who are in need of support are residing with the elderly home. Similarly, lacking of economic powers have also caused the elders to remain in an isolation. It has revealed that the elders who are from lower economic condition are in need of support run by the state or other actors.

CHAPTER SIX

SITUATION OF ELDERS IN ELDERLY HOME

Analysis to the socio economic background of elders and their supporting generation has revealed that elders are coming from different socio-economic background. They leave their home as they remained alone or isolated due to various reasons. Furthermore, the poor economic background has compelled them to identify the means of survival. Thus they came to this elderly home in order to get rid off the miseries of loneliness and, isolation as well as to fulfill their survival needs. Thus in this chapter the situation of elders living with the, elderly home' and fulfillment of their expectation as well as their attitudes on elderly issues are analyzed in brief. In identifying the situation, daily life of all elders, their living arrangements and the economical status as well as the. health., related matters and other related issues were studied.

6.1 Living Arrangements and Daily Life

Elders living with the elderly home are passing their retired life. During the field observation it was found that they have a routine set of life. Early at the morning they take bath and go to the Bagmati (river) to take bath, if t they are able to do so. Thereafter having a cup of tea, they engage themselves worshipping and praying for God. Before to lunch at noon, they sing praying for god for few times. Once they take their lunch, elders, either take some rest or do some other works of cleaning, weaving the thread, roaming in nearby places, being engaged for *Stasanga* (Religious discussion following the Adwaiti philosophy) or talking to each others. Then they again have a cup of tea. At the evening time they again worship and sing the pray for god. After completion of this job, they have their dinner and go to sleep.

Mostly at this age people believe on religious matters and tend to devote on these. Thus a 60.7% of the population have responded that they came to this

place because other religious purpose. Moreover, the population who came to this elderly home as they lacked the person to care for them, or due to misunderstanding with the families also responded that they are passing the days by doing religious activities. Thus a 75% of the population have made then engaged with these works.

Table No. 6.1: Elderly Activities with the Elderly Home

S.N.	Activities	Population	Percentage
1.	Interacting to each other	2	7.14
2.	Roaming to the nearby places	5	17.86
3.	Doing the religious activities	21	75.00
	Total	28	100

Source: Field Survey, 2005.

Responding to the matters on passing of days with elderly home, 17.9% of the population have responded that they roam in the nearby places in addition to the routine jobs of living with the elderly home. Similarly 7.14% of the population pass their days by interacting to each other on the issues of previous life and incidents.

In regards to their feeling of living with the elderly home 60.7% have responded that they feel relaxed to live in the elderly home. However, a 39.3% of the population who feel their living miserable, also feel peaceful due to religious place and having the opportunity to perform religious works. probably, this is the reason a 42.9% of the population expressed their willingness to live in elderly home in the places like this in spite of the facilities arranged in their own home or on the nearby areas.

While asking to the respondents, 57.1% of the population have responded that they would prefer to reside in their own home if the facilities were such. However, most of them (42.3%) have disagreed that elders hate to live in elderly home.

From the study it is identified that 67.9% of the population think that they can also work if they remain with their family. Most of them (89.5%) have responded that the child/family and household care are the appropriate works, which can be assigned to elders. However, 10.5% of the elders opined that they could do the supporting works on the profession of their family. Some of them who were still doing the knitting/weaving works prefer that they would do the same things. One of the elders has opined that he would prefer to pass the life by teaching religious matters. They regret that no opportunity is there to work them, which they intend to do.

Most of the elders (42.9%) have said that exchanging the life experiences to each other can pass the time of elders. Thus they support that elderly' clubs can be a good one whereas a 28.6% population responded that the elderly is not worthless thus no elderly clubs are needed. Rather, they required passing the days with such religious places at least at their latter days.

6.2 Economic Status

Lower economic background from where most of the elders came to live with elderly home has already exhibited that the economic position of elders is not good. A total of 89.3% of the population have said that they don't have any savings. Thus they are fully dependent upon the support received from elderly home and or elderly allowance. However, populations with some savings have said that they manage remaining expenses by getting support from elderly home or elderly allowance. Whereas the population without any saving either prevent themselves from doing any additional expenses or getting. Some amounts by doing some works, which they can do. During the case study of three elders the similar situation was identified.

Most of the populations living with elderly home (89.3%) feel that elderly people are economically deprived. Thus they are in view that the elders, should be authorized with economic rights throughout their life. Then the

families would also look after to their elders. Thus they have opinioned that the state should support to elders for their survivals needs. In addition to this they think that the facilities should be extended to provide some petty amount so as to manage the minimal expenses required.

6.3 Situation of Health

Since the people reach to an old age they suffer with various health related problems. Basically the food habits and its balance during their prior life and the physical works or other involvement causes to result some sort of diseases. As most of the people were from agricultural background, where the physical activities were a most. Thus most of them have said that they didn't have any chronic illness but nowadays, they are suffering with backache, and other minor problems of eyesight, bodily pain and others. However, a significant No. of population (17.9%) have responded that they have the chronic illness of Backache, Asthma, Coughing, problems with joints and Knees. Whereas a significant Nos. of population (25%) have opined that they are in a good health condition.

Whatever illness the elders have, they are treated well by Medical Doctors of hospital. Thus the elders do not have the major comments and problems on the health issues. However, they are concerned on their coming days. And they expect not to be sufferer more in their coming days and intend to die till they are able to manage themselves.

During the study the researcher has observed that the women whose husband have already dead or who didn't rare any children were comparatively healthier and having a good health condition.

6.4 Elderly Problems and Their Attitude

During the study some quarry were also made to elders related to elderly problems. Most of them (71.4%) responded that elderly women are suffered

more in comparison to their counterpart. Whereas a 21.4% of the population responded in negative. They think that the male mostly during their elderly stage have to bear household responsibilities. But they do not have any experience. Thus think very problematic for them. They also said that the female take care for male throughout their life. If they remain alone, it suffers a lot to them. Whereas the women become habitual to adjust them with all of the tough situations, which makes them less sufferer even to the latter days.

During the case study, Ganag Devi Bista has also viewed that male may be more sufferer due to the lacking of experience with the household affairs. Kanchan Girl, responding to the researcher's quarry' in this regard expressed his interesting feeling that the males are more sufferers than the female. He says that female maintain their relationship even at the older age. They can roam here and there even with the help of stick and can get the assistance, which the male can not maintain. In the other hand, they became miserable due to being not habitual for the household works. Whereas Mrs. Purna Kala Gaire viewed a different. She says, 'the women are more sufferer because male can be supported by their wife even if they are disliked by their children, but, it do not happen in the case of female. Then who cares to female?'” however, it's a genuine issue of further research.

6.5 Elderly Home as a Shelter of Retired Life

Elders are passing their latter days of life with the elderly home. Since they come from a specific socio-economic background, they can .not forget their past. Though most of the elders have said they came there because of the religious purpose. Probably that's the reason a similar percentage of populations feel relaxed to live with the elderly home. But there is significant percentages of elderly population (39.3%), who feel miserable. They are mostly the population who came there due to the lacking of persons to take them care or due to the misunderstanding with family. Furthermore, they have also opinioned that elders hate to live in elderly Home. Similarly mostly the

similar populations have expressed their interest to live with their own family if they would get such environment.

Though the elderly in our society seems very much inclined towards the religious matters. But remaining with family isolation is not a pleasure moment for them. During the study it was found that they hate the rigorous life of the elderly home. Similarly, elders expressed their disregards with the variance in saying and doing by the management. Living under the strict direction of management, lacking the family affection, no recognition of their personal interest and choices in food and other facilities were some of the aspects in which the elders were much concerned. Moreover, the infrastructure of the building has also caused various problems including the leakage of water during monsoon and sharp cold during the winter. In this reference it is evident that elders are suffering with lots of problems while living with the elderly home.

Since the people get in to old age, they devote themselves for religious activities. Even our Hindu Religion has taught this norms by dividing the human life in different Ashrams. Thus they tend to pass their latter days of life in such holy place where they can fulfill their spiritual needs. The Elderly Home located in a Holy place has remained as an important tool in this regard.

During the case Study, Ganaga Devi Bista has expressed her satisfaction from the elderly home in this reference. She feels that the living with this holy place has given her sonic relaxation. I don't think to go to the family again even if the situation is better. Living with such holy place at the end of life is a matter of luck she share her feeling. She further said, "However, I still feel that the economic matters make some time worried because we can't do the things, which we intend to do for the next life after the death. I also think that the state support is needed at the later part of life. If we did not have this facility we would have to remain in home, which is not always a good at least during these latter days when we are waiting for the death. We should escape from the

worldly affairs at least at this age.” If we did not have this facility we would have to remain in home, which is not always a good at least during these latter days when we are waiting for the death. We should escape from the worldly affairs at least at this age.” In this way, these studies have revealed that the elderly home somehow has succeeded to fulfill the spiritual needs of elders.

In this way the study has revealed that the elderly home is not merely a shelter for elders who are economically poor and lacking of supporting generation. But it is a significant means of elderly care by fulfilling the survival needs of elders who are in C ire need and means of spiritual need of elders. However, the quality of living should not he disregarded even in managing the elderly home. The study’ has revealed that the elders do not intend to pass their life worthless. Thus, some sort of arrangement to make the elders engaged is needed to introduce. Similarly, the infrastructure should also be enhanced so as to prevent the sufferings. Furthermore, the management should always consider that elders are ‘not the worthless liabilities having merely survival needs but they are the senior citizens who have contributed a long period of life in making their family, society and country. Thus they are recipients of respect.

CHAPTER SEVEN

SUMMARY, CONCLUSION AND RECOMMENDATIONS

7.1 Summary

Entering to an old age is a natural phenomenon. For the human being it's a long journey with various ups and downs throughout the life. With entering to this old age, people feel a bit slackness in their efforts. A physical characteristic that changes with growing age makes them unable to follow the pace of time. They even find unable to maintain themselves, which requires a dire need of support. In addition to this, elders who were dependent upon the physical works become unable to accomplish those works, which result them to expect for some support. Moreover, the industrialization, urbanization and changes on family net from joint family to a nuclear one have generated the loneliness among elders. This has further necessitated the elderly support.

Population aging is being a great concern for all the countries mostly for developing ones due to the improvement in mortality and progressive decline in fertility. Developed countries have already introduced their policies, strategies and activities addressing this growing challenge. Whereas developing countries have not accepted the issue as an emerging social problem. Celebration of the international year for the aging has generated some awareness within the governmental level but the actions are yet to Commence.

In Nepal the issue of elderly care is a shadowed one. No much and specific studies have been held out on it. Though the demographic statistics shows that this is an issue to be addressed. The latest census data shows that the total Nos. of elders is increasing by more than 5%

In a recent years some efforts are coming up in regards to this issue. As the Constitution of the Kingdom of Nepal has provided the positive affirmative actions in favor of the women, children and unable, the state has also been

obliged with these provisions. Thus the 9th development plan has touched upon the issue. Similarly, the provision of elderly allowance and other assistance that is provided through elderly house are also important aspects on it.

However, many things are yet to commence. The state has not yet defined a clear and specific policy on elders. Neither they have clearly defined the strategies and activities to cope with the growing requirement. Some works have been started in the non-government sector but these are not extensive. Furthermore, in-depth studies on these issues, which are a must, are not carried out. Even the existing elderly support programs are not reviewed. Thus in context to this situation this study was-intended to fulfill that requirement as well as the academic requirements.

Altogether, 6 Nos. of elderly house are running with the government support in different parts of the Country. In addition to this, there are a number of elderly shelters and living homes run by different Guthis and others. Even some of the clubs i.e. Rotary Club has also run such elderly home. Though some have carried on the situation of elders living with 'Pancha Deval'. But it is not enough. As it is serving the elders coming from different environment, the study may give an extensive structure of the Nepalese elders. With this view, objectives were set to study the socio-economic profile and existing position of elders. Thus it is an exploratory and descriptive study on elders living with elderly home.

In order to meet the objectives various research methodologies have been applied. From the field survey methods, primary data were collected by following the scheduled interview and observations. Out of the total population of elderly home, 3 Nos. of specific cases were studied thoroughly to ensure the authenticity of the study and further identify the actual situations. Whereas the secondary data have been derived from various published and unpublished sources.

Social and demographic profile has been studied in reference to the sex, age, marital status, familial aspects, caste, place of origin, periods of living, age of marriage, and educational aspects.

From the study it is revealed that female elders are living in a largest numbers (60%). And most of the female elders came there only after their husband left them alone. Thus it reveals that the elders mostly the women remains in need of elderly support since they become alone. Furthermore, the traditional society where remarriage of widows was not accepted caused to leave a significant numbers of widows (40%). Lastly as they remained alone, the elderly home was found the place to fulfill their survival needs. Thus they came to the elderly home.

The study has also revealed that the populations at their early elderly stage (between the age of 60-74 years old) came to reside with the elderly home in a large number (60.72%). As they didn't have any one to support or to take care,' they came to reside with this elderly home. From the study it is also identified that most of the population (78.6%) are coming from nuclear family. Thus the nuclear familial situation is also found a major reason in generating loneliness and leaving the house. Case study of the elders and study of their profile has further revealed that people remain alone form the family members once they become unable to provide the efforts needed for the household affairs.

The study held on basis of caste has revealed that majority of old-aged people living there (42.86%) are from Newar caste group. Comparatively, elders from ethnic community are insignificant (3.57%). The major reason for this situation may be the prevalent cultural domination of caste/ethnic group and unwillingness of elders to breakdown the set-up. A consideration may also be made on the observation that ethnic community has a good kinship thus a nominal nos. of elders remain in need of elderly care from other actors than the family and relatives. However, further research is needed for its assurance.

Populations coming to this elderly home are from nearby districts having the easy access and familiar with the place. Distribution pattern of the population has proved to this conclusion, it is also evident from the nil position of data from eastern and Far Western parts of Nepal. During the study the respondents have also said that they came there either due to the religious place or being accessible from the place of origin.

From the study it is identified that the Populations from poor economic background and not having any supporting generation are living since a long. Similarly a higher percentage of the population (60.7%) of religious types are living with the elderly home feeling relaxed. Whereas the population not living for long, feel a bit miserable and intend to live in their own home if the facilities are provided so.

Study shows that child marriage among females is prevalent among the elderly populations. Even the early child marriage is found in a large percentage (39.29%). This has revealed the pity situation of Nepalese Women in our traditional Society. From the study, it was also evident that the age difference of male and female marriage was significant. All of the married male populations got married only at the age of maturity. All the widows have said that the age of their husband was above 14 when they married to them. The case studies of three elders have also clarified the matter. As both the women were married at their early childhood and the male had married at his age of maturity. This is almost a structure of the then Nepalese Society. Child marriage and age difference of male and female is one of the reasons of outnumbering the widows and causing to come to the elderly home due to loneliness.

Educational level of the population is very low. The data reveals that 82.14% of elders are illiterate. As no accessible schooling system was available in that society, this situation is usual. Due to the educational level of population

and following the traditional occupation a large number of elders (75%) are from agricultural background.

From the study it is identified that there is the majority of population (57.20%) from lower economic background. No population is there having higher economic status. Moreover, a significant nos. population (21.4%) who had a good economic position come to the elderly home since their position was degraded during their tenure. The case study of Ganga Devi Bista has also exhibited the similar position.

Thus it is evident that the elders coming to elderly home are either the population having “poor economic background or whose family do not have good economic condition.

As a major aspect of this study existing situation of elders was also studied Living arrangement of elders and their daily routine life and practices were thoroughly observed and they were also asked various matters concerned with their living arrangements. From the study it was identified that elders pass their days with the routine works of personal maintenance and other religious works. They seem pleased ‘as ‘their spiritual values are ‘maintained. Praying for god, visiting the temples, participating in Satsanga, worshipping etc are the major religious activities the elders perform. In addition to this there are some elders (7.41 %) who are still working neatening/weaving works and getting some amounts. However, some4 people have expressed that they were able to do the Works but they don’t have any opportunity. It has revealed that the population who have worked throughout the life, they still intend to make them engaged with some activities which they can bear, but they are ‘not pleased because of not availability of such things.

Most of the elderly people (89.3%) feel that they are economically deprived. Thus “they viewed that elders should be authorized with economic rights throughout their life. Then the families would also look after to elders.

Thus they have opined that the state should support the elders for their survival needs. In addition to this they think that the facilities should be extended to provide some petty amount so as to manage the additional expenses required.

With entering to an old age people are suffered with numerous health problems. Some of the elders have said that they are suffering with chronic illness of Backache, Asthma, Coughing, pain in joints and Knees etc. However, significant percentages (82.1%) of elders were found without chronic diseases. But, nowadays, they suffer with backache, and other minor problems of eyesight, bodily pain and others. The elderly home has arranged for the treatment of elders with the collaboration of both Nepal Medical College Teaching Hospitals, Maharjgunj. Thus elders do not have major comments and problems on health issues. During the study it was also found evident that the women whose husband has already dead or who didn't have any children were comparatively healthier and having a good health condition.

Some queries were also made to the elders related to elderly problems'. Most of them (71.4%) have responded that elderly women are suffered more in comparison to their counterpart. However, a significant percentage (21.4%) of the populations have thought that the male elders become more sufferers because of lacking the knowledge and practice of household works. Mr. Kanchan Gin interestingly pleaded his feeling about the male suffering rather than female. Similarly female take care for male throughout their life. Thus after demise of their wife male become sufferer more. However, our cultural and social traditions of disregarding the widow causes more suffer to the female population.

7.2 Conclusions

Elderly is a stage when the populations remain in dire need of support not only for their survival but also for maintaining their desires. Few years ago

the elderly issue didn't have much significance as a social issues. But during these periods it is emerging as a social challenge even in our context. Though it's not a bigger problem to date. But in-time initiatives are needed to manage the issue before to let it be explosive.

Loneliness and isolation were identified as the major factors causing the elders to come to live with the elderly home. Various social factors have caused to generate the situation. Early child marriage and child marriages of female or a significant age gap between the female and male, which was rampant in traditional Nepalese Societies were found the major reasons on it. Similarly the absence of supporting generation and poor economic condition has also caused to leave a large number of population to leave their place of birth. The changes that took place on family size from extended to nuclear one has also caused to live the elders alone. Moreover, the populations who lost their family support due to misunderstanding with children and in most cases with in-laws have also got the elderly home fulfilling their survival needs. In this way, it is found that the elderly homes are fulfilling the survival needs of isolated and lonely people of the society.

Elders with the poor economic condition, who remained in the position to seek support, are residing with the elderly home. Similarly, the lacking of economic powers have also caused the elders to remain in an isolation. It has revealed that the elders who arc from lower economic condition arc in need of the support run by the slate or other actors.

Populations not having any children or spouse feel that living with the elderly home is relaxed. Location of the elderly home in a holy place of Hindu pilgrimage has served to fulfill the spiritual needs. Thus the study have identified that Elderly Homes should be established in religious places, where the elders can fulfill their spiritual needs.

However, the populations who are living in elderly home due to the misunderstanding with family feel miserable. Their unwillingness to remain dependent upon others and remembrances of the pleasures living with families makes such feeling within them. Furthermore, the rigorous life of elderly home and lacking of any opportunities to make them engaged has also caused to feel so. Thus, they intend to live with own home if they are facilitated with the favorable environment of hiving. It exhibits that the elders having families remain pleased while with their families. And settling them with their own family is the best means of elderly support.

People even at their, latter days of life do not intend to pass the worthless times. They prefer to make them engaged for some works preferably relevant to their occupational background. Furthermore, they want to be independent at least for their additional expenses. Thus the elders should be provided opportunities as per their capacity and knowledge. In this way, it is evident that Elders are not mere recipients, they also contribute to society.

7.3 Recommendations

This study was mainly intended to finding facts on the situation of elders living with elderly home. As it has already been discussed that the elderly issue is an emerging challenge for Nepal. This is the high time to introduce some preventive actions for in time address of these issues. Otherwise, the challenge at present would be developed to social problem. With this view and in reference to the field observation of elders living with elderly home, the following issues have been identified. Thus the same are recommended here for further researcher, policy makers and other concerned.

1. Policy responses :

- a. Constitutional provision of positive affirmative action should be laid down in action. Thus an effective implementation of the government policies on elders should be ensured.

- b. Elderly homes should be extended to cover the requirements of helpless population not having any supporting generations and poor. However, the study has revealed that such extension would be effective only in the religious places of the nearby areas. Thus it has to be considered in its extension.
- c. Elderly allowance, as a social security measure should be continued. However, the case of elders living with elderly home has to be reconsidered. And they should be benefited with the allowance irrespective of facilities they entertain from elderly house.
- d. Quality of life¹ should be the guiding principle even in running elderly homes rather than merely a shelter for survival.
- e. The government should encourage the participation of non-governmental sectors. Their active involvement may be called for Awareness generation over the issues of elders and their knowledge, attitude and practices. Furthermore, private sector participation on these issues may have an effective impact on advocating the elderly rights and duties of their supporting generations. Similarly these actors may share the knowledge and experiences.
- f. Elderly participation is a must in formulating policies on elderly care as well as in making decisions to their affect.

2. Elderly development :

- a. An environment should be generated to promote the self-respect of elders and to avoid the family ignorance and loneliness.
- b. The elders should also be developed so as to make them able to adjust with the development, urbanization and industrialization.
- c. Opportunities should be enhanced to engage the elders. Moreover, they should be used for the social development and enhancement of cultural values. The nongovernmental sector may have an effective role in these regards.

- d. Education Programs featuring the elderly as the teacher and transmitters of knowledge, culture and spiritual values should be developed.

3. Developing social activities :

- a. Child marriage mostly' in the case of female is one of the major reasons to cause loneliness after they become widows. Though it exists in a very small scale at the moment but its prohibition should be implemented effectively. Similarly a significant age gap that is prevalent even in the existing society should be lessened and other strict measures should be employed preventing the unequal marriage.
- b. Social change is taking place but still the traditions are not changed to that level. Re-marriage of widow is not practiced well and the society does not accept it easily. Further awareness has to be generated for social changes making them able to adopt these things.
- c. Improvement on the existing situation to elderly support.
- d. Existing life of elders at elderly home is very rigorous. Thus to improve the situation the practice of routine foods should be changed from time to time. Moreover, the elderly allowance that is being provided to the elders above 75 years age and widows above 65 years should be provided to them irrespective of the facilities of elderly home.
- e. The treatment provided with the collaboration of teaching hospitals is found effective. Thus these types of arrangement should be made in other places too.
- f. Health services for the elders should be subsidized. And the preventive health services should be encouraged extensively.

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37. Who brought you here?
 - a. Relatives
 - b. Self
 - c. Social Worker
38. How do you feel living within elderly home?
 - a. Relaxed
 - b. Boredom
 - c. Miserable
 - d. Others
39. If you feel Boredom or Miserable. Why do feel so?
40. Do you think that the state should run the elderly support program?
 - a) Yes
 - b) No
41. If yes, what types of support, the state should provide?
42. Do you think that elderly homes should be extended throughout the kingdom?
 - a) Yes
 - b) No
 - c) Don't know
43. Do you agree that the modern families have no much time and flexibility for elderly care?
 - a. Agreed
 - b. Partially agreed
 - c. Disagreed
 - d. Don't know
44. Do you agree that the elders hate to live in elderly homes?
 - a. Agree
 - b. Disagree
 - c. Don't know
45. Do you feel that the elderly women are suffered more in comparison to their counterpart?
 - a) Yes
 - b) No
 - c) Don't know
46. At last would you wish to spell anything more?

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