

**STATUS OF THE ELDERLY PEOPLE IN NEPAL: AN  
ANALYSIS OF SOCIO-ECONOMIC, DEMOGRAPHIC, HEALTH  
AND PSYCHOLOGICAL CHARACTERISTICS OF THE ELDERLY  
LIVING IN SIDDHAPUR VDC, BAITADI**

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**Population Studies**

**By**

**Lok Raj Bhatt**

**Tribhuvan University**

**Kirtipur, Kathmandu, Nepal**

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**Tribhuvan University**  
**Faculty of Humanities and Social Sciences**  
**Central Department of Population Studies**

**Recommendation Letter**

This is to certify that **Mr. Lok Raj Bhatt** has worked under my supervision and guidance for the preparation of this dissertation entitled **Status of the Elderly People in Nepal: An Analysis of Socio-Economic, Demographic, Health and Psychological Characteristics of the Elderly Living in Siddhapur VDC, Baitadi** for the partial fulfillment of Master Degree of Arts in Population Studies. To the best of knowledge the study is original and carries useful information in the field of elderly. I, therefore, recommend it for the evaluation of dissertation committee.

---

Dr. Prem Singh Bisht  
(Supervisor)

**Tribhuvan University**  
**Faculty of Humanities and Social Sciences**  
**Central Department of Population Studies**

**Approval Sheet**

This dissertation entitled **Status of the Elderly People in Nepal: An Analysis of Socio-Economic, Demographic, Health and Psychological Characteristics of the Elderly Living in Siddhapur VDC, Baitadi** prepared by **Mr. Lok Raj Bhatt** has been accepted as partial fulfillment of the requirement for the degree of Master of Arts in Population Studies.

Approved by:

\_\_\_\_\_  
Dr. Bal Kumar K.C.  
(Professor and Head)

\_\_\_\_\_  
Ms. Bidhya Shrestha  
(External Examiner)

\_\_\_\_\_  
Dr. Prem Singh Bisht  
(Supervisor)

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## **ABSTRACT**

Increasing the elderly share in its total population is challenging phenomena in demography. It has many pros & cons in over all economic, social, demographic part of the countries. Both the developed and developing countries are experiencing the ageing population with the increase in life expectancy. Although various problems remain of the elderly according to ground reality and social-cultural context of nation, the elderly people have better quality of life in developed regions then the developing one. Poverty is the main enemy for the elderly that they are unable to fulfill their basic and additional needs.

In Nepal ageing started since 1950 A.D. But the status of the elderly has not been improved. Unstable political situation of the country, lack of commitments to implement policies & programs at national level, decreasing social esteem towards the elderly at community level and influence of western culture at family level are main barriers for the elderly welfare. This dissertation aims at collecting information on the elderly people's socio-economic, demographic, health & psychological characteristics of the Siddhapur VDC Baitadi which is one of remote rural area. Out of 254 the elderly living in study area 125 respondents (65 males and 60 females) were chosen for the study. The literacy rate among the elderly seems very poor only 28 percent of the elderly are literate. Agriculture and cattle raring are main occupation of the elderly people. Hinduism is practiced by all of them. The majority (70.4%) of the elderly are living in joint families. Almost 62 percent of them were married below 15 years of their age. Majority of them (57.6%) are living with their son and daughter in law. The 29.6 percent of the elderly do not have any role in decision making. Almost (59.2%) of the

elderly consume food twice a day. Incase of land ownership 69.6 percent of the elderly in study area have ownership of land. Only 28.0 percent of the elderly receive old age/widow allowance. According to health status 85.6 percent of the elderly reported something disability in them. Most of the elderly (35.2%) still take help of Dhami/Jhankri to cure diseases. Mobile health camps are the demand of majority (30.4%) of the elderly people. Majority (64.0%) reported they feel the domination in family. Almost of the elderly (48.0%) pass their time doing household activities. Most of them perform religious activities to follow tradition, achieve heaven and prosperity of off springs. The esteem of family and society is gradually decreasing towards them.

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## ABBREVIATIONS

CBS	=	Central Bureau of Statistics
CDPS	=	Central Department of Population Studies
CEB	=	Children Ever Born
FAO	=	Food and Agricultural Organizations
GOs	=	Government Organizations
ICPD	=	International Conference on Population and Development
IEC	=	Information, Education and Communication
INGOs	=	International Non-Governmental Organizations
MWCSW	=	Ministry of Women, children and Social Welfare
NEPAN	=	Nepal Participatory Action Network
NGOs	=	Non-Government Organizations
NPC	=	National Planning Commission
SAARC	=	South Asian Association for Regional Cooperation
SCWAN	=	Senior Citizen Welfare Association of Nepal
T.U.	=	Tribhuvan University
UN	=	United Nations
UNFPA	=	United Nations Population Fund
VDC	=	Village Development Committee
VRS	=	Vital Registration System