

CHAPTER–ONE

INTRODUCTION

1.1 Background of the study:

Ageing is a natural phenomenon. Every human being born, grow, become older and dies. Due to the progress in improving health services and birth control programs in Nepal, the population of senior citizens is also increasing tremendously in the country. The population of older persons reached to 24,22,494 in 2011 rising from 14,70,379 in 2001 and expected to be doubled by next twenty years if the current growth rate of 3.5% continue. (CBS, 2011)

The number of older persons — those aged 60 years or over — is expected to more than double by 2050 and to more than triple by 2100, rising from 962 million globally in 2017 to 2.1 billion in 2050 and 3.1 billion in 2100. Globally, population aged 60 or over is growing faster than all younger age groups. (UN, 2017)

With ageing, every people feel some kind of positive and negative physical and mental changes. In one hand, they suffer from different diseases and become weak physically and mentally. On the other hand, they will be the full of knowledge, experiences and skills. Senior citizens are the precious assets and navigator of the society. But, due to the lack of knowledge, the family, society and even the state as well understood senior citizens as a burden. (Saibule, 2017)

Human Rights means, quite simply, those rights that all people have by virtue of being human. The concept of human rights is based on the theory of natural law because the nature, unlike human being, is non-discriminatory. According to this theory every human being is born free and so he deserves some natural rights like right to life, right to equality and right to independence. Thus human rights are universal, equal and inalienable. Human rights are the basic rights of people universally and not dependent upon the whims of rulers. It must not be forgotten that human being are at the centre when one talks about human rights, and these human rights are closely related to human development. It is self-guided by the principle of

equality and fairness as regards the equitable distribution of basic human rights to all classes of human beings. (Agrawal, 2005)

Presently, the vast majority of legal scholars and philosophers agree that every human being is entitled to some basic rights. Thus there is universal acceptance of human rights in principle in domestic and international plane. Human rights is a generic term and it embraces civil rights, civil liberties and economic, social, and cultural rights. So it is difficult to give a precise definition of the term human rights. However, it is tried to define it in different ways.

The world conference on Human rights held in 1993 in Vienna stated in the Declaration that "all human rights derive from the dignity and worth inherent in the human person and that the human person is the central subject of human rights and fundamental freedom"

D.D. Basu defines human rights as those minimum rights which every individual must have against the state or other public authority by virtue of his being a member of human family, irrespective of any other consideration. (Agrawal, 2005)

Dan Elwyn Jones defines "human rights, the inalienable and indivisible rights held by us all, are the basic standards of equality and justice without which people cannot live in dignity and are all around us" (Darren, 2005)

Human Rights Commission Act, 2068 of Nepal defines - "Human Rights" means the rights relating to life, liberty, equality and dignity of the individual guaranteed by the constitution and other prevailing laws and such other rights as are embodied in the international treaties relating to human rights to which Nepal is a party" (NHRC Act, 2068)

Human rights are, therefore, those rights which belong to an individual as a consequence of being human as a means to human dignity. Rights being immunities denote that there is a guarantee that certain things cannot or ought not to be done to a person against his will. According to this concept, human being, by virtue of their humanity, ought to be protected against unjust and degrading treatment. In other words Human Rights are exemption from the operation of arbitrary power.

Human Rights are essential for all-round development of the personality of the individuals in the society. Thus, it is necessary to be protected and be made available to all the individuals. The need for the protection has arisen because of inevitable increase in the control over men's action by the governments which by no means can be regarded as desirable. It has been realized that the functions of all the laws whether they are the rules of municipal law or that of international law should be to protect them in the interest of the humanity. So, it must not be forgotten that human beings are at the centre when one talks about human rights and it is also be regarded state is responsible to protect the rights of individuals.

WHO defines senior citizen as people having the age of 60 years and above. The Senior Citizens Act, 2006, Nepal also defines the senior citizen as "people who are 60 years and above." Elders are the living history of the society. Therefore, it is important to utilize their life long knowledge, skills and experiences for the socio-economic development of the society and the country as a whole. Therefore, senior citizens also deserves for dignified life not as a charity but as a human rights.

The number of older persons — those aged 60 years or over — is expected to more than double by 2050 and to more than triple by 2100, rising from 962 million globally in 2017 to 2.1 billion in 2050 and 3.1 billion in 2100. Globally, population aged 60 or over is growing faster than all younger age groups. (UN, 2017)

According to census of 2001 Nepal had 6.5% of elderly that reached up to 8% in 2007 and the rate is ever increasing (Dahal, 2007). Developing countries such as Nepal are making progress in improving health services and birth control programs. Success in these fronts of development have led to decrease in birth rate and increase in life expectancy. Population growth rate of Nepal hovers around 2% while growth rate of elderly population (60+) is moving up at higher rate of at 3.5% which is expected to continue moving up (GCN, 2009).

Article 1 of Universal Declaration of Human Rights (UDHR), 1948 set out the core idea of human rights; all human beings are born free and equal in dignity and rights. Other rights in the declaration include, but are not limited to, the right to life, liberty, non-discrimination, due process, ownership of property, education, political participation, work and leisure. Article 25 of UDHR has ensured the right to a standard of living adequate for the health and well-being of himself and of his family

including food, clothing, housing, and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his or her control. Despite the universality of human rights, several UN treaties have been created that deal specifically with the rights of disadvantaged people. Although none of these in older persons, a few mention 'age'. Article 3 of International Covenant on Economic, Social and Cultural Rights, 1966, Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) mentions 'age' in Article 11. Among the core human rights treaties, the Convention on the Rights of Persons with Disabilities (CRPD) offers perhaps the most useful protection for older persons. 'Older persons' are referred to in Article 25(b) of the CRPD on the right to health services, and in Article 28(2)(b) on the right to access to social protection and poverty reduction programs. Article 16(2) mentions the right to 'age-sensitive assistance' by states to ensure freedom from exploitation, violence and abuse. Other articles in the CRPD that could potentially benefit older persons are Article 9 on accessibility, Article 19 on independent living, Article 20 on personal mobility and Article 26 on habitation. (Simon, 2012)

The Constitution of Nepal, 2015 has ensured the rights of senior citizens. Article 41 of the Constitution has provisioned that the senior citizens shall have the right to special protection and social security from the state. Likewise, the Senior Citizen Act, 2006 and Local Self Governance Act, 1999 also has some provisions about senior citizens. After the rise in abuse, neglect and degrading treatment on senior citizens from society and family, the concept of old age home evolved in Nepal. Evidence and records show that the origin and development of old age homes of a kind started in Nepal since 1938 BS. However, it's actual establishment was made in 2030 BS.

The Shree Radhakrishna Old Age Home was established in 2068 BS with the aim of helping and providing support to helpless, neglected and other senior citizens. The home is situated in Pokhara Lekhanath Metropolitan Clity-32 of Kaski District. There are 90 senior citizens living in the home.

1.2 Statement of the problems

Though senior citizens account significant of the total population of the country, their role in various political, economic, social & cultural sectors is very limited. Because of illiteracy and ignorance, lack of training and mobility a large number of senior citizens in Nepal do not know about their rights and staying in lower hierarchy. They are exploited either in house or in the office. It is necessary to reform discriminatory laws & traditional socio-culture which enable women to generate self-confidence, self-reliance, self-identity & independence in the society.

The population of the senior citizen is increasing tremendously also in Nepal. The population growth rate of ageing people in Nepal is 3.4% whereas the growth rate of country as a whole is 2.1%. The population of senior citizen in Nepal consists 8.13% of total population in Nepal. If the current growth rate continues, the population of senior citizen in Nepal becomes double in next twenty years. (CBS, 2011)

The changing social pattern in Nepal is putting the senior citizens in isolation. A large number of senior citizens are incapable of meeting basic requirements like adequate food, cloths, shelter, health, education etc. The living history and precious practical knowledge - senior citizens – have been encountering severe challenges for living with peace and dignity. The challenges can be divided into economic (loss of employment, income deficiency, economic insecurity), physical and physiological (health and medical, nutritional deficiency, adequate housing) and psycho-social (loss of respect, negligence, psychological and social maladjustment, elder abuse). The needs and demands of senior citizens need to be recognized in all aspects. It is the prime responsibility of the state for respecting, protecting and fulfilling all human rights of the senior citizens enabling them to live a peaceful and dignified life by meeting their needs and demands. Apart from the state, it is also an equal duty of the progeny to contribute in this regard for making their parents feel safe and happy. (www.nascif.org.np)

Considering all above mentioned issues, this research will be focused in the analysis of the following research questions-:

1. What is the health related problems and treatment provision of senior citizens?
2. How they are spending their daily life in the old age home?
3. What are the reasons behind coming in the old age home?

1.3 Objectives of Study

The general objective of this research study is, to study the rights of the senior citizen living in the Old Age Home.

The specific objectives of the study are as follows:-

-) To study the situation of senior citizens living in the Old Age Home.
-) To analyze the reasons behind coming in the Old Age Home.

1.4 Importance of the study

The study has academic value of multi-dimensional importance in the study of senior citizen's rights in Nepal and it's relation with socio-economic development process to reduce abuses against senior citizens. It would be a useful reference for the students of law, human rights, campus library, NGOs and INGOs and interested others to introduce new plans, policies and programs. It may also be useful for further research studies related to senior citizen's right.

The study will be useful for development organizations and planners in planning activities to bring to new means for improving socio-economic condition of senior citizens through effective policy. The policy makers and organizations working in the field of human rights, more specifically senior citizen's right, get some input to introduce relevant development programs from this study. The outcome derived from the study will be very useful for further advancement of programs and activities to those organizations that are actively involved in the field of senior citizen's issues.

1.5 Limitation of the Study

Every study has its own limitations. This study also has many limitations. Basically, this will be an academic study for partial fulfillment of MA degree. It is conducted under the circumstances of limited budget and time. The study will not be able to cover all the senior citizens. This study only covers the twenty senior citizens living in the Shree Radhakrishna Old Age Home. It may be not possible to generalize for all the senior citizens of the home. The willingness of the senior citizens to tell their past history will also limit the study.

1.6 Definition of the Key Terms

There are some terms in this study which are defined to explain in different terms and jargons. In general, these terms may have different meanings but in this study, the definitions refer to as defined below:

Senior Citizen

Senior Citizens refer citizen as people who are 60 years and above.

Friends

Friends refer to the mate living together in the home for this study.

Home

Home refers to Shree Radhakrishna Old Age Home where the respondents are living.

Family and maternal family

Family in this study refers to in-law family members of the senior citizens who are the respondents in this study. Maternal family refers to the consanguine family members of the female senior citizens.

Household responsibility

Household responsibility indicates the regular day to day household chores which includes cooking, washing, cleaning, caring of the house etc.

Children responsibility

It refers to the caring and rearing of the children, which includes feeding, clothing, preparing for the school, keeping safe, sanitation of the child etc.

Family responsibility

It refers to taking care of the family members including in-laws and husbands which refers to keeping wellness of the illness, giving time to the husband, helping husband to go to the office etc.

Early marriage

Early marriage refers to the marriage that is conducted below 18 years of age.

Family types

Family types include two types of the family: nuclear and joint. Nuclear family refers to the family that contains father, mother and their children only whereas joint family refers to the family that contains father, mother, married sons and their children.

Social Security

It is any government system that provides monetary assistance to the disadvantaged and helpless people for the well-being.

1.7 Organization of the study

A careful and systematic organization is required to write a good thesis in prescribed time in a convenient and efficient way. Therefore, the whole study is divided into six chapters. Every chapter bears equal importance to some aspect of the study.

Chapter one deals with major issues of the study along with general background, focus of the study, statement of the problem, objectives of the study, importance of the study, delimitation of the study and organization of the study.

Chapter two comprises review of the available literature which consists of conceptual review and review of previous studies from different articles, books, journals, reports and dissertations related to study area. This provides a framework with the help of which this study has been conducted.

Chapter three describes the research methodology used in this study. It deals with research design, population and sample, nature and sources of data, data collection techniques and methods of data analysis.

Chapter four covers the problems and situation of the senior citizens. It includes basic infrastructure, investment, the source of income, management, availability of basic requirements like drinking water, sanitation, environment, electricity and composition of senior citizens in terms of marital status, age, sex, religion, caste, past occupation.

Chapter five covers the problems and situation of the senior citizens. It includes the source of livelihood, social security, health condition, treatment by home staff, and reason behind living in the home.

Chapter six includes the summary, conclusion and recommendation for further improvements.

CHAPTER TWO

LITERATURE REVIEW

Review of literature is the process of locating, obtaining, reading and evaluating the research literature in the area of researcher's selected topic. It helps to develop some expertise in the selected area and receive some idea for developing a research design. Furthermore, it establishes a point of departure for future research avoids needless duplication of costly research effort and reveals area of needed research. Therefore, review of literature is important part of all research.

Review of literature includes the review of article, journals, research papers and previous dissertation of different researchers, writers etc. accessing from different libraries and electronic devices. Here, an attempt is made to review some of the previous journal and researches of the selected area and topic.

2.1 Conceptual Review

As this study is going to explore the situation of senior citizens from the sociological and human rights perspectives, different theories related to the ageing, together with human rights are reviewed

2.1.1 Sociological Review

There are many paradigms related to the ageing. Out of them, the researcher has chosen only three theoretical perspectives to complete this dissertation: theory of disengagement, activity theory and conflict theory.

A. Disengagement Theory

This approach assumes that all societies must find ways for older people's authority to give way to younger people. A society thus encourages its elderly to disengage from

their previous roles and to take on roles more appropriate to their physical and mental decline. In this way, a society effects a smooth transition of its elderly into a new, more sedentary lifestyle and ensures that their previous roles will be undertaken by a younger generation that is presumably more able to carry out these roles. Because disengagement theory assumes that social aging preserves a society's stability and that a society needs to ensure that disengagement occurs, it is often considered a functionalist explanation of the aging process.

A critical problem with this theory was that it assumed that older people are no longer capable of adequately performing their previous roles. As we have seen, however, older people in many societies continue to perform their previous roles quite well. In fact, society may suffer if its elderly do disengage, as it loses their insight and wisdom. It is also true that many elders cannot afford to disengage from their previous roles: if they leave their jobs, they are also leaving needed sources of income, and if they leave their jobs and other roles, they also reduce their social interaction and the benefits it brings (Hochschild, 1975).

B. Activity Theory

The notion of this theory is that the older people benefit themselves and their society if they continue to be active. Their positive perceptions of the aging process are crucial for their ability to remain active.

Today most social gerontologists prefer activity theory, which assumes that older people benefit both themselves and their society if they remain active and try to continue to perform the roles they had before they aged (Joung & Miller, 2007). As they perform their roles, their perception of the situations they are in is crucial to their perception of their aging and thus to their self-esteem and other aspects of their psychological well-being. Because activity theory focuses on the individual and her/his perception of the aging process, it is often considered a social inter-actionist explanation of social aging.

One criticism of activity theory is that its appraisal of the ability of the elderly to maintain their level of activity is too optimistic: although some elders can remain active, others cannot. Another criticism is that activity theory is too much of an

individualistic approach, as it overlooks the barriers many societies place to successful aging. Some elders are less able to remain active because of their poverty, gender, and social class, as these and other structural conditions may adversely affect their physical and mental health. Activity theory overlooks these conditions.

C. Conflict Theory

The general concept of conflict theory is that older people experience age-based prejudice and discrimination. Inequalities among the aged exist along the lines of gender, race/ethnicity, and social class. This theory falls into the more general conflict theory of society.

Explanations of aging grounded in conflict theory put these conditions at the forefront of their analyses. A conflict theory of aging, then, emphasizes the impact of ageism, or negative views about old age and prejudice and discrimination against the elderly (Hooyman & Kiyak, 2011). According to this view, older workers are devalued because they are no longer economically productive and because their higher salaries (because of their job seniority), health benefits, and other costs drive down capitalist profits. Conflict theory also emphasizes inequality among the aged along gender, race/ethnicity, and social class lines. Reflecting these inequalities in the larger society, some elders are quite wealthy, but others are very poor.

One criticism of conflict theory is that it blames ageism on modern, capitalist economies. As we have seen, negative views of the elderly also exist in preindustrial societies, even if the views there overall are often more positive than in their modern counterparts.

2.1.2 Rights Based Review

There is no clear date and univocal about the emergence and development of the concept of human rights in the world. So, the idea of the rights of men begins with an unknown period of history. As the man became a full-fledged human being from the natural creature of Stone Age in course of development of the human civilization, concept of human rights started to emerge and human being started to feel it. Therefore, the history of human rights goes back to the long past.

The world's all major religions also have the contribution which have a humanist perspective that supports human rights despite the differences in the content. In addition, contribution made by Different peoples, philosophers and scholars of different countries also shouldn't be forgotten for the development of human rights that established a movement in the field of human rights. So, we can take British contribution; the Magna Carta granted by King John of England to the English baron on 15 June 1215 which granted the right to travel freely within England and outside and protects against arbitrary arrest and imprisonment including other rights, the petition of Rights granted by Charles I in 1628 which safeguarded the liberties of the people by securing the supremacy of the law, The Bill of Rights on December 16, 1689 which asserted the supremacy of parliament over the claimed divine rights of Kings, American contribution; the Declaration of Independence of the Thirteen United States of America in 1776 (The Virginia Declaration 1776); the constitution of United States of 1787 with amendments in 1789, 1865,1869 and 1919 specified a number of rights of man and French Declaration of the Rights of man and of Citizen, 1789 as well as the progressive steps had been taken by them.

The Virginia Declaration of Rights affirmed that all men are by nature equally free and independent and have certain inherent rights. The French Declaration of the Rights of man and of Citizen of 1789 led other European countries to include the provision in their laws for the protection of human rights. Since the beginning of the nineteenth century it was recognized by most of the states that human beings possess certain rights.

The modern idea of human rights evolved in the wake of the devastating Second World War which added new height on it. At the same time, the common institution of the world community evolved in 1945 named United Nations Organization (UNO) which used the terminology “human Rights” for the first time in its charter and we can say that it’s the milestone in the history of human rights. Thus, the term human rights came somewhat late in the vocabulary of mankind. After this human rights activist and defenders, politicians and other scholars made the effort for the development of human rights.

An early attempt to secure agreement to a binding international bill of rights within the UN Charter did not find sufficient support. Instead the newly established UN Economic and Social Council was asked to set up a commission for the promotion of human rights. The UN Commission on Human Rights set up a committee, chaired by Eleanor Roosevelt, tasked with developing set of human rights standards which would reflect, as far as possible, the shared values of all the world's nations and cultures. After long debate on drafting either legally binding document or moral declaration, the Committee decided to start with a moral declaration that could then lead, in a second stage, to a binding bill of rights. As a result the Universal Declaration of Human Rights (UDHR) came into force as soft law in 1948. It gave a clear way to further develop the human rights. In time two further treaties were agreed, based upon the UDHR : the International Covenant on Civil and Political Rights (ICCPR) and the International Covenant on Economic, Social and Cultural Rights (ICESCR). Both were adopted in 1966. Collectively, the UDHR, ICCPR and ICESCR are often called the "International Bill of Human Rights". (Sida:)

As stated above the original International Bill of Human Rights divided the human rights into two categories, civil and political rights (the ICCPR) which many argued acted as constraints upon what the state might do, for example, life liberty, and freedom from torture. Social and economic rights enshrined in the ICESCR were seen to require more intervention by the state by imposing obligations to provide health, education, employment, social security and so on. Now there are number of human rights treaties and nine of them are identified as big treaties. International Bill of Human Rights covers the individual rights of the people. Later, in 1970s, the concept of group or collective rights also evolved and many conventions adopted. Senior citizen's rights is also fall under group rights but there is no international convention on senior citizen's rights.

The United Nations General Assembly adopted United Nations Principles for Older Persons on 16 December 1991 (by Resolution 46/91). These principles are divided into five different clusters of relevant issues: independence, participation, care, self-fulfillment and dignity as follows: (Older Persons, 2018)

Independence

1. Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
2. Older persons should have the opportunity to work or to have access to other income-generating opportunities.
3. Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.
4. Older persons should have access to appropriate educational and training programmes.
5. Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.
6. Older persons should be able to reside at home for as long as possible.

Participation

7. Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.
8. Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.
9. Older persons should be able to form movements or associations of older persons.

Care

10. Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.
11. Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.
12. Older persons should have access to social and legal services to enhance their autonomy, protection and care.
13. Older persons should be able to utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.
14. Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their

dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

Self-fulfilment

15. Older persons should be able to pursue opportunities for the full development of their potential.

16. Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

Dignity

17. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.

18. Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

2.2 Review of Previous Studies

An attempt is made here to review some of the previous studies and initiatives based on senior citizen's rights.

NASCIF (2017), in its survey on "Status of Senior Citizens in Nepal and Areas of Reform" found the multiple problems of senior citizens in Nepal. Senior citizens in Nepal are facing economic, social, health and family related problems in their life. The survey concludes that there should be updated statistics of senior citizens, there should be sophisticated old age home as more than half senior citizens in the study desired to live in old age home, should provide vocational training for their economic enhancement as they are interested in income generating activities, information related to the benefits for the senior citizens from state should be disseminated through media for their information and allowance should be increased as per the age group.

Adhikari (2011), conducted the study for MA Thesis on the topic "A study on current lifestyle condition of senior citizens based on old-age shelter: A case study of Pokhara old-age home" located in Pokhara-17, Kaski. Her focused areas were to study the social life of senior citizen's living in old age home, to analysis the reasons behind living in old age home and to take information about the health condition of the senior

citizens. She found that 52 percent of the senior citizens were residing in old age home due to lack of family members, 94 percent not feeling isolated from society and no problem in the home.

Sharma (2012), did the Thesis of MA on the topic "A Sociological study on current lifestyle condition of senior citizens based on old-age shelter: A case study of Sri Radha Damodhar old-age home" located in Syangja District. The major objectives of the study were to explore the lifestyle of the senior citizens, to study the socio-cultural aspect to take account of health condition and to identify the problems faced by the senior citizens living there. She found that main reason of living in old age home is not being none in the home, family quarrel, poor economic condition, physical inability and love, care and dignity from family and society.

A baseline study based on cases of elder abuse reported in the two prominent national dailies, Kantipur and Annapurna Post, in a period of July 2008 to July 2010 found that a total of 117 cases of different elder abuses were reported by these dailies in last two years. It was found that physical abuse was the most common form of elder abuse reported in print media (43%) followed by the neglect (33.3%). Abuse led to death of the victim in 49% of cases reported. Elders living with families were victimized more often than those living alone. Most incidents of elder abuse took in family homes. (NHRC & GCN, 2011)

A year book of senior citizens published by Ageing Nepal shows that a total of 31 cases were reported throughout 2016 where elderly survived after abuse. Eight news were on financial abuse, nineteen were on physical abuse, one was on psychological abuse (witchcraft) and three on sexual abuse. (Year book, 2017)

Many senior citizens taking shelter in old-age home in Makwanpur district have been deprived of elderly allowance due to the lack of citizenship certificate. Those elderly people feel neglected as they are unable to enjoy the facility provided by the country under the social security scheme. "Our time has come. We will be happy if the government grants us citizenship so that we can receive the elderly allowance," said Lal Bahadur Gole. The nonagenarian, who was born in Tistung of Makwanpur, was rescued by Hetauda-based old-age home Manab Sewa Ashram from the street three years ago. There are more than 125 senior citizens, including seven Indian nationals,

above 70 years of age in five different old-age homes in the district. Ramji Adhikari, the chief of Manab Sewa Ashram, said that most of the elderly citizens taking shelter in various old-age homes do not have citizenship to claim the elderly allowance. The government has been providing a monthly allowance of Rs 2,000 to elderly through the local units. "The senior citizens will be happy and take pressure off the old-age homes if they are provided with the citizenship," said Adhikari, adding that the allowance of Rs 2,000 would be quite helpful for providing food and care to the senior citizens. (Bista, 2018)

The recently elected people's representatives have expressed their commitment to take initiatives to help the senior citizens acquire the citizenship. Mayor of Hetauda Sub-metropolis Hari Bahadur Mahat said he would take up the issue to the District Administration Office, the government agency responsible for issuing citizenship certificates, regarding necessary legal procedures to provide citizenship to the elderly people taking refuge in the old-age homes. "Those senior citizens taking shelter in old-age home do not need citizenship for other purposes. The government should at least provide the allowance for them in case there are legal hurdles to issue citizenship," said Hari Sigdel, who runs another old-age home in the district. (Bista, 2018)

2.3 International Initiatives for the rights of ageing People

To begin addressing different issues related to ageing, the General Assembly convened the first world assembly on ageing in 1982, which produced a sixty two point "Vienna International Plan of Action on Ageing." It called for specific action on such issues as health and nutrition, protecting elderly consumers, housing and environment, family, social welfare, income security and employment, education, and the collection and analysis of research data.

In 1991, the General Assembly adopted the United Nations Principles for Older Persons, enumerating 18 entitlements for older persons-relating to independence, participation, care, self-fulfillment and dignity. The following year, the International Conference on Ageing met to follow-up on the Plan of Action, adopting a Proclamation on Ageing. Following the Conference's recommendation, the UN General Assembly declared 1999 the International Year of Older Persons. The

International Day of Older Persons is celebrated on 1 October every year. ("Key Conferences on Ageing", 2018)

Action on behalf of the ageing continued in 2002, when the Second World Assembly on Ageing was held in Madrid. Aiming to design international policy on ageing for the twenty-first century, the Second world assembly on ageing in April 2002 adopted the Madrid International Plan of Action on Ageing and the Political Declaration. The Plan of Action called for changes in attitudes, policies and practices at all levels to fulfill the enormous potential of ageing in the twenty-first century. The Madrid Plan of Action offers a bold new agenda for handling the issue of ageing in the 21st century. It focuses on three priority areas-older persons and development; advancing health and well-being into old age; and ensuring enabling and supportive environments.

The 36-point Kathmandu Declaration signed at the eighteenth SAARC summit meeting in Kathmandu, Nepal on 26-27 November 2014 included the joint-commitment of the participating heads of state towards the 'special needs of the elderly, women, children, differently-abled persons, unemployed persons, and persons working at hazardous sites' and that social protection-security measures would need to be developed and strengthened. (SAARC Summit Declaration, 2014)

2.4 National Policies, Acts and Regulations

2.4.1 Constitution of Nepal, 2072

Nepal's Constitution, 2072 has provisioned that "The senior citizens shall have the right to special protection and social security from the state."

2.4.2 Local Government Operation Act, 2074

Under the heading of duties, rights and responsibilities of rural municipality and municipality in the Local Government Operation Act, 2074, there is a provision for protection, distribution and management of social security, identity card and other benefits for helpless, elderly people and persons with disabilities.

2.4.3 Civil Code 1963

The Civil Code 1963 has provisions for elderly people in its section on property rights distribution. In Civil Code, 1963 sec.10, it is stated that; "If the parents want to

live with a particular son or daughter, it has to be clearly stated in the Bandapatra (the legal note on property distribution) and that son and daughter should take care of parents. If the older parents cannot survive on their own income and if the son/daughter with whom they are not living should take care of, feed, and clothe them as per their earning." Similarly, the section 11 of the chapter of court management has a provision that the litigation of the elderly people above than 75 years or the people physically retarded should put in third priority in the hearing. The first priority has given to person under custody or the prisoner under trial and second priority is to unclaimed children below 16 years age. (Civil Code, 1963)

2.4.4 Senior Citizen Policy 2058

The Senior Citizen Policy 2058 has envisaged incorporating economic benefit, social security, health service facilities and honor, participation and involvement, and education as well as entertainment aspects to support the elderly people in having prestigious livelihood. (Senior Citizen Policy, 2058)

2.4.5 National Plan of Action on Ageing 2062

Following the Madrid Plan of Action on Ageing, 2002, the Government of Nepal has formulated National Plan of Action on Ageing, 2062. (GCN, 2009)

2.4.6 Senior Citizen Act, 2063 and Regulations 2065

The Government of Nepal enacted the Senior Citizen Act, 2063 to ensure the social, economic and human rights of the elderly citizens. The Senior Citizens Regulations, 2065 provides guidelines for the effective implementation of the Senior Citizen Act. The regulation has tries to bring the Old Age Homes, Day Care Centers and Geriatric Centers under certain terms and conditions conducted by the various sectors.

2.4.7 Fourteenth Three Year Plan (2073/74 -2075/76)

The fourteenth three year plan has targeted for the protection and rehabilitation of the senior citizens, establishment of at least one sophisticated old age home in every province, implementation of skill transfer program and operation of day care center with the partnership of local government, civil society and NGOs. (NPC, 2073)

2.4.8 Other Programs

Various programs have been launched for the welfare of the elderly. The Government has adopted National Health Policy, 1991, Jyestha Nagarik Swasthya Upachar

Nirdeshika, 2061 (Senior Citizens Treatment Guideline, 2061), Second Long-term Health Plan (1997-2017), Free Health Care Service Program for target groups in fiscal year 2006/07 in hospitals and primary health centers for inpatients and emergency services and was made free for all citizens in all health posts and sub-health posts from fiscal year 2007/08. (GCN, 2009)

Besides, an Old-Age-Allowance is continued for the senior citizens since 1995 (2051) having age 70 and above. They get Nepali Rupees 2,000 per month now. Nepali Rupees 100 per month was provided in 1995 for the first time to the senior citizens aged 75 years and above as social security. (NASCIIF, 2017)

CHAPTER THREE

RESEARCH METHODS

Research methodology relates with planning and executing the research work. It specifies the methods and procedures of collecting and analyzing the data and information. Thus, it guides the researcher to formulate, implement and control the study. It serves as a framework for the study, guiding to collection and analysis of data, research instruments to be utilized, sampling plan to be followed, evaluating the data etc.

3.1 Rationale of Site Selection

Pokhara is the central part of western region and temporary provincial capital of province no.4. Situated in the lap of snowcapped Himalayas and beautiful lakes, the clean city Pokhara is known as the small heaven of the world. So, everyone wants to come in pokhara for the healthy and better life together to enjoy the beauty of nature. So, the city lures for senior citizens too. There are few old age homes operated in the Pokhara valley. The Shree Radhakrishna Old Age Home is also located in the beautiful place of Pokhara Lekhanath-32 of Kaski district which has occupied larger space (around 17 roppani) and covered by greenery. It has highly motivated environment with adequate space, availability of religious programs, yoga and regular health checkup facilities. So, senior citizens from different part of the country come to shelter here. Although, other old age homes are covered by other researchers, it is not covered yet. So, the researcher is trying to find the situation of the senior citizens living in the old age home.

3.2 Research design

There are many types of research designs. But, this study is descriptive and exploratory research.

This study tries to explore the problem, condition and reason behind living in the old age home of the senior citizens who are living in the home. That's why it is based on exploratory research. It also describes the situation of the senior citizens currently

living in the old age home. So, it is based on descriptive research design. It attempts to explore and describe the ups and down they undergo while they are getting older. So, it is based on the descriptive as well as exploratory research.

3.3 Universe & Sampling

Population or universe refers to the entire group of people, events, or thing of interest that we wish to investigate and sample is the collection of items or elements from population or universe (Wolff & Pant, 2008). Hence sample is only the portion or the subset of the universe or the population.

The universe of the study is the old age homes located at pokhara. There are total five old age homes operated in Pokhara. Out of them, Radhakrishna Old Age Home situated at Pokhara Lekhanath Metropolitan Clity-32 of Kaski District is taken for the study. The total number of senior citizens living in Radhakrishna Old Age Home is 90. Out of that, 20 senior citizens are taken randomly as sample for the research purpose.

3.4 Nature and Source of Data

The word data in a simple sense is aggregate of facts which can numerically be expressed. Data are raw, facts or unanalyzed number which provides some important information after they are processed. Data are gathered for making correct and important decision concerning the field of enquiry. Likewise, “Source” means any people or place from where and whom something emerges. Data may be obtained from several sources. Each research has its own data needs and data sources.

For this research work mostly the primary data are used and secondary data are also used as and when necessary. Primary data are both qualitative as well as quantitative. Likewise, books of famous writers, websites, journals, annual reports and articles published in different magazines are the reference materials for this research.

3.5 Data Collection Techniques

Data was collected particularly with the respondents using direct interview method. For the reliability of the data, the respondents are met frequently time and again. Since there was no enough records regarding the senior citizens in the home records,

the researcher herself had to go to the home and consult with the senior citizens and management team. Some of the respondents were not willing to express their detail past history. So, they were not forced to give the information and took the note what they expressed. So, the researcher prepared the cases of 20 respondents. The collected data was carefully studied and explored systematically. The collected data is fresh and firsthand information that is studied to get research study.

3.6 Data Analysis Process

Analysis is the careful study of available facts so that one can understand and draw conclusion the basis of established principles and sound logic. After data collection, the interviewed information is analyzed on the basis of the content of the cases. The cases are carefully rewritten and studied for the purpose of the topic. First the case study is taken using different tools like recorder, notes and related questions. Then, it is edited in the computer and after that it was carefully analyzed. And after the analysis, the data is presented. Because of the descriptive nature of the study, the cases are carefully analyzed and presented. Since, all the respondents are met for the purpose of the case study; it is not relevant to use any computer software for further analysis. The use of the computer application in this study is only to type and rewriting of the study. Thus, the analysis of this study is based on the content of the cases, which depend on the first hand information.

CHAPTER FOUR

SOCIO-DEMOGRAPHIC BACKGROUND OF RESPONDENTS

This chapter is aimed to shed light the basic information of the respondents based on their marital status, sex, age, religion they follow, caste, duration of stay and past occupation.

4.1 Respondents by sex

Here, it is tried to get information about the respondents by their sex characteristics. The sex factor of elderly is important to study the ratio and reason behind coming in the old age. The following table shows the gender and marital status of respondents.

Table 4.1 : Respondents by sex

S.N	Sex	Total	Percentage
1	Male	5	25.0%
2	Female	15	75.0%
Total		20	100.0%

Source: Field Survey, 2018

Table 4.1 shows the sex characteristics of the respondents. Out of twenty respondents, five (25%) were male whereas fifteen (75%) respondents were female. It shows that ratio of female senior citizens are more likely to live in old age home. However, the researcher didn't cover the reason behind pushing to old age home by sex characteristics.

4.2 Respondents by marital status

The marital status of elderly is important for their support system and their well-being. The elderly that are still married tend to recover more rapidly from illness, have better mental health, utilize more health services, socialize more and are generally more satisfied with their life than those elderly without a partner. The following table shows the gender and marital status of respondents.

Table 4.2 : Respondents by marital status

S.N		Unmarried	Married	Widow/er
1	Male	1	2	2
2	Female	1	2	12
Total		2	4	14
Percentage		10.0%	20.0%	70.0%

Source: Field Survey, 2018

Table 4.2 shows the marital status of the respondents taken for the study. Out of the total respondents, one (10.0%) is unmarried, four (20.0%) are married and fourteen (70.0%) are widow/widower.

4.3 Respondents by age

Here, it is tried to get information about the respondents by the age category. It helps to identify that senior citizens of which age category are more likely to shelter in old age home. The following table shows respondents by age category.

Table 4.3 : Respondents by age

S.N	Age Class	Frequency	Percentage
1	Above 90	1	5.0%
2	80-90	4	20.0%
3	70-79	7	35.0%
4	60-69	8	40.0%
Total		20	100.0%

Source: Field Survey, 2018

Table 4.3 shows the age of the respondents who are living in the home and taken for the study. Out of the total respondents, one (5%) is above 90 years old, four (20%) are

between eighty to ninety years old, 7 (35%) are between seventy to seventy nine years old and eight (40%) are between sixty to sixty nine years old.

4.4 Respondents by Religion

Here, it is tried to get information about the respondents by the religion they are following. The following table shows the gender and marital status of the respondents.

Table 4.4 : Respondents by Religion

S.N	Religion	Frequency	Percentage
1	Hindu	19	95.0%
2	Buddhist	1	5.0%
Total		20	100.0%

Source: Field Survey, 2018

Table 4.4 shows the religion followed by the respondents who are living in the home and taken for the study. Out of the total respondents, nineteen (95%) are following Hinduism and one (5%) is following Buddhism. The table shows that higher percentages (95%) of respondents following Hinduism are living in old age home. However, the researcher was not covered the research question about the relationship between religion and pushing to old age home. So, it is due to the high number of the study area.

4.5 Respondents by Caste

Here, the researcher is tried to get information about the respondents by their caste living in the old age home. The composition of respondents sometimes may helps to study sociological aspects about which caste are more likely to go in the old age home and to find out the reasons behind it. Likewise, it also my helpful about the social harmony and non-discrimination based on caste like our country Nepal where still the caste based discrimination exists. The following table shows the caste distribution of the respondents.

Table 4.5 : Respondents by Caste

S.N	Caste	Frequency	Percentage
1	Chhetri	1	5.0%
2	Bramhin	18	90.0%
3	Newar	1	5.0%
Total		20	100.0%

Source: Field Survey, 2018

Table 4.5 shows the caste of the respondents who are living in the home and taken for the study. Out of the total respondents, one (5%) is Chhetri, 18 (90%) are Bramhin and one (5%) is from Newar community. The table shows that higher percentage (90%) of Bramhin caste people are living in old age home. However, the researcher was not covered the research question about the relationship between caste and pushing to old age home. So, it is due to the high number of the study area.

4.6 Respondents by duration of stay

The researcher is tried to find the time period of senior citizens living in the old age home. The following table shows the respondents' duration of stay in the old age home. It helps to find out the situation of respondents living in old age home closely and to find out the fact.

Table 4.6 : Respondents by duration of stay

S.N	Duration	Frequency	Percentage
1	Below 1 year	1	5.0%
2	1-5 years	7	35.0%
3	5 years and above	12	60.0%
Total		20	100.0%

Source: Field Survey, 2018

Table 4.6 shows the duration of living in the home. Out of the total respondents, one (5%) is living for below one year, 7 (35%) are living one to five years and 12 (60%) are living five and more years in the home. The table shows that the researcher was taken more respondents (60%) for the research purpose who are living from long time in the home.

4.7 Respondents by past occupation

The past occupation of elderly is equally important for their support system and their well-being. If they were involved in government job they would get pension. Likewise, if they were involved in trade they shall have more balance. The following table shows the past occupation of the respondents.

Table 4.7 : Respondents by past occupation

S.N	Occupation	Frequency	Percentage
1	Farming/household	18	90.0%
2	Government job	1	5.0%
3	Foreign Employment	1	5.0%
Total		20	100.0%

Source: Field Survey, 2018

Table no. 6 shows the past occupation of the respondents. Out of the total respondents, one (5%) was government employer, 1 (5%) was foreign employer and 18 (90%) were involved in farming and household activities. It shows that the higher rates of senior citizens are living in old age home having no strong and sustainable past occupation. In other words, those who were involved in household works or small farming for their livelihood are pushing to old age home.

CHAPTER FIVE

SITUATION OF SENIOR CITIZENS LIVING IN OLD AGE HOME

This chapter covers the problems and situations the senior citizens are facing during their life and living at home. These problems and situations are categorized into the following subheadings that were taken with 20 respondents during this study. These are some problems which affect the prestigious livelihood of the senior citizens:

5.1 Health Condition and Treatment Provision

Healthy life is necessary for all round development for all. Generally, peoples suffer from different diseases with ageing. The most common diseases are headache, fever, body pain, cough, common cold, gastritis, arthritis etc. For the last over years, hypertension, sugar, heart related problems are also rising.

The study shows that there is no one of having serious health problems in the home. Out of the total respondents, only two cases are suffered by hypertension and taking regular medicine. Rests are suffering from common disease of Nepali gastritis and common cold, arthritis, body pain as well. It was found that, most of the respondents are free from severe kind of disease.

Case 6 and 9 are found that they are suffering from hypertension and taking regular medicine in the home.

The study found that there is provision of regular health check up in the home. A team from Sisuwa health post visit the home every 16th day monthly for the health checkup. Besides, other consultant doctors also visits through different means i.e. health camp or on the day of special occasion to check serious kind of health problems if any. (Appendix A)

5.2 Expected Role from Family and Society

Due to the culture of nuclear family, migration, poverty the senior citizens are becoming the victim of abuse, neglect and mistreatment. The study found that, they

expect that the family, society and the state as a last resort should be responsible for the protection and care of senior citizens as a living history of the society.

All the senior citizens living in the home expects the positive role from family, society and state as well in case of neglect from family members by honoring their life ling contribution for family, society and the country. They also expects that the family members should come to meet them regularly although they are living in the home due to various reason.

Case 4 said that although he is not suffering from any kind of abuse, neglect and misbehaves from family members, he thinks that every individual should respect the elderly because they are the living history of the society. (Appendix A)

5.3 Daily Life Activities

The senior citizens spend their daily life by involving in religious activities (Vajan, Kirtan), talking and sharing past experience, meeting friends, shopping and so on. Most of the senior citizens manage their daily household activities themself. They involve in cooking, washing, and other daily household activities.

Case 4, 8, 14, 9 are spending daily life fully devoting themselves in religions activities as they are coming there voluntarily for the same purpose. They involve every day in religious program and get entertain. It helps them for mental and physical relaxation in the home. Rest of the respondents involve in sharing past experience, meeting friends and household activities like cooking, washing, cleaning etc. (Appendix A)

5.4 Satisfaction Level

The study shows that, most of the senior citizens are feeling happy in the home because there are lots of friends of similar age to talk, sharing past experiences and spend time. She spends

The environment, treatment of the staffs and living condition of the home is good but there is no sufficient toilet and bathrooms.

Case 1 expressed her happiness in the home but sometimes she felt unexciting as no one come to meet her from maternal family members. She further explains that if she

had their own children alive, she wouldn't come to home or they would come to meet her.

Case 4 is living in the home although he has his families. He is living voluntarily there and enjoying there.

Case 14 has husband and seven children; two daughters and five sons. She voluntarily came to home and family members come to meet her. She is happy to live in temple (home) and serve god. (Appendix A)

5.5 Social Security

It is any government system that provides monetary assistance to the disadvantaged and helpless people for the well-being. The government is providing Old-Age Allowance (OAA) of Rs. 2,000 per month to people age 70 and above. The government provides Rs 1,000 per month for widow. The allowances is managed by Ministry of Women, Children and Social Welfare and distributed through the local units. The government has pension scheme for retired public servants and their widows and children.

Case 2 lost his mother and father at his early age and took care by grandmother and uncle. He went to India for work and stayed there for long time. He has no citizenship certificate till now. The home and other local representatives struggled for the citizenship but in vain. Due to the lack of citizenship certificate he is deprived of from receiving many state benefits like OAA.

Case 4 is of a retired primary level teacher living in the home. He is receiving pension of teacher. So, he manages her daily expenses from pension he received monthly and life is easier. All the expenses of clothing, food, daily petty expenses should be managed himself.

Case 1, 3, 6, 10, 12, 16, 17 are getting both OAA and single women allowance regularly, 5, 9, 11, are getting OAA and 13, 18, 19 and 20 are getting single woman allowance regularly. (Appendix A)

CHAPTER SIX

REASONS BEHIND COMING IN OLD AGE HOME

6.1 Introduction

There is no single reason for the senior citizens to take shelter in OAA. In other words, there may be different push and pull factors for senior citizens to shelter in old age home. Studies have found that abuses like verbal, financial, physical etc, neglect, poverty are the major push factors for senior citizens to live in home. Likewise, the faith on god and to get enlightenment, entertainment, mental and physical relaxation might be the pull factors.

6.2 Reasons Behind Coming in Old Age Home

Most of the senior citizens are living in home due to lack of family members and being single. However, some senior citizens are living voluntarily for mental and physical relaxation, devote themselves in religious activities and serve god.

Case 4, 9, 11, 14, 20 are living in the home voluntarily due to various reasons. Case 4 is of a married man and retired primary level teacher who is living there voluntarily for devoting himself in religious activities and praying god. Case 9 is living to devote himself in religious activities voluntarily. Case 11 is of a single woman who is living there voluntarily in the home in spite of the suggestion of family members and relatives. Case 14 is also living voluntarily although she has husband and family members in her village. She has husband and seven children; two daughters and five sons. She voluntarily came to home. Her family members come to meet her. She is happy to live in temple (home) and serve god. Likewise, case 20 is of a 69 years old widow who is also living voluntarily with the hope of getting happy and relaxation by living in a temple with old age home. (Appendix A)

Likewise, Case 1, 5, 6, 9, 12 and 13 found that they are in the home due to neglect from the family members and lack of source of income for livelihood. Case 1 is of a widow who is living in the home due to neglect from family members from step wife of her husband as she lost her children at their early age. Case 5 is of a unmarried 95

yrs old woman who is living there due to neglect from her brothers son after she handed over all her property to him. Case 6 is of a widow who is also living there due to lack of property for livelihood and no children. Step wife of her husband gave birth to two children; one son and one daughter. They didn't care her. She expressed her sadness that if she had their own children, she wouldn't come to home or they would come to meet her. Case 9 is of a widower living in the home who has no source of income for livelihood but living there voluntarily. Case 12 is of a widow for whom the family members don't care and she is compelled to live in old age home. Likewise, case 13 is there due to neglect from family members. (Appendix A)

Case 2, 3, 7, 19, 18 are living in the home due to lack of family members, feeling loneliness being single and none to take care them. (Appendix A)

Case 8 is voluntarily living there voluntarily for mental and physical relaxation, devote themselves in religious activities and serve god.

CHAPTER SEVEN

SUMMARY, FINDINGS AND CONCLUSION

This is the concluding chapter of the study. This chapter is divided into three sections: Summary, Finding, Conclusion and Recommendation. In this chapter, we summarize the study in brief and reach to a conclusion. In the last section of this chapter some recommendations have given, which are useful to stakeholders and to concerned institution as well. They can use these recommendations to take some corrective actions to draw decisions.

7.1 Summary

As the human rights is equally applicable to all human being, the senior citizens also deserve it and taken as right holder as well. Senior citizens are not only challenged by the family and society but also left behind by the state without proper protection implementation of concerned laws. Although they are known as living history of the society and aware about their rights, they are also affected and challenged by family, society and state in different aspects of the life. This study is trying to search the different realities and facts related to the senior citizens who are living the Old Age Home.

To sum up, this study was an attempt to explore the problems and situation of the senior citizens living in the Shree Radhakrishna Old Age Home. Specifically the objectives of the study were:

- i. To study the situation of senior citizens living in the Old Age Home.
- ii. To analyze the reasons behind coming in the Old Age Home.

Although this is an academic thesis for the fulfillment of the master degree, it can provide some genuine information related to the rights of senior citizens. The study was conducted among the senior citizens of the Shree Radhakrishna Old Age Home, Pokhara Lekhanath-32, Pokhara, Kaski. The case studies were conducted among the 20 respondents.

Following the techniques random sampling, case studies were taken to 20 respondents. Descriptive as well as exploratory research designs were followed.

Primary data is collected by the direct interviews and secondary data is collected through the different reports and websites. And the collected data were analyzed on the basis of the content of the case studies. It is a sociological study; however, the study has been made a qualitative study as the subject is sought. Qualitatively data were manually arranged and use descriptive method to analyze it.

Owing to limited budget, time, manpower, source, records etc the whole senior citizens couldn't be covered. Since there was no enough records regarding the senior citizens in the home records, the researcher herself had to go to the home and consult with the senior citizens and management team. Some of the senior were not willing to express their detail past history. So, they were not forced to give the information and took the note what they expressed. As we all know that, for the reliable and effective data, large number of samples to be selected for the study. But because of the indefinite and unknown nature of the data, purposive and small sample size is covered.

For the purpose of the study, case studies are taken random sampling technique. The lifestyles of the respondents were observed in the home. Most of the respondents were visited more than once. Some of the respondents were observed directly as well as indirectly in their field. Thus, this study tries to extract the innermost and deeper facts and reality of the data. Since most of the respondents are uneducated, it was felt hard to share about the concept of the thesis. On the other hand, due to regular visit of other researcher, the respondents were feeling uneasy and unwilling to provide information.

7.2 Main Findings of the study

From the study, it was found that there is adequate physical structure besides toilet and access to basic services like water, electricity. On the basis of marital status, 10% are unmarried, 20% are married and 70% are widow/er. Likewise, out of total respondents, most are female (75%) and rest are male (25%).

Most of the respondents are from Brahmin-Chhetri family. Out of 20 respondents, 19 i.e. 95 percentages of the respondents were from Brahmin-Chhetri family followed by

5 percentages Janajati. Most of the respondents were from Hindu which is 95 percentages and followed by Buddhism which was 5 percentages.

By age, one (5%) is above 90 years old, four (20%) are between eighty to ninety years old, 7 (35%) are between seventy to seventy nine years old and eight (40%) are between sixty to sixty nine years old.

Out of the total respondents, one (5%) is living for below one year, 7 (35%) are living one to five years and 12 (60%) are living five and more years in the home. On the basis of past occupation one (5%) was government employer, 1 (5%) was foreign employer and 18 (90%) were involved in farming and household activities.

The major findings of the study related to the topic can be listed as below:

- ❖ Most of the senior citizens are suffering from gastritis and there is no one having severe health problem. Only two are taking regular medicine of hypertension. There is a provision of regular health checkup on monthly basis for the respondents.
- ❖ The senior citizens living in the home expressed their satisfaction about the management and services they received. But they lack sufficient number of toilets and bathroom and helper in the home.
- ❖ All of the senior citizens expect positive role and care from family, society and state as a living history and invaluable assets having long experience, knowledge and skills.
- ❖ Some senior citizens are deprived of state facilities like social security due to the lack of citizenship certificate.
- ❖ Most of the senior citizens are taking shelter in the home due to lack of family members i.e. widow or widower. Other reasons are due to neglect from family members and lack of source of income for livelihood. The study also found that some respondents are voluntarily living in the home although they have their family members.

7.3 Conclusion

In the past over years of Nepal, senior citizens were compelled to spend destitute life due to abuse, neglect and poverty. But nowadays the circumstances have been

changed to some extent. This change is occurred due to the rapid growth in the awareness through the globalization process. There are various national and international protection mechanism to protect the rights to senior citizen.

Nuclear family culture, migration, poverty, lack of strong social security provision is pushing the senior citizens into destitute life. Many senior citizens are compelled to live in home due to lack of family members and sometimes neglect by them. The study showed that a weak past occupation is another factor for the senior citizen to shelter in old age homes.

Old age homes have become alternative for the senior citizens who are spending single life or neglected by the family members. They seems happy in home due to the chance to meet and share past experience with friends of similar age, involving in religious activities.

7.4 Suggestions to the future researchers

This study tried to find the best result as possible as it could be. However, this study was not free from limitations. Theoretically, the study only can focused by reviewing few related sociological theories in short and reviewed more from the perspective of human rights. Sample size could be taken more than that of this study, from where the conclusion and generalization could be more relevant and strong. Also, the study area can be made wide including other issues of senior citizens they are currently facing.

This study explained about the situations and reasons behind living in the old age home. But, there are still many fields that required to be studied like causes to bring the changes in scenario of women's condition. Similarly, the study can be compared within sex, caste, religion etc. because the present study was not established relationship between those factors and living in the old age home. Methodologically, the study can be conducted using different tools and techniques rather than case study. Further, different quantitative statistics like correlation coefficient can be applied to test the hypothesis etc.

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Appendix A

Cases of the study

Case 1

Case 1 is a 70 years old Brahmin woman, Basundhara Tiwari, living in the old age home. The permanent address of the Basundhara is former Bhanumati VDC-9, Kotre of Tanahun District. She got married at the early age of nine following the culture of then Nepalese society at that time. It was the age of childhood to involve in playing, reading etc. but she compelled to become a bride. She was completely unknown about the marriage, husband, in-laws at that time. So, she didn't care and oppose the marriage at that time. She is illiterate because there was no school and system of taking formal education at that time. Even it was difficult for a girl. However, after the marriage she spent more than seven years in her maternal home. After completed seven years, her husband came to meet her and took her to his home.

Basundharas' hard times started after going to her husbands' home. She spent hard times because she was new one as in-law in the home and had to follow all the rules and cultures as a married woman, had no habit of all works in her maternal home and was small at that time. She had to do small works as per her interest in the maternal home. But she ought to do all the works in new home. She had to go late in the bed after completing all the works and get up early in the morning due to huge household works. She had to go for fetching water far from home, collecting grass for cattle, collecting fire-woods/fodders, grazing cattle, washing clothes and dishes, cleaning house etc. It was the routing work for her. Besides, she had to do agricultural works like planting rice, millet and harvesting.

Her husband had two wives. She gave birth to one son and one daughters but none is alive. Another wife gave birth to five daughters. She was spending single life at home. She has brothers and families in maternal home but none come to meet her. She further explains that if she had their own children alive, she wouldn't come to home or they would come to meet her.

She had some assets in her name. She sold the assets of her name and has deposited the amount in a bank. She manages her daily expenses from the interest received from the bank. All the expenses of clothing, food, daily petty expenses should be managed herself. She prepares food for herself and completes other daily activities like washing

and cleaning dishes, clothes herself. There is one helper in the home but is not sufficient for all the work. So, most of all do their daily household works themselves.

The main reason behind coming in the old age home is feeling loneliness and being single at home since no family members are at home. She is feeling happy in the home because there are lots of friends of similar age to talk, sharing past experiences and spend time. She spends her daily life by involving in religious activities (Vajan, Kirtan), talking and sharing past days, meeting friends, shopping and so on.

The environment, treatment of the staffs and living condition of the home is good but there is no sufficient toilet and bathrooms. It would be better if there is sufficient staff for taking care and help daily household works. There is a regular health check-up every month in the home at the time of illness. She is getting Old Age Allowance (OAA) and Single Woman Allowance regularly. She feels that the family, society and the state as a last resort should be responsible for the protection and care of senior citizens as a living history of the society.

Case 2

Case 2 is of 86 years old Chhetri man, Santa Bahadur Khatri, living in the old age home. The permanent address of the Santa Bahadur is Pokhara Lekhanath-9, Dhungesanghu of Kaski District. He lost his mother and father at his early age and took care by grandmother and uncle. He went to India for work at the age of 14. Therefore, he didn't take any formal education. He spent more than forty years in India and returned back to Nepal after having old age and no capacity of work. He is living for 2 years in the home. Before coming in the home, he was in Kathmandu. He is not suffering from any hard diseases till now due to the blessing of god in his own words. So, he takes capsules for small illness like headache, fever, body pain, cough, common cold etc.

He didn't get marry and have been spending the single life. Still he is not thinking about it. There is a good management of lodging and food in the home. He expresses his satisfaction about the management of the home and services he received.

The main reason behind coming in the home is due to no family members to take care him. In his views, he had some property in his birthplace in Dhungesanghu but at present he has no information about it who captured and what happened.

He has no citizenship certificate till now. The home and other local representatives struggled for the citizenship but in vain. Due to the lack of citizenship certificate he is deprived of from receiving many state benefits like OAA.

Case 3

Case 3 is a 77 years old woman, Khageshwari Lamsal, living in the old age home. The permanent address of the Basundhara is former Chitrevanjyang VDC-4, Kolma of Syangja District. She compelled to get married at the early age of seven following the culture of then Nepalese society at that time. She was completely unknown about the marriage, husband, in-laws at that time. So, she didn't care and oppose the marriage at that time. But, unfortunately, she lost her husband after about six months of her marriage. She is illiterate because there was no school and system of taking formal education at that time. Even it was difficult for a girl. However, after the marriage she spent more than seven years in her maternal home. After completed seven years, her husband came to meet her and took her to his home.

Khageshwaris' hard times started after the death of her husband. She had to do all household related works herself. She spent her life involving in agriculture before living in old age home.

She has no children due to the early death of her husband. She was spending single life at her home. She has brothers and families in maternal home, asked her to live with them and comes to meet her time and again in the home. But, she refuses to go her maternal home as she thinks it's not good to go there if there is no family member from her side.

She had some assets in her name. She sold the assets of her name and has deposited the amount in a bank. She manages her daily expenses from the interest received from the bank. All the expenses of clothing, food, daily petty expenses should be managed herself. She prepares food for herself and completes other daily activities like washing and cleaning dishes, clothes herself. There is one helper in the home but is not sufficient for all the work. So, most of all do their daily household works themselves.

The main reason behind coming in the old age home is feeling loneliness and being single at home since no family members are at home. She is feeling happy in the home because there are lots of friends of similar age to talk, sharing past experiences

and spend time. She spends her daily life by involving in religious activities (Vajan, Kirtan), talking and sharing past days, meeting friends, shopping and so on.

The environment, treatment of the staffs and living condition of the home is good but there is no sufficient toilet and bathrooms. It would be better if there is sufficient staff for taking care and help daily household works. There is a regular health check-up every month in the home at the time of illness. She is getting Old Age Allowance (OAA) and Single Woman Allowance regularly. She feels that the family, society and the state as a last resort should be responsible for the protection and care of senior citizens as a living history of the society.

Case 4

Case 4 is of 70 years old Shaligram Sigdel who living in the old age home. The permanent address of the Shaligram is Shuklagandaki, of Tanahun. He earned his education up to school leaving certificate (SLC). After SLC he joined the government job as a primary level teacher. He served more than twenty five years and retired. Now, he is spending his retired life in the home. He is not suffering from any serious diseases till now besides small illness like headache, fever, body pain, cough, common cold etc.

He got married at the age of eighteen years old. But he lost his wife due to diabetes and spending his life as widower. He has six children; three daughters and three sons in his family.

There is no other reason for him to stay in home besides his interest to involve in religious activities. He voluntarily lives in home. He receives pension of teacher. So, he manages her daily expenses from pension he received monthly and life is easier. All the expenses of clothing, food, daily petty expenses should be managed himself.

He spends his daily life by involving in religious activities (Vajan, Kirtan), talking and sharing past experience, meeting friends etc. Besides, he also helps small works in shelter.

Although he is not suffering from any kind of abuse, neglect and misbehaves from family members, he thinks that every individual should respect the elderly because they are the living history of the society.

Case 5

Case 5 is of 95 years woman, Mankumari Shrestha, living in the old age home. She is the senior most person living in the home. The permanent address of the Mankumari is Pokhara Lekhanath-8, Simaulchaur Kaski. She didn't take any formal education. She served as "Jhuma" for long time before coming to the home. He is living for 2 years in the home. She is not suffering from any serious diseases till now due to the blessing of god in her own words. So, she takes normal medicines sometimes for small illness like headache, fever, body pain, cough, common cold, gastritis etc. Due to her older age, she sometimes felt difficult to walk around.

She didn't get marry and have been spending the single life because she served as "Jhuma" for long time. There is a traditional practice in Nepal that "Jhuma" couldn't marry. There is a good management of lodging, clothe and food in the home. She expresses her satisfaction about the management of the home and services she received.

The main reason behind coming in the home is due to neglect in house. She handed over all the property to his brother's son but later he didn't care her. So, she left the house and started to live in the old age home.

Case 6

Case 6 is a 79 years old woman, Talkumari Regmi, living in the old age home. The permanent address of the Madhavi is Deurali, Kaski. She got married at the early age of six at that time. She didn't take any formal education. She lost her husband had been living single. She is suffering by hypertension and taking regular medicine.

Her husband had two wives. She didn't have any children. Another wife gave birth to two children; one son and one daughter. They didn't care her. She expressed her sadness that if she had their own children, she wouldn't come to home or they would come to meet her.

She has no property. All the property was in the name of another wife. She handed over the property to her maternal families. All the expenses of clothing, food, daily petty expenses should be managed by home.

She came in the old age home voluntarily due to being single. She is feeling happy in the home because she has found friend of similar age to share her feeling and past

experiences. She spends her daily life by involving in religious activities, talking and sharing past life and so on.

She has no complain about the management and behavior of the home and staffs respectively in the home. They are friendly and kind. Health check-up is managed in home every month in the home which is good.

She is getting both the OAA and Single Woman Allowance regularly. She feels that due to the lack of care and support from family, society and the state senior citizens are at risk. Therefore, everyone should be responsible for the protection and care of elderly.

Case 7

Case 7 is a 63 years old woman, Netra Kumari Subedi, living in the old age home. The permanent address of the Madhavi is Hansapur, Kaski. She is living in the home for three years.

The main reason behind coming in the old age home is due to lack of family members being single after the death of her husband. She has no children also. After the death of her husband, she lived for few years in a relative's home. And then, she started to live in the home after leaving the relative's home.

She is feeling happy in the home because there are lots of friends of similar age to talk, sharing past experiences and spend time. She spends her daily life by involving in religious activities (Vajan, Kirtan), talking and sharing past days, meeting friends, shopping and so on.

The environment, treatment of the staffs and living condition of the home is good but there is no sufficient toilet and bathrooms. It would be better if there is sufficient staff for taking care and help daily household works. There is a regular health check-up every month in the home at the time of illness. She is getting Single Woman Allowance regularly. She feels that the family, society and the state as a last resort should be responsible for the protection and care of senior citizens as a living history of the society.

She is receiving the single women allowance regularly which has supported to manage daily petty expenses.

Case 8

Case 8 is of 66 years old Bhuwani Prasad Adhikari, a permanent resident of former Siddhaban VDC, Syangja. He didn't earn any formal education and completely involved in agricultural works in the past. He had two mothers. His mother gave birth to four children; three sons and one daughter. Likewise, step mother gave birth to four sons but no one is alive.

He got married at the age of sixteen years old. He had one daughter but lost at the age of seven. He also lost his wife due to asthma and spending his life as widower. So, he had been spending single life. It pushed him to stay in home to some extent. He is living there since one year.

There is no other reason for him to stay in home besides his interest to involve in religious activities. He voluntarily lives for mental and physical relaxation, devote him in religious activities and serve god.. He has no source of income. So, he felt difficult to manage daily petty expenses He spends his daily life by involving in religious activities, talking and sharing past experience, meeting friends etc. Besides, he also helps small works in shelter.

Although he is not suffering from any kind of abuse, neglect and misbehaves from family members, he thinks that every individual should respect the elderly because they are the living history of the society. He has no property in his name. All the properties of the village sold and hold by step brothers.

Case 9

Case 9 is of 78 years old Hari Prasad Pokharel, a permanent resident of former Raipur VDC, Thulakhet, Tanahun district. He didn't get any formal employment opportunities and completely involved in agricultural works in the past. He got married at the age of seventeen years old. He has one daughter and three sons. He also lost his wife and spending single life as widower. He is living there since six year.

There is no other reason for him to stay in home besides his interest to involve in religious activities. He voluntarily lives in home. He has no source of income. So, he felt difficult to manage daily petty expenses He spends his daily life by involving in religious activities, talking and sharing past experience, meeting friends etc. He is suffering from hypertension and taking regular medicines.

Although he is not suffering from any kind of abuse, neglect and misbehaves from family members, he thinks that every individual should respect the elderly because they are the living history of the society. He transferred his property to his children's name. He is receiving old age allowance regularly.

Case 10

Case 10 is of a 82 years old woman, Deurupa Dhakal, living in the old age home. The permanent address of the Deurupa is Putalibazar-4, Syangja. She got married at the early age of six at that time. She didn't take any formal education. She lost her husband due to cholera who had been living in India. She is suffering by normal gastritis and sometimes need to take medicine at the time of severe pain. Otherwise, she is not suffering from serious health problems.

She has no children and was spending single life. Her son-in-law had promised to take her but he also died. The Ancestral property was in the name of sister-in-law and son-in-law. She had on house in the village but lost due to earthquake in 2072 BS. She is in old age home due to lack of family members to take care her.

All the expenses are managed by home. She is feeling happy in the home because she has found friend of similar age to share her feeling and past experiences. She spends her daily life by involving in religious activities, talking and sharing past life and so on.

She has no complain about the management and behavior of the home and staffs respectively in the home. They are friendly and kind. Health check-up is managed in home every month in the home which is good.

She is getting both the OAA and Single Woman Allowance regularly. She feels that due to the lack of care and support from family, society and the state senior citizens are at risk. Therefore, everyone should be responsible for the protection and care of elderly.

Case 11

Case 11 is of a 68 years old woman, Lila Khanal, living in the old age home. The permanent address of the Lila is Tarkudanda, Kotre, Tanahun. She got married at the early age of eleven at that time. She didn't take any formal education. She lost her husband due to cancer. She is suffering by normal gastritis and sometimes need to

take medicine at the time of severe pain. Otherwise, she is also not suffering from serious health problems.

She gave birth to nine children but lost two at early age. Now, she has 7 children; three sons and four daughters.

All the expenses are managed by home. She is feeling happy in the home because she has found friend of similar age to share her feeling and past experiences. She spends her daily life by involving in religious activities, talking and sharing past life and so on.

She voluntarily came in the home in spite of the suggestion of family members and relatives. She has one disabled son with her and she has his tension. She has some balance in bank and manages daily petty expenses She spends his daily life by involving in religious activities, talking and sharing past experience, meeting friends etc. She is suffering from normal gastritis.

She also has no complain about the management and behavior of the home and staffs respectively in the home. They are friendly and kind. Health check-up is managed in home every month in the home which is good.

She is getting Single Woman Allowance regularly. She feels that due to the lack of care and support from family, society and the state senior citizens are at risk. Therefore, everyone should be responsible for the protection and care of elderly.

Case 12

Case 12 is a 84 years old woman, Dhansari Adhikari, living in the old age home. The permanent address of the Dhansari is Puranchaur, Kaski. She got married after her sister died with brother-in-law. She lost her husband. She is not suffering from serious health problems besides normal gastritis and sometimes need to take medicine at the time of severe pain. She is living in the home since Ashoj, 2074.

She has no children and was spending single life. She has two daughters from her sister's side but don't care her.

She has no property because all the property is owned by her family members. All the expenses is managed by home. She is feeling happy in the home because she has found friend of similar age to share her feeling and past experiences. She spends her daily life by involving in religious activities, talking and sharing past life and so on.

The management and behavior of the home and staffs is good. They are friendly and kind. Health check-up is managed in home every month in the home which is good.

She is getting both the OAA and Single Woman Allowance regularly. She feels that due to the lack of care and support from family, society and the state senior citizens are being helpless. Therefore, everyone should respect the elderly.

None comes to meet her. So, she expressed her sadness and says "Nobody at last".

Case 13

Case 13 is of 88 years old Harisaran Sigdel, a permanent resident of Taulihawa Municipality-4, Kapilvastu district. He didn't get any formal employment opportunities and completely involved in agricultural works in the past. He got married at the age of fourteen years old. He has two daughter and two sons. He also lost his wife and spending single life as widower. He is living there since five and half years.

The main reason for him to stay in home is being single and neglect from family members. He has no source of income. So, he felt difficult to manage daily petty expenses He spends his daily life by involving in religious activities, talking and sharing past experience, meeting friends etc. He is suffering from normal gastritis.

Although he is not suffering from any kind of abuse, neglect and misbehaves from family members, he thinks that every individual should respect the elderly because they are the living history of the society. He transferred his property to his children's name.

He is getting the OAA provided by the state as a social security and feels it is not sufficient to cover normal expenses.

Case 14

Case 14 is a 69 years old woman, Laxmi Khanal, living in the old age home. The permanent address of the Laxmi is Tarkudanda, Kotre of Tanahun District.

She has husband and seven childrens; two daughters and five sons. She voluntarily came to home and family members come to meet her. She is happy to live in temple (home) and serve god.

She had some assets in her name. She sold the assets of her name and has deposited the amount in a bank. She manages all her daily expenses from the interest received

from the bank. All the expenses of clothing, food, daily petty expenses should be managed herself. She prepares food for herself and completes other daily activities like washing and cleaning dishes, clothes herself. There is one helper in the home but is not sufficient for all the work. So, most of all do their daily household works themselves.

The environment, treatment of the staffs and living condition of the home is good but there is no sufficient toilet and bathrooms. It would be better if there is sufficient staff for taking care and help daily household works. There is a regular health check-up every month in the home at the time of illness.

Case 15

Case 15 is a 61 years old woman, Manhari Bhandari, living in the old age home. The permanent address of the Manhari is Dhorphirdi, Tanahun District.

Her husband has two wives. She didn't have any children. Another wife gave birth to two children; one son and one daughter. But she has no children from her side. Her husband is a secondary level government teacher and come to meet her time and again. She also goes to house in different festivals like dashain, tihar and other occasion.

She voluntarily came to home and family members come to meet her. She is happy to live in temple (home) and serve god. Nothings is lacking here for me, says Manahari with happily.

Her husband and family members help some money to manage her daily expenses and other expenses are managed by home.

She has no complain about the management, behavior of staffs and other facilities of the home.

Case 16

Case 16 is a 74 years old woman, Krishnadasi Sigdel of former Raipur-2, Tanahun District. She lost her husband by unidentified disease after giving birth to one daughter. She is not suffering from serious health problems till now besides normal gastritis She is living in the home for 6 years.

She has no property because all the property is lost in treatment. All the expenses is managed by herself. She is feeling happy in the home because she has found friend of similar age to share her feeling and past experiences. She spends her daily life by involving in religious activities, talking and sharing past life and so on.

The management and behavior of the home and staffs is good. They are friendly and kind. Health check-up is managed in home every month in the home which is good.

She is getting both the OAA and Single Woman Allowance regularly.

Everyone from the family members and relatives come to meet her. She invites her relatives at the time of severe illness otherwise she is happy at home.

Case 17

Case 17 is a 77 years old woman Gopaldasi Dhakal from Pokhara Lekhanath-12, Khudi, Kaski. She got married at her early age of eleven at that time. She didn't take any formal education. She lost her husband after three months of her marriage. Her health condition is not so bad. Sometimes she suffers from body pain, back ache and common cold. Besides, she takes medicine for normal gastritis. Otherwise, she is also not suffering from serious health problems.

Due to the demise of her husband at the early time of marriage, she didn't give birth to any children. She has two sisters in maternal home but no brothers. Her son-in-laws come to meet her sometimes.

All the expenses are managed by home. She is feeling happy in the home because she has found friend of similar age to share her feeling and past experiences. She spends her daily life by involving in religious activities, talking and sharing past life and so on. She get worried that there is a lack of helper in the home and all the works should do themselves.

The main reason behind coming in the home is due to no family members and feeling loneliness. As there are so many friends of similar age, there is no difficult to spend time her. She engages in religious activities, yoga and share past experiences in the home.

She also has no complain about the management and behavior of the home and staffs respectively in the home. They are friendly and kind. Health check-up is managed in home every month in the home which is good.

She is getting Single Woman Allowance and OAA regularly. She feels that due to the lack of care and support from family, society and the state senior citizens are at risk. Therefore, everyone should be responsible for the protection and care of elderly.

Case 18

Case 18 is a 70 years old woman Madhavi Poudel. Her permanent address is Milanchowk, Hemja, of Kaski district. She is illiterate because there was no formal education system at that time and it was hard for women as well.

Her husband had two wives. She gave birth to one son but lost. Another wife gave birth to four children; one son and three daughters. She lost her husband and spending single life now.

Her husband was a supervisor of a painting company in India and lived there. She also had been living with him. After the demise of her husband in India, she came to Nepal and started to live in old age home. They left all the properties in India. So, she has no property in her name.

The home bears all the expenses of her and she is happy to live in the home. The main reason to live in the home is no family members to take care her. She is also getting single woman allowance regularly. The management of the home is good and she is happy to spend the remaining life in a temple with old age home. She also spends her daily life with involving in religious activities and sharing past experiences with friends.

Case 19

Case 19 is a 67 years old woman, Harikala Baral, a permanent resident of Serabesi of Tanahun district. She got married at her early age of fourteen at that time. She didn't take any formal education. So, there was no possibility of jobs at that time. Therefore, she involved in household and agricultural works.

Her husband had two wives. She gave birth to four daughters while another wife gave birth to three children; one son and two daughters. She lost her husband and spending single life now. However, her daughters come to meet her time and again but the son never comes.

All the expenses are managed by her. She spends her daily life by involving in religious activities, talking and sharing past life and so on.

The main reason behind coming in the home is lack of family members as the daughters got married. She is not so much happy to live in the home but there is no alternative because it is better than to live alone.

She has no bad experience of the management of home and behavior of staffs in the home. She is also benefited from regular health check-up in the home. But she is not suffering from severe health problems due to the blessings of god besides normal gastritis occasionally.

She is getting Single Woman Allowance regularly. She has no bad feelings due to the behavior of the family members till now and she doesn't know what would be in future. She wishes the same behavior for senior citizens of other families also.

She has no property on her name. All the properties are kept by her step son and gave her ransom of fifty thousand only.

Case 20

Case 20 is a 69 years old woman Sumitra Adhikari. Her permanent address is Arghau Archale of Kaski district. She got married at her early age of thirteen at that time. She didn't take any formal education. She lost her husband at his early age. She spent her past days involving in household and agricultural works.

She gave birth to three children; three sons and one daughter. However, she is voluntarily living in the home with the hope of feeling happiness. Her children come to meet her time and again. She also goes to home on the occasion of different festivals.

All the expenses are managed by home. She is feeling happy in the home because she is getting chance to meet friends of similar age and share her feeling and past experiences. She spends her daily life by involving in religious activities, talking and sharing past life and so on. She gets worried that there is a lack of helper in the home and all the works should do themselves.

The main reason behind coming in the home is due to no family members and feeling loneliness. As there are so many friends of similar age, there is no difficult to spend time her. She engages in religious activities, yoga and share past experiences in the home.

She has experienced the good management and behavior of the home and staffs in the home. Provision of regular health check-up in the home has become easier to the senior citizens. But she is not suffering from severe health problems due to the blessings of god besides normal gastritis occasionally.

She is getting Single Woman Allowance regularly. She has no bad feelings due to the behavior of the family members till now and she doesn't know what would be in future. She wishes the same behavior for senior citizens of other families also.

She divided and handed over the property to her children and one is kept in her name for her future security.

Appendix B

Check-list for Unstructured Interview

1. Tell me about your age, sex, marital status and religion.
2. Explain about your childhood.
3. Explain about your marriage.
4. Tell me about your family.
5. Can we talk about your parents and maternal parents?
6. How is your health condition?
7. What is the health check-up management in home?
8. Why didn't you live with your family members?
9. Explain about your daily life activities in the home.
10. How are you feeling in the home?
11. Explain the support, care and management system in the home.
12. How will you spend your daily time in the home?
13. What role do you expect from the family, society and the state?
14. How do you manage your daily expenses, clothe, food?
15. Can you tell me the education status?
16. How is the surrounding environment of the home?
17. Can you tell me your past occupation?
18. How do you manage your daily expenses?
19. Does your family member come to meet you in the home?
20. Are you receiving Old Age Allowance?

Appendix C
Photo Gallery



The researcher with respondents in home



The researcher taking information from respondents in home