

CHAPTER – I

INTRODUCTION

1.1 Background of The Study

Human life is categorized into various stages, such as infant, child, adult, youth and old age. In another way, human life is categorized into three stages in human life cycle they are: child, working age and old age. A girl or boy from 0 - 14 years population is known as child, similarly the population between the age group 15 – 59 years is known as active population or working age population. Elderly or old age is the group of people above 60 years of age.

Ageing is the ultimate manifestation of Biological and Demographical activities in individual human being and population at large. Ageing refers to the increasing inability of the body to maintain itself and to perform the functions it once did. The concept of Ageing, identified in the context of western experience and tradition has been based on proportions of population aged 65 years or over for developing countries. A lower age limit of 60 years has been more relevant. With reference to Nepal, elder people are more respected compare to western countries, because in our Hindu religion parents are honored as god. It is the ultimate manifestation of Biological and Demographical activities in individual human being and population at large.

In Nepal the attention on social aspect of ageing has been paid since ancient time, no attention has been paid yet on its demographic aspects. Demographic transition of Nepal's population from its primitive stationary stage during 1911 to present third stage in 2001 on the way to its final stationary stage. Which has been changing age structure of the population in favour of elderly person by increasing proportion of elderly persons aged 65 and above years from 2.43 percent during 1911 to present 4.21 percent in 2001. In demographic studies, increase in the mean or median age of the population is called the ageing of the population. In this regard it is to be noted that contrary to the age of human being that always grows the population of the aggregate may grow older or may rejuvenate depending upon whether average age has increased or decreased. In Nepal different ages are used as starting of ageing. At governmental level, the retirement of civil servants' is fixed at 58 years. But in universities, the retiring age of teacher and administrator is 63 years. For the purpose of legal activities and granting pensions to general mass, the age fixed for a person to be old is 75 years (CBS, 2003).

The old age is relative concepts. Demographers consider 65 years of ages as the old age for international comparison of elderly people. The world assembly on Ageing adopted, as its main focus of concern, the population aged 60 or over as elderly population. The United Nations considers 60 years as the boundary of old ages.

Population ageing was once a concern mainly of developed countries but now the process is gaining momentum in developing countries profound consequences for all individuals, families, communities and nation.

The Department of Economic and Social Affairs of United Nations projected ageing pattern from 2006 to 2050 in 2006, in the case of Nepal the projected population of ageing is presented below:

Table No. 1.1: Population Ageing in Nepal (2006 - 2050)

	2006	2050
Population in thousand	1608	7225
Percentage of total population	6	14
Percentage of 80 years and above	7	10
Percentage of currently married (men/women)	80/50	-
Percentage of living alone (men/women)	3/7	-
Percentage of labour force (men/women)	71/38	-
Sex ratio men per 100 women (60+)	77	-
Sex ratio men per 100 women (80+)	67	-

Source: UN Department of Economics Affairs: Population Division, 2006

The census 2001, shows that the population of elderly people in Nepal is about 7.46 percent of the total population. The percent of 60 years and old has increased from 4.28 percent in 1911 to 7.46 in 2001. Elderly population growth rate is high than the growth rate of total population due to mortality level, increased in the literacy status of people and availability of health services. This rapid increase in the proportion and absolute number of aged people among the total population will impact on socio - economic and health policies and the culture in future society of Nepal. The tempo of ageing is expected to be unexpectedly fast as the mortality continues to decline and life expectancy continues to increase. The ageing process has several socio - economic implication in developing countries, where social security system is not good. Government of Nepal introduce old age allowance scheme since the fiscal year 1994 - 1995. In Nepal it has been the long tradition in the culture and the elderly people are well care by the family

member and other relatives. The ageing process is taking place together with social and economic changes and they are affecting by the role of family. The following table number 1.2 shows that the growth rate of the total population and elderly population:

Table No. 1.2: Growth Rate of Total and Elderly Population (1961 - 2001)

Census year	Inter - census growth rate percent of total population	Elderly population growth rate percent
1961	1.65	1.79
1971	2.07	2.42
1981	2.66	3.26
1991	2.10	2.26
2001	2.25	3.5

Source: NPR, 2007

In rural areas the elderly people are vulnerable than urban areas. Nepal is one of the developing countries and majority of the people are living in the rural areas. The study area is also one of the rural areas of Nepal situated within the Kaski District. According to Sub - Statistic Office Kaski 2005 the total population of the study area is 7947 with 1.99 percent growth rate. There are 1568 households in this study area (Pumdi Bhumdi VDC). The population density is 343.9 km² and the total literacy rate is 68 percent. Similarly there are 703 people with age 60 and above. Among them 321 are male and 382 are female. The condition of elderly population depends on their personal health, socio - economic, health and the social security status. Financial and family support to the elderly people for medical treatment and other physical and emotional support during their elderly life are important.

Population ageing is a global phenomenon. It is a natural outcome of demographic transition from high fertility and mortality to low fertility and mortality. An increase in the longevity of the individuals and increase in the average length of life pertaining to a population result from improvements in the quality of the environment and from medical advances among other factors. The problem of age structure changes in population in developed countries results in the growing proportion and absolute number of elderly people, whereas in developing countries it results with the problem of increasing age structure. The median age (under 20 years) in Nepal over the recent decades indicate that

it's population is getting younger. Nevertheless six percent of elderly population in Nepal doesn't mean that Nepal is not facing the problems of elderly population. The population ageing or getting younger is to be considered as social problems (Bisht, 2006).

Ageing is universal, affects every individual and family, community and society and it is an abnormal dynamic process. The ageing of the population is now a worldwide phenomenon and Nepal is not exceptional. Falling birth rates preceded by falling death rate is the technical cause to intensify the global ageing trend. In the course of demographic transition the age distribution is intensely shaped by decrease in both fertility and mortality. The timing of decline in pattern of demographic ageing in specific cases (Regmi, 2006).

In any country of the world, continuation of the low fertility levels with improvements in child mortality level will play a major role in population growth. At the same time low mortality level in the old age will be the major factor in the ageing of population. The population ageing is primarily a result of decreases in the proportion at younger age as a result of falling fertility rates in the developing countries. When the fertility and mortality level continue to descend lower level, there is a possibility of increasing life expectancy. The changes in the proportion of the elderly are considered as the most common way of measuring the elderly population of a country. The fastest changing age groups are within the older age in the recent past are ageing the fastest. The elderly population is divided into three categories: the age group 60 – 69 as “Young Old”, 70 – 79 years as “Old Old” and 80 years and older as “Oldest Old”. Extremely increasing number of elderly may strain pension schemes, housing and health care systems. Rapidly growing numbers of the elderly also imply rising health care costs, particularly as people survive to older ages and requires more expensive medical treatment. The ageing process has several socio – economic implications in a developing country like, Nepal, where social security system is virtually non – existent. The impact of the shift in age structure is direct in the family as an institution and on the condition of women in particular. The ageing if the population alters the size and structure of the family, household structure, family support, gender gap in life expectancy (Bisht, 2007).

The growth rate of elderly population is higher than the rate of the total population in many region of Asia. Nepal also follows the same trend. Whatever the definition countries might have been using for defining their older population, it is depending on

the proportion of people at different ages. Thus the population with more than about 10 percent of its people aged 65 or older can be considered as 'old population'. In demographic analysis too, generally 65+ years is considered as older population. Thus the majority of countries regarded 65 years as cutting point for defining older population. Overall Nepalese population since 1960's has remained young. However the proportions of the population 65 years and above have been increasing slowly since 1971 (Acharya, 2001).

There are several determinants of status of the elderly population. Among them, socio – economic and cultural factors like family structure and living arrangement, formal and informal support, patterns, housing and environmental conditions, social activities nutrition and eating habits, educational attainment and economic activities, health related behaviors', wealth care utilization and level of moral beliefs, attitudes and aspirations. Socio – economic changes have affected the socio cultural values of Nepalese to a large extent, which is closely related to the status of ageing population.

1.2 Statement of the Problem

Ageing is an emerging issue in Nepal and that the tempo is expected unexpectedly fast as mortality continues to decline and life expectancy continues to increase. However, regular increase in percentage of aged persons in the population is creating humanitarian, social and economic problems in many countries especially the developed ones. In our society or in community, it is seems that the lack of awareness and understanding towards the care of elderly people. Elderly people are the sources of knowledge, skills that is useful for the young generation to learn from them. It is important to find out the problem, which is faced by the elder people in current situation.

In Nepal most of the people are lived in rural areas within the poor socio – economic condition. In Nepal ageing is considered as an economic problem; socially it is considered since ancient time, the continued upgrading in social status. Since Nepal is in demographic transition, ageing index for Nepal is very likely to grow rapidly. Population ageing is the major consequences in the economic, social, political areas in a country like Nepal. A marginal pattern of increasing in the proportion of older people poses serious problem where people are characterized by greater spatial inequalities, poverty, illiteracy and poor health status.

The study area is one of the rural areas of Nepal. In this study area there seems socio - economic and demographic problem of the elderly people. In the past the eldest person particularly male was considered as the head of the family and leader of the community. Now a day's elderly people are considered as the burden of the family, they are neglected, so economic, and social security is needed for them. Taking care of old parents has become more a burden than social obligations. Some take care of old parents only to inherit the property. Usually parents also keep their own portion of the family property. They keep their parents with them only to make sure they leave behind those properties for them to enjoy. The problem of elderly with in the study area is that they depend on their personal health, employment, and socio - economic and demographic status.

Elderly people could give active contribution to the family and community but there is lack of awareness and understanding in the family and community toward the independence, participation, dignity and care of the elderly people. Old aged allowance provided by the government is also seems discriminatory because in this study area and most of the rural area of Nepal's people are living under extreme poverty line. Government should distribute the allowance according to the socio - economic, and demographic status of the elderly people but not by the caste and ethnicity group. The study area is located at the hilly village of Kaski district of Nepal. Most of the people in this study area are small landowner who cultivates their land for their livelihood. They farm their land all the 12 months in a year and the food produce from the land is available only for less than half of the year.

Some people received retirement pension, which is not sufficient to sustain their live because the majority of the elderly people do not have definite source of income after their retirement life. Along this when people become older they may be suffer from different kind of diseases and they are fall in economic crisis while doing treatment of their health. Most of the people are physically disabled and weak, they need help to reach the health post or hospital but they do not get help from the society and from the state in some cases. Majority of the elderly people are far from the easy access to public place, transport, health care center hospital and are unable to fulfill their basic needs. The elderly remain as an inseparable part of the society and therefore their needs, problems and prospects require a holistic solution and not fragmented approach. The most important concern is how best to provide economic and social security and support for

elderly. Some of the elderly people are alone in the household and they want to live in elderly home because they have no one for care in their elderly age. Similarly, many of the elderly people living in rural areas are suffer from the political conflict and social conflict but governments do not pay attention toward this condition.

In Nepal, various census taking during 1911 to 2001 shows that the proportion of elderly population is increasing day by day. Industrial and agricultural labour shortage is one of the most striking, initial effects of ageing, and decreased birth rate. Other major pressure of global ageing problem will be exerted on fiscal and economic sector. In a country like Nepal, early retirement age (58 years) and low salaries but with a higher life expectancy (63.3 years) might not support or prepare him for successful old age.

1.3 Objective of the Study

Since the ageing is concerned and increased in the proportion of old persons are compared by reduction in the proportion of children and decline in the proportion of the working age persons in the rural areas of Nepal. So this study concerned with the current socio – economic status of the elderly people living in the Pumdi Bhumdi VDC. The main objectives of this study are:

- a. To identify the socio – economic and demographic status of the elderly people living in Pumdi Bhumdi VDC.
- b. To identify the family support and care toward the elderly population.
- c. To identify the health status and security of the elderly people.

1.4 Significance of the Study

Elderly people are important for the young generation to learn skill and knowledge that may add pillar in the process of development of the community and for whole the nation. Thus elderly people are the assets of the society, nation and for international too. In the developing countries like Nepal increasing old age population is one of the challenging subjects which is related to social and economic status of elderly people left behind from family isolation, disrespected by younger, lack of social and economic security system. The study point out many important problems that are being faced by the elderly people in rural areas.

In this study, the status of elderly people in social, cultural, religious and economic area is focused in the community. Therefore, the significance of the study are as follows:

- a. This study explores the problem that was faced by the elderly people in the rural areas.
- b. This study helps to know the socio - economic and the demographic status of the elderly people within the rural areas.
- c. This study helps to know the family support, health and social security of the elderly people living in the rural areas.
- d. It also suggests the kind of programs that should be implemented for fulfilling their basic needs for their better life spanning.

1.5 Limitation of the Study

The study area of this study is limited in the Pumdi Bhumdi VDC of Kaski District. The study has several limitations. They are as follows:

- a. This study is based on 117 elderly people, sampled from the Pumdi Bhumdi VDC of Kaski District.
- b. This study is limited to that population who are above 60 years of age.
- c. The interview schedule of this study includes specially the socio - economic, demographic, family support and care, health and social security of the elderly people.
- d. The sample size of the study doesn't accurately represent all the elderly by caste, ethnicity, religion and language. Some person might have been missed due to the lottery sampling techniques in this study.

CHAPTER – II

LITERATURE REVIEW

2.1 Introduction

Ageing is an emerging issue in Nepal especially in the rural areas. So that the research intended to study about the topic entitled, “Socio – Economic and Demographic Status of the Elderly People Living in Pumdi Bhumdi VDC”. Some agencies, GOs, NGOs, INGOs have been conducted the different program about the problem faced by the elderly people in Nepal. In the context of Nepal there is poor socio – economic condition, poor health facilities and prevailing poverty for a long time, resulting in a low life expectancy at birth. Not only poor health status but also the changing age structure of the elderly people affecting the socio – economic and demographic status of the country. Elderly people are the sources of knowledge and skills. It is well known and famous statement in Nepali context that “ Aago Tapnu Mudhako Kura Sunnu Budhako” actually elder people are important for the young generation to learn something experience, knowledge and skills from them, which may add pillar in the process of development the community and for whole nation.

Improvement in medical science and health services directly affect the long life expectancy of the people as a result there is increasing in the number of elderly population. Decreasing trend of the population growth rate of any nation shows that the possibilities of increasing elderly population in the structure of the population in near decades. Loneliness and isolated life spanning situation of the elderly people get pace respectively because of the segregation of the joint family and urbanization with in-migration from different causes. It is necessary to get social environment with the opportunity according to universal assumption society for all ages is productive, secure and healthier.

2.2 Global View

The age distribution of the world population is undergoing a profound and unprecedented transformation. All region of the world are experiencing the shift towards older ages is reflected in rising median age of population, increasing proportion of older persons and decreasing proportion of children. Most countries of the world are experiencing the rapid ageing of their population with its far-reaching implications for development of societies. Change in society simultaneously produced by industrialization, increasing participation

of women in the labour force, decreasing family size, diminishing importance of extended families and increasing internal and international migration among other factors have important implications for the well being of older people. The share of the population in the working age will shrink and the labour force itself will grow older for the countries with low fertility level whereas countries with high fertility level will continue to experience strong labour force growth until 2050 which may open the windows for accelerated economic growth. Increase in longevity in developing countries is the result of improved nutrition, sanitation and hygiene and more recently, the rapid spread of medical knowledge and its application in medical practice. In the developed countries increase in longevity has been accompanied by longer healthy life expectancy and the compression of morbidity (Vos et al., 2008).

The international conference on Population and Development, held in 1994, recognized that the economic and social impact of population ageing is both an opportunity and a challenge to all societies. The increasing trends of industrialization and urbanization and greater mobility of the labour force indicated that the traditional role of the elderly in the family was undergoing major change. With rapid socio-economic development, urbanization, industrialization, the traditional extended family system was gradually changing toward a nuclear family system in which some elderly family members were being left on their own. The roles played by family members were influenced by family structure, multigenerational family is more common. Traditionally parents and dependent children were living in the same household. In the family-building part of adulthood parents were a more significant reservoir of support than siblings and friends. Parents continued to support their adult children in their role as parents, particularly in times of crisis such as illness, unemployment and divorce and they assisted their children's parenting (UN, 1994).

Population ageing was once a concern mainly of developed countries, but now the process is gaining momentum in developing countries too. Today it is clear that this demographic transformation has profound consequences for all individuals, families, communities and nations. The Madrid International Plan of Action on Ageing and the political declaration adopted by the Second World Assembly on Ageing in April 2002 marked a turning point in how the world addresses the key challenges of building a society for all ages. The Madrid Plan of Action offers a bold agenda for confronting the challenges of ageing in the 21st century. The plan focuses on three priority areas: older persons and development;

advancing health and well being into old age; and ensuring, enabling and supportive environments. It represents the first time governments have adopted a comprehensive approach linking questions of ageing to other frameworks for social and economic development and human rights, most notably those agreed to at the United Nations Conferences and Summits of 1990's (UN, 2006).

Issue related to population ageing and older persons have played a prominent role in the three major international population conference organized by UN. The ICPD, 1994, recognized that the economic and social impact of population ageing is both an opportunities and challenge to all societies. ICPD 1999 reiterated the need for all societies to address the significant consequences of population ageing in the coming decades. In, 2007, the United Nations commission on population and development, will focus its marks on the changing age structure of the populations and their implications for development. The shift in age structure is associated with population ageing has a profound impact on board range of economic political and social process. World population report 2007 provides an overview of population ageing worldwide, focusing on five particularly relevant public policy issues that has not been the same in all countries. There are considerable variations in the timing, levels and pattern of population ageing those particularly relevant public policy issues which are related to ageing are: demographic determinant, magnitude and speed, the changing balance, demographic profile and socio – economic characteristics. The older population is growing at a considerably faster rate than world's total population. Worldwide the percentage of the population aged 60 years or over has increased by 3 points from 8 – 11 percent, since the middle of the 20th century. This shows that there is increased old age dependency ratio, parent support ratio. Labour force participation of the older population has remained stable worldwide. Illiteracy remains high in the less developed regions among older population (UN, 2007).

Asia – Pacific Population and Policy examines four areas in which the policy options are available to improve financial support for the elderly. In Asia the estimated median age of retirement is 63 in 2000. If worker retire earlier and also live longer than in the past more resource will be required to support an extended period of retirement. The percentage of older who are still working goes down sharply over the period (1950 – 2000) almost entirely because men are retiring earlier than in the past. Today the traditional family support system is under pressure from demographic, social and

economic change. In countries where fertility has been low for decades, the elderly have few adult children to provide support, and many of these children have moved away from their family homes. In addition to providing retirement income for individual a high rate of personal saving has important implication for national development. Pension scheme plays a greater role in providing old age security for the nation for their citizens. Many countries offer same type of support system for elderly, although coverage is often restricted to narrow population groups such as civil servants or employees of large enterprises. Government addresses broad economic concern (Sidney et. al., 2000).

2.3 The Status of Elderly in Nepal

Ageing is natural outcome of demographic transition from high fertility and mortality to low fertility and mortality. The elderly people are the pride of the nation; they are living history and the property of the nation. But the rapid increase in the proportion and absolute number of aged people among the total population will impact on socio - economic and demographic status of Nepal. In the traditional family support system sons are considered as the means of security in the old age. Due to the breakdown of the traditional large family system in Nepal the traditional family support system for the elderly parents is eroding now a day's some consider take care of the parents as the burden rather than their moral obligation. It is high time for the younger generation people of today, who will be the future elderly to be seriously aware try to understand today's elderly and start immediately saving some money immovable property for the future security, develop a positive attitude from the beginning in children towards the elderly (MOHP, 2007.Pp 112).

With increasing life expectancy both developed and developing countries have experience of ageing population. But the situation of the elder people is different in terms of socio – economic and demographic context. Elderly people in developing countries elderly people are far from this qualitative life and faced various problems within the community. Nepal is one of the developing countries and many people (around 86%) are live in rural areas with low socio – economic status and below the poverty line. The census conducted by government of Nepal 2001 shows that the population of 60 years and above has increased 4.28 percent in 1911 to 7.46 percent in 2001 (CBS, 2003).

The majority of the elderly people in Nepal are living in rural areas depending upon their agricultural profession and living under the poverty. The majority of the older people suffer from the cumulative effects of a lifetime deprivation entering old age in a poor

state of health and without saving or material asset. They lack the means to fulfill their most basic needs such as proper food, housing, clothes, health care and safe drinking water. They also lack access to resources and income generation opportunities (Bisht, 2006).

Ageing is an emerging issue in Nepal as in developing countries. The importance of study on ageing is cause of rapid urbanization and modernization resulting socio – economic and cultural change in society that directly affects the status of elderly people. It is important to understand the ageing issue in the proper demographic and national context. Although ageing issues have obtained little attention, so far but as experiences from developed countries have shown. It is an inevitable problem of population when societies move towards modernization and both mortality and fertility decline significantly (Subedi, 1999).

Elderly people are the source of knowledge experience and they are the wealth of the family society and that of state too. For this purpose, counseling centers can be established where elderly people can utilize their time, earn some money, take entertainment and feel self-respect. Economically huge numbers of people are suffering from poverty. They are working hard but they were facing in hand to mouth problems. Overall condition of elderly will be deteriorated because of growing individualism in society. Active generation has been migrating from rural areas due to socio - economic and demographic difficulties. Many of the elderly people in rural areas are far from the transport facilities, health services and other facilities provided by the government (Poudel, 2006).

Regmi (2006), found that elderly people with low income depends on their son and daughter and other relative. In the process of decision making male elderly is better compared to female elderly. Economic dependency and physical weakness appear as long-term problems. Social security system and health status in the rural areas is neither best nor worst. There is problem and variation in living style of elderly people according to age, sex, education, occupation family types etc. With the increasing number of ageing population country doesn't have any visible and clear roadmap. As the same way the status of elderly people is different in terms of place of residence, education, occupation and socio - cultural periphery and even in both conflicted area and not affected by conflict. Elderly people are bound to unpaid economic activities and remain below poverty line. Elderly spend a lot of time and economy to their offspring in their

adulthood, but at last they obtain various kinds of disgusting behavior from their offspring.

Similarly Sigdel (2005), found that educational status of the elderly people not satisfactory, more than three – fourth percent elderly people are illiterate in the study area. Agriculture and domestic works were the past major occupation for males and cattle herding and simple farming. Most of the people in this area have the major source of income like pension, assets and old age/widow allowance. Most of the people in the rural areas are suffering from any types of disease like stomach pain (body, knee, leg, hand) and cough and cold for elderly people. Most of them are supported financially by son/daughter – in – law. Son/daughter – in – law are the major economic supporter and care provider for elderly people. There is need of provision of income generating activities that are fit for elderly people. Financial support to the elderly people to medical treatment and other physical and emotional supporting during their elderly life are important determine their life style. Most of the elderly have negative thinking about their old age because of lacking love and affection, loneliness, poverty, domination in the family as well as in the society having no strong income source.

Wasti (2004), found in his study area most of the elderly population have no formal education. Most of them have their own property. Elderly people from joint family get better care than that of the nuclear family. When studying about their health status there is found bad habit among them i.e. alcohol drinking, smoking and tobacco chewing in their old age. Most of them are suffering from chronic diseases, which could be due to the reason of old age poverty, occupational factors, living environment. Education was found one of the most important determinants of social well being of elderly population. Most of the elderly population expect extra old age grade health facilities, admire from the state.

2.3.1 Rural Economy and Elderly

Majority of the people in Nepal are living in rural areas and they are depending in agriculture with poor living condition. Many of them are suffering from the cumulative effect of a lifetime deprivation entering old age in a poor state of health and without saving and material assets. The food produce from the unproductive land is not sufficient them for the 12 months in a year. They lack the means to fulfill their basic need such as housing, clothing, health care and safe drinking water. Being depend on agriculture and their family member they spanning their worst life. Majority of the elderly people who

live in rural areas are involved in an unpaid economic activities. The decline in the physical and mental capacities of the elderly undoubtedly affects their socio - economic activities. A large number of elderly do not have any formal employment service but many of them are interested for the job if they get it. The major source of elderly income is children, followed by retirement pension, currently run business, agriculture and government provided old age allowance. The fixed and movables assets belonging to the elderly are house, land, cash money and ornaments share of some financial companies. The available income is sufficient to fulfill the basic needs of about three fourth elderly populations and the remaining seek financial help from their sons and daughter - in - law (Bisht, 2006, Pp: 183 - 184).

In the process of defining the rural economy and elderly by gender women are dominated by men. In social sphere of life, women hold a status inferior to that of men in the household as well as in the community, usually men being the head of the household. The change in women role from the traditional housewife to one looking for other employment opportunities outside home is quite a new phenomenon in Nepal. Employment of women in public office started only after 1955. The number of women holding higher posts is too low compared to that of their male counter - parts. In rural areas a women is an indispensable unit in the economy of the household as well as of the community (Suwal, 1979).

2.3.2 Gender Issues and Elderly

In Nepal the status of elderly males is comparatively better than elderly females because males possess property ownership right, decision making power in the family and financial control by tradition and culture. Elderly females have less access to health care facilities especially the widow and divorce that are in extreme destitution and vulnerability. The women widows or divorced have often denied access to their husband resources and her heavily dependent on son's/family and the women without son have comparatively worse socio - economic condition and represent the most vulnerable segment in the society. In the traditional family support system, sons are considered as the means of security in the old age. In comparison to make female endure more in term of life time deprivation low level of education, poor health and nutritional, discrimination and restriction on their mobility and association (MOHP, 2007. Pp 112-113).

The breakdown of family and changing status of women elderly people are deprived of their independence, care dignity and the change in the tradition and culture. More females are widowed but more males are currently in marital union. It is because of the fact that marriage and remarriage for males is common but not for females in Nepal (Bisht, 2006).

2.3.3 Social Security and Elderly

In the constitution of Nepal it is clearly noted that the social security for the women, child and elderly with special management. To follow the social security system different ministry made law, rule and regulation. Empowering the disabled and weak person and provide the social justice to them is the basic principle of any nation. social security is not only important for elderly people but also all ages of populations. The concept of social security is gradually shifting from the realm of society to state. Social security helps to make old age more secure and easier. The support for the elderly by their families is threatened by pervasive poverty, social and demographic change and gender discrimination. But now a day's some efforts are also made by government side in order to provide security for elderly people by establishing such act and law. In the process of effective social security there comes two way: one from the social help which is the ancient process of social security and other is social insurance which help the people who are fall in crisis, difficulties and who are in worst condition (Hada, 2006).

2.3.4 Health Services and Elderly

There is rapid increase in the proportion and absolute number of elderly people day by day automatically people are physically and psychologically disabled with the increasing old age. Diseases protection capacity and capacity to do daily work is decrease with the increasing old age. Elderly people are suffered from the many kind of health problems and diseases related to: heart, respiratory, diabetes, eyes, ears, skin and weakness in different organs of the human body. In Nepal there are no specific health programs, especially targeted to the elders. The facility of medical insurance to elder does not exist. Recently the government made public guideline for the implementation of new programs namely "Senior Citizens Treatments Services" (Budhathoki, 2009).

2.3.5 Human Rights and Elderly

The constitutional and legal provisions and Nepal's accession to international instruments of human rights regarding the protection and promotion of human rights of all section of people including the elderly persons. The ninth, tenth and currently three year interim plan (2007/08) have also formulated some policies, programs and strategies to improve the lives of those people which is undoubtedly an important achievement in this direction. With the implementation of constitutional and legal provision and Nepal accession to a number of international instruments of human rights and international provisions, the status of human rights of the elderly persons in post 1990 period witnessed some positive changes and accordingly, some positive development have undoubtedly taken place in this direction. Currently the social security measures or social security provided to these people among others, include old age treatment, social security allowance and other small measures. Nepal has shown strong commitment to several UN declarations and also acceded several instruments of human rights and actively participated in those declarations and international instruments. Nepal had shown its commitments to the UN Principle for Older People 1991 and Macau Plan of Action on Ageing 1998. The Nepalese Council of Ministers on 2061 BS adopted a guideline entitled " Gestha Nagarik Swasthopachar Sewa Karyakram Krayanowyan Nirdesika 2061 BS" which made attempts to provide medical facilities to the old age people (Dahal, 2005).

2.3.6 National Population Policies and Programs and Ageing

Population policies also emphasize on the ageing population. There has not been much attempt on part of government to help the elderly people. Right after participation in different international conventions, Nepal started to focus on the elderly issues. Only after the restoration of democracy in 1990; Nepal put forward the elderly issues as national agenda. In the tenth five-year plan (2002 - 2007) the government has formulated some policies and programs and its implementation strategies. This plans aims is to develop the legal infrastructure network development through utilize the knowledge, skill and ability of senior citizens in the development work. Similarly in the three-year interim plan (2007/08 - 2009/10) the government has formulated same policy and program as in tenth plan. Institutional support and some grant have been made available to different old age homes and daytime services. The policies and program for elderly are somehow same as the tenth five-year plan. This three year interim plan aims to develop

the proper mechanism and environment prepared for the senior citizen, increased capacity to run social program related to senior citizens.

Considering the issues, decision made, finding and suggestion related to the elderly people in Nepal and commitments made in various national, regional and international conferences, forums and developments plans ensure the rights and interest of the disadvantaged elderly the government of Nepal has prepared the Senior Citizens Policy and Working Policy - 2058 BS (2002), Jestha Nagrik Rastriya Karyayojana - 2062(2006), and Jestha Nagrik Sambhandi Ain - 2063 BS (2007). (MOHP, 2007).

The ageing of the population varies from one country to another or one community to another over time. At higher ages people need more security and care. The conditions of elderly population are depends on their personal health, employment and different socio – economic status.

CHAPTER – III

METHODOLOGY

3.1 Introduction of the Study Area

The study area is the Pumdi Bhumdi VDC of the Kaski District. This is connected with Pokhara Sub-metropolitan city and Krishti Nachne Chour, Chapakot and Sarangkot VDC of Kaski District and Arukharka VDC of Syangja District. The distance from the Pokhara sub-metropolitan city is 12.8 km. According to sub – statistic office Kaski 2062 B.S. the total area of the study area is 23.11 km² with 343.9 km² population density. The population growth rate is 1.99% per year and the literacy rate of this area is 68 percent. Among the total population 8.85 percent constitute in age group 60 and over. Similarly within the age group 0 – 14 there is 37.44 percent population and within the age group 15 – 59 there is 53.70 percent population among the total population of this study area.

3.2 Selection of the Study Area

The study area Pumdi Bhumdi VDC of Kaski District is purposively selected because elderly people of different socio – economic and demographic characteristic can be found there and there is no any study conducted on the elderly people. This area is connected with the Pokhara sub metropolitan city but the socio – economic status of the elderly people doesn't seems change or improve in spite of tourism, road, drinking water, communication and education facilities so the study is intended to find out the socio - economic, health, family support and the social security of the elderly people.

3.3 Source and Nature of Data

This study is fully related to primary source of data, which has been collected on the field visit. The information listed according to the structured questionnaire have been identified and analyzed. However secondary source of data have been used through the review of relevant literature, from the published and unpublished book, journals, reports document etc. The nature of data is both qualitative and quantitative.

3.4 Sample Selection

The samples are the elderly people of age 60 and above. According to 2001 census total household of the study area are 1568 and total population of the study area is 7,947. But

the study is only focus elderly people, so the voter list 2063 BS is used to select the sample. The following table shows the total elderly population with elderly household. Which is based on the voter list of 2063 BS of Nepal.

Table No. 3.1: Total Elderly Population with Elderly Household

Ward No.	Population (60 years and above)	Household (with elderly)
1	113	87
2	164	132
3	101	83
4	69	61
5	102	87
6	155	121
7	70	57
8	73	57
9	65	56
Total	912	741

Source: MOLD, Nepal, 2007

According to voter list 2063 BS total household where elderly people living are 741 and the total elderly population is 912. The sample size was taken as 15 percent of the total household where the elderly people used to live. There are 9 wards in this study area; so in each ward no. by using lottery method of simple random sampling 13 households was selected for the sample. The number of respondent was one person from each selected household.

3.5 Questionnaire Design

Questionnaire used was open ended and closed ended. Similarly questionnaire designed based on the data collection through individual questionnaire about socio – economic, demographic, health condition and overall situation of elderly population. The questionnaire was divided into four parts. The first part of the questionnaire presents the general background of the respondents and demographic and socio – economic situation of elderly people. The second section presents the family support and care toward elderly

people. The third section presents current health and security status of the respondents. And the fourth section presents the information on social security.

3.6 Data Analysis and Processing

The data collected through individual interview and are presented in suitable tables. These data are analyzed and tabulated according to objective of the study. For the purpose of processing raw data it was input first in the master table with different socio - economic and demographic characteristics. Basically qualitative data were analyzed and interpreted descriptively. The quantitative data were processed by relevant tabulation and tables to make the study more meaningful. The collected data were analyzed with the help of simple tabulation in number and percentage distribution and according to required use of simple bar diagram and pie - chart. The opinion of the elderly people about the socio - economic and demographic status is also analyzed according to their opinion collected at the time of field visit.

CHAPTER - IV

ANALYSIS AND PRESENTATION OF DATA

4.1 Demographic Status of the Elderly Population

Demographic status of the elderly people is included here. It contains the demographic characteristics (age, sex, religion, caste and ethnicity, marital status etc.) of the elderly people.

The data was collected among 117 elderly population among them 67.52 percent are male and 32.48 percent are female. Out of the total respondent 63.25 percent are with couple and 36.75 percent are widow/widower. Likewise among all respondents 77.78 percent respondents' follows the Hindu religion and 22.22 percent respondents are Buddhist religion. In the study area there found diversity in caste and ethnicity. Among the total respondent 46.15 percent are Brahman, 27.64 percent are Gurung, 10.26 percent are Chhetri and Kami respectively, 3.42 percent are Gharti and 0.85 percent are Sunuwar, Sarki and Damai respectively. Among the total respondent 66.67 percent says that they feel being elder in age between 60 - 69 years, likewise 17.1 percent feel being elder in age between 50 - 59, 15.38 percent in age 70 years and above and 0.85 percent respondent feel being elder in age between age 40 - 49 years. Majority of the respondents (87.18%) are head of the household, 10.26 percent respondent reported son and daughter - in - law are there head of household and 2.56 percent respondent reported that their spouse are their head of household. The demographic status of the elderly population is clearly presents as follows:

4.1.1 Age Sex Distribution of the Elderly Population

Age structure is affected by the fertility, mortality and migration. However under normal situation, the affect of mortality and migration is smaller and proportion of population at each age group mainly affected by fertility. According to CBS, 2002 there are 37.44 percent population is the under age 15, 53.70 percent population constitute in the age group 15 - 59 years and 8.85 percent population are elderly or belongs to age 60 and above out of the total population of the VDC. Age and sex composition is the important factor for demographic analysis as it affects all other components either directly or indirectly. The following table shows the age and sex composition of the elderly respondents in the study area:

Table No. 4.1: Age and Sex Composition of the Elderly Population

Age groups	Male		Female		Total	
	No.	%	No.	%	No.	%
60 – 64	10	12.66	6	15.78	16	13.68
65 – 69	23	29.11	8	21.05	31	26.50
70 – 74	20	25.31	7	18.42	27	23.08
75+	26	32.91	17	44.74	43	36.75
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.1 shows that majority of the population remain in the age 75 and above which is 36.75 percent. Among the total male respondents 32.91 percent male and among the total female respondents 44.74 percent female remain in the age 75 and above. Similarly 26.50 percent people are in the age group 65 - 69, 23.08 percent in age group 70 - 74 and 13.68 percent people belongs to age group 62 - 64 years. Among these age group the lower percentage is seems in age group 60 - 64, which is 12.66 percent among the total male and 15.78 percent among the total female respectively.

4.1.2 Marital Status of the Elderly Population

Marital status is an important determinant of fertility behavior particularly in society where there is lack of knowledge about the contraception method and where most of the births takes place within marital unions. Early and universal marriage practice results the long term social and economic consequences including higher fertility. But elderly people are not involved in child bearing so here only tries to show the marital status of elderly people. The following table number 4.2 shows that the marital status of the elderly people. Among the total respondents 63.25 percent are married. Among the total male respondents 86.08 percent male and out of the total female respondents 15.79 percent female are married. Similarly 36.75 percent people are widow/widower. Out of the total male respondents 13.92 percent male and among the total female respondents 84.21 percent female are widow/widower. This proportion of higher number of widow shows that elderly mortality of male is high than female in the past time and also shows the long life expectancy of female in that place. It may be the poor registration of the

male widower because female widow get allowance. Another reason of greater number of widow is also the age difference of husband and wife. This shows the higher number of widow. Other remaining marital status such as unmarried, divorce and separated seems nil in the study area.

Table No. 4.2: Marital status of the elderly population

Marital status	Male		Female		Total	
	No.	%	No.	%	No.	%
Married	68	86.08	6	15.79	74	63.25
Widow/Widower	11	13.92	32	84.21	43	36.75
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

4.2 Socio - economic Status of the Elderly Population

The socio - economic status also affects the status of the elderly people because people depend upon the society and economic condition of the individual or family. In good socio - economic condition of the family and in that of society, status of elderly is also good and vice versa to bad socio - economic condition. So socio - economic condition and living standard of the people are related to each other. Socio - economic status is taken as prime consideration of social respect of the elderly people. The socio - economic status of the elderly people are presented as follows:

4.2.1 Religious Status of the Elderly Population

Religion has great impact in the life of the people particularly is the life of elderly people. Their beliefs, values and practices are guided by the religion. The following table number 4.3 shows that higher proportion of elderly people follows the Hindu religion, which is 77.78 percent out of the total respondents. Out of the total male respondents 73.42 percent male and out of the total female respondent 86.84 percent follows Hindu religion. Similarly out of the total respondents only 22.22 percent respondents follows Buddhism religion. Among the total male respondents 26.58 percent male and among the total female respondents 13.16 percent follows the Buddhism religion. At the time of field visit it is rarely find that the respondents who follows other religion except Hindu

and Buddhist. But there are some person who follows other religion but they are not included here because of limitation of age of respondents.

Table No. 4.3: Religious status of Elderly Population

Religion	Male		Female		Total	
	No.	%	No.	%	No.	%
Hindu	58	73.42	33	86.84	91	77.78
Buddhism	21	26.58	5	13.16	26	22.22
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

4.2.2 Educational Status of the Elderly Population

Education plays a great role in every sector of the society. Which affect in the socio - economic and demographic status of the elderly people. It is also the base or pillar of the development of any society or community or the nation. The educational status of the people shows that whether the community is developed or not. Every event occurred in human life was handled by the educational status. The literary status of the elderly people of the selected respondents is as follows:

Table No. 4.4: Educational Status of the Elderly Population

Educational status	Male		Female		Total	
	No.	%	No.	%	No.	%
Literate	57	72.15	5	13.16	62	53.00
Illiterate	22	27.85	33	86.84	55	47.00
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.4 shows that the quite satisfactory literacy status of the elderly people in the study area. Among the total respondents 53 percent are literate. Out of the total male respondents 72.15 percent male and out of the total female respondents 13.16 percent female are literate. Similarly 47 percent are illiterate among the total respondents. Out of the total male respondents 27.85 percent male and out of the total

female respondents 86.84 percent female are illiterate. This table clearly shows that the statuses of female elderly are worse than that of male elderly. It is due to traditional beliefs, and due to the conservative society where female were bound only within the household work, female were far from the decision-making power and involvement in the social and developmental activities. It is due to traditional beliefs that girls child are taking as property of other when they become adult they are going to others home so it is not necessary to educate the girls child.

4.2.3 Occupational Status of the Elderly Population

Earlier occupation of elderly people directly as well as indirectly associated with present condition of elderly. Occupations determine the economic status of the elderly in the one hand and it affects the long life spanning on another. The occupational status of the selected elderly people in the study area is shown in the following table:

Table No. 4.5: Occupational Status of the Elderly Population

Occupational status	Male		Female		Total	
	No.	%	No.	%	No.	%
Agriculture	39	49.37	31	81.58	70	59.84
Business	3	3.79	-	-	3	2.56
Wage labour	8	10.13	2	5.26	10	8.55
Bureaucrat	3	3.79	-	-	3	2.56
Trade	1	1.27	-	-	1	0.85
Other	25	31.65	5	13.16	30	25.64
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.5 shows that the occupational status of the respondents in the study area. Among the total respondent 59.84 percent respondents reported that their occupational status is agriculture. Among the total respondent 8.55 percent reported that their occupation is wage labour, 2.56 percent reported that their occupational status is business and bureaucrat respectively, 0.85 percent reported that trade is their occupational status and remaining 25.64 percent reported that their occupational status is

other. Majority of female are involve in agriculture (81.58 %) among the total female respondent than male (49.37 %) among the total male respondents. The above table number 4.5 shows that female are not involve in business, bureaucrat and trade. Because of poor economic condition 10.13 percent male out of the total male respondents and 5.26 percent female among the total female respondents are involved in wage labour. It is clearly seems from the above table that most of the people in the study area are depend in agriculture.

4.2.4 Major Source of Income of the Elderly Population

Source of income also affect the socio - economic condition of the elderly people. Basically in demographic studies the elderly population above 60 years of age is known as economically not active or the depended population. The following table shows that the source of income of the elderly people in the study area.

Table No. 4.6: Major Source of income of the Elderly Population

Source of income	Male		Female		Total	
	No.	%	No.	%	No.	%
Agriculture	24	30.38	12	31.58	36	30.77
pension	28	35.44	5	13.16	33	28.21
Aged allowance	14	17.72	16	42.10	30	25.64
Trade	1	1.27	-	-	1	0.85
Donation	1	1.27	-	-	1	0.85
Other	11	13.92	5	13.16	16	13.68
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.6 shows that majority of the people in the study area are depend on agriculture. They cultivate their land and produce crops from their own land or from landlord land. Among the total respondent 30.77 percent reported that their major source of income is agriculture from which they fulfill their necessity but it is not sufficient for them for whole the year because of small land ownership and low production from the land. Among the total male respondents 30.38 percent male and

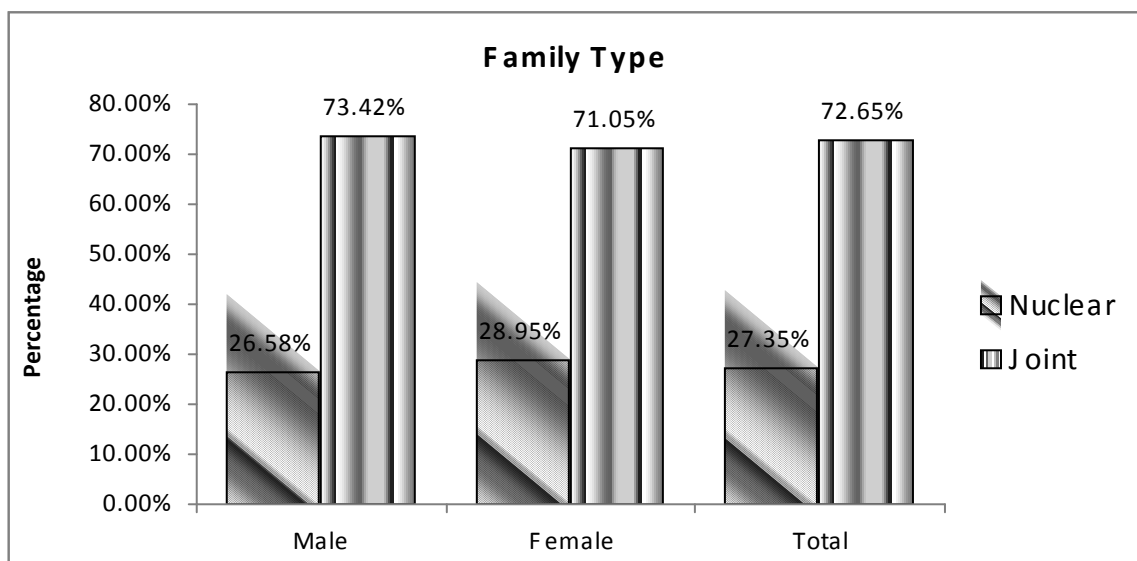
among the total female respondents 31.58 percent female respectively reported that agriculture as their major source of income. Similarly, 28.21 percent respondents among the total respondents reported that pension is their major source of income. Most of the male respondents were involved in military and police in foreign countries and also within the nation and they received the retirement pension.

Generally male respondents (35.44 % among the total male respondents) reported they spanning retirement life from the job. And some of the female (13.16 % among the total female respondents) get their husband’s pension. Likewise 25.64 percent respondent reported that aged allowance is their major source of income. Similarly 0.85 percent of the total respondent reported that trade and donation is their major source of income respectively. And 13.68 percent respondent reported that there major source of income is other. This trends of sources of incomes shows that male’s source of income is better than female and most of them are involved in paid activities whereas female are involved in unpaid economic activities.

4.2.5 Family Type and Elderly

Family is a fundamental small unit of the society and it is affected by the modernization. Nuclear and joint types of family exist in an every society. Nuclear family consist only parents and their offspring or there are only two generation in the family but joint family consist three or more generation. The status of family type of the respondent is presented in the following figure:

Figure No. 4.1: Family Type and Elderly Population



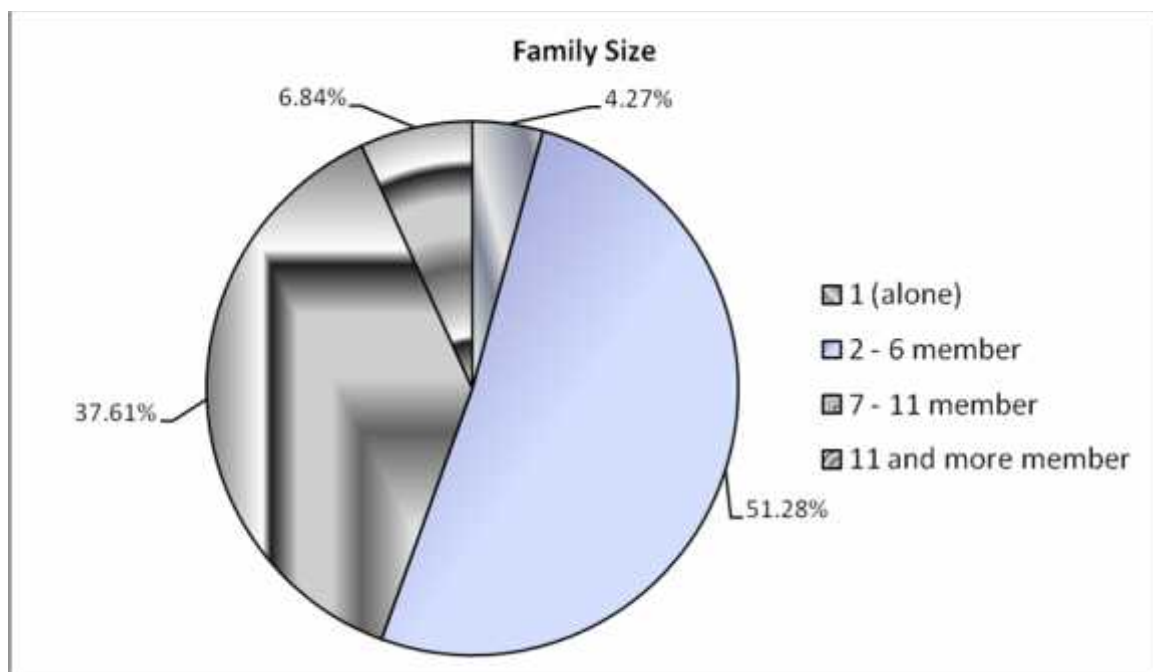
Source: Field Survey, 2009

The above figure number 4.1 shows that 72.65 percent among the total respondents are reported that they live in the joint family. Out of the total male respondents 73.42 percent male and among the total female respondents 71.05 percent female reported that they live in joint family respectively. Similarly 27.35 percent respondents reported that they are live in nuclear family. Out of the total male respondents 26.58 percent male and out of the total female respondents 28.95 percent female are live in nuclear family. This trends of family type shows that they also follows traditional types of family type. It is so because manpower are needed to do a household work and in agriculture. And they believe that if family size is greater there is added hand for earning and help in agriculture. It is due to poor literacy status of people.

4.2.6 Average Number in Family of Elderly Population

In most of the Nepalese societies people preferred to live in large households and their economic activities is mainly dependent on agriculture. If requires more labour to increase production in agriculture and people thought their live prosperous with higher production in agriculture. So people preferred to live in a large family size. But people engaged in other economic activities rather than agriculture preferred to reside in comparatively smaller families. The following figure shows the average number of family member in the selected households:

Figure No. 4.2: Average Number in Family of Elderly Population



Source: Field Survey, 2009

The above figure no 4.2 shows that among the total respondents 51.28 percent respondents reported that they have at least 2 to 6 member in their family. Likewise 37.61 percent reported that they have at least 7 to 11 member in their family. Similarly 6.84 percent respondents reported that they have no family member with them and 4.27 percent reported that they have more that they have more than eleven members in their family.

4.2.7 Living with Whom and Elderly Population

Generally elderly people are affected from the physical weakness and different diseases. They need care from the family member, community and from the government. So they usually live with their spouse, son, daughter and grand children etc. The below table number 4.7 shows that among the total respondent 73.50 percent elderly people are living with their son/daughter – in – law, out of the total male respondents 79.75 percent male and out of the total female respondents 60.53 percent female reported that they are living with their son/daughter – in – law.

Table No. 4.7: Living With Whom and Elderly Population

Living With	Male		Female		Total	
	No.	%	No.	%	No.	%
Spouse	11	13.92	2	5.26	13	11.11
Son/Daughter - in - law	63	79.75	23	60.53	86	73.50
Daughter/Son – in – law	5	6.33	3	7.9	8	6.84
Grand Children	-	-	1	2.63	1	0.85
Other	-	-	9	23.68	9	7.7
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

Similarly 11.11 percent are living with their spouse, among the total respondents 7.7 percent are living with others, they are all female. Similarly 6.85 percent respondent reported that they are living with daughter – in – law and among the total respondents only 0.85 percent are living with their grand children they are all female respondents.

4. 2. 8 Property Ownership and Elderly Population

Elderly people are considered as the burden of the family and they are neglected so economic security is needed for them. Taking care of old parents has become more a burden than social obligation. Some take care of old parents only to inherit the property. Usually parents also keep their own portion of the family property. The status of elderly male is comparatively better than elderly females because male possess property ownership right, decision making power in the family and financial control by tradition and culture. Among the total respondent of the study area reported that house and land as their property. The following table number 4.8 shows that the property ownership of the respondents. Among the total respondents 59.83 percent respondent reported that they have house and land as their own property, out of the total male respondents 67.09 percent male and out of the total female respondents 44.74 percent female have house and land as their property. Similarly 17.09 percent reported that land as their own property, 12.82 percent reported that house as their own property, likewise among the total respondents 5.98 percent, 3.42 percent, and 0.85 percent reported that cash, ornaments and other as their own property respectively.

Table No. 4.8: Property Ownership of the Elderly Population

Property ownership	Male		Female		Total	
	No.	%	No.	%	No.	%
House	12	15.19	3	7.89	15	12.82
Land	10	12.66	10	26.32	20	17.09
House and land	53	67.09	17	44.74	70	59.83
Cash	3	3.80	4	10.53	7	5.98
Ornaments	-	-	4	10.53	4	3.42
Other	1	1.27	-	-	1	0.85
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

4.2.9 Financial Problems and the Elderly Population:

Financial support to the elderly people to medical treatment and other physical support during their elderly life is important. Majority of the people in Nepal are living in the

rural areas and most of them are live under poverty line. It is found that in the study area most of the respondents are live with their offspring and they are dependent on them and some have passing their retirement life and getting pension which help them in their life spanning. The following table number 4.9 shows that the financial problem and the elderly population. The following table number 4.9 shows that among the total respondent 58.97 percent respondent reported that they have no financial problem.

Table No. 4.9: Financial Problem and the elderly Population

Financial problem	Male		Female		Total	
	No.	%	No.	%	No.	%
Yes	30	37.98	18	47.37	48	41.03
No	49	62.02	20	52.63	69	58.97
Total	79	100.00	38	100.00	117	100.00

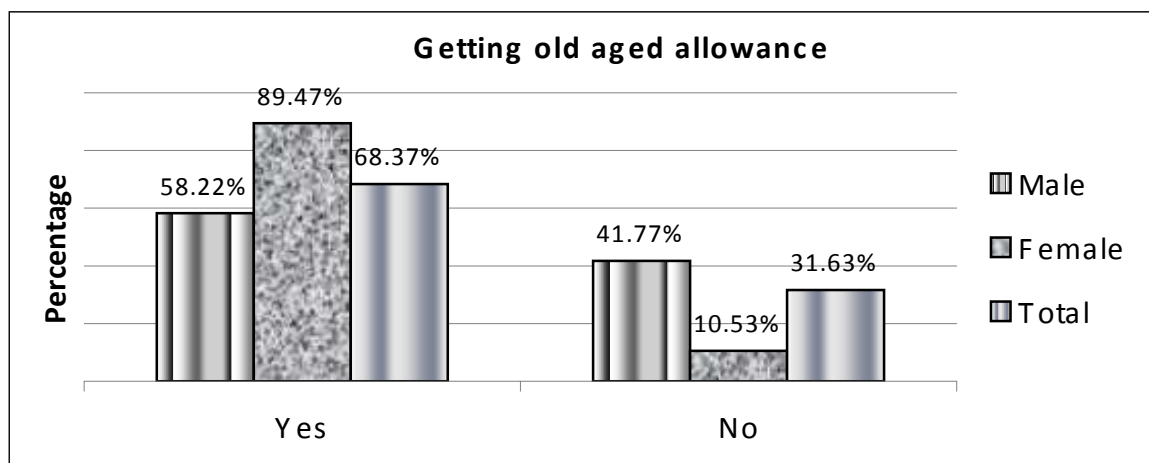
Source: Field Survey, 2009

Likewise 41.03 percent respondent reported that they have financial problem. Among the total female respondents 47.37 percent female reported that they have financial problem which is 37.98 percent for male among the total male respondents, similarly 52.63 percent female out of the total female respondents reported they have no financial problem which is 62.02 percent for male among the total male respondents. Among the total respondents who reported that they have financial problem, the main causes of financial problem are: no earning source, lack of money when fall in crisis, no one in the family in supporting economically and not getting old age and widow/widower allowance from the difficulties occur in citizenship and other difficulties.

Similarly the following figure shows that whether the respondents taking the old age allowance or not. The following figure number 4.3 shows that 68.37 percent elderly respondents reported that they are taking old age and other allowance provided by government and 31.62 percent respondent are not getting old age allowance because of some rules as well as barrier in terms of caste. Among the total female respondents 89.47 percent female get old aged allowance and among the total male respondents 58.22 percent male get old age allowance. Likewise among the total male respondents 41.77

percent male didn't get old age allowance and among the total female respondents 10.53 percent female didn't get old age allowance.

Figure No. 4.3: Status of Getting Old Age Allowance



Source: Field Survey, 2009

4.2.10 Food Problem and the Elderly Population

Most of the people in this study area are small land ownership and who cultivate their land for their livelihood. They farm their land all the 12 months in a year and the food produce from the land is sufficient for only less than half of the year. Some people of the study area don't have their own land. The landless tenant who cultivate other people's land and the landless labours who are depends on long term employment in the farm or non farm sector but the cost of farming is very expensive and the traditional. They provide the half of the food production to their landlord and from the remaining food they have to survive whole of the years. The following table shows that the food problem of the elderly people

Table No. 4.10: Food Problem and Elderly Population

Food problem	Male		Female		Total	
	No.	%	No.	%	No.	%
Yes	31	39.24	15	39.47	46	39.32
No	48	60.76	23	60.53	71	60.68
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.10 shows that out of the total respondents 60.68 percent reported that they have no food problem. Among the total female respondents 60.53 percent female and among the total male respondents 60.76 percent male reported that they have no food problem. Similarly 39.32 percent reported that they have food problem. Among the total female respondents 39.47 percent female and among the total male respondents 39.24 percent are male reported that they have food problem. At the time of field visit they says that they solve the food problem anyway to pass their life either from wage labour or from taking loan from other person in the society.

4.2.11 Impact of Education on Major Source of Income

Literacy status of the people should determine the major source of income. Usually the people who are literate he may be involved in official, trade, business etc. than who are illiterate. The following table also shows that the correlation of education and income:

Table No. 4.11: Impact of Education on Major Source of Income of Elderly

Source of Income	Educational Status									
	Literate				Illiterate				Total	
	Male		Female		Male		Female			
	No	%	No	%	No	%	No	%	No	%
Agriculture	20	35.09	2	40.00	3	13.64	11	33.33	36	30.77
Pension	27	47.38	1	20.00	1	4.55	4	12.12	33	28.21
Aged Allowance	7	12.28	2	40.00	8	36.36	13	39.39	30	25.64
Trade	1	1.75	-	-	-	-	-	-	1	0.85
Donation	1	1.75	-	-	-	-	-	-	1	0.85
Other	1	1.75	-	-	10	45.45	5	15.15	16	13.68
Total	57	100.00	5	100.00	22	100.00	33	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.11 shows that the educational status directly impact on the source of income. Among the total respondent 30.77 percent respondents are involved in agriculture. It is seems that literate people are more involved in official work (Army, Police, Teacher, officer and so on) and the person who are illiterate their major source of income is aged allowance and agriculture. Among the total literate male 47.38 percent reported that their source of income is pension, similarly that they reported their major

source of income are agriculture (35.09%), aged allowance (12.28) and trade, donation and other (1.75%) respectively. Similarly among the total female literate 40 percent reported that their major source of income is agriculture and aged allowance respectively and only 20 percent reported their source of income is pension. But in the case of illiterate male respondents 45.45 percent reported that their source of income is other activities, similarly aged allowance (36.36%), agriculture (13.13%) and pension (4.55%) respectively. Similarly among the total illiterate female respondent they reported their major source of income as aged allowance (39.39%), agriculture (33.33%), other activities (15.15%) and pension (12.12%) respectively. It is find out that from the field survey the person who is illiterate getting pension because of the transformation of the pension of dead person to their spouse and son/daughter.

4.3 Family Support and Care Toward Elderly Population

There is a lack of awareness and understanding in the family members and in the community towards the independence participation, self - fulfillment, dignity and care of elderly people. In the traditional family support system, sons are considered as the means of security in the old age. The breakdown of the family, changing status of women, elderly population deprived of their independence and the change in the tradition and the culture are making elderly people to rely on their own, even in their own communities. The following points present clearly the family support and care toward elderly people.

4.3.1 Family Support and Elderly Population

Elderly people are rich in experience, knowledge and skills that can be useful for the younger generation to learn from them and continuity of the traditional skills. Most of the people in the rural areas are depend on agriculture and the elderly people directly or indirectly support their family member in each activity.

The following table number 4.12 shows that among the total respondents 80.34 percent elderly people are helps their family member in household work, out of them 63.16 percent female among the total female and 88.61 percent are male among the total male help in their family in household work. Similarly 19.66 percent elderly people don't help their family member in household work, out of them male and female are 11.39 percent and 36.84 percent among the total male and total female respondents respectively.

Table No. 4.12: Helping in Household Work

Help in Household	Male		Female		Total	
	No.	%	No.	%	No.	%
Yes	70	88.61	24	63.16	94	80.34
No	9	11.19	14	36.84	23	19.66
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

Among the total respondent who help their Similarly among the total respondent who help their family member in the household work is clearly shown in the following table. The following table number 4.13 shows that among the total respondents who help their family 36.17 percent respondents helping them in agriculture, among the total male respondents 37.15 percent male and among the total female respondents 33.33 percent female helping them in agriculture.

Table No. 4.13: Elderly People According to Help in Their Family

Kind of Help	Male		Female		Total	
	No.	%	No.	%	No.	%
Caring the children	13	18.58	5	20.83	18	19.14
Looking after house	22	31.42	11	45.84	33	35.11
Helping them in agriculture	26	37.15	8	33.33	34	36.17
Helping them in business	5	7.14	-	-	5	5.32
Other	4	5.71	-	-	4	4.26
Total	70	100.00	24	100.00	94	100.00

Source: Field Survey, 2009

Similarly 35.11 percent respondents are helping their family in looking after house, out of them 45.84 percent are female among the total female and 31.42 percent are male among the total male. Likewise among the total respondent 19.14 percent help in their family by caring the children, 5.32 percent by helping them in business and only 4.26 percent respondents helps their family in other field.

4.3.2 Responsibility

Elderly people are the living history. They are the property of any societies. They are rich in knowledge, experience and skills. So within the family or communities every people are responsible toward the elderly care and support, because elderly people contribute greatly in the family and society. The responsible people of elderly care according to respondents are presented in the following table. The following table number 4.14 shows that son/daughter - in - law is the prime responsible person of taking care of the elderly people. Among the total respondent 70.94 percent says that son and daughter - in - law have the responsibilities of taking care of their elderly parents, out of them 73.68 percent female among the total female and 69.62 percent male among the total male respondents reported that son and daughter - in - law are the responsible person of taking care of their elderly parents.

Table No. 4.14: Responsible in Care of Elderly Population

Responsibilities	Male		Female		Total	
	No.	%	No.	%	No.	%
Spouse	5	6.33	-	-	5	4.27
Son/daughter - in - law	55	69.62	28	73.68	83	70.94
Daughter/son - in - law	3	3.80	1	2.64	4	3.42
Government	16	20.25	9	23.68	25	21.37
Total	79	100.00	38	100.00	117	100.00

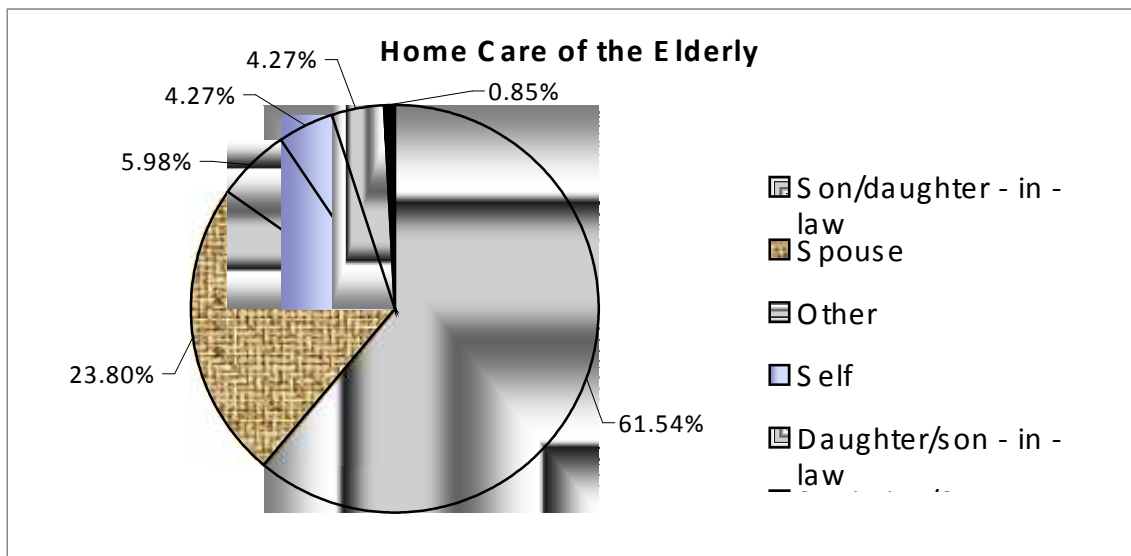
Source: Field Survey, 2009

Similarly 21.37 percent respondent among the total respondent says that government must be responsible for taking care of elderly people because elderly people are neglected from the family and they are physically and psychologically weak and they need good caring at the time of old age, so government must pay attention to care of the elderly people. Similarly 4.27 percent and 3.42 percent of the respondents among the total respondents says that spouse and daughter/ son - in - law are the responsible person of elderly care.

4.3.3 Home Care of the Elderly People

Taking care of the elderly people has become more a burden than social obligation. Some take care of old parents only to inherit the property. The family member is more responsible in taking care of the elderly people and that of society also. Government is also responsible in taking care for those who have no family and who live in vulnerable condition. The following figure number 4.4 shows the home care of the elderly people

Figure No. 4.4: Home Care of the Elderly People



Source: Field Survey, 2009

Among the total respondents 61.54 percent elderly reported that son/daughter - in-law provide care in elderly age. Likewise 23.8 percent reported that spouse care in elderly age, 5.98 percent reported that receive care from other, 4.27 percent reported that they taking care from self and daughter/son - in-law respectively and 0.85 percent reported that they receive care from the societies and government.

4.3.4 Family Support Toward Care of Elderly People

When people become older they want to support from the family in every sector. The following table number 4.15 shows that most of the elderly people (55.70 %) wanted family support by fixing duty and responsibilities, which is 39.24 percent for male among the total male respondents and 34.21 percent for female among the total female respondents. Similarly 29.91 percent elderly people reported that they want family support by assigning helper/ servant, which is 31.58 percent for female and 29.11 percent for male among the total female and male respondents respectively. Likewise 21.37 percent respondent reported that they want family support by family love and emotional.

Among the total respondents 9.40 percent reported that they want family support by cash and financial support.

Table No. 4.15: Family Support Towards Care of Elderly People

Family support	Male		Female		Total	
	No.	%	No.	%	No.	%
Cash/Financial Support	10	12.66	1	2.63	11	9.40
Fixing Duty/ Responsibilities	31	39.24	13	34.21	44	55.70
Family love & Emotional support	14	17.72	11	28.95	25	21.37
Assigning Helper/ Servant	23	29.11	12	31.58	35	29.91
Other	1	1.27	1	2.63	2	1.71
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

4.3.5 Support from the State Toward Elderly Population

Government has played the great role in the socio - economic and demographic status of the elderly people. Government must pay attention toward the basic need of the elderly people, which is also the responsibility of the government toward elderly people. State should establish the law and rule for the care of elderly people. At the time of field visit most people says that government don't give attention toward the problem faced by the elderly people. In spite of this they give response toward the work to be done from the government. The following table number 4.16 shows that the responsibilities of government towards the elderly care. At the time of field visit majority of the respondent's says that government never support elderly. Elderly people needs social security, and social support, health facilities, transport facilities and access in public place, communication and information. The respondents give their opinion on what to do by government for the support for elderly. Among the total respondent 65.81 percent reported that government must provide financial support for the elderly people. Likewise 23.93 percent reported that government must provide health facilities for the elderly people. Similarly, 5.98 percent people reported that government must respect and award to the elderly people and below 2 percent reported that it is better to provide legal protection and other kind of care respectively.

Table No. 4.16: Government Responsibilities in Care of Elderly Population

Kind of Care	Male		Female		Total	
	No.	%	No.	%	No.	%
Health facilities	22	27.85	6	15.79	28	23.93
Legal protection	2	2.53	-	-	2	1.71
Financial support	52	65.82	25	65.79	77	65.81
Respect/ award	2	2.53	5	13.16	7	5.98
Holly place visit	-	-	1	2.63	1	0.85
Other	1	1.27	1	2.63	2	1.71
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

Majority of male respondents (65.82 %) and female respondents (65.79 %) reported government must provide care by financial support. Similarly among the total male respondents 27.85 percent and 15.79 percent female among the total female respondents reported that health facilities must be provided from the government side. Among the total female respondent 13.16 percent reported that government must respect and award toward the elderly people as a care for elderly people.

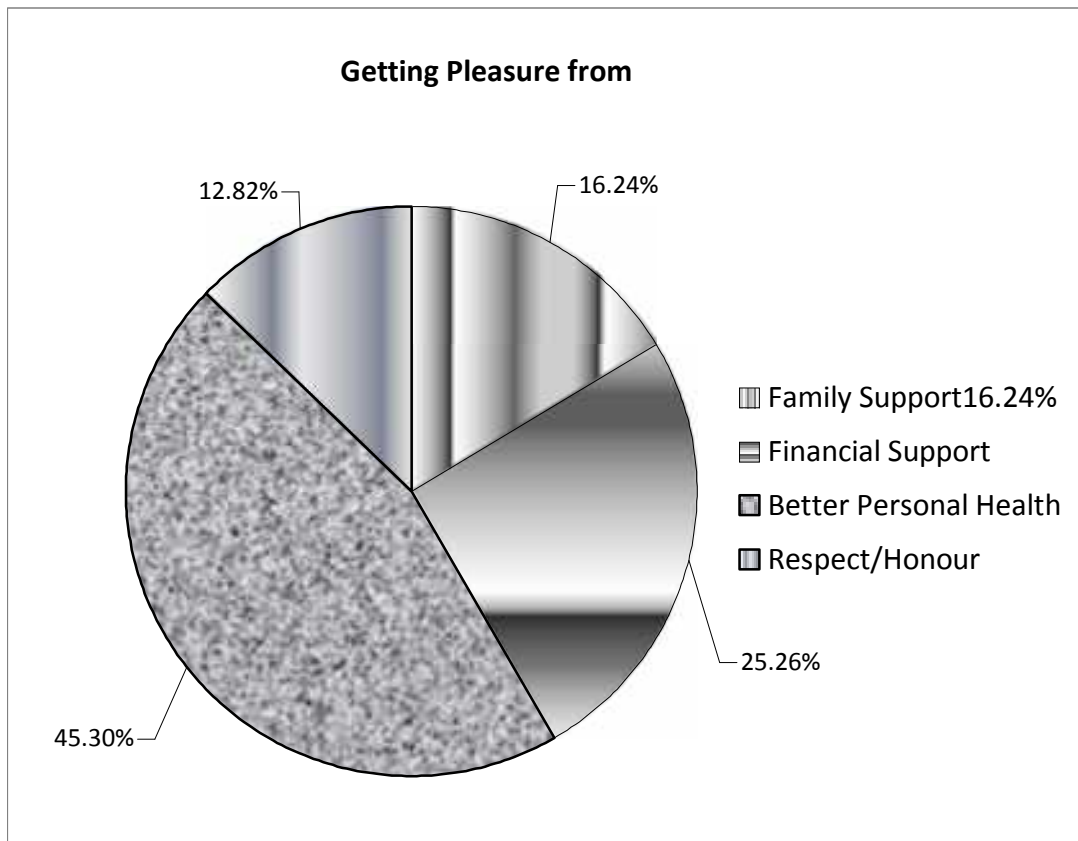
4.3.6 Living Standard of the Elderly Population

Living standard of the elderly people is another important aspect to find out the socio - economic and demographic status as well as health status of the elderly people. Most of the respondent reported that they need easy access to public place, health and transport; state must support economically and guarantee to fulfill their basic needs. Some of them reported that state must not discriminate in the process of providing elderly allowance in terms of caste and ethnicity. Some of them reported that family member, communities and state must aware toward the living condition basic needs and interest of the elderly people.

4.3.7 Opinion of Elderly Population about Getting Pleasure and Sadness

The feeling of pleasure and sadness of the elderly population is also tries to shows the socio – economic status as well as family support and care toward the elderly people.

Figure No. 4.5: Opinion of Elderly About Getting Pleasure



Source: Field Survey, 2009

The above figure number 4.5 shows the opinion of respondents. Among the total respondents 45.30 percent reported that they feel pleasure from the better personal health. Likewise 25.64 percent reported that they feel or get pleasure from the financial support. Similarly 16.24 percent respondents and 12.82 percent respondents reported that they get pleasure from the family support and respect/honor respectively.

Similarly it is known from the field visit that most of the elderly people are getting pleasure from the better personal health. The following table number 4.17 shows that among the total respondents 33.33 percent feel sadness when they are physically disabled. Likewise 32.48 percent respondents feel sadness when they are neglected from family and community. Similarly 19.66 percent feel sadness when they are fall in financial crisis and only 1.71 percent feel sadness when they feel isolation/hatred by other. Opinion of the elderly people are presented as follows:

Table No. 4.17: Opinion of Elderly About Sadness

Opinion	Male		Female		Total	
	No.	%	No.	%	No.	%
Physical Disability	26	32.90	13	34.21	39	33.33
Financial Crisis	17	21.52	6	15.79	23	19.66
Loneliness	5	6.33	10	26.32	15	12.82
Neglected	30	37.98	8	21.05	38	32.48
Isolation/Hatred	1	1.27	1	2.63	5	1.71
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

4.4 Health Status of the Elderly Population

Elderly people are suffered from the different diseases and health problem. Diseases protection capacity and capacity to do daily work is decrease with increasing old age. Elderly people are mainly suffered from the diseases like: heart problem, respiratory, eyes, ear, skin, diabetes and weakness in different organs. Health status of the elderly people is describe as follows:

4.4.1 Health Problem and Elderly Population

Naturally when people become elder they feel difficulties and physically weakness and loss the diseases protection capacity and most of them are suffered from different kind of health problem. It is more clearly presented as follow:

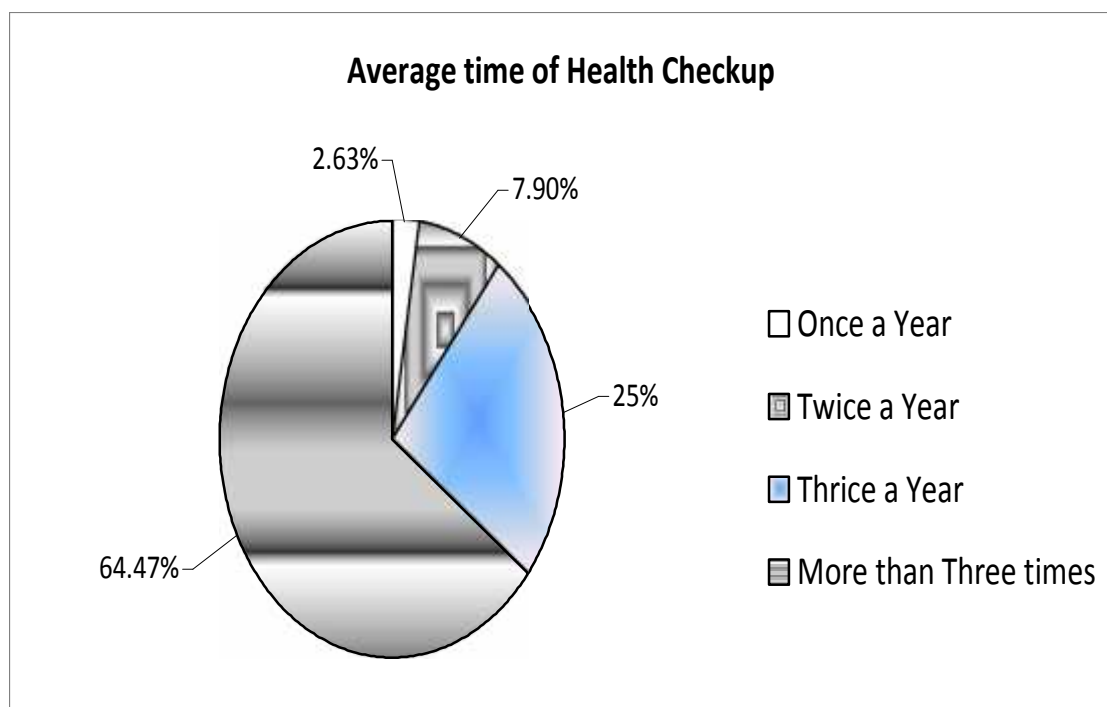
Table No. 4.18: Health Problems and Elderly Population

Health Problem	Male		Female		Total	
	No.	%	No.	%	No.	%
Yes	54	68.35	29	76.32	83	70.94
No	25	31.65	9	23.68	34	29.06
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.18 shows that the health problem of the elderly people. Naturally when person become older he/she may be suffer from different kind of diseases and physically and psychologically weakness. Among the total 117 respondents 70.94 percent reported that they have health problem and 29.06 percent reported that they have not any health problem. Among the total male respondent 68.35 percent reported that they have health problem and 31.65 percent reported that they have no any health problem. Similarly among the total female respondent 76.32 percent reported that they have health problem and 23.68 percent reported that they have not health problems. Among the total respondents most of the elderly people checkup their health regularly and some of them don't checkup their health regularly. The following figure 4.5 shows the average time to going health checkup.

Figure No. 4.6: Average Time to Going Health Checkup



Source: Field Survey, 2009

The above figure number 4.6 shows that among the respondent who checkup their health regularly 64.47 percent checkup their health more than 3 times in a year, similarly 25 percent checkup their health thrice a year. Likewise 7.90 percent checkup their health twice in a year and 2.63 percent checkup their health once a year respectively. Among the respondent who don't checkup their health regularly reported that the reason of not checkup is not needed.

4.4.2 Diseases and Elderly Population

The elderly who live in old age homes get health care but they are suffer from psychological depression. In the elderly age people are physically and psychologically disabled. Among the total respondent 57.26 percent respondents reported that they have chronic diseases and remain, 42.74 percent respondent reported that they have no chronic diseases. The following table number 4.18 shows the suffering of elderly people from the diseases.

Table No. 4.19: Diseases and Elderly Population

Diseases	Male		Female		Total	
	No.	%	No.	%	No.	%
Tuberculosis	1	3.03	-	-	1	2.00
Cancer	1	3.03	-	-	1	2.00
Heart diseases	9	27.27	4	23.53	13	26.00
Blood pressure	4	12.12	3	17.65	7	14.00
Diabetes	2	6.06	1	5.88	3	6.00
Other	16	48.49	9	52.54	25	50.00
Total	33	100.00	17	100.00	50	100.00

Source: Field Survey, 2009

The above table number 4.19 shows that most of respondent (50. %) are suffer from other kind of diseases except tuberculosis, cancer, heart diseases, blood pressure, and diabetes. Among the total respondent 26 percent are suffer from heart diseases, 14 percent are suffer from blood pressure, 2 percent suffer from tuberculosis and cancer respectively and 6 percent respondent suffer from the diabetes. Among the total respondent female are not suffer from tuberculosis and cancer, which is below 4 percent for male respondent among the total respondents. In the case of other diseases both male and female are seems quite equally from the chronic diseases.

4.4.3 Health Care of the Elderly People

Elderly people are naturally become physically weakness with increasing their age and they need help when becoming weakness and suffering from diseases. Family member,

community and state is also responsible toward the health care of elderly people, which is shown in the following table.

The following table number 4.20 shows that among the total respondents 58.12 percent receive health care from their son/ daughter - in - law. Likewise 25.64 percent respondent reported that they receive health care from their spouse. And 6.84 percent reported that they are alone in the house and care themselves in their health. Similarly 5.98 percent receive health care from other person within the society.

Table No.4.20: Health Care of Elderly People

Care taker	Male		Female		Total	
	No.	%	No.	%	No.	%
Self	4	5.06	4	10.53	8	6.84
Spouse	29	36.71	1	2.63	30	25.64
Son/daughter - in - law	43	54.43	25	65.79	68	58.12
Daughter/son - in - law	2	2.53	2	5.26	4	3.42
Other	1	1.27	6	15.79	7	5.98
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

And 3.42 percent reported that they receive health care from daughter/ son - in - law. Among the total male respondent 54.43 percent reported that they receive health care from son/daughter - in - law and 36.71 percent get health care from their spouse. Similarly among the total female respondent 65.79 percent get health care from son/daughter - in - law and 15.79 percent receive health care from other.

4.4.4 Health Facilities Needed to Elderly Population

When elderly people fall in the health problem they need better health care and easy access to health facilities provided by the state, community and family. They need free health checkup, treatment from the state. The following table number 4.21 shows that the opinion of elderly people towards what state must do for the health facilities of the elderly people. Among the total respondents 70.09 percent elderly people reported that

state must provide free treatment. Likewise 11.97 percent respondent reported that state should provide cash for those elderly people who are poor and disabled. Similarly 9.40 percent reported that government should manage the free health checkup. Among the total respondents 7.69 percent reported that government should provide mobile camp and 0.85 percent reported that government must provide other facilities such as easy access to health service, information and education about the different kind of pandemics diseases etc.

Table No. 4.21: Health Facilities Needed to Elderly From State

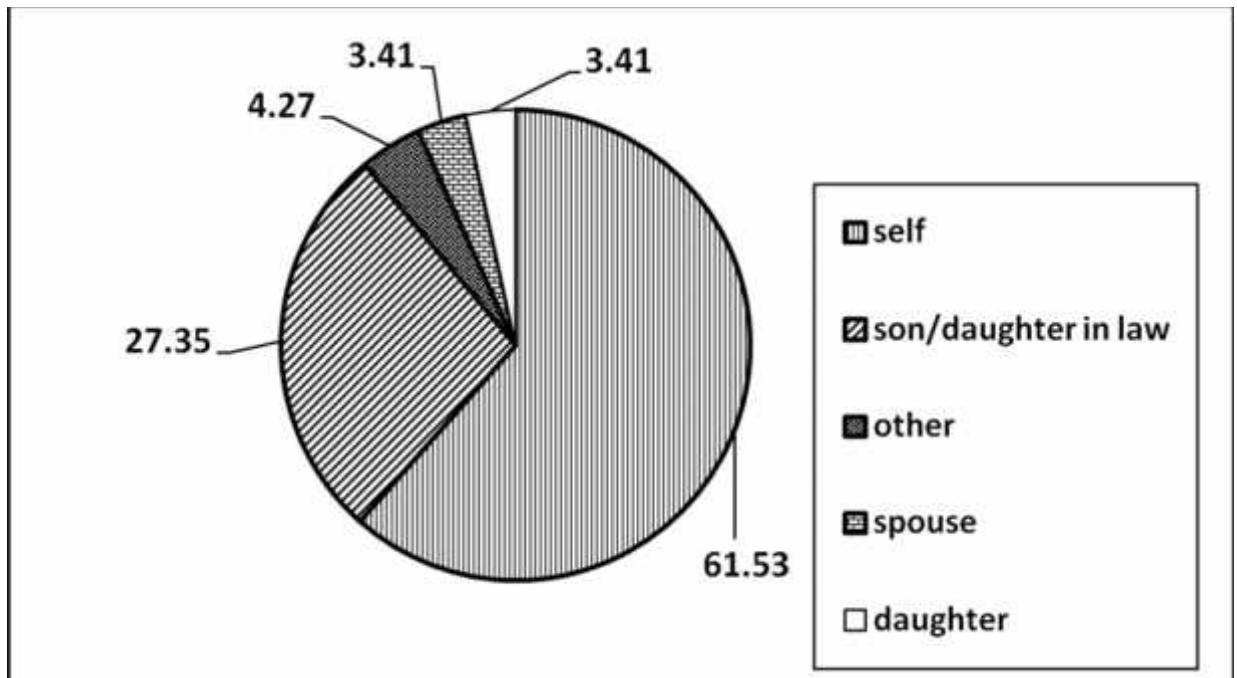
Care taker	Male		Female		Total	
	No.	%	No.	%	No.	%
Paying cash	11	13.92	3	7.89	14	11.97
Mobile camp	7	8.86	2	5.26	9	7.96
Free treatment	53	67.09	29	76.32	82	70.09
Free health checkup	8	10.13	3	7.89	11	9.40
Other	-	-	1	2.63	1	0.85
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

4.4.5 Management of Treatment

Generally elderly people are passing their retirement life. They are known as the dependent population because demographically the people age 60 and above are taken as economically not active population. So they have no any earning source except old age allowance and pension scheme but it is not sufficient to them for treatment. The following figure number 4.7 shows the management of treatment of elderly people. The following figure number 4.7 shows that among the total respondents 61.53 percent reported that they are self manage their treatment. Likewise, 27.35 percent reported that their son/daughter – in – law manages in their treatment. Similarly, 4.27 percent reported that other person manage in their treatment. Among the total respondents, 3.41 percent reported that spouse and daughter/son – in – law respectively manage in their treatment.

Figure No.4.7: Management of Treatment



Source: Field Survey, 2009

4.4.6 Opinion of Elderly People on the Health Security

When elderly people become illness they need basic health facilities such as easy access in every health related sector, information, education and communication in different diseases. In their opinion state must provide health insurance and family health insurance toward the elderly people. They want hospital and health post with well trained doctor in the reachable place of elderly with transportation system. In their opinion state must provide cash and free treatment to those elderly who are poor, disabled, alone and neglected from family and state must organize awareness program to develop a healthy state and community.

4.4.7 Impact of Education on Regular Health Checkup of Elderly

Educational status of the people should determine their health status. The person who are literate he/she may be recognize the different kind of diseases and way of diseases prevention. Educate people may educate other person in family and community. At the time of field visit it is also seems that either literate of illiterate they went to checkup their health. But most of the literate than illiterate went to checkup their health regularly. The following table number 4.22 shows the impact of education on regular health checkup of elderly:

Table No. 4.22: Impact of Education on Regular Health Checkup of Elderly

Health Checkup	Educational Status									
	Literate				Illiterate				Total	
	Male		Female		Male		Female			
	No	%	No	%	No	%	No	%	No	%
Yes	39	68.42	4	80.00	12	54.55	21	63.64	76	64.96
No	18	31.58	1	20.00	10	45.45	12	36.36	41	35.04
Total	57	100.00	5	100.00	22	100.00	33	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.22 shows that among the total respondent 76 percent checkup their health regularly. While describing about the impact of education on regular health checkup it is seems that among the total literate male 68.42 percent male and among the total female literate 80 percent female checkup their health regularly. But among the total illiterate male 54.55 percent male, similarly among the total illiterate female 63.64 percent female checkup their health regularly. Likewise among the total literate male 31.58 percent male, similarly among the total literate female 20 percent female not checkup their health regularly. Likewise among the total illiterate male 45.45 percent male, similarly among the total illiterate female 35.04 percent female not checkup their health regularly. This pattern of education and health checkup shows that the elderly people are also aware and are learn about the diseases and checkup their health regularly. But the percentage seems of those who not checkup their health, most of them reported at the time of field survey they need not checkup their health regularly.

4.5 Social Security Status of Elderly Population

Social security helps to make old age more secure and easier. It is another important aspect of the socio - economic and demographic status of the elderly people. Each people are a unit of any family than societies and then the nation. So the every state and society must give social security for the people who are living in this area. Social security clearly shows whether the societies are developed or not. From the security provided by the society or nation the following table number 4.21 shows the status of social security of the elderly population:

Table No.4.23: Social Security and Elderly Population

Getting social security	Male		Female		Total	
	No.	%	No.	%	No.	%
Yes	69	87.84	36	94.74	105	89.74
No	10	12.66	2	5.26	12	10.26
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

The above table number 4.23 shows that the 89.74 percent among the total respondent reported that they have getting social security. Among them 87.84 percent male and 94.74 percent female out of the total male and female respondents are reported that they are receive or feel the social security. And among the total respondent 10.26 percent reported that they have not getting social security from the society the percentage of male and female who have not get social security are around 12 percent among the total male and female respondents.

Similarly, the following table number 4.24 shows that what types of social security that elderly people feel in the society. Among the total respondents 53.33 percent respondents reported that they get other kind of social security except cash and kind. Similarly among the total respondent 44.76 percent respondents reported that they get kind as a social security.

Table No. 4.24 Types of Social Security Getting by Elderly People

Types of Security	Male		Female		Total	
	No.	%	No.	%	No.	%
Cash	2	2.90	-	-	2	1.91
Kind	18	26.09	29	80.56	47	44.76
Other	49	71.01	7	19.44	56	53.33
Total	69	100.00	36	100.00	105	100.00

Source: Field Survey, 2009

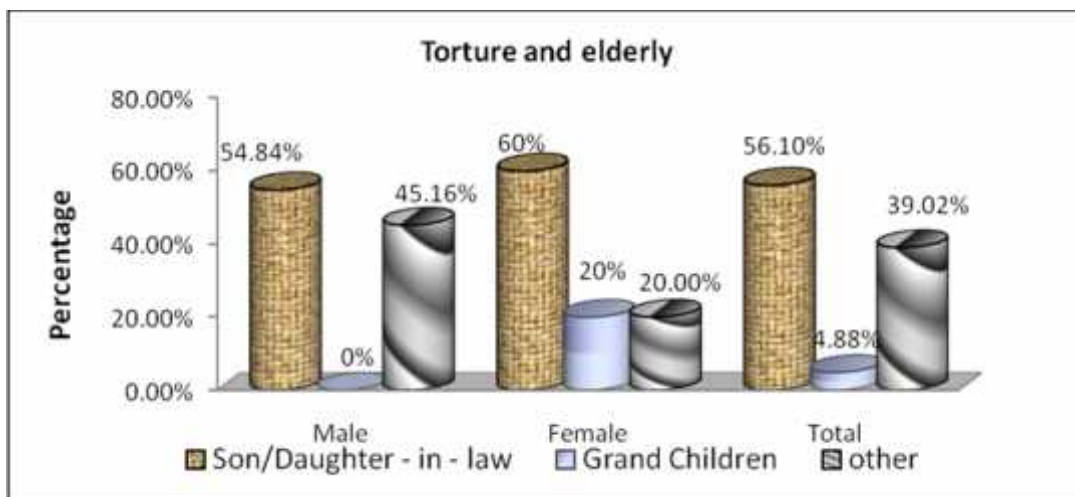
Likewise only 1.91 percent reported that they get cash as social security. Most of the elderly people reported that they have not get equal justice from the societies. Some of

them reported that they have security problem from the neighbor and other person in terms of land boarder.

4.5.1 Suffer from Torture and Security

Our society is traditional society. Society is not able to give equal justice. In some society it can be found discrimination while giving justice. Current status of education is also low and most people of rural areas are depending on agriculture and they want property ownership. In terms of inherit property family member, neighbor and other person give torture in elderly people’s life. At the time of field visit, among the total respondent most of them says that they do not get torture in house and some of them says that they get torture in house. The following figure number 4.8 shows that the torture getting form whom in the family and society:

Figure No. 4.8: Torture Getting from whom and Elderly People:



Source: Field Survey, 2009

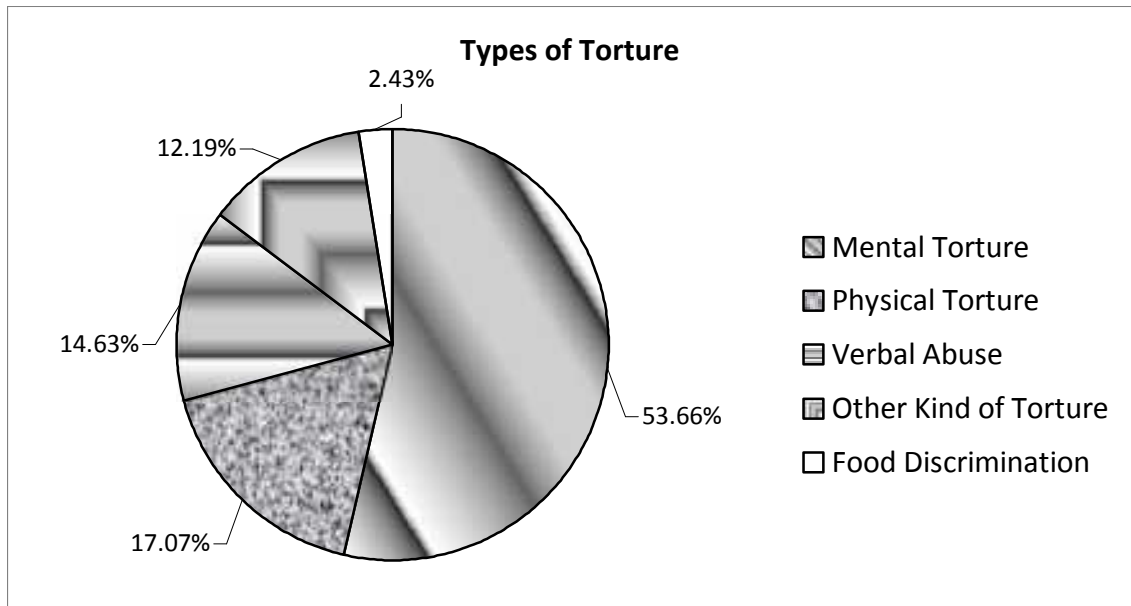
The above figure number 4.8 shows that among the total respondent who reported that they get torture 4.88 percent get torture from their grand children and 39.02 percent get torture from other person within the society. Similarly 56.10 percent get torture from son/ daughter - in - law in the house out of them 54.84 percent are male and 60.00 percent are female.

4.5.2 Suffering of Elderly People according to Types of Torture

The following figure number 4.9 shows that the types of torture which elderly respondents getting. The following figure number 4.9 shows that among the total respondent who reported they get torture 53.66 percent get mental torture, 17.07 percent

get physical torture, 14.63 percent get verbal abuse torture, 12.19 percent get other torture and 2.43 percent feel food discrimination. The main reason of getting torture is the property ownership.

Figure No. 4.9 Suffering of Elderly People according to Types of Torture



Source: Field Survey, 2009

4.5.3 Expectation from Family and Society

It is imperative that the elderly should not be deprived of their independence, their sense of responsibility, their personality and their feelings that the family and community neglect them. Most of the elderly people reported that they are suffering from any kind of health facilities, physically weak and disabled and fall in crisis economically and financially. So they want from their family good health caring, do not discriminate in food and clothing, preserve their culture tradition and religion, promote their carrier in the society, sweet voice, assigning helper and servant, do not quarrel in terms of property, fulfill the responsibilities of each family member, family love and affection etc.

4.5.4 Management of Adequate Care from Society

Elderly people are source of knowledge, skill and experience. When they become elder they need good nurturance from the family member. They need help from the family, community as well as from the government. Most of the respondent reported that state and community must pay attention towards the basic needs and interest of the elderly as well as poor and disabled elderly. The following table shows that the expectation of elderly people toward the management of adequate care from society. The following

table number 4.25 shows that the need of elderly people or expectation of elderly from the society. Among the total respondent 23.08 percent reported that society must manage for the elderly people by establishing day care center. Among the total respondents 20.51 percent reported that society must manage elderly by meditation center.

Table No. 4.25: Management of Adequate Care from Society

Kind of adequate	Male		Female		Total	
	No.	%	No.	%	No.	%
Club organization	17	21.52	6	15.79	23	19.66
Day care center	22	27.85	5	13.16	27	23.08
Entertainment	6	7.59	-	-	6	5.13
Prayer/ worshipping	11	13.92	11	28.95	22	18.80
Meditation center	13	16.46	11	28.95	24	20.51
Other	10	12.66	5	13.16	15	12.82
Total	79	100.00	38	100.00	117	100.00

Source: Field Survey, 2009

Likewise 19.06 percent reported that society must established the club of elderly or club organization, similarly 18.80 percent reported that society must managed the adequate care of elderly by prayer/ worshipping, 12.82 percent reported that society must do other kind of management for the elderly care and 5.13 percent reported that society should management of entertainment for elderly people. Among the total male respondent higher percentage of male respondent (27.85 %) says that society could manage elderly by establishing a day care center and lower percentage of male respondent (7.59 %) says society must manage elderly by providing entertainment. The same case fall in the case of female respondents.

Among the total respondents most of them says that present system of social esteem didn't change toward the elderly people. Some of them feel better social system towards elderly people, and some of them do not feel any help and support from the society than earlier. Most of the respondents say that the present system of social esteem towards elderly people is same as earlier. Similarly at the time of field visit some people say that the social esteem toward elderly people is worst than earlier respectively.

4.5.5 Opinion of Elderly on the Social Security and Welfare of Elderly People

Social security and welfare of elderly people have plays the most important role in the development of socio - economic status and improve the demographic status. Social security and welfare is not only important for old age people but for all ages people. At the time of field visit most of the respondents reported that they feel social security in terms of help when fall in crisis. According to the selected respondents opinion society and government must give protection from each problems occurred in elderly life, make proper law for promoting security system, reserve facilities to the elderly in the means of transport, communication and health services and easy access to those facilities. State and society should promote economic and social support, wage and personal saving and most of the respondent feel that or says that society and state must aware of the elderly problems and established the elderly home, day care center, health care system etc.

For the welfare of all old aged people old age allowance and other related allowance distribution process should be made equal, simple easy and regular. State must create a situation to ownership of property right, decision-making power and change the attitude of family members in the community toward elderly people. Knowledge, skills and experience of the elderly people should be included while formulation development activities. Income generating activities must be promoted in the elderly care center. Most of the respondent reported that state must create a social security fund and elderly people welfare fund for the social security of the elderly people.

CHAPTER - V

SUMMARY CONCLUSION AND RECOMMENDATIONS

5.1 Summary

This study is based on the status of the elderly population of Pumdi Bhumdi VDC of Kaski District. The data are analyzed and presented according to the objective of the study. The data which are collected from the selected respondent to find out the socio - economic and demographic status of elderly population. The study area composed with 8.85 percent elderly people of total population among them 4.03 percent of male elderly and 4.81 percent of the female elderly. For the purpose of study of the socio - economic and demographic status only 117 elderly people are selected with 13 elderly people in each wards. Among the total respondents 67.52 percent are male and 32.48 percent are female.

5.1.1 Socio - Economic and Demographic Status of Elderly People

Socio - economic and demographic status is a most important aspect for all the people living within the society because people depend upon the society and economic condition of the individual or family. The following points is important to sum up the socio - economic and demographic status of elderly people:

-) The majority of the respondents are male (67.52 %) and then female (32.48 %).
-) The higher percentage of the respondents (36.75 %) belongs to age 70 years and above and lower percentage of the respondents (13.68 %) belongs to age group 60 - 64 years.
-) Among the total respondents higher proportion is found in Brahman caste (46.15 %) and lower proportion is found in Sunuwar, Sarki and Damai caste (.85 %) respectively.
-) Majority of the people (77.78 %) are follows the Hindu religion and than by Buddha religion (22.22 %).
-) Literacy status among the total respondent is seems quite good (53 %). Among the total female respondents only 13.16 percent are literate where as 86.84 percent are illiterate, where as it is 72.15 percent male are literate.

- J The higher proportion of the respondent around 60 percent is involve in agriculture and than by other occupation 25.64 percent. Among them below 4 percent male respondents out of the total male respondent are involved in bureaucrat and trade respectively.
- J Majority (72.65 %) of the respondents are live in the joint family type and then nuclear (27.35 %). Higher percent of respondent (51.28 %) reside in 2 - 6 member of family and lowest percent of respondent (4.27 %) reside in 11 and above family member.
- J Property ownership of the elderly people is higher for both male and female among the total respondent (59.83 %) as their property is house and land, which is seems higher among the total male respondent (67.09 %) then total female respondent (44.74 %). Among the total respondent who reported their property as cash, ornaments and others is below the 4 percent.
- J Among the total respondent 58.97 percent reported that they have no financial problem whereas 41.02 percent reported that they have financial problem. Similarly 60.68 percent reported that they have no food problems and 39.32 percent reported that they have food problem within the family.

5.1.2 Family Support and Care Toward Elderly People

Most of the people in the study areas are depend on agriculture and the elderly people directly or indirectly support their family member in each activity, and receive care from family member. The following points are important for sum up the family support and care toward elderly people:

- J Higher percentage of the elderly respondent (around 36 %) are involve in looking after house and helping family member in agriculture respectively. Around 19 percent of the elderly people help their family by caring the children and same percent of the elderly don't help their family. Below 5 percent elderly among the total respondent helping family in their business trade and other activities.
- J Majority of the respondents (70.94 %) believe that son/daughter - in - law are the responsible person of care of the elderly people and 21.37 percent respondent believe that government is responsible for the elderly care and below 5 percent believe that spouse, daughter/son-in -law is responsible person of elderly care.

- J Majority of the respondent (61.54 %) reported that son/daughter- in - law provide care in elderly age and only 0.85 percent reported that they receive elderly care from the government.
- J Most of the elderly people (55.70 %) wanted family support by fixing duty and responsibilities, among them 39.24 percent are male and 34.21 percent are female. 29.91 percent reported that assigning helper and servant from family and 21.37 percent reported that they want family love and emotional support.
- J Majority of the elderly people 65.81 percent reported that government must provide the financial support for the elderly care, which is around 65 percent for both male and female. 32.93 percent of the total respondents reported that government must pay attention toward the health facilities of the elderly people and below 5 percent respondent reported that government must provide care in terms of respect/award, legal protection and holy place visit.
- J Majority of the respondent (45.30 %) reported that their better personal health gives them pleasure whereas (33.33 %) reported that physical disability is the sadness of old age. Similarly only 12.82 percent get pleasure from the respect/honors and 1.71 percent respondent reported that they feel sadness in old age from isolation/hatred.

5.1.3 Health Status of Elderly People

Generally elderly people loss the diseases protection capacity with the physical weakness and disabled to do any work. Elderly people are mainly suffered from the diseased like: heart problem, respiratory, eyes, ear, skin, diabetes and weakness in different organs. The following points are important to sum up the health status of the elderly people:

- J Majority of the respondent (70.94 %) reported that they have health problems, out of them among the total male respondent 68.35 percent male and among the total female respondent 76.32 percent female reported that they have health problem. And among the total respondent 29.06 percent respondent have no health problem.
- J The person who checkup their health majority of respondent 41.88 percent elderly people checkup their health more than 3 times in a year. And the majority

of the respondent (19.65%) who don't checkup their health regularly reported that the reason for not check up is 'not needed'.

-) It is seems that majority of the respondent (57.26 %) have no chronic diseases and 42.74 percent respondent are suffer from the chronic diseases, out of them 26 percent people are suffer from the heart diseases, 14 percent from blood pressure and 50 percent are suffer from other kind of chronic diseases. Among the respondent who are suffer from chronic diseases female respondent have not found tuberculosis and cancer, and from other diseases both male and female suffer from quite equally.
-) Majority of the respondent (58.12 %) receive health care from son/daughter - in - law and 25.64 percent receive health care from their spouse and less than 6 percent receive health care from self, daughter and other person in society respectively.
-) 70.09 percent of the respondent says that state should manage the free treatment while caring of the elderly people. Similarly less than 11 percent respondent wanted paying cash, mobile camp and free health checkup from the government respectively.
-) It is seems that more than 61 percent elderly people themselves manage their treatment and less than 4 percent elderly reported that daughter, spouse and other person in society respectively.

5.1.4 Social Security of Elderly People

When person become older he need help from other and want to life spanning with secure future. Elderly people want to protection from every kind of problem and crisis fall in their life. The following points helps to sum up their social security:

-) It is seems that 89.74 percent among the total respondent have getting social security. And among the total respondent 10.26 percent have not getting social security from the society. The proportion of male and female who have get and not get social security seems equally.
-) Majority of the respondent (47.46 %) reported that they have get other social security except cash and kind as a social security and less than 2 percent get cash as social security form society. And majority of (58.12 percent) respondent seems

that they have no face social problem and remaining seems face social security problem

- J It is seems that around 35 percent respondent get torture in house. Among the total respondent it is seems 4.88 percent get torture from their grand children and 39.02 percent get torture from other person within the society.56.10 percent get torture from son/ daughter - in - law in the house out of them 54.84 percent are male and 60 percent are female. Among the total respondent who reported they get torture 53.66 percent get mental torture, and 2.43 percent get other kind of torture from the within the society. The main reason of getting torture is the property ownership.
- J The majority of the respondent (23.08 %) elderly people say that society must establish day care center for elderly. Among the total male respondent higher percentage of male respondent says that society could manage elderly by establishing a day care center and lower percentage of male respondent (7.59 %) says society must manage elderly by providing entertainment. The same case fall in the case of female respondents.
- J Among the total respondents most of them reported that society didn't change the point of view toward the elderly people. According to their experience 78.63 percent feel that the present system of social esteem towards elderly people is same as earlier. Similarly 13.66 percent reported that better than earlier and 7.70 percent reported that the social esteem toward elderly people respectively.
- J Majority of the respondent feel that society and government must give protection from each problems occurred in elderly life, make proper law for promoting security system reserve facilities to the elderly in the means of transport communication and health services and easy access to these facilities.

5.2 Conclusions

Elderly people with low income and poverty depends on their offspring and their relative even in their daily needs and it increased the responsibilities for the young. Moreover being a Hindu Nepalese young and adult treat their parents with reverence. Among the elderly, female elderly are involved in unpaid economic activities and household work than male elderly literary rate of elderly is quite satisfactory however female literacy rate is worst than male. Economic dependency and physical weakness appear as long-term

problem. The living status of elderly people is different according to sex, religion and ethnicity both in nuclear and joint family. Elderly people who have better economic status are more cared by their family member than who have worst economic status. Increased single-family system provides feedback to the love and affection, and esteems of family and its member. Most of the elderly people expect right dignity, freedom, self-esteem and love and affection both from the state and society and even from family. Economic status of elderly people showed that huge proportion of elderly people in the study area had poor socio-economic and demographic situation. Some of them had been working hard but they were facing in hand to mouth problem. The elderly people in the rural areas are far from getting the facilities such as transport, communication, education, and access to all facilities and health services. The allowance provided by the government is not sufficient for passing their daily life. And they feel insecure life because of political conflict and social security problem within the society.

5.3 Recommendations

From the above analysis this study - Socio - Economic and Demographic Status of Elderly People Living in Pumdi Bhumdi VDC, of Kaski District has come to the end with some recommendation. Summary of the study reveals that there is some problem and variation in living style in the elderly people according to their age, sex, education, occupation, marital status, family type etc. Support and help to the elderly in conducting daily life activities such as personal hygiene, moving, visiting and other activities. Based on the summary of this study the recommendations for the further improvement in the related field are given as below:

-) Most of the female elderly people are illiterate. Therefore there is need to promote and universalize the informal education to those who are illiterate and bound only household work.
-) Since poverty and Elderly are highly correlated with income generating programs, easy access to credit schemes through the different channels, the government should be planned and prepared to implement poverty alleviation and skilled development programs in such areas.
-) The government should strictly implement the Senior Citizen Act and Senior Citizen National Implementation and Senior Citizen Health and Treatment

Services to improve the social and national improvement of status of elderly population.

-) Rehabilitation center, elderly home and day care center is necessary for all those who are alone, disabled, poor and neglected from the family
-) Elderly people should be provided with the facilities of regular health, checks up, free treatment and health services and family health and elderly health insurance.
-) It will be helpful for the policy maker and planner to make their policy about the elderly people within the rural areas.
-) It is necessary to ensure the qualitative life of elderly people and maintain their health status. It is necessary to develop a family based security system and ensure the socio - economic participation of elderly people in all kind of development.
-) State and society must develop the system of social respect, esteem and imitation towards the elderly people.
-) Elderly care, respect, honor, freedom, participation contents should be included in school curricula and elderly volunteer services program must be develop in the national level.
-) State should pay attention towards the basic needs and interest of the elderly people.
-) It is necessary to recognized the knowledge, skill and experience of the elder people and utilize them in the process of development, and income generating activities should be promoted in the elderly care center and within the society as well as family.
-) It is necessary to create a social security fund and elderly welfare fund to secure the life of elderly people who are in vulnerable condition and live in poor socio - economic condition.
-) The study will be helpful for those organizations that are interested towards elderly people.
-) The study also helpful for those researchers who want to research on the same subject.

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Appendix

Tribhuvan University

Central Department of Population Studies, TU, Kirtipur

Socio – Economic and Demographic Status of the Elderly People Living in Pumdi
Bhumdi VDC, Kaski

Questionnaire and Interview Schedule for Elderly People

Name of Respondents : District:.....
Name of the Household Heads: VDC /Municipality:.....
House No: Date of Interview:.....

I. Socio – economic and Demographic Information:

S.N.	Questions	Response Categories	Code	Skip
1	What is your relationship with household heads?	a. Self b. Spouse c. Son/ Daughter in law d. Daughter/ Son in law e. Other.....	1 2 3 4 5	
2	What is your sex?	a. Male b. Female.....	1 2	
3	How old are you?	a. 60 - 64..... b. 65 - 69 c. 70 - 74 d. 75 and above	1 2 3 4	
4	What is your marital status?	a. Unmarried..... b. Married c. Widow/ Widower..... d. Divorced e. Separated f. Other	1 2 3 4 5 6	
5	What is your Religion?	a. Hindu.....	1	

		b. Buddha.....	2	
		c. Christian.....	3	
		d. Islam.....	4	
		e. Other.....	5	
6	What is your educational status?	a. Illiterate.....	1	
		b. Literate.....	2	
7	What is your occupation?	a. Agriculture.....	1	
		b. Business.....	2	
		c. Wage labour.....	3	
		d. Bureaucrat.....	4	
		e. Trade.....	5	
		f. Other.....	6	
8	At what age did you feel old aged?	a. 40 – 49 years.....	1	
		b. 50 – 59 years.....	2	
		c. 60 – 69 years.....	3	
		d. 70 + years.....	4	
9	What is your family type?	a. Nuclear.....	1	
		b. Joint.....	2	
10	How many member are there in your family?	a. 1.....	1	
		b. 2 - 6	2	
		c. 7 - 11	3	
		d. 11 and above	4	
11	With whom are you staying?	a. Spouse.....	1	
		b. Son/ Daughter in law.....	2	
		c. Daughter/ Son in law.....	3	
		d. Grand children.....	4	
		e. Other.....	5	
12	What is your source of income?	a. Agriculture.....	1	
		b. Pension.....	2	
		c. Aged allowance.....	3	
		d. Trade.....	4	
		e. Donation.....	5	
		f. Other.....	6	

13	What is your own property?	a. House..... b. Land..... c. House and Land..... d. Cash..... e. Ornaments..... f. Other.....	1 2 3 4 5 6	
14	Do you have financial problem?	a. Yes..... b. No.....	1 2	Q.No.15 Q.No.16
15	What types of financial problem do you have?			
16	Do you take old age allowance?	a. Yes..... b. No.....	1 2	
17	Do you have food problem?	a. Yes..... b. No.....	1 2	Q.No.18 Q.No.19
18	What type of food problem do you have?			

II. Family Support and Care Toward Elderly People:

19	Do you help family member in household work?	a. Yes..... b. No.....	1 2	Q.No.20 Q.No.21
20	How do you help in family?	a. Caring the children..... b. Looking after house..... c. Helping them in agriculture... d. Helping them in business e. Other.....	1 2 3 4 5	
21	In your opinion who is the responsible person of elderly care?	a. Self b. Spouse c. Son/ Daughter in law d. Daughter/ Son in law e. Government..... f. Other.....	1 2 3 4 5 6	
22	Who take care in your	a. Self	1	

	elderly age?	b. Spouse	2	
		c. Son/ Daughter in law	3	
		d. Daughter/ Son in law	4	
		e. Government.....	5	
		f. Other.....	6	
23	Are you satisfied with the care provided by family member?	a. Yes.....	1	
		b. No.....	2	
24	Do people come to you learn from your knowledge, skill, experience?	a. Yes.....	1	
		b. No.....	2	
25	How can family support care of the elderly people?	a. Cash/ Financial Support.....	1	
		b. Fixing Duty / Responsibility of family member.....	2	
		c. Family love and emotional support.....	3	
		d. Assigning helper/ servant	4	
		e. Other.....	5	
26	What can government provide for care of the elderly?	a. Health facilities.....	1	
		b. Legal protection.....	2	
		c. Financial support.....	3	
		d. Respect/ Award.....	4	
		e. Holy place visit.....	5	
		f. Other.....	6	
27	In your opinion what gives you pleasure?	a. Family support.....	1	
		b. Financial support.....	2	
		c. Spiritual feeling.....	3	
		d. Better personal health.....	4	
		e. Respect / Honours	5	
		f. Other	6	
28	In your opinion what is the sadness of old age?	a. Physical disability.....	1	
		b. Financial crisis.....	2	
		c. Loneliness.....	3	

		d. Neglected.....	4	
		e. Isolation / Hatred.....	5	
		f. Other.....	6	
29	In your opinion what the state should do for the living standard and choice of the elderly people?			

III. Information on Health Status:

30	Do you have health problem?	a. Yes.....	1	Q.No.31
		b. No.....	2	Q.No.32
31	What type of Health Problem do you have?			
32	Do you checkup your health regularly?	a. Yes.....	1	Q.No.33
		b. No.....	2	Q.No.34
33	How many times a year do you go for health checkup?	a. Once a year.....	1	
		b. Twice a year.....	2	
		c. Thrice a year.....	3	
		d. More than 3 times.....	4	
34	Why didn't you go for health checkup?	a. No knowledge regarding it....	1	
		b. Not needed.....	2	
		c. Nobody help.....	3	
		d. Other.....	4	
35	Do you have any chronic disease?	a. Yes.....	1	Q.No.36
		b. No.....	2	Q.No.37
36	What disease do you have?	a. Tuberculosis.....	1	
		b. Cancer.....	2	
		c. Heart diseases.....	3	
		d. Blood pressure.....	4	
		e. Diabetes.....	5	
		f. Other.....	6	
37	Who care you when you are	a. Self	1	

	sick?	b. Spouse	2	
		c. Son/ Daughter in law	3	
		d. Daughter/ Son in law	4	
		e. Government.....	5	
		e. Other.....	6	
38	How do you manage your treatment?	a. Self	1	
		b. Spouse	2	
		c. Son/ Daughter in law	3	
		d. Daughter/ Son in law	4	
		e. Government.....	5	
		f. Other.....	6	
39	In your opinion what type of health facilities is needed to elderly from government?	a. Paying cash.....	1	
		b. Mobile camp.....	2	
		c. Free treatment.....	3	
		d. Free health checkup.....	4	
		e. Other.....	5	
40	In your opinion what is better to be done by the state for the health security of elderly people?			

IV. Information on Social Security:

41	Do you feel any social security?	a. Yes.....	1	Q.No.42
		b. No.....	2	Q.No.43
42	What type of social security have you got?	a. Cash.....	1	
		b. Kind.....	2	
		c. Other.....	3	
43	Do you have security problem?	a. Yes	1	Q.No.44
		b. No	2	Q.No.45
44	What types of security problem do you have?			
45	In your experience, what is	a. Better than earlier.....	1	

	the present system of social esteem towards elderly people?	b. Same as earlier..... c. Worst than earlier.....	2 3	
46	How can society manage for adequate care of the elderly people?	a. Club organization..... b. Day care center..... c. Entertainment..... d. Prayer/Worshipping..... e. Meditation center..... f. Other	1 2 3 4 5 6	
47	Do you have any torture in house?	a. Yes b. No	1 2	Q.No.48 Q.No.50
48	Who give torture to you?	a. Spouse..... b. Son/ Daughter in law..... c. Daughter/ Son in law..... d. Grand children..... e. Other.....	1 2 3 4 5	
49	What type of torture do they give?	a. Physical b. Mental c. Verbal abuse d. Food discrimination e. Other.....	1 2 3 4 5	
50	What do you want from your family?			
51	What are your Personal need?			
52	In your opinion what is better to be done by the state for social security of elderly people?			
53	In your opinion what the state should do for the welfare of all old aged people?			

Thank You, for Your Kind Response