

# CHAPTER ONE

## INTRODUCTION

### 1.1 General background

Elderly refers to old age which cannot be defined exactly because it does not have the same meaning all societies of countries. Countries have their own basis for defining old population. Such a way 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 year's population is known as child, similarly the population between the age group 14-59 years is known as active population or working age population. Elderly or old age is the group of people above 60 years of age.

The definition of ageing also varies, yet a single definition of old age cannot be found. Ageing is the ultimate manifestation of biological and demographical activities in individual human being and population at large (Singh,2003) for more ageing is progressive attainment of ages of last state of maximum life span of human being,100 to 110 years as general for others, ageing is growing also or maturing ; progressive changes related to the passage of time. (Taber`s encyclopedia medical dictionary, 2005).

The decline in fertility levels, reinforced by continued decline in mortality levels is producing fundamental change in the age structure of population most notable record increases in proportion and number of elderly person including a growing number of elderly persons .Economic condition of country had been awfully discouraging, even small increase in size of elderly population may bring about an added hardship to already troubled economy (Singh, 2009).

In Nepal, individuals over 60 years of age are considered elderly. According to the 2001 census of Nepal; there were 1.5 million elderly inhabitants, which constitute 6.5 percent of the total population in the country. During the year 1991-2001, the annual elderly population growth rate was 3.39 percent, higher than the annual population growth rate of 2.3 percent. Nepal has a high population growth rate and it is concurrently attempting to introduce population control programs. These programs have resulted in a lower birth rate which will subsequently result in an even greater

proportion of elderly individuals. (Chalise, HN, 2006). There are different basis for defining elderly people. One of the most common in use is the chronological age.

- (i) WHO, define elderly people as people 60 years and above.
- (ii) The ageing people Acts 2063, Nepal also defines the elderly people as “People who are 60 years and above”
- (iii) The retirement age for military in Nepal is 45 to 48 years for lower class, for general government services 58 years and for University teachers and the Judiciary services 63 years (Khanal, S, 2009).

In Nepal ageing is new issue but it is quite challenging. The study on the elderly population is at embryonic stage (Subedi, 1999). Due to lack of sufficient information on ageing collected data on nationwide research, studies on the elderly has to depend on limited information. According to the 2001 census, there are 15 million elderly people in Nepal, which constitutes 6.5 percentage of the total population.

## **1.2 Statement of the problem**

As of 1950, 2.5 billion population in the world where aged 60 years and above 8.2 percent of elderly people in total population such way 9.8 percent of elderly people in 6.1 billion of total population in 2000 and 10.7 percent of elderly in 2009 total population 6.8 billion. Similarly, estimated elderly people are 10.7 percent and 21.3 percent of total population 8.1 billion and 9.4 billion in 2025 and 2050 in the world (UN, world population ageing 2009).

In Nepal, Decrease in fertility and increase in mortality rate with improvement in life expectancy have led to add about 65,000 new elderly people each year. Furthermore, projections indicate that the number of older people of 1474379(6.5 percent to the total population) in 2001 is expected to be 2,037,309(6.9 percent to the total population) by the end of 2011 which shows an increasing trend. Such a way the increasing ageing dependency ratio (present dependency ratio of 11.2 percent) is projected to be 12.5 percent in 2016 has the potential to increase the existing vulnerability of the elderly people with weakening social support system (Bhattarai, 2003).

Most of the elderly people has experience large mass in village area. Such a way those people in rural areas faced many problems including hand to mouth problem, health

hazardous, facing vulnerable condition and degrading honor of elder. Due to large migrants of youth people to the urban area, it's increased rural poverty as well as increasing the lack of helping hand for elderly people. Though, Health of elderly population who are below the poverty line has greater probability of undergoing a fragile health status. Hence, they are poor and couldn't afford sufficient food and nutrition.

Due to modernization, urbanization and western effect can be observed in every field of our society now a day, in one hand the elderly has to suffer from physiological and mental problems with passage of time on the other they have to suffer from social, psychological and economical problems due to different causes. The majority of elderly in Nepal are living in rural areas (85 %+). They are usually active and productive in their advancing years doing things such as taking responsibilities for child care, cattle herding, handicrafts and many more. A majority of elder people are depending upon agriculture and living under poverty. So, that they are suffer from deprivation, illiteracy, poor health and nutrition, low social status, discrimination and restriction on mobility. Because of poverty, they enter in to old age in a poor state of health and without saving or material assets. They lack means to fulfill their basic needs such as food, clothes, shelter, health care and safe drinking water.

Ageing is the natural phenomena of human life cycle. It brings many changes in life of people such as mental, physical, economic social cultural etc. various censuses taking during 1911to 2001 shows that, the proportion of elderly population is increasing day by day. Industrial and agricultural labor 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(58year) and low salaries but with a higher life expectancy (63.3 year) might not support or prepare him for successful old age.

### **1.3 Objective of the study**

The objectives of the study are fine out the situation of elderly people among Gurung and Tamang community in the rural area of Sertung VDC, Dhading District.

- ) To identify the socio-economic and demographic status of the elderly people living in Sertung VDC.
- ) To analyze the family support and care toward the elderly population.

- ) To examine the health status and security of the elderly people.

#### **1.4 Significance of the study**

This study focused on the elderly people of the Sertung VDC, Study among the Gurung and Tamang Community. The Significance of study as follows.

- ) This study explores the problem faced by the elderly people in family area.
- ) This study is important to concern bodies working in the field of ageing to identify situation of elderly and to implement some welfare program to improve their status.
- ) This study report is helpful for GO`s/NGO`s to implement the program.
- ) This study helped to make proper plan and policies including the elderly people.
- ) This study helped to know the socio-economic and the demographic status of the elderly people within the study areas.

#### **1.5 Limitation of the study**

This study has its own limitation because of limited time, source and cost. So, this study had limited in the following area.

- ) This study covered the situation of elderly people in the words no: 4, 5 and 6, total of 9 wards in Sertung VDC.
- ) The respondent of this study contain those Gurung and Tamang elderly people 60 years and above in the Sertung, VDC.
- ) It assumed the study provided the representative picture situation on elderly people in Sertung VDC.

## **CHAPTER TWO**

### **LITERATURE REVIEW**

This chapter is very important aspect of academic research an essential elements of research design study of existing sometimes research questions might emerge from the research own institution personal experience but most often the study of existing literature becomes the main sources of research questions which ultimately lead to the statement of the problem, literature review is the entry point for most scholarly word of academics and professional (Neupane, 2009).

#### **2.1 Theoretical literatures**

The elderly population in coming decades as a result of declining fertility increasing expectation of life at birth and partly as later ages. Although the proportion of the elderly population in Nepal. 2001 may below 1.5 million elderly people in Nepal. The elderly population is increasing at the rate of 3.4 annually (Chalise, HN, 2006). This phenomenon coupled with rapid social change resulting and the gradual breakdown of the tradition joint family system and ever –increasing financial constrains at the national level is likely to pose serious problems for the elderly.

Ageing in the world were approximately 200 million persons 60 years of age and over throughout the world in 1950. It was increased 350 million in 1975 with the increase of 2.24 percent the world aged population are around 1,100 million in 2010. Majority of the elderly people (55%) are women. Majority of the world older person (51%) live in urban areas. In developed countries (74%) live in urban areas where as (37%) of developing countries ageing population live in urban area (UN, 1999).

Argentina, Brazil, Chile, Costa Rica, Dominica, Mexico and Uruguay all have mean stated programs that provide pension for their poorest elderly people. Countries in Latin America and the Caribbean (LAC) such as Argentina ,brazil, Chile Costa Rica, Cuba Nicaragua, and Uruguay ,provide pension to poor who are 65 and older(except for Argentina and Uruguay where pension is 70). However, being poor in these countries is determined by means-tested, and benefits paid sometimes depend on the government budget. Costa Rica is the only country in the LAC that provides a non contributory universal pension to persons aged 70 and up. Antigua and Bolivia offer a universal pension (Baronets & Lloyd-Sherlock, 2003; Gorman, 2004).

Age classification varies between countries and over time, reflecting in many instances the social class differences or functional ability related to the workforce but more often than not was a reflection of the current political and economic situation. Many times the definition is linked to the retirement age, which in some instances was lower for women than men. This transition in livelihood became the basis for the definition of old age which occurred between the ages of 45 and 55 years for women and between the age of 55 and 75 years for men (Thane,1978).

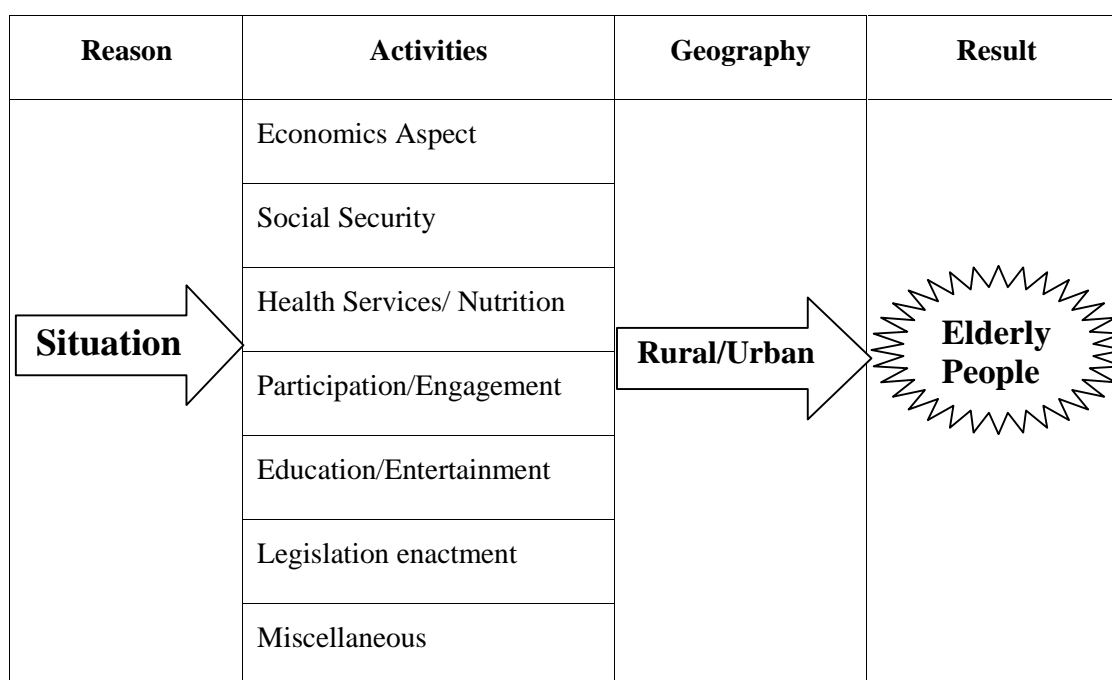
The Government of Nepal enacted the Elderly People Act, 2006 to ensure the social, economic and human rights of the elderly people .the purpose of the Act is to protect and provide the social security of old age people. This act also ensures to nourishment and health care of old age; to maintain their dignity; ensuring their property and have right for use of their property; special facilities and exemption of transportation fair for old age.

The “Elderly People Regulation 2008” provides guidelines for the effective implementation of the elderly people Act. It provides the detailed information on how to implement the policy and programs for the socio-economic well-beings for elders and the healthy ageing. Such way Three Year Interim Plan 2007/08-2009/10 principle of health as a fundamental human rights and focuses its attention on the need of ensuring access to quality health services to all elderly people. Those are as follows.

- ) To provide quality health service
- ) To ensure easy access to health services to all elderly (geographic, ,economic and gender)
- ) To ensure environment for utilizing available health services.

To implement elderly citizen policies the following working policies /program/ activities shall be pursued in the short term, medium term and long term development plans. The long term goal/objective of elderly citizen functional policy is to make old age secured and easy, development the capacity of elderly utilizing their knowledge, skill, experience and expertise in various sphere of nation building whilst providing them social and economic security with a life in dignity. These activities have 7 aspects such as follows.

## Activities play big role



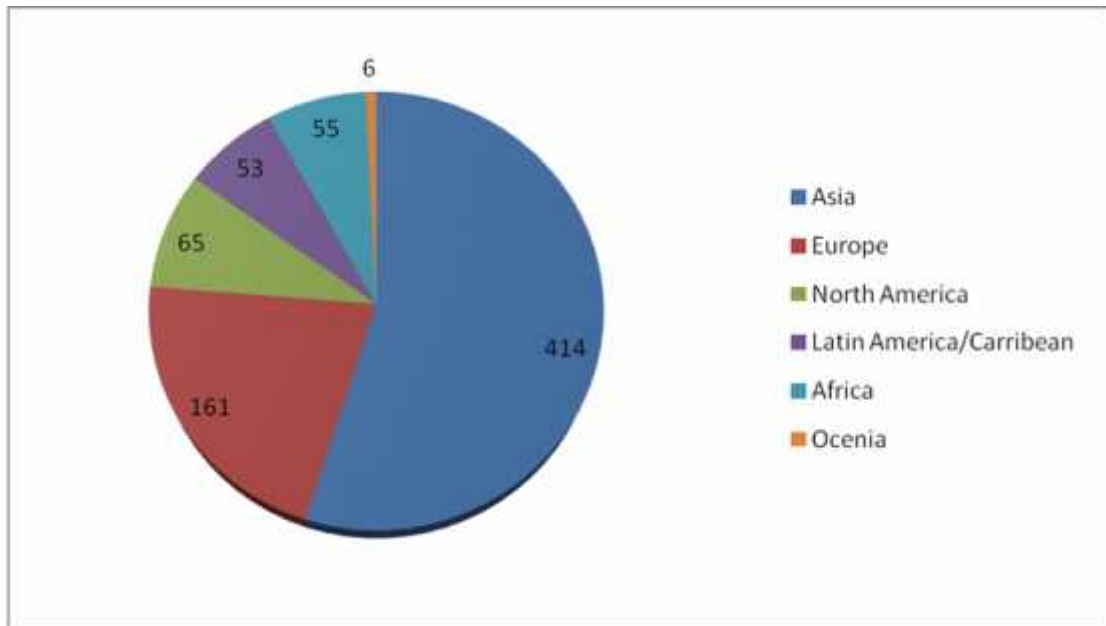
Source: *Jesstha Nagrik Sambhandhi Ain, 2063(2007)*.

## **2.2 Empirical literatures**

The member of persons aged 60 and over had been increasing at an unprecedented rate in 1980, there were 378 million people in the world aged 60 or above .now 30 years later that figure has doubled to 757 million and it is projected to rise 2 billion by 2050, Current status of the social situation well-being, participation in development and right of older persons worldwide.

Although the older population is growing in all parts of the world, most of the increase is taking place in developing countries on average, 29 million older will be added to the world`s population each year between 2010 and 2025, and over 80 percent of those will be added in the less developed regions, As a result, the share of the word`s older population residing in the less developed region will increase from 65 percent in 2010 to about 80 percent by the year 2050.

**Fig No: 1 Number of persons aged 60 and above (in millions) in the world 2010**



*Source: United Nation draft Report 2010*

### **2.2.1 Elderly people in the world**

Most developed world countries have accepted the chronological age of 65 years as a definition of `elderly` or older person, but like many westernized concepts, this does not adapt well to the situation in Africa. While this definition is somewhat arbitrary, it is many times associated with the age at which one can begin to receive pension benefits. At the moment, there is no United Nations standard numerical criterion, but the UN agreed cutoff is 60+ years to refer to the older population (UN, 2001).

The development activities, modernization and industrialization are not similar in all countries of world. Some countries already have the fertility in replacement level where as others are currently experiencing the demographic transition. Mortality seems different region. There is a correlation between ageing and decline in fertility and mortality. When the fertility and mortality levels continue to descend to much lower levels the life expectancy increases in the region and the proportion of aged population also increases .in developing regions with the mortality and fertility decline, average life span becoming longer. The proportion of older population is expected to increase more rapidly than ever (Acharya, 2001).



In 1950, there were 205 million persons aged 60 and above throughout the world. At that time, only 3 countries had more than 10 million people aged 60 or above: China (41 million), India (20 million), and the United States (20 million). By 1975, there were 350 million ageing persons lived in the world. In 2000, three fold of ageing population compare with 1950 which is 600 million such a way 2009, the number of persons aged 60 or above had increased three and a half times to 737 million and there were 12 countries with more than 10 million people aged 60 or above, including China (160 million), India (89 million), the United States (56 million), Japan (38 million), the Russian Federation (25 million) and Germany (21 million). Such a previous aged persons in the world estimated for 2025 world aged population is 1143 million. Presently, By 2050, the population aged 60 or above is projected to increase again nearly threefold to reach 2 billion including 32 countries are expected to have more than 10 million people aged 60 or above and five countries with more than 50 million older people: China (440 million), India (316 million), the United States (111 million), Indonesia (72 million) and Brazil (64 million).

**Table 1: Population aged 60 and above: world 1950-2050 in million**

<b>A.D</b>	<b>World population in billion</b>	<b>Population in million</b>	<b>Percent</b>
1950	2.5	205	8.2
1975	4.1	350	8.5
2000	6.1	600	9.8
2009	6.8	737	10.7
2025	8.1	1143	14.1
2050	9.4	2000	21.3

*Source: UN, world population ageing 2009*

Population ageing is enduring. Since 1950, the proportion of older persons has been rising steadily, passing from 8.2 percent in 1950, 8.2, 9.8 to 11 percent in 1975, 2000 and 2009, and is expected to reach 14.1 and 22 percent in 2025 and 2050. As long as old-age mortality continue to decline and fertility remains low, the proportion of older persons will continue to increase.

In 2000, the population aged 60 years or over numbered 600 million, triple the number present in 1950. In 2009, the number of older persons had surpassed 700

million. By 2050, 2000 million persons are projected to be alive, implying that their number will once again triple over a span of 50 years.

### 2.2.2 Elderly People in the SAARC countries

The Asia and the Pacific region, home to more than half of the world's approximately 600 million older people, is the most rapidly ageing region. The situation is not markedly different in the South Asian countries (SAARC region); the number of older persons in the region will quadruple to about 408 million by 2050 rising from 95 million in 2000 (Nizamuddin and Javed 2004, p.1).

In SAARC countries there is no similarity in categorizing the aged people Maldives has taken 65years, Sri-Lanka 55years, Bhutan 58years where as India, Pakistan and Nepal 60 years as criteria to define 'aged people'(Kamai,1994).It has made difficulty in cross-sectional comparison of ageing process. Countries are using different cut of points to define old age, sometimes depending on the official national ages of retirement (Acharya, 2001).

**Table 2: Number of population aged 60 or above in SAARC region in 2002 and 2050**

SAARC countries	Number of persons aged 60 years and above (in thousands)	
	2002	2050
Bangladesh	7210	42547
Bhutan	144	678
India	81089	324316
Maldives	16	105
Nepal	1438	6516
Pakistan	8611	42840
Sri Lanka	1857	6370

*Source : (Nizamuddin and Javed 2004, p.6), Rapid Growth of Elderly : policies and practices of care and support of the elderly in the SAAARC Region.*

Majority of the persons aged 60 years and above in the world that constitutes 54 Percent of the elderly people live in Asia (Nizamuddin and Javed 2004, p.6). Table 2 indicates the largest number of older persons (81 million) in the region lives in India

and their number will quadruple by the year 2050. The next largest number of elderly persons lives in Pakistan and is estimated to increase to about 43 million with almost fivefold increase by the year 2050. The other SAARC countries will also experience rapid increase in the total number of persons aged 60 years and above. Such a way compare to other SAARC countries Maldives has lowest ageing population in 2002, 16 thousand and estimated one also 105 thousand in 2050.

### 2.2.3 Elderly people in Nepal

Recently, worldwide population ageing has been considered one of the most important demographic phenomena. It is the product of clear decrease in birth and mortality rates and an increase in life expectancy, which is reflected in the socio-economical progress of countries. The worldwide population aged 60 years and older will surpass from approximately 770 million. Nepal's demographic situation is characterized by an existence of large mass of young population and lower proportion of adult and aged population but all three aged group i.e. young (0-14 years), mature(15-49) and aged (60 years and above) so, the growth rate of the elderly population is faster than the growth rate of the total population in Nepal.

Nepal has started to conduct census since 1911 A.D. But scientifically period from the 1952/54 the census reports are given only by broad group 0-15, 16-49 and 50+ year's ages. Then after the 1952/54 the census has been conducted in every 10 years interval and latest's 2011 but which is still not published so we can use the 2001 census data. The following table shows the size and percentage of the different census period.

**Table 3: Elderly people in Nepal 1952-2001**

Year	Total population	Number of elderly people	Percent
1952/54	8256625	403961	5.0
1961	9412996	489,346	5.2
1971	11555983	621,597	5.4
1981	15022839	857,061	5.7
1991	18491097	1,071,234	5.8
2001	23151423	1,474,379	6.5
2011	26499504	2,154,410	8.13

Source: CBS and MoPE, 2004 and CBS, 2012.

Table 3 shows the ageing in Nepal, Decrease in fertility and increase in mortality rate with improvement in life expectancy have led to add about 65,000 new elderly people

each year. Furthermore, projections indicate that the number of older people of 1474379(6.5 percent to the total population) in 2001 is expected to be 2,037,309(6.9 percent to the total population) by the end of 2011 which shows an increasing trend 8.13 percent. Such a way the increasing ageing dependency ratio (present dependency ratio of 11.2 percent) is projected to be 12.5 percent in 2016 has the potential to increase the existing vulnerability of the elderly people with weakening social support system (Bhattarai, 2003).

### **2.3 Government policies and programs for the elderly people**

The elderly were put forward only after the restoration of democracy in 1990. Nepal is actively taking part in various international convention and declaration it's solidarity. It was for the first time in Nepal, the Ninth five year plan (1997-2002) has unveiled special goals, policy and strategy for elderly people. The plan had aimed to utilize the capability; experience and knowledge of the senior citizen for national development by offering them appropriate care and protection (Bisht, 2004).

The Tenth plan (2002-2007) has also formulated the objectives regarding senior as to make the common, secured and respective live of the elderly people and to use the capabilities, experiences, knowledge and skills of senior citizen in social development task. Plan also assured some policies and strategies regarding elderly people as development of legal, structural network, providing right of the elderly and social security (NPC, 2003),

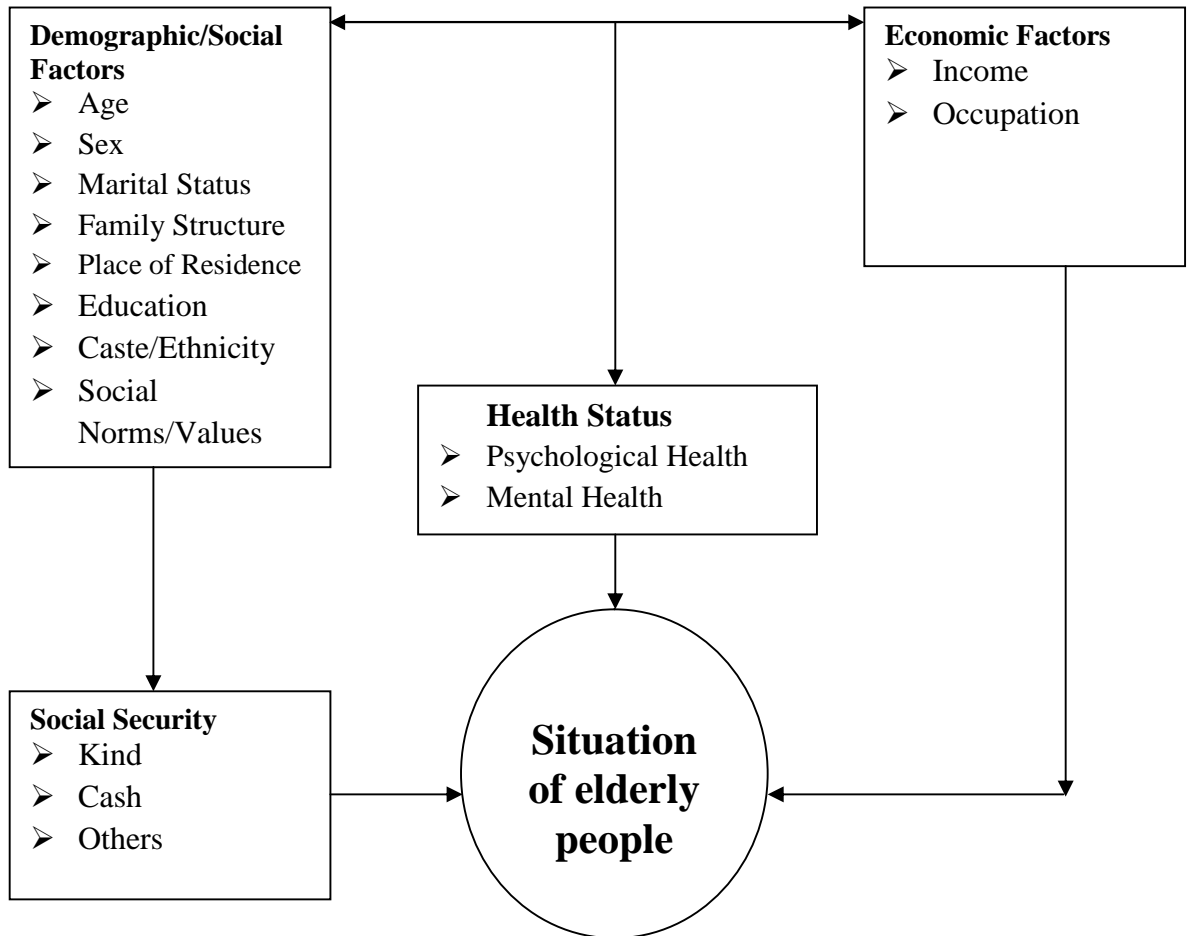
At the international level, following adoption of action-plan for the elderly by the "Vienna International Convention" held in 1982. "The International Conference on Population" Mexico City, 1987 unanimously declare its solidarity in order to recognize the role of the elderly in nation building by mobilizing their rich knowledge, skills and experience. Nepal has "Macau Plan of Action" relating to ageing, the government has participated in "The Regional Workshop on National Policies on Ageing 2001" (Manila, The Philippines). Nepal has also attended "The Second Asian Regional Preparatory Meeting for Second World Assembly on Ageing (Puna, India). Such a way "The Second World Assembly on Ageing", Madrid, April 2002 has ratified the political proclamation regarding the right of senior citizen (MWCSW, 2001).

## **2.4 Conceptual framework**

It has been already clear from the above mentioned literature that elderly people are the valuable assets not only for the family and social but also for the nation. They supervise and give good guide line for their children, society and nation. It is the natural law that each and every living creature of this earth get older becomes physically and mentally week but as a supreme creature old people should not be used useless substances. Their contribution should be evaluated in family, society and nation.

Based on the above literature review and variables identified, this conceptual framework is formulated in order to carry out the study. This framework related through demographic/social, economic are the main effective factor for the health and overall status of the elderly people. Demographic/social factors age, sex, marital status, family structure and place of residence, education, caste/ethnicity and social norms/values effect to social security and economic factors income and occupation are affect each other as well as those factors affect on the psychological and mental health status of elderly people. Eventually, economic factors directly affected to situation of elderly people and social security, so that social security also effect to the respective elderly people. So all these variables are component of a chain of the framework where they are related to each other to play roll in elderly people status. State and non-government organization also affect the life of elderly people. Below framework shows that government and non-government activities play an important role to effect the overall status of elderly people. That analysis part can be present in the following framework.

## CONCEPTUAL FRAMEWORK



# CHAPTER THREE

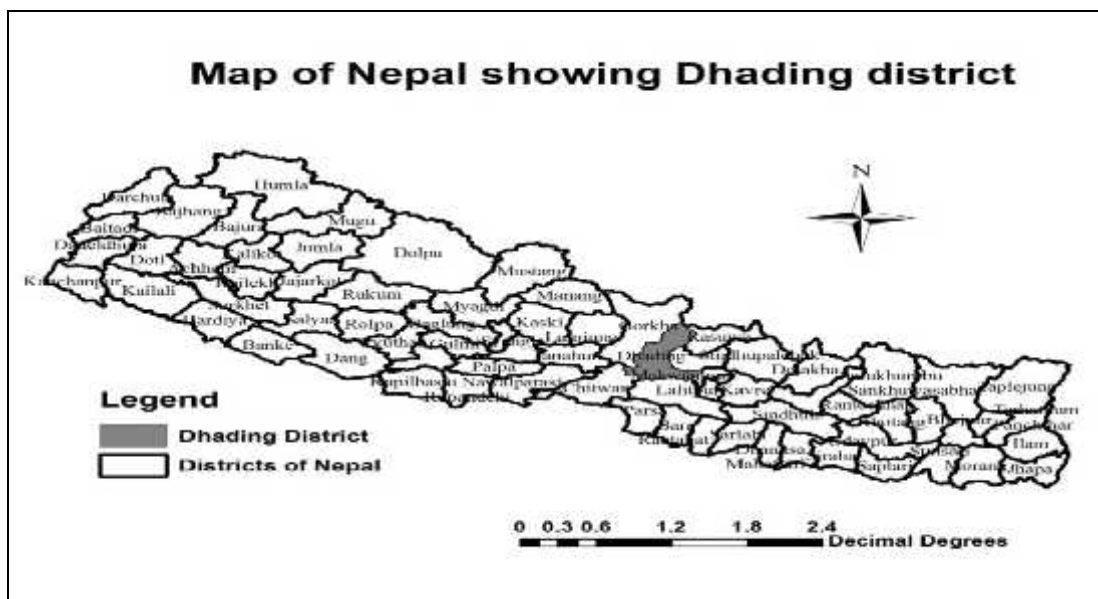
## METHODOLOGY

This chapter deals with the methods employed while the research study in order to achieve the research objectives.

### 3.1 Introduction of the study area

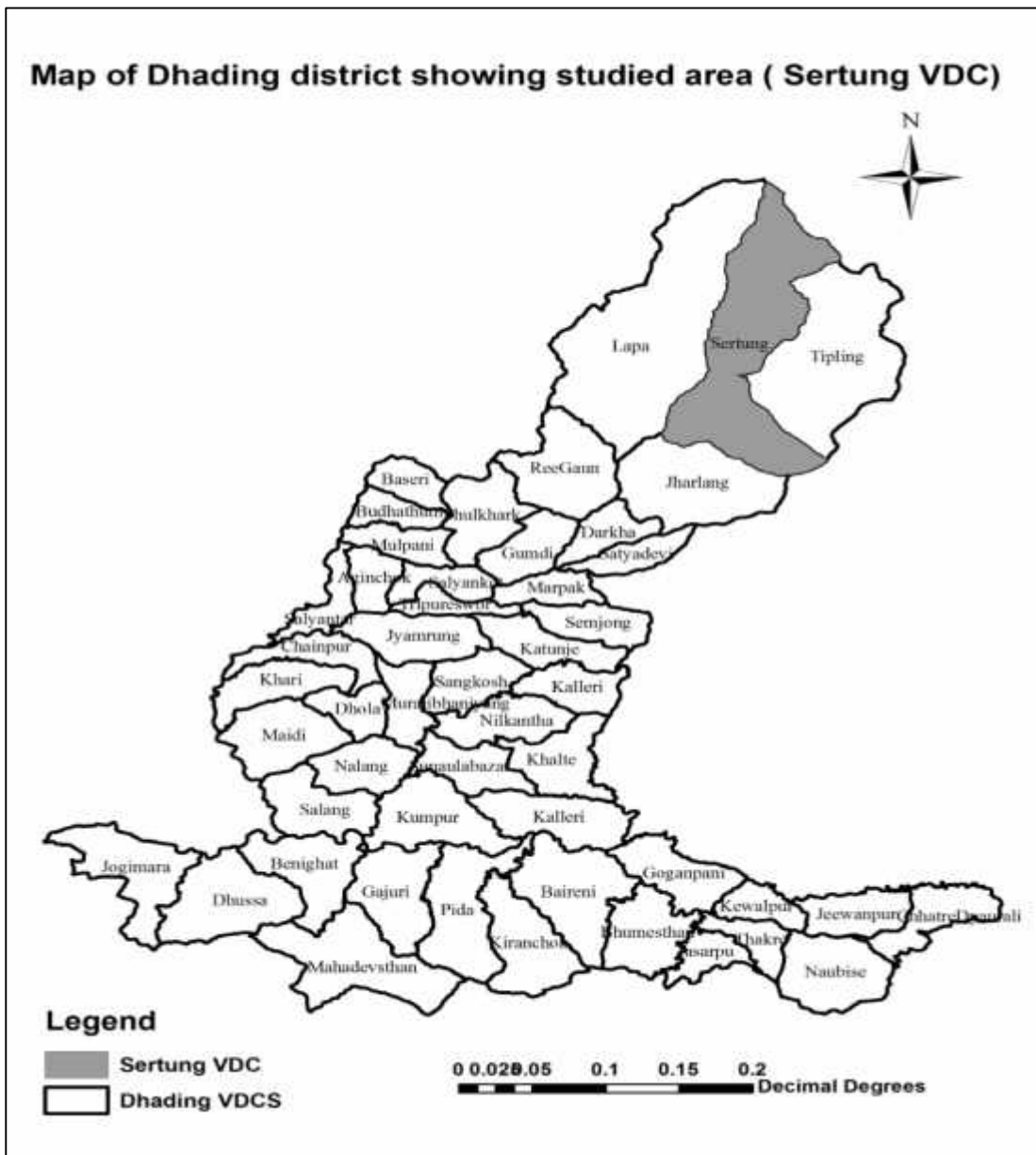
This study is going to conduct in indigenous community in Sertung, VDC, Dhading district. This VDC is situated in the Northern part of Kathmandu valley. Majority of Tamang and other Brahmin, Chhetri, Magar, Gurung, Sarki, Kami, Newar and Minorities Group Raute/Kusunda people are live. This VDC is the second last VDC in the Dhading district and is near the Tibet border and it takes 3 days to be there from capital city of Kathmandu.

Dhading district is located in the Bagmati Zone, Central Development region of Nepal. Dhading bensi is district headquarter and 50 VDCs and Covers an areas of 1921.43 sq.km and according to 2001 census there was 338658 population lived in dhading district, such a way has a population of 336250 population, where 157928 male and 178322 female population, calculated using by linear method where annual growth rate -0.007 percent, sex ratio 89 (males per 100 females), number of household 77, 510, average household size 4.34, population density 175 per sq.km and absent population 22534 where male 2028 and females 2506 population (2011, CBS). Map: 1.



The selected study area Sertung VDC is situated at the north point of the Dhading district. Which is situated 300mtrs (Jogimara) to the 7110mtrs Pabhil Peak from sea level. According to population census 2011 there is 789 household in this VDC with total population where 1737 male and 2170 female population and average size of household is 4,95. Main occupation of inhabitants of the VDC is agriculture and second is foreign employment as well as engages in tourism sector. The major cereals crops are millet, maize, potatoes, barley and wheat. There are six schools, one higher secondary, one lower secondary and four primary schools and one of the lowest literacy rates in district which is 19 percent, such a way one post office, one health post and one police bit.

**Map 2: Map of Dhading district showing study area Sertung VDC**





### **3.2 Sources of data**

This study is based on primary data generated from the field survey whereas a primary data as well as some had taken secondary data for references. During the research study the data collected with the help of both structure and non structure questionnaire, the questionnaire would include all the information related to the demographic, socio-economic and security activities.

### **3.3 Sample size**

This study was conducted in Sertung VDC. There are 50 VDC of 336067 total populations where 36326 elderly lived (10.81%). According to purposive method 336 elderly lived (0.93 %) in this Sertung VDC (9 wards) and one third (ward no 4,5 and 6) was selected the household where the 134(0.37%) respondents are selected census method in this total number of elderly people of these houses.

### **3.4 Sample design**

This design selected the Sertung VDC of Dhading district. The study part of wards number 4, 5 and 6 were sample in 9 wards in this VDC. There for, the village census of the Gurung and Tamang community conducted to meet the objective of the study.

### **3.5 Questionnaire design**

Questionnaire designed base on the data collection through individual questionnaire about socio-economic, demographic, health condition and overall situation of elderly population. The questionnaire divided into seven sections. The first section of the questionnaire presents the family description. The second section presents the background characteristics of respondent. The third section presents the currently living arrangement of elderly people. The fourth section information on economic situation of elderly people such a way the fifth section presents the information on Health Status. The six section presents on the psychological status and final as well as last section information on social security status of elderly people.

### **3.6 Data processing and analysis**

The process was simply based on descriptive type of analysis and data was edited, coded and analyzed by using software package SPSS and Excel and it analyzed to get fruitful result. The collected data analyzed by using data management by SPSS and analyzed by developing frequency table, cross tab and calculation of percentage. Simple statistical tools were employed to present the data in meaningful ways.

## CHAPTER FOUR

### DEMOGRAPHIC AND SOCIO-ECONOMIC CHARACTERISTICS OF THE ELDERLY PEOPLE

#### 4.1 Demographic characteristics

Demographic characteristic included age, sex, age of first marriage, age of first birth of the elderly people to obtain the information about the demographic characteristic by using data of questionnaire.

##### 4.1.1 Sex and age

Sex ratio and Life expectancy of male and female is not similar in our country. Such a way elderly people of study area had more of elderly female than male so that we can see in the table male people die in early age where as some survive up to late age. The number of the elderly people is increasing day by day. In study area sex composition of the elderly is given below.

**Table 4: Percentage distribution of elderly people by sex**

Sex	Number	Percent
Male	61	45.5
Female	73	54.5
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field survey, 2012*

Table 4 shows the total study population is 134. 45.5 percent male are male and remaining 54.5 percent are female in the total population.

**Table 5: Distribution of the elderly people by age and sex group**

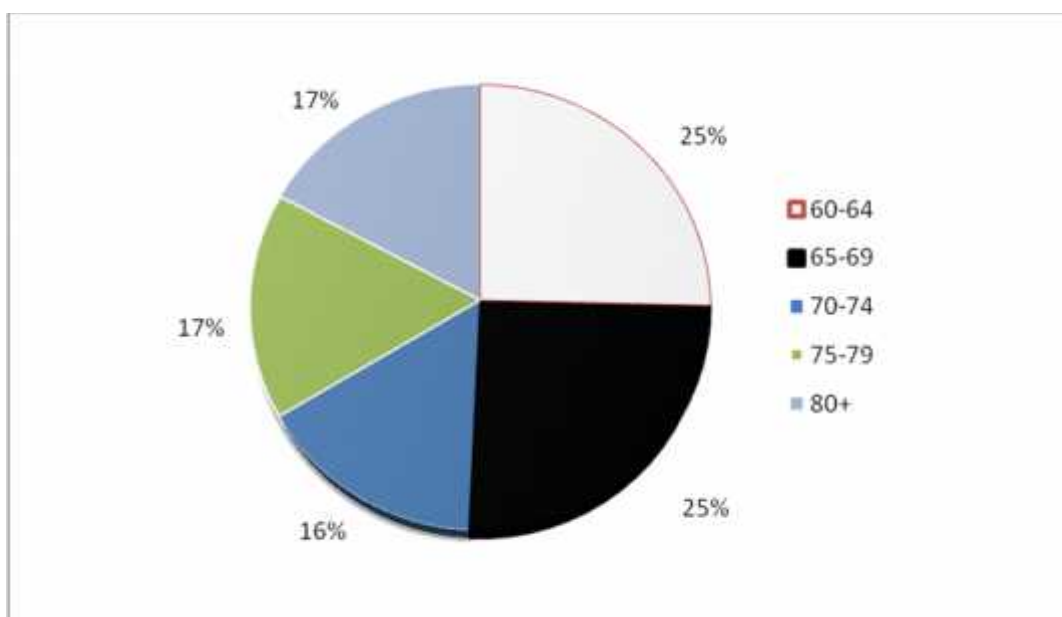
Age/sex group	Male	Female	Total number	Percent
60-64	11	23	34	25.4
65-69	14	20	34	25.4
70-74	10	11	21	15.7
75-79	17	5	22	16.4
80+	9	14	23	17.2
<b>Total</b>	<b>61</b>	<b>73</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 5 shows the distribution of sex on the basis of age. Age group of respondent had categorized into 5 groups from the total respondent number of male and female. Table shows the highest 25.4 percent of elderly people are in the age group of 60-64

and 65-69 years and lowest 15.7 percent of elderly in age group of 70-74 years. Similarly, 16.4 percent in age group of 75-79 and 80+ i.e.17.2 percent respectively.

**Figure No.2: Distribution of the elderly people by age-sex group**



#### 4.1.2 Marriage and fertility

Marriage is the union of two opposite sex and United Nation define that “marriage is the legal union of opposite sex .The legality of the union may be established by civil religious or other means as recognized by the laws of each country and irrespective the type of marriage, each should be reported for vital statistic purpose.” Marriage is one of the important proximate determinants of fertility. In most of the societies child bearing is takes place only within marriage.

**Table 6: Distribution of the elderly of marital status**

Marital status	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Unmarried	0	0.0	1	1.4	1	0.8
Currently married	31	50.8	21	28.8	52	38.8
Widow/widower	20	32.8	42	57.5	62	46.3
Divorce/separation	4	6.6	3	4.1	7	5.2
Other	6	9.8	6	8.2	12	9.0
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 6 shows that 0.8 percent of elderly people are unmarried in their life where 1.4 percent female and no one of male elderly. Similarly, 38.8 percent of respondent currently married i.e.50.8 percent male and 28.8 percent female, the elderly

respondent 46.3 percent widow/widower where 32.8 percent male and 57.5 percent female. Among total respondent of elderly 5.2 percent are divorce/separation i.e. 6.6 percent male and 4.1 percent female and 9.0 percent in other marital status i.e. 9.8 percent male and 8.2 percent female respectively in this study area.

**Table 7: Distribution of the elderly by their age at marriage**

Age at married	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
below 15 years	15	24.6	21	28.8	36	26.9
15-19	35	57.4	43	58.9	78	58.2
20-25	9	14.8	8	11.0	17	12.7
25 above	2	3.3	0	0.0	2	1.5
Unmarried	0	0.0	1	1.4	1	0.8
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 7 shows that 26.9 percent of elderly people they got marriage age below 15 years old i.e. 24.6 percent male and 28.8 percent female such a way large number 58.2 percent of respondent had married age between 15-19 year where, 57.4 percent male and 58.9 percent female. Respectively, 12.7 percent of respondent got married age between 20-25 years i.e. 14.8 percent male and 11.0 percent female, 1.5 percent and 0.8 percent. Similarly, 25 years above and unmarried in total elderly people in study area of age at marriage.

Number of children is important for the elderly population that they are their care takers and supporters. By using the Children Ever Born (CEB) in a crude way, fertility performance of the elderly is also analyzed in this study, which is mentioned in following table.

**Table 8: Distribution of the elderly people by number of children**

Number of CEB	Number of elderly people	Percent
1-2	32	23.9
3-4	52	38.8
5-6	31	23.1
7+	10	7.5
No child	9	6.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 8 shows the highest number of respondent have 3-4 children are occupy 38.8 percent. Such a way in second position 1-2 children where we have 23.9 percent respectively, 23.1 percent have 5-6, 7.5 percent have 7 and above children and the elderly not having any children are 6.7 percent in study area.

## 4.2 Social characteristics

A family is defined as the group of people living together under the same roof, sharing a common kitchen and related by blood marriage or adoption and a society is group of those families who share a common tradition or culture .Life in old ages is greatly influenced by family and society. The elderly are regarded as dependents in one hand and respected persons on the other. Family types, occupation, rule and regulation has effect on the every human life from birth to death. Which section study about the caste/ethnicity, religious, literacy rate as well as currently living arrangement of respondents.

### 4.2.1 Ethnicity and religious

Ethnicity and Religious has great impact on the daily life of the people particularly on the life of elderly people. Their beliefs, values and practices are guided by the caste ethnicity and religions.

**Table 9: Distribution of the elderly by caste/ethnicity**

Caste/ Ethnicity	Male	Female	Total	Percent
Gurung	26	22	48	35.8
Tamang	35	51	86	64.2
<b>Total</b>	<b>61</b>	<b>73</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 9 shows that about the two caste/ethnicity of study area where largest ethnic group is Tamang 35 male and 51 female total 86 i.e. 64.2 percent in total elderly people and Gurung have 26 male and 22 female total 48 i.e. 35.8 percent in total population of study area.

**Table 10: Distribution of the elderly by religious status**

Religion	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Hindu	1	1.6	0	0.0	1	1.6
Buddhist	55	90.5	68	93.2	123	91.7
Christian	5	8.2	5	6.9	10	7.5
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 10 shows that higher proportion of elderly people follows the Buddhist religion, which is 91.7 percent in the total respondent. Out of the total male respondent 90.2 percent male and total female respondents 93.2 percent follows Buddhist religion. Similarly, total respondents the Christian are 7.5 percent among them 8.2 percent are male and 6.9 percent are female in total respondent only 1.6 percent respondent follows Hindu religion. Where, most of the respondents believe in Buddhist religion compare to others.

#### 4.2.4 Literacy and education

Education is the multi dimension so it plays a great role in every sector of society. It 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 education status of the people shows that whether the community is developed of not. Every event occurred in human life was handled by the educational status. The literacy status of elderly people are selected respondents are as follows.

**Table 11: Education status of the elderly people**

Literacy status	Male	Percent	Female	Percent	Total	Percent
Illiterate	50	83.2	71	97.3	121	91.0
Literate	11	16.8	2	2.7	12	9.0
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 11 shows that not satisfactory literacy status of the elderly people in the study area. Among the total respondents 91.0 percent are illiterate. Out of the total male respondent 83.3 percent and out of the total female respondent 97.3 percent female are illiterate. Such a way 9.0 percent are literate among the total respondents. This table clarified that most of the respondents are uneducated in this study area.

**Table 12: The elderly by their educational attainment**

Education	Male	Percent	Female	Percent	Total	Percent
Primary	5	50.0	1	50.0	6	50.0
Informal Education	5	50.0	1	50.0	6	50.0
<b>Total</b>	<b>10</b>	<b>100.0</b>	<b>2</b>	<b>100.0</b>	<b>12</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 12 shows that the 50.0 percent numbers of the elderly people have attended primary education. In primary level and Informal (Praud Shiksha) education are equal

percentage of those respondent in the study area where primary level, male 50.0 percent and female 50.0 percent respectively informal education attainment. If we compare the educational status of male and female, females are less attainment than males.

#### 4.2.3 Nature of their family

**Table 13: The elderly by their nature of family**

Nature of Family	Number	Percent
Nuclear	45	33.6
Joint	89	66.4
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 13 shows that joint family is practiced in large extinct in study area. About 66.4 percent of the elderly are having joint family where as only 33.6 percent of the elderly people are living in nuclear family.

#### 4.2.4 Living arrangement

Living arrangement of the elderly has effect in their life. If the family members, community and states are friendly and helpful the life of the elderly can be prosperous .This study also aims to find out the living arrangement of the elderly respondents in the study area, which is presented in the following tables.

**Table 14: Distribution of the elderly and living arrangement with caste/ethnicity**

With whom are you living	Gurung		Tamang		Total	
	Number	Percent	Number	Percent	Number	Percent
Spouse	20	41.7	17	19.8	37	27.6
Son/Daughter in law	21	43.8	54	62.8	75	56.0
Daughter/Son in law	1	2.1	8	9.3	9	6.7
Grand Children	2	4.2	0	0.0	2	1.5
Brother	1	2.1	1	1.2	2	1.5
Others	3	6.3	6	7.0	9	6.7
<b>Total</b>	<b>48</b>	<b>100.0</b>	<b>86</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 14 shows that living arrangement of elderly people with their caste/ethnicity where 27.6 percent living with their spouse i.e. 41.8 percent Gurung and 19.8 percent Tamang, Large number of respondent 56.0 percent with their son/daughter i.e. 43.8 percent Gurung and 62.8 percent Tamang. Where 6.7 percent are living with their

daughter/son in law and 1.5 percent is with their grand children. Respectively, 1.5 percent with their brother and 6.7 percent of elderly people living with others in total respondent.

**Table 15: The elderly by satisfaction of currently living**

<b>Living satisfaction</b>	<b>Number</b>	<b>Percent</b>
Yes	101	75.4
No	33	24.6
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 15 shows that 134 respondents of study area 75.4 percent are satisfied with their current living. About 24.6 percent of the elderly are not satisfied with their current living condition due to some reason of study area.

**Table 16: Distribution of the elderly by satisfaction**

<b>Why satisfaction</b>	<b>Number</b>	<b>Percent</b>
Good living condition	22	21.8
Less work pressure	5	5.0
Openly to stay	8	7.9
Is ok	44	43.6
Feel happy	22	21.8
<b>Total</b>	<b>101</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 16 shows that satisfaction of current living arrangement of elderly people in their perspective such a way highest 43.6 percent of respondent answered is ok, respectively 21.8 percent answered good living condition, 21.8 percent also said feel happy and 7.9 percent of respondent replied openly to stay and less people of respondent agreed in 5.0 percent in less work pressure in that total respondent of study area.

**Table 17: Distribution of the elderly and dissatisfaction**

<b>Why dissatisfaction</b>	<b>Number</b>	<b>Percent</b>
Too much tension	21	63.6
Feel alone	6	18.2
Family disputes	6	18.2
<b>Total</b>	<b>33</b>	<b>100.0</b>

*Source: Field Survey, 2012*



Table 17 shows the dissatisfaction of current living arrangement of those respondents, 63.6 percent of elderly are being in too much tension, 18.2 percent of respondents are feel alone and 18.2 percent of elderly are bearing family quarrel in current time of living out of total respondents in that study area.

**Table 18: Distribution of the elderly by their desire to live**

Desire to live with	Number	Percent
Self/Alone	40	29.9
Spouse	30	22.4
Son/Daughter in law	46	34.3
Daughter/Son in law	7	5.2
Grand children	4	3.0
Brother	1	0.7
Other relatives	1	0.7
Others	5	3.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 18 shows that 29.9 percent of the respondents want to live self/alone. About 22.4 percent of elderly want to live with spouse. Similarly 34.3 percent want to stay with their son/daughter in law, 5.2 percent want to live with daughter and son in law, 3.0 percent want to live with their grand children, 0.7 percent wants to live with their brother, the remaining 0.7 and 3.7 percent want to stay with other relatives and others respectively out of total respondent in study area.

**Table 19: Elderly people by their role in decision making**

Person who makes decision	Male	Percent	Female	Percent	Total	Percent
Self	38	62.3	45	61.6	83	62.0
Husband/Wife	14	23.0	15	20.6	29	21.8
Son/Daughter	8	13.1	11	15.1	19	14.1
Grand Children	1	1.6	1	1.4	2	1.5
Brother	0	0.0	1	1.4	1	0.7
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

The elderly people are matured and experienced persons in the family and society. During the different family affairs the elderly people are consulted. They are supposed to make matured decision during difficulties. Experienced behavior and skill of the elderly people support to make right decision in right time. Table 19 presents the decision making role in family, large number of elderly do self decision i.e. 62.0 percent where 62.3 percent male and 61.4 percent female, there is not big

different between male and female. Respectively, 21.8 percent along the husband/wife i.e. 23.0 percent male and 20.6 percent female, 14.1 percent of son/daughter make decision i.e. 13.1 percent male and 15.1 percent female, 1.5 percent of the grand children decided in family i.e. 1.6 percent male and 1.4 percent female. About 0.7 percent have role of brother in family out of total decision making role in family according to the respondent of study area.

#### 4.2.5 Food habit

Food is basic need of human being as well elderly people so naturally the elderly people need more nutrition and soft food, they need more help in food preparation system. They have suffered from different health problems as well as cannot digest and consume a lot of food at one time if they are starving compare to young. The food is provided in the family according to respondents.

**Table 20: Distribution of the elderly people food preparation**

Who prepares food	Number	Percent
Self	48	35.8
Husband/Wife	32	23.9
Son/Daughter in law	45	33.6
Daughter/Son in law	2	1.5
Grand children	6	4.5
Others	1	0.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 20 shows that 35.8 percent of the elderly prepare their food themselves, 23.9 percent of the respondents consume food prepared by their husband/wife. In case of 33.6 percent of the respondents their son and daughter in law provides them food. 1.5 percent of the respondent consume the food prepared by their daughter or son in law. Respectively, 4.5 percent of elderly have food served by their grand children and 0.7 percent of elderly provide food to them by others in that place.

**Table 21: Elderly people on the basis of getting food**

Getting enough food according to desire	Number	Percent
Yes	127	94.8
No	7	5.2
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 21 shows that 94.8 percent of elderly people getting enough food but 5.2 percent of elderly said no n total respondent in that study area.

**Table 22: Basis of daily food**

Daily food intake	Number	Percent
Once	4	3.0
Twice	72	53.7
Thrice	41	30.6
Four times	17	12.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 22 shows that 53.7 percent of large elderly people take a food twice a day. Similarly, 30.6 percent of the elderly take food three times a day. Respectively 12.7 percent respondents take a four times a day and 3.0 percent respondents take a one times a day.

#### 4.2.6 Personal hygiene

Family members play very important role to maintain hygiene environment for the elderly. Many weak and disable aged people are unable to clean their body and cloths. They need support and care for their personal hygiene.

**Table 23: Elderly people by help to them in personal hygiene**

Help by	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Self	33	54.1	42	57.5	75	56.0
Husband/Wife	17	27.9	15	20.6	32	23.9
Son/Daughter in law	8	13.1	12	16.4	20	14.9
Daughter/Son in law	0	0.0	1	1.4	1	0.8
Grand Children	0	0.0	2	2.8	5	3.7
Others	3	4.9	1	1.4	1	0.8
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 23 represent the 56.0 percent of the elderly take care of personal hygiene self i.e.54.1 percent male and 57.5 percent female, 23.9 percent are supported by their husband/wife where 27.9 percent male and 20.6 percent female. Similarly, 14.9 percent of respondents are helped by their son/daughter in law,0.6 percent elderly

cared by daughter/son in law and 3.7 percent are supported by their grand children and 0.8 percent are helped by others people.

### 4.3 Information on economic status

The economic status also affects the status of the elderly people because people depend upon the economic condition of the individual or family. People above 60 years are called dependent population, occupation, income source and involvement of the elderly in income generating activities influence the quality of life and maintain living standard. Directly or indirectly family can take lots of benefits' from knowledge, skill and experience from the elderly people.

#### 4.3.1 Occupation, income and land

Earlier occupation of elderly people explicitly as well as implicitly associated with present condition of elderly. Occupation determines the economic status of the elderly in the one hand and it affects the long life spanning on another as to quality of life.

Most of the Nepalese people engage in agriculture so more than 80 percent people occupation is agriculture. Land is main property of people which plays important role in human life. The elderly who have the land ownership are comparatively more economically strong by using land in different ways. Such a way ownership of land is an important indicator that determines the economic status of the elderly people.

**Table 24: Distribution of the elderly by their occupation**

Past occupation	Number	Percent
Agriculture	125	93.3
Business	1	0.7
Service(India)	7	5.2
Service(NG)	1	0.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 24 shows that the occupation status of the respondents in the study area. Among the total respondents 93.3 percent of huge elderly people are engaged in agriculture. Respectively, 0.7 percent in business, 5.2 percent is service in India and 0.7 percent of respondents.

**Table 25: Distribution of the elderly by their main source of income**

Main source of income	Number	Percent
Agriculture	116	86.6
Pension	7	5.2
Old aged allowance	8	6.0
Trade	1	0.7
Other	2	1.5
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 25 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. Among the total respondents 86.6 percent reported that their major source of income is agriculture from which they fulfill their but only fed for them. Similarly 5.2percent respondents among the total respondents reported that pension in their major income. Respectively, 6.0 percent are old aged allowance, 0.7 percent is trade and 1.5 percent respondents have main income source in other.

**Table 26: Own land of elderly**

Ownership of land	Number	Percent
Yes	98	73.1
No	36	26.9
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 26 shows that 73.1 percent of the elderly have ownership of land and 26.9 percent of the elderly reported they do not have land ownership of respondents.

**Table 27: Reasons of not having land**

Reason of no having land	Number	Percent
Transferred in sons name	16	44.4
Transferred in daughter names	15	41.7
Others	5	13.9
<b>Total</b>	<b>36</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 27 shows the not having own land i.e. 44.4 percent of respondents transferred in son names and similarly 41.7 percent of elderly people transferred in daughter names

and 13.9 percent of respondents transferred to the others, out of total respondents of study area.

#### 4.3.2 Pewa/Daijo/Jeuni and economic involvement

Pewa/Daijo/Jeuni etc are life secure property of elderly people. Those property them to meet the economic needs; it is the traditional practice in Nepalese community which is economic security especially in old age. When they are getting old and old not possible to work at that condition they can take that money for their life for daily expenses even no one take care of them.

**Table 28: Distribution of the elderly by having of Pewa/Daijo/Jeuni**

Having Pewa/Daijo /Jeuni	Number	Percent
Yes	71	53.0
No	63	47.0
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 28 shows that 53.0 percent of the respondents have ownership of Pewa/Daijo/Jeuni and 47.0 percent of elderly people do not have in this study area.

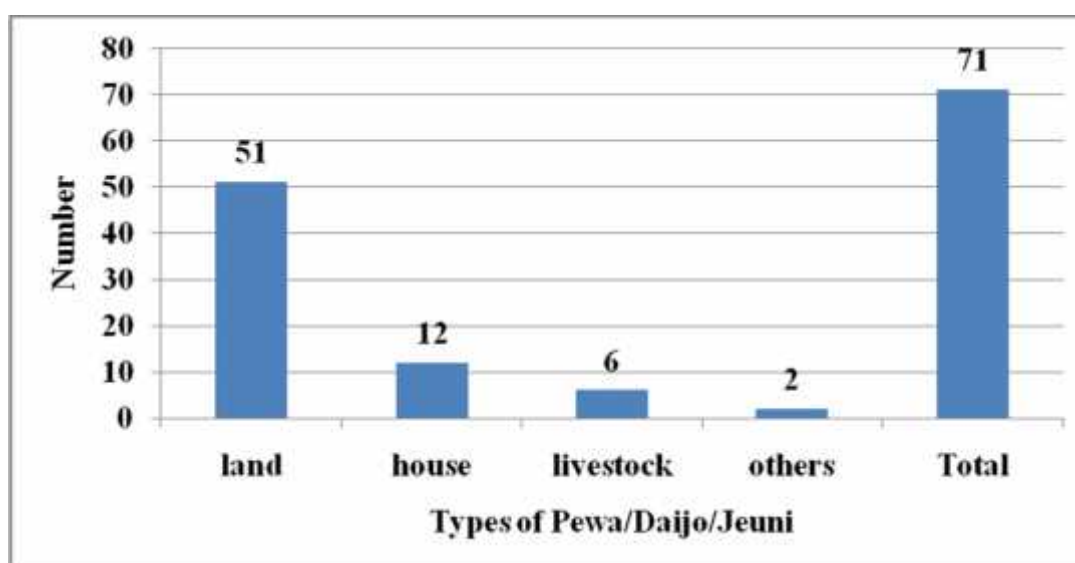
**Table 29: Distribution of different types of Pewa/Daijo/Jeuni**

Types of Pewa/Daijo/Jeuni	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Land	28	77.8	23	65.7	51	71.8
House	4	11.1	8	22.9	12	16.9
Livestock	3	8.3	3	8.6	6	8.5
Others	1	2.8	1	2.9	2	2.8
<b>Total</b>	<b>36</b>	<b>100.0</b>	<b>35</b>	<b>100.0</b>	<b>71</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 29 shows the majority 71.8 percent of the elderly have ownership of land, where 77.8 percent male and 65.7 female. Other 16.9 percent of the respondent have own house among them 11.1 percent male and 22.9 percent female. Among that 8.5 percent had livestock and 2.8 percent of elderly people have others in total respondent about their ownership.

**Figure No.3: Distribution of different types of Pewa/Daijo/Jeuni**



**Table 30: Elderly people currently involve in economic activity**

	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Yes	56	91.8	57	78.1	113	84.3
No	5	8.2	16	21.2	21	15.7
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 30 shows that large number 84.3 percent of respondents are involve in economic activities i.e.91.8 percent male and 78.08 percent female and 15.7 percent are not involve in economy activity i.e.8.2 percent male and 21.9 percent female respectively in total number of respondent.

**Table 31: Elderly people currently involve in economic sector**

Involve In	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Gov/Organizational job	1	1.8	0	0.0	1	0.9
Agriculture	17	30.4	24	42.1	41	36.3
Trade	2	3.6	0	0.0	2	1.8
Animal raring	32	57.1	31	54.4	63	55.8
Others	4	7.1	2	3.5	6	5.3
<b>Total</b>	<b>56</b>	<b>100.0</b>	<b>57</b>	<b>100.0</b>	<b>113</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 31 shows that 0.9 percent of elderly people engages in Gov/Organization sector and 36.3 percent of respondents are involving in agriculture for their current economy

i.e. 30.4 percent male and 42.1 percent female in total elderly people and among them 1.8 percent of respondent in trade. Large number 55.8 percent of elderly people is currently involve in animal raring i.e. 57.1 percent male and 54.4 percent female and 5.3 percent involve in others sector for their current economy activities in total elderly people in this study area.

#### 4.3.3 Personal expenses and support to their family

Daily expenses and their family support would impact the situation of elderly people of those respondents.

**Table 32: Distribution of the elderly people of their personal expenses**

Who does their expenses	Number	Percent
Self	42	31.3
Spouse	20	14.9
Son/daughter in law	61	45.5
Daughter/son in law	5	3.7
Grand children	4	3.0
Other relatives	2	1.5
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 32 represents that 31.3 percent of elderly people do their self personal expenses. Similarly, 14.9 percent of respondents take cared by their spouse. Respectively, large percentage of respondents 45.5 percents of personal expenses cared by their son or daughter in law,3.7 percent by their daughter or son in law,3.0 percent of elderly people personal expenses do bye their grand children and 1.5 percent of respondents are take cared bye other relatives of their personal expenses.

**Table 33: Distribution of the elderly people does support to their family**

Support to their family	Number	Percent
Yes	114	85.1
No	20	14.9
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 33 shows that 85.1 percent of elderly people are supporting to their family but 14.9 percent of elderly people are not supporting to their family member.



**Table 34: The elderly people and types of giving support to family**

<b>Giving support to family</b>	<b>Number</b>	<b>Percent</b>
Providing Physical Labor in Farm	18	15.8
Providing Money	1	0.9
Helping in Household Work	9	7.9
Others	86	75.4
<b>Total</b>	<b>114</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 34 shows that 15.8 percent of elderly people providing physical labor in farm, 0.9 percent of respondents are providing money for their family such a way 7.9 percents are helping in household work and 75.4 percent of elderly people are supporting to other sector respectively.

## CHAPTER FIVE

### HEALTH AND PSYCHOLOGY CHARACTERISTICS OF THE ELDERLY

#### 5.1 Health status of elderly

Health is the Wealth but very common problems in old ages. The elderly people suffer from physical, psychological and sociological problems. It is the natural process so elderly people are mainly suffered from the diseases like: heart problem, respiratory, eyes, ear, skin, diabetes and weakness in different organs. Family members support in food taking system is also necessary and they might have economical problem that effect in health checkup. Health information of the elderly people is briefly described as follows.

##### 5.1.1 Problem/disability, check up and disease

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 which is known as disability. The following tables provide some information about health problem and the disability of the elderly in study area.

**Table 35: Distribution of the elderly people by problem/disability**

Health problem	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Yes	51	83.6	64	87.7	115	85.8
No	10	16.4	9	12.3	19	14.2
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 35 shows that the health problem of the elderly people. Naturally when person become older s/he may be suffer from different kind of diseases and physically weakness. Among 134 respondents 85.8 percent reported that they have health problem and 14.2 percent reported that they have no any health problem. Among the total male respondents 83.6 percent reported that they have health problem and 16.4 percent reported they have no any health problem. Similarly, among the total female respondent 87.7 percent reported they have health problem and 12.3 percent reported that they have not health problems.

**Table 36: The elderly people and their types of health problem/disability**

Types of problems	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Physical Disability	8	15.7	12	18.8	20	17.4
Poor Eye Sight	14	27.5	20	31.3	34	29.6
Poor Hearing Power	15	29.4	9	14.1	24	20.9
Mental Disability	4	7.8	4	6.3	8	7.0
Toothache	7	13.7	14	21.9	21	18.3
Others	3	5.9	5	7.8	8	7.0
<b>Total</b>	<b>51</b>	<b>100.0</b>	<b>64</b>	<b>100.0</b>	<b>115</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 36 shows that 17.4 percent of the elderly are suffering from physical disability i.e. 15.7 percent male and 18.8 percent female, 29.6 percent poor eye sight i.e. 27.5 percent male and 31.3 percent female. Among that 20.9 percent has poor hearing power problems i.e. 29.4 percent male and 14.1 percent female. Similarly, 7.0 percent of elderly people they have mental disability in health problem i.e. 7.8 percent male and 6.3 percent female and 18.3 percent reported in toothache problem i.e. 13.7 percent male and 21.9 percent female, 7.0 percent of elderly people have other problem in 115 respondents out of 134 total respondent.

**Table 37: Distribution of the elderly people by health checkup**

Health checkup	Male	Percent	Female	Percent	Total	Percent
Yes	33	54.1	40	54.8	73	54.5
No	28	45.9	33	45.2	61	45.5
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 37 shows that the elderly people who checkup their health regularly 54.5 percent, among them the male and female participation is i.e. 54.1 percent male and 54.8 percent female. Similarly, 45.5 percent of respondents do not checkup their health, where male elderly 45.9 and female is 45.2 percent respectively.

**Table 38: Health checkup in a year**

Time in a year	Number	Percent
Once a year	10	13.7
Twice a year	54	74.0
Thrice a year	9	12.3
<b>Total</b>	<b>73</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 38 shows that 74.0 percent of elderly people checkup their health three times year. Similarly, 13.7 percent of respondents check up their health one time a year. Respectively, 12.3 percent of elderly people checkup their health three times a year in the total out of 134 respondent but 61 elderly people do not go for their health check up in a year.

Chronic Disease is that kind of diseases which attacks human being not for one certain period of time but it is a long effective disease. The elderly people who have been suffering from these kinds of chronic disease are living more vulnerable life than normal elderly people. However, most of the elderly people are killed by the cause of chronic disease. It is more significant to study about chronic disease in the study area.

**Table 39: Elderly people and chronic disease**

Chronic diseases	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Yes	52	85.3	59	80.8	111	82.8
No	9	14.8	14	19.2	23	17.2
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 39 shows that large percent 82.8 percent of respondent have chronic diseases and 17.2 percent do not have any chronic disease. Among the total elderly 85.3 percent of male and 80.8 percent of female reported they have chronic disease in the study area.

**Table 40: Elderly people and types of chronic disease**

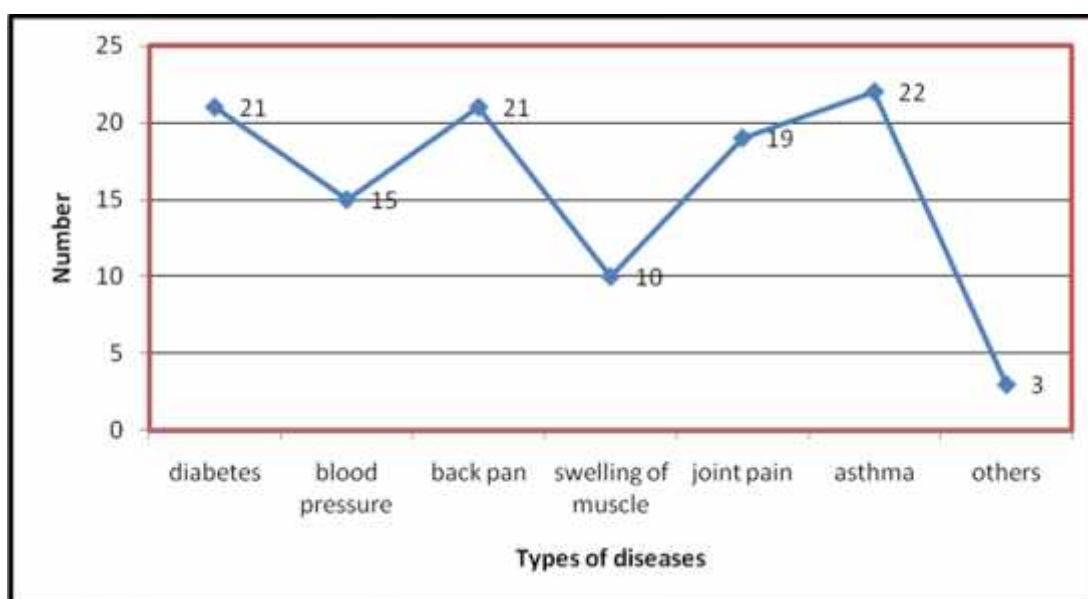
Types of diseases	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Diabetes	11	21.2	10	17.0	21	18.9
Blood Pressure	10	19.2	5	8.5	15	13.5
Back pain	9	17.3	12	20.3	21	18.9
Swelling of Muscle	4	7.7	6	10.2	10	9.0
Joint Pain	9	17.3	10	17.0	19	17.1
Asthma	6	11.5	16	27.1	22	19.8
Others	3	5.8	0	0.0	3	2.7
<b>Total</b>	<b>52</b>	<b>100.0</b>	<b>59</b>	<b>100.0</b>	<b>111</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 40 represent that 18.9 percent of respondent are reported that they are suffering from diabetes i.e. 21.2 percent male and 17.0 percent female, 13.5 percent of elderly

are suffering from blood pressure i.e. 19.2 percent male and 8.5 percent female. Similarly, 18.9 percent of elderly people had a back pain where 17.3 percent male and 20.3 percent female in total respondent. Likewise, 9.0 percent of elderly people are reported swelling of muscle i.e. 7.7 percent male and 10.2 percent female in total. Among the total 17.1 percent of elderly are affected from joint pain where 17.3 percent male and 17.0 percent female. Respectively, 19.8 percent of respondent are suffering from asthma i.e. 11.5 percent male and 27.1 percent female. Finally, 2.7 percent respondents are reported from other disease in the total respondent of study area.

**Figure No.4: Distribution of the elderly people and types of chronic disease**



### 5.1.2 Treatment and caring

Elderly people have become more a burden then social obligation. Some take care of old parents only to inherit the property. The family members are more responsible in treatment and taking care of the elderly people and that of society.

**Table 41: Distribution of the elderly people by treatment place during sick**

Treatment in place	Number	Percent
Health post/ Hospital	54	40.6
Dhami /Jhakri	76	57.1
Baidhya	2	0.8
Others	2	1.5
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 41 shows that 40.6 percent of respondent go to health post or hospital for their treatment such a way 57.1 percent of elderly people are reported that they go to Dhami or Jhakri home during sickness. Respectively, 0.8 percent and 1.5 percent of elderly people go to the Baidhya and others place for their treatment during a sick in this study area.

**Table 42: Elderly people and who care during sickness**

Care during sickness	Number	Percent
Spouse	35	26.1
Son/Daughter in law	72	53.7
Daughter/ Son in law	9	6.7
Grandson	5	3.7
Others	13	9.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 42 shows that 26.1 percent of elderly people are manage during sickness of their spouse and large number 53.7 percent of respondents are cared by their son and daughter in law. Similarly, 6.7 percent of elderly people take cared by their daughter or son in law during sickness period. Respectively, 3.7 percent of respondents are cared by their grandson when they are not well and 9.7 percent of elderly people are managed by other people during sickness in the study area.

### 5.1.3 Smoking and drinking and problem in community

Most of people know that drinking and smoking is not good for health but they are not behind to involve in that things so that many of them got such kind of situation due to smoking and drinking alcoholic liquate. 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 mobile camp, free health check up, free treatment, free transportation, separate bed and ward in hospital and others service from state.

**Table 43: Elderly people by smoking and drinking**

Habit of smoking and drinking	Number	Percent
Yes	108	81.3
No	26	18.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 4 shows that 81.3 percent of elderly people have habit to drinking and smoking but only 18.7 percent of those total respondents are not smoking and drinking in their life in this study area.

**Table 44: Elderly people by type of smoking and drinking**

Type of smoking and drinking	Number	Percent
Smoke,Cigarette/ Bindi/ Tambakhu	76	70.4
Drink alcohol	29	26.9
Chew tobacco	3	2.8
<b>Total</b>	<b>108</b>	<b>100.0</b>

Source: Field Survey, 2012

Such a thing people know that if they use to have that it will hamper their physical but research table 44 presenting, the elderly people are having such a types of smoking and drinking where 70.4 percent of elderly people are having Smoke,Cigarette/Bindi/Tambakhu and 26.9 percent of respondents are drinking alcohol. Likewise, 2.8 percent elderly people use to have chew tobacco respectively.

**Table 45: The elderly people and main problem in community**

Main problem in community	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Diseases	35	57.4	40	54.8	75	56.0
Mental Torture	3	4.9	4	5.5	7	5.2
Loneliness	10	16.4	19	26.0	29	21.6
Food insecurity	6	9.8	2	2.7	8	6.0
Isolation	2	3.3	2	2.7	4	3.0
Not care by family	3	4.9	2	2.7	5	3.7
Others	2	3.3	4	5.5	6	4.5
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 45 shows that large number 56.0 percent suffering from disease i.e. 57.4 percent male and 54.8 percent female among the total respondent, 5.2 percent of elderly people getting mental torture in community i.e. 4.9 percent male and 5.5 percent females. Similarly, 21.6 percent loneliness, 6.0 percent of respondents have main problem in food insecurity i.e. 9.8 percent male and 2.7 percent female. Among that 3.0 percent of elderly isolation from their relatives, 3.7 percent of respondents are not care by their family where 4.9 percent male and 2.7 percent female and 4.5 percent have other main problem in their community of study area respectively.

**Table 46: Elderly people by health facilities needed from state**

Facilities	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Mobile camp	35	57.4	37	50.7	72	53.7
Free health check up	5	8.2	9	12.3	14	10.5
Free treatment	13	21.3	13	17.1	26	19.4
Free transportation	2	3.3	3	4.1	5	3.7
Separate bed and ward in hospital	5	8.2	7	9.6	12	9.0
Others	1	1.6	4	5.5	5	3.7
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 46 shows that the opinion of elderly people towards what state must do for the health facilities of the elderly people. Among the total respondents 53.7 percent elderly people reported that state must provide mobile camp i.e. 57.4 percent male and 50.7 percent female. Likewise 10.5 percent respondent reported that state should provide free health check up where 8.2 percent male and 12.3 percent female. Similarly, 19.4 percent of respondent said that state should do free treatment. Among the total elderly people 3.7 percent reported that government should manage the free transportation i.e. 3.3 percent male and 4.1 percent female. Respectively, 9.0 percent of elderly people replied that state have to provide free health check up and 3.7 percent reported that others facilities of health i.e. 1.6 percent male and 5.5 percent female in total respondents.

## 5.2 Psychological status of the elderly

This part also one of the important part in this study so it analyses the fact on psychological views of elderly people in study area. Naturally reason and memory power of old people decreases with passage of time. Weakness and disability leads them towards dependency in family members. They may feel domination and to torture in the family and society. Feeling of loneliness and lack of love and affection is another mental problem of elderly and psychological characteristic differ with different elderly people.

### 5.2.1 Feel old and domination

Every human being has feeling that they become mature and old when they drive their life. This is an interesting part of personal feeling of elderly people in the study area. When men become older than before their feeling obviously changed by the time, his



or her mental, physical also become poor. Days of modernization people are practicing to stay join family to nuclear family so that some percent influence in this study area from westernize countries where the increase in the elderly share, their problems are also increasing and behavior of the people towards the elderly are also changing in society

**Table 47: The elderly people and feel getting old**

Age	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
40-49	12	16.4	0	0.0	12	9.0
50-59	50	68.5	49	80.3	99	73.9
60-69	11	15.1	12	19.7	23	17.1
<b>Total</b>	<b>73</b>	<b>100.0</b>	<b>61</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 47 shows that 9.0 percent of respondents are reported 40-49 years time they get feel old where 16 percent male and no one of female percent. Respectively, large number 73.9 percent of elderly people are getting old age of 50-59, i.e. 68.5 percent male and i.e. 80.3 percent female and 17.2 percent of respondents are feeling old age between 60-69 years time period in that study area.

**Table 48: Elderly people by feeling domination**

Feeling discrimination	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Yes	15	24.6	7	9.6	22	16.4
No	46	75.4	66	90.4	112	83.6
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 48 shows that out of total elderly people 16 percent of elderly feeling discrimination i.e. 24.6 percent male and 9.6 female such a way 83.6 percent of respondents are no domination from their family in this study area where 75.4 percent male and 90.4 percent female respectively.

**Table 49: Distribution of the elderly people and types of domination**

Types of domination	Number	Percent
Food	4	18.2
Verbal abuse	4	18.2
Mental torture	7	31.8
Violence	2	9.1
Other	5	22.7
<b>Total</b>	<b>22</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 49 shows that 18.2 percent of the elderly people reported. They are feeling domination by food discrimination and verbal abuse of family members. Such a way 31.8 percent are mental tortured. About 9.1 percent of respondents are felt violence and 22.7 percent of elderly people are dominated from other activities from their family in the total respondents of study area.

**Table 50: Distribution of the elderly people by dominating member in family**

Dominating family member	Number	Percent
Son/Daughter in law	9	40.9
Grand Children	3	13.6
Own Spouse	1	4.5
Others(daughter, sister)	9	40.9
<b>Total</b>	<b>22</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 50 presenting that 40.9 percent of elderly people is dominated by their son or daughter in law in family. Likewise, 13.6 percent of respondents are dominated by their grand children in family. Respectively, 4.5 percent by their own spouse and 40.9 percent of elderly people are by others relatives either community people.

### 5.2.2 Their daily activities

Elderly period of life is retired life from their previous work so very difficult to adjust with their daily routine. They have to adjust with long leisure time so some of them become physically and mentally weak. Which affects them to adjust with daily activities someone is isolated from their family member as well losing life partner and friends make sad to them. By social systems and culture also daily activities of the elderly are affected. The information types of daily activities of elderly people in this study area`s as describe following table.

**Table 51: Elderly people by their daily activities**

Daily activities	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Doing house hold works	36	59.0	43	58.9	79	59.0
Reading Books	0	0.0	1	1.37	1	0.8
Caring grand children	9	14.8	14	19.2	23	17.2
Performing religious activities	2	3.3	0	0.0	2	1.5
Meeting and Talking with mates	12	19.7	12	16.4	24	17.9
Listening Radio	1	1.6	1	1.4	2	1.5
Other(Cattle Rearing)	1	1.6	2	2.7	3	2.2
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 51 shows that large number 59.0 percent of the elderly respondents reported their daily activity is to perform doing house hold works as cooking food, helping family members in agriculture i.e. 59.0 percent male and 58.9 Percent female. Similarly, 0.8 percent elderly people reported that the reading books and 17.2 percent of respondent spent day caring grand children where 14.8 percent male and 19.2 percent female, 1.5 percent reported in performing religious activities in their day. Among that 17.9 percent of respondent spend day meeting and talking with mats i.e. 19.7 percent male and 16.4 percent female. Likewise, 1.5 percent of elderly people listening a radio to spend a time where 1.6 percent male and 1.4 percent female in total respondent and 2.2 percent reported in others activities such as cattle raring and caring children to pass their day i.e. 1.6 percent male and 2.7 percent female respectively.

### 5.2.3 Living satisfaction with family and religious activities

People are human being so that they need satisfaction what they have and do such a way elderly people need more satisfaction for them due to weakness of age factor. Most of the elderly people believe in god and goddess such a way they go to visit temple and monastery purpose of prosperity of off spring, to be free from sin, mental satisfaction, protect and follow tradition and best way to recreation of their life what they did in previous period of ages so that they perform various activities for their satisfaction.

**Table 52: The Elderly people by comfortable living with their family**

Satisfaction	Number	Percent
Yes	118	88.1
No	16	11.9
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 52 shows that 88.1 percent of elderly people are feel comfortable to stay to their family. Similarly, 11.9 percent of respondents are not satisfied living with their family member in the total respondent of study area.

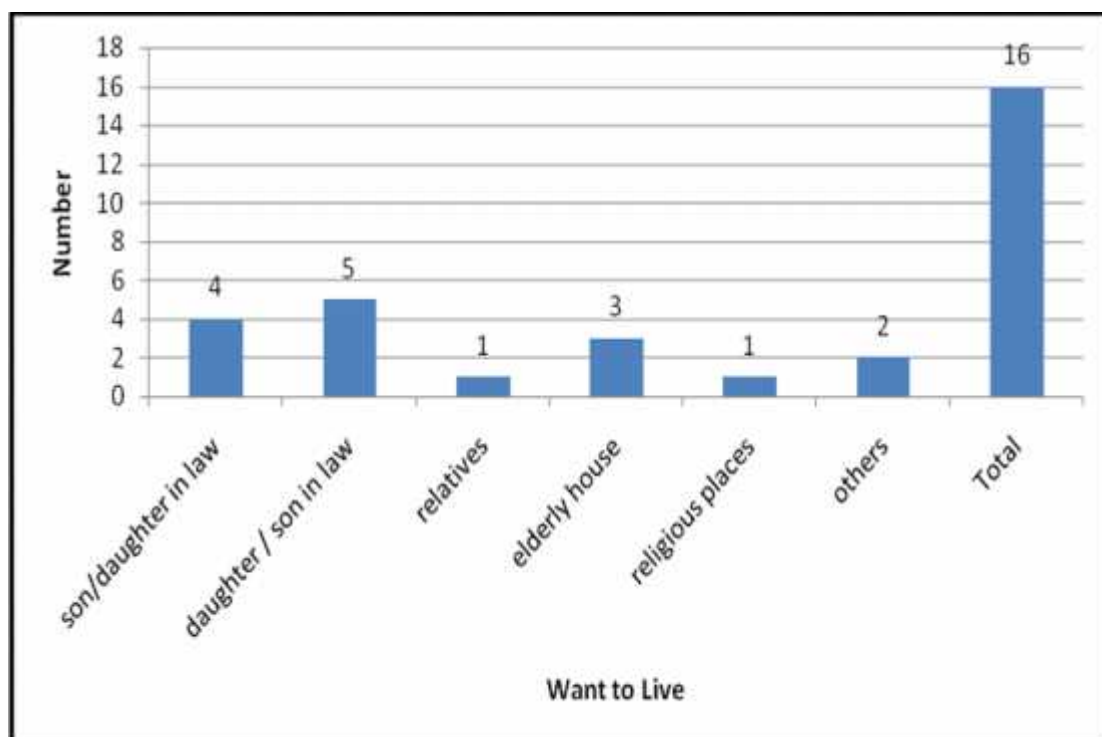
**Table 53: Distribution of the elderly people and where want to live**

Want to Live	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Son/Daughter in law	1	11.1	3	42.9	4	25.0
Daughter / Son in law	4	44.4	1	14.3	5	31.3
Relatives	0	0.0	1	14.3	1	6.3
Elderly house	2	22.2	1	14.3	3	18.8
Religious places	1	11.1	0	0.0	1	6.3
Others	1	11.1	1	14.3	2	12.5
<b>Total</b>	<b>9</b>	<b>100.0</b>	<b>7</b>	<b>100.0</b>	<b>16</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 53 analyses that in total percentage 11.9 (16 respondents) percent of the respondents are not satisfied living with their family out of 134 respondent, among that 25 percent of elderly want to live with their son/daughter in law i.e. 11.1 percent male and 42.9 percent female. Likewise, 31.3 percent like to live with them daughter/son in law where 44.4 percent male and 14.3 percent female and 6.3 percent of elderly want to live their relatives. Similarly, 18.8 percent want to live in elderly house i.e. 22.2 percent male and 14.3 percent female. Among that 6.3 percent like to stay in religious places and 12.5 percent of the respondents like to live others places.

**Figure No.5: Distribution of the elderly people and where want to live**



**Table 54: Elderly people visiting temples and religious activities**

<b>Performing religious activities</b>	<b>Number</b>	<b>Percent</b>
Yes	43	32.1
No	91	67.9
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 54 shows 32.1 percent of elderly people visit temple and monastery for their religious activities but large number 67.9 percent of respondents are not performing their religious activities in total respondents of study area.

**Table 55: The elderly people performing types of religious activities**

<b>Performing religious types</b>	<b>Number</b>	<b>Percent</b>
Prosperity of offspring	26	60.5
To be free from sin	1	2.3
Mental satisfaction	7	16.3
Protect and follow traditional	5	11.6
Others	4	9.3
<b>Total</b>	<b>43</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 55 represent that the 60.5 percent of elderly people go to temple prosperity of offspring in their elderly life, 2.3 percent to be free from sin and 16.3 percent of respondent do religious activities for mental satisfaction. Similarly, 11.6 percent of elderly people performing religious activities for their protected and follow tradition and 9.3 percent of responds are performing religious activities in total elderly people of study area.

## CHAPTER SIX

### SOCIAL SECURITY AND ELDERLY PEOPLE

#### 6.1.1 Social security, process and use of aged/widow allowance

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. Government of Nepal has participated in many international conferences and signed in many declarations for the welfare of the elderly people. Aged people above 75 and widows above 60 get old age and widow allowance under the social welfare of elderly. It is necessary to evaluate the pros and cons of programs and take necessary steps to provide it in the hands of targeted group from the security provided by the society or nation the following table number.

**Table 56: The elderly people by feeling social security**

Feel social security	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Yes	51	83.6	60	82.2	111	82.8
No	10	16.4	13	17.8	23	17.2
<b>Total</b>	<b>61</b>	<b>100.0</b>	<b>73</b>	<b>100.0</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 56 shows that 82.8 percent of elderly people feel social security where 83.6 percent male and 82.2 percent females. Respectively, 17.2 percent of respondent do not feel social security in their society i.e. 16.4 male and 17.8 female in total respondents of study area.

**Table 57: Distribution of the elderly people by types of social security**

Types of security	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Cash	9	17.7	5	8.3	14	12.6
Kind	37	72.6	49	81.7	86	77.5
Other	5	9.8	6	10.0	11	9.9
<b>Total</b>	<b>51</b>	<b>100.0</b>	<b>60</b>	<b>100.0</b>	<b>111</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Similarly, table 57 shows that what types of social security that elderly people feel in the society. Among the total respondents 12.6 percent respondents reported that they get cash of social security i.e. 17.7 percent male and 8.3 percent female. Likewise, 77.5 percent elderly people they get kind as a social security where 72.6 percent male and 81.7 female. Respectively, 9.9 percent of elderly people they get other security in the total respondents of study area.

**Table 58: Distribution of the elderly people by knowledge of old age allowance**

<b>Knowledge</b>	<b>Number</b>	<b>Percent</b>
Yes	100	74.6
No	34	25.4
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 58 depict that 74.6 percent of elderly people have knowledge about widow and aged allowance and 25.4 percent of respondent do not have knowledge about allowance in total respondent. The study is focused on the process of receiving allowance by the elderly that is distribution in following table.

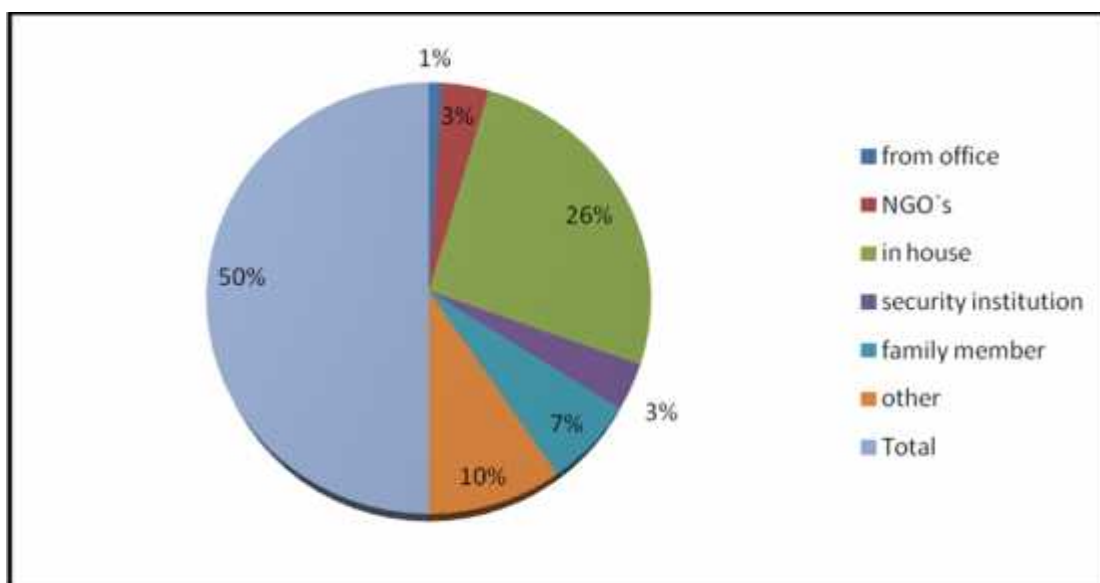
**Table 59: The process of receiving aged/widow allowance**

<b>Process</b>	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	<b>Number</b>	<b>Percent</b>	<b>Number</b>	<b>Percent</b>	<b>Number</b>	<b>Percent</b>
From office	1	2.0	1	2.0	2	2.0
NGO`s	1	2.0	6	12.0	7	7.0
In house	26	52.0	26	52.0	52	52.0
Security institution	5	10.0	2	4.0	7	7.0
Family member	7	14.0	6	12.0	13	13.0
Other	10	20.0	9	18.0	19	19.0
<b>Total</b>	<b>50</b>	<b>100.0</b>	<b>50</b>	<b>100.0</b>	<b>100</b>	<b>100.0</b>

*Source: Field Survey, 2012*

According to table 59 shows that getting a aged/widow allowance, 2.0 percent of the elderly get old age /widow allowance from office where 2.0 percent male and 2.0 percent female. Likewise, 7.0 percent get by the help of NGO`s i.e. 2.0 percent male and 12.0 percent female. Remaining 52.0 percents are paid in their own house by office staff where 52.0 percent male and 52 percent female, 7.0 percent of elderly people get by security institution. Among 13.0 percent respondents get by their family member and 19 percent of respondent are paid by other processes in that study area.

**Figure No.6: Elderly people by the process of receiving aged/widow allowance**



**Table 60: The elderly people by not receiving aged/widow allowance**

Process	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Age Limit	10	83.3	15	68.2	25	73.5
Others	2	16.7	3	13.6	3	8.8
Not necessary	0	0.0	4	18.2	6	17.7
<b>Total</b>	<b>12</b>	<b>100.0</b>	<b>22</b>	<b>100.0</b>	<b>34</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 60 shows that 73.5 percent of the elderly reported the age limit as a main reason for not receiving the age and widow allowance i.e. 83.3 male and 68.2 percent female and 8.8 percent respondent do not get due to others reason where 16.7 percent male and 13.6 percent female .Similarly, 17.7 percent of elderly people said not necessary for them in this study area.

**Table 61: Elderly people by using their allowance**

Person using allowance	Number	Percent
Self	81	81.0
Spouse	7	7.0
Son/ daughter in law	6	6.0
Grand children	5	5.0
Others	1	1.0
<b>Total</b>	<b>100</b>	<b>100.0</b>

Source: Field Survey, 2012



Above table 61 reported that 81.0 percent of respondent use their age and widow allowance self, 7.0 percent of elderly people use their spouse. Among 6.0 percent reported that it use their son/daughter in law. Similarly, 5.0 percent of respondent allowance use for their grand children and 1.0 percent use for other people in total respondent of study area.

**Table 62: Distribution of the elderly people and allowance use for**

Allowance used for	Male		Female		Total	
	Number	Percent	Number	Percent	Number	Percent
Shoe/ Sandal /Clothing	2	4.9	1	2.5	3	3.7
Medicine	9	22.0	2	5.0	11	13.6
Tea/ Smoking/ Pocket money	29	70.7	35	87.5	64	79.0
Gift for grand children	1	2.4	2	5.0	3	3.7
<b>Total</b>	<b>41</b>	<b>100.0</b>	<b>40</b>	<b>100.0</b>	<b>81</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 62 shows that clear that 3.7 percent of the elderly use allowance for Shoe/Sandal/Clothing where 4.9 percent male and 2.5 percent female, Medicine propose 13.6 percent i.e. 22.0 percent male and 5.0 percent female. Among them large number 79.0 percent respondents are using their allowance for Tea/Smoking/Pocket money i.e. 70.7 male and 87.5 percent female at last 3.7 percent of elderly people utilize their age/widow allowance where 2.4 percent male and 5.0 percent female in the total respondents.

### **6.1.2 Perception, management and welfare of the state and society**

This time is the well manage and well care period for elderly people because they are being physically, mentally and psychologically weak stage of age so, what is going on present care system in this society in study area. Elderly people are source of knowledge, skill and experience. When they become elderly they need good nurturance from the family member. They need help from the family, community as well as from the government. Most of the elderly people that states and community must pay attention toward the basic needs and interest of the elderly as well as poor and disabled elderly. The elderly people have long experience and remain as an inseparable part of the society and therefore their need, problem and prospects require a holistic solution and not a fragmented approach. However, changing Nepalese life style from traditional ways to western ways may pose serious problem of ageing in

Nepal in decade to come. Therefore it is being an urgent need to make concrete plan and policy to change to attitude of family member, policy makers, planners and professional in the community towards elderly people from state. Those information shows following table.

**Table 63: Elderly people and perception of present care system in society**

Perception of elderly people	Number	Percent
Better than earlier	99	73.9
Same as earlier	30	22.4
Worst than earlier	5	3.7
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 63 shows that 73.9 percent of elderly people answered that present care system in community better than earlier. Similarly, 22.4 percent of respondent replied that present care system is same as earlier and 3.7 percent of elderly people have perception of present care system in society worse than earlier in the total respondents respectively.

**Table 64: Elderly people by management of adequate care from society**

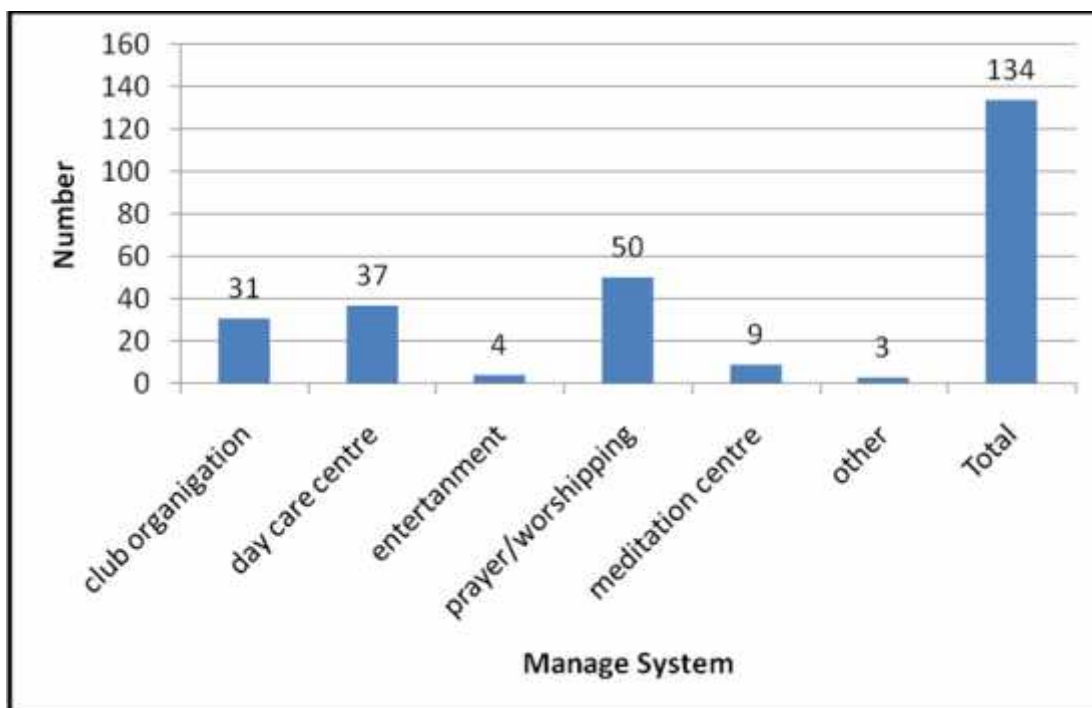
Manage system	Number	Percent
Club Organization	31	23.1
Day Care Centre	37	27.6
Entertainment	4	3.0
Prayer/Worshipping	50	37.3
Meditation Centre	9	6.7
Other	3	2.2
<b>Total</b>	<b>134</b>	<b>100.0</b>

*Source: Field Survey, 2012*

Table 64 shows that the need of elderly people or expectation of elderly from the society. Among 23.1 percent of elderly reported that society must manage for the elderly people by club organization. Among, 27.6 percent of respondents wish to manage by day care centre. Similarly, 3.0 percent of respondents said that managing an entertainment center for elderly to kill their time. Among 37.3 percent of total respondents reported that society must manage the adequate care of elderly by prayer/worshipping. Likewise, 6.7 percent of elderly responded that society should make meditation center for elderly people and 2.2 percent of elderly people are

reported that the society should make other system to manage of elderly people in total respondent of study area respectively.

**Figure No.7: Distribution of the elderly people by management of adequate care from society**



**Table 65: The elderly and welfare of state in study area**

State welfare/aged people	Number	Percent
State should do well Treatment and Take care	30	22.4
Providing more Aged/Widow Allowance	10	7.5
Building a VDC Level Elderly Care Center	25	18.7
Well manage for Good Food as well as Place to Live	45	33.6
No Idea	24	17.9
<b>Total</b>	<b>134</b>	<b>100.0</b>

Source: Field Survey, 2012

Table 65 shows that 22.4 percent of respondent said state should do well treatment and take care of their need. Among total elderly people 7.5 percent of elderly agreed that state have to providing more aged/widow allowance. Similarly, 33.6 percent of ageing people reported in the building VDC level elderly care center and 17.9 percent elderly people replied that they have no idea about welfare of old aged people in the total respondent respectively.

## CHAPTER SEVEN

### SUMMARY, CONCLUSION AND RECOMMENDATIONS

#### 7.1 Summary of findings

This study is based on the elderly population of Sertung VDC of Dhading District. The data are analyzed and presented according to the objective of the study. The data which is collected from the selected respondent to find out the demographic, socio-economic, health and security status of elderly population. The study area purpose, primary information based on census method of ward no.4, 5 and 6. The purpose of study of the demographic, socio-economic, health and security status of elderly people in 134 respondents. Among them 45.5 percent male and 54.5 percent are female.

##### 7.1.1 Demographic status

Demographic characteristic included age, sex, age of first marriage and age of first birth of the elderly people to obtain the information about the demographic characteristic. The following points are important to sum up the status of elderly people.

- ) Majority of respondents are female 54.5 percent and then 45.5 percent male in this study area.
- ) The higher percentage of elderly people 25.4 percent belongs to age group 60-64 years and lower percentage of the elderly people 15.7 percent belongs to age group 70-74 years.
- ) Large percent of respondents 46.3 percent is widow/widower i.e. 32.8 percent male and 57.5 percent female, 5.2 percents are divorce/separation. Similarly, 38.8 percent currently married such a way 0.8 percent unmarried.
- ) The respondent of nuptiality practice and behavior constitutes 26.9 percent got married in below 15 year of their ages i.e. 24.6 percent male and 28.8 percent female, it is followed by 58.2 percent married age of 15-19 and 12.7 percent married age of 20-25 i.e. 14.8 percent male and 11.0 percent female respectively.
- ) Children are their care takers and supporters in elderly period where 38.8 percent of respondents have 3-4 children, 23.9 percent has 1-2 children as a

followed 6.7 percent of elderly people does not have any child with them respectively.

### **7.1.2 Social status**

Life in old age is greatly influence by family and society as well as elderly are regarded as dependents in one hand and respected on the other hand. This section study about the caste/ethnicity, religious, literacy rate and living status in family. Those points are follows.

- ) Among the total respondents higher proportion is found in Tamang caste 64.2 percent i.e. 40.7 percent male and 59.3 percent female such a way 35.8 percent Gurung caste i.e. 54.2 percent male and 48.9 percent female in total respondents.
- ) Majority of religious are Buddhist 91.7 percent i.e. 90.2 percent male and 93.2 percent female. Respectively, 1.6 percent Hindu and 7.5 percent Christian i.e. 8.2 percent male and 6.9 percent female in total.
- ) Literacy status among these respondents is seems not good 91.0 percent illiterate i.e. 83.3 percent male and 97.3 percent female. Among that only 9.02 percent literate where as 16.7 percent male and 2.7 percent female are literate.
- ) Living arrangement of Caste/Ethnicity where 56.0 percent of respondents are living with their son/daughter i.e. 43.8 percent Gurung elderly people and 62.8 percent Tamang elderly people. Among that 27.6 percent with their spouse, 6.7 percent with daughter/son in law and 1.5 percent living with their grand children respectively.
- ) Decision making role reported that 62.0 percent of respondent decided self i.e. 62.3 percent male and 61.6 percent female. Among those respondent 21.8 percent with their husband/wife, 14.1 percent by son/daughter and 0.7 percent as followed.
- ) Basic daily food, where as 3.0 percent of elderly people have food once a day, large percent 53.7 percent have twice a day and 30.6 percent have thrice a day. Among the total respondent 12.7 elderly people consume food four times a day in this study area.

- ) Majority of 56.0 percent of elderly people take care self for their personal hygiene i.e. 54.1 percent male and 57.5 percent female. Similarly, 23.9 percent of respondent help their personal hygiene by husband and wife and 14.9 percent by their son/daughter in law among that 3.7 percent by grand children respectively.

### **7.1.3 Economic status**

People above 60 years are called dependent population, occupation, income source and involvement of the elderly income generating activities influence the quality of life and maintain living standard along the occupation of elderly people.

- ) Among the total respondent 93.3 percent of huge elderly people are engaged in agriculture. Similarly, 0.7 percent in business, 5.2 percent is service in India and 0.7 percent of respondents such a way large 86.6 percent of elderly people have main source income from agriculture.
- ) Majority of elderly people have own land where as 73.1 percent and 26.9 percent elderly does not have own land due to several reasons such as transfer to the son and daughter.
- ) Quite high percentage of elderly people is having Pewa/Daijo and Jeuni 53.0 percent but 47.0 percent is not having such a price. Among the having elderly people 71.8 percent have land i.e. 77.8 percent male and 65.7 percent female, 16.9 percent house and 8.5 percent have livestock in the total respondent i.e. 8.3 percent male and 8.6 percent female.
- ) 84.3 percent of elderly people in current involve in economy activity i.e. 0.8 percent in Gov/Organization job,36.3 percent in agriculture and large number 55.8 percent of elderly people currently involve in such a sector as followed but 15.7 percent of elderly people are not engage in economic sector currently.
- ) Their personal expenses 31.3 percent by self, 14.9 percent together with their spouse and majority of 45.5 percent by their son/daughter in-law. Among total the 3.7 percent by daughter/son in-law take care of their personal expenses during days.

- ) Majority of the respondent 85.1 percent of elderly people supporting to their family as a household work, providing some money and others etc but 14.9 percent of elderly not supporting to their family present time.

#### **7.1.4 Health status**

Generally elderly people loss the disease protection capacity with the physical weakness and disable to do any work. Mainly suffer from such a disease heart, respiratory, eyes, ear and diabetes and weakness in different organs.

- ) Large number 85.8 percent of elderly people reported that they have health problem i.e. 83.6 percent male and 87.7 percent female but 14.2 percent of respondent does not have any health problem i.e. 16.4 percent male and 12.3 percent female.
- ) Health problem of elderly people, 17.4 percent physical disability i.e. 15.7 percent male and 18.8 percent female. Among that 29.6 percent elderly poor eye sight, 20.9 percent are poor hearing and 7.0 percent mental disability in total elderly. Similarly, 18.3 percent are suffering from toothache i.e. 13.7 percent male and 21.9 percent female. Likewise, 7.0 percent of respondent suffering from other problem.
- ) Most of the elderly people 54.5 percent check their health i.e. 54.1 percent male and 54.8 percent female respectively. Among that 45.5 percent of respondent do not check their health where as 45.9 percent male and 45.2 percent female.
- ) It seems that majority of the respondent 17.2 percent have no chronic disease and 82.8 percent elderly are suffer from the chronic disease, out of them 18.9 percent people are suffering from diabetes, 13.5 percent from blood pressure and 18.9 percent are suffer from back pain. Similarly, 9.0 percent from swelling i.e. 7.7 percent male and 10.2 percent female respondent. Respectively, join pain, asthma and others diseases both of male and female suffer from chronic disease.
- ) Most of the elderly people 57.1 percent they go to Dhamsi/Jhakri during sickness for their treatment and 40.6 percent reported that they go Health post/Hospital for their treatment. Similarly, 0.8 percent of respondent go to the Baidhya and 1.5 percent usually in others place for their treatment.

- ) Large number 81.3 percent of elderly people have habit of smoking and drinking i.e. 70.0 percent use Smoke(Cigarette/Bindi/Tambakhu), 26.9 percent use drink alcohol and 2.8 percent use chew tobacco during their elderly time but comparatively not smoking and drinking such as 18.7 percent in total respondent in this study.
- ) Majority of elderly 53.7 percent reported that they needed mobile for their health facilities from state i.e. 57.4 percent male and 50.7 percent female. Similarly, 10.5 percent of respondent need free health check up and 19.4 percent want from state free treatment for their problem as well as 3.7 percent wish to have free transportation as followed separate bed in hospital and others.

### **7.1.5 Psychological status**

This part also one of the important part in this study so it analyses the fact on psychological views of elderly people in study area. Naturally reason and memory power of old people decreases with passage of time.

- ) It is seems that 73.9 percent of respondent feel getting old when they are age of 50-59 years i.e. 68.5 percent male and 80.3 percent female and 9.0 percent of elderly feel aged 40-49 years. Likewise, 17.2 percent of respondents feel getting old age of 60-69 year where as 15.1 percent male and 19.7 percent female respectively.
- ) Majority of elderly people are not discrimination from their family 83.6 percent but 16.4 percent of respondents are discriminated from their home such a 18.2 percent food, 18.2 percent verbal abuse, 31.8 percent mental torture and 9.1 percent violence or others discrimination from their members where large number of respondents are discriminated by their son and daughter in law.
- ) Daily activities of elderly people, large number 59.0 percent doing house hold works i.e. 59.0 percent male and 58.9 percent female, 0.8 percent reading books, 17.2 percent caring grand children and 1.5 percent performing religious activities. Similarly, 17.9 percent respondent meeting and talking with mats i.e. 19.7 percent mala and 16.4 percent female such a way listing radio and others activities in their daily routing.



- ) Majority of respondents are satisfaction living with their family 88.1 percent but 11.9 percent of elderly people are quite dissatisfied with their living in this study area.
- ) Large number of respondents are not visiting temple and religious activities where as 67.9 percent but 32.1 percent of elderly people are performing daily religious activities i.e. 60.5 percent prosperity of offspring, 2.3 percent to be free from sin, 16.3 percent mental satisfaction and 11.6 percent protect ad follow traditional as well 9.3 percent other religious activities.

### **7.1.6 Security status**

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.

- ) It seems that 17.2 percent not feel social security i.e. 16.2 percent male and 17.8 percent female but majority of respondent 82.8 percent feel getting social security where as 12.6 percent getting cash, 77.5 percent kind and 9.9 percent getting other of social security.
- ) Majority of these study area elderly getting their old aged/widow allowance through 2.0 percent from office, 7.0 percent from NGO`s, 52.0 percent from In house and 7 percent from security institution. Among that 13.0 percent from family member i.e. 14.0 percent male and 12.0 percent female such a way 19.0 percent are getting aged/widow allowance.
- ) 79.0 percent of the elderly people they use their aged/widow allowance for Tea/Smoking/Pocket money i.e. 70.7 percent male and 87.5 percent female. Likewise, 3.7 percent use for Shoe/Sandal and Clothing, 13.6 percent for Medicine and gift for grand children.
- ) Perception of elderly people present care system in society where as large 73.9 percent said better than earlier and 22.4 percent reported same as earlier. Among the total 3.7 percent replied worse than earlier.
- ) They have wish to have such a thing from state where as 22.4 percent said well treatment and take care, 7.5 percent reported more aged/widow allowance and 18.7 percent said build a VDC level elderly care center.

Similarly, 33.6 percent wish from state, well manage for good food as well as place to live and 17.9 percent replied No idea about this.

## **7.2 Conclusions**

Elderly people with low income and poverty depend on their offspring and their relatives even in their daily needs and along increasing elderly population day by day due to public awareness about their health and hygiene and modern facilities. A clear picture on the various aspect of the respondent has been obtained from this study area.

Large number of Tamang elderly people living in this study area compare to those Gurung elderly people, number of married prevalence rate among the elderly is very high and age at marriage in very early such a way having many children in their life time. The literacy rate is very poor where most of the respondents are under educated and huge number of those elderly people engage in agriculture for their main occupation also they are believe in Buddhist religion. Majority of respondents are living in join family with their son/daughter in law and satisfied living with their family as well.

Most of the elderly people are suffering from disease physical disability, poor eye sight, poor hearing power, mental disability, toothache as well as they smoking and drinking alcohol and others disease so that health status of respondents are not satisfactory. When they feel sick at that period they go to health post/hospital as well as Dhami/Jakri and Baidhya (traditional hillers and homoeopathy doctor) for their treatment and most of the respondent expect in their place for their health services mobile camp, free health check up, free treatment, free transportation and separate health post in VDC level.

Large numbers of the elderly people feel getting old while they were age of 50-59 years and they spent a day doing house hold work, talking with mats, caring grand children, performing religious activities and listening radio daily activity. Elderly people are helping to their family directly or indirectly. The elderly people of study area do not have good health services. The most of the elderly people are taking aged/widow allowance but allowance provided by the government is not sufficient for their passing daily life.

### **7.3 Recommendations**

Above study analyzed about this Demographic, Socio-Economic, Health and Psychology and Security of status of elderly people in Sertung VDC, of Dhading District has to come to the end with some recommendation.

#### **7.3.1 Recommendation**

- ) Every house of elderly has to provide equipped living arrangement as well must be provided nutritious food for every day in time by family.
- ) Elderly people should be provided with the facilities of regular health checks up and health services and elderly health insurance by Nepal government.
- ) NGO`s should establish village level and they should concentrate themselves to solve the elderly people`s problems.
- ) It will be helpful for the policy maker and planner to make their policy about the elderly people within the rural areas.
- ) Opportunity to utilize their knowledge, skill and experience in community as well as the national level.
- ) Perfect need oriented policies should be made for the elderly with guarantee of implementation.
- ) 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.

#### **7.3.2 Recommendation for future area of research**

- ) Nationwide details study on the elderly situation should be conducted which will help to collect actual scenario of the elderly people.
- ) This study is limited only to Sertung VDC; of the rural areas of Dhading district of Nepal. Therefore, these types of researches should be conducted in other areas with relatively larger sample.
- ) This study covered only two ethnic communities; other researchers are recommended to be conduct in a comparative manner of various ethnic groups and religious segment of the area.

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**APPEDIX-I**  
**Tribhuvan University**  
**Central Department of Population Studies, TU, Kirtipur**  
**Situation of Elderly Population in Nepal, Sertung VDC, Dhading**  
**QUESTIONNAIRE SCHEDULE-2012**

Name of Respondents: .....

District.....

Name of the Household Heads: .....

VDC.....

House No.....

Date of Interview.....

**Section-1: Family Description**

S. N	Name of the respondent/family	Relation with H.H	Sex	Age	Marital status	Education 6 yrs / above	Occupation	Caste/ethnicity	Religion
	1	2	3	4	5	6	7	8	9
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

Code of questions:

Q.2, 1) Self 2) spouse 3) son/daughter 4) Grand -son/daughter/daughter in-law

5) Daughter /son in-law 6) others.

Q.3, 1) male 2) female

Q.5, 1) Never married 2) Ever married: i) Multiple spouse ii) Re-married iii) Widow

iv) Separated v) Others.

Q 6, 1) Illiterate 2) literate: i) Primary ii) Lower secondary iii) Secondary

iv) Higher secondary v) Diploma and above vi) Others.

Q.7, 1) Agriculture 2) Services 3) Business 4) Others

Q.8, 1) Gurung 2) Tamang 3) Others

Q.9 1) Hindu 2) Buddhist 3) Christian 4) Other

<b>Section-2: Background characteristics of respondent</b>				
S.N	Questions	Response Categories	Code	Skip
1	What is your relationship with Household head?	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? (completed age)			
4	What is your marital status?	a. Unmarried ..... b.Currently married... c.Widow/Widower ..... d.Divorce/ Seperation f.Other .....	1 2 3 4 5	
5	What was your age at marriage?	a.Below 15 years .... b. 15-19 ..... c. 20-25 ..... d. above 25 .....	1 2 3 4	
6	How many son and Daughters do you have?	a. sons .....( ) b.daughters..... ( ) c. Total..... ( )		
7	What is your religion?	a.Hindu..... b.Buddha.... c. Christian..... d. Islam..... e. Other.....	1 2 3 4 5	
8	What is your educational status?	a. Illiterate..... b. Literate.....	1 2	
9	If literate, Passed class.....?	a. Primary b. Lower secondary c. Secondary	1 2 3	



		d. Higher secondary	4	
		e. Diploma and above	5	
		f. Informal education		
10	What is your family type?	a. Nuclear.....	1	
		b. Joint.....	2	
<b>Section-3:Current Living Arrangement</b>				
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. Brother.....	5	
		f. Other.....	6	
12	Are you satisfied with your current living/ arrangement?	a. Yes	1	
		b. No	2	
12:a.	If Yes, WHY?			
12:b.	If No, Why not?.			
13	To whom do you wish to live?	a. Self/alone	1	
		b. Spouse	2	
		c. Son/daughter in law	3	
		d. Daughter/son in law	4	
		e. Grand children	5	
		f. Brother	6	
		g. Other relatives	7	
		h. Other.....	8	
14	Who decides the following in your family? a. Division of household labor b. Marriage of offspring c. Selling and buying valuable things			

	d. Religious functions e. Family ceremony			
	Code of the above question	a. Self b. Husband/wife c. Son/daughter in law d. Daughter/son in law e. Grand children f. Brother g. Other relatives h. Others.....	1 2 3 4 5 6 7 8	
15	Who prepares food for you?	a. Self b. Husband/wife c. Son/daughter in law d. Daughter/son in law e. Grand children f. Others.....	1 2 3 4 5 6	
16	Are you getting enough food according to your desire?	a. Yes b. No	1 2	
17	How many times in a day do you get food?	a. Once b. Twice c. Thrice d. Four times e. Five times f. Others.....	1 2 3 4 5 6	
18	Who helps you in your personal hygiene?	a. Self b. Husband/wife c. Son/daughter in law d. Daughter/son in law e. Grand children f. Others.....	1 2 3 4 5 6	
<b>Section-4 Information on Economic Status</b>				
19	What was your past occupation?	a. Agriculture b. Daily wage	1 2	

		c. Business	3	
		d. Service (India)	4	
		e. Service (NG)	5	
		f. Other	6	
20	What is your main source of income?	a. Agriculture	1	
		b. Pension	2	
		c. Aged allowance	3	
		d. Trade	4	
		e. Donation	5	
		f. Other	6	
21	Did you ever have owned land?	a. Yes	1	
		b. No	2	
22	Do you currently own land?	a. Yes	1	<b>23</b>
		b. No	2	
23	If no, what happened to the land?	a. Transferred in son's name	1	
		b. Transferred in daughter's name	2	
		c. Taken by others	3	
		d. Others	4	
			5	
24	Do you have any PEWA/JEUNI?	a. Yes	1	
		b. No	2	
25	If yes, what type of PEWA/JEUNI?	a. Land	1	
		b. House	2	
		c. Livestock	3	
		d. Others	4	
26	Are you correctly involved in any economic activity?	a. Yes	1	
		b. No	2	
27	If yes, what activity of economic and you are currently involved in?	a. Govt./organizational job	1	
		b. Agriculture	2	
		c. Trade	3	
		d. Animal raring	4	
		e. Others	5	
28	Who takes responsibility of your special expenses?	a. Self	1	

		b. Spouse	2	
		c. Son/daughter in law	3	
		d. Daughter/son in law	4	
		e. Grand children	5	
		f. Other relatives	6	
		g. Others	7	
29	Do you give economic support to your family currently?	a. Yes	1	
		b. No	2	
30	If yes how do you help in your family occupation?	a. Providing physical labor in farm	1	
			2	
		b. Providing money	3	
		c. Helping in household work	4	
		d. Others	5	
<b>Section - 5: Information on Health Status</b>				
31	Do you have any health problem/disability?	a. Yes	1	
		b. No	2	
32	If yes, what type of health problem/disability do you have?	a. Physical disability	1	
		b. Poor eye sight	2	
		c. Poor hearing power	3	
		d. Mental disability	4	
		e. Toothache	5	
		f. Others	6	
33	Do you have regular health checkup?	a. Yes	1	<b>35</b>
		b. No	2	
34	How many times a year do you go for health checkup?	a. Once a year	1	
		b. Twice a year	2	
		c. Thrice a wire	3	
		d. More than 3 times	4	
		e. Not at all	5	
35	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	
36	Do you have any chronic diseases?	a. Yes	1	
		b. No	2	
37	What type of chronic disease do you have?	a. Diabetes	1	
		b. Blood pressure	2	
		c. Back pain	3	
		d. Swelling of muscles	4	
		e. Joints pain	5	
		f. Asthma	6	
		g. Others	7	
38	Where do you go for treatment during sickens?	a. Health post/ Hospital	1	
		b. Dhami/Jhankri	2	
		c. Baidhya	3	
		d. Modern hospitals	4	
		e. Clinics	5	
		f. Others	6	
39	Who helps you during sickness?	a. Spouse	1	
		b. Son/daughter in law	2	
		c. Daughter/son in law	3	
		d. Grandson	4	
		e. Government	5	
		f. Others	6	
40	Do you smoke or drink alcohol?	a. Yes	1	
		b. No	2	
41	If yes, what do you consume? (multiple response)	a. Smoke, cigarette/Bindi, Tambakhu.	1	
		b. Drink alcohol	2	
		c. Chew tobacco	3	
		d. Others	4	
42	In your opinion what is the main problem of elderly people in your community?	a. Diseases	1	
		b. Mental torture	2	
		c. Loneliness	3	

		d. Food insecurity	4	
		e. Isolation	5	
		f. Not cared by family	6	
		g. Others	7	
43	In your opinion, what type of health service is needed to elderly from government side?	a. Mobile camp	1	
		b. Free health checkup	2	
		c. Free treatment	3	
		d. Free transportation	4	
		e. Discounts	5	
		f. Management of separate bed and ward in hospital	6	
		g. Other	7	
<b>Section -6: Information on Psychological Status</b>				
44	At what age did you felt getting old?	a. 40-49 years	1	
		b. 50-59 years	2	
		c. 60-69 years	3	
		d. 70+years	4	
45	Do you feel domination/torture in your family?	a. Yes	1	
		b. No	2	
46	What type of discrimination torture do they give?	a. Food discrimination	1	
		b. Verbal abuse	2	
		c. Mental torture	3	
		d. Physical torture	4	
		e. Violence	5	
		f. Other	6	
47	Who is the main dominating member in your family to you?	a. Son/ Daughter in law	1	
		b. Grand children	2	
		c. Owns spouse	3	
		d. Others	4	
48	How do you often spend your time?	a. Doing household works	1	
		b. Reading books	2	

		c. Caring grand children	3	
		d. Performing religious activities	4	
		e. Meeting, talking with mats	5	
		f. Listening radio	6	
		g. Others	7	
49	Are you satisfied and feeling comfortable to stay with your family?	a. Yes	1	
		b. No	2	
50	If no, where do you want to go to live?	a. Son/daughter in law	1	
		b. Daughter/son in law	2	
		c. Neighbors house	3	
		d. Relatives	4	
		e. Elderly houses	5	
		f. Religious place	6	
		g. Others.....	7	
51	Do you visit temples and perform religious activities?	a. Yes	1	
		b. No	2	
52	If yes, why do you visit temples and perform religious activity?	a. Prosperity of off spring	1	
		b. To be free from sins	2	
		c. Mental satisfaction	3	
		d. Protect and follow traditions	4	
		e. Best way of recreation	5	
		f. Others	6	
<b>Section - 7 : Information on Social Security status</b>				
53	Do you feel any social security?	a. Yes	1	
		b. No	2	
54	What type of social security have you got?	a. Cash	1	
		b. Kind	2	
		c. Other	3	
55	Have you ever heard about old age allowance?	a. Yes	1	
		b. No	2	
56	If yes, what is your process of taking aged allowance?	a. From office	1	

		b. NGO's	2	
		c. In house	3	
		d. Security institution	4	
		e. Family member	5	
		f. Others	6	
57	If no, why do you not receive aged allowance?	a. Lack of citizenship certificate	1	
		b. No one help	2	
		c. Not necessary	3	
		d. Others	4	
58	Who uses the allowance?	a. Self	1	
		b. Spouse	2	
		c. Son/daughter in law	3	
		d. Grand children	4	
		e. Others	5	
59	If self, how do you spend it?	a. Shoe/sandal/clothing	1	
		b. Medicine	2	
		c. Tea/smoking/pocket money	3	
		d. Gift for grand children	4	
		e. Others	5	
60	In your experience, what is the present system of social esteem towards elderly people?	a. Better than earlier	1	
		b. Same as earlier	2	
		c. Worst than earlier	3	
61	How can society manage for adequate care of the elderly people?	a. Club organization	1	
		b. Day care center	2	
		c. Entertainment	3	
		d. Prayer/worshipping	4	
		e. Meditation center	5	
		f. Others	6	
62	In your opinion what the state should do for the welfare of all old aged people?			

**Thank You for Providing Valuable time and Information!**