

CHAPTER-I

INTRODUCTION

1.1 Background of the Study

Aging refers to the itself and to perform the functions it once did. As the body begins to decline, our abilities withstanding the stresses and strains of life are diminished by developing more ailments to heal and more time to recover. Even though the elderly represent only a small non-descriptor segment of the total population, it has created powerful policy interest around the globe. The elderly are not only growing in number but also becoming more vocal and making increased demands on contemporary society.

Ageing is a natural outcome of demographic transition from high fertility and mortality to low fertility and mortality. An increases in the longevity of the individuals or an increases in the average length of life pertaining to a population results from improvements in the quality of the environment and from medical advances among other factors.

The old age is a relative concept. Demographers consider 65 years of age as the old age for international comparison of elderly people. The world assembly on aging adopted, as its main focus of concern, the population aged 60 or over as elderly population. The age 60 is also a convenient one for its statistical analysis. The united nation consider 60 years as the boundary of old age. The age cut off for the elderly population varises across the countries and overtime.

The government of Nepal has fixed the age of retirement as 58 years for civil servants. But at the regional court and at the university the retirement age of the chief justice of the high curt is 65 years in Nepal. However, in the agriculture sector such a distinction for the retirement age is not evident. In this case, the productive age may go beyond 70 years as long as a person is physically fit to work.

The problem of age structure changes in population in developed country results in the growing proportion and absolute number of elderly people, whereas in

developing countries it results with the problem of increasing young age structure. However, the proportions, changes there in and the direction of changes are important measures of old and of an aging population. Nevertheless, six and half percent of elderly population (60+years) in Nepal in 2001 does not mean that Nepal is not facing the problems of elderly population. The population aging or getting younger (Juvenile) is to be considered as a social problem.

Aging is an emerging social issue for Nepal because fertility has started going down in recent years, the mortality is declining fast and the life expectancy is continuing to increase for both sexes in Nepal. It is important to understand the ageing issue in the proper demographic and national context. In a country like Nepal, a marginal increase in the proportion of older people poses serious problem where people are characterized by greater spatial inequalities, poverty stagnant economy, illiteracy and poor health status. The rapid increases in the proportion and absolute number of aged people among the total population will impact on socio-economic and health policies and the culture in future society of Nepal.

Table 1: Percentage distribution of the elderly population by sex for rural-urban, Nepal, 1991-2001

Age	Urban		Rural	
	Male	Female	Male	Female
60+ in 1991	4.7	5.3	6.1	5.8
60+ in 2001	5.4	6.1	6.8	6.5

Source: Pantha and Sharma, 2003, Vol. 1, p. 71.

The dispersal of the family members, leading to the break down of the large/joint/extended family and the new status and role of women is making the caring of the elderly population very difficult. It is imperative that the elderly should not be deprived of their independence their sense of responsibility, their responsibility and their feelings that the family and community rejected them. Any breakdown of these basic components can affect their mental health, which in turn can reduce their physical and psychological activity, leading to rapid health deterioration and ultimately death.

The greater attention should be paid to the issue, particularly to such as pacts as how the aged segment of population could make active contribution to the family and society. There is an urgent need to create awareness and change the attitude of family members in the community toward elderly people. It is the time to use them as a resource to utilize their knowledge and skills and keep the elderly active and lively. It is essential to assess elderly peoples needs and collect information about their demographic characteristics, socio-economic and health status conducting researches. (Nepal Population Report, 2007)

Ag Distribution

Age data in Nepal suffers highly from age shifting, high reporting at ages ending in even, 0 and 5 digits and very low reporting in other digits. Grouping of reported ages by 5 year intervals is supposed to smooth much of these irregular reporting.

Based on above assumptions, the age distribution of Nepalese population (both sex) for various time periods classified as prior and post 1951 periods by major age groups are presented in the following table since prior to 1951, the age groups in the census reports are given only by broad groups 0-15, 16-49 and 50+ years ages, the percents of population as required in the present classification of ages have to be estimated from other sources. For this purpose, life tables constructed by Singh, 1979 for the period 1911-1971 are used.

Table 2: Age distribution by Major Age Groups, Prior and Post 1951

Age groups	Prior 1951			
	1911*	1941**	1971	2001
0-14	38.68	39.16	39.72	39.31
60+	4.28	5.33	5.88	7.46
65+	2.43	3.17	3.17	4.21
75+	0.45	0.65	0.98*	1.30

* Estimation (Singh, 1979)

** Actual Census was taken in 1942. The figure for 1941 is based on M.L. Singh, Ibid.

Source: CBS, 2003.

The table shows that, through the proportion of young children under 15 years has remained virtually constant around 40 percent for all the years, the proportion of aged person by all major age groups are found increasing steadily. The percent of 60+ years old has increased from 4.28 percent in 1911 to 7.46 percent by 2001. For the aged 65+ years, the increment is from 2.43 percent in 1911 to 4.21 percent by 2001. Similarly in case of 75+ years, the increment is from 0.45 percent to 1.30 percent for above period.

1.2 Statement of the Problem

The proportion of elderly population is increasing day by day in Nepal. At present time also, elderly people have full right and control over their patriarchal properties. There are certain researches done in the field of elderly population in Nepal. Whatever studies are available, they are done for other purpose and not for the case of elderly (Subedi, 1999). As a result there are little knowledge about the real situation of elderly people and their problem from the perspective of elderly themselves.

Most of village of Nepal has experience large mass of elderly people. Youth migration pattern from rural to urban increase the rural poverty. Modern generation also does not pay any attention towards elderly care. Elderly population is increasing towards the lack of helping hand. Rural family does not capable for regular maintenance of their elderly health hazards. Since, they are poor and their purchasing power does not sufficient for solving hand to mouth problem. It is necessary to take elderly issue sincerely from the society, nation and also worldwide.

It has the emerging issue in the modern society but there are very few studies conducted in the field of status of elderly people. However they do not cover the real situation of elderly people. This study attempts to carry out the status of elderly population in rural area i.e. in Adarsha Tole of Madhumalla VDC of Morang District. Elderly people have wide experience, wisdom and they are expertise ones. It is necessary to take elderly issue sincerely from the society, nation and also worldwide. The problem of elderly people is the problem of the family society and the nation. Elderly people are the sea of the knowledge, experience and wealth of the nation. So it is very important to study of the status of elderly people.

1.3 Literature Review

a. International

- i. It has highlighted that about one in every seven older person. Approximately 90 million people live alone. The large majority of women 60 million live alone. The reason is that older women are less chance of getting remarriages after death of their husbands. Worldwide about 45 percent of woman aged 60 years and above are currently married whereas it is 80 percent of male. The most common arrangement in the developed countries for older person to live apart from their children while large majority of older person in the developing countries live with their children. Around three quarters of older person in less developed countries are living with at least one child or with their grandchildren. In Europe it is about 25 percent only (United Nation, 2002a). Virtually all countries of the world are either already going through a process of ageing or are expected to do so in the near future. Once those which have not yet started that process being to do so, they are expected to do so exceptionally rapidly. While numerous effect of population ageing on economic structure (Nugent, 2007)
- ii. Dominant theories of Gerontology, suggest that the status of elderly declines with modernization and status tends to be high in agricultural communities and societies where extended from the family touches on the rudiments of ageing. (Cog will, 1980: Cog will and homes 1972)
- iii. Madrid international plan of action on ageing

The present publication provide the first global survey and analysis of the patterns and trends in the living arrangements of older persons. Comparable data are presented for than 130 countries. The publications analysis the demographic, social and economic correlates of living arrangements of people aged 60 years or over as well, focusing on co-residence with family members, solitary living and the institutionalization of older person. Among the findings reported are the following.

-) About one out of every older persons, approximately 90 million people live alone.

-) There is a widespread trend towards independent forms of living arrangements among older persons.
 -) The reason that more older women than older men live alone is that older women are less likely married.
 -) Countries with higher levels of social and economic development have lower levels of co-residence with children.
 -) Within developing countries, higher socio-economic status is often associated with higher, not lower levels of co-residence with children.
 -) Co-residence with children is an important element of the flow of support between family members.
 -) In most countries, the level of institutionalization is higher for women than for men.
 -) The main factor accounting for differences among countries in levels of institutionalization appears to be a society's ability to support the costs of institutional care. (Madrid conference, 2002)
- iv. In the more developed regions, approximately one person in every six is at least 60 years old and this proportion will be close to one person in every four by the year 2025. The situation of developing countries that have experienced every rapid decline in their level deserve particular attention. In most societies women live longer than men constitute majority of the elderly population are especially vulnerable. The study of incensement of the older age group in national populations, both in absolute numbers and in relation to the number of working age group has significant implication for a majority of countries particularly with regard to the future availability of existing formal and informal modalities for assistance social impact of this "Ageing of population" is both an opportunity and a challenge to all societies. Many countries are currently re-examining their policies in the light of the principle constitute a valuable and important components of society's human resources. They are also seeking to identify how best is to assist elderly people with long-term support needs (ICPD, 1994).

b. National

- i. Society divided by caste and gender disparity such socio-cultural practices and motivation guide older people into different role in family economy and polity. It is known that those aged in the minority encounter harsher conditions than the majority of elders in terms of income, housing quality education and rates of chronic illness. Viewing the variations of ageing in the country requires examination of the general relationship between cultural variations and ageing within the social context. These types of comparative studies (focusing on either or caste) remain future projects, as the study deals in general with a case study, which starts examining the relationship between a social institution and its actor through scrutiny of the old age security motivate local level. A two generational model of the politics of ageing (parents hand down to children and grand children replace grand parents) is concerned with structural responses to the predicament of social and cultural reproduction. For the tradition to be maintained it must have social process behind it. The social process is exercised by the members of preceding generations and transforms automatically to the successive generation that emphasizes value of son(s) which are source of lineage perpetuation in a patriarched society (Subedi, 2006).
- ii. According to united nations population division, the coverage of elder people in Nepal is estimated at 6.5 percent of total population (Bhattarai, 2003). Census data of last 5 decades reveals that there has been as high rate of growth in the elderly population which exceeds the total growth rate. The growth rate by 7.39 percent per annual in 2001 implies that the number of elderly population will be double in less than 27 years (CBS, 2003).
- iii. The population ageing is rising although at a slower rate in Nepal. The remarkable improvements in mortality over the last three decades and clear signs of decline in TFR in the 1990s have brought noticeable changes in the age structure of population in Nepal. The change has so far resulted into significant increase in the size of younger age groups. In the mean time, while at absolute number of older people has increased significantly in the country, its proportion has also increased steadily since 1950s. As fertility continues to fall in the country the youngest age groups will be smaller but the number as well as proportion of elderly population will increase. During this transition 'outh bulge' emerge where proportions of 15-24 years age-group constitute more than 116 of the total in the country. The challenge will be to fronts. First,

providing education and productive employment to these youths and second caring for the increasing elderly population. At the cursory examination, the proportion of aged population may not be considered large at the current state in Nepal but the economic and social context within which ageing is taking place and its pace of growth is something to be concerned before it gets into a critical stage. (Subedi, 1999b)

- iv. The rapid growth of the elderly population may be a new phenomenon, but the concept and related images of older people are not new. The image of old age is associated with the growing of hair, wrinkling of the skin, with poor physical health and decreases ability to work (Subedi, 2002). There are various concepts towards ageing such as old age is the later part of life, "Senior citizens", "Golden age", "Elderly person", "Person in harvest year's" etc. (Upreti, 2000)
- v. Ageing is the ultimate manifestation of Biological and demographical activities in individual human being and population at large. Until recently very little attention was paid about the dynamics of ageing in human beings. However continued increase in percentage of aged persons in the population is creating humanitarian, social and economic problems in many countries specially the developed ones. Thus, since last one decade, social scientists and demographers all over the world are trying to explore the dynamics of ageing. In Nepal's case through attention on social aspect of ageing has been paid since ancient time, no attention has been paid yet on its demographic aspect.

Transition of Nepal's population from its primitive stationary state has been changing age structure of the population in favor of elderly persons aged 65 and above year from 2.43 percent during 1991 to present 4.21 percent. Though the increase is not so much as compared to those observed for developed countries (as high as 13%), it indicates the starting of the ageing dynamics in Nepal, which will have adverse effects on Nepalese social structure and economy in the long run (CBS, 2003).

1.4 Significance of the Study

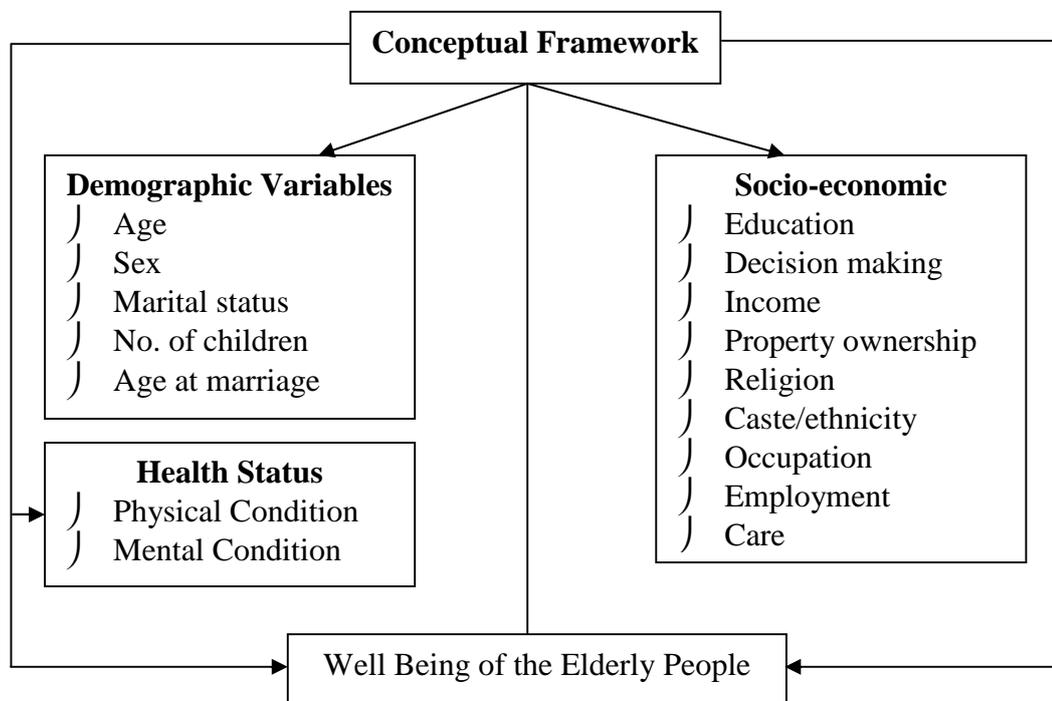
Elderly people are important persons for all countries or in the world. Because they have important experience of ancient period as well as historical event from which we can know some knowledge. Now a days society is hanging from tradition to modernization which affect the life of old people. Elderly people are respected persons of the society from which we can get knowledge, experience and wealth. The

issue is rather concerned with the old age disabilities the condition of aged people's health, sex, employment, socio-economic and demographic status. Thus it is important to recognize that this study of elderly or aged population is concerned with the status of ageing. From the view of humanitarian, it is miserable and dreadful problem. Thus the elderly people are the assets of the society.

This study helps to identify problems of old age people in rural sector. What kinds of problems are remained in the rural areas are the major issues for the researcher. The socio-economic, demographic, health and family relationship will be priority in this study. After conducting this field study, some scenario of related area is carried out from which we can get some information on elderly people. So this study helps to policy maker, NGO/INGO etc. for suggestions.

1.5 Conceptual Framework

Elderly people are frail than younger people. So it is necessary to know that what are the factors to make frail to elder people. Socio-economic demographic and health status are the indicators of status of elderly people. According to this factor the study has been proposed the following conceptual framework.



1.6 Objectives of the Study

The status of elderly people in Nepal is weak than other countries. Nepal is poor country. So, Nepal's elderly population are also poor and they can't fulfill their basic needs. The proposed field study is to know what kinds of status of elderly people in related field. So the objectives of the study are as follows:

- a. To analyze the demographic impact on the status of elderly people of Madhumalla VDC.
- b. To examine the socio-economic and health condition of elderly people of Madhumalla VDC.
- c. To study the relationship of the elder people with their families of Madhumalla VDC.

1.7 Organization of the Study

The study is organized into four chapter. The first, introductory chapter includes background of the study, problem statement and research questions, literature review, significance of the study, conceptual framework for the proposed study, objectives of the proposed study. The second chapter gives introduction the study area, introduction to study population, research method, types of study, determine sample size, tools, and techniques for information, Data management and summary of work plan. The third chapter is depend on data analysis, results and discussions. Similarly, the last chapter or fourth chapter includes conclusions.

CHIPTER-II

Methodology of the Study

2.1 Introduction the Study Area

Madhumalla VDC is medium area in the status of development. There are transportation, communication, electricity facility etc. in the Madhumalla VDC. It is situated about 72 km from the district headquarter with an altitude of 162 meter. Madhumalla VDC is surrounded by Damak 5 and 7 of Jhapa district from east, Jate 4 of Morang District from west, Sakphara of Ilam district from north and Urlabari 4, 5 of Morang district from south.

There are two secondary level school, 5 lower secondary school, and 11 primary school as well as one 10+2. This VDC carries many winds of temples and church. The temple Laxmi Narayan Mandir is in Madhumalla VDC ward no. 2. Picnic sport is included in Mahumalla VDC. This VDC in ward no. 2 is located by 2 types of river named Mawa and Nunsari.

2.2 Introduction to Study Population

In the world Nepal is a poor country and Nepal's population are also poor. They can't fulfill their all kinds of need. Aging population of Nepal are very kindness. Their socio-economic condition is also poor.

In Madhumalla VDC, there are 18232 population, 9300 male population and 8932 female population. There are 3038 households, growth rate of population 4.24 and average family size 4.3 in Madhumalla VDC-2 in 2005. Like wise, in Madhumalla ward no. 2, there are 2500 population among them 1259 are male and 1241 are female population. In Madhumalla VDC there are Brahiamin Chetri, Dalit, Rai, Tamang, Magar, Gurung, Limbu, Newar Yadav caste. Similarly Hinduism Buddhism, Christian, and Islam. Hinduism is highest percent (79.21%) among other religion. In Madhumalla as the study area in Adarsha tole, 55.45 percent are Illiterate. (Source: The Profile of Madhumalla VDC, 2060 B.S)

2.3 Research Method

Research method are two types as qualitative and quantitative. Qualitative data which is obtained from structured questionnaires. Qualitative data is obtained by receiving observations and additional unstructured interview.

2.4 Types of Study

Descriptive and explanatory method are used in the types of study. It's aim is to describe basic features of data, summarize the tabular and graphic forms. The main purpose of this study is to analyze the demographic, socio-economic and health condition of the elderly persons.

2.5. Determine Sample Size

Sample size were selected by non-probability sampling method as purposive sampling method. Sample size were selected by non-probability sampling method. There are 101 elderly respondents among 73 households in Adarsha Tole. The main reason to select 101 elderly people is that there are only 73 household and 101 elderly persons among 73 households.

2.6 Tools and Techniques for Data Collection

2.6.1 Questionnaire

Structured questionnaire was used to get detail information about elderly people (60 years and above). This structured questionnaire are based on the information about elderly people (60 years and above). This structured questionnaire are based on the information related to geographic, socio-economic and health condition.

2.6.2 Interview

Interview method is best to collect data because interviewer and respondent involve face to face. Interview helps to collect information for qualitative facts which become truth.

2.6.3 Observation

Observation method is one of the basic techniques of data collection to document the present condition of elderly people while interviewing the researcher. The researcher observed elderly people's physical appearance, working condition, clothing behaviour and activities of the respondents during questioning.

2.7 Data Management

After collecting the required information pre-coded responses were manually corrected if there are existed any errors then coding was done for open ended questionnaire. The information in this study have been summarized by using computer as SPSS microft word and Microsoft excel. By using the software frequency table, cross frequency table, cross tabulation figure etc. have been made table needed for analysis are made both in number and percentage.

2.8 Summary of Work Plan

Based on existing literature and objectives of the study questionnaire were set up. Serious discussion and observation was done with supervisor. The wording and placement of these questionnaire were corrected. When the typing and printing of required questionnaire were finished, I visit in the study area to get more detail information. First of all I visit to VDC office then ask information about Demographic, Socio-economic and health condition of the study population then I got little information from population profile (2060 B.S.) about total population and study area. After all my preparation. I took this written document in the computer I spend 11 days to collect information which was analyzed by using various types of computer programme.

CHAPTER-III

Data Analysis/Results and Discussions

3.1 Demographic Status of the Elderly Population

Demographic status of elderly population includes distribution population by age group (60, 60-64), sex, marital status, number of children and age at marriage. This data was collected among 101 elderly respondent among them 48 were male and 53 were female. Various demographic descriptions of elderly respondent are given below respectively.

3.1.1 Elderly population by 5 Year Age Group

Age wise structure is an important issue to identify the elderly population which affects the scenario of whole population. In general, the scenario of elderly population depends on its age structure. When the age increases, the number of elderly population decreases. It is happened because there is high risk of dying among older during old ages. But the below table don't show like this statement. The size of elderly population by age group is given below.

Table 3: Elderly population by 5 years age group

Age-groups	Numbers	Percentage	Cumulative
60-64	28	27.72	27.72
65-69	18	17.82	45.54
70-74	21	20.79	66.33
75-79	16	15.84	82.17
80+	18	17.82	100
Total	101	100	

Source: Field Survey, 2008.

The above table 3 shows that the smallest age group of population is 75-79 whose actual population is 16 (15.84%). Similarly equal number of elderly population age group are 65-69 and 80+ whose number is 18. The largest age group of elderly population is 60-64 whose population is 28 (27.72%).

3.1.2 Distribution of Respondents Aged 60+ by Sex

Table 4: Distribution of respondents aged 60+ by sex

Age-groups	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
60-64	14	29.17	14	26.42	28	27.72
65-69	6	12.5	12	22.64	18	17.82
70-74	10	20.83	11	20.75	21	20.79
75-79	9	18.75	7	13.21	16	15.84
80+	9	18.75	9	16.98	18	17.82
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From the table 4, it shows that the smallest age group of male is 65-69 in which 6 persons are included as percentage 12.5. The highest age-group of female is 60-64 in which 14 person are remained (29.17%). The equal number of persons of age group are 75-79 and 80+ as person's number is 9 respectively. The smallest age group of female is 75-79, 7 persons are included (13.21%) and the highest age-group of female as 60-64, 10 persons are included (26.42%).

3.1.3 Distribution of Elderly Population by Marital Status

Marriage play vital role to produce children. Without marriage, it is unrememberable to bear child in our country. Marriage is disturbed by various factors due to death of husband, death of wife, remain separate from couple, relationship by legal process are called widow/widower, separated, divorced respectively. The percentage and actual number of marital status is given below.

Table 5: Distribution of elderly population by marital status

Marital status	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Unmarried			3	5.66	3	2.97
Married	42	87.5	26	49.06	68	67.33
Widow/widower	6	12.5	24	45.28	30	29.70
Divorced						
Separated						
Other						
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

Table 5 presents that there are no unmarried in male elderly population. Married persons are 42 for male (87.5%) and widower are 6 (12.5%). Similarly, there are 3 unmarried persons for female elderly population whose percentage is 5.66. Married female population are 26 (49.06%) and widow are 24 whose percentage is 45.28 percent.

Total number of unmarried persons are 3 (2.97%). Total number of married persons are 68 (67.33%). Similarly, 30 (29.70%) widow/widower are remain among 101 respondents.

3.1.4 Elderly Respondents by Number of Children

The distribution of elderly population is different from one area to another. Elderly people who have some children can feel better than those who have more children. So the data of Madhumalla VDC with respect to elderly population is given in the following table.

Table 6: Elderly respondents by number of children

Number of children	No. of Elderly Population	%
No	10	10.99
1-2	25	27.47
3-5	58	63.74
6-8	8	8.79
9+	-	-
Total	91	100

Source: Field Survey, 2008.

Table 6 presents the highest number of elderly population (58%) who have 3-5 children. Similarly 8 (8.79%) elderly population have 6-8 children i.e. The 58 elderly person have 3-5 children. So, highest size of elderly have seemed to be higher number of children.

3.1.5 Distribution of Age at Marriage of Elderly Respondent by Sex

The age at marriage play a vital role in determining couple's life. If a elderly person was married at early ages, he might have more children and otherwise he will have some children. But only 10 respondents (or elderly person) have not any child.

The scenario of age at marriage among 101 elderly population are shown in the below table.

Table 7: Distribution of age at marriage of elderly respondent by sex

Age-group	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
5-9	4	8.51	8	16.00	12	12.37
10-14	9	19.15	28	56.00	37	38.14
15-19	9	19.15	10	20.00	19	19.59
20-24	10	21.28	4	8.00	14	14.43
25-29	9	19.15	-	-	9	9.28
30-34	6	12.77	-	-	6	6.19
Total	47	100	50	100	97	100

Source: Field Survey, 2008.

The table 7 represents the data an age at marriage among 97 elderly populations. The lowest number of elderly male population (4) were married at 5-9 years of age group (8.51%). The highest number of elderly male population, 9 persons (19.15%), were married at ages 10-14 years and 15-19 years respectively. Similarly 6 elderly male population (12.77%) were married at age group 30-34 years which is seemed to be late marriage.

In female population, the lowest number of elderly married at aged at 20-24 years. The highest number of female elderly (56.00%), were married at age 20-24 years. In the ages 5-9 and 15-19 both male and female respondent are found to be less.

3.2 Socio-economic Status of the Elderly Population

The socio-economic status of elderly people plays an important role in family welfare situations. When socio-economic condition is raised, the life of elderly population is also improved. Socio-economic variables are contained religion, caste/ethnicity, literacy status, occupation, personal income, property ownership, responsibility of special expenditure etc. The socio-economic condition of the elderly population are describing a following topics.

3.2.1 Distribution of Elderly Population by Religion

Religion is treated as an important variable among others to effect daily life activities among the elderly people. The elderly people have certain religions values and norms according to their religious rites. There are different values in different religious like Hinduism, Buddhism, Christian and Islam etc.

Table 8: Elderly population by religion

Religion	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Hinduism	37	77.08	43	81.13	80	79.21
Buddhism	4	8.33	3	5.66	7	6.93
Christian	7	14.58	7	13.21	14	13.86
Islam	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From the above table 8 shows the majority of elderly people the Hindu religion who followed 80 elderly population. There are absence of elderly people who followed Islam religion.

There are 37 elderly males and 43 elderly female who are confined with Hinduism. There are less number of males and females who followed Buddhism. But thee are same number of males and females (i.e. 7 elderly, both sexes) who followed Christian.

3.2.2 Distribution of Elderly Population by Caste and Age Group

In the study area, Brahamin is highest number of elderly population but in the nation, Chhetri is highest number of elderly population. In the study area. Chhetri and Tamang are medium level of caste. Similarly, Dalit, Rai and Yadav are low level of caste. The distribution of elderly population by caste is given below.

Table 9: Elderly population by caste

Caste	Age-group					Total	
	60-64	65-69	70-74	75-79	80+	No.	%
Brahamin	17	11	15	10	14	67	66.34
Chhetri	2	3	-	1	-	6	5.94
Dalit	2	-	-	-	-	2	1.98
Rai	-	1	2	-	-	3	2.97
Tamang	4	1	2	1	-	8	7.92
Magar	-	1	-	-	-	1	0.99
Gurung	-	-	-	-	-	-	-
Limbu	-	-	1	1	-	2	1.98
Newar	4	-	-	2	3	9	8.91
Yadav	1	-	1	-	1	3	2.97
Total	30	17	21	15	18	101	100

Source: Field Survey, 2008.

In above table 9 shows that the highest cast is Brahamin, which is 67 elderly population (66.34%). The highest number of Brahamin elderly population is in the age group 60-64 whose actual number is 17. The lowest number of Brahamin elderly population is in the age-group 75-79 whose actual number is 10. In second position, the Newar elderly population at age group 60-64 is 4 and in age group 75-79 and 80+ are 2 and 3 respectively. In Magar cast, only 1 at age group 65-69 has remained. Similarly only 1 elderly Yadav population has remained to each age group as 60-64, 70-74 and 80+ respectively.

In total, the large majority of the cast is Brahamin (66.34%). Similarly Newar (8.91%), Tamang (7.92%) Chhetri (5.94%), Yadav (2.97%) etc. respectively. Small majority of cast are Magar (0.99%), Limbu (1.98%) and Dalit (1.98%) respectively.

3.2.3 Distribution of Elderly Respondents by Literacy Status

The literacy status is an important indicator for human development. Educational status determines the socio-economic condition of the elderly population. Higher the literacy status the higher socio-economic condition of elderly population is found.

Table 10: Elderly respondents by literacy status

Literacy Status	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Illiterate	13	27.08	43	81.13	56	55.45
Literate	22	41.67	10	18.87	30	29.70
Primary	6	12.5	-	-	6	5.94
Secondary	8	16.67	-	-	8	7.92
Intermediate	1	2.08	-	-	1	0.009
Bachelor	-	-	-	-	-	-
Master	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From the above table 10, it clears that the highest number of illiterate elderly female population are 43 (81.13%) whereas elderly female population are 13(27.08%). The male literate people are 22 (41.67%) and female literate people are 10 (18.87%). 6 (12.5%) elderly male people are read in primary whereas no any female people are read in primary. Bachelor, Master and above level of education are also empty of both male and female elderly population.

In total, illiterate (55.45%) is high and literate elderly population are 30 (29.70%). Similarly primary, secondary and intermediate elderly population are 6 (5.94%), 8(7.92%) and 1 (0.001) respectively. From this table shows that female elderly population are more illiterate than male elderly population.

3.2.4 Distribution of Elderly Population by Occupation and Sex

Occupation determines the status of elderly population. If a older person have good occupation, he may have high socio-economic status. So, occupation is an important variable for elderly population. The elderly population who engage in agriculture may have less socio-economic condition rather than non-agricultural. Because, elderly people who engaged in agriculture may have lower socio-economic status compared to these elderly people who engaged in non-agricultural occupation.

Table 11: Elderly population by occupation

Occupation	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Unemployed	-	-	1	1.89	1	0.99
Student	-	-	-	-	-	-
Merchant	-	-	-	-	-	-
Foreign employment	1	2.08	-	-	1	0.99
Agriculture	43	89.58	52	98.11	95	94.06
Industries	4	8.33	-	-	4	3.96
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

The table shows the highest occupation is agriculture where male population are 43 (89.58%), female population are 52 (98.11%). Similarly in industries, only 4 persons are involved whereas no female population are involved in industries. Only 1 female elderly population is unemployed whose percentage is 1.89.

In total 95 elderly people are involved in agriculture (94.06%), 4 percents are in industry (3.96%), 1 in foreign employment (0.99%) and 1 in unemployed (0.99%) respectively.

3.2.5 Distribution of Respondents by Personal Income

The earning capacity of elderly people is needed for fulfilling their basic needs. If they have more income they can spend more money to buy more goods and services. If a elderly person can earn more money, he will have fulfilled more needs of family requirement.

Table 12: Distribution of respondents by personal income per month

Background	Personal income						Total	
	Less than 1000		1000-2500		2500-5000			
	No	%	No	%	No	%	No	%
Sex								
Male	35	72.91	13	27.08	-	-	48	100
Female	45	84.91	8	5.09	-	-	53	100
Total	80	79.21	21	20.79			101	100

Source: Field Survey, 2008.

From above table 12 shows that the majority of the elderly male population is in less than 1000 (72.91%) and female's also less than 1000 (84.91%) whereas male's personal income 1000-2500 is 27.08 percent and female's is 5.09 percent. These descriptions clear that male elderly people have more personal income than female elderly people for 1000-2500 but female's income is greater than male's income for less than 1000.

3.2.6 Distribution of Elderly Respondents by Property Ownership and Sex

In Nepal, there are more poor elderly population. So, there are many elderly population who have not more size of land and lived in a poor household management. The elderly people who are living in the study area are also rather poorer with compared to the elderly people of other areas. If a elderly people have more property ownership, he can enjoy more better than the elderly who are poor or not having property ownership.

Table 13: Distribution of elderly respondents by property ownership and sex

Property ownership	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
House and land	40	83.33	41	77.36	81	80.20
Cash	3	6.25	6	11.32	9	8.91
Ban balance	2	4.17	2	3.77	4	3.96
Ornaments	2	4.17	2	3.77	4	3.96
Investment	1	2.08	2	3.77	3	2.97
Other	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

This table presents the property ownership of elderly people by sex. The highest number of property is house and land (80.20%), whose actual number is 81 whereas male's house and land is 83.33 percent and female's is 77.36 percent. Smallest property ownership is in the investment (2.97%) and male's and females in 2.08 percent and 3.77 percent respectively. In total bank balance and ornaments are 3.96 to each respectively.

3.2.7 Distribution of Respondents by Property Authority

In Nepali society, most of parents of elderly person of a family traditionally want to inherit their property to their sons or any other persons of blood relations. So generally, elderly person has a aim to transform their authority to their sons or daughters. The finding of the field survey in the study area are given in the following table.

Table 14: Distribution of elderly respondents by property authority and sex

Background	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Son/daughter in law	43	89.58	41	77.36	84	83.17
Daughter/son-in-law	3	6.25	2	3.77	5	4.95
Grand children	1	2.08	3	5.66	4	3.96
Other	1	2.08	7	13.21	8	7.92
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From the above table 14 shows that the high majority of respondents (elderly person) aims at providing their property authority to their son/daughter in law (83.17%). Out of 101 respondents there are 89.58 percent for male and 77.36 for females who want to provide their properly authority to their son/daughter in law. There are only 4.9 percent of elderly person who aims to provide their properly for their daughter and the rest of elderly person (4) want to share their properly to their grand children.

3.2.8 Elderly Respondents by Old Age Allowance

Income generation or level of income is a significant factor for the fulfillment of basic need among elderly persons. The satisfaction in daily life activities is seemed to be depend upon level of income. As a some way, the old age allowance has a vital role in providing basic needs for elderly population. If they were abstaining old age allowance for their supporting livelihood, their family needs or personal requirement

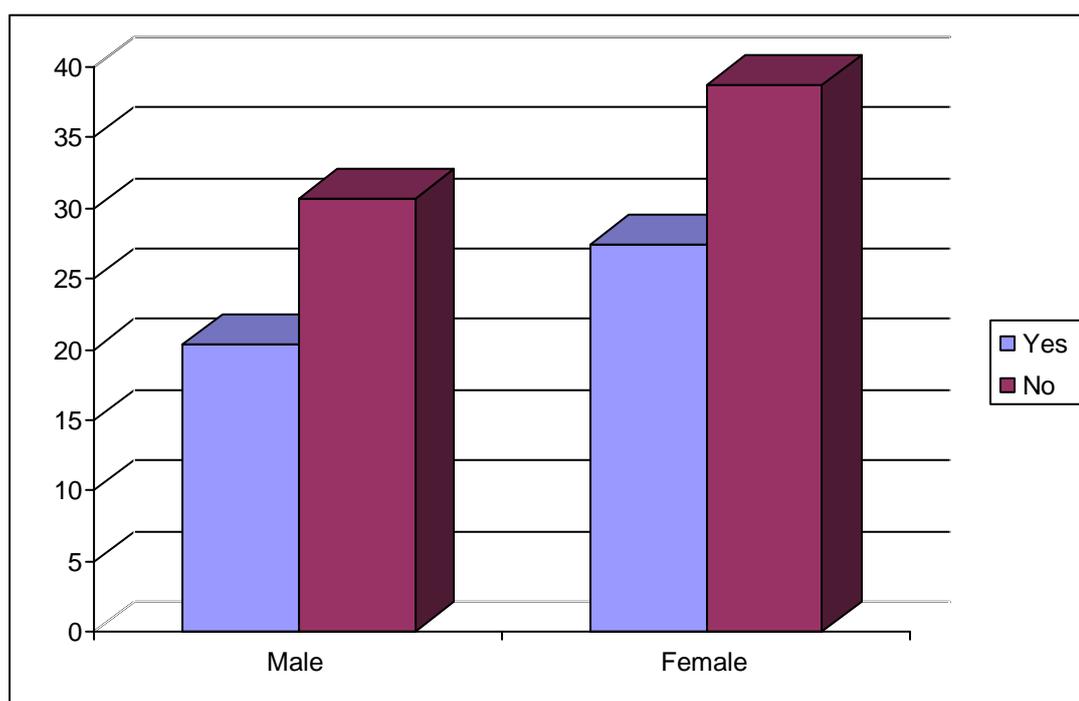
would be fulfilled. Otherwise their socio-economic condition will be poor. The data is presented in the following table.

Table 15: Elderly respondents by old age allowance

Old age allowance	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Yes	17	35.42	16	30.19	33	32.67
No	31	64.58	37	69.81	68	64.33
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

Fig. 1: Percentage distribution of elderly population by old age allowance



From above table and figure shows that majority of the elderly population have no old age allowance. Out of 101 elderly persons 62-33 percent (68) have no old age allowance comparing with male 64.58 percent (31) and females 69.8 percent (37). There are 32.67 percent is elderly persons who have old age allowance. Of them, there is 35.42 percent of females and 30.19 percent of female who are enjoying old age allowance.

3.2.9 Distribution of Respondents by the Process of Getting and Old Allowance

To obtain any kinds of opportunity, we have to know the certain processes. Without knowing any kinds process, nobody can get any kind of opportunity. So, old age allowance is also a major opportunity for elderly people. Some elderly person can get their allowance from requesting office personals and some elderly receive at home through VDC staffs. Some can get from NGOS, Security institution and family member.

Table 16: Elderly respondents by the process of getting old age allowance

Background	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
From office	5	29.41	6	37.5	11	33.33
In home	3	17.65	4	25	7	21.21
NGOs	-	-	-	-	-	-
Security institution	-	-	-	-	-	-
Family member	9	52.94	6	37.5	15	45.45
Total	17	100	16	100	33	100

Source: Field Survey, 2008.

Table 16 presents that the highest number of process of taking old age allowance is family member (45.5%) among 33 elderly population comparing with male (52.94%), and female (37.5%). The lowest number of process of taking old age allowance is in home (21.21%) out of 33 elderly people comparing males (17.65%) out of 17 and females (25%) out of 16 female population.

3.2.10 Distribution of Respondents by the Reason of not Receiving Old Age Allowance

Similarly, the governmental incentive for the elderly person as a form of old age allowance is also the subject of not knowing awareness (information) among elderly persons. Then, many elderly person can not receive their allowed old age allowance by may reasons, some of elderly persons have not obtained their allowance due to not knowing about old age allowance for themselves, other person respondent that they did not felt necessary. The detailed information is given in the following table.

Table 17: Distribution of respondents who don't receive old age allowance due to any cause

Causes	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Lack of citizenship	-	-	-	-	-	-
No one help	-	-	-	-	-	-
Not Knowing about allowance	17	53.13	22	61.11	39	57.35
Not necessary	2	6.25	-	-	2	2.94
Not response	13	40.63	14	38.89	27	44.26
Total	32	100	36	100	68	100

Source: Field Survey, 2008.

Among the reasons which are left with background in questionnaire, the lack of knowledge or old age allowance is given for elderly person by government is said by the respondents as 57.35 percent (39). There are only two elderly persons who claimed that they have not felt necessary to the old age allowance. The data shows that there are 64.11 percent males and 53.13 percent female who have not known about old age allowance.

3.2.11 Elderly Respondents by Status of Fulfillment of basic Need and Sex

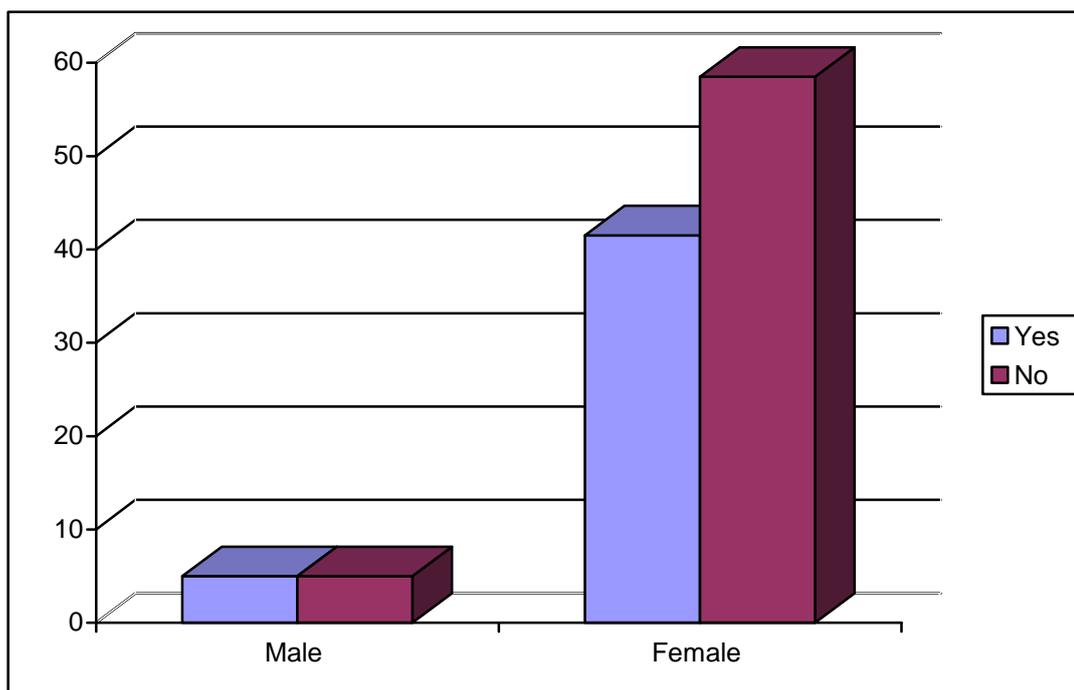
The status of fulfillment of basic need among the elderly person is the key socio-economic determinant for getting good health condition as well as physical wellbeing. The fulfillment of basic need is a permanent condition for the elderly person in enjoying their happy life.

Table 18: Distribution of Respondents by Status of Fulfillment of Basic Need

Status of Basic needs	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Yes	24	50	22	41.5 1	46	45.54
No	24	50	31	58.49	55	54.45
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

Fig. 2: Percentage of respondents by status of fulfillment of basic need and sex



Above table 18 explains that majority of elderly population have no fulfillment of basic needs. Out of 101 respondents, 46 elderly persons have fulfilled their basic needs (45.54%) but 55 elderly persons have not fulfilled their basic needs. Out of 48 male elderly persons, 50 percent have fulfilled their needs and 50% of elderly people have not fulfilled their basic needs.

3.2.12 Distribution of Elderly Respondents by Contributions on their Nature of Family Occupation

Nepal is an agrarian occupational society. So, the elderly person in a family may support their family occupation such as agricultural activities, fooding, cleaning and washing. In the study area, the elderly persons are also engaged in counseling their family members for betterment of their life and other may help other activities. The response from the field study is described in the following table.

Table 19: Distribution of Elderly respondents by contribution on their nature of family occupation

Contribution	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Counseling	15	31.25	12	22.64	27	26.73
Skill provide	-	-	2	3.77	2	1.98
Physical labour	29	60.42	37	69.81	66	65.35
Provide cash	4	8.33	1	1.89	5	4.95
Technical knows	-	-	-	-	-	-
Households activities	-	-	1	1.89	1	0.99
Other	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

Among the contribution given by the respondents, most of elderly person (65.35%) supported their family work as a physical labour in agricultural fields and familial activities. Similarly, some elderly persons (26.75%) are capable for providing counseling their family members for doing, better works in the family. And, other respondents (4.95%) can help their family through providing cash in family occupation. The rest of elderly persons (1.98%) are ready to help for providing skills on family activities.

3.2.13 Distribution of Elderly Persons by the Person who Take Care for Elderly

Sociologically, Nepal has made agricultural per-dominant society. So, parents always think about old age security from their sons or daughters in the context of household cares for elderly persons. Significant contribution is found from husband/wife in taking cares (53.47%). The comparative figure for getting cares among elderly person is self cares (26.73%) whereas the sons / daughter-in-law are found to give cares for elderly person is only 14 percent. But, from daughter, the cares are negligible (0.99%).

Table 20: Distribution of elderly persons by the person who take care for elderly's home

Person who take cares	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Self	8	16.67	19	35.85	27	26.73
Husband/Wife	35	72.92	19	35.85	54	53.47
Daughter/Son-in-law	-	-	1	2.08	1	0.99
Son/Daughter-in-law	5	10.42	10	20.83	15	14.85
Grand Children	-	-	-	-	-	-
Religious institution	-	-	2	3.77	2	1.98
Other	-	-	2	3.77	2	1.98
Total	48	100	53	100	101	100

Source: Field Survey, 2008

From above table 19 shows that the highest number of people who cares home is husband/ wife (53.47) out of 101 elderly population comparing males 25 (72.9) and female 19 (35.85%). Similarly, in second, 27 elderly people (26.98) cares their home themselves out of 101 elderly population comparing 8 males (16.67%) and 19 females (35.85%). Only one female population's home was cared by their daughter/son-in-law out of 53 female population.

3.2.14 Distribution of Elderly Respondents by the Frequency of Food Taking

The frequency of food taking is an important factor for elderly population which determines the physical status among the older. The frequency of food providing plays a vital role in improving their health and socio-economic condition. Distribution of elderly respondents by the frequency of food taking is given below.

Table 21: Distribution of elderly respondents by the frequency of food taking

Food taking (per day)	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Once a day	-	-	-	-	-	-
Twice a day	12	25	9	16.98	21	20.79
Three times a day	26	54.17	33	62.26	59	58.42
Four times a day	10	20.83	11	20.75	21	20.79
Five times a day	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From above table shows food taking thrice a day is very high as 59 elderly people (58.42%) out of 101 elderly population comparing to males (54.17%) and females (62.26%). Similarly, the 2nd is twice a day and four times a day whose number and percentage is 21 and 20.79 respectively.

3.2.15 Distribution of Elderly Respondents by the Person who Help for Personal Hygiene Among Elders

The showing good health is an important condition for one's well being and for the ability to contribute to his/her personal development and to the society as a whole. An unhealthy person can do nothing good. An unhealthy person always becomes physically as well as mentally weak in society. So elderly people should be helped on their personal hygiene from other persons in the family. The distribution of elderly respondents by the person who help for personal hygiene among elders is given below.

Table 22: Distribution of elderly Respondents by the person who help for personal hygiene

Helper	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Self	8	16.67	28	52.83	36	35.64
Husband/ wife	38	79.17	12	22.64	50	49.50
Daughter/ son-in-law	-	-	1	1.89	1	0.99
Son/Daughter-in-law	2	4.17	10	18.87	12	11.88
Grand Children	-	-	1	1.89	1	0.99
Other	-	-	1	1.89	1	0.99
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

The table shows that this highest percentage of husband/wife (49.5%) is found to support their elderly persons for personal hygiene out of 101 elders. 36 are of self supporter, and the comparative figure for the supporting in hygiene is from son/daughter-in-law.

3.2.16 Distribution of Elderly Respondents by the Interest of Living with Persons

In Nepal, Most of elderly person, want to live with son/daughter-in-law. It is became, the responsibility to take care for elderly person is gone towards sons or daughters in Nepali settings. Besides the parental properly should occupied by their sons. So, the old age support elders is also found to be the responsibility on their sensor daughter-in law.

Table 23: Distribution of elderly respondents by the interest of living with persons

Person	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Alone	4	8.33	7	13.21	11	10.89
Son/Daughter-in-law	40	83.33	33	62.26	73	72.28
Daughter/ son-in-law	3	6.25	-	-	3	2.97
Religious institution	1	2.08	12	22.64	13	12.87
Other	-	-	1	1.83	1	0.99
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

It is clear that most of the elderly persons are showing the interest to live with their sons/daughter-in-law (72.28%), whereas same respondent want to live in religious (12.87%) institution like Dharmashala or Madir, Gumba and Soon.

3.2.17 Distribution of Elderly Respondents by the Level of Satisfaction from the Family

Now a days most of elderly persons are negated from their own family. Due to increasing nuclear family values and individualism in Nepalese societies, even educated and rich family can not assist their elderly satisfactorily. So some of the elders feels good family cares and some feels worst also.

Table 24: Distribution of elderly respondents the level of satisfaction from the family

Care	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Good	29	60.42	29	54.72	58	57.42
Better	13	27.08	12	22.64	25	24.75
Worst	6	12.5	12	22.64	18	17.82
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From the above table shows that the higher percentage of elderly persons (57.42%) have felt good care from their family. Whereas 24.75 percent of elderly persons are living with better cares in family.

Out of 58 elderly person who feels good cares in the family 27.38 percent are male and 22.67 percent are female respondent who feels satisfaction as good level of care in their family.

3.2.18 Distribution of Elderly Respondents by the Views on Religious Work

The religious work occurs different types of issue such as peace of soul, Dharma/Karma, save the tradition, improve the another life etc which is the view of the religious work for elderly population.

Table 25: Distribution of elderly respondents by the view on religious work

The view on Religious work	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Peace of soul	26	54.17	27	50.94	53	52.48
Dharma/ Karma	14	29.17	19	35.85	33	32.67
Save the tradition	8	16.67	5	9.43	13	12.87
Improve the another life	-	-	2	3.77	2	1.98
Other	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From the table 25 explains that the highest percentage of the views are religious work done by the elderly person for (52.48%) getting peace of soul. The

purpose of devising religious work goes for Dharma/Karma which constituted 32.67 percent of elderly persons, whereas only 12.87 percent of elderly persons are agreed with religious works for the save the traditional values.

3.3 Health Condition of Elderly Population

Health is wealth for human being. Only good health can promote the human's development. Healthy person can improve his personal behaviour which help him for living. So, health is an important factor for elderly population. The government of Nepal has also released free health facility in health post, it is also positive view not only for elderly people but also to all age people. Health condition of elderly people is described below.

3.3.1 Distribution of Elderly Respondents by Feeling Health Status

Elderly people are weak person than that of young age population due to various health hazards such as moving ability, Eyes vision, Memory power, to do normal work, listening power, smelling power etc which are shown below.

Table 26: Distribution of elderly respondents by feeling health status

Health Situation	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Moving ability	14	29.17	9	16.98	23	22.77
Eye vision	23	47.92	33	62.26	56	55.45
Memory Power	4	8.33	2	3.77	6	5.94
To do normal work	5	10.42	5	9.43	10	9.90
Listening power	2	4.12	4	7.55	6	5.94
Smelling power	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

Form above table 26 shows the scenario of feeling health situation of elderly people. Main health problem for elderly people is eye vision (55.45%) of 101 population whereas male have 47.92 percent out of 48 male population and female have 62.26 percent out of 53 female population have eye vision problem. The lowest

number of health problem. The lowest number of health problems are memory power and listening power 5.94 percent out of 101 people for both respectively.

3.3.2 Distribution of Elderly Respondent by the Place for Treatment When become Sick

In Nepal, most of elderly persons receive care in their own home when they become sick. But some elderly persons can visit hospital and private clinic. Some elderly people treat their diseases according to the manners suggested by the Dhama/Jhakri.

Table 27: Distribution of elderly respondents by the place for treatment when become sick

Treatment Places	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
At Home	2	4.17	3	5.66	5	4.95
Calling CMA/ANM	10	20.83	15	28.30	25	24.75
Hospital	4	8.33	5	9.43	9	8.91
Private Clinic	31	64.58	27	50.94	58	57.43
Dhama/jhakri	1	2.08	3	5.66	4	3.96
Others	-	-	-	-	-	-
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From table 26 shows that most of the elderly people go to the private clinic (57.43%). Secondly 24.75 percent of elderly persons (25) out of 101 population call (CMA/ANM) whereas males are 20.83 percent and females are 28.30 percent. Similarly some of elderly persons treat their diseases according to the suggestions given by the Dhama/Jhakri.

3.3.3 Distribution of Elderly Respondents who are Suffered from any Chronic Disease

Maximum number of elderly population have any kinds of chronic disease which affects directly their health condition. Having chronic disease or not are distributed below.

Table 28: Distribution of elderly respondents who are suffered from any chronic disease

Chronic Disease	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Yes	35	72.92	43	81.13	78	72.23
No	13	27.08	10	18.87	23	22.77
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From above table shows that 78 elderly population (77.23%) have chronic disease out of 101 elderly population comparing to males have 72.92 percent out of 48 male people and female have 81.13 percent out of 53 female population. Similarly 23 total elderly population (22.77%) have no any kinds of chronic disease out of 101 population comparing to males (27.08) out of 48 male population and females (18.87) out of 53 female population.

3.3.4 Distribution of Elderly Respondents who have Chronic Disease

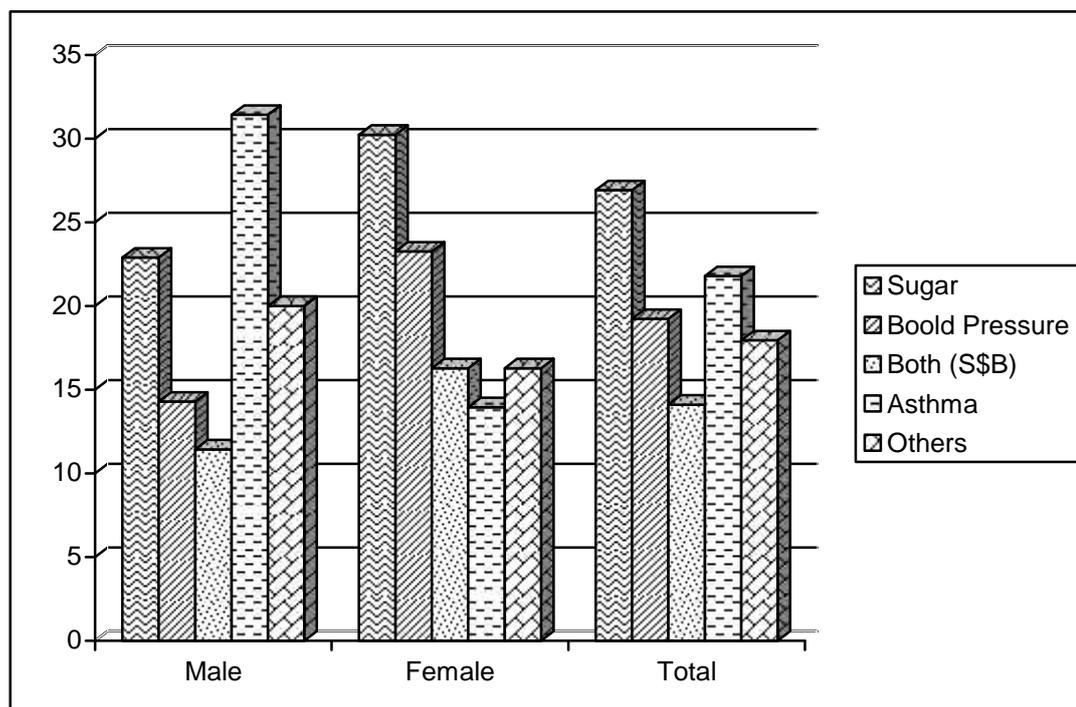
Many kinds of disease affect health status of elderly people. Among 101 elderly people 23 elderly people have no any chronic disease but 78 elderly people have chronic disease such as Sugar, Blood pressure, Asthma etc which are given below.

Table 29: Distribution of elderly respondents who have chronic disease

Disease	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Sugar	8	22.89	13	30.23	21	26.92
Blood Pressure	5	14.29	10	23.26	15	19.23
Both (S&B)	4	11.43	7	16.28	11	14.10
Asthma	11	31.34	6	13.95	17	21.79
Others	7	20	7	16.28	14	17.95
Total	35	100	43	100	78	100

Source: Field Survey, 2008.

Fig. 3: Distribution of elderly respondents who have chronic disease



Above figure and table shows that the highest number of chronic disease for elderly population is sugar (26.92% out of 78 elderly population). Sugar is attached to 8 male population (22.89%) out of 35 male population and 13 female population (30.23%) out of 43 female population. Secondly 17 elderly people have asthma (21.79%) out of 78 elderly populations whereas male are 11 and females are 6 out of 35 and 43 population respectively. The lowest number of chronic disease is both (sugar & Blood pressure) as 14.10% out of 78 elderly population.

3.4 Relationship of the Elderly People with their Families

Relationship of the family is an important factor to become good family which affect on the elderly health as well as socio-economic condition. Distribution of elderly respondents by relationship with house hold head is given below.

Table 30: Relationship of the elderly people with their families

Relationship with household head	Sex				Total	
	Male		Female			
	No	%	No	%	No	%
Self	47	97.92	14	26.42	61	60.34
Husband/wife	-	-	24	45.28	24	23.76
Son/Daughter-in-law	-	-	1	1.89	1	0.99
Daughter/Son-in-law	-	-	-	-	-	-
Brother/Sister	-	-	3	5.66	3	2.97
Other	1	2.08	11	20.75	12	11.88
Total	48	100	53	100	101	100

Source: Field Survey, 2008.

From above table 30 shows that 60.34% (out of 101) elderly people are themselves household head where as 47 are male (97.92%) out of 48 male population and 14 are female (26.42%) out of 53 female population. Only 1 Son/ daughter-in-law are house hold head out of 101 elderly population where it is only for female population as 1.89% out of 53 female population. Similarly 12 other person are household head out of 101 elderly population comparing to males are only 1 out of 48 male population and females are 11 out of 53 female population.

CHAPTER-IV

CONCLUSION

From the above interpretation and analysis of demographic socio-economic and Health related data collected by field survey the following conclusion are drawn.

- i) Among 101 elderly people 48 are male and 53 are female.
- ii) 28 elderly people are highest number in the age group 60-64.
- iii) 2.97 percent of elderly people are unmarried.
- iv) Only 3 female elderly population are unmarried out of 53 female population.
- v) Among 91 elderly people 58 elderly people have 3-5 children.
- vi) The highest number of religion is 80 Hinduism (79.21%) out of 101 people and lowest percentage of Buddhism is 6.93.
- vii) Among 101 elderly population, 66.34 percent are Brahamin (which is highest) and few number of caste are Dalit (1.98%), Magar (0.99%), Limbu (1.98%) and Yadav (2.97%).
- viii) Only 0.009 percentage of elderly people study in intermediate level.
- ix) In literacy status, elderly people are in primary (5.94%), secondary (7.92%) and Intermediate (0.0090%).
- x) Agriculture is the main occupation among 101 elderly people, foreign employment (1), Industries (4) are also minor occupation.
- xi) Only 1 elderly people are unemployed.
- xii) Personal income in the study area. 80 elderly people have less than 1000 income and 21 elderly people have 1000-2500 income.

- xiii) Among 101 elderly population the highest percentage of property ownership are house and land (80.20%), and lowest percentage of property ownership on investment is 2.97.
- xiv) In the case of property authority highest percentage of elderly people (83.17%) want to inherit their property to their son/daughter-in-law.
- xv) 67.33 percent of total elderly's people have no old age allowance and 32.67 percent has old age allowance.
- xvi) Maximum number of elderly people took old age allowance from family member.
- xvii) Main causes of not receiving old age allowance are unknown, not necessary and not response whose percentage are 50, 2.94 and 39.71 respectively.
- xviii) Among 101 elderly people, 45.54% of elderly people can fulfill their basic need and 54.45% are not.
- xix) Among 101 elderly people main contribution on family occupation of elderly respondents is physical labour (65.35%) as well as lowest contribution is on household activities (0.99%).
- xx) 26.73% of 101 elderly people care their home themselves and husband /wife are 53.47 percent which is highest prcentage.
- xxi) Maximum elderly people eat three times a day (58.42%) and minimum elderly people are twice a day (20.79%) and four times a day (20.79%).
- xxii) Elderly persons want to live alone (10.89%) and with son/daughter-in-law (77.28%).
- xxiii) Maximum number of elderly people have good (57.02%) level of care form their family whereas better and worst are 24.75 and 17.82 percent respectively.

- xxiv) From 101 elderly population main view on religious work is peace of soul (52.48%) as well as another are Dharma/ karma (32.67%), save the tradition (12.87%) and improve the another live (1.98%).
- xxv) Maximum percentage of elderly population (55.45%) have problem of eye vision whereas minimum percentage of elderly people have problem of power (5.94%).
- xxvi) Among 101 elderly people 57.43 percent of elderly people go to private clinic for treatment and Dhama/Jhakri are 3.96 percent. Similarly at home (4.95%), calling CMA/ANM (24.75%), hospital (8.91%) are used for treatment.
- xxvii) Among 101 elderly people 77.23 percent elderly people have chronic disease but 22.77 percent elderly people have no chronic disease.
- xxviii) Among 78 elderly people, maximum number of elderly people have sugar (26.92%) and minimum number of elderly people have sugar and blood pressure (14.10%).
- xxix) Among 101 elderly people 60.34 percent elderly people are themselves household head comparing 97.92 percent male and 26.42 percent female.
- xxx) Brother/sister are also household head which are 3 out of 101 and only for female 3 out of 53.
- xxxi) 23.76 percent elderly Husband/wife are household head out of 101 elderly people it is only for female 45.28 percent out of 53 female population.

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APPENDIX

The Status of Elderly People in Nepal (An Analysis of Socio-Economic and Demographic Characteristics of Elderly People Living in Madhumalla VDC Morang, 2008)

Interview Questionnaire

Respondents Name:

VDC: Ward No.:

Name of Household Head: House No.:

Date:

1. Demographic Information

S.N.	Name of all family member	Relation to household head	Sex	Age	Marital status	Education status	Occupation

Code

1. A. Relationship with Household Head
 - a. Self1
 - b. Husband/wife2
 - c. Son/daughter-in-law3
 - d. Daughter/son-in-law.....4
 - e. Brother/sister5
 - f. Other7
2. B. Sex
 - a. Male1
 - b. Female2
3. C. Marital status
 - a. Unmarried1
 - b. Married2
 - c. Widow/widower3
 - d. Divorced4
 - e. Separated5
 - f. Other6
4. D. Religion
 - a. Hindu1
 - b. Buddhism2
 - c. Christian3
 - d. Islam4
5. E. Education
 - a. Illiterate1
 - b. Literate2
 - c. Primary3
 - d. Secondary4
 - e. Intermediate5
 - f. Bachelor6

- g. Master and above7
- 6. F. Occupation
 - a. Unemployed1
 - b. Student2
 - c. Merchant3
 - d. Foreign employment4
 - e. Agriculture5
 - f. Industries6

2. Information or Family Status

- 7. A. Who cares your home?
 - a. Self
 - b. Husband
 - c. Daughter/son-in-law
 - d. Son/daughter-in-law
 - e. Grand children
 - f. Other
- 8. B. How many times do you take food per day?
 - a. Once a day
 - b. Twice a day
 - c. Three times a day
 - d. Four times a day
 - e. Five times a day
- 9. C. Who prepare food?
 - a. Self
 - b. Husband/wife
 - c. Daughter/son-in-law
 - d. Son/daughter-in law
 - e. Grand Children
 - f. Servant
- 10. D. Who helps on your personal hygiene?
 - a. Self
 - b. Husband/wife
 - c. Daughter/son-in-law
 - d. Son/daughter-in law
 - e. Grand Children
 - f. Servant

3. Family Decision

- 11. A. Do you have permission on selling to buying of valuable things/
 - a. Yes
 - b. No
 - c. Other members
- 12. B. Does this home belong to your own family?
 - a. Yes
 - b. No
- 13. C. To whom do you live now?
 - a. Husband/wife
 - b. Sun/daughter-in-law
 - c. Daughter/son-in-law
 - d. Brother
 - f. Other
- 14. D. What is the condition of your house?
 - a. Rent
 - b. Gifted
 - c. Own
 - d. Other
- 15. E. Do you satisfy with present situation?
 - a. yes
 - b. No
- 16. F. To whom do you wish to life?
 - a. Alone
 - b. Son/daughter-in-law
 - c. Daughter/Son-in-law
 - d. Religious institution
 - e. Other
- 17. G. What is the level of care from your family?
 - a. Good
 - b. Better
 - c. Worst
- 18. H. How do you spend your per day?
 - a. Religious activity
 - b. Reading/Listening news
 - c. Working inside home
 - d. Care of grand children of visit temple/church
 - e. Meeting peer group of discuss with family member
- 19. I. At what time do you wake up?
- 20. J. What is your condition of sleep?
 - a. good
 - b. better
 - c. worst
- 21. K. What kind of anxiety do you take in sleeping time at might?
 - a. Past
 - b. past events
 - c. Present activities
 - d. Health situation
- 22. L. What was your age during marriage?
- 23. M. How many children do you have?
- 24. N. In your opinion what is the rational of religious work?
 - a. Peace of soul
 - b. Dharma/Karma
 - c. Save the tradition
 - d. Improve the another live
 - e. Other

4. Information of Economic Status

25. A. What is your source of income?
- a. Less than 1000
 - b. 1000-2500
 - c. 2500-5000
 - d. 2500-5000
 - e. 7500-10000
 - f. 10000+
27. B. What is your own Property?
- a. House and land
 - b. Cash
 - c. Bank balance
 - d. Ornaments
 - e. Investment
 - f. Other
28. D. Who take the responsibility of your special expenditure?
- a. Son/daughter-in-law
 - b. Daughter/son-in-law
 - c. Grand children
 - d. Other
29. E. How do you spend the money you earn?
- a. Given to the family
 - b. Buy food times
 - c. Given to whom you wish
 - d. Save
 - e. Others