

**THE STATUS OF ELDERLY PEOPLE IN NEPAL: AN
ANALYSIS OF SOCIO-ECONOMIC AND DEMOGRAPHIC
CHARACTERISTICS OF ELDERLY PEOPLE LIVING IN
ARUCHOUR VDC, SYANGJA**

A Dissertation Submitted to :
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Fulfillment of the Degree of Master of Arts in Population Studies

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RECOMMENDATION

The dissertation work entitled “**The Status of Elderly People in Nepal: An Analysis of Socio- Economic and Demographic Characteristics of Elderly People Living in Aruchour VDC, Syangja is an independent work of ”** Mr. **Bhumidatta Poudel** prepared under my supervision for partial fulfillment of the requirements for the degree of Master of Arts in Population Studies. To the best of my knowledge, the study is original and carries out useful information about elderly people living in Aruchour VDC. I therefore recommended this dissertation to the evaluation committee for the final approval and acceptance.

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CHAPTER – I INTRODUCTION

1.1 Background of the Study

Generally there are three stages in human life cycle-child, working age and old age. A girl or boy under the age of 15 is known as child. In Nepal boys and girls under age of 15 are known as children. In the census 1952/54 to 2001 nearly 40 percent people are children. According to the census 2001, there are 39.36 percent (8948587) children out of total people in Nepal. Working age of people is the age of 15-60 or defined as independent, active people. There are nearly 55 percent active age people in 1952/54 to 2001 census. In the census 2001 we found that 54.15 percent (12310968) people are in active age in Nepal.

Elderly is the group of people above 60 years of age or defined as the stage of mental and physical decreasing or inability. We find different notions about old age. For instance "Dadamathiko Jun", "Astauna Lageko Ghanm", "Pakera Jharne Belako Phall" etc. Besides we find following saying of old age people – "Old age is the last part of life", "senior citizens", "Golden agars", "Elderly person", "person in harvest years". Following symptoms are seen in elderly people.

- (i) Wrinkle appear in the face and sensory organs become less active.
- (ii) Inability of mental work: quick forgetting, late learning, confusion and repetition.
- (iii) Physical weakness: feeling exhausted within short period, feeling of insecurity, increasing selfish attitude (because of physical and mental weakness), feeling own self as a character of mercy, and the development of one-sided insistence.
- (iv) Increase in religious feeling and being a bit rigid and being conservative.
- (v) Desire to be away from family responsibility, less interest in personal life, getting tempered (ill tempered).
- (vi) Hunch back loose poor eyesight, memory loss or any sort of sensational feelings.

Five percent of total population of Nepal was in this category in 1952 and this percent increased to 6.5 percent (1474379) in the census 2001 and overall growth rate of this elder population was higher than the total population growth rate 2.25 percent.

Table 1 : Percentage Distribution of Population by Sex and Age Group

S.N.	Age group	Sex	Total
------	-----------	-----	-------

		Male	Female	
1.	0-14 years	40.2	38.6	39.3
2.	15-59 years	53.2	55.1	54.4
3.	60+ years	6.6	6.5	6.5
	Total	49.96	50.04	100.00

Source: CBS 2001, Nepal.

The study of ageing is a major scientific challenge because of many conceptual and practical problems. Ageing is a theoretical construct. It is neither readily identifiable nor observable. The great majority of Gerontological theory focuses on age as the independent variable in order to infer that a parameter of interest is altered by a particular ageing process (Donald, 1998).

Ageing is growing old or maturing. Ageing is the ultimate manifestation of biological and demographic activities in individual human being and population at large. The study and rapid decreases in fertility and mortality levels are creating the change in national age structure of the country, resulting into a high proportion and number of the elderly population. The continued increase of aged population is creating humanitarian, social and economic problems.

People aged 60 or over are considered as elderly. Firstly, age sixty is the usual retirement age for civil servants in Nepal. This retirement age is, in a way reorganization of their status as elderly. Secondly age (59) is the upper limit of economically active population and that this ratio has obtained a universal endorsement. Thirdly, because life expectancy is low and that our accesses to medical and other health facilities are limited, people grow physically weaker and older earlier than most developed countries (Subedi, 1999).

As the people grow older, their physical abilities deteriorate and their control over their own resources may weaken. It has been observed that when people get older elderly people expect support from their families, relatives and the state so that they could lead a healthy life as dignified citizen in return for the contributions they made in the past. But neither the majority of the families nor the state institutions are poised to listen sincerely the quiet voices of the older people in Nepal. In the context of Nepal ageing has become a very important demographic and social issue (Bisht, 2005).

The majority of the elderly people in Nepal are living in rural areas depending upon their agricultural profession and living under the poverty. The majority of the older people suffer from the cumulative effects of a life time of deprivation, entering old age in a poor state of health and without saving or martial asset. They lack the means to fulfill their most basic needs such as food, proper housing, clothes, health care and safe drinking water. They also lack access to resources and income generating opportunities (Bisht, 2005).

According to the United Nation population division, which defines elderly people as people of 60 years and older; the coverage of elder people in Nepal is estimated at 6.5 percent in 2001. The percentage of elderly people in Nepal seems very small relative to the developed countries, but in terms of absolute numbers it represents about 1.48 million. Census data of the last five decades reveals that there has been high rate of growth in the elderly population which exceeds the total growth rate. The growth rate by 3.21 percent per annum in 2001, implies that the number of the elderly population will be double in less than 22 years.

Table 2: Demographic Situation of Elderly Population in Nepal by Sex

Year	Total population	Distribution and growth of the elderly population (60+)						Growth rate	
	Number	Number	%	Male	%	Female	%	Total population	Total elderly population
1961	9412996	489346	5.2	222422	2.4	266924	2.9	1.40	1.77
1971	11555983	621597	5.4	297763	2.6	323834	2.8	2.07	2.39
1981	15022839	857061	5.7	450998	3.0	406063	2.7	2.66	3.21
1991	18491097	1071234	5.8	542738	2.9	528496	2.9	2.10	2.23
2001	23151423	1477379	6.5	744840	3.27	732539	3.22	2.25	3.21

Source: Population Census, Nepal 1952/54, 1961, 1971, 1981, 1991 and 2001.

Presently, decreasing in fertility and mortality rates with improvement in life expectancy have led to add around 41000 new elderly people each year. Furthermore projections indicate that the number of older people of 1477379 (6.5%) in 2001 is expected to be 2037309 (6.94%) by the end of 2011, which shows an increasing trend. Similarly, the increasing old age dependency ratio; present 11.19 percent and in projected to be 12.05

percent in 2016, has the potential to increase the existing vulnerability of elderly people with weakening social support system (Bhattari 2003).

1.2 Statement of the Problem

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 is little knowledge about the real situation of elderly people and their problems from the perspective of elderly themselves.

Elderly people are respected persons in the society and they are sources of social values and norms. They have knowledge, experience and maturity in life, their contribution is necessary in the society. However they are facing different kinds of problems in their later life such as; economic, physical, social, mental, professional, family problems and aloneness.

It has the emerging issue in the modern society but there are very a 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 Aruchour VDC of Syangja 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 world wide. The problem of the 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 nations. So it is very important to the study of the status of elderly people.

1.3 Objectives of the Study

Since the ageing is growing concerns and increasing the percentage and absolute number of elderly population rapidly in rural and urban areas of Nepal. The majority of the people live in rural areas of Nepal. So this study is mainly concerned with the current status of the elderly people living in Aaruchour (VDC), Syangja (district). The objectives of the study are:

- J To analyze and understand socio-economic and demographic backgrounds of elderly living in the Aaruchour VDC of Syangja district.

-) To analyze the health status of elderly population.
-) To analyze the psychological status of elderly population.
-) To analyze the status of women (paying special attention to specific needs of women to protect them from the socio-economic sufferings).

The goal is study about demographic and socio-economic characteristics of elderly people, health condition, their main, problems there are facing in present life.

1.4 Significance of the Study

Elderly people are respected persons of the society. They are the sources of the knowledge, experience and wealth. In the United States, elderly people are addressed as senior citizens. The elderly people in our country are facing different problems such as basic needs, care, security and many other need. From the view of humanitarian, it is a miserable and dreadful problem. Thus elderly people are the assets of the society, nation and internationally too. UN declared the year 1999 as "the year of elderly people" which was celebrated world widely in order to integrate the issues of the elderly people.

The study points out many important problems that are being faced by the elderly people in rural areas. The status (socio-economic, demographic, health and psychological) of elderly people in the rural area will be concerned by this research. This study would help us to come up with some suggestions for mitigations of the policy maker, NGO/INGO and other organization, which are going to conduct programs about elderly. The finding will also help to all stakeholders in making proper decision. This study will be also helpful to know the needs of elderly people and their real life.

1.5 Limitations of the Study

The study has several limitations. Some are as follows.

-) This study is limited to that population who are above 60 years of age.
-) This study is based on 139 elderly people sampled from the Aaruchour VDC, of Syangja district.
-) The sampled size of the study does not accurately represent all elderly by caste, age groups. Some persons might have been missed due to the purposive sampling technique used in this study.
-) The findings of this study may not be representative for the elderly population of the whole country; recommendation may be more applicable to similar situation.

CHAPTER – II

REVIEW OF LITERATURE

2.1 Background

To review the available literature or materials with an eye on the possibilities of developing hypothesis from it. Problem of elderly have been raised from time to time in the world. Nepal is also not untouched from this problem but there are very few journals, reports, books and magazines which include ageing issues. In this context, the thesis first possibly has covers sufficient materials to shape the study in achieving first goal. Most of the researchers are basically unifocal i.e. an aspect is taken into consideration. The study is concerned the status of elderly people. In the present scenario of the country with poor socio-economic status, poor health facilities, gender differences and prevailing poverty for a long time. People look inactive and weak even in their early age groups. The poor health status and changing age structure of the elderly are clearly affecting socio-economic development of the country (Bishta, 2005). Many books and other materials have concerned in conducting thesis literature review. These materials realities have contributed to the thesis in dealing of the basic concepts and finding of the required facts.

2.2 Global View

The ageing of population was a natural outcome of demographic transaction from high fertility and mortality to low fertility and mortality. In this sense population ageing could be viewed as a product of successful population programmers that most countries have implemented (UN, 1991).

"Vienna international convention" held in 1982, the "international conference on population, Mexico city in order to unanimously declared its solidarity in order to recognize the role of elderly in nation building by mobilizing their rich knowledge, skills and experiences. In this context the United Nation duly enacted the resolutions regarding the senior citizens in the year 1991 and celebrated the year 1999 as "International elderly year". Vienna includes 62 recommendations for action addressing research, data collection and analysis training and education as well as the following sectoral areas.

- | | |
|------------------------------------|------------------|
|) Health and nutrition |) Family |
|) Protection of elderly consumers' |) Social welfare |

-) Housing and environments
-) Education
-) Income security and employment

In 1991, nine years after its endorsement of the plan the United Nation General Assembly (UNGA) adopted the United Nations Principles for older (Resolution, 40/91). Those 18 principles fall into five clusters relating the status of older persons.

-) Interdependence
-) Care
-) Participation
-) Dignity
-) Self fulfillment

The conceptual framework for the international year of older persons 1999 (document A/50/114) is based on the plans and principles. It comprises four facets.

-) Situation of older persons
-) Individual lifelong development
-) Relationship between the generations
-) Interrelationship of population ageing and development.

The conceptual facets for '1999' underscore the 'lifelong' and 'society-wide' dimensions of ageing. They point to the importance of policy investments in individual lifelong development in the context of longevity, and of coordinating the effects of population with other societal transformation such as globalization and the technological revolution (UN/Division for Social Policy and Development 15 Jan. 2003).

Suggestions were made for closer cooperation and communication among regional commissions, and with civil society organizations. The UN secretariat in New York should act as a clearing house in this interaction and should assist with expertise and resources to the Geneva inter-regional consultation in order to discuss what has been achieved in a particular time-frame. Such follow-up meetings should include representatives of NGOs working on ageing issues (MIPPA, Geneva, 2005).

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 situations of developing countries that have experienced every rapid decline in their level deserve particular attention. In most societies women live longer than men constitute the majority of the elderly population are especially vulnerable. The study of increase 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 component of society's human resources. They are also seeking to identify how best it is to assist elderly people with long-term support needs (ICPD, 1994).

Elderly population is an inevitable consequence of the demographic transition and it is taking place at much faster pace in a developing countries. Two third of older persons live in developing countries and their numbers and proportions are growing. Most of them live in rural areas. In almost all societies older women far outnumber older men (ICPD +5). The United Nation General Assembly special session ICPD+5 (1999) recommended that governments.

- J Support research and develop comprehensive strategies at the national, regional and local levels to meet challenges of elderly population.
- J Invest more resources in gender sensitive research as well as in training and capacity building in social policies and health care for the elderly, especially the older poor, particularly older women; support affordable, accessible and appropriate health-care services; and promote the human rights and dignity of older persons and the productive and useful roles they play in society.
- J Support system to enhance the ability of families and communities to care for older family members, the ability of the elderly to care for family and community members who are victims of HIV/AIDS; and generational solidarity with the goals of maintaining and improving social cohesion.

Ageing process is a biological reality, it is beyond human control. In the last 50 years

period mortality rate in developing countries has declined. The life expectancy at birth increased from 41 years in 1950 to 62 years in 1990 and is expected to be 70 years in 2020. In 2000 the world population of aged 60 years and above was 600 millions and is expected to be doubled in 2025 and 2 billion by 2050 (Giri, Kanti, 2004).

2.3 National View

Demographic challenge for Nepal is caring for the elderly (aged 60 years and over). This decline in mortality and fertility coupled with increased longevity means an unprecedented increase in number and proportion of elderly. Since very little is known about ageing issues in Nepal, it is important that ageing issues are understood correctly and in the proper context. Ageing is concerned with the old age disabilities or the functional status of senior individuals than the completed chronological age. Likewise, more important than the proportion (of aged) per se is geographic, demographic and socio-economic context of the country. This is because a marginal increase in the proportion of aged may pose serious problem when the country is characterized by greater spatial inequalities, poverty, overused land resources, stagnant economy, high illiteracy, and poor health status, caste/ethnic background, household status and living arrangement and occupational status (Subedi, 1999).

In another analysis Subedi comes to the end that population elderly is quite new in Nepalese society and neither the family nor the government is well-versed to handle the issues, therefore, he suggests that these are needed to take elderly issues seriously. He has analyzed the age structure changes taken place after 1950s profile of elderly population along with regional disparity, policy responses of the government (Subedi, 1999).

For the overwhelming majority of the working age population in Nepal, there is no discrete act of retirement which separates working life from a period of inactivity or retirement (The civil and professional services are exceptions but constitute a very small proportion of the total working population). With more than 85 percent of older people living in rural areas where agriculture is a way of life rather than other occupation. The majority of older people are engaged in various types of activities both in home and outside the home. Not all activities demand heavy physical labor while some older people are likely to perform strenuous, many engage in activities that are less taxing. In either case the activities of older people are not only of direct importance as contributors

to the household economy, but they are also indirectly importance because they help release adult numbers of the household for other productive task. Elderly people's role of freeing up other members is the most common contribution, and it helps to keep the elderly themselves active both physically and mentally (Subedi, 2003).

The elderly population should not be viewed as a liability. They should be viewed as a productive and valued asset for all societies. Since the elderly people have acquired skills and expertise during their lives, the wise society would provide opportunities to them to use their full potential of that knowledge. The community organizations and local people could greatly be benefited from the skills and services that older people can provide on a law-wage or voluntary basis. The non-governmental organizations and other community-based organization can provide local-level income generation opportunities for the active elderly people. They can also provide supplementary support for the families which are taking place. There has been a considerable increase in the life expectancy and length of a person's potential working life has also increased significantly. This gives the elderly population an opportunity to have a longer productive life before they reach the stage when they need great support (Bisht, 2000).

Bisht's another analysis focused on from the welfare to the social security management of disadvantaged elderly people. The government and non-government activities are going on the area of increasing the awareness to respect care and support the elderly people for their well-being. The rapid increases of the elderly people magnified the social and economic problems, especially in terms of the elderly care and support with respect to the employment, income, rural-urban residence and sex and age differences (Bisht, 2001).

2.4 The Status of Elderly in Nepal

2.4.1 Background

Matri Devo Bhawah, Pitri Devo Bhawah; Guru Devo Bhawah is our tradition which means that our tradition is rich in respecting our parents and elders the changing situation of the world towards having the small family norm. The process of urbanization and industrialization, and the poverty has disturbed our social texture. The number of older people in Nepal is increasing very rapidly. Therefore, it's important and urgent to address older people's basic needs, family support and income security, and capitalize on the

potential of growing older people's contributions to the family and community for their well-being (Bisht, 2005).

2.4.2 Senior Citizens Policy 2002

In support of the program of action recommended by ICPD at ten, HMG has adopted following five policy objectives for senior citizens.

- a) To recognize the knowledge, skill and expertise of the senior citizen, to ensure and cause to be ensured the implementation of program for the utilization thereof through His Majesty's Government and other institution, association.
- b) To enact new legislation or amend or review the existing one necessary to legally guarantee social security of the senior citizen and their right and interest.
- c) Various program shall be initiated and caused to be initiated with the objective of orienting a person, family, institution, association to give and cause to be given respect to the senior citizens in a family and society and concessions and prizes shall be given to the persons or associations carrying out such works. Text materials that increase emotional honor and respect to the senior citizen shall be prepared and taught in different educational institutions.
- d) For the fulfillment of basic needs and for proper economic sources for the senior citizen, there shall be introduced a national pension scheme, created a social security fund, initiated program such as the elders home, old age allowance and the program operated so far shall be systematized.
- e) A central level committee shall be established and operated to integrate, coordinate, monitor, and program relating to senior citizen. Furthermore, coordination in each district shall be made by the local bodies.

Senior citizen working policy is grouped under 5 categories that cover different aspects of elderly life. The five categories are: economic, social security, health services, participation and engagement, education and entertainment. The policy also has classified the elderly population into following two broad groups:

The First Group

The basic of classification of first group is their current economic condition:

- a) Capable to live on their own income source;
- b) Dependent; and
- c) Lacking shelter and economic source.

The Second Group

The basis of classification of second group of elderly population is their current age. This policy states that senior citizens who have completed 65 years of age shall be called older citizen. Such senior citizen shall further be classified as follows:

Involvement Group (from 65 to 75 years)

Experience, knowledge and skill of this group shall be utilized in economical and social development work.

Secured Group (above 75 years of age)

The knowledge, skill and experience of the elderly population who fall under the secured group on the basis of age but who wants to remain active shall be honored and special priority shall be given to utilize such knowledge, skill and experiences in economic and social development work.

HMG introduced the old age pension or allowance scheme in the fiscal year 1993-94. Under the scheme, the widowed women of 60 years or above and all those (both male and female) that have completed the age of 75 years are entitled for the benefit provided by the scheme. The scheme pays all the eligible people Rs. 1200.00 per year.

2.4.3 Social Transformation and Elderly

The Nepalese are rich in the socio-cultural norms and values of respecting the elderly people the changing global social pattern including the process of industrialization, urbanization and overall state of poverty has greatly influenced our social pattern. Migration of younger generation in quest of education and employment opportunities and to animate batter life style has been tremendously increasing, which has gradually developed the nation of nuclear pattern of the family. The present Nepalese phenomenon has direct impact to elderly people, which have further created the state of uncertainty and feeling of insecurity.

2.4.4 Rural Economy and Elderly

Several studies reveal that the mass of the elderly is rural and depending in agriculture with poor living condition. Majority of them are suffering from the cumulative effect of a life time deprivation, entering old age in a poor state of health and without saving and material assets. They lack the means to fulfill their basic needs such as food, proper housing, clothing, health care and safe drinking water. They also lack access to resources and income generating opportunities.

2.4.5 Gender Issues and Elderly

Comparing to the men, the women in Nepal are suffering more from multiple disadvantages due to the gender discrimination. Older women own fewer assets and have less control over the family income. In comparison to their male counterpart, the older women endure more in terms of life time deprivation, low level of education, poor health and nutrition, discrimination and restrictions on their mobility and association. The women widow or divorced have often denied access to their husband's resources and are heavily dependent on sons/family and the women without son have comparatively worse socio-economic condition and represent the most vulnerable segment in the society.

2.4.6 Health Services and Elderly

In Nepal, there are no specific health programs, especially targeted to the elders. Similarly, there is not a single hospital with a geriatric ward to cater the elderly ailment neither there is a single medical practitioner or specialized in geriatric treatment except two batch of nurses trained in this area. The government plans of establishing geriatric ward in each zonal hospital are yet to be materialized. The facility of medical insurance to elders does not exist. Recently, the government made public a guideline for the implementation of new programs, namely senior citizen treatment service. This initiative of the government is encouraging but this program is limited only in it districts out of 75 districts of the country and the budget allocation is very small as well as the procedure to receive the support is not so practical (Bhattarai, 2003).

2.5 Development Plan and the Elderly People

There are only two polices introduced to manage and implement plans about elderly

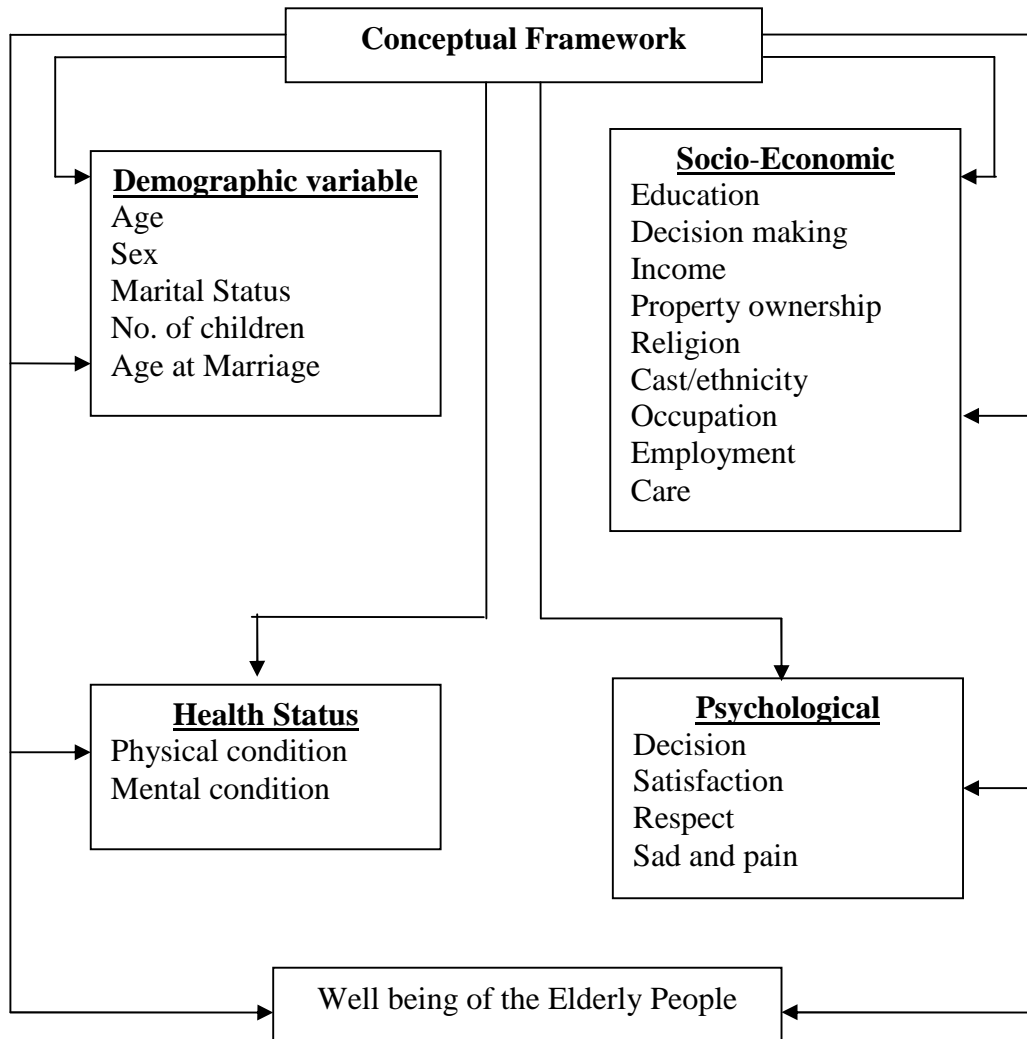
people in Nepal. Policy related to senior citizens, for the 1st time was included in the ninth five year plan. Before that plan the government in 2051 B.S. had introduced a plan to provide hundred rupees per month to the elder people above the age of seventy five years.

Nepal, for the first time, has envisaged detail out line of specific goal, policies and strategies for senior citizens under the component of "social services and social security" of its ninth plan. However, it could not be achieved as desired till now. Hopefully the tenth plan 2002-2007 will take up the uncompleted activities to realize.

Meanwhile the ministry of women children and social welfare has made public. The policy and operational strategy towards senior citizens, 2001 as the key policy document of the government, which has largely followed the conventional welfare approach rather than right-based approach. Besides formation of interdepartmental committee to formulate national plan of action on ageing, establishment of a national fund for senior citizen, drafting of senior citizen act, initiation on senior citizen treatment service and financial support to old age homes should definitely be considered the positive steps of the government towards elderly issues.

2.6 Conceptual Framework

There are very few studies conducted in the field of elderly population welfare. These previous studies have focused that demographic, socio-economic and health factors play an important role in determining the status of elderly population. Based on this information the study has been proposed the following conceptual framework.



CHAPTER – III

RESEARCH METHODOLOGY

3.1 General Background

Research methodology refers to various sequential steps adopted by a researcher in studying a problem with certain object in view. Elderly people are the sea of the knowledge, experiences and the wealth of the nation, but they are facing more problems in developing countries than that of developed countries and in rural areas than in urban areas. This study focuses on socio-economic, demographic, health and psychological situation along with the solution for reparation process. So this study is based on both primary and secondary data collected to seek such possibilities and trend for providing suggestion to the matter. The detail research methodology used is discussed under following headings.

3.2 Introduction of the Study Area

Aruchour VDC is one of the remote VDCs of Syangja district where basic infrastructures of development are rarely available. It is situated about 30 km north-west from the district headquarter with an altitude of 2000 m at the east boarder of Dhaulagiri zone. It is bounded by Karkineta and Bhangara VDCs of Parvat district from the north, Pakhapani and Phalamkhani VDCs of Parvat district from the west, and Panchamool and Rapakot VDCs of Syangja district from the east and the south respectively.

This VDC includes the second highest peak, Dahare Deurali, in this district at an altitude of about 2250 m, a famous Hindu religious spot and a tourism center in district. Ethnicity; Brahmins are 60.46 percent of the total population followed by Chhetris (16.75%), Kamis (10.02%), Damais (8.56%), Sarkis (1.71%), Gurungs (1.04%) and others (1.46%) (CBS, Census Report, 2001).

Table 3 'a' : Ward-Wise Population of Aruchour VDC, 2006

Particulars	Ward Numbers									Total
	1	2	3	4	5	6	7	8	9	
Household	57	60	118	96	57	58	90	79	97	712
Population by sex in each ward										
Male	206	220	370	337	192	179	320	255	327	2406
Female	191	192	358	324	202	148	280	257	327	2279
Total	397	412	728	661	394	327	600	512	654	4685

Source: Village Development Profile 2006, Aruchour.

Table 3 'b': Ward-Wise Elderly Population by Age Group of Aruchour VDC

Age group	Ward Numbers									Total
	1	2	3	4	5	6	7	8	9	
60-70	14	23	35	16	15	13	33	19	34	202
70-80	5	10	12	14	8	7	21	15	18	110
80-90	3	3	2	3	0	2	1	3	4	21
90+	0	1	0	0	0	0	0	0	1	2
Total	22	37	49	33	23	22	55	37	57	335

Source: Village Development Profile 2006, Aruchour.

3.3 Selection of the Sample

Aruchour VDC is divided into 9 wards. According to the village development profile 2006, there are 712 households and 4685 populations in this VDC. Out of the total household and population, there are 299 household, 335 elderly people are 60 years and above. Among the total elderly 48.06 percent (161) are male and 51.94 percent (174) are female. By the purposive sampling method '109' households are selected from nine wards of Aruchour VDC and from 109 households 139 elderly people of age 60 years and above are included for this study.

3.4 Source and Nature of Data

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

3.5 Tools and Techniques of Data Collection

Specially, this research was done as a partial fulfillment of master degree requirement of Population Studies. Used tools and technique were as follows.

3.5.1 Primary Data

The information collected directly from the elderly people with individual interview, selected by purposive method on the basis of village development profile of Aruchour VDC, 2006.

3.5.2 Secondary Data

Secondary data was collected through various published and unpublished book; thesis census report. Basically secondary data are derived from different authorized sources that are given below.

1. Central Bureau of Statistics.
2. Department Library.
3. Central Library, Kirtipur.
4. VDC Office, Aruchour

3.5.3 Questionnaire

Questionnaires were taken from Prem Singh Bisht's unpublished PHD thesis and modified. Questionnaire was used to obtain the data of elderly people status in rural areas. They were used to collect some personal identifications like, population structure i.e. age, sex, occupation, educational status, socio-economic condition and health and psychological situation of elderly people.

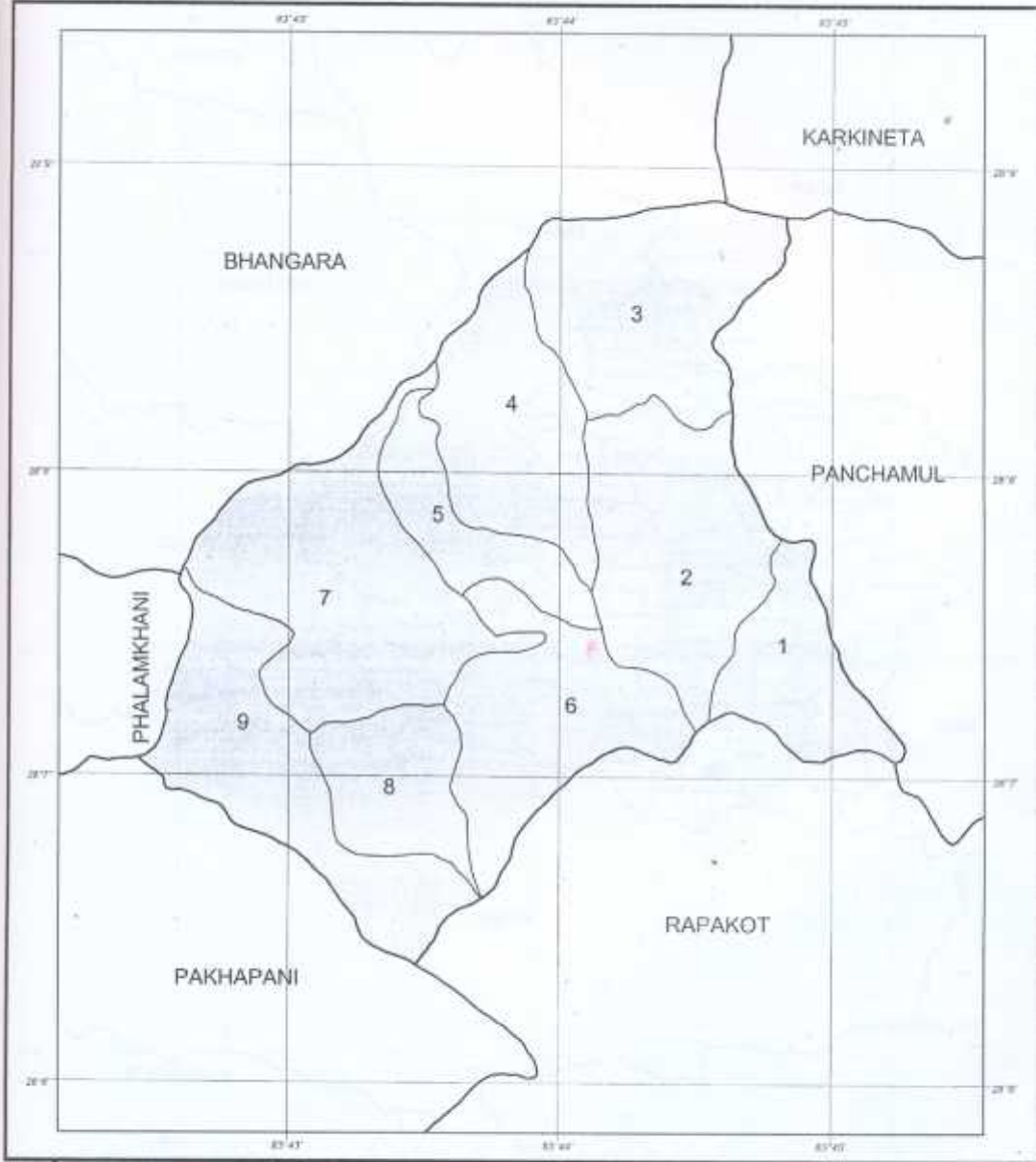
3.6 Data Analysis and Processing

Data do not speak for themselves unless the researcher categorizes, manipulates and arranges them so as to make them easily comprehensible. Technically with both qualitative and quantitative methods of analysis. Basically, qualitative data were analyzed and interpreted descriptively. The quantitative data were processed by relevant tabulation and tables to make the study more meaningful. The collected data were analyzed with the help of simple hand tabulation in number and percentage distribution. And according to required use of simple bar diagram and pie-chart.

ARUCHAUR VDC

DISTRICT : SYANGJA

VDC Code : 41003



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SCALE 1 : 35000

SYANGJA DISTRICT
VDC Location Map

LEGEND	
	VDC Boundary
	Ward Boundary
BUKHEL	VDC Name
5	Ward Number

ARUCHAUR VDC
Area : 11 Sq.Km.(Approx.)

700 0 700 1400 Meters

HORIZONTAL DATUM
Spheroid Everest 1830
Projection MUTM
Origin Longitude 84° E., Latitude 0° N.
False coordinates of origin 500 000 m. Easting, 0 m. Northing
Scale Factor at Central Meridian 0.9999

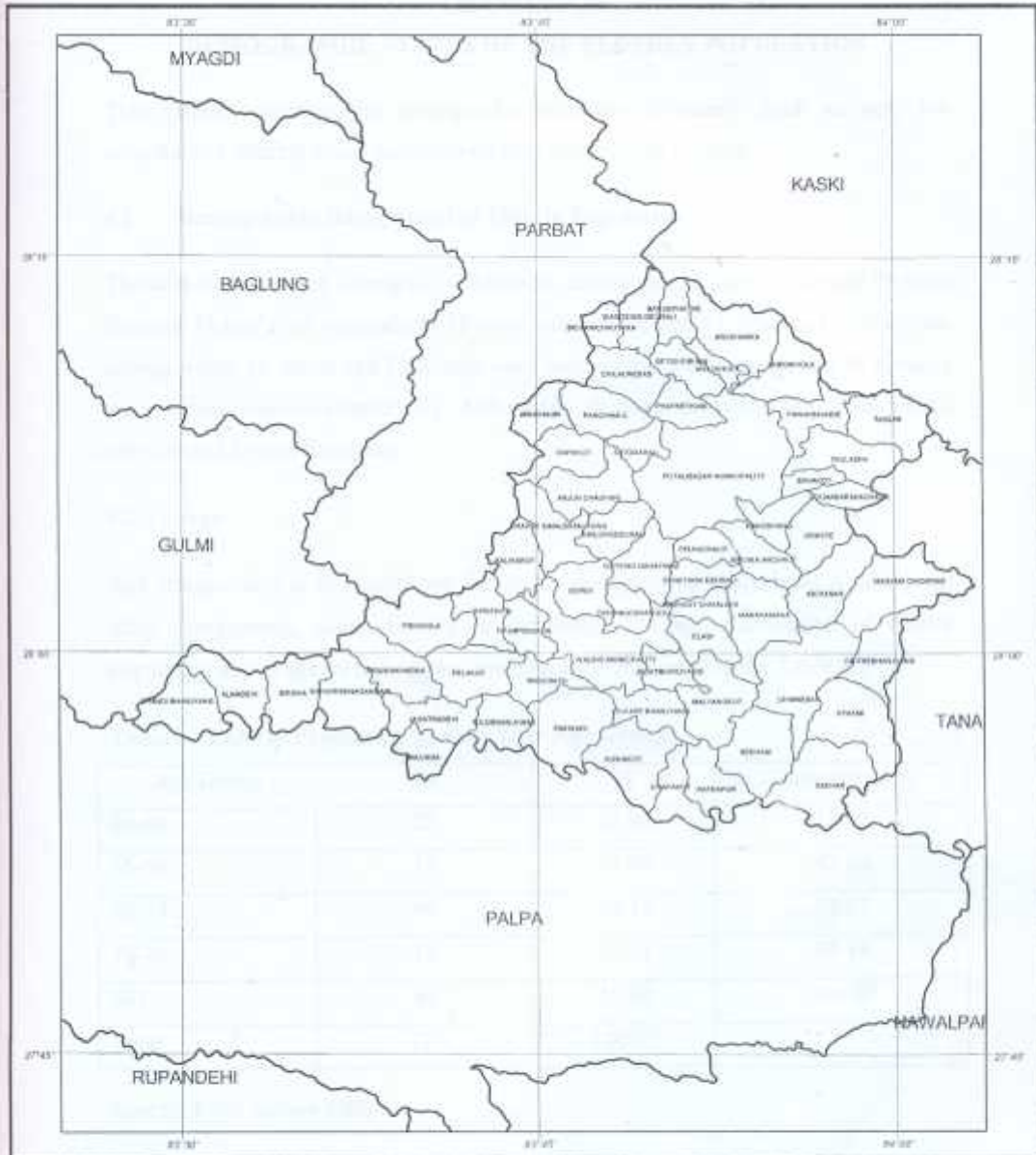
Map compiled from National Topographic Database at scales 1:25 000 and 1:50 000. Internal administrative boundaries are not demarcated on the ground. Map produced by the Survey Department, National Geographic Information Infrastructure Programme, (NGIIP), Kathmandu, 2003



SYANGJA DISTRICT

ZONE : GANDAKI

Number of VDCs/Municipalities : 62



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SCALE 1 : 400000

LEGEND

- District Boundary
- VDC Boundary
- MORANG** District Name
- VDC Name

8000 11 8000 16000 Meters

Map compiled from National Topographic Database at scale 1:100,000. Internal administrative boundaries are not demarcated on the ground. Map produced by the Survey Department, National Geographic Information Infrastructure Project, (NGIIP) Kathmandu, 2005

LOCATION MAP



DISTRICT : SYANGJA

CHAPTER – IV
DEMOGRAPHIC STATUS OF THE ELDERLY POPULATION

This chapter contains the demographic situation of elderly such as age, sex composition, marital status and children ever born (CEB) by caste.

4.1 Demographic Background of Elderly Population

The data was collected among the 139 elderly, among them 63 were male and 76 were females. Out of total respondents 78 were with couple and 61 were widow/widower among which 50 males and 28 female were with couple and 13 males and 48 females were widow/widower respectively. And among all respondents 136 follow the Hindu religion and 3 were Buddhists.

4.1.1 Age

Age composition is the important factor for demographic analysis as it affects all other components, either directly or indirectly. The age distribution of elderly population above age 60 in five year age interval is presented in the Table 4.1.

Table 4 : Elderly Population by Five Year Age Group

Age Group	No.	%	Cumulative %
60-64	25	17.99	17.99
65-69	36	25.90	43.89
70-74	40	28.78	72.67
75-79	16	11.51	84.18
80+	22	15.82	100.00
Total	139	100.00	

Source: Field Survey 2006.

Table 4 shows that the proportion of the elderly population of age group 70-74 was relatively higher in comparison with other age groups. From the above table, around 29 percent of population is covered by age group 70-74 years; followed by 65-69 years age group 25.90 percent, 60-64 years age group 17.99 percent, 80+ years age group 15.82 and lowest percentage was found 75-79 years age group 11.51 percent respectively.

4.1.2 Age and Sex

Age group and sex play the vital role in demographic studies. Sex composition is considered as an important factor while analyzing demographic pattern.

Table 5 : Elderly Population by Five Year Age Group and Sex

Age groups	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
60-64	8	12.70	17	22.37	25	17.99
65-69	13	20.64	23	30.26	36	25.90
70-74	21	33.33	19	25.00	40	28.78
75-79	11	17.46	5	6.58	16	11.51
80+	10	15.87	12	15.79	22	15.82
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Table 5 shows that the proportion of male elderly population of age group 70-74 was relatively higher in comparison with other age groups. From the above table, among the male respondents 33.33 percent covers the 70-74 years of age group. Similarly the proportion of male population in the 60-64 years of age group was relatively lower with comparison to other age groups. On the other hand among 76 females 65-69 years of age group population was relatively higher(30.26 percent) with comparison to other age groups and 75-79 years of age group female elderly were lower (6.58 percent) with comparison to other age groups respectively.

4.1.3 Marital Status

Marriage is an important need for the longevity and health status of the aged. Various studies have shown that married persons have passed longer life expectancy than that of unmarried, divorced, separated, widowhood. Similarly, married have better health condition than that of single, separated and widow/widower.

Marriage is universal in our country. Marriage system keeps its greater value in family and social system. All of the respondents were married in this study. However how many

of them were couple and how many of widows/widowers are presented in the following Table 6.

Table 6 : Elderly Respondents by Marital Status

Marital Status	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
With Couple	50	79.37	28	36.84	78	56.12
Widow/widower	13	20.63	48	63.16	61	43.88
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Table 6 shows that among the male respondents relatively higher percent live with couple. 79.37 percent males live with couple and only 20.63 percent were widower. Similarly among the females, higher (63.16 percent) were widows and only 36.84 percent were living with couple. From the above table, it shows that women have to face more tragic life or widowhood than men. On the other hand, women have longer life expectancy than that of males because males are facing risky life out side the home.

4.1.4 Children Ever Born (CEB)

This chapter presents the fertility performance of the elderly population, children ever born (CEB). The number of children is important for elderly population because according to tradition children are taken as caretakers and supporters in elderly stage. The following table presents caste wise number of children of elderly.

Table 7 : Elderly Respondents by Number of Children and Caste

Number of children	Brahamin		Chhetri		Dalit		Gurung		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
No	2	2.42	-	-	-	-	-	-	2	1.44
1-2	11	13.41	8	27.59	-	-	1	33.33	20	14.39
3-5	49	59.76	11	37.93	9	36	-	-	69	49.64
6-8	20	24.39	10	34.48	14	56	2	66.67	46	33.09
9+	-	-	-	-	2	8	-	-	2	1.44
Total	82	100	29	100	25	100	3	100	139	100

Source: Field Survey, 2006.

Fig. 1 : Percentage Distribution of Population by Caste

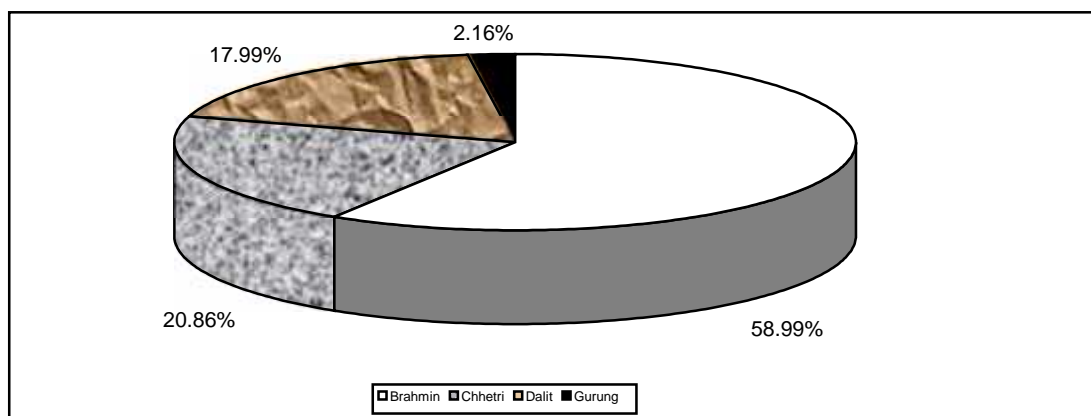
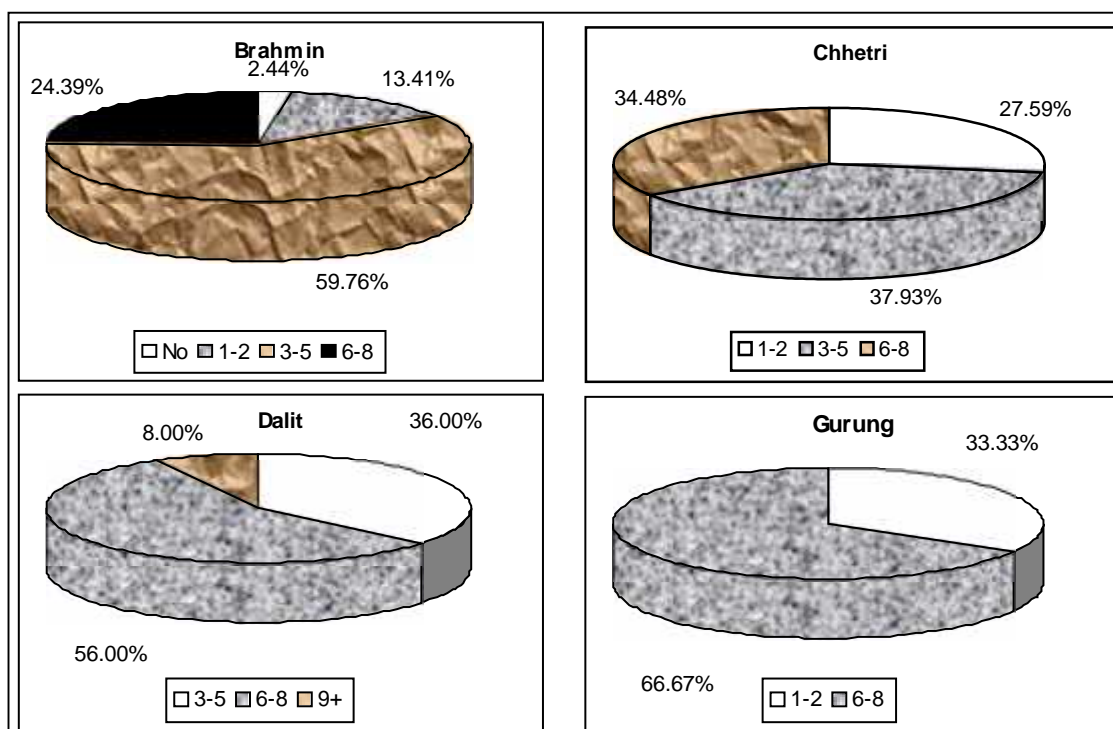


Fig. 2 : Percentage Distribution of Elderly by Caste in number of Children



Above table and figure shows that highest percent of respondents had 3-5 children, which occupied 49.64 percent (69) among 139 elderly; followed by 33.09 percent had 6-8 children, 14.39 percent 1-2 children and only 1.44/1.44 percent had above 9 children and non of the children respectively.

Caste wise relatively higher numbers of children were in dalit elderly. Dalit elderly had 6-8 and above 9 children; followed by 59.76 percent Brahmin elderly who had 3-5 children and having non of the children also were 1.44 percent in Brahmin elderly. Gurung elderly were highest in 66.67 percent for having 6-8 children and 37.93 percent Chhettri who had 3- 5 children.

4.1.5 Age at Marriage

Marriage is one of the vital factors which affects the life of people till elderly age. Marriage is the turning mode of the life, the life moves toward the direction showed by the time after marriage. Marriage in teen age often becomes in good life status.

Table 8 : Age at Marriage of Elderly Respondents by Sex

Age Group	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
5-9	2	3.17	26	34.21	28	20.14
10-14	13	20.63	27	35.53	40	28.78
15-19	16	25.40	17	22.37	33	23.74
20-24	20	31.75	5	6.58	25	17.99
25-29	10	15.88	1	1.31	11	7.91
30-34	2	3.17	-	-	2	1.44
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

The table shows that most of the elderly were married in their teen age. Out of 139 respondents 28.78 percent were married in 10-14 years age group, 23.74 percent in 15-19, 17.99, in 20-24, 20.14, in 5-9, 7.91, in 25-29 and only 1.44 percent were married in 30-34 years of age group respectively. During that time, when these elderly were child or young, child marriage was in practice. Child marriage had been heavily practiced in

these days especially among girls. The tradition of marriage in teen age had also been equally practiced. In child marriage and teen age marriage, the number of females were remarkably higher than that of male because the parents used to think that their daughters were burden for them and so had to be sent to their husband's house to make their future themselves.

CHAPTER – V

SOCIO-ECONOMIC STATUS OF ELDERLY POPULATION

The socio-economic variables play the most important role in increasing or decreasing status of elderly people. In good socio-economic condition of the family and in that of society, status of elderly is also good and vice versa to bad socio-economic condition. The socio-economic variables – religion, caste composition, education status, occupation, personal income, activity to work etc. – are the determining factors of the elderly status. About all these determinants, information has been presented in this chapter.

5.1 Religion

Religion has great impact in the life of people, particularly in the life of elderly people. Their beliefs, values and practices are guided by the religion they are following. Nepal is a Hindu kingdom, most of the Nepalese people follow Hindu Religion. Following table describes the religious status of elderly people.

Table 9 : Elderly Respondents by Religion

S.N.	Religions	Male		Female		Total	
		No.	%	No.	%	No.	%
1.	Hindu	61	96.83	75	98.68	136	97.84
2.	Buddhist	02	3.17	01	1.32	03	2.16
	Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Above table shows that 97.84 percent people follow Hindu religion and only 2.16 percent follow Buddhist. Among them 96.83 percent and 98.68 percent in Hindu religion, and 3.17 percent and 1.32 percent in Buddha religion were males and females respectively.

5.2 Caste

Caste is an important social factor which determines the status of elderly people. Table 5.2 has presented the distribution of respondents by caste and age.

Table 10 : Elderly Respondents by Caste and Age Group

Caste	Age group					Total	
	60-64	65-69	70-74	75-79	80+	No.	%
Brahmain	13	25	21	10	13	821	58.99
Chhteri	7	3	8	3	8	29	20.86
Dalit	5	7	7	5	1	25	17.99
Gurung	-	1	1	1	-	3	2.16
Total	25	36	37	19	22	139	100.00

Note: Dalit includes Kami, Damai and Sarki.

Source: Field Survey, 2006.

Among the respondents 58.99 percent were Brahmin and out of them highest number of elderly fell in 65-69 years of age group. Similarly, 20.86 percent were Chhetri followed by, 17.99 percent Dalit. In concern of age group, only one person remains in 80+ years of age in Dalit which is the lowest number among respondents of different castes.

5.2.1 Caste by Age and Sex

Table 12 : Caste Wise Elderly Respondents in Five Year Age Group and Sex

Caste	Age group and sex												Grand Total
	60-64		65-69		70-74		75-79		80+		Total		
	M	F	M	F	M	F	M	F	M	F	M	F	
Brahmain	3	10	9	16	9	12	6	4	6	7	33	49	82
Chhteri	4	3	2	1	4	4	3	0	4	4	17	12	29
Dalit	1	4	2	5	5	2	3	2	0	1	11	14	25
Gurung	-	-	1	-	1	-	-	1	-	-	2	1	3
Total	8	17	14	22	19	18	12	7	10	12	63	76	139

M = Male, F = Female

Source: Field Survey, 2006.

Above table shows that highest number of respondents were female in 65-69 years of age group among than 16 were Brahmin, 1 was Chhteri and 5 were Dalit. On the other hand, out of 63 male respondents 33 Brahmin, 17 Chhetri, 11 Dalit and 2 were Gurung

respectively. Highest number of male respondent fell in 70-74 years of age group.

5.3 Education

Most of the elderly people were illiterate and even among them only a few females were illiterate. This section studies about the educational status of elderly.

Table 12 : Elderly Respondents by Literacy Status

Literacy Status	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Literate	41	65.08	2	2.63	43	30.94
Illiterate	21	33.33	74	97.37	95	68.34
S.L.C.	1	1.59	-	-	1	0.72
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

From the above table it is clear that most of elderly were illiterate and the proportion of literate elderly was higher in male than in female. Among 139 respondents, 68.34 percent elderly were illiterate. Even within low literate percent of elderly, only 2 female were literate.

5.3.1 Educational Status by Caste

Literacy, in terms of caste, is another important factor to determine the status of elderly people. Literacy status varies to different caste in respect of gaining education.

Table 13 : Elderly Respondents by Literacy and Caste

Education achievement	Caste								Total	
	Brahmin		Chhetri		Dalit		Gurung			
	No.	%	No.	%	No.	%	No.	%	No.	%
Literate	29	35.37	11	37.93	-	-	3	100	43	30.94
Illiterate	82	63.41	18	62.07	25	100	-	-	95	68.34
S.L.C.	1	1.22	-	-	-	-	-	-	1	0.72
Total	82	100	29	100	25	100	3	100	139	100

Source: Field Survey, 2006.

Table 13 exposes that proportion of literate elderly people was high in Brahmin and that of illiterate was high in Dalit caste. Among 139 respondents, 35.37 percent Brahmin were literate and the number was 0 in Dalit. That is to say, all Dalit elderly were illiterate. Overall, literary status of elderly people was not good.

5.4 Occupation

Occupation is another most important determinant factor to determine the status of elderly people. In the study area all elderly occupation base in agriculture. Some elderly who are still in good health condition and not too old. They have been doing work following table shows working condition of elderly in agriculture.

Table 14 : Elderly Respondents by Occupation and Sex

Occupation	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Agriculture	47	74.60	44	57.89	91	65.47
Non work	16	25.40	32	42.11	48	34.53
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

The fact derived from the table is that most of the elderly people were involved in agriculture. Out of 139 respondents, 65.47 percent were taking agriculture as their

occupation out of which 74.60 percent were males and 57.89 percent were females. Only 34.53 percent elderly didn't have work to do because of physical inability.

5.5 Income Source

Income source, being one of the determinant factors of elderly status, plays decisive role in elderly life.

Table 15 : Elderly Respondents by Income Source and Sex

Source of income	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Agriculture	26	41.27	10	13.16	36	25.90
Pension	9	14.29	5	6.58	14	10.10
Old age allowance	12	19.05	32	42.10	44	31.60
Son/daughter	13	20.63	27	35.53	40	28.80
Dan/Chanda	3	4.76	2	2.63	5	3.60
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Among total elderly respondents people, the higher proportion of respondents income source were old age allowance. Around 32 percent respondents got old age allowances, among them 19.05 percent were male and 40.10 percent were female. Likewise, it was followed by 28.8 percent depended upon son/daughter with respect to their income source whereas around 26 percent had adopted agriculture as source of income. Only 3.60 percent elderly respondents had taken *Dan/Chanda* as income source of their elderly stage.

5.5.1 Income Source by Caste

Table 16 : Elderly Respondents by Income Source and Caste

Source of income	Caste				
	Brahmin	Chhetri	Dalit	Gurung	Total
Old age allowance	34	5	5	-	44
Son/Daughter	25	5	9	1	40
Agriculture	18	8	10	-	36
Pension	1	11	-	2	14
Danchanda	4	-	1	-	5
Total	82	29	25	3	139

Source: Field Survey, 2006.

The highest numbers of elderly adopting old age allowance as income source were Brahmin. Among 82 Brahmin elderly, 34 had got old age allowance, 25 had to depend upon son/daughter, 18 upon agriculture, 1 upon pension and 4 upon Dan/Chanda respectively as their income source. Among Chhetri elderly, proportion of elderly is high in getting pension. It is because of the tendency of admitting in army/police force. Dalit elderly had no pension as income source; most of them were dependent upon agriculture. Out of 3 Gurungs elderly, 2 had pension and only one person was dependent upon son/daughter for income source.

5.5.2 Income Source by Caste and Sex

Table 17 : Income Source Wise Elderly Respondents by Caste and Sex

Source of income	Caste and Sex								Total		G T
	Brahmin		Chhetri		Dalit		Gurung		M	F	
	M	F	M	F	M	F	M	F			
Old age allowance	6	28	3	2	-	5	-	-	9	35	44
Agriculture	12	6	6	2	7	3	-	-	25	11	36
Son/Daughter	11	14	1	4	4	5	1	-	17	23	40
Pension	1	-	7	4	-	-	1	1	9	5	14
Dan/Chanda	3	1	-	-	-	1	-	-	3	2	05
Total	33	49	17	12	11	14	2	1	63	76	139

Source: Field Survey, 2006.

M = Male, F = Female, GT = Grand Total

Out of 139 elderly, 44 had old age allowance on their source of income which, includes 6 males and 28 females, 34 from Brahmin. Among 17 Chhetri elderly, 8 had adopted agriculture as source of income, 5 were depended upon their son/daughter. Most of Dalit elderly were adopting agriculture as source of income. Out of 3 Gurung elderly, 2 had got pension and 1 depend upon son/daughter as their source of income. Five depending upon Dan/Chanda was high in Brahmin elderly.

5.5.3 Property Ownership

Ownership upon the property also concerns largely with the life status of old age people.

Table 18 : Elderly Respondents by Property Ownership and Sex

Property Ownership	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
House/land	60	95.23	33	43.41	93	66.91
Land only	3	4.77	07	9.2	10	7.19
Ornament	-	-	32	42.1	32	23.00
Nothing	-	-	04	5.3	04	2.90
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Table No. 18 shows that among 139 elderly, 66.91 percent had ownership of house/land comprising 95.23 percent males and 43.4 percent females out of 63 males and 76 females. Among all elderly, 7.19 percent had only land as their property. Out of 76 female, 42.1 percent had ownership on ornaments and 5.3 percent had nothing as their property.

5.5.4 Personal Income Per-month by Sex

Personal income is another determinant factor in status of elderly people.

Table 19 : Elderly Respondents by Personal Income and Sex

Personal Income	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Less than 1000	40	63.49	69	90.79	109	78.41
1000-2500	15	23.81	2	2.63	17	12.23
2500-5000	5	7.94	4	5.26	9	6.47
5000-7500	-	-	1	1.32	1	0.72
10000+	3	4.76	-	-	3	2.16
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of 139 elderly, 78.42 percent elderly had personal income less than 1000 per month. The percent of getting income 1000-2500 per month is 12.23 percent among which 23.81 percent were males and 63 percent were females. Only 0.72 percent elderly had income between 5000-75000 per month whereas 2.16 percent had income more than 10000 per month.

5.6 Fundamental Need

Fundamental needs are basic needs of living which keep great concern in life expectancy of elderly people.

Table 20 : Elderly Respondents by Fulfillment of Fundamental need and Sex

Fulfillment of Fundamental need	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Yes	11	17.46	15	23.68	29	20.86
No	52	82.54	58	76.32	110	79.14
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

In respect of fulfillment of fundamental needs of 139 elderly, only 20.86 percent fulfilled their basic needs. Most of elderly had lack of fundamental needs among which 82.54 percent were males and 76.32 percent were females.

5.7 Expenditure Person

Who does take responsibility of elderly expenditure affects the life status of elderly people? Most of elderly people, in Nepali society, have to depend upon their son/daughter-in-law when there is need of expenditure for elderly.

Table 21 : Elderly Respondents by the Person who Expends for them and Sex

Expenditure Person	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Son/Daughter-in-law	59	93.65	65	85.53	124	89.21
Daughter/son-in-law	1	1.59	5	6.58	6	4.32
Grand children	2	3.17	2	2.63	4	2.88
Others	1	1.59	4	5.26	5	3.59
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

With analysis of the table, it is fact that most of elderly people have son/daughter-in-law as their expenditure person. Among 139 elderly, 4.32 percent were dependent upon daughter/son-in-law in respect of expenditure. Only 2.88 percent elderly expenditure was beard by their grand children.

5.8 Help in Occupation of the Family

Elderly are the source of knowledge, experience and wealth, so their help is necessary in the family. Following table shows that their helpful situation in different characteristics of the family occupation.

Table 22 : Elderly Respondents by Help in Occupation of the Family and Sex

Help in occupation	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Suggestion/Direction	31	49.21	6	7.89	37	26.62
Physical labor	17	26.98	4	5.26	21	15.12
Cash	2	3.17	7	9.21	9	6.47
Domestic work	13	20.64	59	77.64	72	51.79
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Table No. 22 leads to the fact that most of the elderly were engaged in domestic work for they were unable to do hard work and they had less money. Among 139 respondents, 26.62 percent elderly told that they had given suggestion/direction in improvement of the family. Only 6.47 percent helped with cash in the family. Most of elderly were physically powerless; therefore only 15.12 percent elderly used physical labor in concern of occupation in the family.

5.9 Old age Allowance

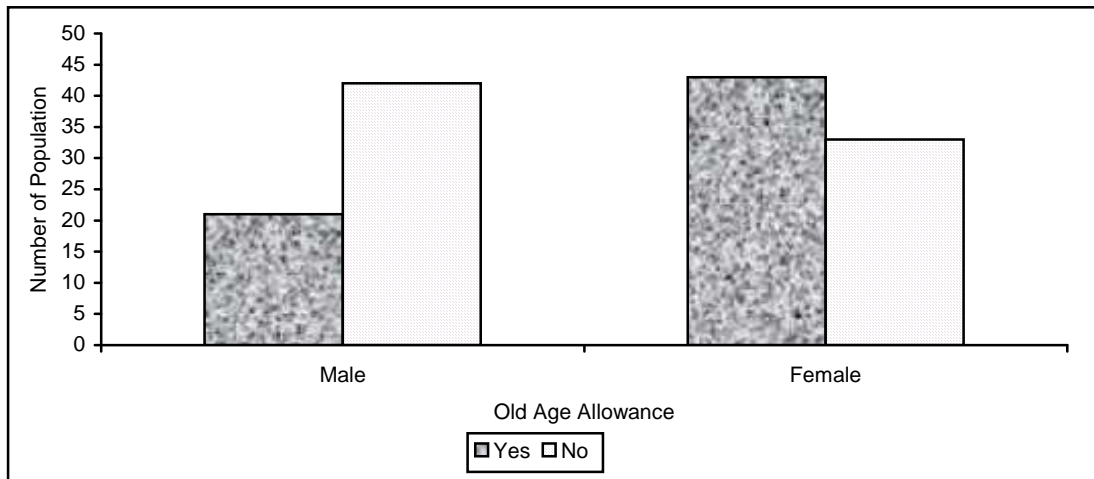
In this modern era old age allowance is another most important determinant factor to increase the status of elderly people in the family. And it also helps to fulfill the general need of elderly. Following table presents elderly by old age allowance.

Table 23 : Elderly Respondents by Old Age Allowance and Sex

Old age allowance	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Yes	21	33.33	43	56.58	64	46.04
No	42	66.67	33	43.42	75	53.96
Total	63	100.00	76	100.00	139	100.00

Source : Field Survey, 2006.

Fig. 3: Percentage Distribution of Population by Old Age Allowance and Sex



The table and figure show that only 46.04 percent elderly, out of 139, were getting old age allowance. Even among them, number of males were higher than that of females. This shows that the status of elderly people was not good. It blockades in improvement of the society itself. Deprivation of this allowance in old age makes elderly more frustrated and sad towards their living.

5.9.1 Receiving Process

According to elderly receiving process of old age allowance, was different. All elderly were not successful to got the old age allowance because of different rules and cause of state and people. Many elderly were deprived of this facility.

Table 24 : Elderly Respondents by Receiving Process of Old Age Allowance and Non-Receiving Causes and Sex

Receiving Process	Sex				Total	
	Male		Female			
	N	%	N	%	N	%
Himself	3	14.29	4	9.30	7	10.93
Brought by ward president/secretary	10	47.62	20	46.51	30	46.88
Family member	8	38.09	19	44.19	27	42.19
Total	21	100.00	43	100.00	64	100.00
Non receiving causes						
Lack of citizenship	1	2.38	5	15.15	6	8
Lack of other help	6	14.29	6	18.18	12	16
Others	35	83.33	22	66.67	57	76
Total	42	100.00	33	100.00	75	100.00
Grand Total	63		76		139	

Source: Field Survey, 2006.

The table serves to derive the fact that highest percent of elderly respondents were deprived of old age allowance provided by the state. The obstacles in this deprivation were lack of citizenship, lack of helpers and others. Even among the elderly getting old age allowance number of males probably it was because of negligence of family members towards male elderly, and that of less interest of male elderly themselves. Among 64 elderly respondents, who were getting the allowance, only 7 took the allowance by going to office. And most of the elderly respondents were dependent upon others in receiving the allowance and in this concern their inability and lack of information remained as most powerful obstacles.

The rule of government provides the old age allowance to the people above 75 years age people. But the respondents of this research have been included the people above 60 years age. So the number of getting old age allowance was low in their research.

5.10 Family Environment

Family environment plays the most important role in the elderly life in concern of increasing and decreasing the status of elderly people. Generally family members support to the elderly through economic, social and other supporting system. In most cases they were provided food and clothes but not all elderly were provided medicine and pocket money to spend. Following tables shows about helping condition in different tasks of elderly by their family members.

5.10.1 Home Care

Table 25 : Elderly Respondents by the Person who Cares Home and Sex

Care of house	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Self	5	7.94	45	59.21	50	35.97
Husband/wife	41	65.07	2	2.63	43	30.94
Son/Daughter-in-law	15	23.81	29	38.16	44	31.65
Daughter/Son-in-law	1	1.59	-	-	1	0.72
Grand Children	1	1.59	-	-	1	0.72
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of total 139 elderly respondents, most of them 35.97 percent taking care of their home by themselves which was followed by 30.94 percent elderly whose home was cared by husband or wife. They were given this responsibility of looking home, for they were physically and economically unable to do work outside the home.

5.10.2 Preparing Food

Preparing food is another fact which reflect the decreasing status of elderly people, for most of elderly engage themselves in preparing food while they are physically unable to do hard work outside the home.

Table 26 : Elderly Respondents by the Person who Prepares Food at Home and Sex

Food Prepare Person	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Spouse	42	66.66	-	-	42	30.22
Self	1	1.59	50	65.79	51	36.69
Son/Daughter-in-law	19	30.16	25	32.89	44	31.65
Grand Son/Daughter	1	1.59	1	1.32	2	1.44
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Among 139 elderly people, 36.69 percent elderly were preparing food themselves. Among them proportion of females was high and it was mainly because of tradition of Nepalese society to give females the responsibility of preparing food. Out of all the elderly respondents, 30.22 percent had spouse in order to prepare food and all of them were male which showed that the status of females elderly were worse than that of males elderly.

5.10.3 Food Taking System

Food is necessary for the living but the system of taking food cannot be same to all rather it differs one person to another, one community to another and one state to another one.

Table 27 : Elderly Respondents by Food Taking System and Sex

Food Taking Per Day	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Once per day	-	-	1	1.32	1	0.72
Twice per day	13	20.63	19	25.00	32	23.02
Thrice per day	47	74.60	55	72.36	102	73.38
More than 3 time per day	3	4.77	1	1.32	4	2.88
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Taking food thrice a day was common trend among more than 73 percent of elderly respondents which is common in Nepalese society. There were less number of elderly who takes food once a day or more than three times a day. This fact shows that most of the elderly were getting one of the fundamental needs (i.e. food) for living. In comparison to males elderly the percent of females elderly who takes their food twice a day, were high.

5.10.4 Cleanliness

Cleanliness is another necessary requirement for human being. Elderly are becoming physically weak, so they want help to wash cloths to take bath and the person who are helping them for their cleanliness by sex.

Table 28 : Elderly Respondents by the Helping Persons for Cleanliness

Helper Person	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Self	6	9.52	42	55.26	48	34.53
Husband/wife	37	58.73	2	1.44	39	28.06
Son/Daughter-in-law	17	26.98	30	39.47	47	33.81
Daughter/Son-in-law	2	3.17	-	-	2	1.44
Grand Children	1	1.60	2	1.44	3	2.16
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Most of the elderly had to depend upon other family members for their personal cleanliness. Only 34.53 percent elderly, out of 139, were capable in keeping clean themselves. Among 28.06 percent elderly, whose husband or wife was unable, only 1.44 percent females were getting help of their husband in keeping them clean. Rather most of females were serving to keep their husband clean and probably it was because of their duty given by patriarchal society. On the other hand out of those elderly who are getting help from son or daughter-in-law, the percent of females was higher than that of male ones.

CHAPTER – VI
PSYCHOLOGICAL STATUS OF ELDERLY

6.1 Decision in Family

Nepalese society is a patriarchal one, the role of female elderly is especially suggestive type. Mostly male elderly make the decision in the family. Decision making in the family is the most important task for the successful mobilization of the family. Following tables (29 'a' and 29 'b') show the condition of elderly in decision making of the family by sex.

Table 29 'a': Elderly Respondents by Decision in Shopping of Housework and Sex

Decision from	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Self	39	61.90	14	18.42	53	38.13
Husband/wife	4	6.35	23	30.26	27	19.42
Son/Daughter-in-law	19	30.16	39	51.32	58	41.73
Daughter/Son-in-law	1	1.59	-	-	1	0.72
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

The table indicates that most of the elderly had to depend upon the division and shopping of housework decided by their son/daughter-in-law, out of which too the number of female elderly was higher than that of male elderly. Out of 139, only 38.13 percent elderly had their own decisive role in concern of division and shopping of housework in the family. High proportion of elderly in dependent ones showed that their role in division and shopping of housework, was not satisfactory; they were out of decisive role in such affairs. And also the number of dependent females, in comparison with male elderly, was high, for taking their role as minor one.

Table 29 'b' : Elderly Respondents by Decision Making in Major Program of the Family and Sex

Who decide	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Self	47	74.60	13	17.11	60	43.17
Husband/wife	3	4.76	26	34.21	29	20.86
Son/Daughter-in-law	13	20.64	37	48.68	50	35.97
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

The table shows that most of the elderly, out of 139, made decision themselves in different programs of the family marriage, buying and selling of valuable things, festivals and other family organization. Only 35.97 elderly were dependent upon their son/daughter-in-law followed by 20.86 percent who were dependent either on husband or wife. Higher proportion of males than that of females engaged them in decision making of such programs, it was because of suggestive type of role of females elderly in the society.

6.2 House Ownership of Family

Ownership of house is one of the factors which make the people feel being able to live. If the elderly people have ownership on the house, they will have courage in living elderly life and if not so vice versa.

Table 30 : Elderly Respondents by House Ownership of Family and Sex

House Ownership	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Yes	62	98.41	73	96.05	135	97.12
No as dependent	1	1.59	3	3.95	4	2.88
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of 139 elderly. 97.12 percent lived in their own houses and only 2.88 percent lived being dependent others. This fact showed that most of the elderly had no anxiety of being homeless and it was also an enabling factor for their elderly living.

6.3 Satisfaction

Satisfaction is another necessity of life which reflects good health, wealth and overall status of life. An elderly who has bad health and status can not be satisfied with his/her living or life, rather s/he has frustration.

Table 31 : Elderly Respondents by the Person with whom they Live and the Satisfaction and Sex

Living with	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Husband/wife	40	63.49	23	30.26	63	45.31
Son/Daughter-in-law	22	34.92	40	52.63	62	44.60
Daughter/Son-in-law	-	-	2	2.63	2	1.49
Alone	1	1.59	11	14.47	12	8.60
Total	63	100.00	76	100.00	139	100.00
Satisfaction situation						
Satisfied	61	96.83	68	89.47	129	92.81
Non Satisfied	2	3.17	8	10.53	10	7.19
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of 139 respondents, more than 92 percent reported that they were satisfied from their elderly life. Among them 63 were living with couple followed by 62 who were living with their son/daughter-in-law. Only 10 elderly were dissatisfied from their life.

As compared to male elderly, larger proportion of both satisfied and dissatisfied, were in female elderly. Female elderly's ability of bearing/hiding dissatisfaction might have played the role in this context.

6.4 Dependency

It is dependency situation which reflects whether the elderly people live happily or not. Being dependent, most of the times is obstacle in good status of elderly life whereas independency adds something positive in their status.

Table 32: Dependency Situation of Elderly Respondents by Age Group and Sex

Age group dependency Situation	Sex				Total	
	Male		Female			
	Yes	No	Yes	No	Yes	No
60-64	2	6	10	7	12	13
65-69	8	5	17	6	25	11
70-74	11	10	16	3	27	13
75-79	6	5	4	1	10	6
80+	5	5	10	2	15	7
Total	32	31	57	19	89	50

Source: Field Survey, 2006.

The fact derived from the above table is that most of the elderly were dependent and the ratio of being dependent was high in 65-69 years of age group. Out of 139, only 50 elderly were living independent life and among them 19 female elderly were not satisfactory as compared to that of males. Female elderly living dependent life were 57 whereas that of male number was 32. Because of their physical inability and that of lack of courage to live independently, the number of dependent female elderly may have seen higher than that of male ones.

6.5 Caring

Caring elderly life is one of the necessities which reflects whether the living condition is good or bad. Because of weak physical condition, elderly people need good care in different characteristics of the life.

Table 33 : Elderly Respondents by Caring Situation in the Family and Sex

Caring Situation	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Good care	30	47.62	21	27.63	51	36.69
Medium	33	32.38	50	65.79	83	59.71
Less	-	-	5	6.58	5	3.61
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of 139 respondents, 59.71 percent elderly reported that they were getting medium kind of care in the family, among them 65.79 percent were female and 32.38 percent were male. Out of total elderly, 36.69 percent had got chance of good care in the family. Comparatively, the number of respondents getting good care was high in males elderly whereas that of medium kind of care was high in females elderly.

6.6 Passing a Day Time

How do people allocate a day reflects, to some extent, the psychological aspects of the people. In elderly life people, because of their weak physical condition, often they engage themselves in less harder works like worshipping, doing households, discussion in the family etc. The following table shows the way of time passing a day in elderly age.

Table 34 : Elderly Respondents by their Major Day Activities and Sex

Major activity per day	Sex		Total
	Male	Female	
Worshipping/praying	6	2	8
Listening radio	3	1	4
Doing housework	23	51	74
Caring (grand children)	2	14	16
Talking with friend neighbor	24	8	32
Discussing with family member	5	-	5
Total	63	76	139

Source: Field Survey, 2006.

Among 139 elderly people, 74 elderly pass their a day by doing housework followed by 32 who mostly passed a day by talking with friend or neighbor. Among the elderly doing housework, number of female was more than double of male ones. In respect of worshipping/praying, the proportion of males elderly is higher than that of females, and probably the female elderly who had religious faith did not have time because of their role in domestic work of the family.

6.7 Sleeping at Night

Sleeping at night has great impact upon the life status of elderly people, for it plays vital role in health condition and the life expectancy of the elderly people. Well sleeping habit helps to increase life expectancy whereas irregularities in sleeping help to reduce life expectancy.

Table 35 'a' : Elderly Respondents by Situation of Sleeping at Night and Sex

Sleep Situation at night	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Good Situation	4	6.35	5	6.58	9	6.47
Medium Situation	33	52.38	33	43.42	66	47.48
Bad Situation	26	41.27	38	50.00	64	46.05
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

With viewing the table, we can reach to the fact that only less percent of elderly people had good sleeping situation at night. Out of 139, only 9 elderly had good sleeping situation and remaining ones had either medium or bad condition of sleeping at night. Anxiety, agitation, fear, health condition etc. might be the causes of low percent of elderly in good sleeping condition. About medium condition the number of both male and female elderly was equal but in terms of bad condition the proportion of female was seen high, for female elderly took more anxiety and physically they were more incapable than male ones.

Table 35 'b' : Elderly by Situation of Remember/Anxiety in the Sleep at Night and Sex

Remember/Anxiety	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Living of past life	2	3.17	2	2.63	4	2.88
Events of past life	1	1.59	2	2.63	3	2.16
Dead member of family	5	7.94	14	18.42	19	13.67
Living of present	20	31.75	29	38.16	49	35.25
Present situation	20	31.75	14	18.42	34	24.46
Health condition	15	23.80	15	19.74	30	21.58
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Above table shows that most of the elderly were worried about their present life, which exposed the decreasing life status of elderly people. Out of 139, 35.25 were worried about their present situation, the number of male elderly was high. In concern of worry about dead members of family, more number of female was taking anxiety over dead members than that of male elderly.

In aggregate, female elderly were taking more anxiety over the concerns (mentioned in 1st column of the table) than that of male elderly.

6.8 Opinion of Elderly on Different Aspects

Elderly people are the source of knowledge and experiences, they have their own view toward life, family issues, society, state and many more other issues. Their opinions should be accepted as guidelines for development of family, society and that of state too.

6.8.1 Importance of Religious Activity

In the society; people, caste/ethnicity wise cultural and religious norms, values and tradition are deeply rooted. Elderly people are highly interested about religious activities. Following table presents elderly views about important of religious activity.

Table 36 'a' : Elderly Respondents by Important of Religious Activity in Old Age and Sex

Important of religious activity	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Peace of soul	22	34.92	29	38.16	51	36.69
To improvement next world	23	36.51	28	36.84	51	36.69
To save tradition	11	17.46	6	7.89	17	12.23
To do religion work	3	4.76	8	10.53	11	7.91
To confess	4	6.35	5	6.59	9	6.48
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Among 139 elderly people, 36.69 percent elderly took religious activity for establishing peace of soul which equals to those who took it as means of improvement of next world. Among them female elderly were in more number than that of male elderly. Only 12.23 percent accepted religion as a way of saving tradition followed by 7.91 percent who wanted to do religious work in engaging themselves in religious activity. Only 6.48 percent took part in religious activity in order to confess their sins.

In aggregate most of elderly people took religion as either way for making soul peace or making next world improving than present life, and among them too higher number of females than males were interested in religious activity because they had more faith in religion than male elderly ones.

Table 36 'b' : Elderly Respondents by the Responsible Person to Care them and Sex

Responsibility to care of elderly	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Self	4	6.35	12	15.79	16	11.51
Husband/Wife	22	34.92	8	10.53	30	21.52
Son/Daughter-in-law	33	52.38	52	68.42	85	61.15
Daughter/Son-in-law	1	1.59	1	1.32	2	1.44
Inheritance property person	3	4.76	2	2.64	5	3.60
Religious institution	-	-	1	1.32	1	0.72
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Among 139 elderly, 61.15 percent elderly reported that they had been cared by their son/daughter-in-law. It was again patriarchal society that made them to depend upon son/daughter-in-law in response of care taking. Among them too, the proportion of female elderly was in height, for they were physically and psychologically weaker than that of male elderly. 16 elderly were taking the responsibility of their own care followed by 30 who had either husband or wife as caretaker. Wife had to serve/help in care of husband whereas a few husband showed their attention towards the care of wife. Because of lack of proper religious institution, only one female elderly adopted religious institution as the source of her responsible caretaker.

6.8.2 Tradition of Respect

All human beings want respective love from other. Though elderly are weak they have different interest but they can not fulfill those interests themselves.

Table 37 : Elderly Respondents by Tradition of Respect in Old Age and Sex

Condition of respect	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better than previous	11	17.46	16	21.05	27	19.42
Same to previous	30	47.62	40	52.63	70	50.36
Less than previous	22	34.92	20	26.12	42	30.22
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of 139 elderly, more than 50 percent elderly had same condition of respect as their previous days. Although they were physically weak than their previous days, they could not get good care by the family. Among them 30 were male and 40 were female. Only 19.42 percent elderly had better condition of respect than their previous life. 30.22 percent elderly felt their present condition of getting respect was worse than previous because they had become burden to other members of the family. Among the elderly having worsening condition of getting respect from family, 22 were male and 20 were female. This type of number showed the weakening life status of elderly people.

6.8.3 Health Services by the State

Being elderly should not be burden, it should be a welcome stage in life. The government must give a top priority to elderly. Following table presents the opinion of elderly about opinion about health services by the state in old age.

Table 38 : Elderly Respondents by Opinion about Health Services and Sex

Health services	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Health with cash	16	25.40	40	52.63	56	40.29
Free treatment	47	74.60	32	42.11	79	56.83
Free health check	-	-	02	2.63	2	1.44
Free medicine	-	-	02	2.63	2	1.44
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

The table reaches to the point that most of the elderly people wanted free treatment from state in their elderly age among which 47 were male and 32 were females. Among 56 elderly who desire the help with cash, highest number was that of female. It was not surprising fact for most of female elderly to demand help with cash in keeping their condition good because they were economically poor than male elderly.

6.8.4 Expected Age

How many years one individual can live cannot be determined, what can be determined out of the living people is life expectancy. Life expectancy reflects the life status of elderly people in the society. The following table presents desired age of the respondents.

Table 39 : Elderly Respondents by Expected Age of Living and Sex

Expected age	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
60 years	1	1.59	3	3.95	4	2.88
70 years	8	12.70	25	32.89	33	23.74
80 years	40	63.49	38	50.00	78	56.12
90 years	6	9.52	6	7.89	12	8.63
100+ years	8	12.70	4	5.26	12	8.63
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of 139 elderly respondents, 56.12 percent wanted to live 80 years among them 40 were males and 38 were females among 63 male and 76 female respectively. 23.74 percent showed their desire to live till 70 years of the life. 2.88 percent, including 1 male and 3 female, wanted to live only 60 years because they were not satisfied from their present living. In the group of expected age of 60 and 70 years of the age, female number was high. Only 8.63 percent elderly expressed their want to live more than 100 year.

6.8.5 Desired Person of Property

In common Nepali society and culture son and daughter in law become authorized persons of property, with modernization it has been changing. It depends upon interest of owner.

Table 40 : Elderly Respondents by Desired Person of Property Ownership and Sex

Desired person	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Husband/Wife	44	59.84	15	19.74	59	42.45
Son/Daughter-in-law	16	25.40	49	64.47	65	46.76
Daughter/Son-in-law	2	3.17	2	2.63	4	2.88
Grand Son/Daughter	1	1.59	3	3.95	4	2.88
Desired person	-	-	7	9.21	7	5.03
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

With the sense of following our tradition, 46.76 percent elderly want to hand over their property ownership to their son/daughter-in-law. Among which 49 were females and 16 were males. On the other hand with development of modern way of property ownership, 5.03 percent elderly wanted to keep the interest with themselves; they had decision making right to whom they desire to give their properties out of them who all were females elderly. Out of 139 respondents, 42.45 percent reported that they want to give their property either to husband or to wife, among which male elderly were more in number than the female ones. In aggregate, the practice of giving property to son/daughter-in-law or husband/wife was still dominant as the society was patriarchal

one.

6.8.6 Sad and Painful Situation

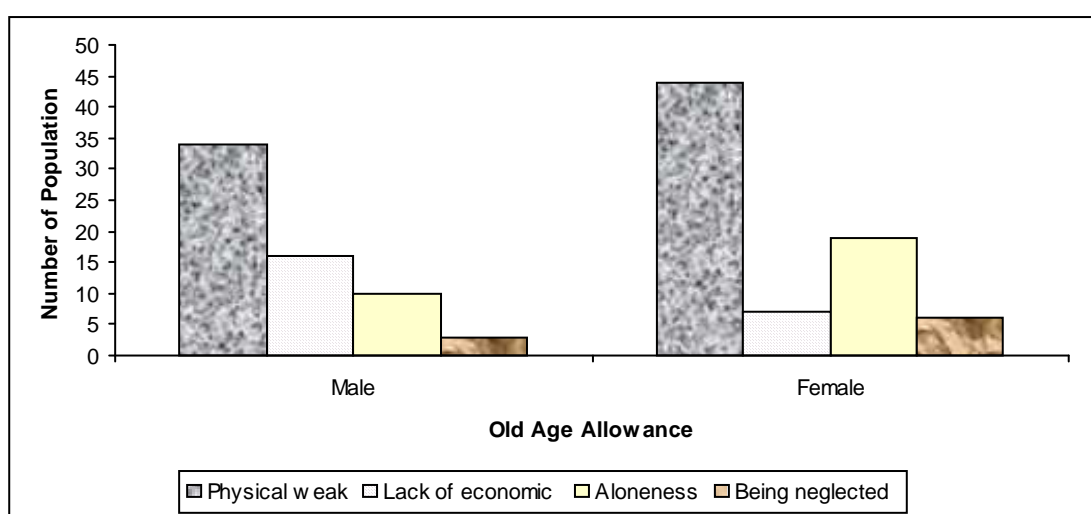
All human being have been facing sad and painful situation in the life. But this feeling takes vital concern in life of elderly people. The more elderly have to face painful situation, the more reduction in life expectancy happens. Most of elderly people are weak in listening, seeing, viewing, thinking which add sadness and frustration to them.

Table 41 : Elderly Respondents by Cause of Sad and Painful Situation and Sex

Cause of pain	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Physical weak	34	53.97	44	57.89	78	56.12
Lack of economic	16	25.40	07	9.21	23	16.55
Aloneness	10	15.87	19	25.00	29	20.86
Being neglected	03	4.76	06	7.90	09	6.47
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Fig. 4 : Percentage Distribution of Elderly by Sex and Cause of Sad and Painful Situation



Above table and figure show that among 139 respondents, 56.12 percent elderly reported that their physical condition was weak among which the proportion of weak female

elderly was higher than that of male ones. To 16.55 percent bad economic condition was giving pain among which male proportion was high because male elderly took more concern to economic condition than female elderly. 20.86 percent were in sad faces because of their sense of aloneness in elderly stage. And the percent of male elderly in feeling of being neglected was higher than that of female elderly.

CHAPTER – VII
HEALTH STATUS OF THE ELDERLY POPULATION

In the present scenario of the country with poor socio-economic status, poor health facilities are result of gender differences and prevailing poverty for a long time, people seem inactive and weak even in their early age groups. The poor health status and the changing age structure of the elderly are clearly affecting socio-economic development of the country. Since the people reach to old age they suffer from various health related problems.

7.1 Health Information

7.1.1 Moving Ability

Moving ability is affected by food, nutrition physical fitness, exercise, health and family environment. If the people have above all factors available to them, they have good moving ability. If not them the people have weak and they are unable to do any work.

Table 42 : Elderly Respondents by Moving Ability and Sex

Moving ability	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better them previous	21	33.33	12	15.79	33	23.74
Same to previous	19	30.16	38	50.00	57	41.01
Being weak previous	23	36.51	26	34.21	49	35.25
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

By viewing the table we can come to the fact that 41.01 percent elderly had their moving ability same to their previous condition among which 19 were males and 38 were females. This group was followed by those elderly who were weaker in moving ability than their previous condition. Only 23.74 percent, including 21 males and 12 females, elderly had better moving ability than previous condition.

In aggregate, the proportion of female elderly was high in same and worse condition of moving ability. This shows that females elderly condition in concern of moving ability was weakening than that of males elderly.

7.1.2 Muscles

Old age decreases the power to work with muscles. After 60 years people feel decreasing of the power of muscles to work. Following table shows the comparative data about the work situation of muscles of respondents.

Table 43 : Elderly by Working Situation of Muscles and Sex

Work of muscles	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better than collegians	19	30.16	7	9.21	26	18.71
Same to collegians	22	34.92	43	56.59	65	46.76
Being weak collegians	22	34.92	26	34.20	48	34.53
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Out of 139 respondents, 46.76 percent elderly reported that their muscles could work same as their collegians among which 22 were males and 45 were females. The proportions of male, in comparison with female, in better work of muscles than their collegian was high were as that of female elderly was high in respect of being their muscles weaker and weaker.

7.1.3 Eye

Eye is another most important sensitive organ. Its vision power decreases with incensement of the age in old stage. Following table presents condition of eye vision comparison with their collegians.

Table 44 : Elderly Respondents by Ability of Eye Vision and Sex

Ability of Eye Vision	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better than collegians	13	20.64	10	13.16	23	16.55
Same to collegians	25	39.68	30	39.47	55	39.57
Being weak collegians	25	39.68	36	47.37	61	43.88
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Ability of eye vision got decreased with ageing of most of the elderly people among which female proportion was high. Out of total respondents, only 16.55 percent elderly had better eye vision capability than their collegians. That of 39.57 percent elderly were same to their collegians among which 25 were males and 30 were females.

7.1.4 Listening

Ear is another sensitive organ, listening power make man active in different tasks of human life. Generally increasing age brings decreasing of listening power in old age.

Table 45 : Elderly Respondents by Listening Condition and Sex

Listening Condition	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better than collegians	20	31.75	18	23.68	38	27.34
Same to collegians	25	39.68	40	52.64	65	46.76
Being weak collegians	18	28.57	18	23.68	36	25.90
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

The table shows that out of 139 elderly, most of the elderly had same listening power as their collegians among which 25 were male and 40 were female. 27.39 percent had better than their collegians among which 20 were males and 18 were females. That of 25.90

percent elderly being weak than their *Damol*. In aggregate, it was shown that female elderly had better listening power than that of male ones.

7.1.5 Memory Power

Memory is the most important sensitive power of human life, its differ person wise and also decrease in old age with being weak other organ.

Table 46 : Elderly Respondents by Memory Power and Sex

Memory power	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better than collegians	17	26.98	8	10.53	25	17.99
Same to collegians	30	47.62	49	64.47	79	56.83
Being weak collegians	16	25.40	19	25.00	35	25.18
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

The table leads to the fact that most of the elderly had memory power same to their collegians among which 64.47 percent were females and 47.62 percent were males. In having better than collegians, the proportion rate of male elderly was high whereas that of female elderly was high in being memory power weakening.

7.1.6 Smelling

Table 47 : Elderly Respondents by Smelling Power and Sex

Smelling power	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better than collegians	18	28.57	12	15.79	30	21.58
Same to collegians	29	46.03	48	63.16	77	55.40
Being weak collegians	16	25.40	16	21.05	32	23.02
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Most of the elderly had their smelling as equal to their collegians among which 46.03 were males and 63.16 were females. Larger proportion of male elderly fell on the condition of having better smelling power than the collegian whereas elderly of both sexes 23.02 percent having weakening smelling power.

7.1.7 Ability to do Normal Work

After 60 years with incensement the age of people feel decreasing the power to do work, physical unable, and feel weaker in every aspect.

Table 48 : Elderly Respondents by Ability to do Normal Work and Sex

Power to do normal work	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Better than collegians	13	20.63	7	9.21	20	14.39
Same to collegians	26	41.27	43	56.58	69	49.64
Being weak collegians	24	38.10	26	34.21	50	35.97
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Among 139 respondents, 49.64 percent elderly reported that they had still power of doing normal work as same as their collegians among which 41.27 percent were males and 56.58 percent were females elderly. Comparatively the percent of male elderly was in higher rate in respect of both having better and weaker power of doing normal work than that of female elderly in same concerns.

7.2 Treatment Area

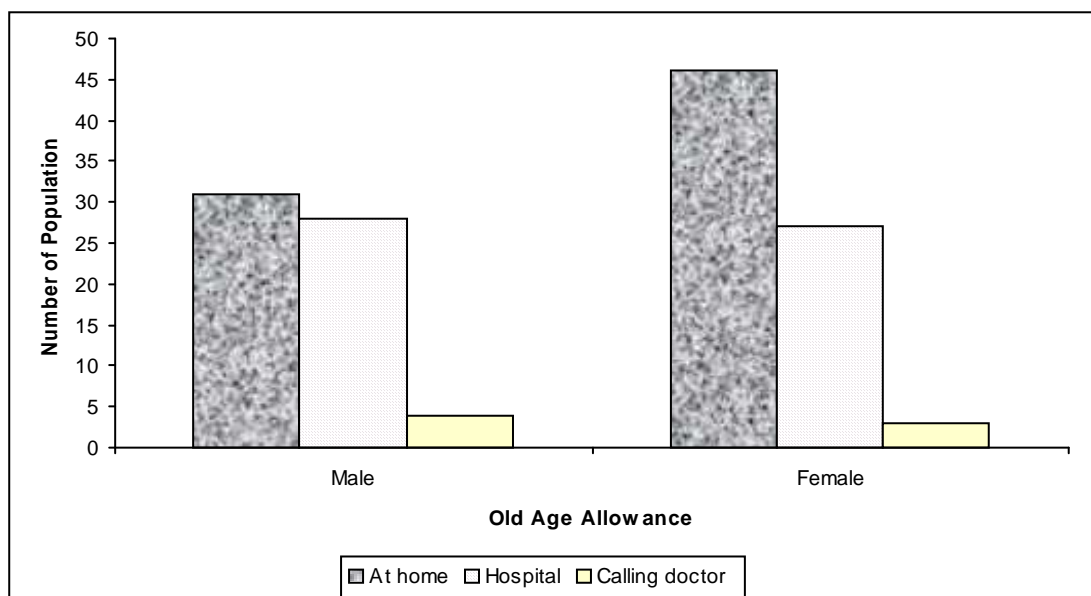
There are different treatment areas available in the country with people's access. But Nepalese rural people are deprived of different facilities because of lack of transport, knowledge, access etc. The following table and figure show that:

Table 49 : Elderly Respondents by Place of Treatment Area and Sex

Treatment Place	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
At home	31	49.21	46	60.53	77	55.40
Hospital	28	44.44	27	35.52	55	35.56
Calling doctor	4	06.34	3	3.95	7	5.04
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Fig. 5 : Percentage Distribution of Elderly by Sex and Place of Treatment



The above table and figure show that the most of elderly people wanted to take treatment at home with help of witch-doctor or herbal things among which the percent of female was seen high. Only 35.56 percent want to go hospital followed by 5.04 percent who preferred calling doctor for their treatment. The tendency of calling doctor and going hospital was practiced in lower rate by female elderly than by male ones.

Traditional opinion, lack of money, lack of information and education were seen as basic factors of such proportion of elderly people, esp. that of female, in hesitating tendency of going hospital.

7.2.1 Management of Treatment

Without money the person's treatment seems hardly possible. Following table shows that the elderly source of money for treatment.

Table 50 : Elderly Respondents by Source of Treatment Money and Sex

Source of money	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
Self money	30	47.62	12	15.79	42	30.22
Husband/Wife	2	3.17	19	25.00	21	15.11
Son/Daughter-in-law	29	46.03	38	50.00	67	48.20
Daughter/Son-in-law	1	1.59	1	1.32	2	1.44
Un known	1	1.59	6	7.89	7	5.03
Total	63	100.00	76	100.00	139	100.00

Source: Field Survey, 2006.

Among 139 respondents, 48.20 percent elderly people reported that they were dependent on their son/daughter-in-law in respect of money spent for their treatment among which 46.03 percent were males and 50 percent were females. The proportion of male was higher than female in terms of spending their own money for treatment.

In aggregate, most of female elderly were dependent upon their son/daughter-in-law for their treatment because they were economically poor as compared to males.

CHAPTER – VIII

SUMMARY, CONCLUSION AND RECOMMENDATION

8.1 Summary

Basically this study is on the status of elderly population of Aruchour VDC, Syangja. Objectives of the study were to analyze and understand socio-economic, demographic, health, psychological and women status of elderly population.

Information was collected through field survey of the study area. All together 139 elderly were asked relevant questions out of the 335 elderly of the sampling frame, i.e. village development profile of Aruchour VDC. Information derived from the questionnaire was tabulated, processed and analyzed later on.

Proportions of the elderly were 17.99 percent (25) in 60-64 years of age group, 25.90 percent (36) in 65-69 years of age group, 28.78 percent (40) in 65-69 years of age group, 28.78 percent (40) in 70-74 years of age group, 11.51 percent (16) in 75-79 years of age group. Among the sampled 139 elderly caste composition was overwhelmingly dominated by Brahmin 58.99 percent (82), other caste groups represented Chhetri 20.86 percent, Dalit (Kami, Damai, and Sharki) 17.99 percent and group only 2.16 percent. Sex wise 45.32 percent (63) male and 54.68 percent (76) female were included. Summary of the overall study is as follows.

8.1.1 Demographic Status of the Elderly

Among the total sampled elderly five years aged group wise male and female represented 8 and 17 in 60-64 years of age group, 13 and 23 in 65-69 years of age group, 21 and 19 in 70-74 years of age group 11 and 5 in 75-79 years of age group and 10 and 12 in 80+ years of age group respectively. In marital status of elderly people, married with couple 56.12 percent (78) and widow/widower 43.88 percent (61), among them (50) male and (28) female were with couple and (13) male 48 female were widow/widower respectively. The numbers of widow women were higher than that of widower male, so women have to face more tragic life than men. Similarly children ever born (CEB) was high 49.64 percent (69) bearing (3-5) children. Similarly 33.09 percent (46) bearing (6-8) children, 14.39 percent (20) bearing (1-2) children and 1.44/1.44 percent (2/2) respondents non of the children and above (9) children respectively.

8.1.2 Socio-Economic Status of the Elderly

Majority of elderly were Hindu, only 2.16 percent (3) respondents were Buddhist. Caste wise Brahmin dominated society. Out of 139 elderly 58.99 percent Brahmin, 20.86 percent Chhetri, and 17.99 percent Dalit. Interm of literacy status 30.94 percent were literate and 68.34 percent were illiterate, among them only 2.63 percent female were literate and 33.33 percent male elderly were illiterate, only one male elderly of Brahmin had passed S.L.C. Gurung respondents were all literate and Dalit were all illiterate.

Occupationally, elderly people were categorized. In respect of caste into two groups, among them 65.47 percent occupied doing agriculture and other did not do any work. Economically most of them were poor. For example 78.42 percent earned less than 1000 per months. Some of them have hand to month problem, their income sources was only old age allowance/given by son/daughter, agriculture and dan/chanda.

In property ownership majority of male were owner which was higher than that of female. Out of 63 male 95.23 percent had house and land, and out of 76 female only 43.4 percent had house and land, 42.1 percent female had their wearing ornament only, 9.2 percent female land only, and 5.3 percent had nothings respectively. Out of 139 respondents only 20.86 percent fulfilled fundamental needs and others did not.

8.1.3 Psychological Status of the Elderly

Marideve Bhawah, Pitri Devo Bhawah, Guru Devo Bhawah is our tradition, which means that our tradition is rich in respecting our parents and elders. But in different ways, elders have not been respected according to the tradition. About decision making in the family 61.90 percent of male elderly were participated. On the other hand among elderly female only 18.42 percent were participated in decision making of family, only 17.11 percent female took part in different program of family (marriage ceremony, buying and selling of valuable things, worship, festival programs). Out of 139 respondents 92.81 percent were seen satisfied with their living member in the family among them 89.47 percent female were satisfied to their family behavior. Among the respondents 36.69 percent were getting good care by their family, 59.71 percent medium care and 3.6 percent less care respectively. Out of 76 female only 21, were seen getting good cares by their family members. Among the elderly women 97.37 percent were illiterate.

Overall, it shows that all of the elderly people want respect and good care from the family, society and the state. In all the disciplines women have been highly discriminated than male ones.

8.1.4 Health Status of the Elderly

The poor health status and changing age structure of the elderly are clearly affecting socio-economic development of the country. Since the people reach to old age they have been suffering with various health related problems.

Among the respondents 41.01 percent were moving ability as equal to their collegians, 35.25 percent were seen being weak and 23.74 percent better than that of their collegians. In the concern of work of muscles of elderly 46.76 percent were same to their collegians, 34.53 percent being weak and 18.71 percent were seen well than their damol. Eye seeing power of 43.88 percent elderly seems being weak, that of 39.57 percent same and that of only 16.55 percent seem better than their damol respectively. In terms of listening power 46.76 percent were same, 27.34 percent better and 25.90 percent being weaker than their damol respectively. Memory power of 56.83 percent seems same with their damol, that of 25.18 percent being weak and only 17.99 percent had better memory power than their damol respectively. In doing normal work 49.64 percent had same power, 35.97 percent weak and only 14.39 percent better than their damol respectively.

Out of 139 respondents, treatment area of 55.40 percent was home that of 39.56 percent in hospital and only 5.04 percent took treatment calling doctor at home. For the source of treatment, 48.20 percent dependent upon their son/daughter in law, 30.22 percent with their own money, 15.11 percent depend upon husband/wife, 1.44 percent were dependent on daughter/son in law and that of 5.03 percent was unknown situation. Elderly want health service from the state in elderly stage. 56.83 percent wanted free treatment, 40.29 percent wanted help with cash, 1.44/1.44 percent want free health check and free medicine respectively. Majority of elderly people 56.12 percent wanted to live 80 years, 23.72 percent respectively and only 2.88 percent were desire to live 60 years. Among the respondents 46.76 percent wanted to give their property to their own son/daughter in law, 42.45 percent husband/wife, 5.03 percent desired person and only 2.88/2.88 percent elderly wanted daughter/son in law and grand children respectively.

About main cause of painful situation of elderly, 56.12 percent were physically unable,

that of 20.86 percent were alone ,that of 16.55 percent had lack of good economic condition and only 6.47 percent felt being neglected.

8.2 Conclusion and Recommendation

From the above analysis this study – Status of elderly population in Aruchour VDC, Syangja has come to the end with some recommendation.

Elderly people are the source of knowledge, experience and they are the wealth of the family, society and that of state too. The knowledge and experience of elderly must be shared with younger generation. For this purpose, counseling centers or cooperatives or self-help groups can be established where elderly people can pass/utilize their time, earn some money take entertainment and feel self respect.

High proportion of widows suffer from tragic life and most of the elderly above 80 years suffer from physical weakness and illness, so social security should be strengthened towards them.

Economic status of elderly showed that huge proportion of elderly in the study area had poor situation. Some of them had been working hard but they were facing in hand to mouth problems. It is high time to initiate activities that would be suitable to elderly and would help in lifting up their condition. On the other hand overall condition of elderly will be deteriorated because of growing individualism in society. Active generation have been migrating from rural area due to Maoist and armed conflict, job opportunity, academic person have been shifting in urban areas and breaking condition of family system by the modernization.

Health status focuses on the health situation and management of health problem of elderly life. The ministry of women children and social welfare has made public in the tenth plan 2002-2007. But the elderly people in the context of health services are getting nothing. Therefore the state should apply the rule and regulation in behavior which are included in tenth plan. And also there will be equal opportunity for all elderly people or fully access to rural elderly people and helpless elderly people with the elderly allowance or pension their overall status is increasing, therefore the state should increase, financial support without bias attitude and should make proper management for elderly people problem.

In Nepalese context, the people above the 75 years have been provided the old age allowance by the government. But the life expectancy of our country is considered nearly 65 years and the people above 60 years are included in elderly stage. If government will provide the old age allowance to the people above 60 years, the status and life expectancy of the elderly people will be increased. So, the program should be conducted considering the increasing of life expectancy of our country and the government should provide the old age allowance to the people above 60 years which will help to increase the status of the elderly people.

Programs should be conducted focusing the problems of elderly by the state-led as well as NGO-led development projects should incorporate the programs that can promote the welfare of ageing. Media can play active role in creating the awareness to public about the different aspects of elderly. They have to consider that elderly people are too-marginalized in the society. All sectors (state, NGO and media) should encourage mobilizing the elderly people. Finally if the elderly people get proper environment in family, society and state, they too will contribute a lot in campaign of the state-development.

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APPENDIX -1

The Status of Elderly People in Nepal : An Analysis of Socio-Economic and Demographic Characteristics of Elderly People Living in Aruchour VDC, Syangja 2006 Interview Questionnaires

Respondent's Name.....

VDC.....Ward No.:

Name of Household Head..... House No.:Date:

1. Demographic Information

S.N.	Name	Relationship with household	Sex	Age	Marital Status	Religion	Education	Occupation

Code

A. Relationship with household head	
a. Self.....1	e. Brother/sister.....5
b. Husband/wife.....2	f. Grand children.....6
c. Son/daughter in-law.....3	g. Other.....7
d. Daughter/son in-law.....4	
B. Sex	
a. Male.....1	b. Female.....2

C. Marital Status	
a. Unmarried1	d. Divorced.....4
b. Married.....2	e. Separated5
c. Widow/widower.....3	f. Other6
D. Religion	
a. Hinduism..... 1	d. Islam4
b. Buddhism2	e. Kirat5
c. Christian3	f. Other.....6
E. Education	
a. Illiterate.....1	e. Intermediate.....5
b. Literate.....2	f. Bachelor.....6
c. Primary.....3	g. Master and above.....7
d. Secondary.....4	
F. Occupation	
a. Unemployed1	e. Non-government bureaucrats.....5
b. Student.....2	f. Foreign employment.....6
c. Merchant.....3	g. Agriculture.....7
d. Government bureaucrat.....4	h. Industries.....8

2. Information on family status

201 Who does care your home?	
a. Self1	d. Daughter/son in-law.....4
b. Husband/wife.....2	e. Grand children.....5
c. Daughter/son in-law.....3	f. Other.....6
202 How many times do you eat per day?	
a. Once a day.....1	d. four time a day.....4
b. Twice a day.....2	e. Five time a day.....5
c. Three time a day.....3	
203 Who does make your food?	
a. Self1	d. Daughter/son in-law.....4
b. Husband/wife.....2	e. Grand children.....5
c. Son/daughter in-law.....3	f. Servant.....6

204 Who does help in your personal hygiene?	
a. Self1	d. Daughter /son in-law.....4
b. Husband/wife.....2	e. Grand children.....5
c. Son/daughter in-law.....3	f. Other.....6

3. Family decision

301.1 Division of household labour.	301.3 Selling to buying of valuable
301.2 Marriage of offspring	301.4 Important family ceremony
a. Self.....1	d. Daughter/son in-law.....4
b. Husband wife.....2	e. Grand children.....5
c. Son /daughter in-law.....3	f. Other.....6
302 Does this home belong to your own family? (if yes,304)	
a. Yes.....1	b. No.....2
303 How do you settled in this house	
a. Rent1	c. Dependent.....3
b. Dan/Chanda.....2	d. Other.....5
304 To whom do you live now?	
a. Husband/wife.....1	e. Other relations.....5
b. son/daughter in-law.....2	f. Alone.....6
c. Daughter/son in-law.....3	g. Other.....7
d. Brother.....4	
305 Does you satisfied with present live? (if yes, 307)	
a. yes.....1	b. No.....2
306 To whom do you wish to live?	
a. Alone.....1	d. Religious institution.....4
b. Son/Daughter in-law.....2	e. Elderly homes.....5
c. Daughter/son in-law.....3	f. Other.....6
307. Does you depend up on your offspring?	
a. yes.....1	b. No.....2
308. What is the level of care from your family?	
a. Good.....1	c. Worst.....3
b. Better.....2	

309. How do you spend your one day?	
a. Religious activity.....1	e. Care of grand children.....5
b. Yorda.....2	f. Visiting temple church.....6
c. Reading/listening news.....3	g. Meeting peer group.....7
d. Working in side home.....4	h. discuss with family member.....8
310. At what time do you wake up?	
311. What is your condition of sleep?	
a. good.....1	c. worst.....3
b. better.....2	
312. What kind of anxiety do you take in sleeping time at night?	
a. Past activities1	d. Present activities.....4
b. Past events2	e. Present events.....5
c. Dead family.....3	f. Health situation.....6
313. What was your age during marriage?	
314. How many children's do you have?	
315. In your opinion, what is the rationale of religious work?	
a. Peace of soul.....1	d. Improve the another live.....4
b. Sharma/Karma.....2	e. Other5
c. Save the tradition.....3	

4. Information on Economic Status

401. What is your source of Income?	
a. Trade1	e. Agriculture.....5
b. Investment/Share2	f. Pension.....6
c. Dan/Chanda3	g. Other7
d. Aged allowance.....4	
402. What is your income per month in Rs?	
a. Less than Rs. 1000.....1	d. Rs. 5000-7500.....4
b. Rs. 100-2500.....2	e. Rs. 7500-10000.....5
c. Rs. 2500-50003	f. Rs. 10000 +.....6

403. What is your own property?	
a. House.....1	e. Bank balance.....5
b. Land.....2	f. ornaments6
c. House and Land.....3	g. Investment.....7
d. Cash.....4	h. Other8
404. Who does take the responsibility of your special expenditure?	
a. Son/daughter in law.....1	d. Other relatives.....4
b. daughter/son in law2	e. Institution.....5
c. Grand Children3	f. Other.....6
405. How do you support in your family occupation?	
a. Counseling1	e. Technical Knowledge.....5
b. Skill provide2	f. Household activities.....6
c. Physical labor3	g. Other7
d. Provide case.....4	
406. Do you take old age allowance? (if no, 408)	
a. Yes.....1	b. No.....2
407. What is your process of taking old age allowance?	
a. from office.....1	d. Security institution.....4
b. In home.....2	e. Family member.....5
c. NGO's.....3	f. Other6
408. Why do you not receive aged allowance?	
a. Lack of citizenship Certificate.1	d. Not necessary.....4
b. No one help2	e. Other5
c. Unknown.....3	
409. In your opinion, who is the responsible person of elderly care?	
a. Self.....1	d. daughter in law.....4
b. Husband/Wife.....2	e. Religious institution5
c. Son/daughter in law.....3	f. Other6
410. In your experience, what is the present system of social esteem towards elderly people?	
a. Better than earlier.....1	c. Worst than earlier.....3
b. Same as earlier.....2	

411. Have your fundamental needs get fulfilled from your income?	
a. Yes.....1	b. No.....2

5. Information on Health Status

501 How do you feel your health situation in comparison to your collegians?	
501.1 Moving ability	501.2 Work of muscles
501.3 Eye vision	501.4 Listening power
501.5 Memory power	501.6 Smelling power
501.7 To do normal work	501.8 Reading and writing power
Codes above the question a. better than	
a. better1	c. being weak.....3
b. same2	
502 Where do you go for treatment when you become sick?	
a. at home.....1	c. Private clinic.....4
b. Calling doctor at home2	d. dhami/ jhakri.....5
c. hospital3	e. others6
503 How do you manage your treatment?	
a. self1	d. religious institutions.....4
b. husband /wife2	e. others5
c. son /daughter in –law3	
504 In your opinion, what type of health service is needed to elderly from government side?	
a. paying cash1	d. free health check-up.....4
b. mobile camp2	e. others5
c. free treatment3	
505 In your opinion, which is the better period of living age?	
a. 60 years1	d. 80 - 90 years4
b. 60 – 70 years2	e. 90 – 100 years5
c. 70 – 80 years.....3	f. 100 + years6

506 Whom do you want to make inheritor of your property, at last time of your living?	
a.husband /wife1	c.grand children.....4
b.son /daughter-in-law2	d.desired person5
c. daughter/ son-in-law3	e.others.....6
507 In your opinion what is the sad and painful event of an elderly?	
a. physical weakness.....1	a.hated by family4
b. lack of economy2	b.not care by family5
c. isolation3	

(Thank you very much for your kind co-operation)

Appendix 2



94 years elderly cooking



Elderly making Plough



Elderly Woman working in the field



Elderly chopping wood



Elderly Woman refining rice