

**STATUS OF ELDERLY PEOPLE IN NEPAL: AN ANALYSIS
OF SOCIO-ECONOMIC AND DEMOGRAPHIC
CHARACTERISTICS OF ELDERLY PEOPLE
IN PATAN VDC, BAITADI**

A Dissertation

**Submitted to Central Department of Population Studies (CDPS), Faculty of
Humanities and Social Sciences for the Partial Fulfillment of
Master's Degree in Population Studies**

By

Binod Raj Pant

**TRIBHUVAN UNIVERSITY
KIRTIPUR, KATHMANDU**

JUNE, 2007

**STATUS OF ELDERLY PEOPLE IN NEPAL: AN ANALYSIS
OF SOCIO-ECONOMIC AND DEMOGRAPHIC
CHARACTERISTICS OF ELDERLY PEOPLE
IN PATAN VDC, BAITADI**

A Dissertation

**Submitted to Central Department of Population Studies (CDPS), Faculty
of Humanities and Social Sciences for the Partial Fulfillment of
Master's Degree in Population Studies**

By

Binod Raj Pant

**TRIBHUVAN UNIVERSITY
KIRTIPUR, KATHMANDU
JUNE, 2007**

Tribhuvan University
Faculty of Humanities and Social Sciences
Central Department of Population Studies
Kirtipur, Kathmandu
Nepal

RECOMMENDATION

This is to certify that **Mr. Binod Raj Pant** has worked under my supervision and guidance for the preparation of this dissertation entitled **Status of Elderly People Living in Patan VDC, Baitadi** for the partial fulfillment of Master's Degree of Arts in Population Studies. To the best of my knowledge the study is original and carries useful information in the field of elderly population living in Patan VDC. I, therefore recommended it for the evaluation to the dissertation committee.

June 2007

.....

Dr. Prem Singh Bisht

(Reader)

Central Department of Population Studies

Tribhuvan University

Kirtipur


Tribhuvan University
Faculty of Humanities and Social Sciences
Central Department of Population Studies
Kirtipur, Kathmandu
Nepal

APPROVAL SHEET

This dissertation entitled "**An Analysis of Socio-economic and Demographic Characteristics of Elderly People in Patan VDC, Baitadi**" by Mr. Binod Raj Pant has been accepted as partial fulfillment of the requirement for the degree of Master of Arts in Population Studies.

Approved By

Dr. Bal Kumar K.C.
(Professor and Head)



Mr. Narayan Prasad Regmi
(External Examiner)

Dr. Prem Singh Bisht
(Supervisor)

June 2007

Dissertation Committee

ACKNOWLEDGEMENT

This dissertation is submitted to the Central Department of Population Studies, Faculty of Humanities and Social Science, Tribhuvan University for the Partial Fulfillment of Master's Degree of Arts in Population Studies. This study would have been incomplete and valueless without continuous inspiration and guidance provided by my respected teacher and dissertation supervisor **Dr. Prem Singh Bisht**. Despite his busy time schedule the valuable time was given me by him for the various guidelines.

Similarly, I would like to express my most sincere gratitude to **Dr. Bal Kumar K.C.** Prof. and head of the department. I would also like to extend, my thanks all the faculty members of CDPS.

I am grateful to Mr. Jangibeer Bisht for his assistantship in the field and also thanks to Mr. Omkar Saud for various assistantship. I would also like to thank a lot to all the respondents who responded all the questionnaires curiously in my research work.

I am indebted to my parents (Shri Shiv Datt Pant/Mrs. Madhbi Pant) and elder brother (Mr. Harish Pant) from whom I got the regular inspiration and financial assistance with much patience to complete this research.

Thank you !

June 2007

Binod Raj Pant

ABSTRACT

The increasing percentage of elderly population is experiencing in both developed and developing countries. It is due to the increasing life expectancy. The elderly population is dependent population. So, dependency ratio is also increasing pattern. The overall status of elderly people in developed countries is better than that of developing countries. The situation of elderly people is different in developed and developing countries. In developed countries live of the elderly people with qualitative life where as the elderly people in developing countries are quite far from qualitative life. Nepal is a developing country it is also experiencing ageing population since 1950s. But comparing to its increasing number of ageing population, country does not have any visible and clear strategy. The main objectives of this study is to analyze the socio-economic, demographic and psychological status of elderly people in Patan VDC, Baitadi. The study includes 100 elderly as a sample. Primary as well as secondary data sources were used in survey. In field survey direct interview method was used with quantitative and qualitative questionnaire. For data analysis simple statistical methods like frequency count and percentage distribution were applied. In Patan VDC overall status of males elderly was better than that of females elderly. Most of the elderly were depend upon their sons and other relatives, they have lower situation income sources. Most of them had income source was agriculture. The health situation of the elderly people was not satisfactory. Due to modernization the joint family are breaking slowly. Majority of elderly people of the study area are Chhetri and all the respondents are in Hinduism religion.

CONTENTS

Recommendation Letter	i
Approval Sheet	ii
Acknowledgements	iii
Abstract	iv
Contents	v
List of Tables	ix
List of Figures	xi
Abbreviations	xii
CHAPTER I: INTRODUCTION	1-6
1.1 Background	1
1.2 Statement of Problem	3
1.3 Objective of the Study	4
1.4 Significance of the Study	5
1.5 Limitation of the Study	5
1.6 Organization of the Study	6
CHAPTER II: LITERATURE REVIEW	7-20
2.1 Introduction	7
2.2 Definition of Old Age	7
2.3 Demographic Determinants of Ageing	8
2.3.1 Fertility Decline	8
2.3.2 Mortality Decline	8
2.4 Ageing in the World	8
2.5 Scenario of Ageing SAARC Countries	10
2.6 Ageing in Nepal	11
2.6.1 Care-Services for Older Persons in Nepal	14
2.7 Policy in Nepal	15
CHAPTER III: RESEARCH METHODOLOGY	21-22
3.1 Nature of Data	21
3.2 Study Area	21
3.3 Selection of the Sample	21

3.4	Questionnaire Design	21
3.5	Data Collection	22
3.6	Data Processing	22
3.7	Data Analysis	22

CHAPTER IV: ANALYSIS OF DEMOGRAPHIC, SOCIO-ECONOMIC AND PSYCHOLOGICAL STATUS OF ELDERLY PEOPLE 23-53

4.1	Demographic Characteristics of Older Population	23
4.1.1	Sex of Elderly People	23
4.1.2	Elderly People by Five Year Age Group and Sex	23
4.1.3	Marital Status of the Elderly	25
4.1.4	Religion of the Elderly	25
4.1.5	Caste/Ethnicity of the Elderly	25
4.1.6	Educational Status of Elderly	27
4.2	Family Background of Elderly People	28
4.2.1	Head of Household and Elderly	28
4.2.2	Settlement in the House and Elderly	28
4.2.3	Household are and Elderly	29
4.2.4	Living System of Elderly	30
4.2.5	Settlement of Elderly with Present Living House	31
4.2.6	Meal Per day Taken by Elderly People	31
4.2.7	Food Preparation and Elderly	32
4.2.8	Family Decision and Elderly People	32
4.2.8.1	Household Labour Division and Elderly	32
4.2.8.2	Decision in Selling and Buying of Valuable Things and Elderly People	33
4.2.8.3	Decision Made in Important Family Ceremony and Elderly	33
4.2.9	Age at Marriage of Elderly	34
4.2.10	Number of Children of Elderly People	35
4.3	Socio-Economic Condition of Elderly People	36
4.3.1	Past Occupation of Elderly People	36
4.3.2	Elderly People by Depend upon Their Offspring	36

4.3.3	Elderly People and Their Daily Activity	37
4.3.4	Source of Income of Elderly People	37
4.3.5	Income Per Month in Rs. of Elderly People	38
4.3.6	Property Ownership of Elderly People	39
4.3.7	Support of Elderly People in Their Home	40
4.3.8	Aged Allowance of Elderly People	40
4.3.9	Process of Receiving Age Allowance	41
4.3.10	Opinion of Elderly Towards Responsible Person for Elderly Care	42
4.4	Health and Psychological Status of Elderly People	42
4.4.1	Health Aspects and Elderly	42
4.4.2	Personal Hygiene and Elderly	43
4.4.3	Health Situation of Elderly Compare Their Peer Friends	43
	4.4.3.1 Ability of Vision	44
	4.4.3.2 Ability of Hearing	44
	4.4.3.3 Memory Power	45
	4.4.3.4 General Physical Power	45
4.4.4	Place of Treatment of Elderly Population	46
4.4.5	Management of Treatment of Elderly	47
4.4.6	Elderly Opinion Towards Governments Responsibility of Health Sources	48
4.4.7	Elderly Attitude Towards Living Time	48
4.4.8	Elderly Wants from Family	49
4.4.9	Elderly Attitude Towards Painful Events	49
4.4.10	Elderly People and Care Level from Their Family	50
4.4.11	Elderly People and Wake up Time	51
4.4.12	Elderly People and Conditions of Sleep	51
4.4.13	Memorize Events of Elderly People	52
4.4.14	Elderly Opinion of Religion Activity	52
4.4.15	Social Esteem of Elderly People	53

CHAPTER V: SUMMARY, CONCLUSION AND RECOMMENDATION	54-
5.1 Summary and Findings	54
5.1.1 Demographic Condition of Elderly People	54
5.1.2 Family status of Elderly People	55
5.1.3 Socio-Economic Condition	56
5.1.4 Health and Psychological Status of Elderly People	57
5.2 Conclusions	58
5.3 Recommendations	60
REFERENCES	62-64
APPENDIX	

LIST OF TABLES

Table 2.5	: Indices of Ageing in SAARC Countries, 2002	10
Table 2.6	: Percentage and Size of Elderly People	14
Table 4.1.1	: Distribution of Elderly People by Sex	23
Table 4.1.2	: Distribution of Elderly People by Five Year Age Group with Sex	24
Table 4.1.3	: Distribution of Elderly People by Marital Status	25
Table 4.1.5	: Distribution of Elderly by Caste/Ethnicity	26
Table 4.1.6.1	: Distribution of Elderly People by Marital Status	27
Table 4.1.6.2	: Distribution of Elderly People by Educational Attainment	27
Table 4.2.1	: Distribution of Elderly People by Their Household Head	28
Table 4.2.2	: Settlement in the House and Elderly	29
Table 4.2.3	: Distribution of Household Care by Elderly	29
Table 4.2.4.1	: Distribution of Elderly by their Relationship	30
Table 4.2.4.2	: Distribution of Elderly with Their Living Wish	30
Table 4.2.5	: Distribution of Elderly with Their Settlement	31
Table 4.2.6	: Distribution of Elderly by Meal Taken	31
Table 4.2.7	: Distribution of Elderly People by Food Preparation System	32
Table 4.2.8.1	: The Division of Household Labour in Family of the Elderly People	32
Table 4.2.8.2	: Distribution of Decision in Selling and Buying of Valuable Things by Elderly People	33
Table 4.2.8.3	: Distribution of Decision in Important Family Ceremony by the Person	34
Table 4.2.9	: Distribution of Elderly People According to Allocation of Time Age at Marriage	34
Table 4.2.10	: Distribution of Elderly People by Their Number of Children	35
Table 4.3.1	: Distribution of Elderly People by Occupation	36
Table 4.3.2	: Distribution of Elderly People Depend upon Their Offspring	36
Table 4.3.3	: Distribution of Elderly People and Their Daily Activity	37
Table 4.3.4	: Distribution of Elderly People by Source of Income	38
Table 4.3.5	: Distribution of Elderly People by Income Per Month	38
Table 4.3.6	: Distribution of Elderly People with Property Ownership	39

Table 4.3.7	: Distribution of Elderly People by Supported in Their Homes	40
Table 4.3.8	: Distribution of Elderly People by Getting Allowance	41
Table 4.3.9	: Distribution of Elderly People by the Process of Receiving Aged allowance	41
Table 4.3.10	: Distribution of Elderly by Responsibility for Elderly Care	42
Table 4.4.2	: Distribution of Elderly People by Person who Helps Their Personal Hygiene	43
Table 4.4.3.1	: Distribution of Elderly People by Their Ability of Vision Their Personal Hygiene	44
Table 4.4.3.2	: Distribution of Elderly People by Their Ability and Hearing	44
Table 4.4.3.3	: Distribution of Elderly People by Their Memory Power	45
Table 4.4.3.4	: Distribution of Elderly People by Their General Physical Power	45
Table 4.4.4	: Distribution of Elderly People by Their Place of Treatment	46
Table 4.4.5	: Distribution of Elderly People by Their Provision of Treatment	47
Table 4.4.6	: Distribution of Elderly People by Their Expectation from Government on Health	48
Table 4.4.7	: Distribution of Elderly People by Their Opinion better Period to Live	48
Table 4.4.8	: Distribution of Elderly People by Their Expectation from Family	49
Table 4.4.9	: Distribution of Elderly People by Their Painful Events	50
Table 4.4.10	: Distribution of Elderly People by Care Level from Their Family	50
Table 4.4.11	: Distribution of Elderly People by Their Wake up Time	51
Table 4.4.12	: Distribution of Elderly People by Their Sleeping Condition	51
Table 4.4.13	: Distribution of Elderly People by Memorized Events	52
Table 4.4.14	: Distribution of Elderly People by Rationale of Religious Activity	53
Table 4.4.15	: Distribution of Elderly People by Social Esteem Toward Them	53

LIST OF FIGURES

Figure 4.1.2 : Distribution of Elderly Population by the Years Age Group with Sex	24
Figure 4.1.5 : Distribution of Elderly by Caste/Ethnicity Distribution of Elderly by Their Relationship	26
Figure 4.4.4 : Distribution of Elderly People by Their Place of Treatment	47

ABBREVIATIONS

CBS	—	Central Bureau of Statistics
CDPS	—	Central Department of Population Studies
CWDC	—	Children Women Development Center
GOs	—	Government Organizations
HAI	—	Help Age International
ICPD	—	International Conference on Population and Development
INGOs	—	International Non-government Organizations
NGO	—	Non-government Organization
NEPAN	—	Nepal Participatory Action Network
MoPE	—	Ministry of Population and Environment
TU	—	Tribhuvan University
UN	—	United Nations
UNFPA	—	United Nation Population Fund
VDC	—	Village Development Committee
SAARC	—	South Asian Association of Regional Cooperation