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**APPENDIX : 1**

**Socio-Demographic factors**

1. Age

2. Sex  
   (a) Male (b) Female

3. Marital status  
   (a) Married (b) Unmarried  
   (c) Widowhood/separated

4. Educational Qualification  
   (a) Primary (b) middle  
   (c) SSLC  (d) Secondary (e) UG  
   (f) illiterate (g) others

5. Religion  
   (a) Hindu (b) Christian (c) Muslim

6. Type of family  
   (a) Nuclear (b) Joint (c) alone (d) extended

7. Numbers of years living together as spouse

8. Numbers of children

9. Family head  
   (a) husband (b) wife (c) Son (d) Others

10. Family size

11. Domicile  
    (a) Rural (b) urban

12. Nature of job  
    (a) Private (b) Pensioner  
    (c) Unemployed (d) House holder  
    (e) agriculture (f) others

13. Present employment status  
    (a) employed (b) unemployed

14. Monthly income

15. Number of dependents

16. Property  
    (a) Movable (b) immovable (c) both (d) none

17. Type of House  
    (a) Thatched (b) Tiled (c) Terraced

18. Ownership of House  
    (a) Rented (b) Owned

19. Do you have the following facilities in your house  
    (a) Toilet- Yes / No (b) Water-Yes / No  
    (c) Electricity- Yes / No

20. Monthly Expenditure of your Family

21. Family constellation table
<table>
<thead>
<tr>
<th>S.No</th>
<th>Relationship</th>
<th>Age</th>
<th>Sex</th>
<th>Edn.qln</th>
<th>Job</th>
<th>Income</th>
</tr>
</thead>
</table>

22. Savings per month:  
(a) Rs.50 (b) Rs.100 (c) Below 500 (d) 500&Above (e) none

23. Do you have financial problem:  
(a) Yes (b) no

24. The Financial problem rose due to:  
(a) Low Income (b) Increased Expenditure (c) Medical expenses (d) Transport (e) Others

25. Do you have debt:  
(a) Yes (b) No

26. If yes, how much

27. Have you repaid the debt:  
(a) Yes (b) No

28. Does your family members help you financially:  
(a) yes (b) No

**Health Status**

29. How would you rate your health at the present time?  
(a) Very poor (b) Poor (c) Fair (d) Good (e) Excellent

30. Is your health better or worse now than it was when you were 45 years of age?  
(a) Worse (b) About the same (c) Better now

31. What are your serious physical problems?  
(a) Poor sight (b) blindness (c) Hard of hearing (d) Dumb (d)crippled arms, hands or legs (e)General rheumatic stiffness (f) Heart trouble (g) stomach troubles (h)diabetes (i)others (j) High blood pressure

32. Duration of the problem:  
(a) Less than 6 months (b) 6 months to 1 (c)1-1/2 years (d) 1!/2 to 2 years (e) 2 years and above

33. Following is a list of difficulties that people often have: Check those that trouble you
(a) Shortness of breath at night (b) shortness of breath after slight exercise
(c) Heart – burn (d) Swelling of feet or legs (e) Feeling tired (f) Have had nervous breakdown (g) Difficulty in urination (h) Constipation (i) Aching joints
(j) Backaches (k) Gas pains (l) Belching (m) Headache (n) No difficulties
(o) body pain (p) Others

34. How many days did you spend in bed last year?
(a) All the time (b) a month or more (c) two or four weeks (d) a few days
(e) none

35. Which of the following things of ten trouble you?
(a) sleeplessness (b) bed dreams (c) get tired too easily (d) feel ‘blue’ (sad) (e) worry about health (i) forgetfulness (j) none (k) Others (specify)

Leisure time activities:
36. How much free time do you have?
(a) All day (b) a half day (c) a few hours (d) almost none

37. What do you do in your free time?
(a) work in and around the house (b) gardening (c) work on some hobby
(d) listen to the radio (e) agriculture (f) write letters (g) write books, articles, poems etc. (h) cinema (i) T.V (j) sleep (k) Participate in community or religious activities (l) sports (m) play cards or other table games (n) take rides (o) visit or entertain friends (p) read (q) just sit and think (r) others

38. List the hobbies or favourite pastimes you now have

39. Religion:
(1) Religion is fairly important in my life (a) yes (b) no
(2) I have no use for religion (a) yes (b) no
(3) religion is great comfort to me (a) yes (b) no
(4) religion dose not mean much to me (a) yes (b) no
(5) I don’t rely on prayer to help me (a) yes (b) no
(6) Religion is the most important thing in my life (a) yes (b) no

40. Do you believe in higher power/ force (a) Yes (b) No
41. Belief in god (a) yes (b) no
42. Belief in spirituality (a) yes (b) no
43. Are you more spiritual in this age (a) yes (b) no
44. My belief in god directs me (a) yes (b) no
45. I am living with ……………
APPENDIX : 2
ACTIVITY RATING SCALE

Strongly Agree- 5, Agree- 4, Undecided- 3, Disagree- 2, Strongly Disagree- 1.

1. In this age I am able to do all my jobs by myself (bathing, washing, cleaning, eating)
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

2. I am still able to find jobs for myself
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

3. I often reflect on significant events in my life
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

4. I attend prayer / religious meetings regularly during this age
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

5. I am able to refresh myself by doing exercise, yoga etc
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

6. I visit my friends frequently
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

7. I have good contacts with my relatives and neighbours
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

8. I go out with my relatives and neighbours frequently
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

9. I look after all my daily needs by myself
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

10. I have contacts with my peers
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

11. I am able to involve fully in social activities
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

12. I take care of eating properly at regular intervals as age increases
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

13. I am able to keep myself fully engaged with various activities during this age
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

14. I have no fear of death
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

15. I am able to initiate new acquaintances easily at this age also
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree
16. I am interested in people as age increases
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

17. I want my children to be around me at all times
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

18. I want to lead a happy life (with all facilities) in this age
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

19. I don't need help from some one for out door activities
   a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

20. I frequently go out of my house by my self
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

21. My relatives / friends visit me periodically
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

22. My spouse and I go out regularly.
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

23. I am involved in decision making in my family
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

24. At this age, I am able to engage myself in part time jobs.
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

25. I attend social gatherings regularly.
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

26. I think, I can actively involved in family functions.
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

27. I participate in recreational activities regularly.
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

28. Nowadays I go on pilgrimages frequently.
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

29. Even now I am active as I were in my young age
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree

30. I am able to maintain the skills as it were in my young age
    a) Strongly Agree, b) Agree c) Undecided, d) Disagree, e) Strongly Disagree
These questions ask how you feel about your quality of life, health or other areas of your life. Please keep in mind your standards, hopes, pleasures and concerns. We ask that you think about your life in the last 2 weeks. Please read each question, assess your feelings and circle the number on the scale for each question that have the best answer for you.

1. How would you rate your quality of life?
   Very poor | Poor | Neither poor nor good | Good | Very good

2. How satisfied are you with your health?
   Very dissatisfied | Dissatisfied | Neither satisfied nor satisfied | Satisfied | Very satisfied

3. To what extent do you feel that physical pain prevents you from doing what you need to do?
   Not at all | A little | A moderate amount | Very much | An extreme amount

4. How much do you need any medical treatment to function in your daily life?
   Not at all | A little | A moderate amount | Very much | An extreme amount

5. How much do you enjoy life?
   Not at all | A little | A moderate amount | Very much | An extreme amount

6. To what extent do you feel your life to be meaningful?
   Not at all | A little | A moderate amount | Very much | An extreme amount

7. How well are you able to concentrate?
   Not at all | A little | A moderate amount | Very much | An extreme amount

8. How safe do you feel in your daily life?
   Not at all | A little | A moderate amount | Very much | An extreme amount

9. How healthy is your physical environment?
   Not at all | A little | A moderate amount | Very much | An extreme amount

10. Do you have enough energy for everyday life?
    Not at all | A little | Moderately | Mostly | Completely

11. Are you able to accept your bodily appearance?
    Not at all | A little | A moderate amount | Very much | An extreme amount

12. How you enough money to meet your needs?
    Not at all | A little | A moderate amount | Very much | An extreme amount
13. How available to you is the information that you need in your day to day life? 
   Not at all | A little | A moderate amount | Very much | An extreme amount

14. To what extent do you have opportunities for leisure activities? 
   Not at all | A little | A moderate amount | Very much | An extreme amount

15. How well are you able to get around? 
   Very poor | Poor | Neither poor nor good | Good | Very good

16. How satisfied are you with your sleep? 
   Very dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very satisfied

17. How satisfied are you with your ability to perform daily living activities. 
   Very poor | Poor | Neither poor nor good | Good | Very good

18. How satisfied are you with your capacity for work 
   Very poor | Poor | Neither poor nor good | Good | Very good

19. How satisfied are you with yourself 
   Very poor | Poor | Neither poor nor good | Good | Very good

20. How satisfied are you with you personal relationship? 
   Very poor | Poor | Neither poor nor good | Good | Very good

21. How satisfied are you with your sex life 
   Very poor | Poor | Neither poor nor good | Good | Very good

22. How satisfied are you with the support you get from your friends. 
   Very poor | Poor | Neither poor nor good | Good | Very good

23. How satisfied are you with the conditions of your living place. 
   Very poor | Poor | Neither poor nor good | Good | Very good

24. How satisfied are you with your access to health service 
   Very poor | Poor | Neither poor nor good | Good | Very good

25. How satisfied are you with your transport. 
   Very poor | Poor | Neither poor nor good | Good | Very good

26. How often do you have negative feelings such as blue mood, despair, anxiety, depression? 
   Never | Seldom | Quite often | Very often | Always
1. To what extent do impairments to your senses (e.g. hearing, vision, taste, smell, touch) affect your daily life?
   Not at all / A little / A moderate amount / Very much / An extreme amount

2. To what extent does loss of for example, hearing, vision, taste, smell or touch affects your ability to participate in activities?
   Not at all / A little / A moderate amount / Very much / An extreme amount

3. How much freedom do you have to make your own decisions?
   Not at all / A little / A moderate amount / Very much / An extreme amount

4. To what extent do you feel in control of your future?
   Not at all / Slightly / Moderately / Very / Extremely

5. How much do you feel that the people around you are respectful of your freedom?
   Not at all / Slightly / Moderately / Very / Extremely

6. How concerned are you about the way in which you will die?
   Not at all / A little / A moderate amount / Very much / An extreme amount

7. How much are you afraid of not being able to control your death?
   Not at all / Slightly / Moderately / Very / Extremely

8. How scared are you of dying?
   Not at all / Slightly / Moderately / Very / Extremely

9. How much do you fear being in pain before you die?
   Not at all / A little / A moderate amount / Very much / An extreme amount

10. To what extent do problems with your sensory functioning (e.g. hearing, vision, taste, smell, touch) affect your ability to interact with others?
    Not at all / A little / A moderate amount / Very much / An extreme amount

11. To what extent are you able to do the things you’d like to do?
    Not at all / A little / A moderate amount / Very much / An extreme amount

12. To what extent are you satisfied with your opportunities to continue achieving in life?
    Not at all / A little / Moderately / Mostly / Completely

13. How much do you feel that you have received the recognition you deserve in life?
    Not at all / A little / Moderately / Mostly / Completely

14. To what extent do you feel that you have enough to do each day?
Not at all / A little / Moderately / Mostly / Completely

15. How satisfied are you with what you have achieved in life?
   Very dissatisfied / Dissatisfied / Neither satisfied nor dissatisfied / Satisfied / Very satisfied

16. How satisfied are you with the way you use your time?
   Very dissatisfied / Dissatisfied / Neither satisfied nor dissatisfied / Satisfied / Very satisfied

17. How satisfied are you with your level of activity?
   Very dissatisfied / Dissatisfied / Neither satisfied nor dissatisfied / Satisfied / Very satisfied

18. How satisfied are you with your opportunity to participate in community activities?
   Very dissatisfied / Dissatisfied / Neither satisfied nor dissatisfied / Satisfied / Very satisfied

19. How happy are you with the things you are able to look forward to?
   Very unhappy / Unhappy / Neither happy nor unhappy / Happy / Very happy

20. How would you rate your sensory functioning (e.g. hearing, vision, taste, smell, touch)?
   Very poor / Poor / Neither poor nor good / Good / Very good

21. To what extent do you feel a sense of companionship in your life?
   Not at all / A little / A moderate amount / Very much / An extreme amount

22. To what extent do you experience love in your life?
   Not at all / A little / A moderate amount / Very much / An extreme amount

23. To what extent do you have opportunities to love?
   Not at all / A little / Moderately / Mostly / Completely

24. To what extent do you have opportunities to be loved?
   Not at all / A little / Moderately / Mostly / Completely
APPENDIX : 5
SUBJECTIVE WELL-BEING INVENTORY

1. Do you feel your life is interesting?
   A. Not so much   B. To some extent   C. Very much

2. Do you think you have achieved the standard of living and the social status that you had expected?
   A. Not so much   B. To some extent   C. Very much

3. How do you feel about the extent to which you have achieved success and are getting ahead?
   A. Not so much   B. To some extent   C. Very much

4. Do you normally accomplish what you want to?
   A. Not so much   B. To some extent   C. Very much

5. Compared with the past, do you feel your present life is?
   A. Not so much   B. To some extent   C. Very much

6. On the whole, how are you with the things you have been doing recent years?
   A. Not so much   B. To some extent   C. Very much

7. Do you feel you can manage situations even when they do not turn out as expected?
   A. Not so much   B. To some extent   C. Very much

8. Do you feel confident that in case of a crises (anything which substantially upsets your life situation) you will be able to cope with it / face it boldly?
   A. Not so much   B. To some extent   C. Very much

9. The way things are going now do you feel confident in coping with the future.
   A. Not so much   B. To some extent   C. Very much

10. Do you sometimes feel that all of us are part of a common force (god or any such force)?
    A. Not so much   B. To some extent   C. Very much

11. You sometimes experience moments of intense happiness which are difficult to describe.
    A. Hardly ever   B. Sometimes   C. Quiet often

12. Does it give you happiness to think that you are part of mankind?
    A. Hardly ever   B. Sometimes   C. Quiet often

13. Do you feel confident that relatives and /or friends will help you out if there is an emergency eg.) if you loose what you have by fire or theft?
    A. Not so much   B. To some extent   C. Very much
14. How do you feel about the relationship you and your children have?
   A. Not applicable  B. Not so good  C. Quiet good  D. Very good

15. Do you feel confident that relationship and / or friend will look after you if you are severely ill or meet with an accident?
   A. Not so much  B. To some extent  C. Very much

16. Do you get easily upset if things don’t turn as expected?
   A. Very much  B. To some extent  C. Not so much

17. Do you sometimes feel sad without reason?
   A. Very much  B. To some extent  C. Not so much

18. Do you feel too easily irritated, too sensitive?
   A. Very much  B. To some extent  C. Not so much

19. Do you feel disturbed by feelings of anxiety and tension?
   A. Most of the time  B. Sometimes  C. Hardly ever

20. Do you consider it a problem for you that you sometimes lose your temper over minor things?
    A. Not so much  B. To some extent  C. Very much

21. Do you consider your family a source of help to you in finding solutions to most of the problems you have?
    A. Not so much  B. To some extent  C. Very much

22. Do you think that most of the members of your family feel closely attached to each other?
    A. Not so much  B. To some extent  C. Very much

23. Do you think you would be looked after well by your family in case you were seriously ill?
    A. Not so much  B. To some extent  C. Very much

24. Do you feel your life is boring / uninteresting?
    A. Very much  B. To some extent  C. Not so much

25. Do you worry about your future?
    A. Very much  B. To some extent  C. Not so much

26. Do you feel your life is useless?
    A. Very much  B. To some extent  C. Not so much

27. Do you sometimes worry about the relationship you and your wife / husband have?
    A. Very much  B. To some extent  C. Not so much  D. Not applicable

28. Do you feel your friends / relatives would help you out you were in need?
    A. Not so much  B. To some extent  C. Very much
29. Do you sometimes worry about the relationship you and your children have?
   A. Very much   B. To some extent   C. Not so much   D. Not applicable

30. Do you feel that minor things upset you more than necessary?
   A. Very much   B. To some extent   C. Not so much

31. Do you get easily upset if you are criticized?
   A. Most of the time   B. Sometimes   C. Hardly ever

32. Would you wish to have more friends than you actually have?
   A. Very much   B. To some extent   C. Not so much

33. Do you sometimes feel you do not have a real close friend?
   A. Very much   B. To some extent   C. Not so much

34. Do you sometimes worry about your health?
   A. Very much   B. To some extent   C. Not so much

35. Do you suffer from pains in various parts of your body?
   A. Most of the time   B. Sometimes   C. Hardly ever

36. Are you disturbed by palpitations / a thumping heart?
   A. Most of the time   B. Sometimes   C. Hardly ever

37. Are you disturbed by a feeling of giddiness?
   A. Most of the time   B. Sometimes   C. Hardly ever

38. Do you feel you get tired too easily?
   A. Most of the time   B. Sometimes   C. Hardly ever

39. Are you troubled by disturbed sleep?
   A. Most of the time   B. Sometimes   C. Hardly ever

40. Do you sometimes worry that you do not have close personal relationship with other people?
   A. Very much   B. To some extent   C. Not so much
**APPENDIX : 6**

**LIFE SATISFACTION:**

<table>
<thead>
<tr>
<th></th>
<th>Agree = 2</th>
<th>Disagree = 0</th>
<th>Uncertain = 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>As I grow older, things seem better than I thought they would be.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>2.</td>
<td>I have had more of the breaks (advantages) in life than most of the people.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>3.</td>
<td>This is the dreariest (most depressive) time of my life.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>4.</td>
<td>I am just as happy as when I was younger.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>5.</td>
<td>My life could be happier than it is now.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>6.</td>
<td>These are the best years of my life.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>7.</td>
<td>Most of the things I do are boring or monotonous.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>8.</td>
<td>I expect some interesting and pleasant things to happen to me in the future.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>9.</td>
<td>The things I do are as interesting to me as before.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>10.</td>
<td>I feel old and somewhat tired.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>11.</td>
<td>I feel my age, but it does not bother me.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>12.</td>
<td>As I look back on my life, I am fairly well satisfied.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>13.</td>
<td>I would not change my past life, even if I could.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>14.</td>
<td>Compared to other people of my age, I have made a lot of foolish decisions in my life.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
<tr>
<td>15.</td>
<td>Compared to other people of my age, I make a good appearance.</td>
<td>Agree</td>
<td>Disagree</td>
</tr>
</tbody>
</table>
16. I have made place for things I will be doing a month a year from you.
   Agree | Disagree | Uncertain

17. When I think back over my life, I did not get most of the important things I wanted.
   Agree | Disagree | Uncertain

18. Compare to other people, I get down in the dumps (depression) too of ten.
   Agree | Disagree | Uncertain

19. I have got pretty much I expected out of life.
   Agree | Disagree | Uncertain

20. In spite of what people say, the lot (luck or fate) of average man is getting worse, not better.
   Agree | Disagree | Uncertain