CHAPTER II
METHODOLOGY
METHODOLOGY

People above 60 constitute 13 percent of the State's population of 3.34 crore compared to the national figure of 8.2 percent, according to the 2011 Census. Ageing of the population is one of the recent phenomenon of the 20th century and may be one of the major challenges of the near future. Now a day’s the age of onset of ill health rises faster than increase in the life span, resulting in a ‘compression of morbidity’. The aim of geriatric care is to reduce or postpone the onset of age related illness so that an elderly person suffers ill health only for a short period before death and is able to lead a healthy life span.

THE PROBLEM

The present research mainly concerns with an exhaustive assessment of various parameters and issues operating in the older sections of the population in Kerala. So the main problem of enquiry in the study is to assess the social determinants of geriatric health in the context of Kerala.

OBJECTIVES

The main objectives of the study are:

1. To find out the variations of health status among the old with respect to prominent socio-economic determinants.
2. To explain the relationship of ageing process and the nature of diseases among the elderly.

3. To explain the influence of dietary habits on the health status among the elderly.

4. To find out the gender variations of geriatric health among individuals.

5. To understand the influence of family size on the occurrence of diseases among the old.

**HYPOTHESES**

- Health related habits among the old vary with respect to age. As age increases habit of regular medicine intake decreases.

- There is an association between gender and variation of health condition among old. Deterioration of health is mainly more among women.

- Health related habits vary with gender. Males are more punctual with the habit of medicine intake.

- Satisfaction with care during illness and gender are related. Old males are more satisfied than old females.
Family size influences the occurrence of psychological problems among the aged. Feeling of loneliness among the old is more among those who are having smaller family size.

There is significant relationship between monthly income and diseases among the old. As income increases chances of getting diseases also increases among the old.

Emotional issues during life lead to occurrence of diseases among the old.

Health problems of the elderly and their food habits are related. Regular consumption of vegetables decreases the chance of getting diseases.

Individuals sleeping habit and health problems are related. People who generally resort to shorter duration of sleep face higher risk getting diseases.

**DEFINITON OF CONCEPTS**

**Operational Definition**

The old - People who are aged 60 and above.

Geriatric health - Social, mental and physical well-being of people who are aged 60 years and above.

Social determinants - Those social factors which determine the parameters of health among the old.
POPULATION AND SAMPLE

The methodology of the study was mainly consists of the empirical style depending on field work. It was extended over the various sections covered for data collection. The study was mainly extended over the relevant areas in the State of Kerala. Population of the study consists of individuals 60 plus and who are permanent residents of Kerala both males and females. By way of sampling procedure, systematic sampling method was adopted in the study. Sample item was selected at random from different strata (districts) namely from the three districts Thiruvananthapuram (south), Kottayam (central) and Calicut (north) so as to have adequate representation from all areas with the help of latest Census reports. Random number table was used for randomization. Sample size was suitably fixed as 710.

PRE-TEST

A pre-test was conducted among 53 items from among the population of the study based. An interview guide was prepared for the purpose. The final interview schedule or research tool was prepared on the basis of the observations obtained from the pre-test which was finally used for data collection proper.
**SOURCES OF DATA**

Both primary and secondary were collected for the study. Primary data were obtained from the sample items located for data collection proper. The information of all kinds available on relevant issues and problems concerning the old with respect to the problem were selected. Secondary data was collected from all available sources relevant to the problem of study like the already published work in the field, reports, and official documents available and individual cases. Information were obtained from among institutions and organizations associated to the care and rehabilitation of the old currently functioning in the area.

**TOOLS OF DATA COLLECTION**

The major research tool adopted for this study was personal interview and interview schedule. Personal discussion was held with official and selected sources for obtaining more information on various issues relating to the problem.

**DATA PROCESSING AND ANALYSIS**

The collected data is processed with respect to definite dependant and independent variables identified for the study. The analysis is carried out to bring out the results of the study. Necessary statistical tests also have adopted for drawing the association ship between the variables during analysis.