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This is a research work intended to know about the wellbeing of the Aged and to suggest better methods of living in old age. The outcome of the research will be truly a reflection of the answers you provide. So I request you to provide answers to the best of your knowledge. The information will be kept strictly confidential and it is only for research purpose.

T.D. Vimala, M.A., M.Phil.,

Lecturer in Psychology, GDCW, Guntur

Research Scholar

PART - A

Please tick the appropriate category

1. Name :

2. Sex : Male/Female

3. Education : Undergraduate/Post Graduate/Professional

4. Occupation : Retired/Retired and Working/Business/Any other work/House wife

5. Marital status : Married/Unmarried/Widow/Widower


7. Residence : Own house / Rented house

8. Economic status : High/Middle/Low
9. Family responsibilities: Completed/Not completed / Can’t say

10. Spouse’s health: Satisfactory / Not satisfactory

11. Involvement in:
   (a) Non remunerative social service
   (b) Regular religious activities
   (c) Recreational activities

**PART-B**

<table>
<thead>
<tr>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Undecided</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Whether or not I get to be a leader depends on my ability.</td>
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<tr>
<td>2. My life is controlled by accidental happenings.</td>
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<tr>
<td>3. I feel like what happens in my life is determined by powerful people.</td>
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<td>4. Whether or not I get into an accident depends on how good driver I am.</td>
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<td>5. When I make plans, I am certain to make them work.</td>
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<td>6. These is no chance of protecting my personal interests from bad luck happenings.</td>
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<tr>
<td>When I get what I want, it's because I am lucky.</td>
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<td>8. Although I might have good ability, I will not be given leadership responsibility without appealing to those in positions of power.</td>
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<td>9. How many friends I have depends on how nice a person I am.</td>
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<td>10. I have found that what I think is going to happen will happen.</td>
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<tr>
<td>11. My life is controlled by powerful others.</td>
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<tr>
<td>12. Whether or not I get into a car accident is a matter of luck.</td>
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<tr>
<td>13. People like myself have no chance of protecting our personal interests when they conflict with those of strong pressure groups.</td>
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<tr>
<td>14. It is not wise for me to plan too far ahead, because many things turn out to be a matter of bad fortune.</td>
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<tr>
<td>15. Getting what I want requires pleasing people above me.</td>
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<tr>
<td>16. Whether or not I get to be a</td>
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</tbody>
</table>
leader depends on whether I am lucky enough to be in the right place at the right time.

17. If important people were to decide they didn’t like me, I probably wouldn’t make many friends.

18. I can pretty much determine what will happen in my life.

19. I am usually able to protect my personal interests.

20. Whether or not I get into a car accident depends mostly on the other driver.

21. When I get what I want, it’s usually because I worked hard for it.

22. In order to have my plans work, I make sure that they fit in with the desire of people who have power over me.

23. My life is determined by my own actions.

24. It’s a matter of fate whether or not I have a few friends or many.
PART-C

Please answer the statements given below with a tick ‘✓’ mark on ‘Yes’, if the statement is true or mostly true of you; and ‘No’ if the statements is false.

There are no right or wrong answers.

1. I usually get uncontrollable anger
2. I interact freely with persons in social life
3. I am suffering with chronic diseases relating to heart, lungs and kidney.
4. I like to spend most of my time at home with family members.
5. I frequently entertain the thought that ‘Death is better than living in old age’.
6. I feel that I am better placed than many others of my age
7. I feel boredom, irritation and sorrow unnecessarily
8. I felt that I get help from others in times of need
9. I feel that I am leading a worthless life.
10. Many people approach me for suggestion and advice
11. Now a days I am facing many financial troubles
12. I feel that I spent my life efficiently
13. I feel boring as I do not have anything to do now
14. I feel my life partner as co-operative
15. I get thoughts which disturb my sleep

Yes/No
16. I do play an important role in social activities

17. Often I suffer from minor ailments like headache, weakness, fever and fatigue.

18. Most of the times my family members behave as I intended

19. I often think that life is waste and useless

20. I performed most of my duties successfully

21. I frequently get palpitations in heart

22. I am satisfied with my social relations

23. I feel that, I am not useful to anyone and so there is no meaning in my living

24. I feel myself better than many in many aspects

25. My present financial troubles are making my old age miserable

26. I am fully satisfied with my achievements in life

27. I am not happy with my routine

28. I feel my life partner is mainly responsible for my success in life

29. I feel I am not happy like many others around

30. I like to help others

31. I am eagerly waiting for death

32. I feel, all my family members have love and affection towards me

33. In the present social conditions there is no specific need for
an elderly person like me in the family

34 Basically I am a Lucky Person Yes/No
35 I am losing interest and enthusiasm in my daily routine Yes/No
36 I like to take help from others at times of need Yes/No
37 Now a days I feel I am unable to express my anger and sorrow in an acceptable way. Yes/No
38 I feel I am free and independent in my present living place Yes/No
39 I feel frequently disappointed about my present condition Yes/No
40 I feel I am being accepted by many in any social life Yes/No

**PART-D**

1. Please suggest three most important procedure to be followed for peaceful and happy living in old age.

   1.
   2.
   3.

2. Please suggest three measures that the society can take up to utilize the services of the Aged.

   1.
   2.
   3.

Thank you every much for the suggestions