Figure - 4.1

Diagram Showing the Distribution of the Demographic Variables of the 150 Subjects

Demographic Variables
- Age 60-65
- Gender Male
- Marital Status Married
- Religion Hindu
- Place of Residence Rural
- Family Type Joint
Figure - 4.2

Diagram Showing the Subjects’ Reasons for Joining the Old Age Home and the Duration of Stay

- To meet one’s basic needs
- No one to care of the subject after death of spouse
- Not wanting to be a burden on family members
- Negligence or Rejection
- Unresolved conflict with spouse
- For social security
- Own interest

Less than one year  □ More than one year
Figure - 4.3
Diagram Showing the Subjects’ Sleep Pattern (N = 150)
Figure - 4.4

Diagram Showing the Subjects Sleep Disturbances (n = 150)
Figure - 4.6

Diagram Showing the Subjects’ Sleep Disturbances in the Experimental Group I, II and the Control Group III Before Interventions
Figure - 4.7

Diagram Showing the Subjects’ Day Time Nap Pattern in the Experimental Group I, II and the Control Group III
Figure - 4.8

Diagram Showing the Subjects’ Preception Level of Sleep Among the Three Groups Before Intervention
Figure - 4.9

Diagram Showing the Subjects’ Medication History among the 3 Groups Before Intervention
Figure - 4.10

Diagram showing the Subjects’ Vital Signs in the Experimental Group I, II and the Control Group III Before Intervention