

CHAPTER 3

PHYSICAL OR BIOLOGICAL HEALTH, SOCIAL HEALTH AND PSYCHOLOGICAL HEALTH

In this chapter it has been tried to see out the physical or biological health, social health and psychological health of the aged Kaibartas.

PHYSICAL OR BIOLOGICAL HEALTH

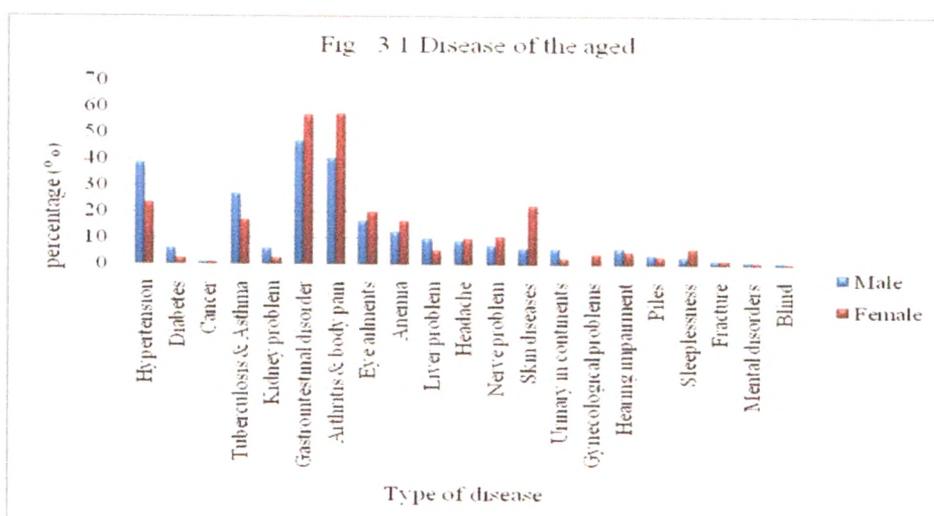
Physical health can be defined as an essential part of overall health of an individual, which include everything from physical fitness to overall wellness. A good physical health means every external part of our body functions properly as it is commonly supposed to function. Physical health also indicates wellness of our internal body organs and their mutual co-operation. When our internal organs cannot communicate or co-ordinate properly then it is a sign of serious health issue, which is one of the major reason of illness or health problems or disease. Each part of the body has been assigned a specific task (or even more which is still not known to us). All the internal and external body functions of our body depend on the performance of our organs/body system, which itself depends on nutrition, environment and our habits (www.healthyganoderma.com).

Physical changes do occur with ageing and the changes are usually in the direction of deterioration. The nature of the declining differ from one person to another. On account of old age various geriatric ailments like circulatory disturbances, heart disease, metabolic disorders, visual and hearing impairments, gait disorder and mental nervous conditions are the ones that usually attack the old persons. Apart from the above geriatric ailments, diseases like colic pain, gastritis, diabetes, indigestion, asthma, rheumatism and general weakness are found to be frequent among the old

people due to decline in their power of resistance and other associated environmental factors (Pati & Jena, 1989).

Table 3.1
Different type of disease of the aged Kaibartas

| Sl.No. | Type of disease | Male | | Female | | Total | |
|--------------------------|---------------------------|------|------|--------|------|-------|------|
| | | No. | % | No. | % | No. | % |
| 1 | Gastrointestinal disorder | 117 | 46.8 | 142 | 56.8 | 259 | 51.8 |
| 2 | Arthritis & body pain | 100 | 40.0 | 143 | 57.2 | 243 | 48.6 |
| 3 | Hypertension | 96 | 38.4 | 58 | 23.2 | 154 | 30.8 |
| 4 | Tuberculosis & Asthma | 67 | 26.8 | 42 | 16.8 | 109 | 21.8 |
| 5 | Eye ailments | 41 | 16.4 | 49 | 19.6 | 90 | 18.0 |
| 6 | Anemia | 31 | 12.4 | 41 | 16.4 | 72 | 14.4 |
| 7 | Skin diseases | 15 | 6.0 | 56 | 22.4 | 71 | 14.2 |
| 8 | Headache | 22 | 8.8 | 24 | 9.6 | 46 | 9.2 |
| 9 | Nerve problem | 18 | 7.2 | 26 | 10.4 | 44 | 8.8 |
| 10 | Liver problem | 24 | 9.6 | 13 | 5.2 | 37 | 7.4 |
| 11 | Hearing impairment | 15 | 6.0 | 12 | 4.8 | 27 | 5.4 |
| 12 | Sleeplessness | 07 | 2.8 | 15 | 6.0 | 22 | 4.4 |
| 13 | Urinary incontinents | 15 | 6.0 | 06 | 2.4 | 21 | 4.2 |
| 14 | Diabetes | 15 | 6.0 | 06 | 2.4 | 21 | 4.2 |
| 15 | Kidney problem | 15 | 6.0 | 06 | 2.4 | 21 | 4.2 |
| 16 | Piles | 09 | 3.6 | 07 | 2.8 | 16 | 3.2 |
| 17 | Gynecological problems | - | - | 10 | 4.0 | 10 | 2.0 |
| 18 | Fracture | 04 | 1.6 | 04 | 1.6 | 08 | 1.6 |
| 19 | Mental disorders | 03 | 1.2 | 02 | 0.8 | 05 | 1.0 |
| 20 | Cancer | 02 | 0.8 | 02 | 0.8 | 04 | 0.8 |
| 21 | Blind | 02 | 0.8 | 01 | 0.4 | 03 | 0.6 |
| Total no. of individuals | | 250 | | 250 | | 500 | |



The above table 3.1 shows the types of disease of the aged persons. From the table it has been seen that the persons are suffering from 21 different types of diseases and out of them most frequently occurring disease is gastrointestinal disorder. 46.8% males and 56.8% females are suffering from gastrointestinal disorder. Arthritis & body pain is the second highest occurring disease among the aged Kaibartas of the study areas. For the male it is 40.0 % and for female it is 48.6 %. Along with these hypertension (30.8%); tuberculosis & asthma (21.8%); eye ailments (18.0%); anemia (14.4%); skin diseases (14.2%) are the other diseases recorded among the aged of the present study.

Table 3.1(A)

Type of major disease of the aged

| Type of major disease | Male | | Female | | Total | |
|--------------------------|------|------|--------|------|-------|------|
| | No | % | No | % | No | % |
| Hypertension | 96 | 38.4 | 58 | 23.2 | 154 | 30.8 |
| Diabetes | 15 | 6.0 | 06 | 2.4 | 21 | 4.2 |
| cancer | 02 | 0.8 | 02 | 0.8 | 04 | 0.8 |
| Tuberculosis & asthma | 67 | 26.8 | 42 | 16.8 | 109 | 21.8 |
| Kidney problem | 15 | 6.0 | 06 | 2.4 | 21 | 4.2 |
| Total no. of individuals | 250 | | 250 | | 500 | |

Table 3.1 (B)
Type of minor disease of the aged

| Type of minor disease | Male | | Female | | Total | |
|---------------------------|------|------|--------|------|-------|------|
| | No | % | No | % | No | % |
| Gastrointestinal disorder | 117 | 46.8 | 142 | 56.8 | 259 | 51.8 |
| Arthritis & body pain | 100 | 40.0 | 143 | 57.2 | 243 | 48.6 |
| Eye ailments | 41 | 16.4 | 49 | 19.6 | 90 | 18.0 |
| Anemia | 31 | 12.4 | 41 | 16.4 | 72 | 14.4 |
| Skin diseases | 15 | 6.0 | 56 | 22.4 | 71 | 14.2 |
| Headache | 22 | 8.8 | 24 | 9.6 | 46 | 9.2 |
| Nerve problem | 18 | 7.2 | 26 | 10.4 | 44 | 8.8 |
| Liver problem | 24 | 9.6 | 13 | 5.2 | 37 | 7.4 |
| Hearing impairment | 15 | 6.0 | 12 | 4.8 | 27 | 5.4 |
| Sleeplessness | 07 | 2.8 | 15 | 6.0 | 22 | 4.4 |
| Urinary incontinents | 15 | 6.0 | 06 | 2.4 | 21 | 4.2 |
| Piles | 09 | 3.6 | 07 | 2.8 | 16 | 3.2 |
| Gynecological problems | - | - | 10 | 4.0 | 10 | 2.0 |
| Fracture | 04 | 1.6 | 04 | 1.6 | 08 | 1.6 |
| Mental disorders | 03 | 1.2 | 02 | 0.8 | 05 | 1.0 |
| Blind | 02 | 0.8 | 01 | 0.4 | 03 | 0.6 |
| Total no. of individuals | 250 | | 250 | | 500 | |

Table 3.2
Age wise major disease of the males

| Major Disease | Age group in years | | | | | Total |
|--------------------------|--------------------|----------|----------|----------|----------|----------|
| | 55-59 | 60-64 | 65-69 | 70-74 | 75+ | |
| | No. % | No. % | No. % | No. % | No. % | No. % |
| Hypertension | 48(62.3) | 16(50.0) | 09(37.5) | 08(38.1) | 15(36.6) | 96(49.2) |
| Diabetes | 07(9.1) | 03(9.4) | 02(8.3) | 01(2.4) | 02(4.8) | 15(7.7) |
| Cancer | | - | 01(4.2) | - | 01(2.4) | 02(1.0) |
| Tuberculosis & Asthma | 22(28.6) | 12(37.5) | 09(37.5) | 07(17.1) | 17(41.5) | 67(34.4) |
| Kidney problem | - | 01(3.1) | 03(12.5) | 05(23.8) | 06(14.6) | 15(7.7) |
| Total no. of individuals | 77 | 32 | 24 | 21 | 41 | 195 |

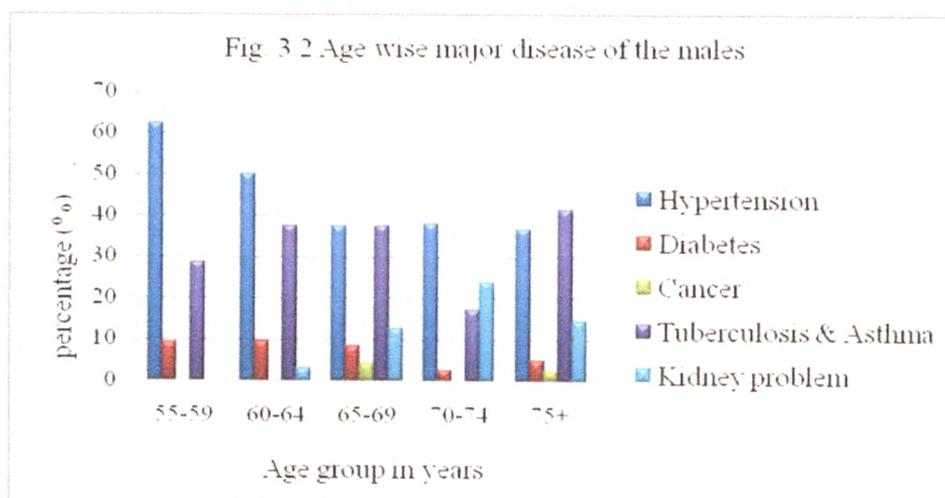
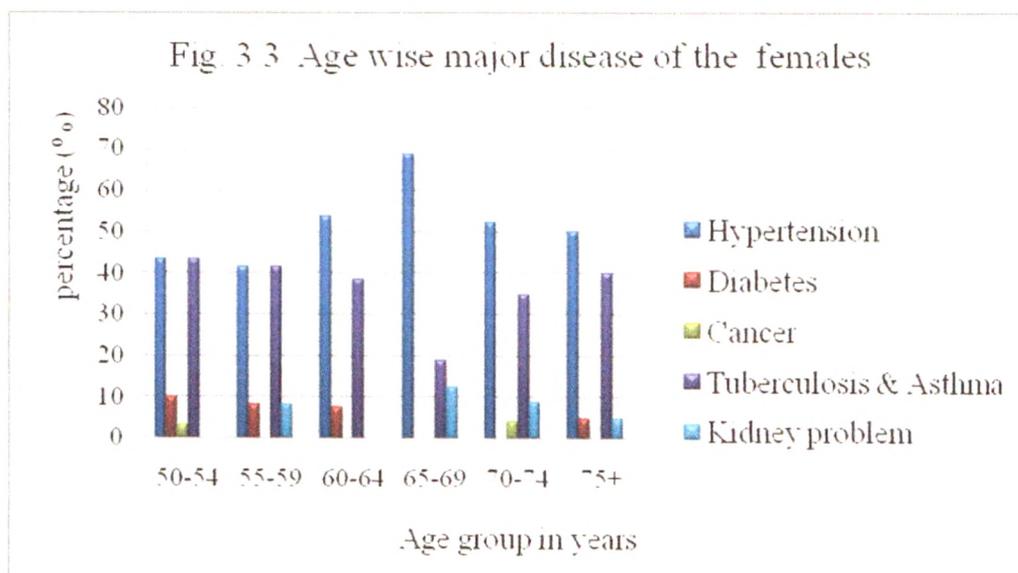


Table 3.3
Age wise major disease of the females

| Major Diseases | Age group in years | | | | | | Total |
|--------------------------|--------------------|----------|----------|----------|----------|----------|----------|
| | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75+ | |
| | No. % | No. % | No. % | No. % | No. % | No. % | No. % |
| Hypertension | 13(43.3) | 05(41.7) | 07(53.8) | 11(68.8) | 12(52.2) | 10(50.0) | 58(50.9) |
| Diabetes | 03(10.0) | 01(8.3) | 01(7.7) | - | - | 01(5.0) | 06(5.3) |
| Cancer | 01(3.3) | - | - | - | 01(4.3) | - | 02(1.8) |
| Tuberculosis & Asthma | 13(43.3) | 05(41.7) | 05(38.5) | 03(18.8) | 08(34.8) | 08(40.0) | 42(36.8) |
| Kidney problem | - | 01(8.3) | - | 02(12.5) | 02(8.7) | 01(5.0) | 06(5.3) |
| Total no. of individuals | 30 | 12 | 13 | 16 | 23 | 20 | 114 |



The diseases like hypertension, diabetes, cancer, tuberculosis & asthma and kidney problems are considered as major diseases of the aged Kaibartas (Table 3.1 (A)). On the other hand gastrointestinal disorder, arthritis & body pain, eye ailments, anemia, liver problem, headache, skin diseases, urinary incontinent, hearing impairments, piles, sleeplessness or insomnia, fracture, mental disorder and blind are categorized as minor diseases (Table 3.1(B)).

The table 3.2 shows the age wise distribution of the major diseases of the aged males. From the table it is seen that out of 250 males, 78.0% (195) are suffering from five different types of major diseases. 49.2% are suffering from hypertension and it is the highest percentage of all the diseases. The second highest major disease is found to be tuberculosis and asthma and 34.4% (195) are suffering from it.

When the major diseases are considered according to age, it is found that in the 55-59 years age group, the hypertension is the highest occurring disease and the percentage is 62.3%. In the other age groups like 60-64 years; 65-69 years and 70-74 years also hypertension is found to be the highest occurring disease. The percentages in these age groups are 50.0%; 37.5% and 38.1% respectively. But in the age group of 75 and above 75 years tuberculosis & asthma is the highest occurring disease and the percentage is 41.5.

The table 3.3 shows the age wise major diseases of the aged females. From the table it is seen that out of 250 aged females, 45.6% are suffering from five

different types of major diseases. Like the males, hypertension is the frequently occurring disease among the aged females and 50.9% women are suffering from hypertension.

In age wise distribution it is found that in every age groups hypertension is the frequently occurring disease. In the age group of 50-54 years it is 43.3%; in 55-59 years it is 7%; in 60-64 years it is 53.8%; in 65-69 years it is 68.8%; in 70-74 years it is 52.2% and in 75+ years age group it is 50.0%. The second highest major disease seen among the females is tuberculosis & asthma, the percentage is 36.8%.

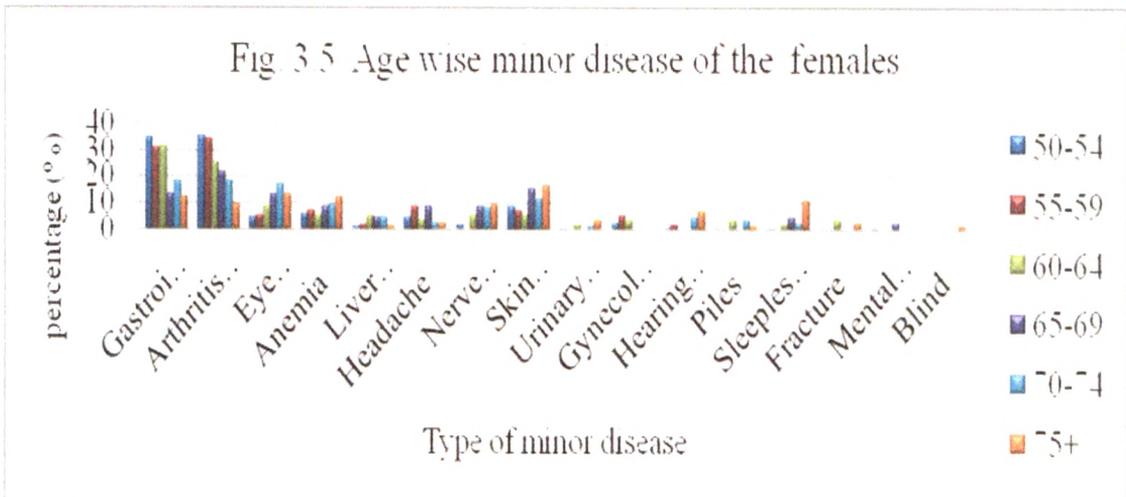
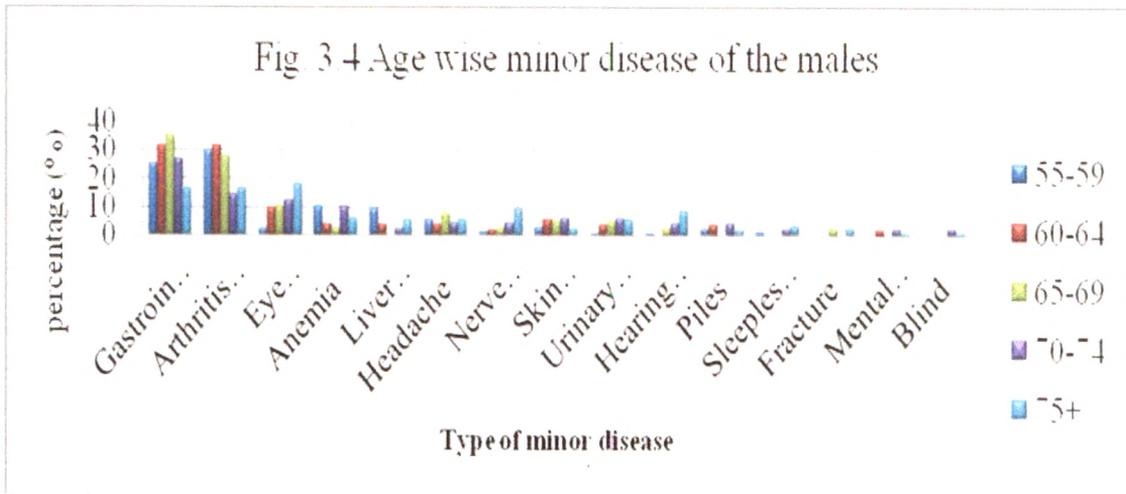
Table 3.4
Age wise minor disease of the males

| Minor Diseases | Age group in years | | | | |
|----------------------------|--------------------|-----------|-----------|-----------|-----------|
| | 55-59 | 60-64 | 65-69 | 70-74 | 75+ |
| | No. & % | No. & % | No. & % | No. & % | No. & % |
| Gastrointestinal disorder | 52 (34.9) | 17 (31.5) | 14 (35.0) | 13 (26.5) | 21 (16.0) |
| Arthritis & body pain | 44 (29.5) | 17 (31.5) | 11 (27.5) | 07 (14.3) | 21 (16.0) |
| Eye ailments | 03 (2.0) | 05 (9.3) | 04 (10.0) | 06 (12.2) | 23 (17.6) |
| Anemia | 15 (10.1) | 02 (3.7) | 01 (2.5) | 05 (10.2) | 08 (6.1) |
| Liver problem | 14 (9.4) | 02 (3.7) | - | 01 (2.0) | 07 (5.3) |
| Headache | 08 (5.4) | 02 (3.7) | 03 (7.5) | 02 (4.1) | 07 (5.3) |
| Nerve problem | 02 (1.3) | 01 (1.9) | 01 (2.5) | 02 (4.1) | 12 (9.2) |
| Skin diseases | 04 (2.7) | 03 (5.6) | 02 (5.0) | 03 (6.1) | 03 (2.3) |
| Urinary incontinents | 01 (0.7) | 02 (3.7) | 02 (5.0) | 03 (6.1) | 07 (5.3) |
| Hearing impairment | 01 (0.7) | - | 01 (2.5) | 02 (4.1) | 11 (8.4) |
| Piles | 03 (2.0) | 02 (3.7) | - | 02 (4.1) | 02 (1.5) |
| Sleeplessness | 02 (1.3) | - | - | 01 (2.0) | 04 (3.1) |
| Discomfort due to fracture | - | - | 01 (2.5) | - | 03 (2.3) |
| Mental disorders | - | 01 (1.9) | - | 01 (2.0) | 01 (0.8) |
| Blind | - | - | - | 01 (2.0) | 01 (0.8) |
| Total no. of individuals | 149 | 54 | 40 | 49 | 131 |

Table 3.5

Age wise minor disease of the females

| Minor Diseases | Age group in years | | | | | |
|---------------------------|--------------------|--------------|--------------|--------------|--------------|--------------|
| | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75+ |
| | No. & % | No. & % | No. & % | No. & % | No. & % | No. & % |
| Gastrointestinal disorder | 73 (34.6) | 18 (30.5) | 19 (31.1) | 06 (13.0) | 16 (18.2) | 10 (11.6) |
| Arthritis & body pain | 74 (35.1) | 20 (33.9) | 15 (24.6) | 10 (21.7) | 16 (18.2) | 08 (9.3) |
| Eye ailments | 09 (4.3) | 03 (5.1) | 05 (8.2) | 06 (13.0) | 15 (17.0) | 11 (12.8) |
| Anemia | 12 (5.7) | 04 (6.8) | 03 (4.9) | 04 (8.7) | 08 (9.1) | 10 (11.6) |
| Liver problem | 02 (0.9) | 01 (1.7) | 03 (4.9) | 02 (4.3) | 04 (4.5) | 01 (1.2) |
| Headache | 09 (4.3) | 05 (8.5) | 02 (3.3) | 04 (8.7) | 02 (2.3) | 02 (2.3) |
| Nerve problem | 04 (1.9) | - | 03 (4.9) | 04 (8.7) | 07 (7.9) | 08 (9.3) |
| Skin diseases | 18 (8.5) | 04 (6.8) | 03 (4.9) | 07 (15.2) | 10 (11.4) | 14 (16.3) |
| Urinary incontinents | 01 (0.5) | - | 01 (1.6) | - | 01 (1.1) | 03 (3.5) |
| Gynecological problem | 05 (2.4) | 03 (5.1) | 02 (3.3) | - | - | - |
| Hearing impairment | 01 (0.5) | 01 (1.7) | - | - | 04 (4.5) | 06 (6.9) |
| Piles | 01 (0.5) | - | 02 (3.3) | - | 03 (3.4) | 01 (1.2) |
| Sleeplessness | 01 (0.5) | - | 01 (1.6) | 02 (4.3) | 02 (2.3) | 09 (10.5) |
| Fracture | - | - | 02 (3.3) | - | - | 02 (2.3) |
| Mental disorders | 01 (0.5) | - | - | 01 (2.2) | - | - |
| Blind | - | - | - | - | - | 01 (1.2) |
| Total no. of individuals | 211 | 59 | 61 | 46 | 88 | 86 |



The table 3.4 shows the age wise minor diseases of the aged male persons. The diseases like gastrointestinal disorder, arthritis & body pain, eye ailments, anemia, liver problem, headache, nerve problem, skin diseases, urinary incontinents, hearing impairments, piles, insomnia, discomfort due to fracture, mental disorder and blindness are considered as minor diseases among the aged Kaibartas.

In age wise distribution of the minor diseases, it is seen that in all the age groups, gastrointestinal disorder is the highest occurring disease. In the age group of 55-59 years it is 34.9%; in 60-64 years age group it is 31.5%; in 65-69 years age group it is 35.0%; in 70-74 years age group it is 26.5% and in the 75 and above 75 years age group it is 16.0%. The second highest minor disease is found to be arthritis & body pain. In the 55-59 years age group it is 29.5%; in 60-64 years age group it is

31.5%; in 65-69 years age group it is 27.5%; in 70-74 years age group it is 14.5% and in the age group of 75 and above 75 years it is 16.0%.

The table 3.5 shows the age wise minor diseases of the aged females. In the 50-54 years, 55-59 years and 60-64 years age groups gastrointestinal disorder and arthritis & body pain are the highest occurring disease. In the 50-54 years age group 34.6%; in 55-59 years age group 30.5%; and 60-64 years age group 31.1% are suffering from gastrointestinal disorder. Along with these in the 50-54 years age group 35.1%; 55-59 years age group 33.9%; and 60-64 years age group 24.6% are frequently suffering from arthritis & body pain.

Table 3.6

Education and major disease of the males

| Educational Status | Types of major diseases | | | | | |
|--------------------------|----------------------------|--------------|-----------|----------|-----------------------|----------------|
| | Total individuals suffered | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem |
| Illiterate | 29 | 05 (17.2) | - | 01 (3.4) | 20 (68.9) | 03 (10.3) |
| L.P(I-IV) | 31 | 12 (38.7) | 02 (6.5) | - | 17 (54.8) | 02 (6.5) |
| M.E(V-VII) | 46 | 20 (43.5) | 02 (4.3) | - | 21 (45.7) | 03 (6.5) |
| Under matric (VIII-X) | 57 | 37 (64.9) | 03 (5.3) | 01 (1.7) | 06 (10.5) | 02 (3.5) |
| H.S(XI-XII) | 15 | 10 (66.7) | 05 (33.3) | - | - | 02 (13.3) |
| College level | 08 | 06 (75.0) | - | - | - | 01 (12.5) |
| Graduate | 06 | 06 (100.0) | 03 (50.0) | - | 01 (16.7) | 01 (16.7) |
| Others | 03 | - | - | - | 02 (66.7) | 01 (33.3) |
| Total no. of individuals | 195 | 96 | 15 | 02 | 67 | 15 |

(Figures within brackets indicate percentages)

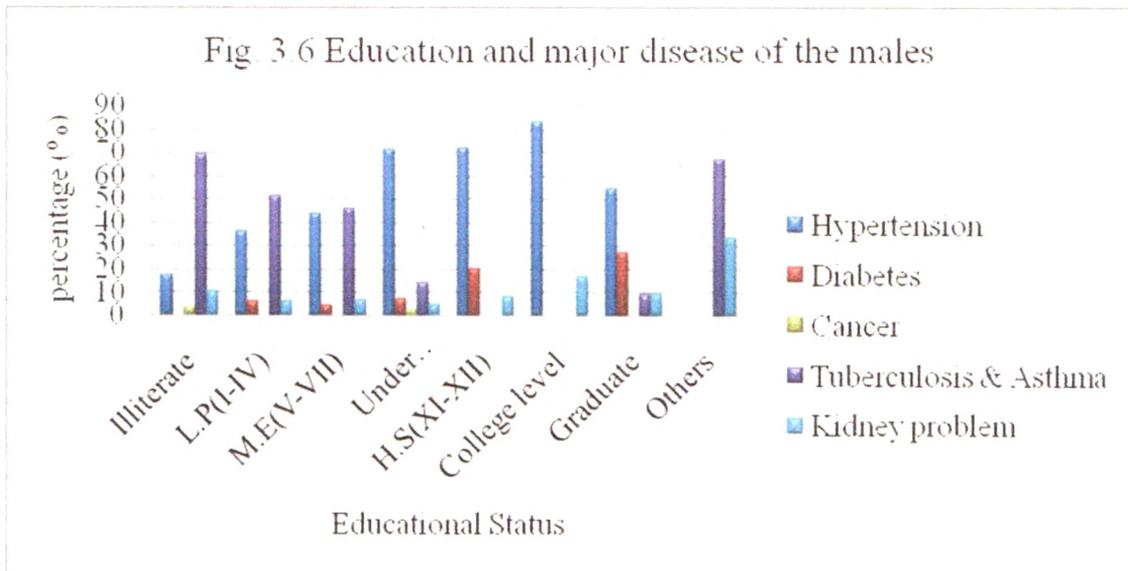
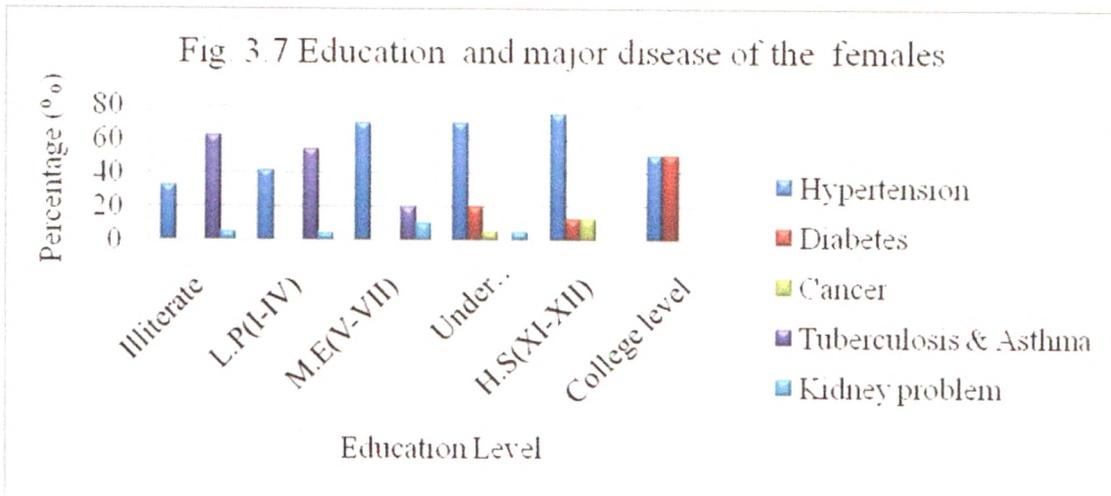


Table 3.7

Education and major disease of the females

| Educational status | Type of major disease | | | | | |
|--------------------------|------------------------|--------------|-----------|-----------|-----------------------|----------------|
| | Total disease suffered | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem |
| Illiterate | 44 (38.6) | 15 (34.1) | - | - | 25 (56.8) | 02 (4.5) |
| L.P(I-IV) | 24 (21.1) | 10 (41.7) | - | - | 13 (54.2) | 01 (4.2) |
| M.E(V-VII) | 20 (17.5) | 14 (70.0) | - | - | 04 (20.0) | 02 (10.0) |
| Under matric(VIII-X) | 20 (17.5) | 14 (70.0) | 04 (20.0) | 01 (5.0) | - | 01 (5.0) |
| H.S(XI-XII) | 04 (3.5) | 04 (100.0) | 01 (25.0) | 01 (25.0) | - | - |
| College level | 02 (1.8) | 01 (50.0) | 01 (50.0) | - | - | - |
| Total no. of individuals | 114 | 58 | 06 | 02 | 42 | 06 |

(Figures within brackets indicate percentages)



The table 3.6 shows education wise major diseases of the males. From the table it is seen that out of 195 diseased persons 14.9% are illiterate; 15.9% are of L.P (I-IV) level; 23.6% are of M.E. (V-VII) level; 29.2% are under matric (VIII-X) level; 7.7% are of higher secondary (XI-XII) level; 4.1% are of college level; 3.1% are graduates and 1.5% have completed other professional courses.

From the table (3.6) it has been noticed that among the illiterates and the persons who studied up to L.P. and M.E. standard tuberculosis and asthma is a frequently occurring disease. Among the illiterates the percentage is 68.9%; for L.P. standard it is 54.8% and for M.E. standard it is 45.7%. But for the persons who studied up to under matric level, higher secondary level, college level, and graduates hypertension is the frequently occurring disease. The percentages are 64.9%; 66.7%; 75.0% and 100.0% respectively.

The table 3.7 shows the educational status and disease of the aged females. Out of 250 aged females, 45.6% (114) are suffering from different types of major diseases. Of them, 35.1% are illiterates, 21.1% are of L.P. level; for M.E. and under matric level the percentage is same and it is 17.5%; 7.0% are of higher secondary level and 1.8% are of college level. Among the illiterates, 62.5% are suffering from tuberculosis & asthma and it is the highest occurring disease. Tuberculosis & asthma is found to be in higher percentage among the persons of L.P.level also and the percentage is 54.2%. But among the persons who studied up to M.E.level, under matric level, higher secondary level and College level the hypertension is the frequently occurring disease. The percentages are 70.0%; 75.0% and 50.0% respectively.

Table 3.8
Education and minor disease of the males

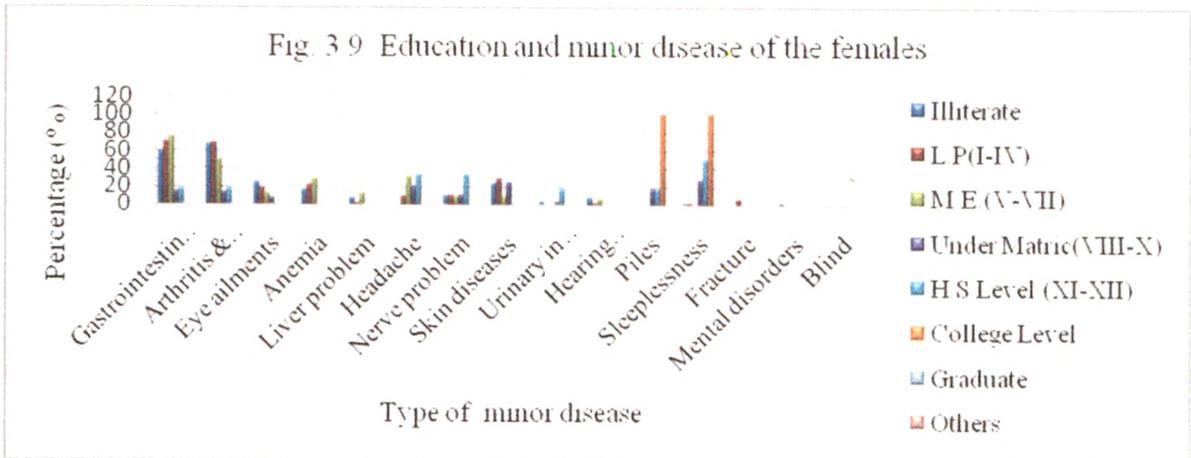
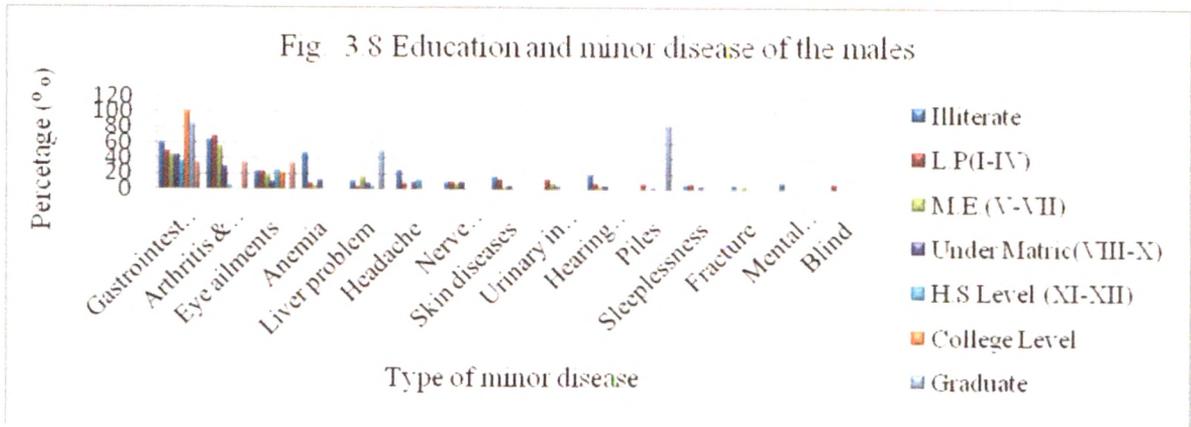
| Minor diseases | Educational status | | | | | | | | | |
|---------------------------|--------------------|-----------|-------------|----------------------|--------------------|---------------|-----------|-----------|--|--|
| | Illiterate | L.P(I-IV) | M.E.(V-VII) | Under Matric(VIII-X) | H.S Level (XI-XII) | College Level | Graduate | Others | | |
| Gastrointestinal disorder | 22 (59.5) | 15 (48.4) | 22 (42.3) | 37 (42.5) | 09 (34.6) | 05 (100.0) | 05 (83.3) | 02 (33.3) | | |
| Arthritis & body pain | 23 (62.2) | 21 (67.7) | 28 (53.8) | 25 (28.7) | 01 (3.8) | - | - | 02 (33.3) | | |
| Eye ailments | 08 (21.6) | 07 (22.6) | 09 (17.3) | 08 (9.2) | 06 (23.1) | 01 (20.0) | - | 02 (33.3) | | |
| Anemia | 17 (45.9) | 02 (6.5) | 02 (3.8) | 10 (11.5) | - | - | - | - | | |
| Liver problem | 04 (10.8) | 01 (3.2) | 08 (15.4) | 07 (8.0) | 01 (3.8) | - | 03 (50.0) | - | | |
| Headache | 09 (24.3) | 02 (6.5) | - | 08 (9.2) | 03 (11.5) | - | - | - | | |
| Nerve problem | 03 (8.1) | 03 (9.7) | 04 (7.7) | 08 (9.2) | - | - | - | - | | |
| Skin diseases | 06 (16.2) | 04 (12.9) | 01 (1.9) | 04 (4.6) | - | - | - | - | | |
| Urinary incontinents | - | 04 (12.9) | 04 (7.7) | 03 (3.4) | - | - | - | - | | |
| Hearing impairment | 07 (18.9) | 02 (6.5) | 02 (3.8) | 04 (4.6) | - | - | - | - | | |
| Piles | - | 02 (6.5) | - | 02 (2.3) | - | - | 05 (83.3) | - | | |
| Sleeplessness | 02 (5.4) | 02 (6.5) | - | 03 (3.4) | - | - | - | - | | |
| Fracture | 02 (5.4) | - | 02 (3.8) | - | - | - | - | - | | |
| Mental disorders | 03 (8.1) | - | - | - | - | - | - | - | | |
| Blind | - | 02 (6.5) | - | - | - | - | - | - | | |
| Total | 37 | 31 | 52 | 87 | 26 | 05 | 06 | 06 | | |

(Figures within brackets indicate percentages)

Table 3.9
Education and minor disease of the females

| | Educational status | | | | | | | | Total |
|---------------------------|--------------------|-----------|-------------|----------------------|--------------------|---------------|----------|--------|------------|
| | Illiterate | L.P(I-IV) | M.E.(V-VII) | Under Matric(VIII-X) | H.S Level (XI-XII) | College Level | Graduate | Others | |
| Minor diseases | | | | | | | | | |
| Gastrointestinal disorder | 67 (58.3) | 46 (68.7) | 24 (75.0) | 04 (13.8) | 01(16.7) | - | - | - | 142 (56.8) |
| Arthritis & body pain | 77 (66.9) | 45 (67.2) | 16 (50.0) | 04 (13.7) | 01(16.7) | - | - | - | 143 (57.2) |
| Eye ailments | 28 (24.3) | 12 (17.9) | 04 (12.5) | 02 (6.9) | - | - | - | - | 49 (19.6) |
| Anemia | 18 (15.7) | 14 (20.9) | 09 (28.1) | - | - | - | - | - | 41 (16.4) |
| Liver problem | 08 (6.9) | 01 (1.5) | 04 (12.5) | - | - | - | - | - | 13 (5.2) |
| Headache | - | 06 (8.9) | 10 (31.3) | 06 (20.7) | 02 (33.3) | - | - | - | 24 (9.6) |
| Nerve problem | 11 (9.6) | 07 (10.4) | 03 (9.4) | 03 (10.3) | 02 (33.3) | - | - | - | 26 (10.4) |
| Skin diseases | 27 (23.5) | 19 (28.4) | 03 (9.4) | 07 (24.1) | - | - | - | - | 56 (22.4) |
| Urinary in continents | 04 (3.5) | - | - | 01 (3.4) | 01 (16.7) | - | - | - | 06 (2.4) |
| Gynecological problems | 04 (3.5) | 01 (1.5) | - | - | - | - | - | - | 10 (4.0) |
| Hearing impairment | 09 (7.8) | 01 (1.5) | 02 (6.3) | - | - | - | - | - | 12 (4.8) |
| Piles | - | - | - | 05 (17.2) | 01 (16.7) | 01(100) | - | - | 07 (2.8) |
| Sleeplessness | 02 (1.7) | 01 (1.5) | - | 08 (27.6) | 03 (50.0) | 01(100) | - | - | 15 (6.0) |
| Fracture | - | 04 (5.9) | - | - | - | - | - | - | 04 (1.6) |
| Mental disorders | 02 (1.7) | - | - | - | - | - | - | - | 02 (0.8) |
| Blind | 01 (0.9) | - | - | - | - | - | - | - | 01 (0.4) |
| Total | 115 | 67 | 32 | 29 | 06 | 01 | | | 250 |

(Figures within brackets indicate percentages)



The table 3.8 shows the education wise minor diseases of the aged males. From the table it is seen that among the males of illiterate, L.P. level and M.E. level the arthritis & body pain is the frequently occurring disease. 62.2% illiterate; 67.7% L.P.level, and 53.8% M.E. level are suffering from arthritis & body pain. But the males who have read up to Under matric level, H.S. level, College level and graduates are suffering from gastrointestinal disorder frequently. In Under matric level, 42.5%; H.S. level 34.6%; college level 100.0% and in the 83.3% graduates are frequently suffering from gastrointestinal disorder.

The table 3.9 shows the education wise minor diseases of the aged females. From the table it is seen that the aged females who are illiterate and who have read up to L.P. level and M.E. level are frequently suffering from gastrointestinal disorder and arthritis & body pain. Out of 115 illiterates, 66.9% are suffering from arthritis & body pain and 58.3% are suffering from gastrointestinal disorder. Out of 67 aged persons who have studied upto L.P. level 68.7% and 67.2% are suffering from

gastrointestinal disorder and arthritis & body pain respectively and out of 32 aged who have studied up to M.E. level, 75.0% and 50.0% are frequently suffering from gastrointestinal disorder and arthritis & body pain respectively. In under matric level, 24.1% are suffering from skin diseases and in H.S. level 50.0% are suffering from sleeplessness or insomnia. Again it is seen that all the aged females who have read up to College level are suffering from piles and sleeplessness.

Table 3.10

Occupation and major disease of the males

| Types of Occupation | Male | | | | | Total no. of individuals in different occupations |
|-----------------------|--------------|-----------|----------|-----------------------|----------------|---|
| | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem | |
| | No. & % | No. & % | No. & % | No. & % | No. & % | No. & % |
| In service | 21 (48.8) | 04 (9.3) | - | 03 (6.9) | - | 43 |
| Businessman | 20 (40.0) | 03 (6.0) | - | 03 (6.0) | 01 (2.0) | 50 |
| Fisherman | 13 (34.2) | - | - | 21 (55.3) | 04 (10.5) | 38 |
| Daily labourer | 01 (3.5) | - | - | 13 (46.4) | 01 (3.6) | 28 |
| Thela/Rickshaw puller | 03 (25.0) | - | - | 06 (50.0) | 01 (8.3) | 12 |
| Pensioner | 19 (50.0) | 04 (10.5) | 01 (2.6) | 06 (15.8) | 01 (2.6) | 38 |
| Beggar | 02 (14.3) | - | - | 07 (50.0) | 03 (21.4) | 14 |
| Dependent | 17 (62.9) | 04 (14.8) | 01 (3.7) | 08 (29.6) | 04 (14.8) | 27 |

(Figures within brackets indicate percentages)

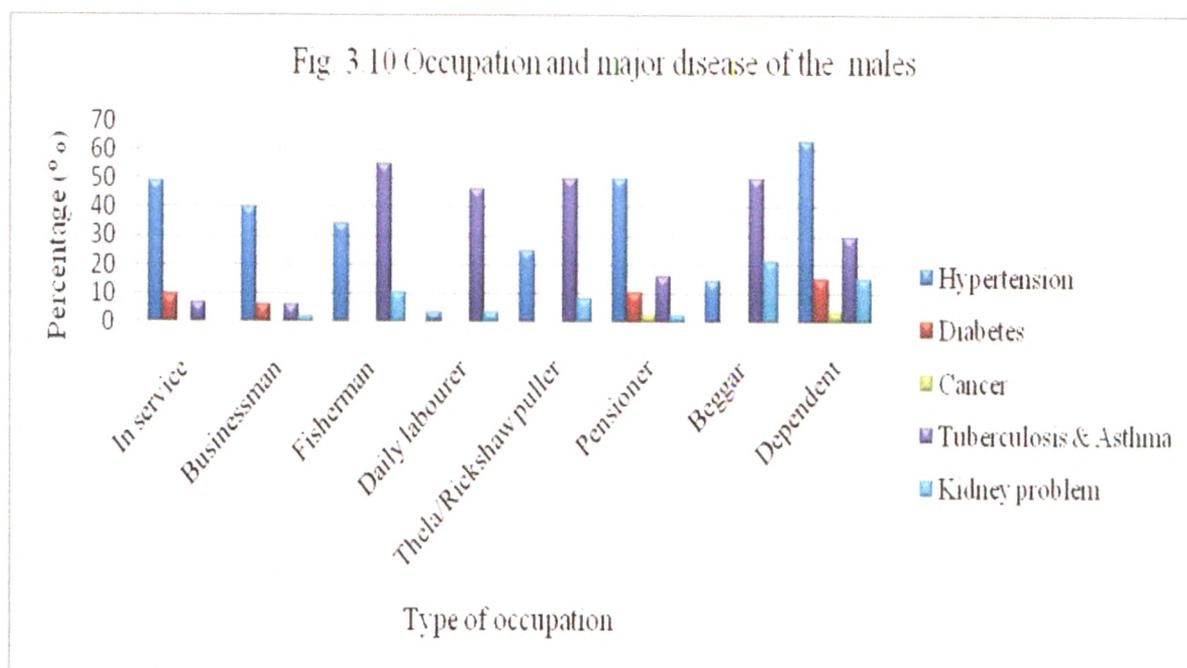
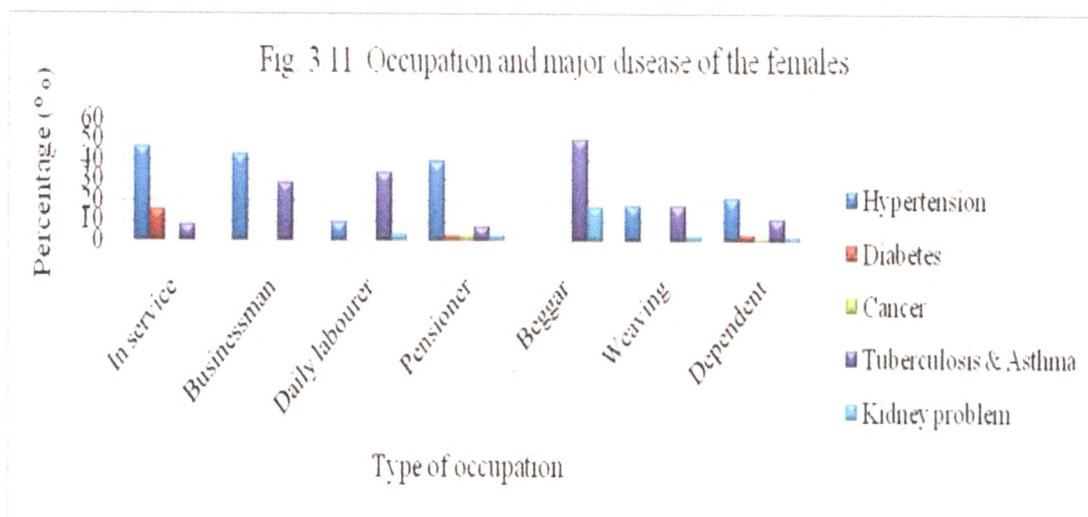


Table 3.11

Occupation and major disease of the females

| Type of occupation | Female | | | | | Total no. of individuals in different occupations |
|-------------------------|--------------|-----------|----------|-----------------------|----------------|---|
| | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem | |
| | No. & % | No. & % | No. & % | No. & % | No. & % | |
| In service | 06 (46.2) | 02 (15.4) | - | 01 (7.7) | - | 13 |
| Businessman | 03 (42.9) | - | - | 02 (28.6) | - | 07 |
| Daily labourer | 03 (9.1) | - | - | 11 (33.3) | 01 (3.0) | 33 |
| Pensioner | 16 (39.0) | 01 (2.4) | 01 (2.4) | 03 (7.3) | 01 (2.4) | 41 |
| Beggar | - | - | - | 03 (50.0) | 01 (16.7) | 06 |
| Weaving | 07 (17.5) | | | 07 (17.5) | 01 (2.5) | 40 |
| Dependent & House-wives | 23 (20.9) | 03 (2.7) | 01 (0.9) | 12 (10.9) | 02 (1.8) | 110 |

(Figures within brackets indicate percentages)



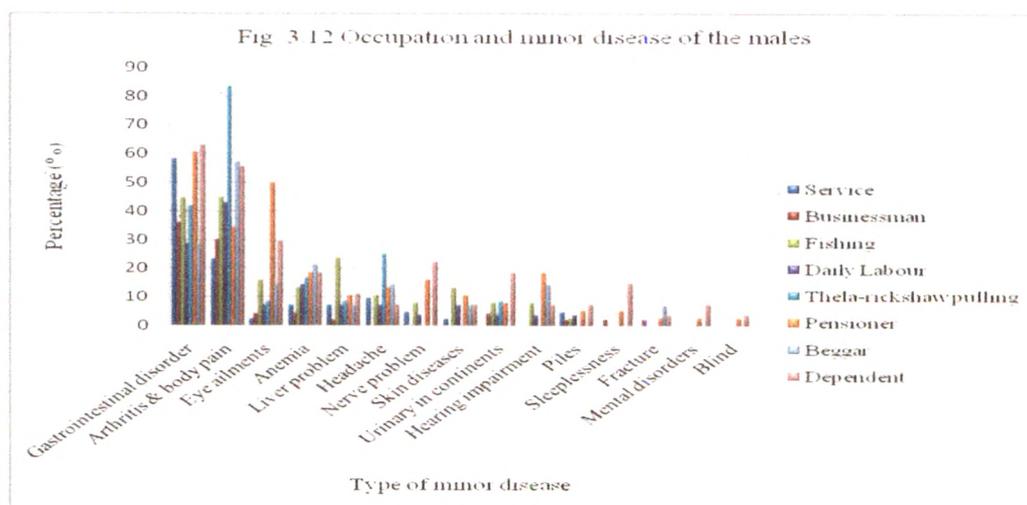
The table 3.10 shows the occupation wise major diseases of the males. From the table it is seen that the persons who are presently in service are suffering mostly from disease like hypertension. Out of 43 in service man, 48.8% are suffering from hypertension. In business man, pensioners and dependent category also males are suffering from hypertension in highest number. 40.0% business man; 50.0% pensioners; and 62.9% dependent are suffering from hypertension. On the other hand fisherman, daily labourer, thela/rickshaw puller and beggars are suffering mostly from tuberculosis & asthma. 55.3% fisherman; 46.4% wage labourers; 50.0% thela/rickshaw pullers and 50.0% beggars are suffering from tuberculosis & asthma.

The table 3.11 shows the occupation wise major diseases of the females. From the table it is seen that among the females who are in service, business, getting pension, weaving and dependent, hypertension is the most frequently occurring disease. 42.2% service women; 42.9% businesswomen; 39.0% pensioner; 17.5% weavers and 20.9% dependent & house-wives are suffering from hypertension. But among the daily labourers and beggars, tuberculosis & asthma is found to be the frequently occurring major disease. The percentages are 33.3% and 50.0% respectively.

Table 3.12
Occupation and minor disease of the males

| Minor Diseases | Types of Occupations | | | | | | | |
|---------------------------|----------------------|-------------|----------|--------------|------------------------|-----------|----------|-----------|
| | Service | Businessman | Fishing | Daily Labour | Thela-rickshaw pulling | Pensioner | Beggar | Dependent |
| Gastrointestinal disorder | 25(58.1) | 18(36.0) | 17(44.7) | 08(28.6) | 05(41.7) | 23(60.5) | 04(28.6) | 17(62.9) |
| Arthritis & body pain | 10(23.2) | 15(30.0) | 17(44.7) | 12(42.8) | 10(83.3) | 13(34.2) | 08(57.1) | 15(55.5) |
| Eye ailments | 01(2.3) | 02(4.0) | 06(15.7) | 02(7.1) | 01(8.3) | 19(50.0) | 02(14.2) | 08(29.6) |
| Anemia | 03(6.9) | 02(4.0) | 05(13.1) | 04(14.2) | 02(16.6) | 07(18.4) | 03(21.4) | 05(18.5) |
| Liver problem | 03(6.9) | 01(2.0) | 09(23.6) | 02(7.1) | 01(8.3) | 04(10.5) | 01(7.1) | 03(11.1) |
| Headache | 04(9.3) | - | 04(10.5) | 02(7.1) | 03(25.0) | 05(13.1) | 02(14.2) | 02(7.4) |
| Nerve problem | 02(4.6) | - | 03(7.9) | 01(3.5) | - | 06(15.7) | | 06(22.2) |
| Skin diseases | 01(2.3) | - | 05(13.1) | 02(7.1) | - | 04(10.5) | 01(7.1) | 02(7.4) |
| Urinary incontinents | - | 02(4.0) | 03(7.9) | 01(3.5) | 01(8.3) | 03(7.8) | | 05(18.5) |
| Hearing impairment | - | - | 03(7.9) | 01(3.5) | - | 07(18.4) | 02(14.2) | 02(7.4) |
| Piles | 02(4.6) | 01(2.0) | 01(2.6) | 01(3.5) | - | 02(5.2) | | 02(7.4) |
| Sleeplessness | - | 01(2.0) | - | - | - | 02(5.2) | - | 04(14.8) |
| Fracture | - | 01(2.0) | - | - | - | 01(2.6) | 01(7.1) | 01(3.7) |
| Mental disorders | - | - | - | - | - | 01(2.6) | - | 02(7.4) |
| Blind | - | - | - | - | - | 01(2.6) | - | 01(3.7) |
| Total no. of individuals | 43 | 50 | 38 | 28 | 12 | 38 | 14 | 27 |

(Figures within brackets indicate percentages)

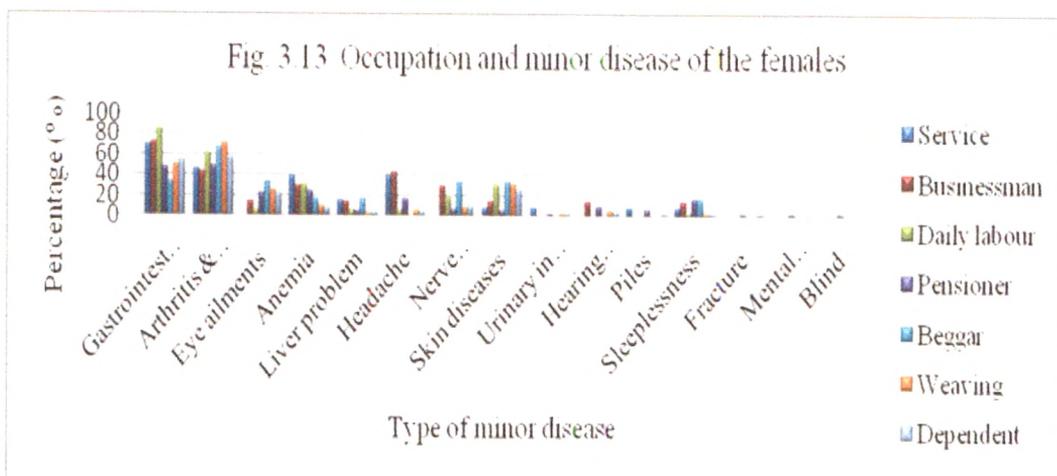


The table 3.12 shows the occupation wise minor diseases of the aged males. From the table it is found that 60.5% pensioners are suffering from gastrointestinal disorder and it is the highest. 58.1% service holders and 36.0% businessman are also suffering from gastrointestinal disorders. The table also shows that among the daily labourers, thela/rickshaw pullers and beggars, the arthritis & body pain is the frequently occurring minor disease. The percentages are, 42.8% among the daily labourers; 83.3% among the thela/rickshaw pullers and 57.1% among the beggars. Both gastrointestinal disorder and arthritis & body pain are frequently found among the fisherman. Among the dependent males, 62.9% are sufferers of gastrointestinal disorder and 55.5% are sufferers of from arthritis & body pain.

Table 3.13
Occupation and minor disease of the females

| Minor disease | Types of Occupations | | | | | | |
|---------------------------|----------------------|---------------|----------------|-----------|----------|----------|-----------|
| | Service | Businesswoman | Daily labourer | Pensioner | Beggar | Weaving | Dependent |
| Gastrointestinal disorder | 09(69.2) | 05(71.4) | 28(84.8) | 19(46.3) | 02(33.3) | 20(50.0) | 59(53.6) |
| Arthritis & body pain | 06(46.2) | 03(42.9) | 20(60.6) | 20(48.8) | 04(66.7) | 28(70.0) | 62(56.4) |
| Eye ailments | - | 01(14.3) | 02(6.1) | 09(21.9) | 02(33.3) | 10(25.0) | 25(22.7) |
| Anemia | 05(38.5) | 02(28.6) | 10(30.3) | 10(24.4) | 01(16.7) | 04(10.0) | 09(8.2) |
| Liver problem | 02(15.4) | 01(14.3) | 02(6.1) | 02(4.9) | 01(16.7) | 01(2.5) | 04(3.6) |
| Headache | 05(38.5) | 03(42.9) | 02(6.1) | 07(17.1) | - | 02(5.0) | 05(4.5) |
| Nerve problem | - | 02(28.6) | 06(18.2) | 03(7.3) | 02(33.3) | 03(7.5) | 10(9.1) |
| Skin diseases | 01(7.7) | 01(14.3) | 10(30.3) | 02(4.9) | 02(33.3) | 12(30.0) | 28(25.5) |
| Urinary incontinents | 01(7.7) | - | - | 01(2.4) | - | 01(2.5) | 03(2.7) |
| Gynecological problems | 01(7.7) | - | - | - | - | 02(5.0) | 02(1.8) |
| Hearing impairment | - | 01(14.3) | - | 04(9.8) | - | 02(5.0) | 05(4.5) |
| Piles | 01(7.7) | - | - | 03(7.3) | - | - | 03(2.7) |
| Sleeplessness | 01(7.7) | 01(14.3) | 01(3.0) | 07(17.1) | 01(16.7) | 01(2.5) | 03(2.7) |
| Fracture | - | - | - | 01(2.4) | - | - | 03(2.7) |
| Mental disorders | - | - | - | 01(2.4) | - | - | 01(0.9) |
| Blind | - | - | - | 01(2.4) | - | - | - |
| Total no. of individuals | 13 | 07 | 33 | 41 | 06 | 40 | 110 |

(Figures within brackets indicate percentages)



The table 3.13 shows the occupation wise minor diseases of the aged females. From the table it is seen that among the women who are in service, business and daily labourer, the gastrointestinal disorder is found to be the highest occurring disease. 69.2% women in service; 71.4% business women and 84.8% daily labourer women are suffering from gastrointestinal disorder. On the other hand, among the pensioners, beggars, weavers and dependents, arthritis & body pain is the frequently occurring disease and the percentages are 48.8%; 66.7%; 70.0%; and 56.4% respectively.

Table 3.14

Major disease and type of nuclear family of the males

| Type of nuclear family | Major Disease | | | | | |
|--|---------------|-----------|------------|-----------------------|----------------|------------|
| | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem | Total |
| (i) Male Living alone | 01 (1.4) | - | - | - | - | 01 (0.6) |
| (ii) Male living with his wife without children | - | - | - | 01 (2.1) | - | 02 (1.2) |
| (iii) Male Living alone with their unmarried children | 12 (17.1) | 01 (12.5) | - | 08 (16.7) | 02 (20.0) | 17 (10.0) |
| (iv) Male living with his wife and with unmarried children | 57 (81.4) | 07 (87.5) | 01 (100.0) | 39 (81.3) | 08 (80.0) | 150 (88.2) |
| Total no. of individuals | 70 | 08 | 01 | 48 | 10 | 170 |

(Figures within brackets indicate percentages)

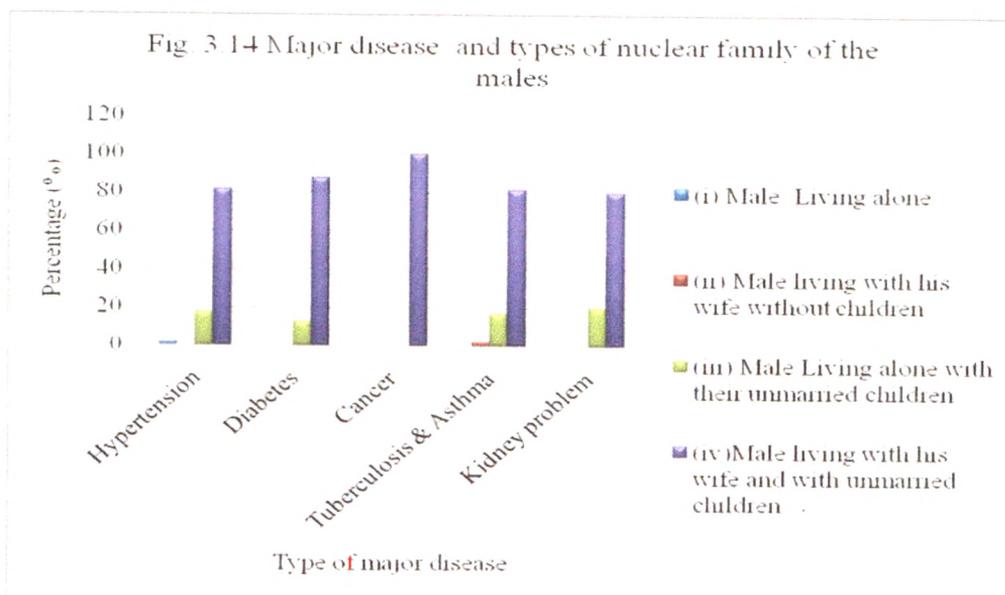
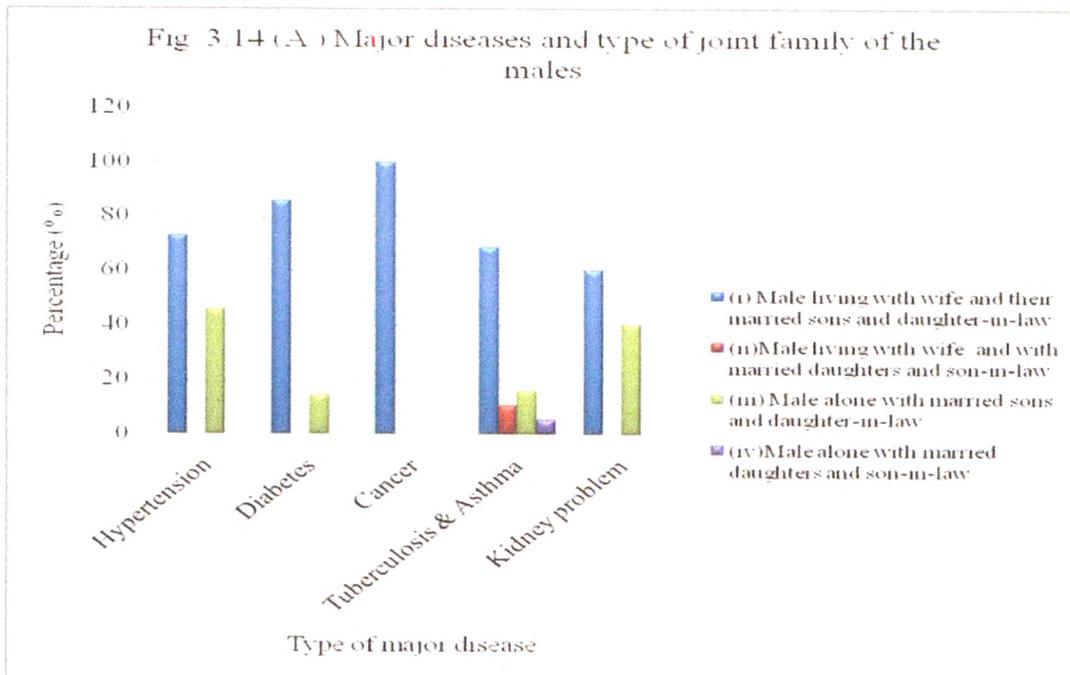


Table 3.14 (A)

Major disease and type of joint family of the males

| Type of joint family | Major Diseases | | | | | |
|---|----------------|-----------|------------|-----------------------|----------------|-----------|
| | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem | Total |
| (i) Male living with wife and their married sons and daughter-in-laws | 16 (72.7) | 06 (85.7) | 01 (100.0) | 13 (68.4) | 03 (60.0) | 45 (56.3) |
| (ii) Male living with wife and with married daughters and son-in-laws | - | - | - | 02 (10.5) | - | 02 (2.5) |
| (iii) Male alone with married sons and daughter-in-laws | 10 (45.5) | 01 (14.3) | - | 03 (15.8) | 02 (40.0) | 29 (36.3) |
| (iv) Male alone with married daughters and son-in-laws | - | - | - | 01 (5.3) | - | 04 (5.0) |
| Total no. of individuals | 22 | 07 | 01 | 19 | 05 | 80 |

(Figures within brackets indicate percentages)



The table 3.14 shows the major diseases among the aged males according to the type of nuclear families. From the table it is seen that 68.0% (170) aged males are living in different type of nuclear families. 88.2% are living with their wives and their unmarried children. The major diseases like hypertension, diabetes, cancer, tuberculosis & asthma and kidney problems are mostly found among the males living with their wives and their unmarried children. 81.4% suffer from hypertension; 87.5% from diabetes; 100.0% from cancer; 81.3% from tuberculosis & asthma and 80.0% from kidney problems.

The table 3.14 (A) shows the major diseases of the aged males according to the type of joint families. From the table it is seen that there are 32.0% aged males who are living in joint families. It is observed that persons who are living with their wives and their married sons are suffering from major diseases frequently. In those families 72.7% are suffering from hypertension; 85.7% are suffering from diabetes; 100% from cancer; 68.4% from tuberculosis & asthma and 60.0% are suffering from kidney problems.

Table 3.15

Major disease and type of nuclear family of the females

| Type of nuclear family | Major disease | | | | | |
|---|---------------|-----------|--------|-----------------------|----------------|-----------|
| | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem | Total |
| (i) Female Living alone | 01 (7.1) | - | - | 01 (6.7) | - | 03 (5.4) |
| (ii) Female living with husband without children | - | - | - | - | - | 01 (1.8) |
| (iii) Female Living alone with her unmarried child | 05 (35.7) | 01 (50.0) | - | 07 (46.7) | 01 (50.0) | 23 (41.1) |
| (iv) Female living with her husband and their unmarried child | 08 (57.1) | 01 (50.0) | - | 07 (46.7) | 01 (50.0) | 29 (51.8) |
| Total | 14 | 02 | - | 15 | 02 | 56 |

(Figures within brackets indicate percentages)

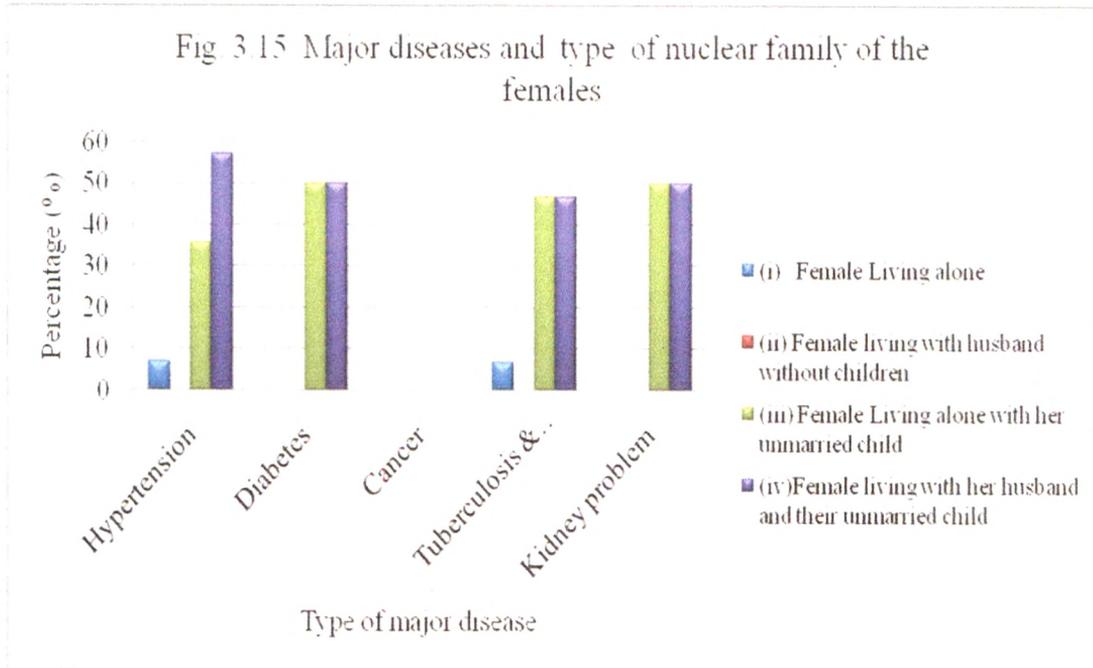
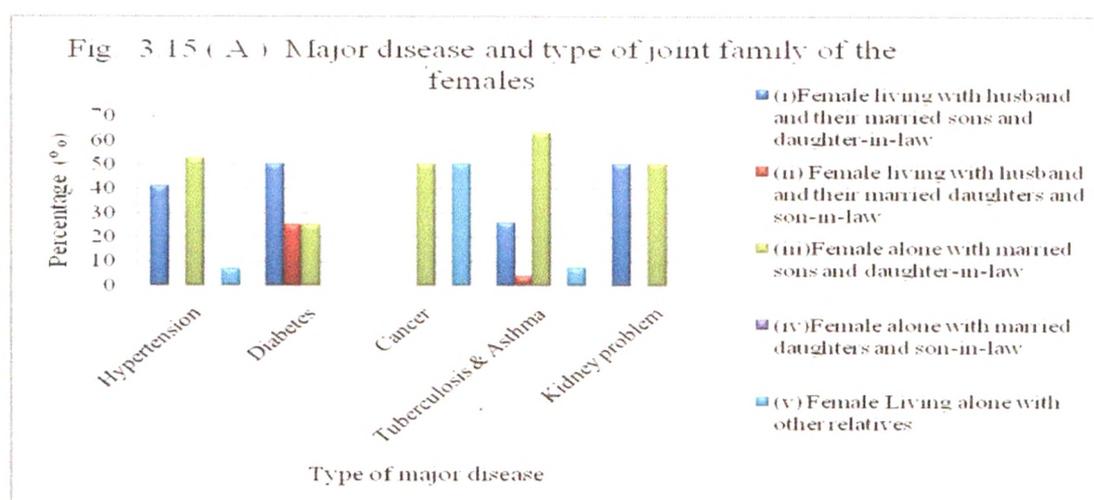


Table 3.15 (A)

Major disease and type of joint family of the females

| Type of joint family | Major Disease | | | | | Total no of individuals |
|---|---------------|-----------|-----------|-----------------------|----------------|-------------------------|
| | Hypertension | Diabetes | Cancer | Tuberculosis & Asthma | Kidney problem | |
| (i)Female living with husband and their married sons and daughter-in-laws | 18 (40.9) | 02 (50.0) | - | 07 (25.9) | 02 (50.0) | 81 (41.8) |
| (ii) Female living with husband and their married daughters and son-in-laws | - | 01 (25.0) | - | 01 (3.7) | - | 04 (2.1) |
| (iii)Female alone with married sons and daughter-in-laws | 23 (52.3) | 01 (25.0) | 01 (50.0) | 17(62.9) | 02(50.0) | 99 (51.0) |
| (iv)Female alone with married daughters and son-in-laws | - | - | - | - | - | 02 (1.0) |
| (v) Female living alone with other relatives | 03 (6.8) | - | 01 (50.0) | 02 (7.4) | - | 08 (4.1) |
| Total | 44 | 04 | 02 | 27 | 04 | 194 |

(Figures within brackets indicate percentages)



The table 3.15 shows the major diseases in females living in different types nuclear families. From the table it is seen that there are 22.4% (56) females who are living in nuclear families. Hypertension is found to be in highest percentage among the females who are living with their husbands and unmarried children and the percentage is 57.1. But the other diseases like diabetes, cancer, tuberculosis & asthma

and kidney problems are seen frequently among the females who are living without husbands but with their married children.

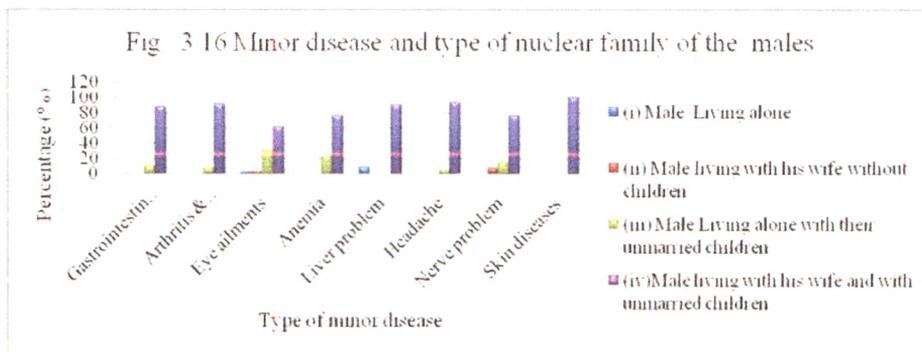
The table 3.15 (A) shows the distribution of major diseases of the aged females according to different types of joint families. From the table it is seen that 77.6% (194) aged females are living in joint families. Hypertension is found frequently among the females who are living without spouses but with their married sons and daughter in laws and the percentage is 52.3. Like hypertension, tuberculosis & asthma is also found to be in higher percentage among the aged females who are living without spouses but with their married sons and the percentage is 62.9.

Table 3.16

Minor disease and type of nuclear family of the males

| Type of nuclear family | Frequently occurring minor disease | | | | | | | No. and % | |
|--|------------------------------------|-----------------------|--------------|-----------|---------------|-----------|---------------|-----------|---------------|
| | Gastrointestinal disorder | Arthritis & Body pain | Eye ailments | Anemia | Liver problem | Headache | Nerve problem | | Skin diseases |
| (i) Male Living alone | 01 (1.3) | - | 01 (3.4) | - | 01 (9.1) | - | - | - | 01(0.6) |
| (ii) Male living with his wife without children | - | - | 01 (3.4) | - | - | - | 01 (7.7) | - | 02(1.2) |
| (iii) Male Living alone with their unmarried children | 08 (10.7) | 05 (8.8) | 09 (31.0) | 05 (22.7) | - | 01 (5.9) | 02 (15.4) | - | 17(10.0) |
| (iv) Male living with his wife and with unmarried children | 66 (88.0) | 52 (91.2) | 18 (62.1) | 17 (77.3) | 10 (90.9) | 16(94.1) | 10 (76.9) | 06(100.0) | 150(88.2) |
| Total | 75 | 57 | 29 | 22 | 11 | 17 | 13 | 06 | 170 |

(Figures within brackets indicate percentages)



The table 3.16 shows the different types of minor diseases of the aged males according to type of nuclear families. From the table it is seen that the persons who are living with their wives and their unmarried children are frequently suffering from different types of minor diseases. Among them, 88.0% are suffering from gastrointestinal disorder; 91.2% are suffering from arthritis & body pain; 62.1% are suffering from eye ailments; 77.3% are suffering from anemia; 90.0% have liver problem; 94.1% have headache; 76.9% have nerve problem and 100% have different types of skin diseases.

Table 3.16 (A)
Minor disease and type of joint family of the males

| Type of joint family | Frequently occurring minor disease | | | | | | | | Total no. & % |
|---|------------------------------------|-----------------------|--------------|-----------|---------------|-----------|---------------|---------------|---------------|
| | Gastrointestinal disorder | Arthritis & Body pain | Eye ailments | Anemia | Liver problem | Headache | Nerve problem | Skin diseases | |
| (i) Male living with wife and their married sons and daughter-in-laws | 21 (50.0) | 32 (74.4) | 05 (41.7) | 05 (55.6) | 07 (53.8) | 03 (60.0) | 02 (33.3) | 04 (44.4) | 45 (56.3) |
| (ii) Male living with wife and with married daughters and son-in-laws | - | - | 01 (8.3) | - | 02 (15.4) | - | 01 (16.7) | - | 02 (2.5) |
| (iii) Male alone with married sons and daughter-in-laws | 13 (30.9) | 11 (25.6) | 05 (41.7) | 04 (44.4) | 02 (15.4) | 02 (40.0) | 02 (33.3) | 05 (55.6) | 29 (36.3) |
| (iv) Male alone with married daughters and son-in-laws | - | - | 01 (8.3) | - | 02 (15.4) | - | 01 (16.7) | - | 04 (5.0) |
| Total | 42 | 43 | 12 | 09 | 13 | 05 | 06 | 09 | 80 |

(Figures within brackets indicate percentages)

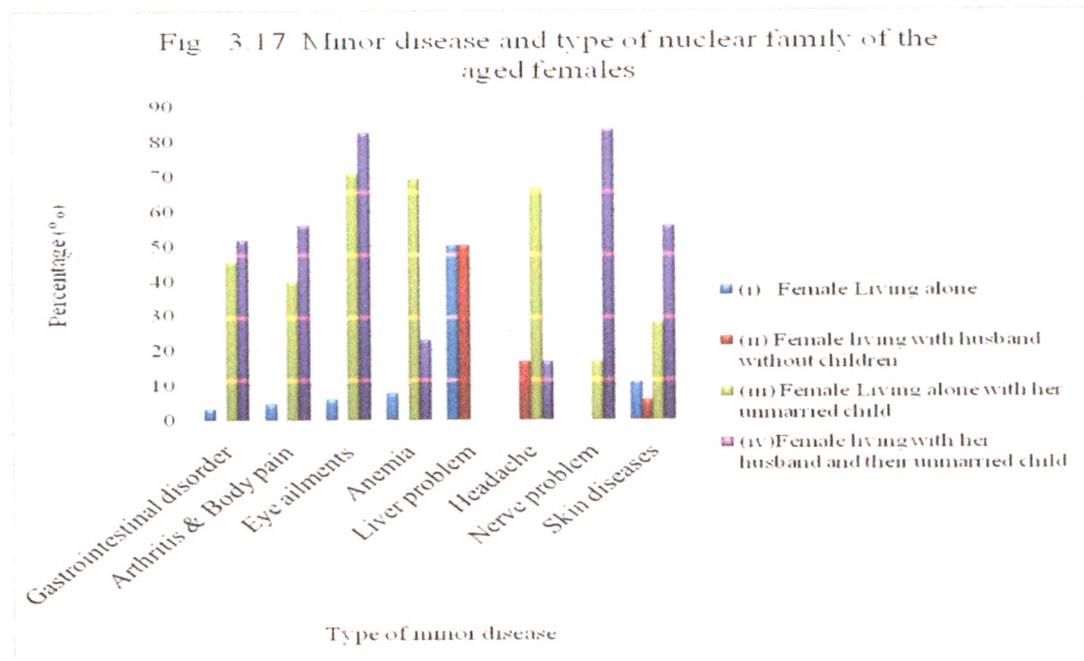


The table 3.16 (A) shows the minor diseases of the aged males according to the type of joint families. From the table it is seen that in most of the cases minor diseases are more frequent among the aged males who are living with their wives and married sons. Among them, 50.0% have suffered from gastrointestinal disorder; 74.4% from arthritis & body pain; 55.6% from anemia; 53.8% from liver problem and 60.0% have suffered from headache. The persons who are living without spouse but with their married sons and daughter in laws have suffered from different types of skin diseases and eye ailments and the percentages are 55.6% and 41.7% respectively.

Table 3.17
Minor disease and type of nuclear family of the females

| Types of nuclear family | Frequently occurring minor diseases | | | | | | | | Total no & % |
|---|-------------------------------------|-----------------------|--------------|-----------|---------------|-----------|---------------|---------------|--------------|
| | Gastrointestinal disorder | Arthritis & Body pain | Eye ailments | Anemia | Liver problem | Headache | Nerve problem | Skin diseases | |
| (i) Female Living alone | 01 (3.2) | 02 (4.7) | 01 (5.9) | 01 (7.7) | 01 (50.0) | - | - | 02 (11.1) | 03 (5.4) |
| (ii) Female living with husband without children | - | - | - | - | 01 (50.0) | 01 (16.7) | - | 01 (5.6) | 01 (1.8) |
| (iii) Female Living alone with her unmarried children | 14 (45.2) | 17 (39.5) | 12 (70.6) | 09 (69.2) | - | 04 (66.7) | 01 (16.7) | 05 (27.8) | 23 (41.1) |
| (iv) Female living with her husband and their unmarried child | 16 (51.6) | 24 (55.8) | 14 (82.4) | 03 (23.1) | - | 01 (16.7) | 05 (83.3) | 10 (55.6) | 29 (51.8) |
| Total | 31 | 43 | 17 | 13 | 02 | 06 | 06 | 18 | 56 |

(Figures within brackets indicate percentages)

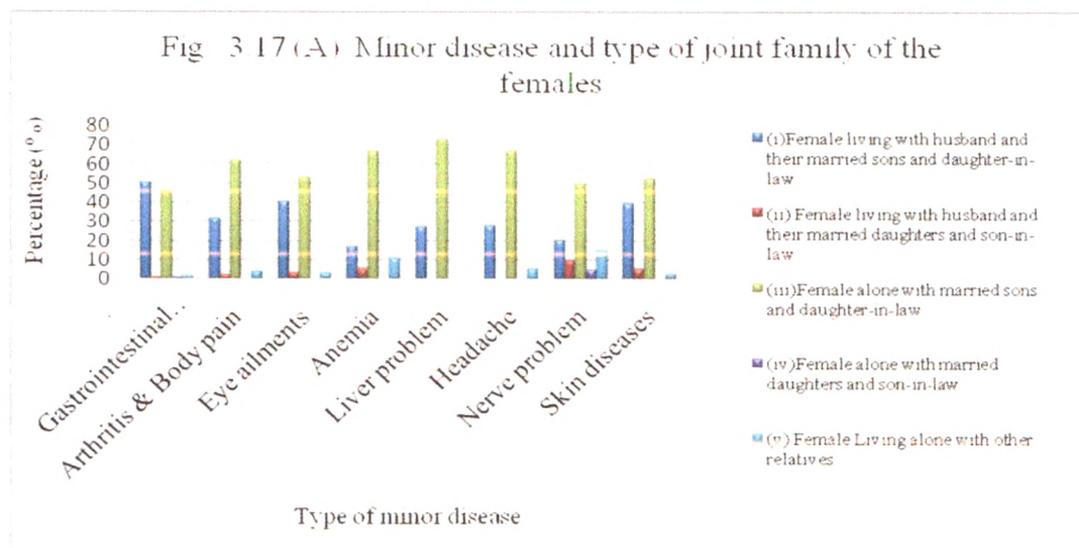


The table 3.17 shows the different types of minor diseases of the females according to type of nuclear families. From the table it is seen that the aged females who are living with their husbands and unmarried children are suffering mainly from the diseases like gastrointestinal disorder, arthritis & body pain, eye ailments, nerve problems and skin diseases and the percentages are 51.6%; 55.8%; 82.4%; 83.3% and 55.6% respectively. It is also seen from the table that the widows living with their married children are suffering from anemia and headache and the percentages are 69.2% and 66.7% respectively.

Table 3.17 (A)
Minor disease and type of joint family of the females

| Types of joint family | Frequently occurring minor diseases | | | | | | | | Total no. & % |
|---|-------------------------------------|-----------------------|--------------|-----------|---------------|-----------|---------------|---------------|---------------|
| | Gastrointestinal disorder | Arthritis & Body pain | Eye ailments | Anemia | Liver problem | Headache | Nerve problem | Skin diseases | |
| (i)Female living with husband and their married sons and daughter-in-laws | 56(50.5) | 32(32.0) | 13(40.6) | 03(16.7) | 03(27.3) | 05(27.8) | 04(20.0) | 15(39.5) | 81(41.8) |
| (ii) Female living with husband and their married daughters and son-in-laws | 01(0.9) | 02(2.0) | 01(3.1) | 01(5.6) | - | - | 02(10.0) | 02(5.3) | 04(2.1) |
| (iii)Female alone with married sons and daughter-in-laws | 51(45.9) | 62(62.0) | 17(53.1) | 12(66.7) | 08(72.7) | 12(66.7) | 10(50.0) | 20(52.6) | 99(51.0) |
| (iv)Female alone with married daughters and son-in-laws | 01(0.9) | - | - | - | - | - | 01(5.0) | - | 02(1.0) |
| (v) Female Living alone with other relatives | 02(1.8) | 04(4.0) | 01(3.1) | 02(11.1) | - | 01(5.6) | 03(15.0) | 01(2.6) | 08(4.1) |
| Total | 111 | 100 | 32 | 18 | 11 | 18 | 20 | 38 | 194 |

(Figures within brackets indicate percentages)



The table 3.17 (A) shows the different types of minor diseases of the females according to type of joint families. From the table it is seen that gastrointestinal disorder is frequently found among the aged women who are living with their

husbands and their married sons and the percentage is 50.5. But the diseases like arthritis & body pain, eye ailments, anemia, liver problem, headache, nerve problem and skin diseases are frequently found among the persons who are widows and living with their married sons. The percentages of females suffering arthritis & body pain is 62.0%; for eye ailments it is 53.1%; for anemia it is 66.7%; for liver problem it is 72.7%; for headache it is 66.7%; for nerve problem it is 50.0% and for skin diseases the percentage is 52.6%.

SOCIAL HEALTH

Ageing is not only the biological and psychological implications but it also equally entails profound social significance. Social age refers to the social habits and roles of the individual relative to his group or society. An individual's social age is related to his chronological, biological and psychological ages but it is not completely defined by them (Tibbitts, 1960).

While our society provides a high level of medical and social care, the problems of the elderly are being aggravated by certain social and cultural trends, smaller and more mobile families are leading to the break up of the extended family unit and this disintegration is further encouraged by the instability of marriage and the practice of both husband and wife going out to work. The result is that we are moving towards a society in which all the young and able-bodied are fully occupied with their own lives and older people are left without any relatives able to help care from them (Bhardwaj & Sharma, 2007).

Ambedkar (1990) has traced the causes of old age and the eagerness of the young to embrace the modern values. There has been also lack of cordial and free communication between the two generational groups. To these may be added the perception of young about old as conservative, indulging, aggressive and intolerance (Kaur & Kaur, 1987).

Lack of savings, lack of primary necessities of life, lack of steady economy, difficult in setting (establishing children), fear about future, lack of friends and too hard work have been considered as social problems of the aged of the present study. Sociological problems in relation to age and diseases have been tried to see.

Table 3.18**Age wise socio-economic problems of the males**

| Socio-economic problems | Males | | | | | |
|-------------------------------------|-----------|----------|----------|----------|----------|--------------------------|
| | 55-59 | 60-64 | 65-69 | 70-74 | 75+ | Total no. of individuals |
| Lack of savings | 61 (50.8) | 12(24.0) | 17(56.7) | 09(45.0) | 18(60.0) | 116(46.4) |
| Lack of primary necessities of life | 32(26.7) | 23(46.0) | 11(36.7) | 10(50.0) | 15(50.0) | 91(36.4) |
| Lack of steady economy | 55(45.8) | 10(20.0) | 17(56.7) | 08(40.0) | 19(63.3) | 109(43.6) |
| Difficulty in establishing children | 69(57.5) | 18(36.0) | 15(50.0) | 09(45.0) | 17(56.7) | 128(51.2) |
| Fear about future | 06(5.0) | 05(10.0) | 09(30.0) | 09(45.0) | 23(76.7) | 52(20.8) |
| Lack of friends | - | - | - | 05(25.0) | 07(23.3) | 12(4.8) |
| Too hard work | 38(31.7) | 20(40.0) | 11(36.7) | 08(40.0) | 09(30.0) | 86(34.4) |
| Total | 120 | 50 | 30 | 20 | 30 | 250 |

(Figures within brackets indicate percentages)

The table 3.18 shows the age wise socio-economic problems of the aged males. From the table it is seen that the persons who are 75 years & above 75 years of age, frequently suffer from the socio-economic problems like lack of savings, lack of primary necessities of life, lack of steady economy and uncertain about their future. They think that the socio-economic problems affect their physical health. From the table it is seen that 51.2% people have problems in establishing their children and it is the highest. 46.4% people think that they have no savings for future. When it is considered age wise 76.7% people of 75 years and above are uncertain about their future. In 70-74 years age group 50.0% aged people have the problems of lack of primary necessities of life. In 65-69 years age group 56.7% are suffering from lack of savings and steady economy. On the other hand in 60 -64 years and 55-59 years age groups the aged males have the problems of lack of primary necessities of life and establishing children and the percentages are 46.0 and 57.5 respectively.

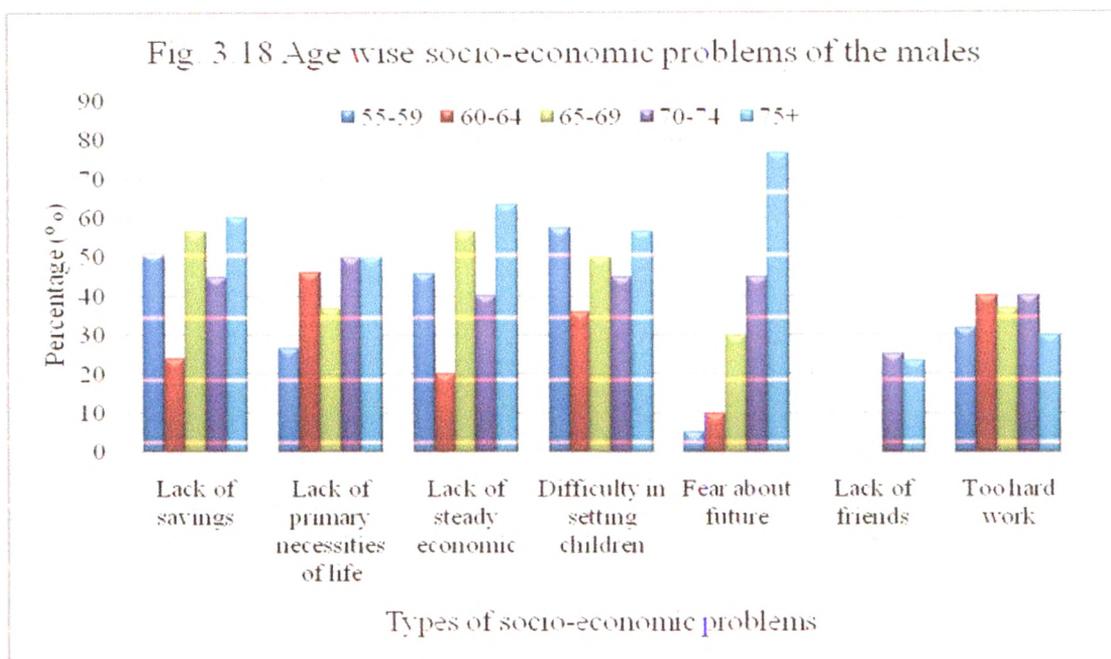
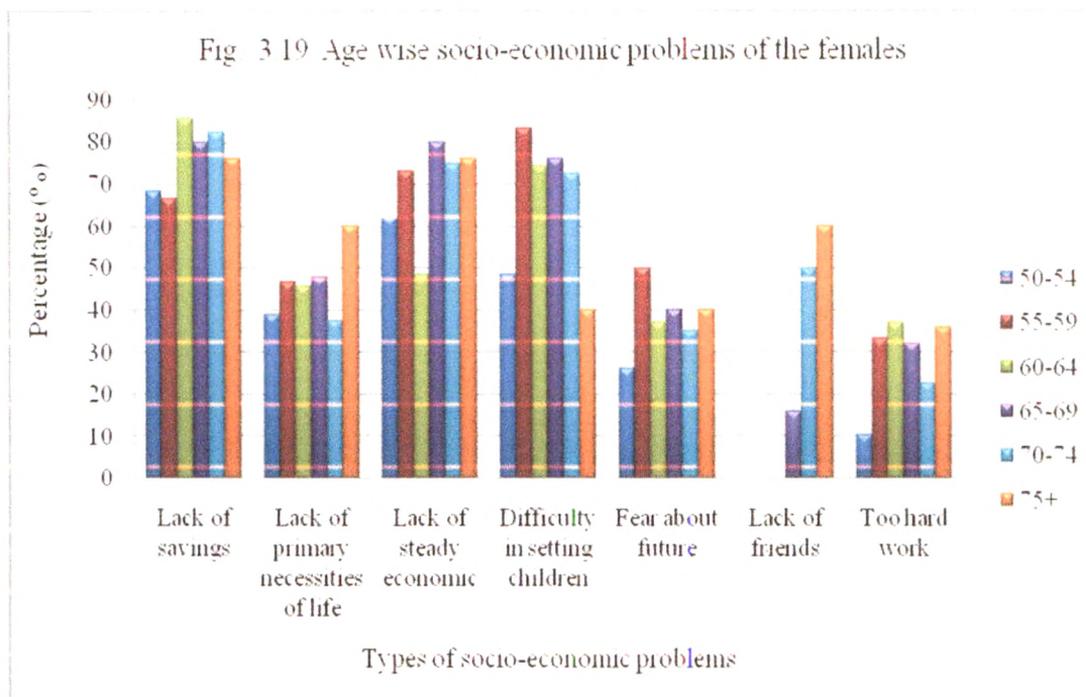


Table 3.19
Age wise socio-economic problems of the females

| Socio-economic problems | Female | | | | | | Total no. of individuals |
|-------------------------------------|-----------|-----------|----------|----------|----------|----------|--------------------------|
| | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75+ | |
| Lack of savings | 65 (68.4) | 20 (66.7) | 30(85.7) | 20(80.0) | 33(82.5) | 19(76.0) | 187(74.8) |
| Lack of primary necessities of life | 37(38.9) | 14(46.7) | 16(45.7) | 12(48.0) | 15(37.5) | 15(60.0) | 109(43.6) |
| Lack of steady economy | 59(62.1) | 22(73.3) | 17(48.6) | 20(80.0) | 30(75.0) | 19(76.0) | 167(66.8) |
| Difficulty in establishing children | 46(48.4) | 25(83.3) | 26(74.3) | 19(76.0) | 29(72.5) | 10(40.0) | 155(62.0) |
| Fear about future | 25(26.3) | 15(50.0) | 13(37.1) | 10(40.0) | 14(35.0) | 10(40.0) | 87(34.8) |
| Lack of friends | - | - | - | 04(16.0) | 20(50.0) | 15(60.0) | 39(15.6) |
| Too hard work | 10(10.5) | 10(33.3) | 13(37.1) | 08(32.0) | 09(22.5) | 09(36.0) | 59(23.6) |
| Total | 95 | 30 | 35 | 25 | 40 | 25 | 250 |

(Figures within brackets indicate percentages)

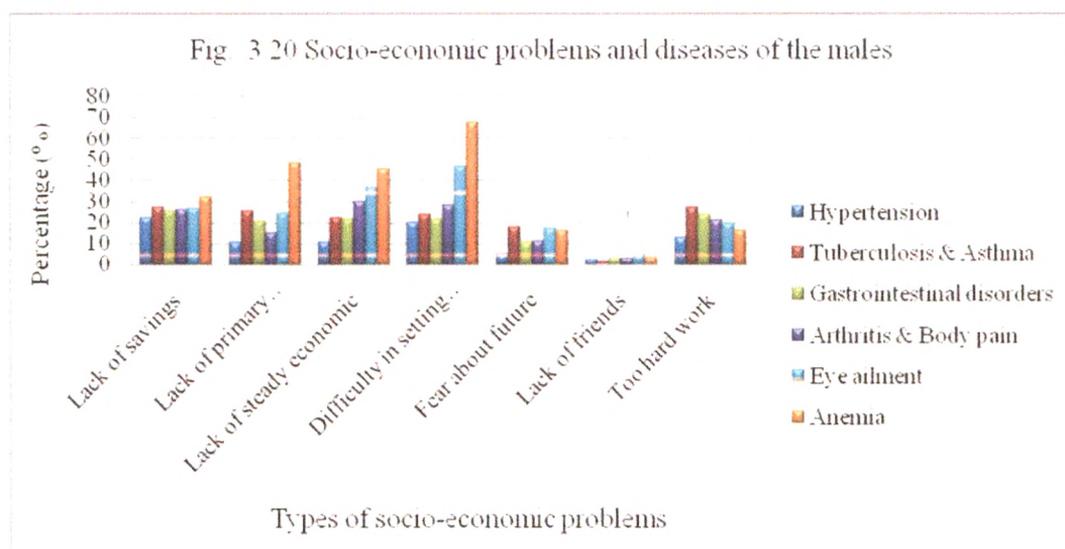


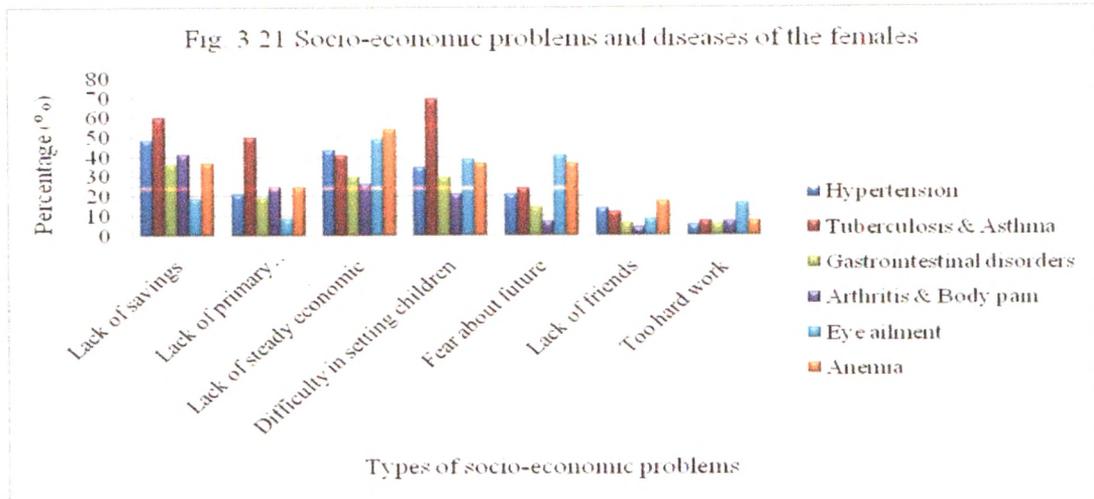
The table 3.19 shows the age wise socio-economic problems of the aged females. From the table it is found that women of age groups 60 years and above 60 years of age are suffering from most of the problems. The problem like lack of savings is in 85.7% in the women of age group 60-64 years. Lack of primary necessities of life is found in 60.0% in the age group of 75 years and above 75 years, lack of steady economy is found in the women of 65-69 years age group and it is 80.0%. 60.0% women of age group 75 years and above feel that they have no friends. Difficulty in setting children and fear about future is found in higher percentage among the women of age group 55-59 years and the percentage are 83.3% and 50.0% respectively.

Table 3.20
Socio-economic problems and diseases of the aged males

| Socio-economic problems | Male | | | | | | |
|-------------------------------------|--------------|-----------------------|----------------------------|-----------------------|-------------|----------|-------|
| | Hypertension | Tuberculosis & Asthma | Gastrointestinal disorders | Arthritis & Body pain | Eye ailment | Anemia | Total |
| Lack of savings | 21(21.9) | 18(26.9) | 30(25.6) | 26(26.0) | 11(26.8) | 10(32.3) | 116 |
| Lack of primary necessities of life | 10(10.4) | 17(25.4) | 24(20.5) | 15(15.0) | 10(24.4) | 15(48.4) | 91 |
| Lack of steady economy | 10(10.4) | 15(22.4) | 25(21.4) | 30(30.0) | 15(36.6) | 14(45.2) | 109 |
| Difficulty in establishing children | 19(19.8) | 16(23.9) | 25(21.4) | 28(28.0) | 19(46.3) | 21(67.7) | 128 |
| Fear about future | 05(5.2) | 12(17.9) | 12(10.3) | 11(11.0) | 07(17.1) | 05(16.1) | 52 |
| Lack of friends | 02(2.1) | 01(1.5) | 03(2.6) | 03(3.0) | 02(4.9) | 01(3.2) | 12 |
| Too hard work | 12(12.5) | 18(26.9) | 28(23.9) | 21(21.0) | 08(19.5) | 05(16.1) | 86 |
| Total no. of individuals | 96 | 67 | 117 | 100 | 41 | 31 | 250 |

(Figures within brackets indicate percentages)





The table 3.20 shows the socio-economic problems and diseases of the aged males. From the table it is seen that males suffering from hypertension have the problem of lack of savings and it is the highest i.e., 21.9%. In tuberculosis and asthma category, the male sufferers do not have adequate facilities for prime necessities of life and the percentage is 25.4. Lack of savings is a major problem for the people suffering from various diseases.

Table 3.21
Socio-economic problems and diseases of the females

| Socio-economic problems | Female | | | | | | Total |
|-------------------------------------|--------------|-----------------------|----------------------------|-----------------------|-------------|----------|-------|
| | Hypertension | Tuberculosis & Asthma | Gastrointestinal disorders | Arthritis & Body pain | Eye ailment | Anemia | |
| Lack of savings | 28(48.3) | 25(59.5) | 51(35.9) | 59(41.3) | 09(18.4) | 15(36.6) | 187 |
| Lack of primary necessities of life | 12(20.7) | 21(50.0) | 27(19.0) | 35(24.5) | 04(8.2) | 10(24.4) | 109 |
| Lack of steady economy | 25(43.1) | 17(40.5) | 42(29.6) | 37(25.9) | 24(48.9) | 22(53.7) | 167 |
| Difficulty in establishing children | 20(34.5) | 29(69.0) | 42(29.6) | 30(20.9) | 19(38.8) | 15(36.6) | 155 |
| Fear about future | 12(20.7) | 10(23.8) | 20(14.1) | 10(6.9) | 20(40.8) | 15(36.6) | 87 |
| Lack of friends | 08(13.8) | 05(11.9) | 09(6.3) | 06(4.2) | 04(8.2) | 07(17.1) | 39 |
| Too hard work | 03(5.2) | 03(7.1) | 08(5.6) | 10(6.9) | 08(16.3) | 03(7.3) | 35 |
| Total no. of individuals | 58 | 42 | 142 | 143 | 49 | 41 | 250 |

(Figures within brackets indicate percentages)

The table 3.21 shows the socio-economic problems and diseases of the aged females. From the table it is seen that the aged persons who have problems like lack of savings, lack of primary necessities of life and difficulty in settings children are suffering from tuberculosis & asthma. Out of 42 persons who are suffering from tuberculosis & asthma, 59.5% have the problem of lack of savings, 50% are lacking primary necessities of life and 69% have difficulty in settings their children. Out of 41 aged females who are suffering from anemia, 53.7% have the problem of steady economy and 17.1% women do not have friends. There are 49 aged females who are suffering from different type of eye ailments, 48.9 % of them have the problem of steady economy and 40.8% are uncertain about their future.

Table 3.22

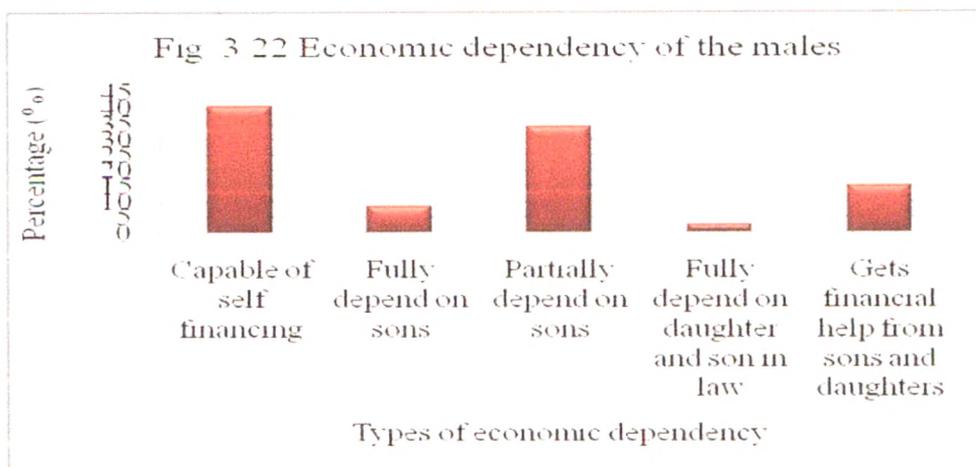
Economic dependency of the males

| Types of Economic dependency | Male | |
|---|------|------|
| | No. | % |
| Capable of self financing | 101 | 40.4 |
| Fully depend on sons | 21 | 8.4 |
| Partially depend on sons | 85 | 34.0 |
| Fully depend on daughter and son in law | 06 | 2.4 |
| Gets financial help from sons and daughters | 37 | 14.8 |
| Total number of individuals | 250 | 100 |

Table 3.23

Economic dependency of the females

| Types of Economic dependency | Female | |
|---|--------|------|
| | No. | % |
| Capable of self financing | 35 | 14.0 |
| Fully depend on husbands | 85 | 34.0 |
| Partially depend on husband | 18 | 7.2 |
| Fully depend on sons | 58 | 23.2 |
| Partially depend on sons | 16 | 6.4 |
| Fully depend on daughter and son in law | 10 | 4.0 |
| Gets financial help from sons and daughters | 22 | 8.8 |
| Depend on relatives other than own sons and daughters | 06 | 2.4 |
| Total number of individuals | 250 | 100 |



The table 3.22 shows the economic dependency of the aged males. From the table it is seen that out of 250 males, 40.4% are still earning and taking full economic responsibilities of their families. 8.4% are fully depending on sons and 34.0% are partially depending on their sons. 2.4% are fully depending on daughters and son in laws and 14.8% are getting financial help from both their sons and daughters.

The table 3.23 shows the economic dependency of the aged females. From the table it is seen that out of 250 females, only 14.0% are earning and taking economic responsibilities of the families. 34.0% fully depend on their husbands, 23.2% are fully depending on their sons; 8.8% are getting financial help from sons and daughters; 7.2% are partially depending on their husbands; 6.4% are partially depending their sons and 2.4% are depending on their relatives other than their own sons and daughters.

Table 3.24
Economic dependency and some frequently occurring diseases of the males

| Types of Economic dependency | Total | Male | | | | | |
|---|-------|--------------|-----------------------|---------------------------|-----------------------|-------------|-----------|
| | | Hypertension | Tuberculosis & asthma | Gastrointestinal disorder | Arthritis & body pain | Eye ailment | Anemia |
| Capable of self financing | 101 | 30 (29.7) | 22 (21.8) | 69 (68.3) | 35 (34.6) | 16 (15.8) | 16 (15.8) |
| Fully depend on sons | 21 | 18 (85.7) | 12 (57.1) | 15 (71.4) | 10 (47.6) | 06 (28.6) | 04 (19.1) |
| Partially depend on sons | 85 | 36 (42.4) | 27 (31.8) | 19 (22.4) | 32 (37.6) | 05 (5.9) | 10 (11.8) |
| Fully depend on daughter and son in law | 06 | 02 (33.3) | 01 (16.7) | 02 (33.3) | 05 (83.3) | 02 (33.3) | 01 (16.7) |
| Gets financial help from sons and daughters | 37 | 10 (27.0) | 05 (13.5) | 12 (32.4) | 18 (48.6) | 12 (32.4) | -- |
| Total number of individuals | 250 | 96 | 67 | 117 | 100 | 41 | 31 |

(Figures within brackets indicate percentages)

Table 3.25
Economic dependency and some frequently occurring diseases of the females

| Types of Economic dependency | Total | Female | | | | | |
|---|-------|--------------|-----------------------|---------------------------|-----------------------|-------------|-----------|
| | | Hypertension | Tuberculosis & asthma | Gastrointestinal disorder | Arthritis & body pain | Eye ailment | Anemia |
| Capable of self financing | 35 | 15 (42.8) | 08 (22.8) | 25 (71.4) | 19 (54.3) | 05 (14.3) | 08 (22.8) |
| Fully depend on husbands | 85 | 25 (29.4) | 10 (11.8) | 56 (65.9) | 58 (68.2) | 24 (28.2) | 15 (17.6) |
| Partially depend on husband | 18 | 03 (16.7) | 04 (22.8) | 08 (44.4) | 10 (55.5) | 04 (22.2) | 02 (11.1) |
| Fully depend on sons | 58 | 11 (18.9) | 10 (17.2) | 40 (68.9) | 38 (65.5) | 09 (15.5) | 06 (10.3) |
| Partially depend on sons | 16 | -- | 04 (25.0) | 07 (43.7) | 06 (37.5) | 05 (31.2) | -- |
| Fully depend on daughter and son in law | 10 | 02 (20.0) | -- | 04 (40.0) | 02 (20.0) | -- | 01 (10.0) |
| Gets financial help from sons and daughters | 22 | 02 (20.0) | 03 (13.6) | 02 (9.1) | 07 (31.8) | -- | 05 (22.7) |
| Depend on relatives other than own sons and daughters | 06 | -- | 03 (50.0) | -- | 03 (50.0) | 02 (33.3) | 04 (66.7) |
| Total number of individuals | 250 | 58 | 42 | 142 | 143 | 49 | 41 |

(Figures within brackets indicate percentages)

The table 3.24 shows the economic dependency and some frequently occurring diseases of the males. From the table it is seen that the diseases like hypertension, tuberculosis & asthma, gastrointestinal disorder and anemia are frequently found among the males who fully depend on their sons for money and the percentages are 85.7; 57.1 ;71.4 and 19.1 respectively. Arthritis & body pain and eye ailment are frequently found among the males who are fully depending on their daughters and son in law and the percentages are 83.3 and 33.3 respectively.

The table 3.25 shows the economic dependency and some frequently occurring diseases of the females. From the table it is seen that the diseases like hypertension and gastrointestinal disorder are found frequently among the females who are taking the full responsibilities of the families and the percentages are 42.8 and 71.4. Tuberculosis, eye ailments and anemia are found frequently among the females who are depending on their relatives other than their sons and daughters and the percentages are 50.0; 33.3 and 66.7 respectively. The aged females who are fully depending on their husbands are suffering frequently from the disease arthritis & body pain and the percentage is 68.2.

PSYCHOLOGICAL HEALTH

Old age brings along many a transition in an individual, both physical as well as mental. People in their sixties must begin to cope with the somewhat hazardous state of health they are in. Decline may begin to occur in the speed of physical and mental performances many of which could be attributed to failing health, social isolation, low maturation, lack of education and others (Birren et al. 1980). As older people become aware of their incompetencies, they begin to revise their ideas about themselves. They also have to start coping with reduced income, change of status, loss of friends and spouse and lastly, their waning physical health. The older individuals faces a change in his previous role or position due to changes in his cognitive, conative and other abilities. An old individual has to pass through a series of status passages such as retirement, widowhood and adjustment to death. Sometimes all these may create mental stress in an individual (Neugarten, 1977).

Table 3.26

Age wise psychological problems of the males

| Psychological Problems | Total | Male | | | | |
|-------------------------------|----------|---------|---------|----------|----------|----------|
| | | 55-59 | 60-64 | 65-69 | 70-74 | 75+ |
| Sense of worthlessness | 17 (6.8) | - | - | 03(17.6) | 04(23.5) | 10(58.8) |
| Lack of courage | 26(10.4) | 01(3.8) | 02(7.7) | 05(19.2) | 09(34.6) | 09(34.6) |
| Memory failure | 19(7.6) | - | - | - | 04(21.1) | 15(78.9) |
| Lack of concentration | 28(11.2) | 01(3.6) | 01(3.6) | 03(10.7) | 05(17.9) | 18(64.3) |
| Inefficiency | 19(7.6) | - | - | - | 03(15.8) | 16(84.2) |
| Laziness | 36(14.4) | 02(5.6) | 02(5.6) | 03(8.3) | 08(22.2) | 21(58.3) |
| Aimlessness | 21(8.4) | - | 01(4.8) | 01(4.8) | 05(23.8) | 14(66.7) |
| Difficulty of taking decision | 23(9.2) | - | - | 02(8.7) | 06(26.1) | 15(65.2) |
| Total no. individuals | 250 | | | | | |

(Figures within brackets indicate percentages)

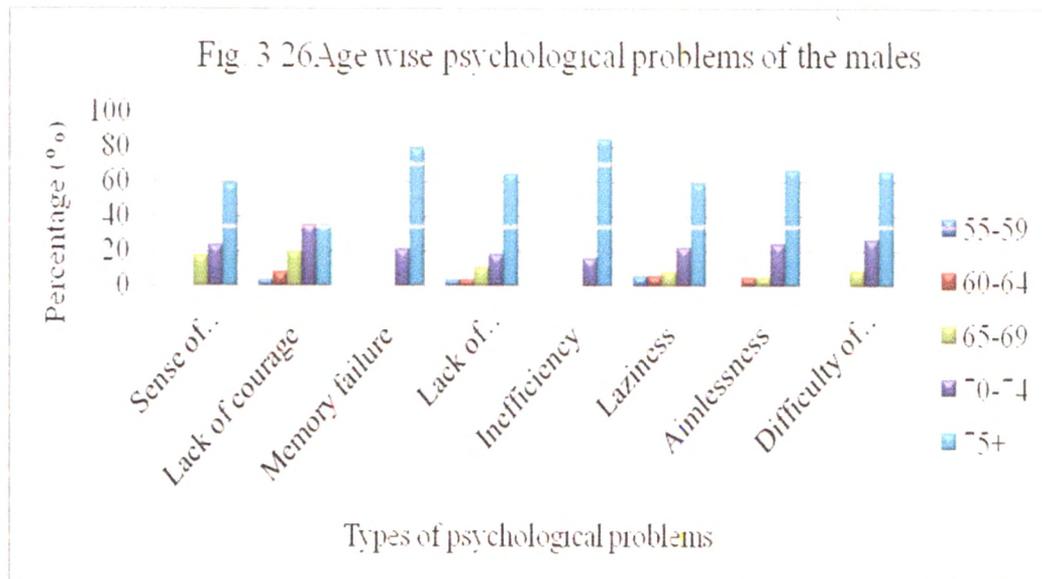
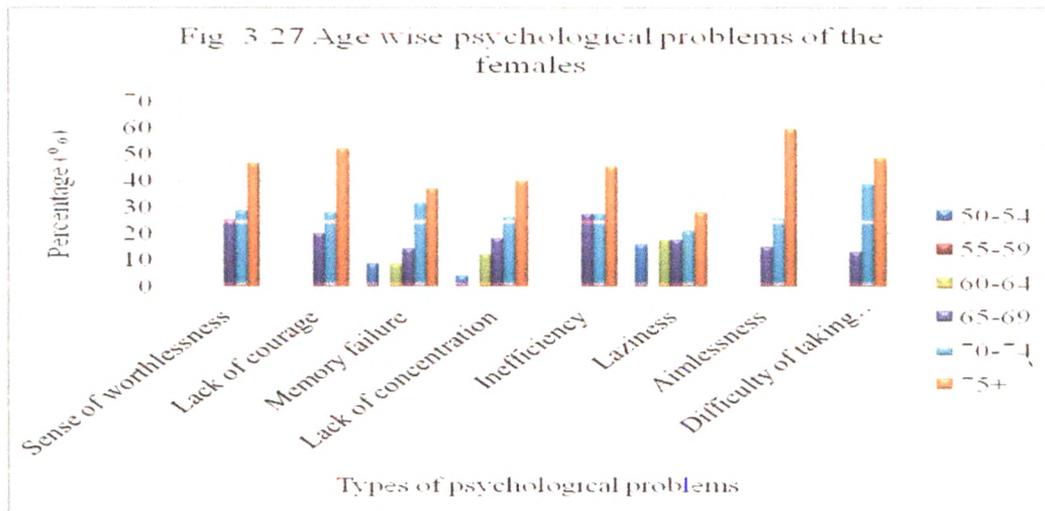


Table 3.27

Age wise psychological problems of the females

| Psychological Problems | Total | Females | | | | | |
|-------------------------------|----------|----------|-------|----------|----------|----------|----------|
| | | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75+ |
| Sense of worthlessness | 28(11.2) | - | - | - | 07(25.0) | 08(28.6) | 13(46.4) |
| Lack of courage | 25(10.0) | - | - | - | 05(20.0) | 07(28.0) | 13(52.0) |
| Memory failure | 35(14.0) | 03(8.6) | - | 03(8.6) | 05(14.3) | 11(31.4) | 13(37.1) |
| Lack of concentration | 50(20.0) | 02(4.0) | - | 06(12.0) | 09(18.0) | 13(26.0) | 20(40.0) |
| Inefficiency | 22(8.8) | - | - | - | 06(27.3) | 06(27.3) | 10(45.4) |
| Laziness | 57(22.8) | 09(15.8) | - | 10(17.5) | 10(17.5) | 12(21.0) | 16(28.1) |
| Aimlessness | 27(10.8) | - | - | - | 04(14.8) | 07(25.9) | 16(59.2) |
| Difficulty of taking decision | 31(12.4) | - | - | - | 04(12.9) | 12(38.7) | 15(48.4) |
| Total no. individuals | 250 | | | | | | |

(Figures within brackets indicate percentages)



The table 3.26 shows the age wise psychological problems of the aged males. From the table it is seen that out of 250 males, 6.8% are suffering from the problems of sense of worthlessness; 10.4% are suffering from lack of courage; 7.6% are suffering from memory failure; 11.2% are suffering from lack of concentration; 7.6% are suffering inefficiency; 14.4% are suffering from laziness; 8.4% are suffering from

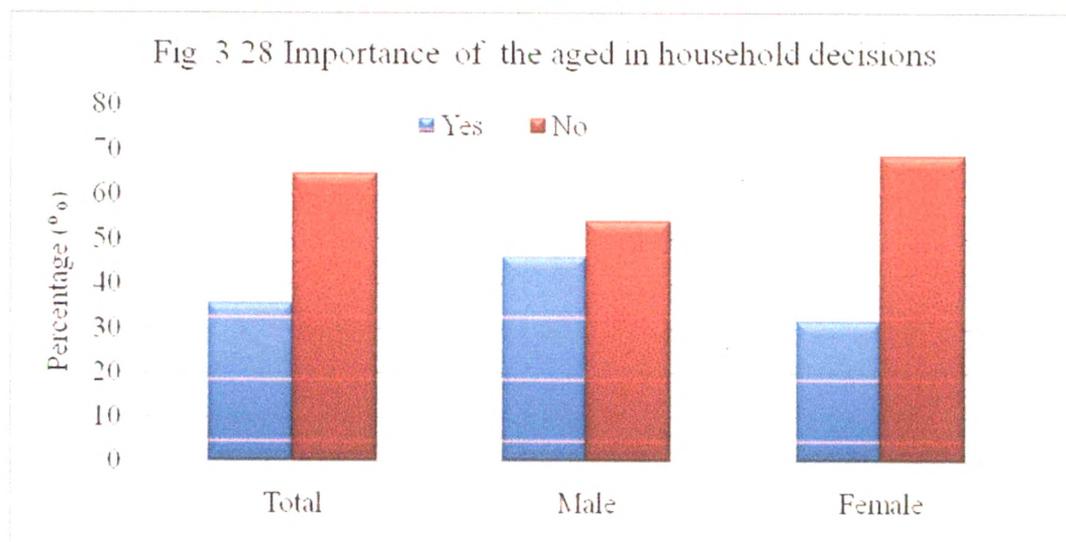
aimlessness and 9.2% are suffering from the problem of difficulty in taking decision. In age wise distribution psychological problems are found to be higher in the later age groups i.e., above 65 years of age groups.

The table 3.27 shows the age wise psychological problems of the females. From the table it is seen that out of 250 females, 11.2% are suffering from sense of worthlessness; 10.0% are suffering from lack of courage; 14.0% are suffering from memory failure; 20.0% are suffering from lack of concentration; 8.8% are suffering from inefficiency; 22.8% are suffering from laziness; 10.8% are suffering from aimlessness and 12.4% are suffering from difficulty in setting their children's. Problems are seen to be higher in the females of later age groups i.e., above 65 years of age groups.

Table 3.28

Importance of the aged in household decision

| Importance of the aged in household decision | Total number of individuals | | Male | | Female | |
|--|-----------------------------|------|------|------|--------|------|
| | No. | % | No. | % | No. | % |
| Yes | 177 | 35.4 | 115 | 46.0 | 62 | 31.4 |
| No | 323 | 64.6 | 135 | 54.0 | 188 | 68.6 |
| Total | 500 | 100 | 250 | 100 | 250 | 100 |

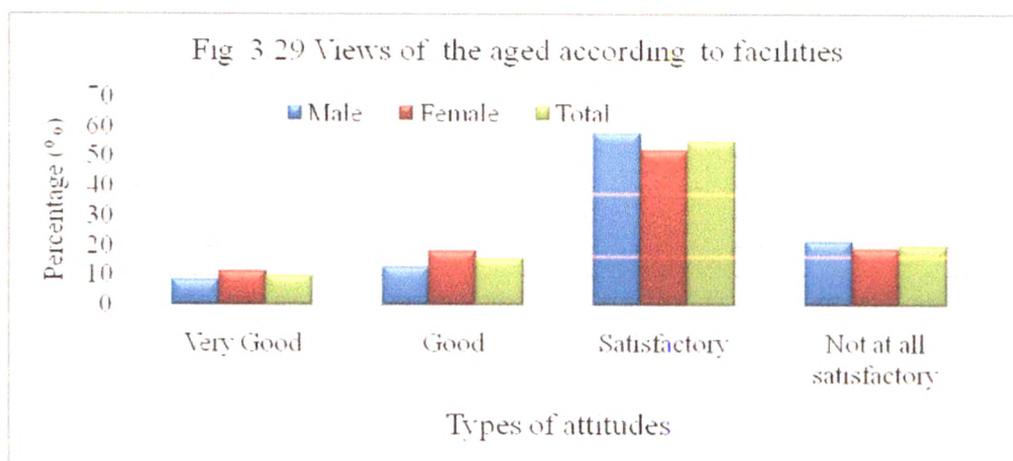


The table 3.28 shows the importance of the aged persons while taking the decisions in the families. From the table it is seen that the most of the aged are not given importance in taking the decisions in the families. Out of 500 aged, 35.4% are given preference in taking decisions. Compare to the females males are getting some preference in taking decisions in the families.

Table 3.29

Views of the aged according to facilities

| Type of attitude | Total | | Male | | Female | |
|-------------------------|-------|------|------|------|--------|------|
| | No. | % | No. | % | No. | % |
| Very Good | 49 | 9.8 | 21 | 8.4 | 28 | 11.2 |
| Good | 77 | 15.4 | 32 | 12.8 | 45 | 18.0 |
| Satisfactory | 274 | 54.8 | 144 | 57.6 | 130 | 52.0 |
| Not at all satisfactory | 100 | 20.0 | 53 | 21.2 | 47 | 18.8 |
| Total | 500 | 100 | 250 | 100 | 250 | 100 |

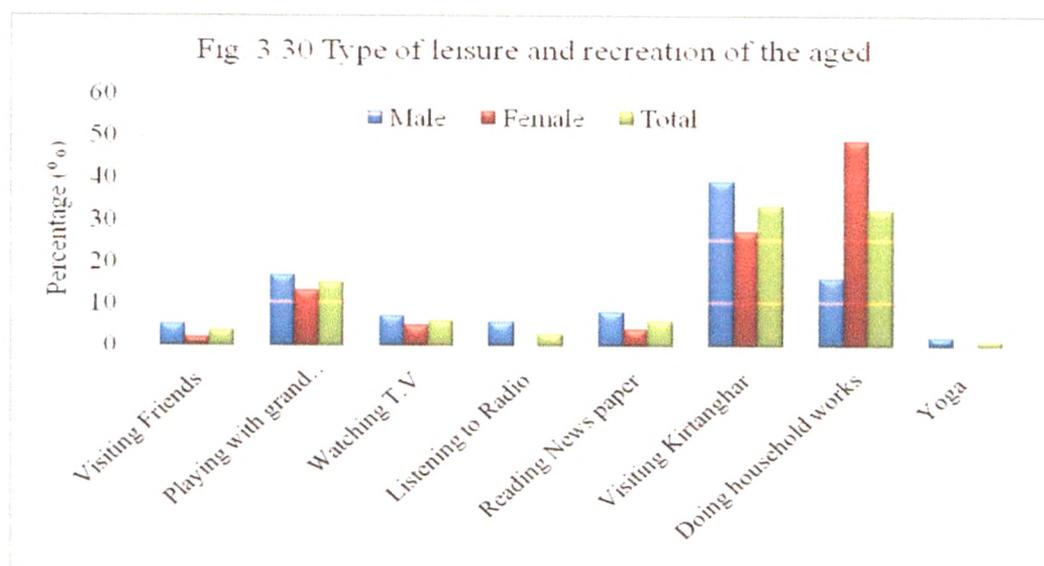


The table 3.29 shows the views of the aged regarding their facilities they receive. The attitudes are divided in to four categories like very good, good, satisfactory and not at all satisfactory. From the table it is seen that out of 500 aged persons (male & female), 21.2% are of the opinion that they are not getting the facilities they needs and among the males it is 18.8% and among the females it is

20.0%. However, the highest percentages of males (57.6%) and females (52.0%) are satisfied with the facilities they are getting.

Table 3.30
Type of leisure and recreation of the aged

| Type of leisure & recreation | Males | | Females | | Total | |
|-----------------------------------|-------|------|---------|------|-------|------|
| | No. | % | No. | % | No. | % |
| Visiting Friends | 13 | 5.2 | 05 | 2.0 | 18 | 3.6 |
| Playing with grand children | 42 | 16.8 | 33 | 13.2 | 75 | 15.0 |
| Watching T.V | 18 | 7.2 | 12 | 4.8 | 30 | 6.0 |
| Listening to Radio | 14 | 5.6 | - | - | 14 | 2.8 |
| Reading News paper | 20 | 8.0 | 10 | 4.0 | 30 | 6.0 |
| Visiting Kirtanghar(prayer house) | 98 | 39.2 | 68 | 27.2 | 166 | 33.2 |
| Doing household works | 40 | 16.0 | 122 | 48.8 | 162 | 32.4 |
| Yoga | 05 | 2.0 | - | - | 05 | 1.0 |
| Total | 250 | | 250 | | 500 | |



The table 3.30 shows the type of leisure and recreation of the aged persons. From the table it is seen that out of 500 aged persons, 33.2% are visiting “Kirtanghar” (religious place) and 32.4% are doing household activities in their leisure times. On the other hand 15% are playing with their grand childrens; 6.0% are watching television & reading news papers; 3.6% are visiting relatives and friends; 2.8% are listening radio and only 1.0% are practicing yoga in their leisure times.