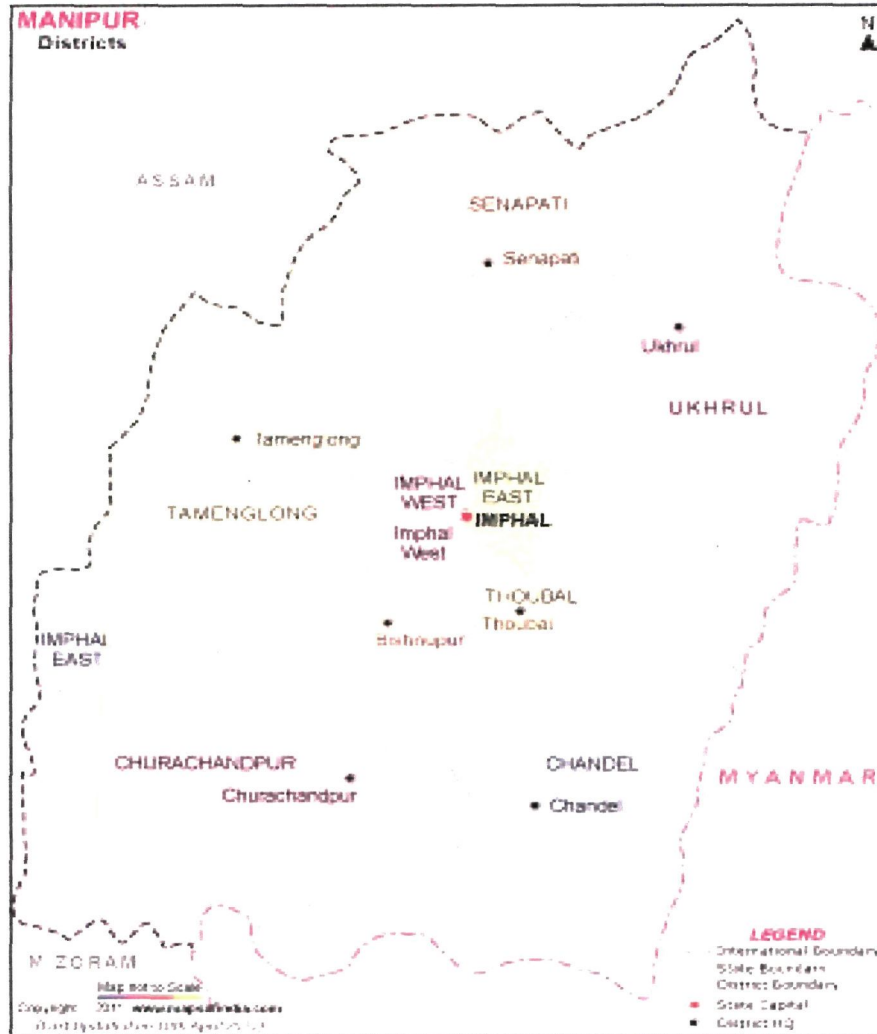


# APPENDIXES

Appendix I

Title: Manipur Map





**Psycho-social Problems of Elderly: A Study of Imphal-west District, Manipur**

**INTERVIEW SCHEDULE FOR ELDERLY**

**A) PERSONAL DETAIL:**

1. Age:
2. Sex: a) Male b) Female
3. Religion: a) Hindu b) Muslim c) Christian d) Meitei marup  
e) Others
4. Marital status: a) Married b) Unmarried
5. If married, your present status is:  
a) widow b) widower c) legally separated d) illegally separated
6. Education: a) Literate b) Illiterate
7. If literate, your educational level?
8. Type of family: a) Joint family b) Nuclear family  
c) Extended family d) Others (specify).....
8. Family monthly income: a) 1000- 5000 b) 5001-10000 c) 10001-15000 .  
d) 15001 and above
10. Occupation: a) Government service b) Private Service c) Self employed and  
d) others (specify).....
11. Who is your primary care taker?  
a) Son and daughter-in-law b) Wife c) Relative d) Nurse  
e) Helper f) others.....

**B) HEALTH ASPECTS:**

12. Are you able to do your own daily activities?  
a) Always b) Sometimes c) Never
13. What are the major health concerns that affect your daily activities?  
a) Loss of appetite b) weakness c) sleeping problems  
d) others (specify) .....
14. Do you require assistance in doing your work?  
a) Always b) Sometimes c) Never

15. If require, who has assisted you? a) Spouse b) son/daughter  
c) daughter in law/ son-in-law d) relative e) others (specify).....
16. What type of assistance (physical support) do they provide to you?
17. Have you indulged in any types of habits that affect directly and indirectly on your health related problems? a) Smoking b) Alcohol c) Chewing tobacco  
d) Chewing pan d) others (specify).....
18. Have you faced any health related problems in the last one year? a) Yes b) No
19. If yes. Mention in details:  
a) Musculoskeletal b) Cardiovascular c) Respiratory d) Endocrine e) Urinary  
f) Gastrointestinal g) Integument h) Neurosensory i) Psychomotor
20. Where do you go for treatment? a) Quacks b) government hospital  
c) Private hospital f) other (specify).....
21. What type of treatment do you go for? a) Local medicine b) Ayurvedic  
c) Pharmacist d) other (specify).....
22. How often do you visit hospital/clinics for health check up or any other treatment?
23. What are the problems faced by you in availing the health services?
24. What are the precautionary measures being taken for your own health?

**C) GOVERNMENT AND NGOs SERVICES:**

25. When did you get retire (if you were employer of any Organizations government/private)?
26. Any reason for retirement:  
a) health problems b) old age c) family related matters  
d) voluntary retirement e) others (specify).....
27. Do you receive pension scheme? a) Yes b) No.
28. If yes, what type of pension schemes are you availing?  
a) retirement pension scheme b) old age pension scheme,  
c) widow related scheme d) others, specify.....
29. If yes. How much do you get in a month? .....
30. If yes. Are u Satisfied with the amount given by government? a) Yes b) No
31. If no. What is the reason?

32. Do you get any health related services from Government? a) Yes b) No
33. If Yes, What are the types of services?
34. If Yes, How often do you get the health services?
35. Are you aware of any other Government policies and programs available for elderly? a) Yes b) No
36. If yes, please mention:
37. What are the barriers that you faced in availing services from government?
38. Do you get any health related services from NGO's? a) Yes b) No
39. If Yes, What are the types of services?
40. If Yes, How often do you get the health services?
41. Are you aware of any other policies and programs available for elderly from NGO's? a) Yes b) No
42. If yes, please mention.
43. What are the barriers that you faced in availing services from NGOs agencies?
44. Do you feel like staying at Old age home when you are in difficult situations in dealing with your family members or relatives? a) Yes b) No.
45. If Yes, a) Sometimes b) Always c) Never
46. Have you come across any kind of hesitation (social stigma) when you think of staying at old age home? a) Yes b) No.
47. If yes, can you explain in detail?
48. Did your family members want you to stay at Old Age home? a) Yes b) No.
49. If yes, what do you feel about it?
- D) SOCIAL WORK INTERVENTION:**
50. Do you have any knowledge about the concept of social work? a) Yes b) No
51. Have you ever encountered any professional social worker? a) Yes b) No
52. If yes, what are the benefits you gained from them?
53. What is your expectation from professional social worker for dealing with elderly?
54. In what ways do you expect from a social worker to help you?
55. Any suggestions you would like to add for further development for welfare of elderly?

#### **Appendix IV Title: Shamsad-Jasbir Old age Adjustment inventory of elderly**

1. (b) Do you feel yourself being respected and honoured in your house as before ?
2. (c) Do you feel yourself respected in the society even in this age?
3. (e) Do you think old age to be without any feeling?
4. (d) Do you feel attraction even in this age towards your marriage relation?
5. (a) Do you describe old age as a disease?
6. (c) Have you ever experienced that your social circle is decreasing?
7. (a) Do you think that a person becomes physically weak in the old age?
8. (d) Do you feel like this that your life is incomplete without your life-partner?
9. (e) Have you ever thought of committing suicide in your mind?
10. (a) Do you feel alike that in this age anxiety of disease remains always greater than disease ?
11. (b) Do your children have relation with you as before?
12. (d) Do you feel that you are more dependant on your life partner than before?
13. (e) Do you feel that you cannot laugh or weep without the obstruction in old age?
14. (c) Do the persons of society expect from you about your experiences and ideas?
15. (a) Do you always find yourself encompassed in tension and perplexity which cause you the complaint of high blood pressure?
16. (d) Whether any doubt is created in the mind of your life partner that your interest has diminished in him/her with the growing age?
17. (e) Do you possess more anxiety of your honour in your home or outside now ?
18. (f) Are you still economically free in yourself ?
19. (c) Do you feel yourself safer by living amongst the persons.
20. (b) Do the members of your family not take you as a burden after your retirement from service?
21. (d) Do you like each other more to keep your relations strong?
22. (a) Do you get discouraged soon even by an ordinary physical disease?
23. (c) Do you usually not feel so due to which you hesitate in going into social gatherings?

24. (e) Do you remain terrorised by any long disease going to happen in old age?
25. (a) Do you feel that whatever time you have you are unable to pass it?
26. (f) Do you depend on your family members when you are in need of money ?
27. (a) Do you depend more on medicines ?
28. (b) Do your children serve you in the expectation of your money ?
29. (c) Do you greet cheerfully the persons when they come to your house ?
30. (e) Do you keep yourself worried for what will happen tomorrow ?
31. (d) Do you do any work after having opinion of your life partner?
32. (e) Do your heart starts palpitating much even by a very small things ?
- 33.(b) Are you ready to help in any matter in the house but the family members are not ready to accept your help?
- 34.(a) Do you like to remain ill always so that the persons are engaged in looking after you ?
- 35.(e) Do you feel sometimes weeping on yourself?
- 36.(f) Do you possess the habit of saving more of your wealth, pension, provident fund money?
37. (d) Do you (husband and wife) not let anybody know about antagonism amongst each other?
38. (c) Has your interest in persons gone decreased after retirement or being separated from employment?
39. (b) If you have sufficient money and wealth then do you allow your children to utilise it?
40. (a) Do you start expecting more of everything from the persons in the state of being ill?
41. (c) Do you sometime become so disheartened and want to remain lonely?
42. (f) In spite of having money, do you like to spend very less in this age?
43. (c) Do you take interest in small children and give them moral teachings by telling stories or reading books?

44. (d) Do you care for a liking for your life partner ?
45. (a) Do you keep on regularly anxious that any type of disease can affect in old age ?
46. (f) Do you like it good to depend on your children for money?
47. (d) Do you feel alike that your wife should not take much interest in outside matters and she should limit herself to household affairs only ?
48. (b) Do you feel alike that your family members have your need?
49. (a) Do you keep your behaviour in your illness such that nobody comes to know that you are ill ?
50. (e) Do you anger on your own self?
51. (d) Do you (husband and wife) have so much faith on each other even now as you had before?
52. (c) Do persons in the society categorise you as an experienced and matured person and honour you?
53. (a) Do you not put the family members in trouble because of your unhealthiest ?
54. (f) Do you like that you should go on earning something by self even after retirement ?
55. (d) Do you practice artificial methods to keep yourself attractive?
56. (a) do you like to lie down alone even in a little illness?
57. (f) Do you not remain in fear that you will fall down ?
58. (c) Do you become more troubled now with the crowd of people outside the house?
59. (a) Do you become too much desperate with any disease?
60. (f) Have you acquired sufficient capital and you are fully satisfied?
61. (b) Do you wish that your children should remain ever obedient, and you remain anxious due to it?
62. (e) Do you like to sleep alone in the room keeping the door closed?
63. (a) Do you feel yourself tired like ill everyday from the morning ?
64. (b) Do you allow freedom to children to discharge their responsibilities independently ?
65. (c) Whenever you sit amongst your friends do you give them a chance to speak or you get the advantage of it by self?



66. (a) Do you give importance to this during illness that you can reduce your disease by yourself confidence?
67. (b) Do you feel that if you die, the future of your husband/wife will be safe in the hands of your children?
68. (e) Do you remain troubled thinking that this life has not given you much ?
69. (c) Do you discuss your problem or difficulties more with your friends in comparison to before?
70. (d) Do you give more importance to outer attraction of colour and complexion in your married life?
- 71.(f) Have you already distributed your wealth, provident fund or any other savings among your children due to which you feel now helpless?
72. (c) Keeping your life optimistic, do you do some exemplary work for the people in society?
73. (b) Do you cooperate in making home atmosphere cheerful?
74. (e) Do you always remain in fear of losing something ?
75. (d) If your wife is well educated and efficient in her work, do you not feel jealous of her?
76. (a) Have you been ill regularly for some years past ?
77. (d) Do you fear of getting sick because of persons will not serve you ?
78. (e) Do you like it better to engage yourself in any work because loneliness tortures you ?
79. (d) If your wife is an earning member, do you not have the feeling of proudness in yourself?
80. (e) Do you feel alike that there is no charm in your life in comparison to others?
81. (c) Being an old person, do you want to make a separate entity among persons?
82. (f) Do you have responsibilities of children such as marriage, education etc. On you even after retirement?
83. (a) keeping yourself at home, do you like to have services of a nurse during sickness?

84. (a) Do you keep importance to it that in old age unhealthiest is a regular feature so why to worry?
85. (b) Do you get your meals available at home according to your choice and taste?
86. (e) Do you become more sad and anxious of remembering your friends and relatives so because you fear of your death?
87. (f) Do you think alike that you have fulfilled the requirements of your children so they being grown up ought to fulfill your requirements from their income?
88. (b) Do the family members like your presence in front of other persons?
89. (a) Do you like to go to your children if you are alone and fallen sick?
90. (f) Because you do not earn your bread, so do you ever feel yourself very inferior?
91. (d) Do you respect the feelings of your life partner?
92. (a) Do you bear all types of physical troubles without any fears?
93. (a) Do you forget anything very soon?
94. (c) Do you have strong will to share joy and sorrow of others?
95. (e) Do you become very sad thinking that you are dependent on others?
96. (f) Do you believe in that without independent income or money there is no social prestige?
97. (d) Has not any scatteredness or bitterness crept in the relations of husband/wife due to growing age?
98. (a) Do you feel yourself very lonely and insecure during sickness?
99. (b) Do you like more hearing radio, seeing TV along with family members?
100. (c) Do you like to play some games with family children for passing time?
101. (b) Do you like to give your suggestion for solving any family problem?
102. (e) Do you still perform the works of daily life in a routine way?
103. (c) Do you see everybody with suspicion?
104. (d) Do you think not to leave your wife as a burden on anyone lifelong and after your death?
105. (a) Do you have less sleep ?

106. (c) Are you social in this age too as you were before?
107. (b) Do you share your persona experiences with your family members?
108. (b) Do you hesitate in telling your personal problem to family members?
109. (f) Do you think that your hands are bound because of your limited personal income?
110. (e) Do you get frightened by loud voice and sharp light?
111. (c) Do you not feel happy on coming of any guest at home?
112. (a) Do you not think of committing suicide being perplexed by your sickness?
113. (b) Do you have affection with any special person in the house?
114. (f) Do you like to do any part time job to have earning for fulfilling your requirements?
115. (e) Do you usually get up in night and start walking because of your uneasiness of mind?
116. (a) Do you tell about your disease exaggeratedly whenever you go to your doctor?
117. (b) Do family members praise of your thoughts?
118. (d) Do you like to hear problem of any member of your family?
119. (c) Do you feel so that family members remain away from you because you have become more irritable?
120. (e) Do you not like even to hear news of any accident?
121. (f) Do you think this that yourself being economically prosperous, children will remain under your control?
122. (b) Are you able to spend your time joyfully in your house?
123. (b) In spite of fulfilling your responsibility towards family do you seldom become anxious without any reason?
124. (a) Do you remain more anxious for your medicine, meals and daily requirements in this age?
125. (b) Do you feel that your house is prosperous and joyful in all respect?

**INTERVIEW SCHEDULE FOR CARE TAKER**

1. Age: a) below 20 b) 21-40 c) 41 and above
2. Sex: a) Male b) Female
3. Marital: a) Married b) Unmarried
4. Type of family: a) Joint family b) Nuclear family  
c) Extended family d) Others
5. Religion: a) Hindu b) Muslim c) Christian d) Meitei marup  
e) Others
6. Education: a) Literate b) Illiterate
7. If literate: a) Post Graduate education b) Graduate level education  
c) Higher secondary  
d) Below higher secondary
8. What is the source of income?
9. Are you employed? a) Government service b) Private service
10. Monthly income: a) below 3000 b) 3001-6000 c) 6001-9000 d) 9001 and  
above
11. Do you find any financial difficulty in looking after of elderly? Please mention  
in detail:
12. What type of care is being given to elderly?
13. What are the major health problems that you have observed in elderly?
14. What activities usually your elderly do at their leisure time?
15. Do you face any kind of adjustment problems from elderly in running your  
family?
16. Do you feel that there is any generation gap while dealing with elderly?  
a) Yes b) No
17. If yes, what are your suggestions in bridging the gap for maintaining a good  
relationship with them?
18. Mention in detail what are the problems you face while giving care of elderly?

19. Do you feel like sending your parents (elderly) to Day-care center or Old age home when you are in difficult situations in dealing with elderly?  
a) Yes b) No
20. If yes, do you bother for social stigma from society?
21. Do you think that elderly plays an important role for the development of society? In what extent do they help?
22. Are you aware of policies and programs available for elderly? a) Yes b) No
23. If yes, Please mention some of the policies and programs available for elderly?
24. Do you get any type of services from government agencies for elderly?  
a) Yes b) No
25. If yes, what are the types of services you get from government agencies?
26. Do the elderly get any pension scheme? a) Yes b) No
27. How much money (per month) do elderly get from the scheme?
28. Are you satisfied with the amount you get from the scheme? a) Yes b) No
29. Are you satisfied with the present available facilities given by government for welfare of elderly? a) Fully b) Partially c) Not at all
30. In your opinion, what are the roles of government agencies play in providing welfare of elderly?
31. Do you get any type of services from NGOs for elderly? a) Yes b) No
32. If yes, what are the types of services you get from NGOs for elderly?
33. Are you satisfied with the present available facilities given by NGOs for welfare of elderly?  
a) Fully b) Partially c) Not at all
34. In your opinion, what are the roles of NGOs play in providing welfare of elderly?
35. Any comments you would like to suggest:

**Appendix VI Title: Simi structure Interview schedule  
(Social welfare department)**

**A. Identity**

1. Head of the department:
2. Name of the department:
3. Office address (with district, pin code and phone number):
4. How far is department away from the district town?
5. When was the organization established?

**B. Basic information**

6. Philosophy, mission and vision of the department:
7. Objectives of the department:
8. Area of operation:  
No. of districts:  
No. of blocks or wards:  
No. of villagers:
9. Target group:
10. Departmental set-up:

**C. Program related information**

11. What are the main programs in your department?
12. Mention the current programs related to old age:

Sl. No.	Name of the Programs	Duration	Target Group	Budget	Source of Fund	Nature of Activities & System of Service Delivery

14. What are the facilities provided for elderly by department?

15. Do you provide awareness Program for the care and support for elderly in the community level? a) Yes b) No
16. Does your department utilize the community resources in implementing the programs and policies of elderly? a) Yes b) No
17. What are the major problems or barriers you faced in implementing the programs of elderly (there is any problems)
18. Any comments/ further suggestion?

**Appendix VII Title: Simi structure Interview schedule for NGO personal.**

**INTERVIEW SCHEDULE FOR NGO'S**

**A. Identity**

1. Head of the NGO:
2. Name of the NGO:
3. Office address (with district, pin code and phone number):
4. How far is NGO away from the district town?
5. When was the organization established?
6. When did the organization get registered?

**B. Basic information**

7. Philosophy, mission and vision of the organization:
8. Objectives of the organization:
9. Area of operation:  
No. of districts:  
No. of blocks or wards:  
No. of villagers:
10. Target group:
11. Organizational set-up:

**C. Program related information**

12. What are the main programs in your organization?
13. When has it been implemented? Please mention in what way it has been implemented?
14. Mention the current programs related to old age:

Sl. No.	Name of the Programs	Duration	Target Group	Budget	Source of Fund	Nature of Activities & System of Service Delivery



15. What are the facilities provided for elderly by NGO?
16. Do you get enough support from the funding organization? a) Yes b) No  
If yes, how far are you getting the support from the funding organization?  
If No, Why and what are the main problems?
17. What are the major problems of elderly that has been dealt by your Organization?
18. Do you provide awareness Program for the care and support for elderly in the community level? a) Yes b) No
19. If yes, how often do you conduct the programs?
20. What was the participation level from community people?
21. Does your NGO utilize the community resources in implementing the programs and policies of elderly? a) Yes b) No
22. If yes, mention in what ways the community resources have been utilized?
23. Do you network with other agencies for providing effective services for elderly? a) Yes b) No
24. Do you have day care center in your organization? a) Yes b) No
25. If yes. What are the daily activities taken up by day care center?
26. Do you provide community based care for elderly? a) Yes b) No
27. What type of cooperation do you get from family members while dealing with elderly?
28. What are the major problems or barriers you faced in implementing the programs of elderly (there is any problems)
29. What are the future plans of NGO's specifically in implementing the programs of Elderly?
30. Please attached three years annual report.
31. Any comments/ further suggestion?

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