

**MANAGERIAL PRACTICES AND PROBLEMS
OF AGED HOMEMAKERS**

BY

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I

**SCHEDULE TO ELICIT INFORMATION
ON THE MANAGERIAL PRACTICES AND
PROBLEMS OF AGED HOMEMAKERS**

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Introduction

I. INTRODUCTION

There they stand dumb with heads bent low,
On their face is writ the age old tale of woe.
Tolling under mountain loads
They drag their steps and slowly march
Till the last breath of life,
And then hand down the burden to their heirs,
They do not rail against fate nor curse their God,
They only seek to live their weary life,
By seeking crumbs of food.

-Rabindranath Tagore.

Family is the foundation of any society and home is the locus of meaningful human life. Building well for family life is building for a better social order. Homemaking is the supreme function of women at any sphere of life. The homemaker who is the fulcrum in the home has to deal with activities related to food, clothing, shelter, culture, care of family members and manage the resources time, money and energy.

Each family is at a stage in the normal cycle of family life. The family which begins with two young members expands with children of differing age, sex and stages and contracts with two aging family members. Each stage exhibits particular problems and potentialities, rewards and hazards, vulnerabilities and strengths, experiences and expressions in managing the

households to reach the goals successfully. Nickell and Dorsey (1961) emphasized that among the three stages-beginning, expanding and contracting, the last-stage reflects a critical period of uncertainty and adjustments in life.

The last stage of family life normally starts at the age of 60 to coincide with retirement (Hurlock, 1982). This age considered as second childhood, is characterized by certain physical and psychological changes that affect family life. The physical profile of the aged include wrinkling of skin, graying of hair, stooping of shoulders, slow walking pace, poor health and diminishing of energy to work. The psychological make up of old are general feeling of inadequacy, rejection, boredom, restlessness, forgetfulness, negativism, worry and a feeling of insecurity and exhaustion.

In the ancient times old people were considered as the guiding stars in Indian families since they were the symbol of tradition, respect, wisdom and experience. They embody and transmit the innate values of family life to the younger generation (Adiseshiah, 1982).

Montgomery (1973) opines that in our society old age is often regarded as a time when the vessels of life has become empty and a time when human development and human potentiality

have become an irreversible and investiable halt. There is a ray of hope admirably seen in the poetic words of Robert Browning "the best is yet to be, the last of life for which the first was made".

In the context of the dynamic changes taking place in the country such as the disintegration of village community and joint family system, the mobility of members from place to place for education and employment and technological development, the problem of the aged has assumed greater dimension. It is taking the same shape as in the western countries where family ties and sentimental attachment has been dwindling fast. The majority of the aged couples are not financially well placed and are not receiving help in the area of managing the family. The old parents depend upon the children and become an odious burden to them. (Deacan and Firebaugh, 1975).

There exists a wide generation gap between the old and the young who are the representatives of their own time, differing from each other in idea, attitude, and social and cultural values. The conflicts between the ideas and values may lead to disharmony in the family life when they live together.

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Gross and Crandall (1961) identified that continuing to live in independent households throughout life is the desired arrangement of most old people. Perhaps due to the tempo of city life, lack of accommodation in the town and change over to an industrialised society both the young and middle aged had developed a changed out look towards the elderly people. The desire to be independent managers of the household is quite common among the aged for prestige (Crocker, 1970). But managing independently the household brings in its wake many problems for the aged.

The routine act of managing a household becomes a burden and a hurdle to the homemaker and head of the family with the limited human and material resources. The diminished energy at this stage rebel against acceptance of any new challenges in life. Loneliness and isolation though a created problem could not be borne with. The old couples are always hungry for family ties. The urge for respect and recognition which they once had in abundance could not be met. The needs to belong, to be loved, needed, useful and esteemed do not decrease with age. It is ironic that our culture and social tradition encourage the parents to live for the future of children through many years of self denial and then play such cruel game with the youngsters in the later years for a decent living. In a society that designates activities and purposefulness to age, the elderly have to live in an 'empty nest'.

The problem of aged becomes a global problem. With increase in average expectation of life never before has so many people lived into old age. The society has to break new grounds by studying presently the problems of old age. (Clark, 1984). The international assembly on the care of the aged held in Vienna in the year 1982 had spotlighted the problems of the aged families in the developed as well as in the developing countries. It called attention of the government and the social and educational institutions to study and identify the behavioural practices and problems of the aged in the house and in the society, so that policies could be drawn based on their needs.

It is rightly emphasized by Nair (1982) that any nation should be judged how it treats three groups of its population 'those in the dawn of life, its young; those in the twilight of life, its elderly; and those in the shadow of life, its disabled'.

More than the limited area of governmental measures as pension, gratuity, provident fund, social security and welfare measures the aged still needs care for adequate nutrition, good housing, proper community facilities and above all due recognition.

Home Science is a profession that is committed to the betterment of the human and living conditions of persons of all ages. It is essential that one should focus attention to take care of the senior citizens - the aged. Research in this area will continue to add to the knowledge of the intricacies in the pattern of family living of the aged. Studies related to the management of household by the beginning and expanding family in the different stages are available to fall back upon. Household management by the elderly had been an area untouched by the home science students of Sri Avinashilingam Home Science College, Coimbatore. Hence as an advanced student of Family Resource Management the investigator had taken up an indepth study to explore the managerial practices and problems of the aged homemakers with the following objectives:

- i) Study the values and goals held by the families.
- ii) Find out the decision making practices of the homemakers.
- iii) Analyse the managerial practices with special reference to time, money and energy.
- iv) Understand the managerial problems involved in homemaking.
- v) Explore the need and acceptance of old age homes.

It is hoped that the study may throw light on the management of the home by the aged homemakers for the benefit of students and policy makers.

Review of Literature

II REVIEW OF LITERATURE

The literature pertaining to the study on the managerial practices and problems of aged homemakers consists of the following aspects:

- A. Meaning of family life cycle
- B. Concept of old age
- C. General problems of old age
- D. Management practices and problems of old age

A. Meaning of family life cycle:

Family is the basic unit of society and is the cradle of culture. A family will be regarded as a group of persons related by blood, marriage or adoption, residing together in a dwelling, sharing a common table and receiving its support from a common purse (Agan 1970).

Each family is at a stage in the normal cycle of family life, (Bell and Vogel, 1968). Morris and Winter (1978) define family life cycle as a conceptualization of the stages of family life in terms of changing age and sex composition of family and changing goals and norms that accompany these changes. Duvall (1977) says the family life cycle used as a frame of reference affords a longitudinal view of family life. It is based on the recognition of successive phases and patterns as they occur within the continuity of family living over the years.

The life cycle is divided into periods on the basis of certain important characteristics like physical growth, development, maturity and decline (Sorenson et al,1978).

Gross, Crandall and Knoll quoted Feldman and Feldman (1980) consider a two stage family life cycle including the expanding family stage and the contracting family stage. Mickell and Dorsey (1967) and Gross and Crandall (1960) classify the family life cycle into three major stages, the beginning family, the expanding family and the contracting family. A family starts with two relatively young persons, grows normally into a larger group of assorted ages and returns to a group of two older individuals followed by several years of companionship till one dies.

Sorokin (1931) discussed a four staged family life cycle based on the changing family members constellation within the family.

1. Married couples just starting their individual economic existence.
2. Couples with one or more children.
3. Couples with one or more adults, and self supporting children.
4. Couples growing old.

According to Duvall (1977), there are eight stages in the family life cycle.

1. Married couples without children
2. Child bearing family
3. Family with preschool children
4. Family with school children
5. Family with teenagers
6. Family with launching adult
7. Middle aged parents
8. Aging family members

A family economist Siglow (1961) also listed eight sub stages totally in the three stages of life cycle.

- | | |
|-------------------------|---------------------------------------|
| 1. The beginning family | Period of establishment |
| 2. Expanding family | a. Child bearing and preschool period |
| | b. Elementary school period |
| | c. High school period |
| | d. College period. |
| 3. Contracting family | a. Period of vocational adjustment |
| | b. Period of financial recovery |
| | c. Time of retirement |

Stage I Beginning family

The beginning stage is a period of adjustment and establishment of home life after marriage (Bonde, 1950). Heeflin (1960) indicates that many problems may come up during these first few months of marriage but fortunately they have resources upon which they can draw. Nickell and Dorsey (1967)

consider that the long time goals envisaged will influence the way of living and the manner in which their resources of time, energy and money are used throughout their married life. Lewis (1956) and Hill (1956) opine that during early marriage stage there is usually an optimistic feeling that every thing can be worked out successfully because human resources are abundant. This is the stage of enjoyment not only with home management but in all aspects of family relationship.

Stage II Expanding family

The expanding stage begins with the birth of the first child and ends when the last child leaves home. The first substage is designated as child bearing and preschool. They may have many new adjustments and problems to face. Expenses increase considerably not only in cost of having the baby but also for the special food and extra things, the doctor's services and extra help that is needed from time to time. The social life of the family is quite different from the previous stage.

According to Nickell and Dorsey (1967) the elementary period begins a series of overlapping experiences that cover the time when the children are about 6-11 years. During this period parents are primarily concerned with the educational and health needs of the children, with establishing an

environment in which the children will have a feeling of belonging, with providing nutritious food, suitable cloth and adequate housing for personal development as well as social and community contacts out of the home.

Hoeflin (1960) and Nickell and Dorsey (1967) state that the high school period includes the time when the children are 12-19 years of age. The parents are now occupied with helping the children through high school, vocational or trade school and assisting them in solving their personality, social, recreational and vocational problems to aid them in becoming independent and self reliant individuals.

Stage III Contracting family

Deacon and Firebaugh (1975) opine that the contracting family poses a period of uncertainty and adjustment for both parents and children. After the last child has grown up and left home, the aged couples are left in an empty nest (Duvall, 1977). Many couples use their first part of this period for making adjustments in their living environment. Gross and Grandall (1960) emphasize that debts that have accumulated over the busy years are paid off and saving for the future takes a large share of income if adequate.

The period of retirement normally at the age of 60 marks the aging family life. In old age the parents may become physically and mentally weak and carry on their life in unhappiness and self pity. Learning to engage in diverse tasks and hobbies throughout the years may make old age life a happy experience. The management problems in the contracting stage are unique in that resources as well as the demand on time are reduced markedly and are aggravated by the general characteristic exhibited due to age (Lewis, 1956; Biglow, 1961; Deacon and Firebaugh, 1975 and Nickell and Dorsey, 1967).

B. Concept of old Age

Last scene of all

That ends this strange eventful history,

Is second childishness and mere oblivion

Sans teeth, sans eyes, sans taste, sans everything

- Shakespeare

Aging is the normal and last stage of the life in every individual (Gupta, 1977). Wolman (1973) deals with old age as an expected condition of man. Lakshmanan (1961) states that old age is the changing condition of body and mind which varies from individual to individual. Old age is the closing and last period in the life span (Updegraff, 1968). Pitunas (1972), Ramasubramanian (1974) and Hardikar and Bhatia (1983) feel that age is after all, only a relative term. It is difficult to draw

a clear cut line to divide middle from old age.

Koller and Conse (1969) state that the stage of old age begins when the Federal Government choose persons at a particular age when security payment and old age benefits could be obtained. According to Rai (1961) and Hurlock (1982) 'old age' begins at the age of sixty and extends to the end of life. As per Sinclair (1969) those who are aged ninety and over may be regarded as 'very old'.

Khan (1970) remarks that old age is an integral part of the whole, bringing fulfilment and self actualization. A survey conducted by Chandra (1970) reveals that old age is a period of achievement, the worlds great achievement have been accomplished by men over 60 years. Schefer (1975) and Kapadia (1976) consider old age, as a period of respect and reverence due to their knowledge and experience. Aged members were held high in society as embodiment of culture and values (Adisheshia, 1982).

The number of the elderly has been increasing steadily all over the world. Those aged 60 and over contribute to 4 per cent of the countries' population (Chebotoren, 1982). The Indian census reveals that 27.5 million people were over the age of 60 and above in the year 1951, 25 million in 1961,

33 million in 1971 and in 1981 the figure rose to 40 million (Chandra, 1970; Rao, 1981; and India Year Book, 1984).

In the view of Hurlock (1982) old age is characterized by certain physical and psychological changes that affect family life. The effect of these changes determine to a large extent whether elderly men and women will make good or poor personal and social adjustments at home and in society. The characteristic of old age, however, are far more likely to lead to poor adjustments than to good and to unhappiness rather than to happiness.

According to Crow and Crow (1951) and Hurlock (1982) the profile of old age includes wrinkling of skin, graying of hair, stooping of shoulders, slow walking pace, loosing of teeth, speech problems, rough skin condition and are either overweight or underweight. According to Devadas and Jaya (1984) the physical conditions depend upon heredity, constitution, temperament, the manner of living and emotional factors.

The period during old age is characterized by mental health decline which is slow and gradual. Decline comes partly from physical and partly from psychological factor (Duvall, 1977). Devadas and Jaya (1984) opine that there is a slowing down of memory and other mental abilities due to aging. Good Enough and Tyler (1959) state that the physical health and mental activity of person over 70 may decline to 50 per cent.

Along with the above characters, Shopoliah quoted by Hartley and Hartley (1958) and Devadas and Jaya (1984) list the general characteristics as the feeling of inadequacy, rejection, anxiety, boredom, restlessness, apathy, negativism, narrowing interest, regressive tendencies, deterioration of sense faculties, loneliness, ill health, worry, feeling of insecurity and above all exhibiting an exhausted and weary life.

Individual differences are especially great among the aged. Some are miserable, others are enjoying the best years of their lives. Some continue working into the seventies or longer, others retire in anticipation of 'living it up' after a lifetime of hard work. Some older people are rigid and ineffectual in coping with change, others enjoy the continuing challenges of life. Some are depressed and self-pitying, others are optimistic and outgoing. The future may bring with it attitudes of greater tolerance and social permissiveness (Duvall, 1977 and Ann, 1981).

C. General problems of old age:

The problem of old age tends to be multiple rather than single and is steadily increasing in its magnitude. A study by Soodan (1973) of the aged has revealed the following areas in which the aged have needs and face problems and therefore require help.

- a. Financial assistance is the principal kind of help needed most by the majority of the aged.
- b. Medical and health needs arising out of their affection with diseases and physical handicaps and their indifference towards their state of health.
- c. Adjustment problem arising out of their changing roles and status in the family and the community.
- d. Recreation needs.

The major problems of old age as mentioned by Sommers and Shields (1979) and Nair (1982) include poverty, isolation, poor physical and mental health and lack of affordable housing. Crime against the elderly, transportation and institutionalization of elderly are problems met by the modern society. Loss of interest in personal life and family responsibilities laid them to be contented with what they have, without having further aspirations. Rai (1961) considers health and retirement problems as the immediate problems of old age people who are above sixty years.

The frequency of all types of illness in old age is very high. The diseases of respiratory tract and digestive disorders are more frequent. Folson (1963) states that old age is prone for diabetes, cerebral hemorrhage and tuberculosis. Accidents cause a major health problem at this critical years.

Hurlock (1982) puts forth the general health problems as loss of resistance of body tissues, brittling of bones, tissue drying, cellular atrophy, increase in the connective tissue and fat, degeneration of functional cells, the enlargement of heart and stiffening of arteries. According to Phillips and Gipson (1957) old people recover slowly from diseases. There is a weakening of sight and hearing. As the senses grow duller, artificial aids to compensate the weakness is necessary.

Raju (1982), Ghosal (1982) and Devadas and Jaya (1984) emphasize that leaving aside physical diseases, the most serious problem of the age is failing mental power. In old age mental difficulties are more acute than the physical. As physical health goes down, the mental urge for recreation, sympathy, and acceptance grows higher. Living becomes hazardous to this group with the feeling that their days of usefulness are over and should be pushed aside to make way for younger people (Berry, 1976).

Medical care is valuable both for easing discomfort and prevention and slowing down of difficulties. Solberg (1954) and Christensen (1958) declare that those who have good health and strength adjust better and have satisfying human relationship.

Many regret for retirement, as the status of adults depends upon his holding a position or gainful employment.

The retirement involves loss of work, position or status, and a shift from productivity relationship to an unproductive relationship and a loss of significant activity. So this makes them feel bored, causing a decline mentally at this age (Koller and conse, 1969).

An empirical survey done by Landies (1960) revealed that people if continued with some of regular work are much better in adjustment than those who do not work. But according to Zubek (1954) those who welcome retirement are less well adjusted than those who resist.

Mani (1980) remarks that mental retirement is worse than physical. The psychological impression of retirement makes the man dependent, dull and lonely inspite of what health he possesses. Menon (1980) and Nair (1982) enumerate that loneliness, feeling of neglect and the sense of being unwanted crop up during this age whether man or woman. The need for security, recognition, respect and independence bring in its wake many adjustment problems in harmonious family living when the old do not achieve it. Havighurst (1974) pointed out that in the latter part of the life many people are unhappy and dissatisfied because of their isolated living.

Alan (1978) warns about two major problems felt by old aged at all time as generation gap and isolation. Most

of the people suffer from lack of respect and indifferent attitudes from youth, though in India the grand-parents still feel themselves to be an integral part of the family group. According to Burgess (1965) there arises conflicts between parents and the grown up children and the mother-in-law and daughters-in-law which leads to disharmony in family living. Saraswathi et al (1982) opine that the negative attitude towards aging and the aged are held by the younger section of the population. A negative self image inturn leads to adjustment problems mainly enhanced by generation gap.

Loneliness is the problem of aged persons who live in their own homes independently without having friends or relatives visit them to make the home life a lively one. Mani (1980) pinpoints that almost universally the characteristic sequence of events that occurs among the aged is cultural rejection, self rejection, anxiety and panic, psycho-physiological exhaustion and unrealistic preoccupation. Good enough and Tyler (1959) state that they are often more selfish, demanding, unwilling to do their share of work and are more conservative and religious.

A review of Burgess (1965) about old people of 60 to 90 years points out the following general problems as decreased companionship, less participation, increased physical handicaps and a higher feeling of economic insecurity leading to isolation and rejection in family life.

D. Management practices and problems of old age

The homemaker who is the pivot in the home has to deal with activities related to food, clothing, shelter, furnishing, health, care of family members and manage the resources, time, money and energy. Good management practice include intelligent awareness of values one holds, proper setting of goals, making of wise decisions and effective use of available resources for happy home life (Goodyear and Elohr, 1964).

The desire to be independent manager of the household is quite common among the aged (Burgess, 1965 and Crocker, 1970). The process of management, planning and implementing needs to be altered considerably depending upon the ability of old age (Soodan, 1971). Money management is the key to successful and happy family life. To quote Clark Jibbelts of the U.S. Department of Health, Education and Welfare (1977) and Mani (1980) the principal resource problems faced by the individual are maintenance of income to meet the requirement of active and healthful living and discovery of new occupations.

Gross and Crandall (1960) emphasize that the resource money is greatly reduced during this stage. Due to the fall in the purchasing power and rise in the medical needs, high expenses are to be met. Moreover, social security benefits are too small for most retired persons to live by themselves.

Inadequate monetary support in old age makes the aged feel insecure. As he has not saved for his old age he becomes dependent in his old age. Naturally the aged become economically paralysed. (Mani, 1980). Frustration and emotional deprivation accompany the loss of earning power through forced retirement, illness or reluctance of employers to hire older worker (Chowdhry, 1966).

Retirement brings in its wake managerial problem related to time. (Desai, 1972). Many people find retirement a traumatic experience because they must discontinue their careers and be idle. They are at a loss as to how to spend their time. There is a favourable side of the retirement year too (Crampton and Kaiser, 1978). Retirement can be a rewarding experience. There are many who anticipate and enjoy engaging in activities for which they had little time during their working years. They have time to travel and visit people and places which they have longed to see. They can devote themselves to hobbies, books and special interest (Borenson, 1978).

Christensen (1958), Gross and Crandall (1960) and Nickell and Dorsey (1967) remark that the homemaker especially feels relaxed with increased amount of time for herself. Leisure time is an important part of the total pattern of living.

The old age has opportunities and time to participate in community activities. Old age should include opportunities for individual meditation and religious expression found helpful in developing spiritual growth. Indulging in suitable hobbies helps to spend the abundant time at their hand in an interesting manner.

King (1961) states that the amount of energy that each person has for work and other activities depends on physical heritage and physical and mental health. Meghabati (1982) studied that the feeling of fatigue was common among all homemakers, but aggravated by age and number of members and duration of performance of each activity without rest. Old age represents diminution in potential energy. The Basal Metabolic Rate is decreased as aging takes place and hence aged homemakers become depressed and feeble in working (Steidl, 1968).

Altrocchi (1980) says depression in all degrees of severity are more frequent in old age than in any other time of life. Devadas and Jaya (1984) opine that due to weakening of regulatory mechanism, body temperature is affected and consequently the strength and work capacity decreases. Old people, as they are not having the required energy to carry on the daily chores become fatigued more easily.

Perham (1980) says that many elderly homemakers living alone are not fit enough to cook their own meals or to get out to shop and they are not in a position to employ some one for this job.

Malone and Malone (1958) opine that housing becomes increasingly important as persons grow older since it affects the quality of their lives. The living arrangements greatly affect the management of their energy and time. Khun (1970), Lawton (1975), Montgomery (1978), Salmon and Salmon (1979) and Hurlock (1982) put forth that as the individual spends more hours in home than he did earlier, restricted living arrangement leads to discontent and restlessness. Moreover the declining of motor co-ordination combined with poor sense of equilibrium in old age may readily result in falls and accidents if housing is not conducive for old age. Provision of comforts and convenience in the houses for better management of the resources is a dire necessity.

According to Bennett (1976) the use and management of community facilities like park, library and open grounds add sparkle in the life of aged.

Experimental Procedure

III. DESIGN OF THE STUDY

The design of the study on 'Managerial practices and problems of aged homemakers' included a survey with the following procedures.

- A. Selection of sample
- B. Selection of method
- C. Formulation of tool
- D. Collection of data
- and E. Presentation of the data.

A. Selection of sample

Fifty families were selected for the survey based on purposive sampling method where the investigator deliberately chooses certain particular items from the universe related to the study as indicated by Shukla and Gulshan (1971).

Hurlock (1982) opines that the last stage in the family life span normally begins at the age of sixty and this is considered one of the transitional and critical periods in family living pattern. The age ninety and above is considered 'very old' and life becomes highly miserable. (Sineair, 1969). In order to study the managerial practices and problems of aged homemaker the following criteria formed the basis of selection of samples.

1. The heads of the families and home makers belonged to the age group between sixty and ninety.
2. The aged couple lived separately away from children managing the household independently.

For the collection of data, Coimbatore City and its suburbs were chosen, as the required sample could be collected by enquiry through various members in an easy manner and approach was possible.

B. Selection of method

Details regarding the managerial practices and problems of oldage were collected by interview method considered the best and effective by Sukhia et al (1976). Interview as a research tool, is an oral method where by the subject supplies needed information in a face to face relationship.

C. Formulation of tool

An interview schedule was prepared for the collection of data which called informations emphasizing the points such as general socio-economic background of families, values and goals held, decision making pattern, managerial practices related to time, money and energy and managerial problems of the household .

The prepared schedule was prechecked in ten households for its accuracy and checking of response by a trial survey. Necessary modifications were done and the finalised schedule is presented in Appendix I.

D. Collection of data

Direct personal interview was followed by the investigator to collect the required data, since it is the most desirable method for gathering data from human population (Gupta, 1984). After winning the confidence of the homemakers and heads of the families the investigator approached them at leisure and necessary informations were collected and recorded.

E. Presentation of data

The collected data were analysed, tabulated and presented in Results and discussion-Chapter IV.

Results and Discussion

IV. RESULTS AND DISCUSSION

Results of the study on the managerial practices and problems of aged homemakers are discussed under the following headings:

- A. Socioeconomic background of families
- B. Values and goals
- C. Decision making patterns
- D. Managerial practices and problems
- E. Management pattern during special events
- F. General problems of homemaking
- and G. Opinion with regard to oldage life.

A. Socioeconomic background of families:

The socioeconomic background of the selected families included informations on general family background, the present occupation and income status, ownership of residence and status of children.

1. General family background:

The general family background consisting of information on age, educational status, occupation held and income received earlier at the time of retirement is presented in Table I.

TABLE I
GENERAL FAMILY BACKGROUND

S.No.	Particulars	Heads of the families		Homemakers	
		Number	Percentage	Number	Percentage
1.	Age				
	60-70	17	34	34	68
	70-80	22	44	12	24
	80-90	11	22	4	8
2.	Educational status				
	Illiterate	5	10	16	32
	Primary level	17	34	15	30
	High school level	8	16	12	24
	Intermediate level	10	20	4	8
	College level	7	14	2	4
	Professional	3	6	1	2
3.	Occupation held				
	Agriculturists	18	36	-	-
	Businessmen	11	22	-	-
	Teachers	8	16	1	2
	Clerks	4	8	-	-
	Professionals	3	6	1	2
	Others	6	12	-	-
4.	Income received earlier in Rs. per month				
	Less than 5000	17	34	-	-
	1000-2000	13	26	1	2
	2000-3000	20	40	1	2

The majority of homemakers and heads of the families belonged to the age group of 60-90. It is admirable to note that the members who belonged to the age group of 60-90 lived separately and managed the household in an independent manner.

The educational status indicated that illiteracy was a curse prior to freedom. Thirty two per cent of the homemakers and ten per cent of the heads of the families were purely illiterate. It gives a sense of pride to note that six per cent of women and 20 per cent of men had college education including the professional degree even during that period.

The status of occupation reflects that all women were fully engaged in managing the household except two members who came out for outside employment. Women taking up outside employment were rare due to lack of educational and employment opportunities.

The heads of the families pursued either business or agriculture as their occupation. Only twenty-four per cent were either teachers or clerks. With their professional qualification, six per cent followed practicing medicine and did engineering consultation. The others were either army men and industrial workers.

The monthly income received last at the time of retirement or at the age of sixty was within a range of *Ruppes* hundred to three thousand. While 34 per cent received an income less than thousand, 40 per cent had received an income with in a range of Rs.2000-3000 per month. Every member could recollect their income at the time of appointment nearly 40-50 years back as less than Rs.100 or 200 per month.

2. Present sources of income:

The present sources of income and the income received per month is given in Table II

TABLE II

PRESENT SOURCES OF INCOME AND INCOME RECEIVED PER MONTH

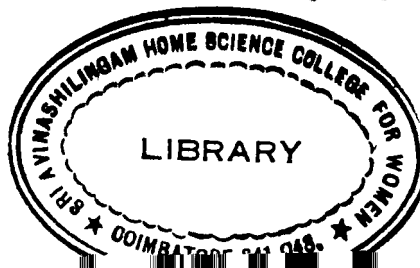
S.No.	Particulars (Income in Rs)	Households		Percentage based on 'N'
		Number	Per cent	
1.	Pension (N:22)			
	100-300	3	6	14
	300-500	10	20	48
	500-700	8	16	38
2.	Business (N:8)			
	500-1000	1	2	13
	1000-1500	2	4	25
	1500-2000	4	8	50
	2000-2500	1	2	12
3.	Agriculture (N:18)			
	1000-2000	5	10	23
	2000-3000	13	26	72
4.	Professional (N:2)			
2000-3000	2	4	100	
5.	Rent (N:1)			
2000-3000	1	2	100	

The sources of income received by the family for their general maintenance included pension, business, agriculture, rent and professional service. While a majority of forty two per cent received pension as the major source of income, agriculture was the major source of income to the land lords and the agricultural workers. Among the pensioners 62 per cent received an income of less than Rs.500 per month. Though income received from agriculture seemed too high, it was stated by the agriculturists that the amount had to be returned to land again for cultivation. Only a minority had income from rent and their personal services (Doctor). The business people could also earn an income between Rs.500-2000 per month.

It was also mentioned by forty four per cent of the families that they had bank balance and the interest was kept aside for emergency and medical needs for the future. Only 20 per cent of the families were satisfied with their present economic status as they could atleast receive Rs.1000 per month. The future health hazards always frightened them.

3. Ownership of residence:

Sixty eight per cent of the households lived in owned houses while 32 per cent were staying in rented houses. No family had moved from owned house to rented house just because their resources were limited. The members in the



rented house did not have the aspiration to own the house since they could have neighbours as co-tenants for help in times of need. A few members who lived in their own houses felt to give a portion of house for rent to get a regular income. Majority of the families were residing in the city of Coimbatore for convenience and to be near the place of residence of any one of their children.

4. Status of childrens

The status of children is revealed in Table III

TABLE III

STATUS OF CHILDREN

S.No.	Particulars	Male (N:83)		Female (N:39)	
		Number	Per cent	Number	Per cent
1.	Number of children	83	68	39	32
2.	Married	71	86	37	95
	Unmarried	12	14	2	5
3.	Education				
	Illiterate	5	6	11	28
	Primary school level	6	7	5	13
	High school level	7	8	3	8
	Higher secondary level	6	7	4	10
	College level	48	59	14	36
	Professional	11	13	2	5
4.	Occupation				
	Unemployed	5	6	28	72
	Professionals	11	13	2	5
	Teachers	11	13	6	15
	Clerks	18	22	2	5
	Government/officials	34	41	1	3
	Others	4	5	-	-
5.	Place of Residence				
	In the city	46	55	9	23
	In the state	21	25	21	54
	Other states	12	15	3	8
	Other countries	4	5	6	15

Majority of the families (84 per cent) had followed the small family norm excepting 16 per cent who had four children in the family. While 42 per cent had one or two children, the rest had three children. Among the total, 122 children^d in the 50 households, 68 per cent were males and 32 per cent were females giving a special feature of male domination in the families.

Majority of males (86 per cent) and females (96 per cent) were married, ^{excepting a few} Either they kept studying or working in other countries wanting a delayed marriage. Seventy two per cent of male children and 41 per cent of female children had college education including the professional degree. This showed the educational improvement among the next generation due to the government's educational policies and the awareness of members about the need for education. Figure 1 compares the educational status of the aged parents and their children.

While 94 per cent of the males were employed as doctors, engineers, teachers, clerks and government officials, the majority of females (72 per cent) were unemployed. Teachers, doctors, stenographers and clerks were the common employment position undertaken by women.

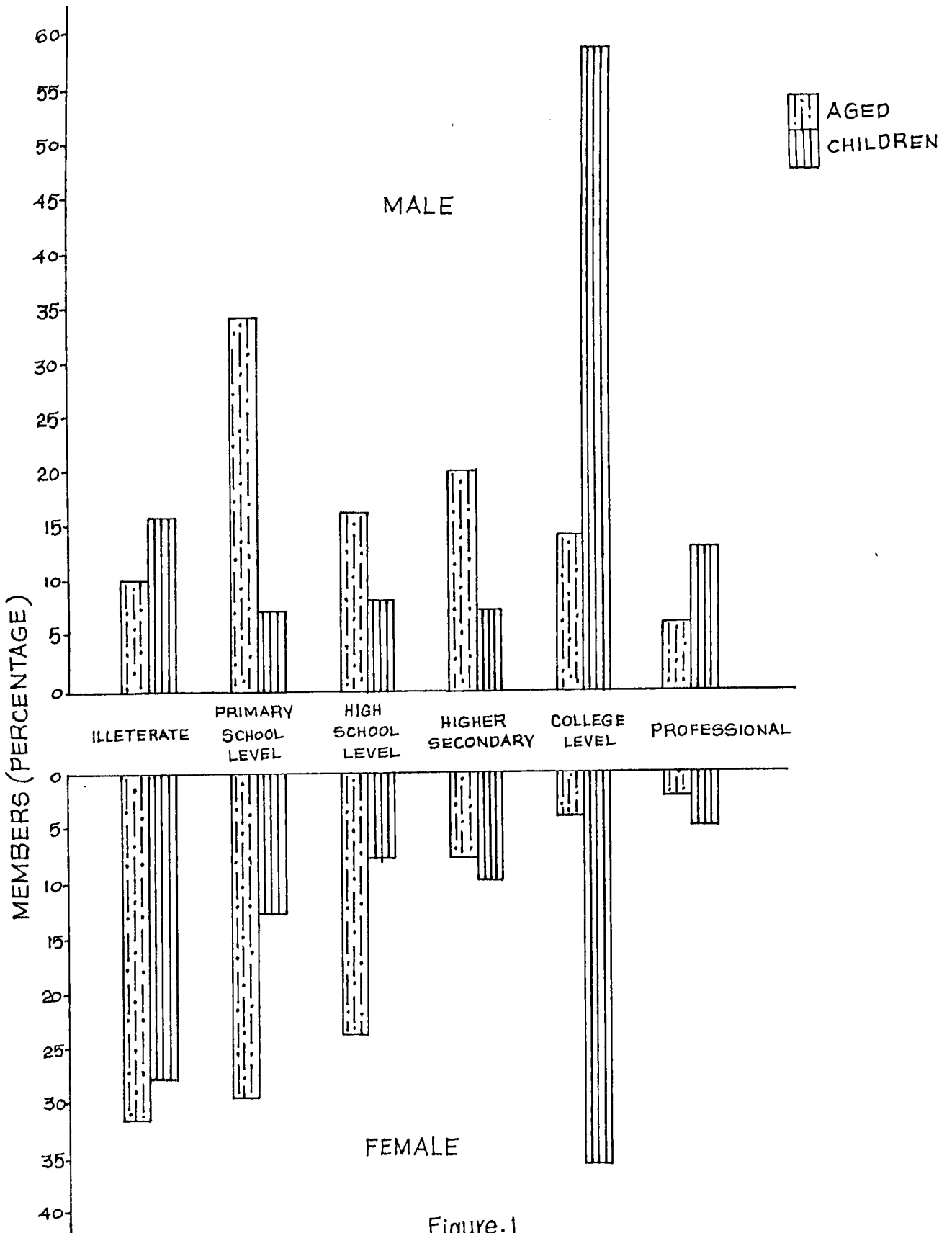


Figure.1
EDUCATION STATUS OF THE AGED AND THEIR CHILDREN

Fifty five per cent of male children and 23 per cent of female children were residing in and around the city of Coimbatore . The possibility of maintaining close link between the parents cannot be over looked. Twenty five per cent of males and 54 per cent of females were living in other districts within the state. While 15 per cent of males and eight per cent of females were living in other states, five per cent of males and 15 per cent of females were living in other countries, due to the employment opportunities. The settling of more ladies in foreign countries revealed the parents anxiety to give the daughters in marriage alliance to bridegrooms of good prospects.

B. Values and Goals:

The families had up-held certain values for happy life. The goals set by them had a basis over the value pattern.

1. Values:

Values provide the underlying meaning that give continuity to all decisions and actions. Values grow out of human interests and desires. The values which were accepted as essential for family life by the old is given in Table IV

TABLE IV

ESSENTIAL VALUES HELD BY HOMEMAKERS FOR FAMILY LIVING

S.No.	Values	Households	
		Number	Per cent
1.	Love and affection	45	90
2.	Health	38	76
3.	Helping nature	30	60
4.	Knowledge	29	58
5.	Efficiency	29	58
6.	Respect for culture and tradition	28	56
7.	Truth	25	50
8.	Cleanliness	24	48
9.	Skill and ability	21	42
10.	Religion	15	30
11.	Aesthetic sense	12	24

The majority of the homemakers and heads of the families accepted love and affection as the essential values for family life. Health was considered as the next major value for living. True to their age and status in the family, the homemakers had expressed love and affection and health as the major values for decent harmonious living. Helping nature, knowledge, efficiency, culture and truth were also maintained by the homemakers as important values (Figure 2).

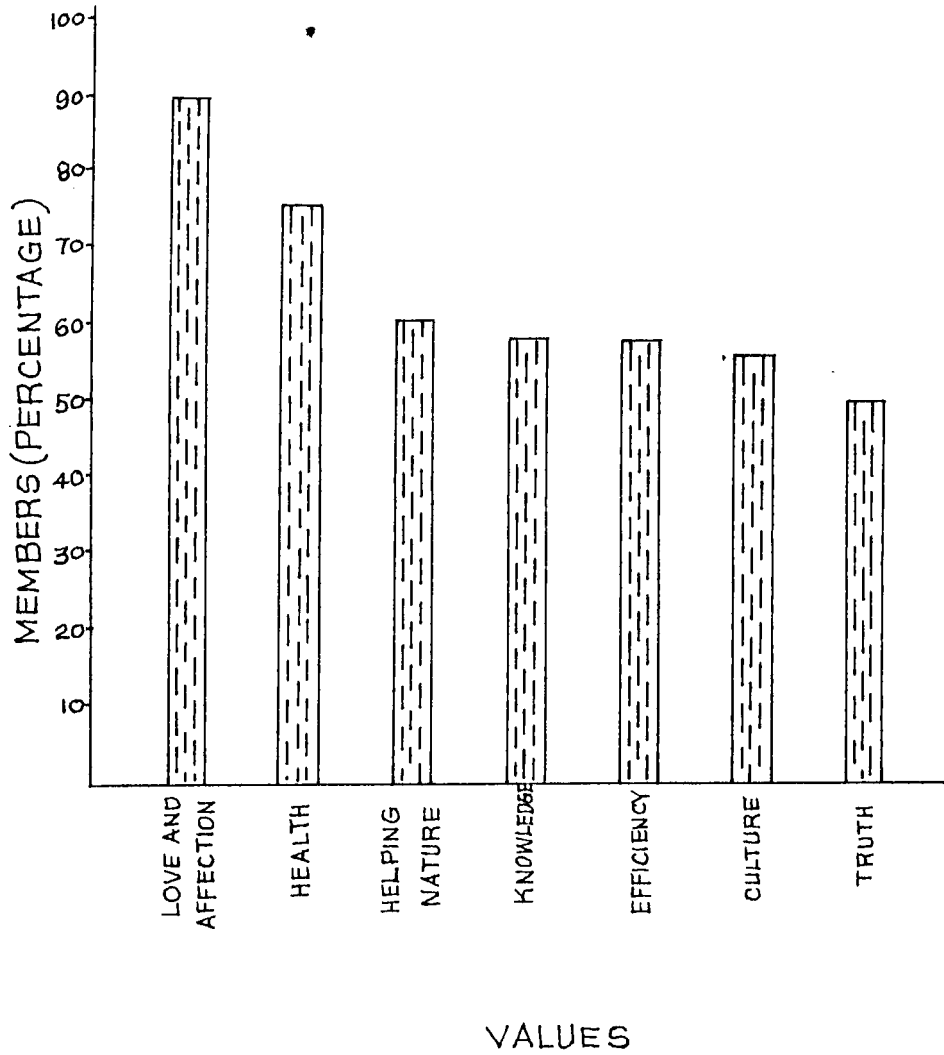


Figure.2

ESSENTIAL VALUES HELD BY HOMEMAKERS FOR FAMILY LIVING

Aesthetic sense did not have a great role to play in their life. Only 24 per cent had felt the need for religion as an essential feature. The heads of the families had full agreement with the homemakers' view points.

Opinion on values of the present generations:

The families observed definite changes in the value pattern of present generation. According to them, the youngsters had both 'good' and 'bad' values.

Independence, sociability, thirst for knowledge and awareness of present social problems, skill and ability related to employment and economy are the good values exhibited by the present generation. At the same time, they had commented on certain values which are considered not conducive for living such as too much freedom, deterioration of moral standards and negativism towards elders. The present society's trend, the effect of mass media and communication and the educational experiences had influenced the value changes. In this fast moving world youngsters did not stop for elders views and had felt that the value clash existed due to wide generation gap.

While considering the value pattern between the spouses, it was opined by the homemakers that the values at this stage of life were similar between the husband and wife. Since long years of living together had given them much learning experiences, the majority had mellowed down to meet even the slight conflicting situations.

2. Goals:

A goal calls up mental pictures of something which the individual or family wants and will work to bring about. The major goals set by the households are given in Table V.

TABLE V
MAJOR GOALS SET BY THE HOUSEHOLDS

S.No.	Goals	Total	Achieved		Not achieved	
			Number	Per cent	Number	Per cent
1.	Beginning family					
	Earn adequate income	50	50	100	-	-
	Save for future needs	50	28	56	22	44
	Plan the family	44	39	89	5	10
	Maintain good health	10	10	20	-	-
2.	Expanding family					
	Build new house	40	30	60	10	20
	Educate their children	46	33	66	13	26
	Conduct daughters marriage	42	42	84	-	-
3.	Contracting family peaceful life	50	44	88	6	12

Beginning family is the starting period of life at which time they had lot of expectations of life. The major goals set by them were earning adequate income, saving for future, planning the family and maintaining good health, while all had satisfactions in achievement of adequate income, only 56 per cent could save adequate amount for their future. The homemakers also maintained that they could not restrict the family as planned in the beginning family. Any way the concept of small family norm is imbedded in the minds of this selected groups.

In the expanding family, children's education, daughters' marriage and building new house for their future comfort were the main goals. It is gladdening to note that all had achieved these goals except 10-15 per cent as they were financially handicapped.

The main goals set by the contracting family at this old age was only leading a peaceful life. Only 12 per cent men and women were unable to achieve their goals because of poor health, illness and disharmony with children. Financial inadequacy though present was not considered a major hurdle by the elders. Managing with available resources was a major idea followed by them to achieve peace in living.

Still they had aspiration with regard to their children's status, grand children's education, health and achievement and for enhancing their income sources. Though the old age couples stated that they could achieve peaceful living, life at every stage is filled with new aspiration to attain, and the thoughts of future were always lingering in the mind causing tension to a certain degree.

C. Decision making patterns

Men and women in meeting their managerial problems in the home are constantly faced with situations that require decision and action. The nature of decision making among old age included information on the role of the family members in the decision making process, types of decision taken and the degree of satisfaction with regard to decision making in the major areas.

1. Role of family members in decision making practices:

In every family, all the family members were involved in decision making either by themselves or by force. The contribution of the family members in decision making is given in Table VI.

TABLE VI

ROLE OF FAMILY MEMBERS IN DECISION MAKING

S.No.	Particulars	Homemakers				Head of the family				Both			
		Past		Present		Past		Present		Past		Present	
		Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
1.	Food	50	100	50	100	-	-	-	-	-	-	-	-
2.	General purchase	18	36	33	66	32	64	17	34	-	-	-	-
3.	Clothing	32	64	50	100	18	36	-	-	-	-	-	-
4.	House keeping	10	20	10	20	5	10	10	20	35	70	30	60
5.	Money management	3	6	6	12	47	94	22	44	-	-	22	44
6.	Recreation	-	-	-	-	-	-	-	-	50	100	50	100
7.	Health	-	-	-	-	-	-	-	-	50	100	50	100
8.	Festival celebration and religious events	8	16	-	-	42	84	-	-	-	-	50	100

It is observed that decision making in the area of food and its related activities was mainly the responsibility of the homemakers. This shows that kitchen was the domain of the homemakers even at old age. On the contrary in the area of money management, 94 per cent of the heads of the families took the major decisions. A shift is seen in the old age family that 44 per cent of the families had both the head of the family and homemaker to decide over money matter. In the past as the bread winner of the family it is but natural that matters with regard to money were dealt by head of the family. A shift in the decision making practice from the past to the present was seen in the clothing management. The homemaker had the major role to play in decision making compared to the past. Recreation, health, festival celebration and religious events were decided by the head of the family and homemaker in consultation with each other.

2. Types of decisions

Decisions were planned following the various steps in decision making process only in the area of money management and house keeping. The other decisions were done quickly not giving serious thought about the pros and cons of decisions.

Majority of the homemakers were fully satisfied with their decisions while nearly 24 per cent felt that the decisions taken with regard to health, recreation, savings and home maintenance were not fully satisfactory. The circumstances, failing health, inability, and fear of the children prevented them from the proper decision as per their wish.

D. Managerial practices and problems:

The management practices and problems are discussed in relation to the major resources of time, money, energy and community facilities.

1. Time management:

The time management practices of homemakers details the time plan, time expenditure pattern, recreation facilities and problems faced by the homemakers.

A. Time plan

The details of the time plan concept is given in Table VII with the comparison of the past.

TABLE VII

NATURE OF TIME PLAN

S.No.	Aspects	Beginning family		Expanding family		Contracting family (aged homemaker)	
		Number	Per cent	Number	Per cent	Number	Per cent
1.	Time plan						
	Written plan	19	39	-	-	-	-
	Mental plan	31	62	50	100	50	100
2.	Adequacy of time						
	Adequate	50	100	35	70	46	92
	Inadequate	-	-	15	30	4	8

All the aged homemakers had only mental plan with regard to time management. In fact, they agreed that they did not concentrate on the usage of time since they did not have much activities to do as they had lead their life without the interaction of other family members.

A comparison of the general time management practices in the past as recalled by the members revealed that in the beginning families adequate time was available for conduct of household activities. Time was not at all adequate for 30 per cent of the families in the expanding stage due to the arrival of children. Eight per cent of the old age couple had

also felt inadequate time contrary to the belief that time was always 'surplus' to them. Body weakness, fatigue, inconvenience in the houses, inadequate materials and sickness of the husband were related as reasons for this condition.

While 38 per cent of the homemakers had written lists of jobs and series of projects (Kept by the husbands) in the beginning stages of their married life, the other stages had to give way for mental plans only.

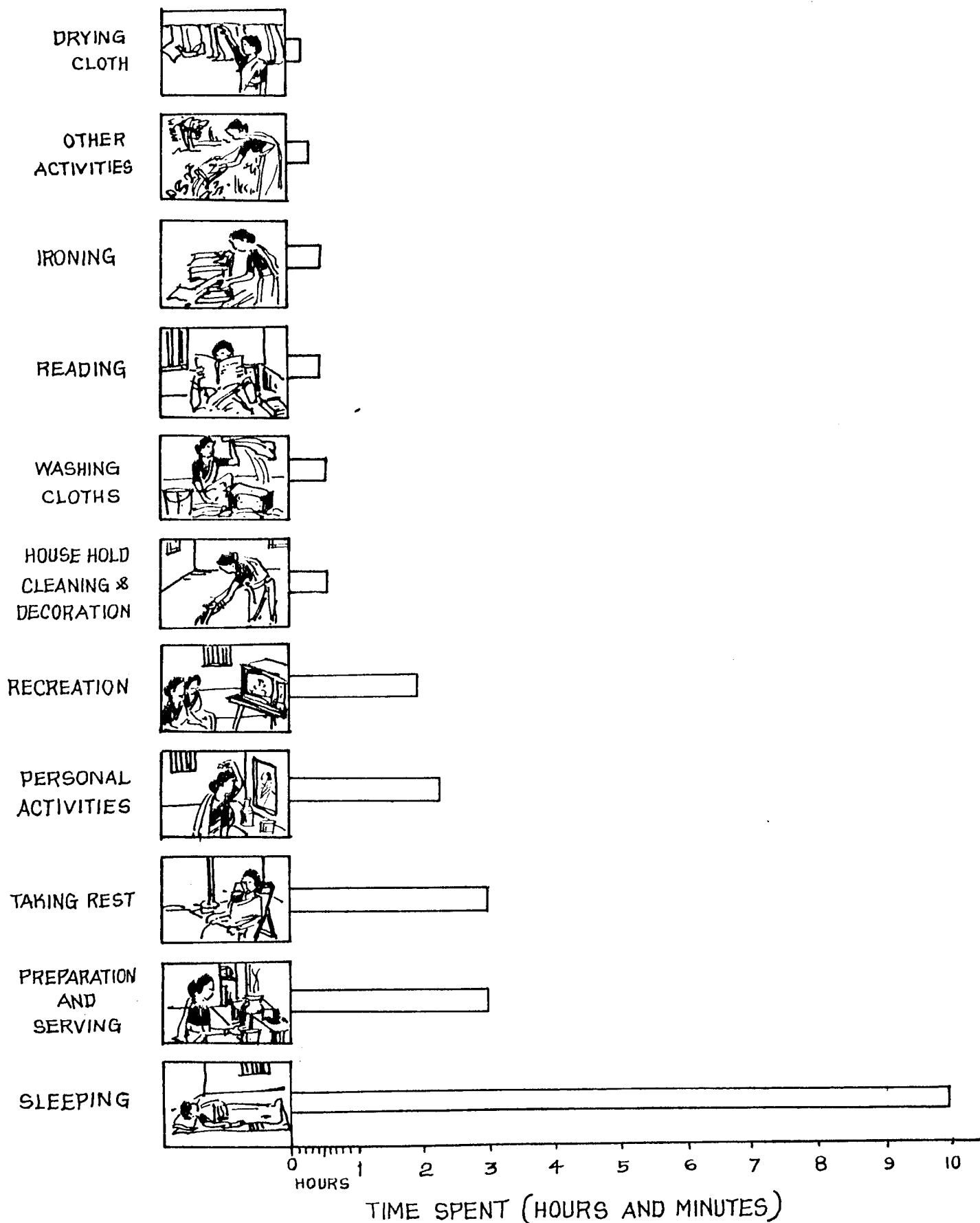
b. Time expenditure pattern:

Time expenditure pattern of homemakers in the old age is revealed in Table VIII and Figure 3.

TABLE VIII

AVERAGE TIME EXPENDITURE PATTERN OF HOMEMAKERS

S.No.	Particulars	Average time taken	
		Hours	Minutes
1.	Preparation, cooking and serving	3	00
2.	Household cleaning and decoration	0	50
3.	Washing clothes	0	50
4.	Drying	0	10
5.	Ironing	0	40
6.	Reading	0	50
7.	Taking rest	3	00
8.	Recreation	2	00
9.	Sleeping	10	00
10.	Personal activities	2	15
11.	Others	0	25



AVERAGE TIME EXPENDITURE PATTERN OF HOUSEHOLDS

Figure: 3

Homemaking entails a variety of responsibilities, duties and tasks to be covered within 24 hours.

The old age spent nearly 50 per cent of time in a day on restful activities such as recreation, resting and reading. Personal activities and cooking consumed one third of their time. For household cleaning and decoration they spent nearly an hour. This picturises clearly the drifting of the old age homemaker during this period from nonstop busy homemaker during the expanding stage with children around.

C. Recreation facilities:

Table IX highlights the recreation facilities available for the homemakers.

TABLE IX

RECREATION FACILITIES AVAILABLE

S.No.	Facilities	Households	
		Number	Per cent
1.	Radio and tape recorder	21	42
2.	Video and T.V.	7	14
3.	Story books	28	56
4.	Weeklies, magazines	16	32
5.	Journals	3	6
6.	Newspaper	23	46
7.	Not available	22	44

Fifty six per cent of the households possessed various recreational facilities as radio, tape recorder, T.V, books, journals and newspaper. Story books, news paper and radio were the popular recreational facilities available. Fourteen per cent of them had 4-6 items for spending their time. Majority of them purchased books, journals and news papers with their limited income. They were willing to spent nearly 3-4 per cent of their income on recreation facilities as they believed this would help them to pass their time without much of tension and boredom. It is a wonder that 44 per cent did not utilise any of these facilities and mentioned that religious thoughts were the main source of inspiration to them during leisure and when they took rest. They assigned such activities for youth to enjoy. Illiteracy might also be a feature for the situations.

d. Problems faced in time management:

Many of the homemakers faced problems in time management due to the lack of specific creative activities.

They had adequate time to do their household activities but did not have any work during leisure. Because of poor health, lack of interest and inability they could not indulge in extra creative activities, subsidiary occupation and art works.

2. Money management:

Managing the income is always an experience when it is limited. They received income from the properties owned, the pension given by the government and the private sector where they had worked prior to retirement. The aspect of money management is discussed under handling of income, money expenditure pattern and problems faced in money management.

a. Handling of Income:

In majority of the houses both the heads of the families and homemakers handled the income. Since many of them had limited income, handling the money by both the bread winner and housewife was convenient to them. Only in 28 per cent of the houses the family's income was handled either by heads of the families or by the homemakers.

Regarding budget, none had written the budget for the expenditure pattern though four per cent mentioned that they had estimates for money expenditure, but did not follow strictly the plan.

All were cautious to spend wisely as they knew emergencies might arise at any time.

b. Money expenditure pattern

The spending pattern of income by the aged is given in Table X.

TABLE X

AVERAGE MONEY EXPENDITURE PATTERN OF THE HOUSEHOLDS

S.No.	Particulars (Expenditure in per cent)	Households		Average percentage
		Number	Per cent	
1.	Food			
	0-25	13	26	
	25-50	23	46	47
	50-75	8	16	
	75-100	6	12	
2.	Shelter			
	Owned (N:34)			
	0-5	12	35	
	5-10	19	56	
	5-15	3	9	5
	Rented (N:16)			
	10-20	9	56	
	20-30	7	44	16
3.	Clothing			
	0-5	32	64	
	5-10	18	46	4
4.	Fuel and other household maintenance			
	1-3	8	16	
	3-5	29	58	5
	5-7	6	12	
	7-9	8	16	
5.	Health			
	0-10	39	78	
	10-20	11	22	8
6.	Transport			
	1-3	42	84	3
	3-5	8	16	
7.	Recreation			
	1-3	18	36	
	3-5	20	40	4
	5-7	12	24	
8.	Social and religious activities			
	1-3	27	54	
	3-5	23	46	4
9.	Saving (N:23)			
	1-3	9	40	
	3-5	6	26	4
	5-7	4	17	
	7-9	4	17	

Food was the main item on which the major portion of the expenditure was based. Nearly 50 per cent of the income was spent on food. The remaining amount had to be allotted for all the other items such as shelter, health, household maintenance, recreation and so on.

For shelter, 21 per cent of the income was spent, while five per cent was spent for maintenance, decoration and repairs by those who lived in owned houses, 16 per cent of the income had to be expended by the rented householders as rent took away a high share of income.

The fact that eight per cent of the income was spent for health indicate that aging as the period for starting many health disorders required medical attention. The general check up and care of the ailments necessitated expenditure on physician, medicines and special health tonics.

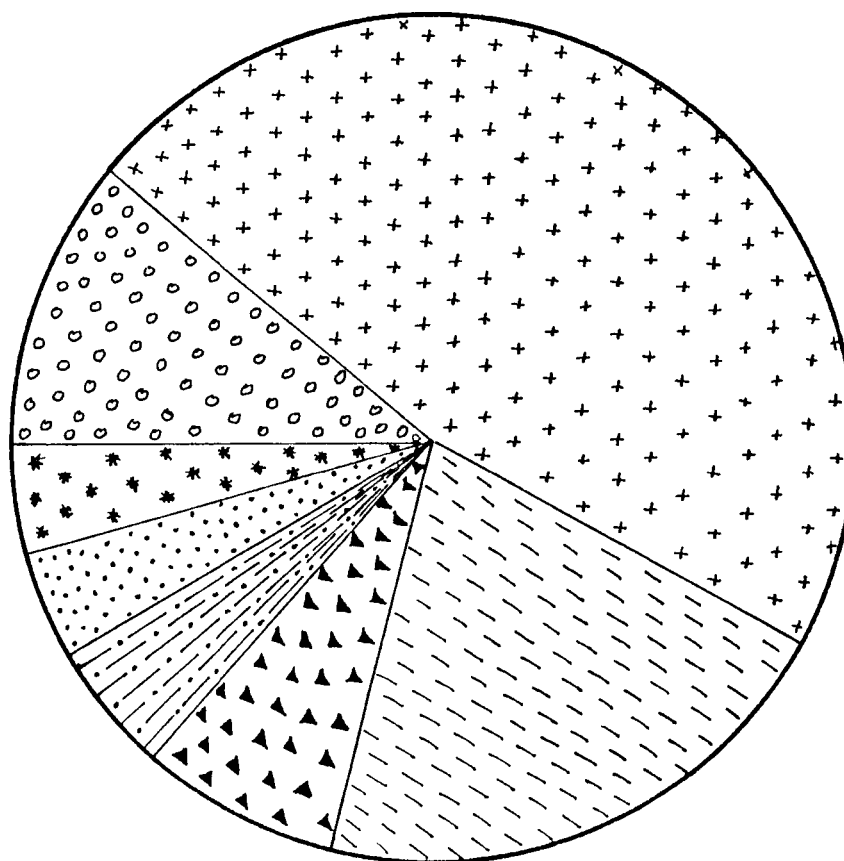
Even though clothing is the major need for human being, the aged spent only four per cent of income for clothing. The clothing expenditure was closely associated to celebration of festivals. They had to keep aside the money at times for purchase of clothing. The interest in purchase of clothing items declines with age.

Only four per cent of the income was spent on recreation, religious festivals and social activities. Even though savings was regularly done by 46 per cent of the families to meet their emergency need they could save only four per cent for their future. Figure 4 depicts the average money expenditure on different items.

Savings

Among the 50 households, 18 per cent of them were having regular savings from their beginning family stage itself. Saving was not a regular habit among 16 per cent of the families. They chose bank, post office, chit fund and hundi as the mode of saving. Less than 10 per cent of the families had life insurance policy. They admitted their inability to pay premium as in the past and hence closed the account. While four per cent had shares in the companies it is a pity that a minority had to solely depend on the provident fund as the savings for the present day life.

They were having the habit of contributing funds for the community welfare as clubs, temples, schools, orphanage and refuges. Thirty four per cent of heads of families had the tendency to send money to their children, grand children, in-laws and relatives, during the special occasions such as marriage, birthday and religious festivals to show their affection and blessings.



ITEMS	PERCENTAGE
+++ +++ +++	47
--- --- ---	21
▲▲▲ ▲▲▲	8
••• •••	4
—•— —•—	5
* * * * * *	4
○ ○ ○ ○ ○ ○ ○ ○ ○	11
	RECREATION, SOCIAL RELIGIOUS FUNCTION & TRANSPORT

Figure. 4.

AVERAGE MONEY EXPENDITURE PATTERN OF THE HOUSEHOLDS

If the expenditure had exceeded the income they managed the situation with the help of savings, borrowing from their friends and relatives or neighbours to meet the demand on repayment basis. The help from children was rarely sought unless given.

Debts

Forty two per cent had borrowed earlier large amount as debts for their children's education, daughter's marriage, house building and agricultural operations. They borrowed the money from co-operative banks, private lenders, friends and relatives. The responsibility of repaying the amount was shouldered by them at this stage also. They found it easier to repay the debt at this stage of life as financial burden was less.

Account Keeping

Account keeping was done in 46 per cent of the families, being the sole responsibility of the head of the family. Written accounts for the income and expenditure helped as a ready reference to know the trend of expenditure for themselves and for their children and also this helped to curtail the expenditure during need. But 54 per cent did not have the habit of accounting as they felt it was a wasteful effort.

C. Problems faced in money management

Regarding money management 58 per cent of the heads of the families had problems with regard to increased expenditure at times. The low income after retirement and limited savings could not cope up with the events in the home as accidents, sudden illness, unexpected guests, and children pestering for money during their expanding stages.

In some families they had income just to meet barely the necessaries. They could not enjoy recreational facilities and social events which are considered essential at old age for maintaining the tempo of life.

3. Energy management

The management of energy is less easily understood than the management of time, money or materials. The great change in old age is, the diminished potential energy. The management of energy is dealt under person responsible for household activities, status of paid help, fatigue, possession of labour saving devices and fuel management.

a. Person responsible for household activities:

The person responsible for household ^{activities} are given in Table XI.

TABLE XI

PERSON RESPONSIBLE FOR HOUSEHOLD ACTIVITIES

S.No.	Activities	Homemaker		Head of the family		Paid help		Others	
		Number	Per cent	Number	Per cent	Number	Per cent	Number	Per cent
1.	Cooking	42	84	-	-	8	16	-	-
2.	Fetching water	26	52	11	22	13	26	-	-
3.	Cleaning	27	54	-	-	23	46	-	-
4.	Sweeping	27	54	-	-	23	46	-	-
5.	Mopping	27	54	-	-	23	46	-	-
6.	Dusting	27	54	-	-	23	46	-	-
7.	Washing cloth	12	24	18	36	20	40	-	-
8.	Drying	20	40	10	20	20	40	-	-
9.	Purchasing	26	52	17	34	7	14	-	-
10.	Furnishing	43	86	5	10	2	4	-	-
11.	Gas reservation	-	-	6	12	2	4	16	32
12.	Ticket reservation	-	-	32	64	2	4	16	32
13.	Electric bill payment	4	8	42	84	-	-	4	8
14.	Getting milk token	-	-	23	46	3	6	2	4
15.	Getting milk from booth	-	-	-	-	-	-	28	56
16.	Bank payments	2	4	15	30	-	-	-	-
17.	Health checkup	50	100	50	100	-	-	-	-

Cooking was mainly carried out by the homemaker in 84 per cent of the households. Majority of the household activities were done mainly by the homemaker with the help of the paid help. The activities as cleaning, sweeping, mopping, dusting and arranging were the responsibility of 54 per cent of the homemakers. Eighteen per cent of the heads of the families gave their helping hands to the homemakers in washing clothes, drying, purchasing of groceries and furnishing the house.

The activities needing going out of the house such as reservation of gas, payment of electric bill, reservation of tickets and purchase of milk were mainly done by the heads of the families.

Purchase of groceries and other consumer goods was mainly dealt by homemakers. A minority received help from the paid help or others like neighbours and relatives. Only in one household phone facility was utilised for ordering groceries and reserving gas.

b. Status of paid help

Forty six per cent of the households appointed paid help because of their inability to do the work. Among the 46 per cent of paid helpers, 40 per cent were appointed as part time workers and 6 per cent were appointed as fulltime workers.

Everybody had appreciation regarding their paid help. In the long absence of paid help in 26 per cent of houses the paid helper arranged some other worker to compensate her absence. In 12 per cent of the houses the homemaker received help from her daughters, in-law, neighbours and relatives. Only in eight per cent of houses the homemaker managed herself in the absence of paid help. In some families absence of paid help was considered a big burden and head ache by the homemakers.

C. Fatigue conditions

The activities pile up at certain times of the day to make it a peak load for the homemaker.

Ninety six per cent of the homemakers felt that the morning hours from 7-9 A.M. was the peak period. During that time normally they had to complete major activities. Because of their physical inability they felt more fatigued during these hours. Cleaning and washing clothes were the most fatigue causing activities according to the homemaker. In the midmorning from 10-11 A.M. also boredom fatigue set in for many homemakers as they did not have any household work to do and also did not have neighbours to pass the time effectively as the neighbours had their chores of household work to do.

For most of the homemakers giddiness, depression, and weakness were the symptoms for fatigue. Including rest periods in between the performance of activities and cheerful disposition might reduce the fatigue. Fifty per cent of the homemakers indicated that normally they took ^{rest} in between the activities. Eighty four per cent of homemakers said that rest periods brought some changes in their physical and mental condition and helped to regain strength to carryout the other activities.

With regard to the problems faced, the homemakers were conscious that they did not have adequate amount of energy because of their old age and ill health. Eventhough they did not have more work to do than the other stages of family life cycle, all of them stated that they simply pulled on with the daily activities excepting a few homemakers. The homemakers did possess labour saving devices in the house to facilitate carrying out certain household activities.

e. Use of labour saving devices:

The use of labour saving devices helped the homemakers to manage the kitchen activities. The details on the possession of labour saving devices in the household is given in Table XII.

TABLE XII

POSSESSION OF LABOUR SAVING DEVICES

S.No.	Particulars	Avail- ability	Frequency of use								Person handling		Paid help	Number per cent			
			Daily		Twice a week		Weekly		Occasion- ally		Home maker	Head of the family					
			Number per cent	Per cent	Number per cent	Per cent	Number per cent	Per cent	Number per cent	Per cent	Number per cent	Number per cent					
1. Electrical																	
	Grinder	22	44	22	44	-	-	-	-	-	-	8	16	2	4	10	20
	Mixie	22	44	-	-	22	44	-	-	-	-	8	16	14	28	-	-
	Oven	4	8	-	-	-	-	-	-	4	8	4	8	-	-	-	-
	Refrigerator	9	18	9	18	-	-	-	-	-	-	9	18	9	18	6	12
	Geyser	1	2	1	2	-	-	-	-	-	-	1	2	1	2	-	-
	Immersion coil	3	6	3	6	-	-	-	-	-	-	3	6	3	6	-	-
	Iron box	26	52	-	-	18	36	8	16	-	-	16	32	10	20	-	-
2. Non Electrical																	
	Gas stove	24	48	24	48	-	-	-	-	-	-	16	32	-	-	8	16
	Cooker	24	48	24	48	-	-	-	-	-	-	16	32	-	-	8	16

Homemakers had used various types of electrical and non-electrical equipments. Among the households 52 per cent possessed any one type of labour saving devices such as mixie, grinder, refrigerator, oven, water heater, iron box, gas stove and various types of cookers. Figure - 5 represents the possession of labour saving equipment in the households.

Among electrical equipment mixie, grinder and iron box were available in nearly 50 per cent of households. Eighteen per cent of them possessed refrigerator. Water heaters and oven were present in less than ten per cent of the households.

Forty eight per cent of the households had possessed gas stove and various types of cookers such as milk cooker and rice cooker. This reflects the adaptability and acceptance of modern ideas by the homemaker though old.

Most probably every labour saving device was used daily except grinders. *Grinder* and iron box were used twice in a week. Oven was used occasionally when ever it was needed.

Handling the equipment in an efficient way with care improved the service condition. In every household the labour saving devices were handled by the husband or wife or both. In 20 per cent of the houses paid helpers handled the grinder as it was a heavy equipment to handle.

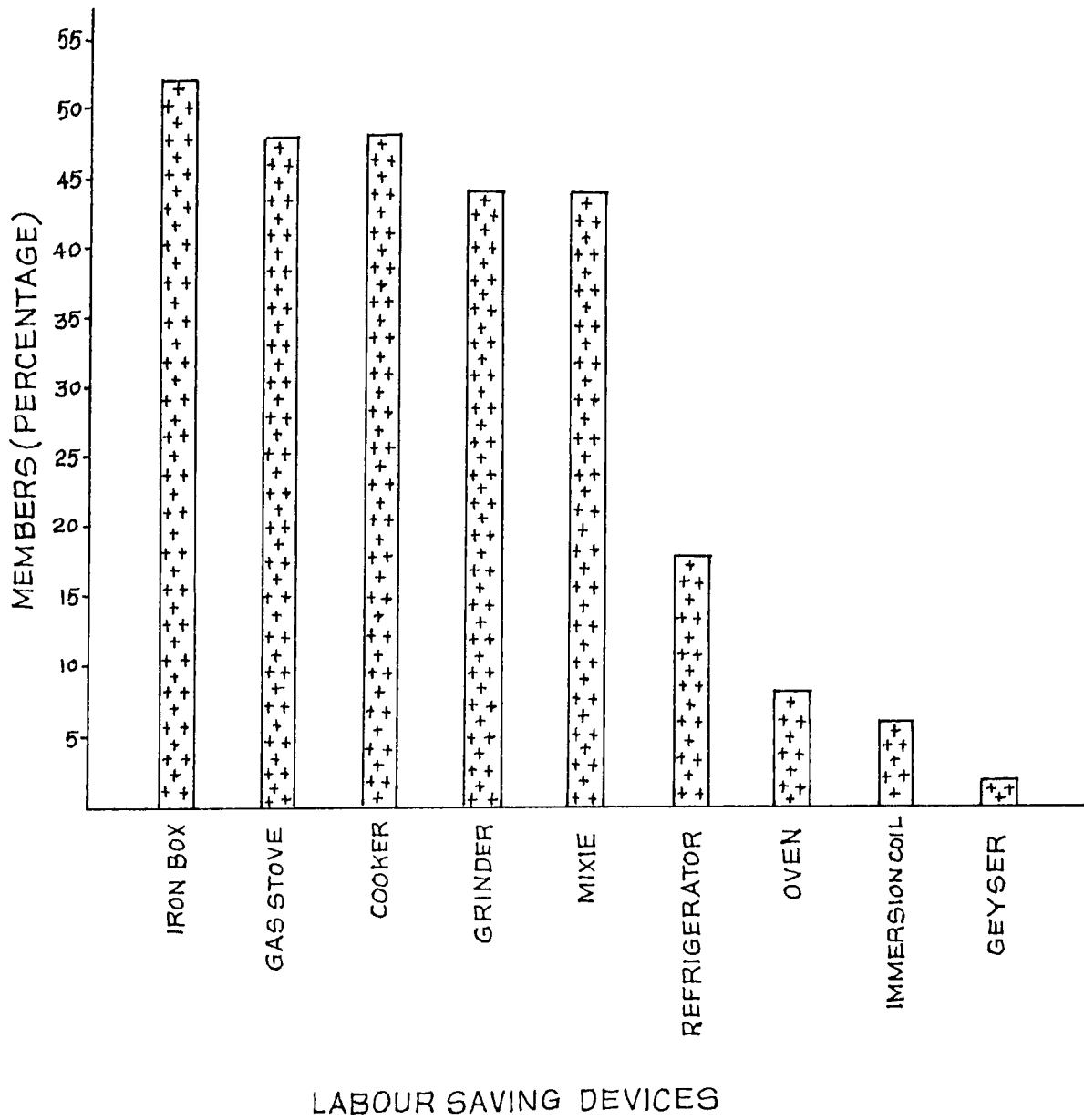


Figure.5

POSSESSION OF LABOUR SAVING DEVICES

All the homemakers mentioned that the possession of labour saving devices helped them to be on time in their work. It was considered a real boon for work simplification. Though they attached taste of dishes to traditional methods of preparation, they could not but accept the gadgets for relieving drudgery in household.

f. Fuel management:

The households possessed gas stove, kerosene stoves and fire wood and charcoal chulah each one serving for certain purpose. The problems related to fuel management are mentioned in Table XIII

TABLE XIII

FUEL MANAGEMENT PROBLEMS

S.No.	Problems	Households	
		Number	Per cent
1.	<u>Gas</u>		
	a. Delay for replacement of cylinder	8	16
	b. Price of the cylinder	12	24
2.	<u>Kerosene</u>		
	a. More time consuming	20	40
	b. Deposition of soot on the vessels	17	34
	c. Smell of kerosene in the prepared items	13	26
	d. Scarcity of kerosene	26	52
	e. Maintenance	9	18
3.	<u>Charcoal and firewood</u>		
	a. High price	25	50
	b. Maintenance	11	22
	c. Smoke in the kitchen	26	52
	d. More time consumption for catching fire	18	36
	e. Delay in cooking	22	44

Regarding gas stove the main problems included the cost of cylinder and also the difficulty for replacement of cylinder. Regarding kerosene stove high cost and scarcity, slow cooking, deposition of soot of vessels, smell of kerosene in the prepared item and maintenance were the problems. ^a Maintenance, smoke, time consumption for catching fire and slow cooking were the major problems with regard to charcoal and firewood chulaha.

4. Community facilities

The aged heads of the families were availing the community facilities like library, health centres, temple, park, clubs, bank, post office, recreation centres, exhibition and so on. More than 50 per cent of the homemakers used to go to temples and parks daily. Twenty five per cent visited and utilised the recreation centres, library and clubs at least twice in a week. Twelve per cent of the homemakers were members of the women's clubs. The revival of women and their interest in such activities showed the immense possibilities and opportunities for women to spend their time in the modern times.

5. Management pattern during special events:

Table XIV reveals the pattern of management followed by homemakers during special events like arrival of guests to stay, functions, and celebration, sickness of members, absence of paid help and repairs in household equipment.

TABLE XIV

MANAGEMENT PRACTICES DURING SPECIAL OCCASIONS

S.No.	Management practices	Households	
		Number	Per cent
1. Arrival of guests:			
	Preparing simple dishes very quickly	20	40
	Requesting other member to help prior to the arrival	21	42
	Giving the guests also the responsibilities in the house	9	18
2. Household functions:			
	Trying to prepare simple items	20	40
	Requesting the relatives to provide some help	5	10
	Sharing the responsibilities with others who come early	18	36
	Planning in advance	11	22
	Buying eatables from outside	6	12
	Avoiding the celebration	2	4
	Appointing paid help	8	16
3. Religious festivals:			
	Trying to celebrate as simple as possible	31	62
	Sharing the responsibilities with children who come	19	38
4. Sudden illness:			
	Receiving help from neighbours	29	58
5. Absence of paid help			
	Receiving help from neighbours servants	18	36
	postponing some household activities	8	16
	Dining outside for part of the day	12	24
	Performing the activities by themselves	20	40
6. Repair of household equipments:			
	Requesting help from others or servants	24	48
	Altering the menu	8	16

The homemakers found it extremely difficult to manage certain situations. Requesting other members for help was suggested by 42 per cent of households during the arrival of guest. While 40 per cent suggested preparing simple items a minority suggested giving the responsibilities to the guest also. It was felt that the sudden arrival of guest though a burden, was a welcome during the age, if guests had understanding and helping mentality. The pleasant atmosphere created by children brought cheer in the mind.

During festivals and functions either the homemaker planned in advance or shared the responsibilities with other members and relatives. They had also bought ready made food items to reduce their work load. Sixteen per cent suggested appointment of a paid help during special occasion as the easy way to transfer the work load. Sixteen per cent suggested appointment of a paid help during special occasion as the easy way to transfer the work load from one shoulder to another. In some households they avoided celebration of festivals because of their inability to do so. It was mentioned with reverence by the homemakers that religious rituals were performed in right earnest though the feast was avoided.

The aged period poses sickness as the major problem. During this special problem homemakers received the neighbours or relatives help in managing the situation. The homemakers agreed that their sickness disturbed the household activities

comparatively much more than the breadwinners sickness. The paid helpers helped in a great way to run the household. If the sickness prolonged causing inability to manage, they requested help from any one of their children. All the homemakers emphasized that their children responded in right earnest such appeal. Either they stayed with them for a while or made arrangements to take them to the place of children.

During the absence of paid help the homemakers were preparing simple menu, postponing household activities and getting help from neighbours servants. Dining outside occasionally was also mentioned. In the absence of long absence of paid helpers, the paid helpers brought substitute to cope with the situation.

Repair in household equipment was causing an effect over the management of the household activities. Altering the menu pattern and getting help from others were suggested by majority of homemakers as method for solving the problem.

F. General problems of homemaking:

The general problems met by old age homemaker pertained mainly to the areas of food, shelter, health, and personal activities.

1. Food

In old age food intake was a main problem. They needed tasty meals. But their condition prevented them to have tasty food. Because of poor digestive activity, rich spicy foods were avoided.

The old age homemakers were unable to cook many items because of fatigue. The menu pattern followed by majority of the households is given in Table V

TABLE XV
MENU PATTERN

S.No.	Menu	Households	
		Number	Per cent
1.	Morning		
	Coffee	19	39
	Tea	6	12
	Milk	20	40
	Other items	5	10
2.	Breakfast		
	Iddli-Chutny	28	56
	Chappathi-subji	4	8
	Rice and poriyal	16	32
	Other items	2	4
3.	Mid morning		
	Juice	6	12
	Tea or coffee	13	26
4.	Lunch		
	Rice, sambar, poriyal, rasam, curd	32	64
	Chappathy-subji	2	4
	Curd rice with two side dishes	10	20
	Mixed rice	4	8
	Other items	2	4
5.	Tea		
	Only tea or coffee	26	52
	Tiffin and tea	21	42
6.	Dinner		
	Iddly or dosai	23	46
	Chappathi	4	8
	Rice, sambar, curds	12	24
	Milk and fruit	8	16
	Other items	3	6

They had a simple menu pattern which was considered by the homemakers as easy to prepare. They had used ready mix powder, pickles and vadams to avoid the load of cooking. During sickness they prepared only limited items as rice porridge and salted lemon.

2. Shelter:

Sixty per cent of households lived in one room apartment with separate kitchen. They felt that this space was adequate for them. Forty per cent of the families resided in a dwelling with additional one or two bed rooms. At this stage they did not require different rooms. The visit of children necessitated different rooms for use.

In the kitchen eighty per cent of them had cooking counter, so that cooking could be performed in a standing position. The other 20 per cent felt that cooking on the floor was convenient, as they could not stand and perform the activities. Fifty per cent of those who had the counter level to work in a standing position also felt that they could not stand for a long time while preparation and cooking, as it had increased the leg pain, back pain and caused fatigue. They attributed that the posture was also not conducive for standing and cooking. Majority of them had done prior preparation of cooking such as cutting vegetable, kneading the flour and preparation of chappathi on the floor level.

Twenty per cent of households had adequate facilities for storage of clothing and other household articles. Running water supply and drainage facilities were provided in 60 per cent of households only. Water facilities, good lighting and ventilation was available in all except 20 per cent of the households. Carrying water was a difficult problem faced by 20 per cent of the households. Poor drainage facilities created mosquitoes menace. Proper maintenance of poor drainage system added to the difficulties of the homemaker.

Twelve per cent of the homemakers being farm families felt house maintenance as very difficult. In the urban households 40 per cent indicated that house decorating and general house maintenance as the heavy work. But 48 per cent of households informed that house keeping is an art of living especially meant for women.

3. Health:

Old age is the period of health hazards to many. The ailments suffered by the members is shown in Table XVI

TABLE XV/1
AILMENTS IN OLD AGE

S.No.	Ailments	Households	
		Number	Per cent
1. Common Ailments			
	Fever	46	92
	Cough	50	100
	Cold	50	100
	Diarrhoea	12	24
	Constipation	8	16
	Headache	48	96
	Giddiness	31	62
	Others	13	26
2. Chronic Ailments (N=20)			
	Chest pain and heart trouble	27	35
	Asthma	6	30
	Diabetes	5	25
	Paralysis	2	10

Forty per cent of them had chronic illness such as chestpain, asthma, pain in joints, paralysis etc. In some serious occasions they needed hospitalisation. They requested help from children either daughters, daughters-in-law relatives or neighbours. All of them had some minor ailments like fever, cough and cold within the past two years.

Thirty per cent of them went for regular health checkup and took medical treatment regularly. But 10 per cent of them went to hospital only in severe occasions and had medicine during that time only.

4. Personal:

A minority of the homemakers had a feeling that they were illtreated by their in-laws and children on whatever they do especially with house maintenance. They felt helpless at this stage.

5. Opinion with regard to old age life:

The opinion of the aged regarding independent living, and awareness of old age homes are discussed below:

1. Opinion regarding independent living:

Eighty-eight per cent of them accepted their life style of living together separately with husband and wife managing the household. Twelve per cent openly remarked that living with their children would make them happier. But due to unavoidable circumstances, they had to lead such a life.

During special occasions, the children invited their parents. The homemakers agreed that they had to adjust to every body when they lived together.

They were delighted at the visit of the children and grand children to their houses as it would increase the cheer in their life. As far as possible, they tried to withdraw from conflicting situations fearing break in the family ties

Aged people had their own reasons for staying away from their children. Table XVII highlights the reasons given by the homemakers for living away from their children.

TABLE XVII

REASONS FOR STAYING AWAY FROM THEIR CHILDREN

S.No.	Reason	Households	
		Number	Per cent
1.	Avoid interference in their children life	43	86
2.	Lead an independent life	42	84
3.	Manage with their limited resources	19	38
4.	Health problem preventing them to be in a new place	16	32
5.	Lead a peaceful life	11	22
6.	Carry on business	8	16
7.	Children perceive them as burden	6	12
8.	Prestige and status to be in their house and environment	3	6
9.	Co-operative and good neighbours	3	6
10.	Children residing abroad	1	2

More than eighty per cent felt staying away from their children and leading an independent life had emerged from the idea of not interfering in the children's life when they would like to set up their own nuclear family. More than 20 per cent said the owning of property, house and health problems were the reasons for staying away. When the children perceived them as burden because of their inability and ill health they did not like to go with them. A minority felt living in their own house and environment had given them status. Neighbours were so co-operative that they had good company and security from the neighbours than their own children in a new place. It was a wish for everyone to spend the last period of their life in their native place in a known surrounding.

The relationship between the aged and their children was found to be good to the outset. They realised the generation gap between them and their children and adjusted them very well by not depending upon the children much. Still ninety per cent of them said that they did face conflicts at times with their children and in-laws.

Eventhough they had some problems in managing the household activities they felt they might enjoy their life without any outsiders interference. Both the heads of the

families and homemakers properly analysed the problems and took decisions on their own to solve the problems without giving trouble to children.

Table XVIII indicates the response of the homemakers regarding their being the independent managers of the households.

TABLE XVIII1

RESPONSE OF THE HOMEMAKERS REGARDING INDEPENDENT MANAGERS OF HOUSEHOLD

S.No.	Particulars	Household	
		Number	Per cent
1.	Enjoyment (N:8)		
	Pleasure to manage the households of ↑ More leisure time (of two members)	8	16
	No specific responsibilities	8	16
	Has time to interact with others	6	12
2.	Boredom due to loneliness (N:23)		
	Have lot of leisure time leading to boredom	23	46
	A deviation from the busy homemakers days	20	40
	No extra family member other than the couples for interactions	5	10
	Illhealth and fatigue affect: routine work	3	6
3.	Both an enjoyment and boredom	19	38

Most of the families liked to live alone. Consequently they also felt that independent life either an enjoyable or a boredom period. Sixteen per cent felt that to be independent at this age was a joy because they had more leisure which they did not have earlier. Majority of them (46 per cent) felt independent life as a boring one because they had lot of leisure time with comparatively less work todo. The busy life with children around was a cheerful one. To 38 per cent, leading of such a life exhibits both merits and demerits.

2. Awareness of old age homes:

Eighty per cent of the homemakers and heads of families were aware of old age homes. All the families accepted the need for aged homes reflecting the various reasons as given in Table XIX.

TABLE XIX

NEED OF OLD AGE HOMES			
S.No.	Particulars	Households	
		Number	Per cent
1.	To be together with the same age group	12	24
2.	To have somebody to take care	40	80
3.	They need not shoulder any responsibility	35	70
4.	They need not interfere in their children's life	28	56
5.	Their children need not interfere in their life	28	56
6.	They had more recreation facilities	40	80
7.	They had regular health check up	33	66
8.	They can easily pass time	40	80

While the members had accepted the idea of housing the aged, in aged homes in our society, 20 per cent had felt that it might increase laziness among the residents. Moreover they feared that the rich alone might afford such homes. The homemakers especially felt that staying in an 'old age home' might not be in tune with the tradition and culture of our family system. In their houses, they could be on their own, receiving relatives and friends. It was emphasized by the homemakers and heads of the families that the government and the society might render help towards them by the following ways:

- a. Increasing old age pension for the pensioners
- b. Initiating monetary benefits for those who do not have regular income
- c. Starting decent old age homes on less payment
- d. Offering schemes of low rented apartments
- e. Selling clothes at a special discount rate for the old
- f. Having paid help services for the household activities
- g. Starting prepared packed meal services.
- h. Initiating free medical aid services
- i. Introducing door delivery system of goods and services
- j. Allocating provisions for the old people in the public centres like bus and banks.
- k. Improving the community facilities and recreation centres.

Though the members felt that in their life time they might not benefit from such schemes atleast the future might offer some of these facilities for the aged, so that peace and contentment would be with them.

Summary and Conclusion

14

V. SUMMARY AND CONCLUSION

The present study on the "Managerial Practices and Problems of aged homemakers" was carried out in 50 households. Details ^{were collected by} the personal interview method.

The selected samples were within the age group of 60-90. Both the homemakers and the heads of the families lived separately away from their children, managing their household independently. The study highlighted the following points:

1. The educational status indicates that 32 per cent of the homemakers and 10 per cent of the heads of the families were purely illiterate. The status of occupation reflects that all women were fully engaged in managing the household except two ^{who were also} members employed. The heads of the family pursued either business or agriculture as their occupation.
2. The monthly income received last at the time of retirement by the heads of the families was within a range of Rs.100-3000/-. While 34 per cent received an income of less than Rs.1000. per month earlier, 42 per cent received less than Rs.700 per month as pension at present as the major source of income.
3. Sixty eight per cent of households lived in owned houses while 32 per cent lived in rented houses.

4. The children of the aged showed an entirely different picture with regard to their educational and occupational status. While 94 per cent of male children were employed as doctors, engineers and government officials, 28 per cent of the females were employed, showing the educational improvement over a generation.
5. The majority of the homemakers and heads of the families (90 per cent) cherished love and affection as the essential value for family living. Health, knowledge, efficiency, helping nature, respect for culture and tradition and truth were the other major values held by more than 50 per cent of the families for decent harmonious life.
6. The aged appreciated the present generation for upholding the values of independent thinking, sociability, thirst for knowledge, efficiency and awareness of present social problems. But at the same time they condemned over the bad values such as deterioration of moral standards, negativism towards elders, and too much freedom taken by the youngsters.

7. The main goals set by the old age couples centred around leading a peaceful life. While earning an adequate income and saving for the future were the major goals set by them during their beginning family, the concentration changed over to the children's education, employment, marriage and building a new house during the expanding family. Nearly 20 per cent could not achieve any of these goals as planned.
8. Decision making in the area of food and its related activities was mainly the responsibility of the homemakers as kitchen was the domain of the homemakers even at old age. On the contrary, in the area of money management, 94 per cent of the heads of the families took the major decisions. Majority of the homemakers were fully satisfied with regard to decisions taken at present though the environment, failing health, inability and fear of their children prevented them at times from taking proper decisions.
9. The aged spent nearly 50 per cent of time in a day on restful activities such as recreation, resting and reading apart from sleeping. This reflects clearly the drifting of the old aged homemaker during this period from a very busy homemaker with children

around at the expanding stage. The ample leisure posed problems to the homemaker. While 44 per cent did not possess recreational facilities at home to spend time, 56 per cent possessed facilities as radio, tape recorder, T.V., books, journals and newspapers. Religious thoughts were the major source of pass time for the 44 per cent of homemakers.

10. Handling the limited income by both the bread-winner and housewife was considered convenient. Though written budget was not followed, all were cautious to spend wisely the income as they knew emergencies might arise at any time.
11. Nearly 50 per cent of the income was spent on food, and the remaining had been allocated for all the other items such as shelter, clothing, health, household maintenance, ^{age} recreation and so on. Their interest in purchase of the clothing item declined with increasing, while the need for medical expenses and savings for emergency had become a regular feature. It is to be noted that 34 per cent of the families sent money to their children, in-laws and grand children during special occasions as birthday and religious festivals to show their affection and blessings.

12. Forty two per cent had borrowed money from bank, private lenders, friends and relatives to meet contingencies. They shouldered the responsibility of repaying them even at this stage.
13. Cooking was mainly carried out by the homemaker in 84 per cent of the households. Paid help was available in 46 per cent of the households. The activities needing going out of the house such as reservation of gas, payment of electric bill and purchase of milk were done by the heads of the families. Eighteen per cent of the heads of the families gave a helping hand to the homemakers in washing clothes, purchase of groceries and furnishing the houses.
14. The homemaker felt fatigued during the morning hours between 7 and 9 AM as it was the peak period. Cleaning and washing clothes was the most fatigue producing activity. In the mid morning between 10 and 11 AM they felt boredom fatigue since they had nothing to do at that time. Giddiness, depression and feeling of weakness were the symptoms for fatigue. Every one was conscious about the limitation of their capacity to do work at this stage.
15. Labour saving devices were considered as a boon to simplify the household work. Though they attached the palatability of dishes to the traditional method of preparation, 50 per cent of the households possessed

mixer, grinder and gas stove. This reflects the adaptability and acceptance of modern idea by the aged homemakers.

16. The heads of families were availing the community facilities like library, temple, health centres, park and other recreation centres, while the homemakers preferred to go to temples daily. Nearly 20 per cent of the homemakers were members of women's clubs.
17. The homemakers found it extremely difficult to manage situations such as arrival of guest, function, absence of paid help, repair of household equipment and above all the sudden illness. Getting help from the neighbours, guests, dining outside and reducing the number of dishes were the methods suggested. During the time of prolonged sickness they requested help from any one of their children. It was emphasized by the homemakers that either the children stayed with them or shifted them to the childrens' residence for medical treatment.
18. The aged members lead a simple life, their menu pattern showing easy to prepare items with less spice. Sixty per cent of the households lived in one room apartment with separate kitchen. Though 80 per cent of them had cooking counters, many preferred floor level for the performance of kitchen activities. Standing and working led to muscle pain and fatigue. Water facilities, lighting facilities and storage facilities were available in all households except 20 per cent.

19. Old age is the period when many health hazards appear. Though common ailments like fever, cold, cough and digestive troubles were common, 40 per cent suffered chronic illness such as heart trouble, chest pain, asthma and rheumatism. Regular health checkup and medical treatment were undertaken by 30 per cent of aged.
20. The old age couple had definite opinion with regard to their independent living and managing the households. ^{Eighty eight} 88 per cent accepted their life style of living separately away from children. Twelve per cent openly remarked that living with their children would make them happier and more cheerful.
21. Aged people had their own reasons to stay away from their children. More than 80 per cent did not want to interfere in their children's life by being a burden in their nuclear family. Leading an independent and peaceful life and living in their own house and environment were some of the other reasons. While 16 per cent considered management of the house independently as an enjoyment, 46 per cent felt it as a life filled with boredom. The remaining members mentioned that independent life exhibited both merits and demerits equally.

22. The homemakers and the heads of the families were aware of the existence of oldage homes. Twenty per cent had felt that it might increase laziness among the aged and feared that the rich alone could afford such homes. While living in a group without any responsibility was a major advantage, it was considered to be not in tune with our culture and tradition.
23. It was a dream for the homemakers to receive better help from the government and the society by way of increasing old age pension, offering sickness benefit, starting schemes of low rented apartments, introducing door delivery system of goods and services, improving the community facilities and recreation centres and starting low paid oldage homes. They wished such schemes to be beneficial for the future generation.

The study has thus given an insight into the managerial practices and problems of aged homemakers. Further indepth studies need to be undertaken to:

1. Find out the managerial practices of the aged in a joint family.
2. Compare the managerial practices and problems of rural and urban aged couple.

Just as no chain is stronger than its weakest links, it is essential that the government, social agencies and educational institutions take a lead in organising programmes and policies for the aged to build a strong nation.

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Appendices

APPENDIX I

AN INTERVIEW SCHEDULE TO ELICIT INFORMATION ON MANAGERIAL PRACTICES
AND PROBLEMS OF AGED HOMEMAKERS

I. General Information :

Place :

Date :

Name of the homemaker :

Type of house :

Owned

Rent

Address :

II. Family Background:

1. Socio economic background.

S.No.	Name of the family member	Sex	Age	Education	Occupation held last	Income received last (per month in Rs.)
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2. Present status of income.

S.No.	Sources	Amount/month in Rs.	Annual Income in Rs.
1.	Major income received by way of		
	a. Salary		
	b. Wage		
	c. Interest		
	d. Rent		
	e. Pension		
	f. Profit from self business		
	g. Income from professional service		
2.	Income received from other members		
3.	Depends on earlier savings		
4.	Income from subsidiary occupations.		
5.	Agricultural occupation		

3. List out the properties which you are owning.

4. Present status of children.

S.No.	Name of the children	Sex	Married	Education	Occupation	Place of residence	Status of spouse	No. of grand children
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III. Values and Goals

(i) Values:-

1. What are the values you held essential for family life?

- | | |
|-----------------------|----------------|
| a. love and affection | h. health |
| b. skill and ability | i. cleanliness |
| c. truth | j. efficiency |
| d. knowledge | k. beauty |
| e. culture | l. other |
| f. helping nature | |
| g. aesthetic sense | |

2. Do you feel values are important even now?

Yes

No

Reasons:

2. If any changes were observed in decision making practices at present what are the major changes. Indicate reasons.

3. The manner of decisions.

S.No.	Areas	Planned	Unplanned	Snag
1.	Cooking			
2.	Cleaning			
3.	Arranging			
4.	Clothing			
5.	Housing			
6.	Money Management			
7.	Saving			
8.	Health			
9.	Recreation			
10.	Other			

4. In decision making do you face conflict?

Yes No

5. Give some major conflicting incidents and the ways of overcoming them.

1.

2.

3.

6. Mention the degree of satisfaction with regard to decision making in the major areas.

S.No.	Areas	Fully satisfied	Partially satisfied	Not at all
1.	Cooking			
2.	Cleaning			
3.	arranging			
4.	Clothing			
5.	Housing			
6.	Money management			
7.	Saving			
8.	Health			
9.	Recreation			
10.	Other			

V. ^{na} Material Practices and Problems:

(1) Time Management :

1. Do you plan the time?

Yes No

2. Is your plan

a. written b. Mental

3. Can you finish the work as planned?

a. Always B. Sometime
 c. never

9. Do you have the following recreation facilities at home?

S.No.	Particulars	Types (if necessary)	Way of use
1.	Radio		
2.	Tape-recorder		
3.	Video		
4.	T.V.		
5.	Books		
6.	Newspapers		
7.	Magazines		
8.	Others		

(11) Money management:

1. Who handles the family income:

Head of the family	Homemakers	Reason
--------------------	------------	--------

2. Do you have a regular budget pattern?

Yes No Reasons:

3. How often do you plan the budget?

a. Daily

b. Weekly

c. Fortnight

d. Monthly

4. Expenditure pattern for a month.

S.No.	Particular	Money allotted	Money spent
1.	Food		
2.	Shelter		
3.	Rent/own		
4.	Clothing		
5.	Fuel		
6.	Health		
7.	Transport		
8.	Recreation		
9.	Festival		
10.	Saving 1		
11.	Other		

5. Do you have any problem in money management?

Yes No

6. If yes Reasons

a. Increased Income

e. Illness

b. Low Income

f. Accidents

c. No saving

g. Sudden death

d. Sudden visitors

h. Other :

7. If the expenditure exceed how do you meet it?

S.No.	Sources	weekly	Monthly	Yearly
1.	Saving and credit			
2.	Borrowing from friends			
3.	Relatives			
4.	Neighbours			
5.	Private lender			
6.	Others			

Savings

8. Do you have saving?

Yes No

9. Do you save regularly?

Yes No

10. Method of saving.

S.No.	Method	Type of account	Frequency				Amount	
			weekly Past Now	Monthly Past Now	Yearly Past Now	Rare Past Now	Rs.P. P. N.	
1.	Handi							
2.	Chitfund							
3.	Postoffice							
4.	Bank							
5.	Insurance							
6.	Provident fund							
7.	Shares							
8.	Others							

11. Mention the purpose of saving.

S.No.	Reason	
	Past	Now

12. Do you maintain account?

Yes No Reasons:

13. If yes, indicate the method followed

14. Do you show the account to any other member.

Yes No

15. If yes to whom.

Member	Reason
Son	
Daughter	
Relative	
Other	

16. Do you have debts?

Yes

No

Reasons

17. Source of debts.

S.No.	Source of debts	Items pledged	Amount outstanding	Mode of repayment
1.	Co-operative societies			
2.	Bank			
3.	Individuals			
4.	Friends			
5.	Relatives			
6.	Neighbours			
7.	Others			

18. Do you contribute funds for the community welfare?

Yes

No

19. If yes,

a. Clubs

d. School

b. Temples

e. Refuges

c. Orphanage

f. Others specify :

20. Do you have the habit of giving/sending money to others.

Yes No

21. If 'Yes' details.

S.No.	Members	Amount Rs.	Regularly	Occasionally purpose
1.	Son			
2.	Daughter			
3.	Grand children			
4.	In-laws			
5.	Relatives			
6.	Others			

22. Do you enjoy any benefits from the government?
If yes indicate.

- 1.
- 2.
- 3.

(iii) Energy Management

1. Person responsible for household activities.

S.No.	Activities	Home maker	Head of the family	Paid help	Others	Reason
1.	Cooking					
2.	Fetching water					
3.	Cleaning					
4.	Sweeping					
5.	Mopping					
6.	Dusting					
7.	washing cloth					
8.	Drying					
9.	Purchasing					
10.	Furnishing					
11.	Others					

2. Who helped you in the following activities

S.No.	Activities	Self	Others	Reason
1.	Gas reservation			
2.	Ticket reservation			
3.	electric bill			
4.	Phone bill			
5.	Getting milk token			
6.	Getting milk			
7.	Bank			
8.	Health checkup			
9.	Purchase			
10.	Others			

W

3. Status of paid help

Parttime	Fulltime	Type of workdone	Payment		Problem
			Cash	Kind	

4. In the absence of paid help how do you manage?

5. How do you manage during the special occasions.

S.No.	Particulars	Way of management	Problems
1.	Function		
2.	Festivals		
3.	Visit of family members		
4.	Vist of long time guests		
5.	Visit of children		
6.	Sickness		
7.	Sudden happening		
8.	Absence of paid help		
9.	with repaired equipment		
10.	Others		

6. Do you feel that rest period is necessary?

Yes

No

Reasons:

7. Which part of the day, you experienced as peak load?

8. Do you feel fatigue efw while carrying out the activities?

S.No.	Types of activities	Time	Way of overcoming
-----	-----	-----	-----

9. What are the symptoms of fatigue your exhibit?

1.

2.

3.

10. After rest period do you notice any change? Indicate if yes.

11. Normal mode of transport to reach places

S.No.	Places	Type	Reason	Problem if any
-----	-----	-----	-----	-----

1. Temple

2. Market

3. Bus stop

4. Railway station

5. Nearby towns

6. Visit to relatives house

12. Details of labour saving devices possession^{ed}

S.No.	Electric	non electric	Frequency of use	Who handle	Problem	Way of overcome <i>The problems</i>
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13. what are the facilities you have in the home and kitchen?

S.No.	General facilities	Facilities provided of <i>presently</i>
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14. Fuel pattern

S.No.	Type of Fuel	Problems we	Way of overcome ^{ing} .
1.	Kerosene		
2.	Gas		
3.	Charcoal		
4.	Firewood		
5.	Others		

15. Kitchen facilities

S.No.	Particular	Yes	No	Good	Fair	Poor	Problem
1.	Platform						
2.	Convenient fitting						
3.	Washing area						
4.	Preparing area						
5.	Storage						
6.	Water facilities						
7.	Drainage						
8.	Air circulations						
9.	Lighting						
10.	Other						

16. Do you have centre for cooking, preparing, cleaning?

Yes No

17. If yes, do you feel comfortable?

Yes No

(iv) Community facilities:

1. Do you enjoy the following community facilities:

S.No.	Particulars	Frequency of use	Way of use	Problem	Way of overcoming
1.	Park				
2.	Clubs				
3.	Recreation Centres				
4.	Library				
5.	Exhibition				
6.	Transport				
7.	Temple				
8.	Others				

(V). General Management of activities:

(i) Food:

1. Menu pattern

S.No.	Menu	Food Pattern	Frequency of cooking	Time spent in kitchen	Interest shown	Problems
1.	Breakfast					
2.	Lunch					
3.	Tea					
4.	Dinner					

2. Do you ^{use} convenience foods:

Yes

No

Reasons:

3. Menu pattern during sickness.

(ii) Health:

1. Do you enjoy good health?

Yes

No

2. Nature of sickness

S.No.	Minor ailment	Chronic ailment	Hospitalisation period if any	Helped received	Problems
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3. Do you undertake regular health check up?

Yes No

4. Do you take special foods during sickness?

Yes No

5. Do you take medicine regularly?

Yes No

(iii). Housing:

1. Have you made any modification in your house?

2. Do you feel any problem with house maintenance?

3. Are you satisfied with the following facilities?

- a. Water facilities
- b. Lighting
- c. Ventilation
- d. Storage
- e. Waste water disposal
- f. Others

(VI). General Opinion on Old age life:

1. Relationships with children:

S.No.	Particulars	Frequency	Special occasion	Period of stay	Problems
1.	Going to children's house				
2.	Children coming to parents house				

2. Do you feel such visits are a burden or enjoyment?
Give reasons.
3. Is your stay as '2' member is accepted by you?
Yes No
4. Why have you accepted this type of life to be away from children?
5. Do you have any problem with your children because of generation gap?
6. How do you adjust if conflicting situations arise?
7. What is your children's attitude towards you?
8. What is your attitude towards your children?
9. Do you face any conflict in old age with you and your spouse,
Yes No
Reasons:

VII. Awareness of Old Age Homes:

1. Are you aware of old age homes?
Yes No
2. What is your opinion about such home?

3. What facilities do you expect in our old age homes?
4. Is it acceptable in our culture?
5. Give the merits and demerits of old age homes.

Merits

Demerits

VIII. General:

1. In what way you want the government and other agencies to help you?
2. Any other remarks^s/comments to make pertaining to the study.

* * * * *