METHODOLOGY

The purpose of this study is to assess Physical and Psychosocial problems faced by senior citizens.

**Research Approach:** quantitative research approach will be adopted to assess Physical and Psychosocial problems faced by senior citizens.

**Research Design:** Non experimental survey research design will be utilized to achieve objectives.

**Method of research:** survey method

**Setting of the Study:** Samples will be selected from selected area of Bharatpur.

**Sample size:** 400 senior citizens.

**Population:** senior citizens.

**Sampling Technique:** Samples will be selected by convenient sampling method.

**Demographical variables:** Age, Gender, education, marital status, family income, occupation, living with children, type of family.

**Dependent variable:** Physical and psycho-social problems faced by senior citizens.

**Criteria of selection:** Sample criteria covers both inclusion and exclusion criteria.

**Incision criteria:**

(1) senior citizens who belong to age group from 60 to 80 years.

(2) senior citizens who are willing to participate in the study.

(3) senior citizens who are available the time of data collection.

**Exclusion criteria:**

(1) Old age people who are not willing to participate in the study.

(2) Old age people who are not available at the time of data collection.

**Tool:**

- **Part-A:** Socio-demographic profile.
- **Part-B:** Structured Physical problem assessment rating scale to assess physical problem faced by senior citizens.
Part-C: Structured psycho-social problems assessment rating scale to assess psychosocial problems faced by senior citizens.

Method of data analysis and interpretation:
Data analysis is based on objectives of study. Data will be analyzed using descriptive and inferential statistics and data will be presented in the form of tables, graphs and diagram.

Descriptive statistics:
The demographic data will be analyzed using frequency and percentage

Inferential statistics:
(1) Association between Physical, Psycho-social problems and selected variable will be analyzed by using chsquare method.
(2) Correlation between Physical, Psychosocial problems will be analyzed by using correlation method.

LIMITATIONS:
(1) This study is limited to senior citizens those are between the age group of 60 to 80 years.
(2) Samples under study, will be willing to participate in the study.
(3) Findings apply only to the samples under study.
(4) This study is limited to senior citizens from selected area of Bharatpur

SCOPE OF THE STUDY
Benefits for old age group
(1) This study will help old age group to recognize their physical and psycho-social health problems.
(2) This study will help in increasing their awareness of various support system and NGOs, Which have undertaken the work of taking care of the old age group.
(3) This study will help old age group to find out factors responsible for causing physical and psycho-social health problems.
(4) This study will help old age group to develop positive attitude regarding ageing.
(5) This study will help old age group to find out the effectiveness of regular health checkups.

Benefits for society
(1) This study will help society to understand the health care seeking pattern and high morbidity and mortality among old age group.

(2) Study will help the society to make aware the old age group regarding prevention and management of physical and psychosocial problems.

(3) This study will help society in assessing social work interventions in terms of medical care, emotional support, financial support for old age group.

(4) This study will help the society in spreading the knowledge regarding how the significant authorities will help to organize yoga, fitness and exercise classes for old age group to keep them healthy and fit.

**Benefits for higher authorities and organizations**

(1) This study will sensitize primary health care providers to address needs of old age group.

(2) This study will help higher authorities to plan and organize health education programme, in collaboration with the hospitals and community staff regarding preventive and promotive aspect of geriatric health for old age group and family member.

(3) The higher authorities could utilize the findings of this study to provide quality care to old age group in the community.

(4) This study will help policy makers, government and non-government sector to frame active ageing policy and to optimize health opportunities for old age group.

(5) This study will help higher authorities to sustain funding for creative programmes and arts in the country for old age group.

**WORK PLAN**

<table>
<thead>
<tr>
<th>Year</th>
<th>Task</th>
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| I year | Course work completion  
Review of literature  
Identifying the Problem  
Finalizing the Research Problem statement  
Formulating the objectives and Hypothesis |
<p>| II year| Tool Preparation (Validity and Reliability) of the tool |</p>
<table>
<thead>
<tr>
<th>Pilot study</th>
<th>Submission of summary</th>
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<tbody>
<tr>
<td>Obtain permission from the Authorities and participants</td>
<td>Paper presentation</td>
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<tr>
<td>Data collection</td>
<td>Publish Research Papers</td>
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<tr>
<td>Analyzing the data and interpretation</td>
<td>Conference Proceedings</td>
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<tr>
<td>Summary preparation</td>
<td>Writing the thesis</td>
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<td></td>
<td>Submission of thesis</td>
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