

# A study on living status of elderly in western Maharashtra

■ RAJKUMAR M. KAMBLE AND M.B. PATIL

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See end of the paper for authors' affiliations

Correspondence to :

**RAJKUMAR M. KAMBLE**  
Department of Home Science,  
Rajaram College, KOLHAPUR  
(M.S.) INDIA  
Email: rajkumarkamble69@  
gmail.com

■ **ABSTRACT** : Geriatric population is increasing day by day due to many responsible factors. However, their change in nutritional and health status directly correlates with living status. Hence, the present investigation was taken into account to evaluate the socio-economic, health and psychological status of elderly from Western Maharashtra. A pilot study has been conducted to collect the data in Kolhapur, Sangli and Satara city. 60 elderly persons having the age above 60 years were interviewed using the self-structured questionnaire. The mean age of the study population was recorded as 66.5 years. Nearly 70 per cent elderly were found married and 90 per cent elderly noted literate. Most of the elderly have good familiar relationship and all of them received care, love, security in their family. Even if the elderly are depend upon the family members, they actively involved in decision making process of family. Major chronic health problem of elderly were reported as blood pressure (75 %), diabetes (30 %), heart disease (40 %). Elderly were found a positive attitude towards their elderly life and they didn't have feeling of loneliness. These indicators are quite satisfactory when compared with the elderly of other developed country.

■ **KEY WORDS** : Elderly, Nutritional Status, Living Status

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